

WOMAN'S WORLD.

SOME GOOD ADVICE TO MOTHERS UPON A VITAL SUBJECT.

Hints to Women Bathers—Justice For the Summer Girl—Women and the Supreme Court—Mary Hallcock Foote—Changed Dresses at the Races.

There are many parents who seem to have no realizing sense whatever of the proper diet for children. They give them whatever they happen to have at hand, or what is much to the same purpose, anything they cry for. The infant mortality of the country is something awful, when one considers it. Hundreds of thousands of children die every year, many of them from the effects of injudicious feeding alone.

In hot weather children should be carefully watched and never permitted to touch articles of food that are at all questionable. A little perfectly ripe fruit, either with a little gruel or other suitable diet, should be given. If a child is at all delicate or if digestion seems to be at fault, cooked fruit may be given. This is especially safe and always reliable. Use as little sugar as may be in order to render the sauce palatable, and carefully select the kind to be given. Cooked strawberries and blackberries, with the seeds strained out, are excellent and may be eaten freely. Raspberries are usually safe to give without cooking, provided they are perfectly ripe and thoroughly washed. Very acid fruits are not to be given to young children. The reason for this is that, being largely on a milk diet, the acid in the fruit makes a thick, tough curd in the stomach, which, in many cases, is impossible to digest. Oranges disagree with a great many persons, and although they are almost universally recommended for children the utmost care should be observed as to whether they disagree, for there is probably no form of indigestion so distressing as that produced by oranges. Pineapple has upon some persons a somewhat similar effect, only usually less severe.

There are many persons who are opposed to the use of meats, especially in hot weather. It is, however, safe to say that properly made soups and a small bit of well cooked meat cut into tiny shreds and thoroughly masticated can do no harm to delicate children and often produce the happiest results. There is in many vegetables an element that, in itself, is harmless when it exists in the digestive organs in any quantity yet furnishes nutriment for a virulent germ. This germ will not flourish unless this substance is present. Vegetables of various sorts are especially productive of this element; therefore the best authorities on cholera and kindred diseases have found it necessary to restrict the use of certain vegetables in extremely hot weather. Whatever is given, however, must be thoroughly cooked and should be kept as completely excluded from outside air as possible. If children are feverish, cross and unmanageable, it is well to try a diet of gluten bread and carefully prepared broth or soup. The meat should be perfectly fresh and cooked a long time. Vegetables may be added, but should be strained out before the soup is served. Milk, if there is any doubt about it whatever, should be sterilized before using. All utensils used for cooking should be kept in the most rigid inspection, and no question should be allowed as to their perfect cleanliness. Few people realize that a dish of milk standing in a tainted ice-box may in a few hours collect disease germs enough to poison an entire family, and while the robust constitutions of adults may be able to resist the poison, delicate children succumb to it.

It is not necessary that a child's diet be extremely varied. It is much better to restrict it during the hot season to certain articles that are known to be easy of digestion and to make dietetic experiments at other seasons of the year, if they are made at all.—New York Ledger.

Hints to Women Bathers. Do not place too much trust in buttons and strings. Re-enforce all fastenings by safety pins. You will enjoy your bath much better if not oppressed by a conviction that when you leave the briny deep for the beach your stockings will be a wad of wet cloth around your ankles.

When the eventful moment arrives when you are ready to open the door of your bathroom and appear before a critical company, you will probably be seized with a distaste for your costume. You will long, quite absurdly, but nevertheless strongly, for long skirts and sleeves. Remember at such critical periods that matters will not be improved by delay, and that the best place in which to hide your abbreviated draperies is in the water, not in front of the bathroom door.

Brown locks or golden done up in ringlet-like knots are pleasanter to look upon than olefin knots. But salt water plays havoc with coquettish knots. Unless you are prepared to follow every bath by a shampooing period of greater or less length, cover your crowning glory with an impervious cap. The woman who is "learning to relax" is the recipient of much more attention than she who knows how to relax. If the society and advice of men are dear to you even in the vast deep, never quite master the gentle art of swimming, but always be about to master it.

Don't venture beyond your depth and allow yourself to be rescued more than once or twice during the season. It's romantic, of course, but even a romantic thing can be done often enough to become merely monotonous. Don't show your love of the water by staying in very long. It is a pleasant thing to talk about, one's love of the water, but to display it by remaining in for over 20 minutes merely makes one's eyes blue and one's complexion mottled. Do not prowl on the beach or lie in the sand after your bath. You have seen sickens and other animals whose nat-

ural element is not water after a bracing shower. Be warned by these humble members of creation and bathe yourselves directly from the waves to the dressing room.—New York World.

Justice For the Summer Girl. The American girl is showing her amazing address and aptitude at a thousand spots by the seaside and mountain this summer, as in a score of summers before.

