WOMAN'S REALM

WOMEN ATHLETES AND MODESTY

Healthy Exercise as Proper for Them as the Men.

Is it immodest and wrong for girls to And softly from a farther room sugage in arbition?

This is the question that has agreed certain ultra-religious societies and Puri- And, somehow, with that little prayer, tanical people for several years past and And that sweet troble in my cars, be now a source of much controversey in some quarters. Ever since the advent of And tingers with a dear one there; the breycle in its latest form it has been And, as I hear the child's amen, a question, much mooted, whether women could with propriety ride the wheel; or Whether by its use they were not sure And mother held my hands again. rendering that maldenly modesty which by right belongs to her and forms her on, for an hour in that dear place! chief charm in life. Now comes the bowls | Oh, for the peace of that dear time! ing fad, and the ladies have their days at the alloys, and there are certain evenings too, for a glimpse of mother's face! when both sexes engage in friendly con- Vet, as the shadows round me creep, test with ten pine.

I have found through long experience that she who stops to give way to every And "now I bay me down to sleep." prejudice fastened by opinions conceived and formulated in a past age, overshadowed with strange and unnatural rules and bleas, will always be in but water and unhappy. Times are surely much more important to be kept in a the same purpose of the body. I know I am right when I cludes the sirfor upon her health depends the life and leasts of the stalks every day many bard propositions and more or less Marched things are not to be recomon the co. while woman's work keeps her mended, as the starch obstructs the free a large part of the time at home. Extl passage of air ride a bicycle, a borse, row a loud, or the air free access to every part. coming manner that will attract moone's be placed handle devenued and the hiffon, white with white or black dots, small attention or come criticism.

row, to eave fives from drowning, to water before cooking, as it destroys be their popularity. They are worn lossely over ride a barse, to rule a wheel, to drive, thavor and makes it soft.

They are worn lossely over sign hats. Only the upper currents are to walk properly, to roll ten plus, to bes. to walk properly, to roll ten plus, to box, to fence, to shoot, play golf and tennis. The following is commended to those and to sing, and the future women will whose hothly is Early Rising, and who savors of the grotesque when adopted by lose in per cent of the lits common to make the lives of those who like to steep somen no longer young. From The Deline them; they will be given something size later a weary burden through their animto do besides morning in the house and odversions brooding over troubles and with not be afraid to fulfill the highest mission to life. Teach the girls, also, that health is the Brut requisite of life, and that to guard and develope their physical nature meets one of the first requirements of or time or all the modesty and reservewith which they should surround themselves. When girls and mothers realize these principles one bull the doctors and graveyards will have to go out of bust-

E. P. Tine, is one of his books, tells the story of a beautiful girl who started life a weak, inchadalsical nomentity of art invalid. Her heart was suddenly! awakened, and to make herself a fit i companion for the streng, Fobust noble man she loved, she went to the Pacific Ocean, and through two years energetic ity, they simply and naturally tend toand systematic exercise in swimming, ward that which is put before them in a pecupy first place among these cool Summer rowing, riding norse back, mountain an attractive manner. If they see wro. g. climbing and voice culture, she developed doing made attractive, they naturally into a real lovely woman, graced with aff want to indulge in wrong-doing. the accomplishments, capable of taking | Dr. Talmage says: "If you have a child care of herself and helping others. Any invulnerable to all other influences and young girl, new languishing from inaction he can not be spailed by any means eland the life can do the same thing ready recommended, give him plenty of tionally song it. awaken to life's responsibilities. Are not he does with it. The fare is cheap on the the tremendous advantages to be gained road between here and Smashuptown, I being able to be a live, well, active being, clear through, and make all the connec is sufficient inducement to make the tions on the 'Grand Trunk' route to pertrial Every mother and every father dition."-Womankind. should see to it that their daughters take sensible, scientific and systematic exercise which will not only make them strong and useful members of socitey, but teach them invaluable practical acquirements that may some day enable them to save their own or the life of CAROLINE.

BEAUTY SHOULD BE LASTING.

