

Don't wear fame nor, but if you aguidance awa time was a li the resultings. It you haven't may combines and must buy false hair, be sure to have it fumigated and disinfected before wearing ft or you might meet with a fate slm-Bar to that of a young Chicago girl who supplemented her rather limited crown of glory with a very handsome young woman's hair-what she had of ft-was quite black, and the braids day, "she had awfully good 'eats." which she purchased had the glossihess of a raven's wing and marched our friends to come and see us openly her hair to perfection. After she had peculiar numbuess in her head, or, says, and fall back on the "ice cream" feeling seemed to be lost, even to the appreciation of the substitute we ofextent of insensibility when pricked fer with a hatpin. This numbress soon spread to her shoulders, breast and

Finally a physician was consulted. who pronounced the affliction a genuine case of leprosy. The family was at a loss to account for the manner in which the disease was contracted After awhile, however, the false braid was thought of and its history investigated, when it was discovered that the hair had come from the head of a leprous Chinaman and that the glossy black locks had been the means of conveying the disease. Despite the fact that the young woman's father was a man of wealth, she was taken to the leper colony lu New York state.

Proportions of Beauty.

If a woman be five feet five inches in height her extended arms should measure from tip of middle flager just five feet five inches, exactly her own beight. A woman of this height! should measure twenty-four inches round the waist and thirty-four, inches about the bust.

The upper arm should measure thir teen inches and the wrist six. The calf of the leg should measure fourteen and a half inches, the thigh twenty-five and the ankle eight. From her thighs to the ground she should meas are just what she measures from the thighs to the top of the hend.

The distance from the elbow to the middle finger should be the same as the distance from the elbow to the middle of the chest.

From the top of the head to the chin should be just the same length as the foot, and there should be the same distance between the chin and the armpits.

The length of her hand should be just one-tenth of her height and her feet just a seventh and the diameter of her chest a fifth.

"Goose Walking" the Latest. "Goose walking" develops the muscles of the legs and exercises those of the abdomen. Haise one knee as high as possible, stretch out the lower leg straight in front with toe pointed and place it on the ground. This is done with each foot alternately to three counts. For a vigorous exercise to stimulate the whole body extend the arms out to the side in a straight line from the shealder. . Keeping the arm stiff, move it around in a small circle rapidly and put as much strength into the exercise as possible. Simple as it eary sound, it is really very strongotts and should not be consumed too long Exercising should be they a only Where there is an abundance of freed-#ir I done at home, three or the Wite we up, though the the meter be at seco.

To Essutify the Eyes. il basty apply a with makeup to heighten the effect of size a bris-Hirti v

Bull the eyebrows appyard a the finger tips, as do the men of suchern Spain, in order to give at affect of piquancy.

Arrange the hair so that the expression of the eyes may be beightened. Have the beauty doctor furnish the eye with a long and sweeping set of

Stimulate the growth of the loshes.

To Make Rouge.

A good rouge is made by mixing a quarter of a dram of besidered carsaine with one onfice of France halk powdered. When these worms blended they are slowly wer d into oulf a dram of oil of almonds This re ulres onuch time and patient for the mixture must be even. I. is are ressed through coarse to in rethis until none is left

For Good Looking Lyabra. A drop of almond to an. on the eyebrows with a the bromake them more instance and 168-1 ally look better The may be Gone. during the day, and the e will bo appearance of greasing by wa the off, thus thinning the so quantify works for the

Core fire D.

A double chip

A ST PERM

AND SO WE FEED THEM

Americans Depend on Ice Cream, Not Wit, to Entertain Their Friends. Was it not Emerson who said, "No dare not trust our wit for making our

house pleasant to our friends and so

we buy fee cream?" Rather a striking comment, isn't it, both upon our own mental resour e

fulness and the mening caliber of our friends? We fad them to our houses, we imagine that we are worth coming to see, but when they get there our heart's fall us, and so we feed them lee cream is a convenient cloak for

all social doubts and fears. "When in doubt give them some thing to eat" is the rule that governs the treatment of the stranger within

your gates. And the stranger takes kindly to the idea. How his face brightens at the mention of refreshments!