As the "summer girl," she has her rattling fire of criticism to face, but the astonishing thing is not that she makes a few blunders in her social code or shows too little restraint in her behavior, but that she does not fall into worse pitfalls and cast all restraint to the winds. Of the thousands and tens of thousands of American girls whose behavior amazes and whose beauty charms by every beach and on every hillside, the great mass have been little or nothing of any but the narrowest social conditions in village, town or the restricted circle of a small city house until they find themselves in a big hotel leading a life of unmitigated publicity and living in the midst of strangers.

Most of these girls have had no social experience. Their mothers have had as little. Their men folk are away. On the instant they have to adjust a code of village behavior to gregarious conditions and a free contact which would be trying to one of experience. They make blunders and do much that is foolish, but their blunders are for the most part trivial and their folly mere playfulness which rarely brings them into harm.

Yet if they understood how much reserve, restraint and a rigorous self-control do for a woman in public and private, how quickly it wins a respect which passes into admiration, and an admiration which ripens into something warmer, the American summer girl would add the only charm she now lacks.—Philadelphia Press.

Women and the Supreme Court. "As a matter of fact," says Once a Week, "although eight women now have the right to practice before the supreme court, no woman has ever availed herself of that right in a practical way. The law admitting women to supreme court practice was passed in 1879 and signed by President Hayes on the 15th of February. John M. Glover of Missouri introduced the bill in the house Nov. 5, 1877. Benjamin Butler reported it to the house from the committee Feb. 21, 1878, and it passed the house the same day. The vote was 169 to 87.

"The law says that 'any woman who shall have been a member of the highest court of any state or territory or of the supreme court of the District of Columbia for the space of three years and shall have maintained a good standing before such courts, and who shall be a person of good moral character, shall, on notice and the production of such record, be admitted to practice before the supreme court of the United States.' Mrs. Lockwood was eligible immediately after the passage of the law, and she gave due notice, and on the 3d of March, 1879, was admitted to the supreme court bar.

"No other member of her sex was admitted to the supreme court for nearly six years. Mrs. Laura DeFoe Gordon of California was the next to apply. She was admitted Feb. 2, 1885. Then followed Mrs. Ada Bittenbender of Nebraska Oct. 15, 1888; Mrs. Carrie B. Kilgore of Pennsylvania Jan. 8, 1890; Mrs. Clara S. Foltz of California March 4, 1890; Mrs. Lella R. Sawtelle of Massachusetts April 8, 1890; Emma M. Gillett April 8, 1890, and Miss Kate Kane of Chicago May 28, 1890."

Mary Hallcock Foote. Mrs. Mary Hallcock Foote, the artist author, is by birth a New Yorker, although since her marriage she has resided in Boise City, the scene of nearly all her recent stories. Her art education was chiefly acquired at Cooper institute, the mecca of so many aspiring geniuses. For years after her success was assured Mrs. Foote refused to let a curious public know anything of her personality. Even now but little is known of the woman, however general is the appreciation of her work. Her likeness has never appeared in print but once, and that was only after long and urgent persuasion on the part of the magazine to which all her work, both literary and artistic, is by contract pledged, and which was then publishing an illustrated article upon its contributors. Since that time Mrs. Foote has been obscure to all appeals for her portrait, although she is besieged from every quarter.

Changed Dresses at the Races. The fashionable women of England, it would seem, have plenty of time to think of dress. At Ascot recently there was a heavy downpour of rain one day, and some of the ladies, thinking doubtless that the bad weather would continue, started the next day in cloth and serge costumes, but when they reached the race track, behold, the sun was shining, and there was not a cloud in the sky. So, with commendable promptness, they telegraphed home for the reluctantly surrendered gowns of the morning and soon emerged like so many butterflies from so many chrysalides. Some exquisite toilets were seen. The Princess of Wales was costumed in black. She wore a cream lace ruff round her throat. During the drive she had on

a very becoming slate colored cape. The Princess Beatrice of Batemburg's costume was of soft cream material strapped over the shoulder with deep red bands. The Princesses Victoria and Maud of Wales were dressed alike in palest cream, trimmed with blue; bonnets to match. The Duchess of Saxe-Coburg-Gotha's gown was of dark steel blue silk, with a running pattern of plucky sprays.

There were a large number of American visitors present, all gorgeously arrayed in purple and blue linen.—New York Commercial.

English Women's Bonnets. A private letter from England declares that women there are wearing their bonnets and hats perched on the back of the head, where they look for all the world as if they were likely to fall off any moment. This is especially true of the small bonnets, of which English women are so fond, and they are now hanging on the fashion of hair, which is gaining steadily in favor. It isn't probable that the fashion will reach here for two seasons yet, as it takes about that time for a style in millinery or hairdressing to get to this country.

To prove that it is only necessary to look at the Alpine, Tyrol or English walking hat, as it is called, which has been adopted this summer by New York women. Three years ago similar shapes were seen in all the London shops, but not more than half a dozen American women would bring them home. It has taken ever since for the style to get here.