The physical beauty of women should last, growing more and more mellow, until the end, says a writer in the Philadelphia Times. That the beauty of women, like that of men, should be determined from the standpoint of advancing maturity cannot be disputed. It is absord to claim that the ripe, rich beauty of 40 is less attractive than the budding immaturity of sweet 16. When women live in harmony with nature's laws each stage of life has its own charm. The fullness of beauty does not reach its zenith under the age of 35 and 40. Helen of Troy comes upon the stage at the age of 40. Aspasia was 26 when married to Perioles, and she was a brilliant figure thirty years thereafter. Cleopatra was past 30 years when she met Anthony, Diane de Poletjers was 36 when she won the heart of Henry II. The King was half her age, but his devotion never changed. Anne of Austria was 38 when described as the most beautiful woman in Europe, Madame deMaintenon was 43 when united to Louis, and Cutherine of Russia was 33 when she selzed the throne she occupied for thirty-five years. Mile. Mar was most beautiful at 45, and

Mme. Recamier between the ages of 35 and 15. The most lasting and intense passion is not inspired by two decade

36 to 40 years. It is an arrant error for their muscles. You can not possibly train any woman to regard herself as masse at a muscle unless you have given it the any age, if she grows old gracefully.

NOW I LAY ME DOWN TO BLEEP.

The are upon the hearth is low. And there is stillness everywhere; Like troubled spirits, here and there The firelight shadows fluttering go, And as the shadows round me creep, A oblidish treble breaks the gloom, Comes: "Now I lay me down to sleep."

My thought goes back to distant years

My mother's faith comes back to me Crouched at her side I seem to be,

Oh, for that childlen trust sublime I do not seem to be alone

WORTH KNOWING

Eugene Field.

Sweet magic of that troble tone-

A little subcarbonate of soda or pough advancing. The giver of all good and added to milk will keep it from turning perfect gifts enlowed women with a sour in hot weather while a few lumns highly sensitive and delicate organization, of sugar in the cream jar will answer

vigorous and healthy condition than that A means of preserving egg employed by of man. Heredity has much to do with the Scotch is dipping them into testing latter is largely worn, small patterns again woman's physical defects, but even these water for the space of a minute or two. prevailing woman's physical defects, but ever the water for the white of the egg to form the glossy black tuffets is likewise chosen disadvantages can be overcome by care. This causes the white of the egg to form for favey waists. Roman stripes are reapful, intelligent and systematic training a sort of membrane which entirely ex-

say that every sort of exercise that will . Out flowers will retain their freshness say that every mort of exercise that will be the most of exercise that will be the powdered chargest black Liberty gauge or silk.

Skirts include either five or seven gores. for the man, and vastly more important, placed. It is also a good plan to only the

vigor of future generations. Man is out Light weeken materials are the contest in the world all the time, rubbing against and healthlest wear for hot weather

can be made out of anything. Men or Ment should never be hid on a dish warmen can car or frink too much, yet buttle coaked but should be well floured all most ext and drink. A women can and suspended by a string, so as to give

walk the steer to such a way as to cause | A wet immercia should never be left choice since they give a delicate that to the The circular sides fall in drop fluies and the strengent untavarable comment, and she can do open to dry, as stretching while damp thin all of these things in a modest and be makes the silk liable to split. It should lither black or white dots. The unity veil

moisture left to drain uniformly, Teach your young girls to swim, to Fresh fish should not be sucked in

He who would thrive Must rise at five

He who would thrive more Must ruse by four

He who'd still more thriving be Must leave his bed at least by three. And who this latter would outside, Will rouse up at the stroke of two. CLIMAX He who'd never be outdone.

Must surely rise as soon as one. BUT He who'd flourish best of all Should never go to bed at all.

-Old Scrap-Book

FOR MOTHERS OF BOYS. Boys are not creatures of total depray-

if she has the sense and will power to money without any questions as to what worthy of the effort? The very hope of known boys with 45 to pay their way

EXIL E

When day's long course or toll is done Hefore the rest of night, I stand to watch the setting sun Drop slowly out of sight.

Then in the clouds I love to trace The forms of hill and plain, And think I see my native place, My distant home sgain.

I love the wind that blows from .hence With news I long to hear; I love the wind that blows from hence My greeting oft to bear.

