

WOMAN'S REALM

WOMEN ATHLETES AND MODESTY

Healthy Exercise as Proper for Them as the Men.

Is it improper and wrong for girls to engage in athletics? This is the question that has agitated certain ultra-religious societies and Puritanical people for several years past and is now a source of much controversy in some quarters.

I have found through long experience that she who stops to give way to every prejudice fastened by opinions overcast and formulated in a past age, overshadowed with strange and unnatural rules and ideas, will always be in hot water and unhappy.

Teach your young girls to swim, to row, to save lives from drowning, to ride a horse, to ride a wheel, to drive, to walk properly, to roll ten pins, to box, to fence, to shoot, play golf and tennis, and to sing, and the future women will lose all per cent of the life common to them.

E. P. Roe, in one of his books, tells the story of a beautiful girl who started life a weak, lachrymatory, nonentity of an invalid. Her heart was suddenly awakened, and to make herself a fit companion for the strong, robust Pacific man she loved, she went to the North Sea, and through two years energetic and systematic exercise in swimming, rowing, riding horse back, mountain climbing and voice culture, she developed into a real lovely woman, graceful with all the accomplishments, capable of taking care of herself and helping others.

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.

ON PHYSICAL CULTURE. "The first three questions which should be put to a physical culture pupil," says an authority on the subject, "are: What do you eat for breakfast, luncheon, dinner and between meals? How do you sit, and how do you stand? Standing is a lost art, and as for sitting, so far in the history of the world of ours it has never become an art.

sating, I fear that women will never learn to sit.

"Up to this time," the enthusiast continued, "girls 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 attention to the development of their vital organs.

PRILLS AND FLUFFS. Hereafter, mull and fabrics of like texture are preferably finished with a narrow plaited or ruffled 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 beyond the outside skirt.

Notes on Good Dressing. Yokes and other accessories belonging to piped gowns made up by more fanciful modes are treated to attractive head decorations.

THE CHURCH. A Swedish Baptist church of 12 members was organized in West Ferndale, Wash., on May 23.

THE CHURCH. The leading current event in church circles is the convening of the "endeavors" at San Francisco.

THE CHURCH. The First Colored Baptist Church of Portland was successful organized on June 12th with a membership of 12.

FASHION'S LATEST FANCIES

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

WTON 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 prominent sway. It is made up in silk, cloth, velvet and most all of the cotton fabrics and when it opens over a shirt-waist of some becoming bright color the effect is chic and becoming.



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

SAILOR COSTUME OF WHITE AND RED SERGE WITH BRAID DECORATION.

The sailor costume for girls is probably the most sensible addition that can be made to the Summer wardrobe. It is appropriate for city or country and is graceful in style and practical in construction.



SAILOR COSTUME OF WHITE AND RED SERGE WITH BRAID DECORATION.

CAPE-WRAP OF TAFFETA SILK WITH GREEN AND RED DECORATION.

Idea for Summer wraps are generally received with gratitude, and the little wraps are frequently made at home. There is certainly no reason why a should not be as simple as possible.



CAPE-WRAP OF TAFFETA SILK WITH GREEN AND RED DECORATION.

SUMMER FANCIES.

Variety is the keynote of prevailing fashions. Diversity is shown as much in decoration as in the construction of gowns, and propriety in trimming is the rule.



WHITE AFTERNOON TOILETTE, PAIR OF TAPE OF SPOTTED SILK AND SKIRT OF WHITE.

CAPRICES OF FASHION.

There is hardly more than a tint of gray in the tone of a satin straw braided walking hat. With this straw blends admirably the pure white silk draped on the brim, which is given along the side front and back.

THE CHURCH.

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son started, whereupon the parson stopped in his sermon and said: "That's right, gentlemen; as fast as you are weighed pass out." All the others waited until the sermon was ended.

Dr. H. G. Carrol, statistician in charge of the religious division of the census of 1906, estimates that there are 4,469,999 members enrolled in the leading young people's organizations of the Protestant denominations.