A Word Against Suffrage. The most of the advocates of woman suffrage in the United States are women who, from the very circumstances of their lives, hardly know for what they clamor. They are not usually the women who have been thrown into most contact with the world. The little local suffrage clubs here and there, if analyzed without prejudice, will be found to consist of the woman physician, the women who have not married and are victims of a "conserved longing" which they hope to satisfy by intellectual pursuits, and women disappointed in marriage. It is to me the "beating of the bird against the bars" to see these women long so ardently for woman's suffrage, because I fear that it will not give them what they need, but be a burst balloon when once possessed.—Womanland.

Rudyard Kipling's Wife. On Jan. 18, 1893, Mr. Kipling was married at All Souls' church, in London, to Caroline Starr Balestier, a sister of C. Wolcott Balestier, the American novelist who died abroad in 1892, and with whom Mr. Kipling wrote in collaboration. Mrs. Kipling is small and slender, with dark brown eyes and hair. She was educated in Rochester, where she was born. Mr. and Mrs. Kipling have one child, a daughter, born in December, 1892. Since their marriage Mr. and Mrs. Kipling have made their home in Brattleboro, Vt., where they have built a charming country house, which, from its mountainous situation, has been named "Crow's Nest."—Ladies' Home Journal.

Women Rule in New Zealand. Woman continues to pursue her conquering way in New Zealand. All the ladies of that colony who have attained the age of 21 are legally qualified to vote at parliamentary elections. A lady, Miss Yates, is the duly elected mayor of an important borough. Another lady, Miss Lillian Edgar, has recently been elected a member of the governing body of the University of Auckland, and by the last mail we hear of the ladies securing three out of the seven seats on a school board. Furthermore, one of the three ladies has been chosen as president of the board for the ensuing year.—London Star.

Not So Easy to Entertain Royalty. Apparently the entertaining of royalty has its little disadvantages. When the Princess of Wales accepted Lady Dudley's invitation to her dance last week, she stipulated that only 150 people were to be asked. When the list of the chosen was sent to Marlborough House, so many were struck off that only 30 unmarried girls were left, several of the hostess' own near relatives being ruled out. The consequence was the ball was a failure, for the few guests invited could hardly find each other in the vast rooms of Dudley House.—London Correspondent.

An English Federal Club. There is a movement on foot in London to start a woman's federal club. The promoter is a New Zealand lady now in London, and her desire is to establish a club with branches in the chief towns in the empire. Members will meet to discuss questions of a social-imperial character, and in whatever part of the empire they may find themselves they will find also a social center to which they have the right of approach. The federation of clubs supplies this want on this side of the water.

San Francisco women have requested the mayor to appoint a woman health inspector, offering to pay three months' salary, as an experiment. The mayor referred the request to the board of health.

To keep your fruit jellies from molding put an even half inch of sugar over the top after the jelly has cooled, and then cover the glass with thick paper that has been coated with white of egg.

Buttermilk is a most excellent remedy in cases of sickness due to irritable stomach, and also in the sickness and nausea incidental to mothers.

Mrs. Kingley—Is it true that you've changed cross now? Mrs. Bings—Yes, my old one was taking in all classes. Mrs. Kingley—But I ordered a gown from her not long ago. Mrs. Bings—So she said.—Cloak Review.

Making a Change. Bings—I just had a smaller sofa put into the parlor than the one I had. Kingley—What was the matter with the old one? Didn't your wife like it? Bings—Yes, but my daughter didn't.—Truth.



Idle Ike—Walk right by dat feller sellin shoestrings without noticin 'im. Lazy Luke—Why? Idle Ike—Cuz he ain't recognized by our set no more. Lazy Luke—How's dat? Idle Ike—Dis is de third time dat man's been caught tryin ter earn his livin.—Brooklyn Life.

Comfort. "Johanna," said Mr. Dolan, who had been thinking earnestly, "it do seem loike 'twould be foiner of we'd doine a la carte, loike th' rich folks in th' hotel." "Niver mind, Terence," was the reply. "Ye kin at last ride that way as long as there's teamin' to be done."—Washington Star.

Strange. It is queer how things ripen nowadays. They hired a lot of green hands at one of our factories on Monday, and as early as Saturday night they were all mellow.—Boston Transcript.



The Sultan—I am to be married next Monday and again on Friday next. Won't you grace, by your presence, at least one of my weddings? The Shah—How provoking! Have weddings of my own for both dates.—Life.

Du Maurier's Women. Speaking of "Trilby," have you ever noticed what an important part eyebrows play in Du Maurier's faces? No matter how small the face, the eyebrow stands out as the most characteristic feature.—Critic.

Rubinstein's first teacher was his mother, and his first concert tour as a virtuoso was made when he was no quite 10 years of age.

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