Across the silent deep blue sates Seek out my home, O breeze! Beyond the seven hills it lies, Beyond the seven seas.

How blue those heaving seas and deep, How high those parting hills, The sunbeams on their green crests

Their vales the shadow fills.

O land of youth, O vanished land, I neek a distant shore, And can I ever hope to stand Upon thy mountains more?

Or in that country where I go My weary wanderings past, Shall I bask cound about and know My nutive home at last? Cornhill Magazine

ON PHYSICAL CULTURE.

"The first three questions which should beauties. The old saw about sweet six- be put to a physical culture pupil." says and liver. Charles Rogers. teen is exploded by the truer knowledge an authority on the subject, "are, 'What that the highest beauty does not dwell do you eat for breakfast, luncheon, diain immaturity. For beauty does not ner and between meals? How do you sit, mean alone the fashion of form and cot- and how do you stand?" Standing is a oring as found in the waxen doll. The jost art, and as for sitting, so far in the dew of youth and a complexion of roses are admirable for that period, but a become an art. When it comes to eatwoman's best and richest years are from ing-well, I feel almost hopeless about Early Risers." Charles Rogers.

eating: I fear that fearn to eat.

"The insult the craving of a strong healthy stomach by giving it eclaires and ice cream listend of the proper food Nearly all the young women do the same hing. Every time they do they weaken proper food.

"Up to this time," the enthusiast evatinued, "girle and women have devoted their attention almost exclusively to the development of their arms and legs. This is a great mistake. Women need, even more than men, to give much attentle to the development of their vital organs those, rare rouse fired, whose wheat bre d and regetables. Girls Son't need tea, but oculd drink milk, plenty of it, instead Next the should teach them to many and then to all before she starts them in o regular training.

FRILLS AND FLUFFS.

fleretofore mobair or flat cotton braids were used to bind cotton skirts. Recently a cotton cord-edge braid came into vogue for binding cotton gowns, and a linen braid of the same kind in the natural linen color for linen dresses. These bindings are patterned after the velveteen and woven worsted skirt bind ings familiar to everyone and are equally ser-

Organdy, mull and fabrics of like texture are preferably finished with a narrow plaited or frilled foot ruffle of the material, which is applied, of course, to the slip skirt, the latter being cut shorter to accommodate the ruffle since the ruffle must by no means protrude exceed the outside skirt

Plaid silk taffetas in fancy exor blendings are a frequent selection for waists that are to a solid color or of black toffers with a lustre e than black brocaded siik, though the

The glossy black tuffeta is likewise chosen pearing, this time in taffetas chiefly devoted to waists. An exceptionally dressy tollette may

The follness at the back of a new five-good

Double veils are very stylish and very tlatseconding color in a vest and a whole liming is feededly improving. There are also whiteplaced for apart. Pink-lined yells are very charming and are, perhaps, the most frequent Usually the outer layer is white, with w large and closely or widely scattered. Blue and brown chiffon veils maintain

all loosely over the face, a picture-qu and

NOTES ON GOOD DRESSING.

pique gowns made up by more fanciful modes are treated to soutache braid decoration. Renaissance and Honiton lace braids, as readily obtainable at any notion counter as are the washable braids, are used on ruffles and plaitmes. Tiny flunces of lines batiste edged with

Honiton lace braid are used as a trimming for a flowered organdy, though they could appropriately be used to trim a gown of the

Both black-and-wrate race bending are set along the tops of hems of Spanish ruffles without the usual threading of ribbon. The effect is novel and dainty. With simple means very charming results may now be attained in the Summer gown.

The newest foulard silks have in addition

to the large wave lines and marks polka-spots varying from a small dot to a disc as large as a silver twenty-five cent piece. White designs on navy-blue grounds, though often

The Queen's Jubilee is responsible for the preference shown for purple printings on black grounds. Réséda, old-rese and other both the dots and large spreading devices. Doubled frills of considerable fulness give an ornamental touch to coat sleeves of excep-

A practical feature of the umbrella petticoat is a voke that is deeply pointed in front and round and shallow at the back. Its rnamental feature is a deep Spanish flounce.

