

# 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 women's clubs solicited.]

### DOMESTIC SERVICE.

The book of startling interest for women this month is "Domestic Service" by Lucy M. Salmon of the department of history, Vassar college. The author is a self-made young American, a native of western New York, who worked her way through Michigan university, taught in an Iowa high school a number of years, won a scholarship at Bryn Mawr seminary, occupied the chair of English history in the Indiana state normal school, and then received the position she now holds at the head of the department of history in America's greatest woman college. In 1897 and 1899 she sent out 5,000 sets of blanks to employers and employes in the field of domestic service, asking replies to an elaborate series of questions bearing on the problem and all its difficulties. Her replies were carefully compiled and tabulated and the result is this book, published by the Macmillan Company, New York, \$2.00. Her exposition of the subject is set forth in clear, strong English, her historical mastery of arrangement and utilization of details making the whole a well written book for popular reading, yet not falling below the highest standards as a scientific and literary achievement. Domestic service in Europe and our country, before and after the colonial period, its present status and difficulties, the advantages and disadvantages of such employment, doubtful and possible remedies, and the social problems involved are all considered in carefully written chapters, making up a volume of three hundred pages. The subject has not been treated before, and no one need take the trouble to write another book on the question in this generation. Miss Salmon's investigations are thorough, as her conclusions are courageous. She strikes at the root of the question by saying that "Democracy among men and aristocracy among women cannot exist side by side. Friction is as inevitable as it was between free labor and slave labor in the ante-bellum days." She noted a tendency toward greater industrial independence on the part of women. The housekeeper who would get along with her domestics must have a knowledge of household affairs and a respect for them, must have been a household laborer herself, and above all remember that fact. She shows that idleness is practically regarded as a vice in men and a virtue in women, and a philosopher has said the true equality of mankind lies in the future and not in the past. In conclusion Miss Salmon treats profit-sharing, and we close this inadequate notice of her book by making a few extracts in proof of her liveliness of diction and wholesome common sense.

"Marketing is a science and might be made a profession. "A woman with no talent for art has been known after four lessons in oil painting to offer for sale the products of her work without blushing for her audacity or incompetence. "The typical housekeeper like the Turk, is a born fatalist; because things are as they are, they must always have been so and they must continue so to be. "When a strong educational force exerted from the top shall have pulled the household and all questions connected with it out of the slough of stagnation, in which it has been for so long a time, then will training schools for domestic employes be successful? "One housekeeper reports that she gives her cook five cent for every new soup, salad, made-over dish, or dessert that proves acceptable to the majority of the family. She thus secures economy and variety in the use of materials. "Under the present system the employer expects to find in one individual at \$3 a week and expenses a

French chef, an Irish laundress, a discreet waitress, a Yankee maid-of-all-work, a tailor maid a Quaker in neatness, all this with the temper of a saint and the constitution of a cowboy thrown in. "Quoting Maria Mitchell: The dressmaker should no more be a universal character than the carpenter. Suppose every man should feel it his duty to do his own mechanical work of all kinds, would society be benefited? Would the work be well done? Yet a woman is expected to know how to do all kinds of sewing, all kinds of cooking, all kinds of any woman's work, and the consequence is that life is passed in learning these only, while the universe of truth beyond remains unentered."

### THE MOTHERS CONGRESS.

The first national conference of mothers held at Washington, D. C., Feb. 17, 18, 19, was attended by about 1,000. Delegates from women's clubs and organizations from all the states and territories were present. Mrs. Theodore Birney in her President's address said: "The tireless energy and enthusiasm of the women who for months past have given their time and strength to this cause need no words of thanks from me, with such an audience as this facing them, beautiful in its earnestness and inspiration. The mental attitude of the world today is one of receptivity; never before were people so willing to accept new thought from all sources. It has been truly said, 'To cure was the voice of the past; to prevent, the divine whisper of today.'"

