

THE WEEK AT CLATSOP

People Come and Go But the Crowd Remains.

HOTELS TAXED TO THE LIMIT.

Many Interesting Events—Dancing and Games Fill the Time—Chautauquans.

After several days of murky and stormy weather Sunday broke clear and bright on Clatsop beach. The crowds of permanent visitors were augmented by numerous excursions and the entire beach was in gala attire. The dance at Seaside Saturday night was a great success and the fishermen's excursion on Sunday was about 800 strong, while about as many more went to other points along the beach. The throngs were most orderly and well conducted and the Seaside railroad handled the large numbers of people in a most efficient manner.

Sunday was "a grand fine day," as the Irishman says, and was devoid of heavy winds and fog. The air was pleasant and the bathing good. Hundreds were in the surf and enjoyed the sport in the waves to the full. The little folks were in their element, digging in the sands, or with clothes sucked up, wading in the water. Scattered along the shore, sheltered by some huge pieces of driftwood or an umbrella, the typical young lady could be seen reading the latest fiction. All were bent upon recreation and pleasure. The hard worked business man, the worn out preacher, office boy and clerk, each in his own way seeking respite from the daily grind.

The view of Tillamook Head from Gearhart Park on Sunday was one of the best had for a week. The entire coastline was clear and distinct, and as seen through the blue air with the sunlight dancing on the waves the picture was perfect. The sunsets during the week past were particularly fine and greatly enjoyed by those fortunate enough to see them.

At Gearhart Park Manager Barmore and his efficient force have their hands full. Every room in the house is occupied and what with the meals furnished to campers and Sunday excursionists it keeps them very busy. York's celebrated orchestra of Portland has been engaged for the balance of the season and now discourses beautiful music during meal hours and in the evenings. Thursday afternoon were so heavy that the bathers for the most part had to give it up. One lady, who was hanging onto the life line was carried off her feet several times, but had presence of mind to cling to the rope and shout lustily for help. Surf Manager Ray soon had her safely on shore, as well as a little girl who had been in wading, but got beyond her depth. All were within the life lines and perfectly safe, but the water was too rough for comfortable bathing.

The dance Saturday night in the dining room at Gearhart was a complete success. The music was furnished by York's orchestra, and the large number of guests could scarcely accommodate all of the guests. It is the intention of Mr. Barmore to give these dances weekly.

The new bowling alley has made a great hit and is one of the principal amusements of the guests, large and small. Some good scores have been made and all like the exercise.

The Portland colored mandolin quartette spent several days at the beach last week and entertained the guests with their good music.

Sunday Messrs. Holdridge and Dickson held services in the Auditorium at Gearhart, assisted by York's orchestra and Miss Gladys Jones, the soloist. A large number of the guests and visitors attended and greatly enjoyed the meeting. In the afternoon Prof. Thielborn, who is the guest of Mr. and Mrs. M. C. Crosby, gave a sacred concert in the hotel parlors.

Yesterday the summer school of the teachers adjourned and formally broke camp. The season's outing was most successful and was one of profit and pleasure to all. No doubt it will be repeated next year. The question of establishing permanent Chautauqua grounds is being considered and it is thought that the present auditorium will be removed to a spot where about ten acres can be used for Chautauqua and summer school purposes.