A white dotted Swiss or a flowered organdy rown may be supplemented by a large Legborn hat in the trimming of which decided sive agent originality is displayed. Frills of very narrow cream Valenciennes lace edging overrun the crown and half of the wide brim. At the left side a white accordion-platted chiffon rosette sustains a bunch of white tips. Yellow and delicately harmonious trimming for the right

They may be set over all the skirt seams or only over the side front seams from the lower of the back under the brim. edge to the knee and arranged in a trefoil at

An Eton costume of corn-flower blue piqué was enriched with a braiding of white cotton | width; some are made double, the double soutaclie.-From The Delineator.

The two most critical times in a wom-At these times, Dr. Pierce's Favorite Prescription is of incalculable value. It flammation, checks unnatural, exhausting triumings in skirts. drains, and puts the whole delicate organism into perfect condition. Almost all the ills of womankind are traceable to some form of what is known as "female complaint." There are not three cases in a hundred of woman's poculiar disease that Dr. Pierce's Favorite Prescription will not cure.

Dainty statuettes representing a dancer scribed. with skirts outspread cost only sevenly-

"They are dandies" said Thos. Dowers, of the Crocket, Texas, Enterprise white writing about DeWitt's Little Early Risers, the famous little pills for sick headache and disorders of the stomach

Sick headache can be quickly and com-

FASHION'S LATEST FANCIES

Designed Expressly for the "Astorian" By the Butterick Publishing Company

KTON JACKET OF BROWN CLOTH OPENING OVER A SHIRT-WAIST OF GREEN CHAMBRAY.

Among the notable garments that seem to give universal satisfaction the Eton holds rominent sway. It is made up in silk, cloth, velvet and most all of the cotton fabrics and by if the vital organs are well developed.

When a girl first goes to for physical training the teacher should be training to the teacher should be training to the teacher should be training to the teacher should be trained as the training the teacher should be trained as the training that the training the teacher should be trained as the training training the training tr when it opens over a shirt-waist of some bewhite he and closes with silver trimmed with braid above the hom and a eat wholesome food, such as steaks, atule. The Kion jacket has an attractive



or the laws

The Butterick pattern for this is costame oprise such a waist and a soled skirt of No. 2014; for sale by Albert Dunbar, exclu-

The oppis in skirts is rather ruggested than | CAPE-WRAP OF TAFFETA SILE, WITH CHIFFON AND RIBBON DECORATION.

skirt is disposed in fan-plaits.

In some skirts the fulness is reduced by covered with graduade and the little excits is. y no reason why a should not be as may ovice may attempt one, they are so simply names to attain one degree of good style mostes at the warst above into square tabs frunts taper gradually and fall in square out-

the top of the closing.

cool linen, Russian crash or butiste.

PIQUE.

more is infinite variety in the designs for

smally presty style is shown at this figure.

The falness is arranged becomingly in gathers at the neck and sharings at the wast in

front and droops slightly over the belt; at the

back is a bins, pointed yoke-facing. The

down portion. The five-gored skirt is prettile

trimmed with braid and is a graceful mode

by which to shape silk, woollen or washable

A toilette of this style is cool and becoming

for afternoon wear if the shirt-waist is made

may be of washable cheviot or covert cloth

THE CHURCH.

or of piqué, linen or batiste.

Wash., on May 23.

mission in Portland.

orrs" at San Francisco.

June 13th with a membership of 12.

Japanese, is now on an official visit to the

The Vatican authorities are said to be

centemplating a number of new Episcopal

Pastor Raboteau of the Portland First

if he will not regain his old-time vigor.



line below the waist. A double frill of planted of ribbon, and ribbon bows are tacked on the shoulders. With the wrap is worn a six-piece skirt of taffeta silk. Inexpensive little wraps are made of silk grenadine, brocaded, figured and plain silk and light-weight cloth. trimming, lace, insertion and ribbon, tegother with lace and chaffen plaitings and rue ings.

The Butterick pattern for this costume is No. 92.2 for sole by Albert Dunbar, exclu-

CAPRICES OF FASHION.

