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THE SUN.

Somewhere it is always light.
 For when 'tis morning here,
 In some far distant land 'tis night,
 And the bright moon shines there.
 When you're undressed and going to bed,
 They are just rising there,
 And morning on the hills doth spread
 When it is evening here.
 And other distant lands there be
 Where it is always night;
 For weeks and weeks they never see
 The sun, nor have they light.
 For it is dark both night and day,
 But what's so wonderful quite,
 The darkness it doth pass away,
 And then for weeks 'tis light.
 Yes, while you sleep the sun
 Shines bright,
 The sky is blue and clear;
 For weeks and weeks there is no night,
 But always daylight there.
 —Thomas Miller.

WITH A VENGEANCE.

In grinding out two of the California Roosevelt delegates the Taft steam roller has taken on unexpected work. California went for Roosevelt by a heavy vote, and the two delegates that were unseated had a majority of 59,904 in the state though they ran behind the Taft delegates in their own district.

In exulting the district vote above the state wide vote the steam roller managers are taking a line of action they could apply to Oregon as well as to California. In the third district, comprising Portland, La. Follette carried the popular vote and therefore it could be argued the delegates from Portland should vote for La. Follette. Under the committee's ruling La. Follette is entitled to those votes.

It may be argued with some show of reason that the plan of allowing each district to instruct its own delegates is preferable to the state unit plan. It permits of proportional representation and gives a truer expression to the will of the people. However the unit rule is usually followed when conventions are held and the unit rule also applies to the election of presidential electors. As long as

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this situation exists there can be no just objection when the people of a state acting under the preferential primary send a solid delegation to a national convention pledged to uphold the candidate endorsed by the voters of the whole state.

The action of the Taft forces in the California case was tyrannical and will be so regarded generally. It was steam rolling with a vengeance and shows the extreme bitterness of the fight now on at Chicago. It is probable too, that such methods by the Taft forces will hurt the president rather than help his candidacy.

TRAINING IN DEMOCRACY.

"In college you have been a member of a class; is that what you expect to be through the rest of your life?" This query appears in the content of June 6 as part of an article entitled, "The Destination of a Graduate." The Evening Telegram of Portland takes up the subject and ably discusses it from the standpoint of a friend of democracy.

"It is not merely that the supercilious spirit of class education should be avoided as an evil," says the Telegram. "It is that the teaching of democracy should begin early, and its duties and responsibilities, more pronouncedly than its rights and privileges, be taught persistently. It is part of this conception of democracy that boys and girls be taught to earn their living, or to perform their duties as members of the family of men and women in a practical way; to have a knowledge of any sympathies and experiences with the common lot. Not that any boy or girl should or need forego refinements, or those things that contribute to keenness of intellect, the healthfulness of the spirit, or to the broadening and strengthening of the character—all these are like the things that will be 'added thereto' if there is proper graduation into democracy."

"The uses of teachings in democracy are created by the demand of the time in which we live. The problems that are presented and which must be solved by the popular intellect and conscience, preclude the old query: 'Am I My Brother's Keeper?' Civilization is so evolving that its very existence is coming to be actually sustained by the interest which every man feels in all other men. The future is one of democratic service, and the proper, full-grown man or woman must be led into its way."

MAKING PROGRESS.

Silas Christofferson performed a remarkable feat in aviation in Portland Tuesday when he flew from the roof of the Multnomah hotel to Vancouver, Wash., in twelve minutes. The speed with which he covered the distance to Vancouver is not remarkable but Christofferson did something when he rose from the roof of a building in the heart of the business section of Portland. Heretofore aviators have usually had the use of large fields from which to make their flights. When the science of sky travelling gets so perfected that airships may rise at will from the tops of buildings it won't be long until regular aerial routes will be established and everybody will aviate.

If the visiting Elks know something good when they see it they will buy about 10,000 of those Pendleton woolen mills Elk robes.

The rain may be needed in some sections but it is bad on the new mown hay and ball games likewise.

The commerce court stands no higher in the estimation of the senate than the house.

JEST A-LOAFIN'.

Aln't done nothin' all day long!
 Jest bin loafin'.
 Wasn't tired, an' wasn't sick—
 Loafed all day by the "crick."
 Let'nin' to a thrush's song—
 Jest a-loafin'.

Really went down there to fish.
 "Stead o' loafin'.
 Didn't take no interest in it.
 Seemed like God had made each minute.
 Fer a man to have his wish,
 Jest fer loafin'.

Never spent a sweeter day,
 Jest a-loafin'.
 Never felt air soft as this.
 Seemed 'most like a baby's kiss.
 Kind o' made me want to pray—
 Jest a-loafin'.

Saw the wild things in the trees,
 Jest a-loafin'.
 Picked a pretty bunch o' flowers.
 Watched a squirrel for two, three hours.

Lay down an' enjoyed the breeze,
 Jest a-loafin'.
 Can't think I bin doin' wrong!
 Jest a-loafin'.
 Peedlin' somehow seemed so deep.
 Tho' I dozed and went to sleep.
 Thanked God for the thrush's song—
 Jest a-loafin'.

—Julia I. Peck.

The Fracas.
 Knicker—Ohio used to be the Buckeye State.
 Becker—Well, it will soon be the Blackeye State—New York Sun.

