

# The Oregon Woman's Journal.

## News and Criticism of Especial Interest to Mothers, Maidens and Young Women.

(This department is dedicated to unfranchised, unrepresented, silent, patient and devoted womanhood of Oregon. Communications relating to organization of woman's clubs solicited.)

### A WOMAN'S CLUB.

There is room at Salem for a woman's club. Indeed, there is at every town in Oregon. It need not be literary, for needle work, woman suffrage, or any particular fad or rage—just womanhood's interest in general. The importance of the subject is quite sufficient justification for such a social organization in every community of our land. The women who stand guard over society need the harmonizing and unifying influence of such an organization, where they may meet each other as human beings with common interests to promote. The tendency of the age is strongly in the direction of caste from which none suffer so much as women submerged in the cares of household duties and the gloom of financial depression. A woman's club in a town will break the monotony.

### TO OUR WOMEN READERS.

Can you help us to make the Woman's Journal more interesting and helpful? Will you not send us your ideas for this edition? Send one good thought for the page we devote once a week especially to women? Will you not, and will it not be a benefit to you and others to see your best thought for womanhood in print? Why has Oregon no women's clubs? Are women's clubs the result of progress or a means of advancement? Would not a mother's club to meet once a week and consider social topics be a benefit to you and your neighbors? Are not men and women living too isolated lives and often becoming selfish and contracted in view on account of isolation? Men and women are social beings and languish for want of social intercourse; are we justified in living entirely to ourselves? Does not the true view of society imply a sense of duty toward others? Are we performing that duty? We invite discussion of these questions in this department.

### DON'T BE SCARED.

About so often the scare is revived that cats are the cause of disseminating diphtheria. It is an old story, and there may be some truth in it, as the rats are said to spread the bubonic plague in Asia. Cats and dogs and other animals can carry germs in their fur and have sickness. But if cats are well fed and cared for at home they will not prowl about the whole neighborhood to satisfy their appetite. We advise people to avoid such scares and pay proper attention to their children. If children have all the fresh air, pure water and wholesome food to eat, and can run out of doors all they want to, they will have very little trouble with the so-called diseases of childhood that all are supposed to have as a matter of course, but which modern science has discarded as not at all essential. Most children are weakened by parents' bad habits and by being forced to eat things they do not care for and at times when they do not want it. If they could eat what they want, when they want it and as much as they want, they'd be better off.

### HOW TO BE BEAUTIFUL.

Mrs. Lillian Marshall, of the home corner of "Home and Country," discusses the question in these sensible words: (It might be said men could just as well "sneak up" a little too before their wives are dead.)

"How many women laugh on reading these words and so read some of the trash one sees in different books and papers it is not to be wondered at. But still if we cannot all be beautiful we can at least improve our appearance a trifle by trying to do so. It is every woman's duty to look as well as she can. If some women look a little more pale with their personal appearance, especially around the nose, there might be fewer husbands at the clubs and more of them

at home. No man should be blamed for getting tired of looking at a shrewishly appearing woman—a woman who never cares what she looks like except on stated occasions. Fix up a little, arrange your hair and spend a little time upon yourself before she comes home to dinner, and see how it will please him. Don't imagine you cannot do this thing or that, because you are too old; that is all nonsense. There are no old ladies nowadays. With our athletic craze, bicycles and goodness knows what, we will all live to be a hundred."

The editor of the Woman's Journal would add that she considers it a positive weakness for a woman to let it be known that she is not in the best of spirits. We have no right to go about and disseminate blues or even our troubles, to say nothing of "diseases," to other people. This includes toothache, heartache, corns, bunions, colds and weak eyes, and applies to men as well as women. When we regard such defects in ourselves as a moral blemish we are near the truth.

### FOR THE TABLE.

A luxury at this season not obtainable everywhere in our country is the little-neck clam from Puget Sound. This delicious bivalve is best cooked in a steamer over some boiling water. Serve in the shell for a first course, with a little melted butter in a shallow dish beside each plate to dip them into. Eaten with fresh bread and butter heightens the delicate flavor of the clams.

An omelette is most simple and easy of achievement, and its variety is infinite. Well cooked, it is a dish for breakfast or luncheon that will make any man and most women feel that life is worth living.