There is hardly more than a tint of gray in the tone of a satin straw braid walking hat. With this straw blends admirably the pure white roses are clustered under the brim at | white silk draped on the brim, which is given the left side and a chiffon resette provides tone by a veil of cream applique lace, the arrangement providing a soft nest for a rather large gray-and-white bird with a long tail Pique braids are disposed in various ways. fixed at the left side. Color is contributed by a bunch of pink roses fastened at each side

Multitudinous uses are found for black and that point. The same idea may be followed white accordion-plaited frills of mousseline de soie, Liberty gause, or chiffonette, as it is also called, and grass linen. The frills vary in edged being puffed or a shell effect produced; others are laid at intervals in box-plaits, and a third class is shaped in Vandykes. Rows an's life are the time which make the of satin baby ribbon in contrasting or corregirl a woman, and the woman a mother. sponding colors are set on some of the plaitings, though entirely plain ones are just as

The Vandyke plaited frills appear on many strengthens and invigorates the organs dancing gowns of crepe, chiffonette or silk in distinctly feminine, promotes regularity the form of Berthas, bretelles or sleeve frills of the functions, allays irritation and in- in bodices and in panel fashion or as foot

plaitings are cascaded, rather fuller at the top months, than at the bottom, the sleeves and neck being also adorned with the same graceful

Russian crash and oatmeal cloth, which is very like momic cloth, are two substantial linen fabrics adaptable for outing suits in blazer or Eton style. With such costumes are worn shirt-waists of wash silk or of any of the ginghams or French cambries de-

Sees in Russia in consequence of the sat-Provision is made in the patterns of most isfactory relations established with the fancifully designed sleeves for two lengths, Russian government one extending to the elbow for ceremonious gowns and one in regulation length for gen-The effect of a Tam O'Shanter crown is Church, has not been at well for some

achieved in a large Legiora has with tur-quoise-blue chiffonette dotted in self, upon the crown being row upon row of puffs if he will not regain his old-time vigor. Black velvet is tied about the crown in a bow in front and at the left side is set a black feather possipen and a olack argretic. A clergyman, who was also a wit, once droops over the face in front and is gently rolled at the left side to show a large chea of the gronty stuff and a lot of large pink roses,

intil the sermon was ended.

Dr. H. G. Carrol, statistican in churge of the religious division of the census of SPARAGUS 1996, estimates that there are 4,800,000 SAILOR COSTUME OF WHITE AND members enrolled in the leading young RED SERGE, WITH BRAID DECORATION. people's organizations of the Protestant denominations. The sailor costume for girls is probably the most sensible addition that can be reade to the Summer wardrobe. It is appropriate for

city or country and is graceful in style and practical in construction. In the Illustraincreased in the last twenty-five years from 2.100 to AMI. In the Sunday tion will be seen a union of colors, although schools the membership has increase and real from 5,665 to 16,972; benevolences to the churches from \$6,256 to \$43,529.

> Methodism, June 7th, Addresses by Hishop Madalies and others attested affection and reverence for him in commemoration of the twenty-fifth anniversary of his consecration to the epis-The tenth anniversary of George Robert

Raptist headquarters in Snohomish.

Wash., June 11th in a most delightful

manner. Evangilist Cairns had just re-

Elshop Poster was bonored by Boston

urned from an eight months' successful evangelistic campaign in the cast, in Philadelphia, Boston, Chicago, Louisville The pastor of the Congressional church at Ashland, Oregon, Rev. P. G. Strange, has just returned from the general assembly, and a two months' vacation. On the evening of his return he was sent to rto go to the church,

which he found nearly full of his people

and friends, who had come together to

seleome him home.

Li Hong Chang has asked Miss Marperite Whong, a besutiful Chinese Christian girl, to be the representative of Chinese women at the World's Congress of Women to be held in London. odist Board, and is a good example of will surprise you. he "new woman" of China-a new woman in Christ Jesus. sleeveless under-waist supports it. The fronts

SUMMER FANCIES.

of the blouse open in V shape, showing the facing on the under-waist, and a sailor collar that is prettily curved at the lower edge at the back has broad curved ends meeting at The full sloeves are finished with wrist-

digality in trimming is the rule. Organdy dresses are all frills and puffs. In agus Kidney Pills: bands. The mode will most frequently be one instance a group of narrow ruffles is the ornamental factor; in another it is bands and with kidney complaint and have been made up in serge or finned and sometimes in The Butterick pattern for this costume is No. 92 s; for sale by A bert Dunbar, exclukindred textile