What of his hostess? What of her home? How goes the day with her and very expensive coronet braid. The and hers? It hadn't occurred to him to wonder. But, in the slaur, of the

And if we who stay at home and ask confess our laability to entertain our worn it a short white she noticed a friends by "our own wit," as Emerson cather, in her scalp. All sensation of our guests just as openly show their

> They very frankly announce their Intention of "dropping in in time for refreshments." If shopping seems more important than the friend's party they wear their best hats to the shops and tuck a clean pair of white gloves in their hand bags and drop in to the party on their way home. They get there in time for Refreshments, with a capital R.

Only sometimes there is a joke on the society free lunches, as was the case when a certain woman gave a coffee and bridge, and one of her guests mistook it for an afternoon

She arrived at about 4 o'clock or after with the bland statement on her

"You know I don't play bridge very well-anyhow, so I just came in for refreshments."

Alas for ber! The refreshments were "all." She had better read her card more carefully in the future, so that whatever happens, whether she sees her friends or not, she will not miss their "ice cream."

In Quaint Attire.

A charming little dress is seen in the illustration for the small girl. It is of old fashioned sprigged muslinwhite with bunches of pink and green



PICTURESQUE DRESS FOR SMALL GIRL flowers. The little skirt is full, with a deep hem at the bottom. The baby waist is fitted into a shaped yoke about the low neck, and the steeves are short puffs. A dresdon ribbon sash completes this pretty costume.

View of Self Sacrifice.

A question which frequently arises in social relations is to what extent should one sacrifice oneself to oblige one's friends. More than half the social pleasures entall a sacrifice on whom one doesn't like have to be met, and ou don't be rere." and health has to be disregarded in order to keep an engagement.

The life of the average woman seems to demand of each successive day just a lit is more of her time and consequently . tor vitality, and chesshe adds to he own burdess these of will other people r filling in a place at L. to any or by doing any paof the multir your other little things that oblige se this she is on the road to destructio and had better learn to null say "No" be te she has to go to a very sortul reader than sacific chem. is her Hat ie of these tried and ... Trent. som she can coax into

> seem to div to hance its terrents ere always to see that pron private v. if mil evidt 2hren +



The question to wont extent parents should deny themselves in order to provide their children with inxuries is always a debatable one, and yet it has to be faced at some time or other by every father and mother of a fam

It has been contended, with a great deal of truth, that many of life's fallures are the direct result of overindulgence on the parents' part. It very often happens that children who have had their every wish and whim gratitied at the expense of the old people prove not only a grave menace to their wir safety and well being, but to the world at large or at least that part of it through which they move.

What, however, you purents can give the children you bring into the world is a very large part of your sympathy, counsel and love. Instead of blessing them with material gifts, bestow upon them the precious benedles of your wisdom, affection and advice Lay yourself out to study their temperaments, make yourself acquainted with their weaknesses and their virtues-strengthen the one, encourage the other. And, perhaps a greater gift still, let your own life be to them the perfect example-a life of endless control, of moderation, unselfishness and devotion. How much better, how far more blessed, than' denying yourself worldly fuxuries in order that they may derive passing pleasures from the gifts you give them.

Stories That Frighten Children.

There are some stories on the order of "Jack the Glant Killer" which it were quite as well not to admit to the nursery. Unless the story is of soothing unture it should not be related just before the child goes to bed. This is not a good time for stories, especially with sensitive children. The stories are upt to awaken the imagination and leave the brain too active, with the result that sleep is slow to come and likely to be restless and dis-

Stories that arouse fear should be avoided. However, what will frighten one child will not affect another To the child who has never experienced the sensation of fear stories seldom awaken that emotion, but if. on the other hand, the child has been frightened it is necessary to be care ful not to stimulate that emotion, for there is no other that has such a blighting effect on a child

Another goins to be considered is the ending the story. This should always be proment.

The Mother and the Boy.

il and overflow ome one who will listen to his confidences. If he is repelled and finds himself alone he becomes fretful, indolent, or worse. His affairs are not "nonsense." A good mother never says, "Run away; I am busy." She fistens and encourages. Important discoveries may be made in these outpourings. Sho gives sympathy, enters into his feelings and sees things from his point of view. If the tells her of something which proves that he is at fault she does not reprimand him at the time, because this will check further confidences. She gives her attention quietly, tells him she is glad he has confided in her and that she will talk of it again with film. If a mother has ineight she can softe many problems. She is interented in her boy's sports, collections. tile school and commanders. hoire of his companions should not he left to chance it is well if they are from families known to his par-

Let the Children Sleep.