One of the important requirements, for making omelettes is a deep frying pan with a perfectly smooth surface, and it is well to keep one such pan solely for the purpose of cooking omelette and French pancakes. No patent egg-beater nor persistent beating is necessary in producing the omelette. A fork, a soup plate, fresh eggs, a dash of milk or cream and a hot, smooth pan with sweet butter melted in it, are the necessities for the production of the plain omelette.

A well-known United States Senator who is a gourmet and prides himself on being a culinary artist is famous in Washington for his omelettes, and his rule for making them is twelve beats with a silver fork for each egg—thus, when he makes a five-egg omelette he punctiliously applies sixty strokes in mixing it.

An omelette should not be seasoned before cooking, as that will make it watery; nor should the whites and yolks of the eggs be separated. A tablespoonful of milk, cream preferably, should be stirred in for a four or five-egg omelette, and the mixture poured into a hot pan in which a generous tablespoonful of good butter has been melted, but not browned. Then it should be gently shaken and rolled from side to side until it is cooked to a soft jelly. A hot platter should be ready and as soon as it is cooked it should be half slipped off on the platter and with a dexterous flip of the pan, the other half folded over and served at once with some sprigs of parsley or cream as garnish.

So much for the plain omelette, and the foundation for nearly all other omelettes.

### THE HOME GARDEN.

We are all planning at this season to plant a few flowers, and must not forget the kitchen garden. Make a few beds, well supplied with sand and old manure and sow some radish and lettuce. Plant some early peas and cabbage and begin to encourage the strawberry bed with a little attention. Trim the berry bushes and fruit trees. Fasten tall berry bushes

to a stake so as not to be whipped down by the heavy spring winds. We are indebted to the Portland Seed Co., 171 Second street, Portland, and D.M. Ferry & Co., Detroit, Mich., for valuable 1897 catalogs. Also to the latter firm for a generous package of garden seed.

### SUCCESSFUL WOMAN'S CLUB.

The monthly "Chicago Commons," one of the "Slum Settlement" organization publications has this item, showing what one woman's club is doing: "No better work has been done under the auspices of the Commons this season, or indeed since its beginning, than that of the Woman's club. We all view its progress with great pride. At a recent meeting the entire roll of officers was changed. Miss M. E. Colman, of the Commons, became president, Mrs. C. Pederson, secretary, and Mrs. B. F. Hegner, treasurer. The social occasion of the past month, one of the pleasantest yet held by the club, was enjoyed by invitation of Mrs. Ball, who told of the history and plan of work of the Chicago Woman's club, of which she is president, and Mrs. Butler, president of the XIXth Century club, read several selections.

### HOW TO BUY FURNITURE.

All-wood furniture is certainly the safest investment from a hygienic standpoint. It offers no temptation to moths or germs. It also saves time for the woman who is her own parlor maid. But if upholstered furniture is preferred there are certain points to be considered. Always select a set of furniture as plain in shape and decoration as can be designed, so that it may be brought up to date from time to time by polishing and recovering. It is profitable to buy the very best of its kind, both as to frame and padding. Cheap furniture is a bad investment both in upholstered and plain wood; in all upholstered because the springs and hair give out, and in wood furniture because after a year or two the joints glued loose and have to be mended and glued periodically. Genuine antique furniture, hand made and equal to centuries of wear, is the most practical purchase for the housekeeper.

### ABOUT DOMESTIC MATTERS.

Women are learning that there are forces to hold home and society in order besides cooking three meals a day.

There is as much culture and intelligence reflected in simplifying housework and stopping the wastes in little matters as in boasting of devotion to the kitchen.

The shoe brush is too much neglected in the training of children. Blacking at five cents a box and developing the muscles of a boy or girl using it, is a great means of elevating youth above fitness and keeping them clean and self-respecting.

Housewives are always complaining about having "no time" for this or that pleasure or recreation. They have no time for reading, no time for visiting, no time to play with the children; in fact, no time for anything but the same old drudgery day in and day out.