SUMMER AFTERNOON TOILETTE SHIRT TAIST OF SPOTTED SHIK AND SKIRT OF WHITE given by ribbons. That patience must supple-ment skill in the disposal of these various trimmings is evident, but the result usually

shirted size this Summer and ingenuity is not eached to may one adjunct of the waist but continues a cornery in sleeves, yokes and various methods of distributing fulness. An terials frequently made up in dancing dresses. Moiré glacé Louisines are new and admirable

> One of the newest eveling skirts is divided at its back edges, includes knickerbockers and is made with a saddle seat having full fall

> openings.
>
> The chapeau par excellence is the walking hat. The trimmed sailor, so long a favorite, though not deposed, occupies a far less important position than it did. The walking hat s sufficiently varied in style to adapt it to all types, though the differences in the shaping of brim or crown by which this is done are

not pronounced. The large hat with the drooping or bent brim is worn with dressy attire on the drive or promenade, while the walking hat, like the trimmed sailor, more often accompanies the morning gown, though there are dressy examples of it suitable to very elegant gowns. Leghorn and Milan straws are seen in large hats, the fancy braids being still made up in other shapes .- From The Delineator.

oversight will sometimes rob the most frugal and thrifty family of a year's savings. You want to do as J. P. Hickmann, of Monticello, Ga., did. He writes: | Well-fitting gown. "For six years I have kept Simmons Liver Regulator in my house, and used t in my family, and have had no need don, Mich., says all of the good testimofor a doctor. I have five as healthy nials that have been published by the of lawn, dimity, organdy or any of the thin materials offered at this season. The skirt children as you can find."

The Butterick pattern for this costume is away to the mountains finds the laurel Estes-Crain Drug Co. No. 9179; for sale by Albert Dunbar, exclu- in gorgeous bloom.

A dose that is always seasonable is a feels deeply. (dose of Simmons' Liver Regulator, the "King of Liver Medicines." It keeps the liver active; the bowels regular; prevents washed occasionally to remove the olly billiousness: and promotes direction. In particles, then apply Hall's Halr Renewer A Swedish Baptist church of 12 members was organized in West Ferndale, fact helps keep you well. "I have watch. to give the hair a natural color. ed its effects in families where I have practiced and find it admirable; both al-The leading current event in church terative and tonic in its action."-Dr. T. circles is the convening of the Endev- W. Mason, Macon, Ga.

The very correct maiden has colored Portland was successful organized on shirt waist.

"Last summer one of our grand-chil-Rev. Marshall Law, rector of the Church drea was sick with a severe bowel trou- on's popularity, of the Advent, Oakland, Cal., left on the ble," says Mrs. E. G. Gregory, of Freder Along the closing of Russian blouses the 25th of June for the east, to be gone two lekstown, Mo. "Our doctor's remedy had failed: then we tried Chamberlain's Colic, Cholera and Diarrhoea Remedy, which cure no pay. For sale at Es-Rev. D. M. C. Harris, of San Francisco, gave very speedy relief." For sale by tes-Conn Drug Store. superintendent of the work among the Estes-Conn Drug Co.

> It is the surest way to win a woman's Ill-will to guess her age as greater than

Some for ten, some for twenty and some for thirty years have suffered from piles and then have been quickly and permanently cured by using Dewitt's Witch Hazel Salve, the great remedy for piles and all forms of skin diseases. Charles Rogers.

Bustles and fans are both small this

Don't neglect a cough because the preached rather a long sermon from the text: "Thou are weighed in the balance weather is pleasant; before the next and found wanting." After his congre- storm rolls around it may develop into gation had listened for about an hour, a serious dimently began to get weary, and went out:

Minute Cough Cure is easy to take similar some began to get weary, and well do what its name implies. gation had listened for about an hour, a serious difficulty beyond repair. One

ped in his sermon and said: "That's right, gentlemen; as fast as you are weighted pass out." All the others waited

KIDNEY PILLS

Congregationalists in California have Their Sale in Astoria and Vicinity Reached Enormous Dimensions.