REALM FEMININE

Equal parts of milk and lukewarm water are excellent for sponging palms.

Clean copper by rubbing it with lemon dipped in salt. Rub in clear hot water and polish with a soft cloth.

Macaroni prepared in any of the various ways in combination with cheese, butter and tomatoes is very nourishing.

Meat loaf of chopped veal or beef can be made more moist if three or four tablespoonsful of cream are added just before baking.

A few tiny pieces of lemon rind added to a cream sauce for oysters, fish or lobster give a decidedly piquant and dainty flavor.

To make a tough steak tender rub it on both sides with vinegar and olive oil, thoroughly mixed, and allow it to stand two hours before cooking.

Always lower the temperature of the oven somewhat fifteen or twenty minutes after a roast has been placed in it. This will insure that the juices will be retained.

If a few beans, either lima or string, have been left over, make them into a salad; add a few chopped olives, a few capers and some Spanish red pepper. French dressing is preferable to mayonnaise.

When beating white of egg for sponge cake, when it becomes dry and light test its stiffness by turning the dish containing it upside down. If it is beaten to the proper point not a particle will become detached.

A delicious little appetizer for the supper table consists of large queen olives cut in half and with the stones replaced with cavare paste. One is served to each person, on a lettuce leaf, garnished with narrow sections of lemon.

A kitchen bouquet for flavoring soups can easily be made. Take a few sprigs of parsley and wrap them around peppercorns, whole cloves, a bay leaf and other herbs that are at hand. Tie up tightly. This can be removed from the soup without trouble.

Pea or bean flour found at the grocer's may be used for a quick vegetable soup. Half a cupful of the flour three pints of boiling water, a tablespoonful of beef juice, a small onion and two or three slices of bacon cut into tiny cubes is an easy recipe.

A delicious and simple fruit punch is made of canned pineapple, shredded. Take a pint of this fruit and to it add the juice of three good sized lemons, the juice of four oranges, two sliced bananas and one and a half cupsful of sugar. Put the mixture in a bowl with a good-sized lump of ice. Let it stand for an hour or so and then add a pint of carbonated water.

Left over cereal may be used in either of two ways. Mixed with some chopped meat, seasoned well, it is always tasty in croquettes. An excellent dessert may be made of the cooked cereal, sweetened, seasoned with spice and then mixed with chopped raisins. Then it should be molded into cones and browned in the oven. Serve with syrup or thick cream.

THE SPRING STYLES.

Madam Fashion, let us chat
 For a while.
 Kindly tell us where we're at
 As to style.

May the hapless dame who serves
 As your slave
 Be allowed to have the curves
 Nature gave.

Or must she this year compress
 Her anse
 To the semblance more or less
 Of a flat?

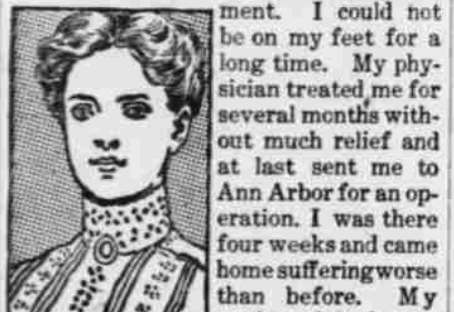
Madam Fashion, we await
 Your decrees.
 Kindly let us know our fate,
 If you please.

WOMEN, AVOID OPERATIONS

Many Unsuccessful — And Worse Suffering Often Follows. Mrs. Rock's Case A Warning.

The following letter from Mrs. Orville Rock will show how unwise it is for women to submit to the dangers of a surgical operation when often it may be avoided by taking Lydia E. Pinkham's Vegetable Compound. She was four weeks in the hospital and came home suffering worse than before.

Here is her own statement.
 Paw Paw, Mich.—"Two years ago I suffered very severely with a displacement. I could not be on my feet for a long time. My physician treated me for several months without much relief and at last sent me to Ann Arbor for an operation. I was there four weeks and came home suffering worse than before. My mother advised me to try Lydia E. Pinkham's Vegetable Compound, and I did. Today I am well and strong and do all my own housework. I owe my health to Lydia E. Pinkham's Vegetable Compound and advise my friends who are afflicted with any female complaint to try it."—Mrs. ORVILLE ROCK, R. R. No. 5, Paw Paw, Michigan.



If you are ill do not drag along until an operation is necessary, but at once take Lydia E. Pinkham's Vegetable Compound.

For thirty years it has been the standard remedy for women's ills, and has restored the health of thousands of suffering women. Why don't you try it?

YOUNG MOTHERS

No young woman, in the joy of coming motherhood, should neglect to prepare her system for the physical ordeal she is to undergo. The health of both herself and the coming child depends largely upon the care she bestows upon herself during the waiting months. Mother's Friend prepares the expectant mother's system for the coming event, and its use makes her comfortable during all the term. It works with and for nature, and by gradually expanding all tissues, muscles and tendons, involved, and keeping the breasts in good condition, brings the woman to the crisis in splendid physical condition. The baby, too, is more apt to be perfect and strong where the mother has thus prepared herself for nature's supreme function. No better advice could be given a young expectant mother than that she use Mother's Friend; it is a medicine that has proven its value in thousands of cases. Mother's Friend is sold at drug stores. Write for free book for expectant mothers which contains much valuable information, and many suggestions of a helpful nature.

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