Why should a woman be nothing but a domestic drudge? It is not necessary, nor does it follow as a consequence that she must be dull, dowdy and old-fashioned. It never was intended that she should spend her entire life in caring only for bodily wants, utterly neglecting the needs of the higher nature. To keep in touch with the world by reading good papers, to get better thoughts and purer purposes by reading good books, to keep up the old acquaintances, both by visiting and letter writing, and, best of all, to keep herself looking well, should be the duty as well as the pleasure of every housewife.

If the work could be so arranged

that an hour a day at least could be secured for reading for a walk or drive, the used-up energies would be re-created, and both body and spirit benefited. There is no gain in this constant work, work, all the time.

A woman, ages soon enough without that aid. It is not a waste of time to stop for a while. To shut herself up from all society and to make a slave of herself on a plea of "no time" is a sacrifice that few women are called on to make for their families.

Much of the drudgery of women is due to their weak indulgence of children in idleness. They will slave that their children may have pleasures and advantages they never had. Let mothers teach the young to share her work, and let her take time to enjoy something of God's good world.

Mothers, remember not to dress your children above their mental attainments. Nothing is so disappointing as a finely dressed, stylish looking boy or girl who is deficient in mental qualities or lacking in matters of good taste. An underdressed child that proves bright mentally, without being loud, is esteemed, far more acceptable to all classes and far more respected than one the opposite. If children are clean, neat and orderly, though poorly or plainly dressed, and their minds show evidence of intelligent culture in the home, they will always reflect credit on the family, which is not always the case even with the well dressed children from homes where real kindness, intelligence and refinement are lacking.

### THE LITTLE GOSPEL.

"I think it must somewhere be written that the virtues of mothers shall occasionally be visited on the children."—Unknown  
When the ear heard me, then it blessed me;  
And when the eye saw me, it gave witness unto me;  
Because I delivered the poor that cried,  
The fatherless also, and him that had none to help him.  
The blessing of him that was ready to perish came upon me;  
And I caused the heart of the widow to sing for joy.  
I was eyes to the blind  
And feet was I to the lame.  
I was a father to the poor  
And the cause of him I knew not I searched out.  
I put on righteousness and it clothed  
myself with me,  
And justice was my robe and diadem.—Job.

### Blood is Life.

It is the medium which carries to every nerve, muscle, organ and fiber its nourishment and strength. If the blood is pure, rich and healthy you will be well. Hood's Sarsaparilla has power to keep you in health by making your blood rich and pure. Hood's pills are easy to take, easy to operate. Cure indigestion, biliousness, etc.

The Burns Times-Herald is informed that two Harney county prospectors, Jack Brady and John Catlow, have discovered a rich ledge in the Pueblo mining district. The ore assays \$33 in gold and \$23 silver and 13 per cent copper. The fortunate discoverers have purchased a 20-stamp mill and will, as soon as possible, put it in operation and other necessary improvements to develop their mine.



It isn't much trouble for a really healthy man to be good humored. Jollity and exuberant health are a proverbial combination. The hearty man who is always laughing doesn't have any trouble with his digestion. It has been said that laughing makes people healthy. The truth is that health makes people laugh.

There isn't any other thing so essential to health as regularity in the action of the bowels. Most all sickness starts with some derangement of the digestive functions. Good digestion means good, pure blood, and that means strength. Once let the bowels become clogged with refuse matter, and the whole system is deranged. Impure, poisonous matter gets into the blood and plants the seeds for all sorts of sickness.

## THE KNOTTY PROBLEM

—how to accomplish the most work with the least labor, time and money, has been solved.

# GOLD DUST

### Washing Powder

makes a woman's work light—sets her mind at rest—keeps her purse closed. Get it before you forget. Sold everywhere. Made only by

THE N. K. FAIRBANK COMPANY,  
St. Louis, Chicago, New York, Boston, Philadelphia, San Francisco.