May the whisper grow into a mighty shout throughout the land, until all mankind takes it up as the battle cry for the closing years of the century. Let mothers, fathers, nurses, educators, ministers, legislators, and mightiest of all in its far-reaching influence—the press—make the child the watchword and ward of the day and hour! Let all else be secondary, and those of us who live to see the year 1925 will behold a new world and new people. How strangely the world has worked! how at variance with all natural law! For every single kindergarten there are a hundred—nay, a thousand—prisons, jails, reformatories, asylums, and hospitals. And yet society cries that there is need for more of these. Are we blind, that we fail, as nation and state and individuals to recognize the incontrovertible fact that such demand will never cease until we cut off the supply? And does it not behoove us to work with a will and together, that the little ones of today may not require such training as civilization offers through its police and courts or law?

Let us have no more croaking as to what cannot be done; let us see what can be done, and above all see that it is done. This is in no sense a sex movement, nor has the appeal to take up this child culture and kindred topics been made to mothers alone. Men have a thousand imperative outside interests and pursuits, while nature has set her seal upon woman as the care-taker of the child; and it is therefore divinely natural that woman should lead in awakening mankind to a sense of the responsibilities resting upon the race to provide each new-born soul with an environment which will foster its highest development. With generous hospitality Mrs. Cleveland received the entire delegation attending the congress, at the White House. Papers were read and addresses delivered according to program published in THE JOURNAL heretofore. "What the Kindergarten Means to Mothers," was presented by Annie Hofer, of Chicago, who claimed for the kindergarten that it was a means of social economy. As color is taught by presenting to the child the pure, simple standard colors, or as

ideals of form and beauty are secured to the young child by means of his play and work with clear, typical, beautiful forms; as music is taught him, not by discords and complicated combinations of tones, but by the sublimely simple melodies—so should the great and classic in life be illustrated to children by having before them perfected adults and pattern people; the great function of the adult being to type to the younger and incoming generation the ideal of the race-life. Miss Hofer said further that the kindergarten was to the social life of a community what the young child was to the individual family—a source of joy, a type of freedom and regeneration. Give us kindergartens in our public school system, so that the little child may truly be set in the midst, where older children as well as the army of teachers may daily come into contact with this refreshing ideal. Mrs. Rebekah Kohut, of New York read an interesting paper on "Parental Reverence as Taught in Hebrew Homes."

To be a mother, she said, was a crown of a Jewish wife's life. Solomon sang of the Jewish mother, and a beautiful picture of the Virgin Mother and child was drawn in the Scriptures. "Honor thy father and thy mother" was one of the precepts of the decalogue, and a Hebrew child was also taught, "Fear thy father and thy mother."

"The child has three friends—God, the father, and the mother," said the rabbi. For a time, to the child the father was a representation of God. This was of pious value to the child. The Jewish prayer-book prominently included the honoring of the father. The questions which were sent to the platform and discussed by the audience as well as the speakers on the regular program showed the undercurrent of inquiry and often of convictions which was generated by the addresses.

The early morning conferences conducted by Miss Frances Newton, of Chicago, were a most valuable feature of the congress. The subjects which interested the earnest women who were making the pilgrimage to the congress in order to take back the help to those not so fortunate, were too many and vast to be handled in the general program. Two conferences were held simultaneously, Thursday and Friday morning, each presided over by an able leader. A complete account of these discussions will appear in the printed report of the congress. In order to secure a copy of same, register your name and address with the secretary, at 1439 Twentieth street, Washington.

### THE BAKED BANANA.

Much is said from time to time about the banana as an article of diet, and usually for every person who comments it there are two who raise their voices in warning, claiming that as they are sold in our Northern markets they are, in a raw state, very indigestible. A recent writer, however, has contributed some valuable facts as to their healthfulness when baked, and claims that three bananas weighing one pound are equal in nourishment to twenty-six pounds of bread. They should be baked from fifteen to twenty minutes, till quite soft and the skin bursts open. The pros and cons are thus set forth by this new advocate: "Baked bananas are the ideal food for nervous persons and enemics, also brain workers. I learned their great power to sustain mental effort in India. If Wall Street brokers and others who are under great mental strain would on two mornings every week include a couple of baked bananas in their menu and leave out the chop-o steak, they would last longer. I am as hard a brain worker as any persons in New York and I have subsisted for years entirely on baked bananas. When I see lean,

blood-poor person I advise them to eat baked bananas, and they unfailingly build up and gain flesh. "This subject, which might inappropriately be called the 'bananas cure' because many diseases can be cured by eating baked bananas, merits the closest investigation. The introduction of the potato was a great boon to the people, but I predict that the spreading of the above facts over this country will prove of still greater benefit.