"lasufficient sleep," says a physiclan, "is one of the crying evils of the upon the hours of rest, and body and the children have their hours of sleep shortened and suffer all their lives in consequence. A child of ten or eleven rarely gets more than eight or nine honrs' sleep, whereas it should have ten or eleven in to twenty at least average adult on a eight. There may be an occadenal Napoleon who et along four hours' sleep cut, but if con happen to belong

> Don't fall hildren. very or nervous deficit which to co and chlic tille in make - cafe to all and e the to the section the section on r. til be more 112% andit: 1011116 at three killers. The All of which EQ 1 .

Facts From France.

Nearly 316,000 marriages took place in France last year. Regular theatrical performances are given every year in France in huge

rulaed theaters built by the Romans. Flour making in France is the most certaint inclusity in the country in ant of capital invested and value

care torre se Prema a rumbert takes 15 per of all the money staked at the "se" the so talde and other health. in my the Thile burson and other unbling devices. For the season of 1:080 this percentage amounted to \$543,303, the summer season naturally contributing the greater part-over \$600,000.

Yuar complexion as well asyour temper is rendered miserale by ordered liver. By taking Chamber-lains Stomach and liver Tablets you can improve both. Sold by all good

Haliable Remedy FOR CATARRH HAY-FEVER Ely's Cream Balm Gives Relief at Once.

line trans resulting from Catarrh and drive away a Cold in the Head quickly. Restore as the at Denglass or by mail. Liqui Cream Balm for use in atomizers 75 etc. Ely Dothers, 56 Warren Street, New York

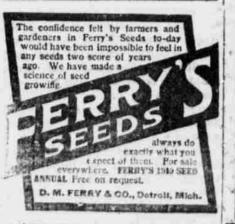
Not a minute should be lost when a child shows symptoms of oroup. Chamberlains Cough Remeday given as soon as the child becomes boarse or even after the croupy cough appears, will prevent the attack. Sold by all good dealers.

Children Cry CASTORIA



An adv in the Examiner will bring results. Try it and be convinced.

"Can be depended upon" is an expression we like to hear, and when it is used in connection with Chamberlains Colic, Cholera and Diarrhoea Remedey in means that it never fails to cure diarrhooa, dysontary or owel complaints it is pleasant to ske and equally valuabe for children and adults. Sold by all good ideal-



Drying premarations simply devel op dry c. arh; they dry up the secretions, which adhere to the membrane and decompose, causing a far more serious trouble than the ordinary form of catarrh. Avoid day, ... Work and pleasure encroach all drying inhalants, fumes, smokes and snuffs and use that which cleanses, soothes mind deteriorate in consequence. Even, and heals. Ely's Cream Balm will master catarrh or cold in the head easily and pleasantly. All druggists sell the 50 cent size. Ely Brothers, 55 Warren Street, New York.

The Balm is used without pain, does not britate or cause sneezing. It spreads it elf over an irritated and angry surface, relievnine hours of steep are needed, and an ing immediately the prinful inflamination, average adult of a cight. There Ely's Cream I alm contains no occaine, mercury nor other harmful drugs

somebody's part. Money has to be to that class market will tell you by \$1,000 REWARD spared that can ill be afforded, people wat ag you no at he proper time.