### THE LEGISLATIVE

Baker and Malheur—*Will R. King (Rep.)	Mitchell Republicans..... 3
Benton and Lincoln—*Toibert Carter (Rep.)	Republican and Taxpayers' League..... 2
Clackamas—*Geo. C. Brownwell (Rep.)	Mitchell Republican and People's..... 1
Clackamas and Marion—*Alonzo Gesner (Rep.)	Taxpayers' League and Mitchell Republican..... 1
Clatsop—*John H. Smith (Dem.)	
Columbia, Washington and Tillamook—*G. W. Patterson (Rep.)	
Coos, Curry and Josephine—*C. E. Harmon (Rep.)	
Crook, Klamath and Lake—*B. Daly (Dem.)	
Douglas—*A. W. Reed (Rep.)	
Gilliam, Sherman and Wasco—*E. B. Dufur (Dem.)	
Grant, Harney and Morrow—*A. W. Gowen (Rep.)	
Jackson—*S. H. Holt (Rep.)	
Lane—*I. D. Driver (Rep.)	
Clatsop—*J. H. McClung (Rep.)	
Linn—*S. A. Dawson (Rep.)	
Johnson (Rep.)	
Marion—*W. H. Hobson (Rep.)	
L. Patterson (Rep.)	
Multnomah—*Geo. W. Bates (Rep.)	
J. E. Haseltine (Mitch. Rep.)	
MacKay (Rep.)	
Taxpayers' League, *Joseph Simon (Rep.)	
Polk—*B. F. Mulkey (Rep.)	
Sherman and Wasco—*John Mitchell (Rep.)	
Umatilla—*A. R. Price (Rep.)	
Umatilla and Union—*T. C. Taylor (Rep.)	
Union and Wallowa—*Justus Wade (Rep.)	
Washington—*S. Hughes (Rep.)	
Yaquina—*J. F. Calhoun (Rep.)	
*Holders elected in 1894.	
Candidates for president—*A. J. Johnson, of Linn, I. L. Patterson, of Marion, and Joseph Simon, of Multnomah.	
Baker—*D. W. Youkin (Rep.)	
Benton and Lincoln—*E. R. Lake (Rep.)	
Clackamas—*W. S. U'Ren (Rep.)	
Geo. Ogilvie (Rep.)	
J. H. Kruse (Rep.)	
Johnson—*John E. Gratke (Dem.)	
N. J. Svendsen (Rep.)	
Columbia—*Norman Merrill (Rep.)	
Coos—*Thos. Buckman (Rep.)	
Coos and Curry—*W. H. Nosler (Rep.)	
Crook—*R. E. Misner (Dem.)	
Douglas—*A. M. Crawford (Rep.)	
T. Bridges (Rep.)	
Gilliam—*J. E. David (Rep.)	
Grant and Harney—*C. S. Dustin (Rep.)	
Jackson—*G. E. Schmittlein (Rep.)	
J. J. Howser (Rep.)	
Josephine—*Henry L. Benson (Rep.)	
Klamath and Lake—*Virgil Conn (Rep.)	
Lane—*L. Blythe (Dem.)	
D. G. Palm (Rep.)	
T. J. Vaughan (Rep.)	
Linn—*John M. Somers (Rep.)	
Johnson—*Smith (Rep.)	
T. M. Munkers (Rep.)	
Malheur—*I. W. Hops (Rep.)	
Marion—*H. L. Barkley (Rep.)	
E. W. Chapman (Rep.)	
David Craig (Rep.)	
McKinley Mitchell (Rep.)	
J. N. Smith (Rep.)	
Morrow—*J. N. Brown (Rep.)	
Multnomah—*J. H. Bayer (Rep.)	
Jonathan Bourne, Jr. (Rep.)	
Peoria—*James N. Davis (Rep.)	
H. Hill (Rep.)	
Union and Taxpayers' League, I. H. A. Hogue (Taxpayers' League and Mitchell Rep.)	
A. L. Maxwell (Rep.)	
D. L. Fovey (Rep.)	
W. E. Thomas (Rep.)	
Henry Wagner (Rep.)	
Robert T. Lee (Dem.)	
J. A. Vanders (Rep.)	
Sherman and Wasco—*B. S. Huntington (Rep.)	
F. N. Jones (Rep.)	
Tillamook and Yamhill—*John Gill (Rep.)	
Umatilla and Union—*Bimetallic	
Umatilla—*E. J. Davis (Rep.)	
J. S. Gurdane (Rep.)	
W. T. Rigby (Rep.)	
W. W. McAllister (Rep.)	
S. Stanley (Rep.)	
Wallowa—*C. E. Jennings (Rep.)	
Washington—*Harvey S. Hudson (Rep.)	
G. W. Marsh (Rep.)	
J. R. C. Thompson (Rep.)	
Yamhill—*H. G. Guild (Union Bimetallic), O. C. Emery (Union Bimetallic).	
*Seat will be contested by J. Huntington, Gold Beach.	
Candidates for speaker—*J. N. Brown, of Morrow, H. L. Benson, of Josephine, Jonathan Bourne, of Multnomah, G. W. Riddell, of Douglas.	