Congregationalists in California have increased in the last twenty-five years from 2,197 to 4,481. In the Sunday schools the membership has increased from 5,993 to 16,972; benevolence to the churches from \$4,266 to \$43,329.

Bishop Foster was honored by Boston Methodist, June 7th. Addresses by Bishop Malins and others testified affection and reverence for him in commemoration of the twenty-fifth anniversary of his consecration to the episcopacy.

The tenth anniversary of George Robert and Annie M. Cairns was observed at Baptist headquarters in Honolulu, Wash., June 11th in a most delightful manner. Evangelist Cairns had just returned from an eight months' successful evangelistic campaign in the east, in Philadelphia, Boston, Chicago, Louisville and Denver.

The pastor of the Congregational church at Astoria, Oregon, Rev. F. G. Strang, has just returned from the general assembly, and a two months' vacation. On the evening of his return he was sent to ride to the church, which he found nearly full of his people and friends, who had come together to welcome him home.

J. Hong Chang has asked Miss Marjorie Whong, a beautiful Chinese Christian girl, to be the representative of Chinese women at the World's Congress of Women to be held in London next summer. Miss Whong was educated in the girl's mission school of the Methodist Board, and is a good example of the "new woman" of China—a new woman in Christ Jesus.

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HOBBS' SPARAGUS KIDNEY PILLS

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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 in Astoria in a single day. And this of a medicine that was little heard of in this vicinity a few weeks ago. No amount of advertising could produce such marvelous sales. 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 ailments that humanity suffers from originate from the fact that the human purifiers of the blood are not performing their work properly, and, like anything else that is out of order, should be repaired.

Greatly Benefited After 14 Years of Suffering. A reporter called on Mr. E. Coon, of No. 23 Straight street, Grand Rapids, Mich., who, in reply to his question, told the following regarding Dr. Hobbs' Sparagus Kidney Pills:

"I have suffered for fourteen years with kidney complaint and have been treated for rheumatism by a number of physicians; also taken a large quantity of patent medicines without improvement. In fact, I got worse, getting so bad that I have been unable to leave the house for the past two years. I have had such dreadful pains across my back and in my right limb. I have been unable to bend my right knee. My hands and feet were swollen to twice their normal size and I was compelled to use supports to move around. I began to take Dr. Hobbs' Sparagus Kidney Pills six days ago and noticed a marked change at once, as you see; the swelling has disappeared from my hands and feet and the pain has left me entirely. I walked six blocks yesterday without much trouble, a thing I have not been able to do in two years. I believe now I will once again be a well man and can safely say that Dr. Hobbs' Sparagus Kidney Pills are the only remedy that has ever given me satisfaction. I heartily recommend them to all who suffer as I have."

E. COON, 23 Straight Street, Grand Rapids, Mich.

Dr. Hobbs' Kidney Pills FOR SALE BY CHARLES ROGERS, Odd Fellow's Building, ASTORIA, OREGON.

Few medicines have held their ground so successfully as Ayer's Cherry Pectoral. During the past fifty years, it has been the most popular of all cough cures and the demand for it today is greater than ever before. Prompt to act and sure to cure.

There is a lot of moral backbone in a well-fitting gown.

Mr. C. L. Hasbrouck, a druggist at Mendon, Mich., says all of the good testimonials that have been published by the manufacturers of Chamberlain's Colic, Cholera and Diarrhoea Remedy could be duplicated in that town. For sale by Estes-Crain Drug Co.

The woman who can cry easily seldom feels deeply.

The adult scalp should be thoroughly washed occasionally to remove the oily particles, then apply Hall's Hair Renewer to give the hair a natural color.

Very thin note paper has an essentially foreign look.

When going East travel on the Northern Pacific Railway. Quick time and the only line running dining cars. Train leaves Portland daily at 11 o'clock a. m.

Norfolk jackets retain their last season's popularity.

Use Webfoot Corn Cure. No cure no pay. For sale at Estes-Crain Drug Store.

A double chin can be cured by correct breathing.

CASTORIA. The best of all purgatives. It is a gentle and healthy cathartic.

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