HUNDREDS OF BOXES SOLD YESTERDAY.

Think of hundreds of boxes of Dr. Hobbs' Sparagus Kidney Pills being sold-Astoria in a single day. And this of a medicine that was little heard of in and Annie M. Cairns was observed at this vicinity a few weeks ago. No amount of advertising could produce such marvelous tales. Those who have used this remedy have received such benefit that they recommend it to their friends: that together with the open, frank and honest manner of its introduction, is the proper explanation of its success.

It is vitally important to good health that the kidneys should be in perfect order. Hundreds upon hundreds of the allments that humanity suffers from origmate from the fact that the human purt-Hers of the blood are not performing their work properly, and, like anything else that is out of order, should be repaired. If you are a sufferer from backache, rheumatism, gout, general muscular weakness, neuralgia, headache, nervous exhaustion or generally run down, go to your druggist's at once, and make the hest investment you ever made in your next auminer. Miss Whong was educated Sparagus Kidney Pills from your drugn the girl's mission school of the Methundergone a change for the better that

Greatly Benefited After 14 Years of Suffering.

A reporter called on Mr. E. Coon, of Variety is the keynote of prevailing fash-lons. Diversity is shown as much in decora-No. 220 Straight street, Grand Rapids, tion as in the construction of gowns, and pro- Mich., who, in reply to his question, told the following regarding Dr. Hobbs' Spar-

frills of filmy lace; in a third a tasteful appli-cation of embroidery that looks like the work | with kidney complaint and have been treated for rheumatism by a number of of some deft-fingered needleworker; in yet physicians; also taken a large quantity another plaitings of chiffon, mouselier or some of patent medicines without improvement; in fact, I got worse, getting so Besides these trimmings, extra touches are had that I have been unable to leave the house for the past two years. I have had such dreadful pains across my back compensates for the labor and the average and in my right limb. I have been un-Yellow, blue, cerise and watermelon-pink and feet were swollen to twice their norstripes vary the white taffeta grounds of ma- mal size and I was compelled to use support to move around. I began to take Dr. Hobbs' Sparagus Kidney Pills six for entire gowns. In these the warp is al-ways white. There are other glace Louisines days ago and noticed a marked change without the water-marks, and half-inch check at once, as you see; the swelling has dis-Louisines for waists, the colors in the checked appeared from my hands and feet and variety being navy-blue, heliotrope, black or the pain has left me entirely. I walked variety being navy-blue, henotrope, take a strong forest-green with white. Truly, there is no dearth of alluring fabrics from which to choose ble, a thing I have not been able to ble, a thing I have not been able to A saddle gore is introduced as a novelty in the skirt of a two-piece cycling costume. The Eton jacket flares gradually from the throat and may be made with or without pills are the only remedy that has ever given me satisfaction. I heartily recommend them to all who suffer as I have,

(3) Straight Street, Grand Rapids, Mich.

Dr. Hobbs' Kidney Pills FOR SALE BY

CHARLES ROGERS. Odd Fellow's Building, ASTORIA. OREGON.

so successfully as Ayer's Cherry Pectoral. During the past fifty years, it has been the most popular of all cough cures Economy is something that everyody and the demand for it today is greater tries to practice, and yet just a little than ever before. Prompt to act and sure to cure.

There is a lot of moral backbone in a

Mr. C. L. Hasbrouck, a druggist at Menmanufacturers of Chamberlain's Colle. Cholera and Diarhoea Remedy could be The traveler who for the day runs duplicated in that town. For sale by

The woman who can cry easily seldom

The adult scalp should be thoroughly

Very thin note paper has an essentially foreign look.

When going East travel on the Northern Pacific Railway, Quick time and the The First Colored Baptist Church of stude and sleeve links to match each only line running dining cars. Train leaves Portland daily at 11 o'clock a. m.

Norfolk jackets retain their last seas-

Use Webfoot Corn Cure. No

A double chin can be cured by correct breathing.

CASTORIA. The fac-simile signature

the ten gown. CASTORIA.

French cashmere is much favored for поине компи. CASTORIA.