### PORTLAND MARKET.

PROVISIONS.

Portland, Feb. 20. Wheat valley, 81¢ 3/4  
Walla Walla, 80¢  
Flour—Portland, 4.25, Benton county, 4.25  
Graham, 3.50; superfine, 3.75 per bbl  
Oats—White, 39¢; grey, 38¢  
Rolled in bags, 42.25; 25, 25, barrels, 4.50; 7.00; cases, 3.75  
Oregon, 65.80 per sack  
Potatoes, 12.50; 13 per ton  
Hops—9¢  
Wool, Valley, 9¢; Eastern Oregon, 6¢  
Mohair, 15¢  
Milk—Cream, 15¢; short, 16¢  
Butter, 25¢; mixed, 23¢-25¢  
Turkeys, live, 12¢  
Eggs, Oregon, 13¢ per doz.  
Hues, green, salted 60 lbs 75¢; under 60 lbs 65¢; sheep pelts, 10¢  
Tallow—24¢  
Onions—1.75 per 100  
Wheat bran—Calcutta 4.25; 4.37¢  
Hemp—small white, 15¢; 14¢. Lima 3 1/2¢  
Hemp Heavy, 3.00 to 3.50  
Best dairy, 25¢; fancy creamery 35¢  
Lard—17¢  
Dried Fruit—Apples, evaporated, bleached 5¢; unbleached, 3¢; 4¢; sundried, 4¢  
Prunes—4¢  
Figs—5¢  
Plums—5¢  
Figs—5¢  
Walnuts—5¢  
Veal—small 60¢; large 65¢ per 100  
Mutton Weathers 3.00; ewes 3.25; dressed mutton, 55¢  
Beef—steers 2.75; cows 2.25 dressed 45¢  
Cured Meats—Hams 10¢; bacon 6¢  
Lard—in pails, 7¢  
SALEM MARKET.  
Lard—60¢  
Oats 40¢  
Hay, Baled, chest, 9.00; timothy 11  
Straw, 5.50 to 6.00  
Flour—in moderate lots, 4.20; retail 4.40; bran, 13¢; 10¢; 14¢; 12¢; shorts, 14.00; 15.00; chop feed, 15.00  
Poultry, Chicken, 6¢; Turkeys 10¢  
Veal, Dressed, 48¢  
Live Cattle, 2.25  
Sheep, Live, 2.00; 2.50 cwt.  
Wool, Best, 9¢  
Hemp, 12¢  
Eggs, 12¢  
Fruit, Green—Apples per box 1.00; 1.50  
Farm Smoked Meats, Bacon, 7¢; ham, 11¢; shoulders, 5¢  
Potatoes, 12¢ per 100  
Onions—80¢ per 100  
Dried Fruit—Apples, evaporated bleached, 5¢; unbleached 40¢  
Butter—Dairy 15¢; creamery 20¢  
NOTHING UNUSUAL—It is not an unusual sight to see our store thronged with economical purchasers every morning. This fact alone is in itself a hearty endorsement.—Branson & Co.

## HER LIFE TRULY SAVED.

Dr. Miles' Heart Cure Does It.

Mrs. Chas. La Point, a well-known resident of Lewiston, Idaho, writes: "I had severe heart trouble for more than three months and was unable to lie on my back. My doctor seemed to think I was in a hopeless condition, in which it seemed impossible to be cured. I saw an advertisement of Dr. Miles' New Heart Cure in the Oregonian, and purchased a bottle. After taking the medicine a few days, I felt better, and in a week I was able to sit up. In a short time I was able to get on my feet, and in a few days I was able to go to my usual work. I shall be ever grateful to Dr. Miles for his medicine. Truly yours, CHAS. LA POINT.