The following are among the principal arrivals during the week at Gearhart:
 Chas. H. Casey and wife, Mr. and Mrs. N. DeBoyce, Sol. Lippelmeier, Joe O'Connor, H. W. Hegels, Hugh Laidlaw, Frank Rothchild, Sanford J. Kraemer, F. W. Leadbetter, L. Tharhauser, Jno. Welch and wife, T. D. Honeyman, Dr. Geo. Wilson, J. F. Clarke, E. T. Williams, Mrs. J. E. Inaile, Miss Oleg Price, R. E. Schneck, G. K. Clarke, A. Downing, T. Bert Stephens, T. A. Higgins, Chas. M. O'Leary, J. H. Browned and wife, Rev. Thos. L. Cole, wife and family, Wm. Foley, H. D. Stratton, L. Thielborn, Miss M. A. Marshall, Portland, W. Douglas and wife, M. C. Crosby, W. E. Tallant, C. T. Crosby, Miss Geary, Miss D. Butler, Mrs. Jas. Dalgity, Mrs. M. L. Skidmore, E. H. Hauser, A. Dabridge, Chas. Johnson, Mrs. M. C. Crosby and daughter, Emil Thielborn, E. W. Crosby, A. B. Dalgity, J. O. Hanshorn and wife, Mrs. J. T. Ross, Mrs. Jno. Bortwick, Thos. Dalgity, D. McLean, M. C. Crosby Jr., J. P. Badollet, Astoria, David Stoddard, Los Angeles; O. Sayles, Los Angeles; Miss Della Wetherbee, Eagle Cliff, Wash.; Miss Lottie Hume, Eagle Cliff; O. A. Bowen, Olympia; Thos. Nestor, Pittsburg, Pa.; D. P. Nestor, Pittsburg; H. P. Bennett and wife, Denver, Col.; R. P. Elmore and wife, Milwaukee, Wis.; Mr. and Mrs. S. Elmore, Astoria; Misses Susie and Flora Elmore, Astoria; H. Tyrell, Albany, Miss S. E. Tugler, Clifton; Miss Daisy Harding, Oakland, Cal.; Miss Bessie P. Pea, New York; Miss Theresa W. Clarke, Boston; Miss Jessie Farrell, London; A. E. Breece, Singapore; J. Watson, wife and daughter, Vancouver; H. Fern, Hood River; J. W. Smith, Murray Springs, Or.; Jno. A. Shaw and wife, MBI City; W. N. Barrett and wife, Hillsboro; G. N. Pearsall and wife, New York; W. M. Lillibridge, Detroit; O. F. Grifenhagen, wife and child, Chicago; Geo. D. Lindsey, Gatens, Ill.; Dr. Belle J. Macdonald, New York City; J. W. Fuller, St. Paul; E. P. Callender, New York; C. H. Callender, Knappa; R. McMurphy, wife and child, Eugene, Or.; W. H. Brimay and wife, Missoula, Mont.; Miss Gladys M. Jones, Forest Grove, Or.

AGAINST DRINKING AT MEALS.
 The reason why drinking should not accompany eating, but be indulged in before or afterward, is, in the first place, because liquids are foods as well as solids

and repasts must be kept as light as possible at all costs. But there is another reason. Dry repasts, if light, lead to a loss of flesh, whereas the same quantity of food, if it include liquids, is devoid of this effect. It is not easy to say why this should be so; but the most probable explanation is that when only solids are eaten the juices of the body are called into action to a larger extent than otherwise, in order to further the process of digestion, whence a sensation of thirst is usually experienced. The body has thus lost more than the ordinary quantity of water, and if this loss be not compensated by drinking it will be replaced by the body itself, which will draw upon its superfluous fat for the purpose. The fat is decomposed into the elements, and combustion takes place. This process commences about an hour after eating, and if drinking be deferred until then it may be indulged in afterward with profit, inasmuch as it promotes the very process which half an hour earlier it would have prevented. But in any case and at all times during the day, liquids must be taken with as much moderation as solids.—Good Housekeeping.

AN AMERICAN GIRL
 Thinks English Women Are Abominable Cyclists.

New York Tribune.
 "We went to Bitterton park the other day," writes an American girl in London to a friend at home. "That is, you know, where the women generally bicycled, just as we do in New York on the Riverside. The English women always look so smart on horseback, and so exceedingly well turned out, that I expected to see something quite out of the ordinary, and so I did, but not in the way I anticipated. My dear, they were simply dreadful; one and all they ride abominably!