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"PRODUCTIVE SOIL, THAT'S ALL"

Government Homesteads and Relinquishments

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A Few Letters to Many People

Advertising Government Homesteads pays -if I can produce the goods. That's the secret of all advertising. A man cannot afford to make a single mistatement or even exaggerate. When I claim to place you on 320 acres of good agricultural land I cannot afford to allow you to select land in Goose Like where the water is ten feet You must under the homestead laws personally inspect the land; must actually go on it and familiarize yourself with every 40 acre tract. I can show you the land but you must do the choosing. Is there any reason for you being deceived when you do the selecting? My four years experience in soil observation compels me to show you the best land obtainable under the Government Land Acts. Its level valley land or sometimes slightly roding; the soil is of great death water is obtained at depths that range from ju to 55 feet. It may vary that much on the same section of land and the quality of the water on every homostead that I have located where a well has been completed is exceptionally pure. The climate of the valleys is such that they have been used as a winter range for sheep, eattle and horses which feed on the native wild grasses exclusively. The snow schom preventing graving and the clear cold air and bright sonshine give a tone to the atmosphere which is much healthler than in a citrus fruit belt. The weather never gets extremely cold as we know it in the Mississippi Valley States above Southern Missouri points, neither does the summer days equal the heat of the states mentioned. There usver has been a sum-troke in these valleys. With soil, water and climate combining, what is the reason these lands are open to entry and that no one has taken them before now? Because of several reasons: first—the valleys in question were remote from any railroad transportation. It seemed too far for the average man to travel beyond railroads and he could not see how he could profitably till the soil without transportation for his products. That's the reason why I have had to pay 2% cents per pound for barley at Lake-view and 4 cents per pound at Christmas Lake. People feared they could not sell the product so the supply has been insufficient to meet the demands of our rapidly increasing traffic by wagon or stage. \$30,000,000 is being spent by Oregon Railroads and soon one or more lines will traverse this valley. Prices will then come down but you can ship your surplus crops to the outside markets.
S. cond—No one until I entered the field ever tried to tell you all

about the many opportunities in this section of Oregon. I begin four years ago and I am at it yet. I could see then many things that have come to pass since. For instance, in twelve townships to Ceristanas Lake valley at that time there was but one single home-stead. Today I could possibly locate twenty are people on 100 nore claims or half that number on 320 acre claims in these townshipt Over 1000 entries have been made in this valley alone since I broughs it to the attention of settlers. There must be some attraction in a place so far from a railroad, don't you think so? It is the last best fertile place open to the homesteader with the prospect of railroads in the near future. In these twelve townships today are five postoffices, a couple of church congregations that hold meetings in the school houses, six or more schools and other buildings, five mercan-tile establishments and a couple of small hotels and feed barns together with hundreds of miles of wire fences and hundreds of places where little or much improvements have been made. The valley is dotted over with cabins ranging from that of the most lowly to the most subscantial bungalow type of home. There are few large barns as yet as stock needs very little shelter and money is being spent on other improvements. The man that knew this valley four years ago and has not seen it since will rub his eyes when he comes back in a couple of yerrs from now at the latest and rides there on a comfortable train, but he won't be the man that will make money out of getting free land before it is all gone. He may be able then to buy a good 320 for about \$8000 at the lowest possible price of \$25 per agre but I believe that he will pay at least double that price.

Now let us reason together; you and I. Do you believe that you can make money faster than you can by securing a piece of this hand now and holdlog it even for \$25 per sere? In the same township where I located my last party of settlers a 100 sere claim patented sold last spring for \$10 per acre. It's worth \$5.50 more now besides the improvements which are worth about \$500. Howahoft this land being worth more when the railroad comes? Well every day that you set force Without coming here as part for scalar your emblerons. 3 are or are long so Its the man ti this coresino on capable of the keeand miss new undeveloped con You can't miss a theremone of parties on of a Massagi speither can I must a 3.0 serve a most feet, and make makes he will

I cannot said bug fine autenuped for to pure orderly cents in the ness money for a bright new \$20 gold pleas with "Unde Sain's stories on it, but I can show you the best piece of hand how onen to entry in this section of Oregon. Are you a charter member of the 'Show Me'' club? Then come and I will give you the password. Do it not — Make me prove every statement. If you belong to the "Show Me" club you are entitled to j in The lave Wire League' of rich blooded men and weingo who are coming into those County. BUY YOUR TICKET TODAY. Writs for certificate of mentic ship. Its free.

Oregon Valley Contract Holders

No matter where your land is or what quality of soil, asmay be, I will be exchange for your pend up contract bodied as locate you on 100, 320 or 480 acres of thinble governor of lead. you have a home-dead right to any or these area () This offer is for a short time only and subject to with trawal and

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Hurry. Price \$70.
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