Mrs. La Point, 211 Humboldt St., Lewiston, Idaho, writes: "I had severe heart trouble for more than three months and was unable to lie on my back. My doctor seemed to think I was in a hopeless condition, in which it seemed impossible to be cured. I saw an advertisement of Dr. Miles' New Heart Cure in the Oregonian, and purchased a bottle. After taking the medicine a few days, I felt better, and in a week I was able to sit up. In a short time I was able to get on my feet, and in a few days I was able to go to my usual work. I shall be ever grateful to Dr. Miles for his medicine. Truly yours, CHAS. LA POINT.

Dr. Miles' New Heart Cure restores health.

## C. H. MACK DENTIST.

See or to Dr. J. M. Keene, old White Corner, Salem, Or. Parties desiring superior operations at moderate fees in any branch are in especial request.

## MORTGAGE LOANS

On inside property at 7 per cent. On farm land security at 8 per cent. Safe loans made for investors. Insurance effected in reliable companies. JOHN MOIR, Broker, room No. 2, Bush bank building.

## WOLZ'S MARKET

WOLZ & MIESCKE Provs.  
Dealers in all kinds of fresh and salt meats. Lard in bulk, 7c a lb. Cheapest meat in the town. Try them. 171 Commercial st.

## SALEM WATER CO.

Office: Willamette Hotel Building.  
For water service apply at office. Bills payable monthly in advance. Make all payments at the office.

## C. H. LANE, MERCHANT TAILOR

211 Commercial st., Salem Or.  
Suits \$15 upwards. Pants \$4 upwards.

## CORN CHOP AND CORN

at the old reliable feed store of  
BREWSTER & WHITE,  
91 COURT ST., SALEM.

## TWIN MEAT MARKETS

Best Meats in the city. Prompt delivery. Cattle Block Shop, Court Street Shop. GEO. FENDRICH, Prop.

## REMOVED.

D. S. Bentley, successor to Salem Improvement Co., is nicely housed at the corner Cheneka and Front streets, and west of the First National Bank. Thanking the public for past favors, we would gladly have them call and see us at our new office. Having the telephone moved, when you desire anything ring up No. 30. All business attended to promptly. A full stock of supplies on hand, especially of all kinds of wood. 15 m

## DEPOT EXPRESS.

Meets all mail and passenger trains. Baggage and express to all parts of the city. Prompt service. Telephone No. 70. JAMES RADER.

## J. H. HAAS, WATCHMAKER AND JEWELER

Makes a specialty of fine repair work. Seth Thomas clocks, etc., 215 Commercial street.

## NECKERMAN & ROGERS Dealers in Groceries.

Liquors, tobaccos, cigars, confectionery. A full line of high-grade bottled goods of all kinds. 218 Commercial st., Salem.

## R. J. HERSCHBACH, Blacksmith and Wagon Maker.

R. J. Herschbach, blacksmith and wagon maker, horseshoeing a specialty, setting shoes new \$1.25, resetting shoes 75 cents. All other work in proportion. Satisfaction guaranteed. 100 Cheneka street.

## Salem Steam Laundry

Please notice the cut in prices on the following:  
Shirts, plain, 10 cents to 10 cents  
Under drawers, 5 to 10 cents  
Under shirts, 5 to 10 cents  
Socks, per pair, 3 to 5 cents  
Handkerchiefs, 1 cent  
Silk handkerchiefs, 3 cents  
Sheets and pillow slips 24 cents per dozen, and other work in proportion.  
Flannels and other work in teltigly washed by hand.  
Col. J. Olmsted Prop.

## HORSESHOEING

AND GENERAL JOBBING.  
Satisfaction guaranteed. Give us a call.  
121 m. POHLE & BISHOP.

## A PURE JERSEY BULL

For service for the season. Call at Brown's meat market, corner Center & J. Thirteenth street. Finest milk stock in Oregon. 12-11

## To Readers of Advertisements

Readers of the CAPITAL JOURNAL who order any goods herein advertised or ask for information concerning them, will oblige the CAPITAL JOURNAL by stating that they saw the announcement in the columns of this paper.