"Their method of procedure is to first put the saddle as low as possible, then to throw one leg over, and to scrape the ground with the other foot for several yards until they get well under way. Then they compose their countenances to a look of severe determination, work laboriously for a few moments and then fall off the low saddles, head-wards, making them look very awkward. This seems their only way of getting off.

"They rest themselves for a few moments and then repeat the process from the beginning. Their dresses, too, are very queer, floppy muslins, with large hats, or duck jackets, with long tails, which look like dressing jackets. M. and I looked bicycling there tomorrow, and we flatter ourselves that we shall do our country credit. If I could not bicycle better than they do I wouldn't do it at all."

CURRENT NOTES.

Blessed are the peace-makers! John W. Foster got \$100,000 from the Chinese emperor.—New York Recorder.

Why not put an end to this long-drawn-out controversy by fastening the crime of murder on Murderer Holmes—Washington Post.

"Where do you wear your trousers out first?" asked Ben. "To Sunday school," replied Jole innocently.—West Union Gazette.

Jimson—How are prices at that restaurant you patronize? Jamsen—Every thing is cheap excepting the waiters.—New York Weekly.

"Was he warmly received upon the occasion of his debut in tragedy?" "Warmly? Why, they had to ring down the asbestos curtain."—Detroit Times.

"He is a rising young author." "Yes," was the reply. "Every time I go to see him I find he has accompanied by making one-story higher."—Washington Star.

A good baby story is of a neighbor meeting a little one on the street and saying, "Good morning, my little dear. I never can tell you and your sister apart. Which of the twins are you?" And the little dear made answer, "I'm the one what's out walkin'!"—Exchange.

Scrambled Eggs

Take a small quantity of Cottolene and a little cream; warm in frying pan. Break 6 eggs in it and stir until slightly cooked. Serve hot.

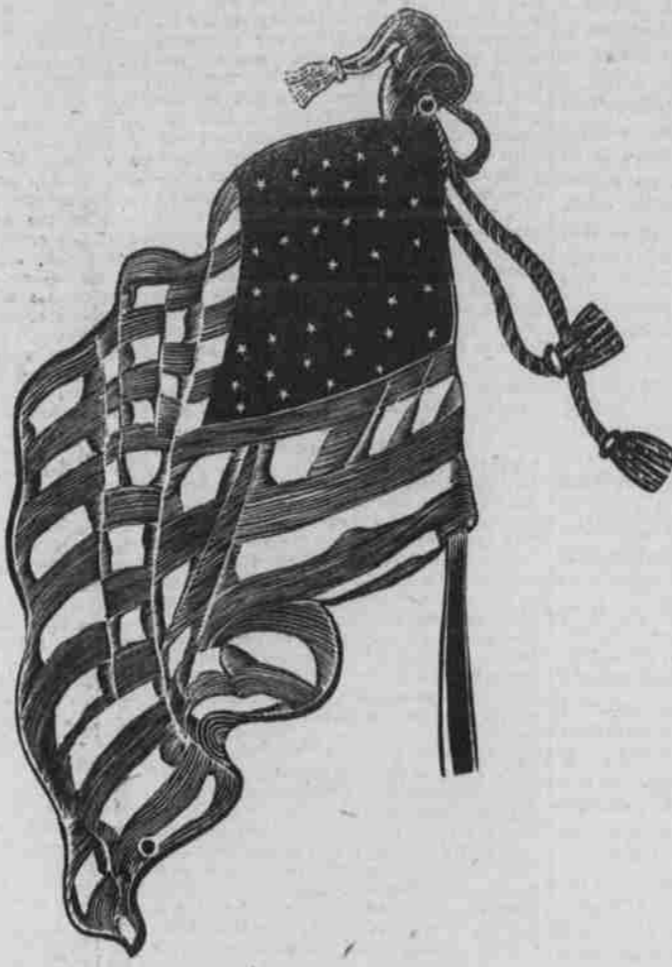
Use not more than two-thirds as much Cottolene as you would butter and be sure that you do not overheat it before dropping in the eggs. This is always essential in cooking with Cottolene.

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