### PERFECTLY PROPER.

The prominence of some unmarried women in the mother's congress, which met in Washington last week was proper and natural enough. It merely showed that there were single women who realize, in some degree, how much all inhabitants of the country, no matter what condition of servitude or social standing, or sex, must be affected by anything which would make the rearing of children more thoroughly adapted to the ends of good citizenship.—Cleveland Leader.

HAIR DRESSING AND MILLINERY. New York Mail and Express: Naturally the sensitive woman will not quickly change the color of her hair no matter what the fashion may be, but nevertheless the fashionable woman sees no especial harm in renewing the useful tint of her beautiful locks if they have become rusty and gray with sickness and age or with incomplete living and unhygienic diet.

On the other hand there are a certain class of art-loving women who feel no qualms of conscience in changing their hair one or to shades darker or lighter than nature has made it, providing the substances used are harmless, and are called healthful by chemists and family physicians.

A great many women of judgment wash the hair often in ammonia and borax to give it a special gloss, and many of the hair mixtures out upon the market are nothing more or less than preparations of these two chemicals.

For women who use these ingredients the millinery of the season can be utilized to harmonize with any tint or shade and likewise the coils can be made to blend with any hue or color devised by the shrewd art milliner.

The curved small bonnets, toques, walking hats and sailors can also be trimmed with rosettes of crepe, dotted Brussels net, embroidered ribbons, wreaths and garlands of flowers this season and fashioned in any shape to improve upon nature.

For the silver-gray-haired matron there are coronet evening toques of silver-grays with frost-pearl trimmings, shaded violet ribbons, flowers, velvets and even jeweled garnitures.

The chestnut-colored locks can be mounted by autumn leaf shapes in silk wire and gold, covered with banks of autumn leaves, mounds of red-green mosses, May flowers, buttercups or other wild bloom or foliage.

The brilliant brunette of the Irish type, with jet black hair, can wear the cerise and geranium hats, which are all the rage. These are fashioned in pokes, Gainsboroughs, wide sailors, gypsy bonnets and Harriet Martineau designs, wide and picturesque.

A WOMAN'S PETITION. "If President McKinley favors my appointment, and the senate concurs, I shall be the first woman ambassador."

This is what Marilla Marks Ricker, the well-known woman lawyer of Washington and of Dover, N. H., says. She is a candidate for the office of envoy extraordinary and minister plenipotentiary to the United States of Colombia, the position which is now filled by Luther McKinley, of Manchester, N. H. Mrs. Ricker's petition or application has been placed in the hands of President McKimley. Her reasons and her beliefs are of unusual interest because of the unique position she has assumed. This is what she writes: "To the Editor: It does not seem to me a remarkable request to be appointed envoy extraordinary and minister plenipotentiary. There is nothing in the constitution of the United States prohibiting a woman's appointment. Article second, section second of the constitution of the United States, defines the power of the president in that direction.



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"The platform adopted by the national Republican convention at St. Louis, Mo., June 18, 1896, says: 'The Republican party is mindful of the rights and interests of women. Protection of American industries include equal opportunities, equal pay for equal work and protection to the home. We favor the admission of women to wider spheres of usefulness and welcome their co-operation in rescuing the country from Democratic and Populistic mismanagement and misrule.'"

"I assisted in rescuing the country from Democratic and Populistic mismanagement and misrule, now I want and ask for a wider sphere of usefulness." That is, I ask to be appointed envoy extraordinary and minister plenipotentiary to the United States of Colombia.

"If Mr. Harrison had been elected four years ago, I would have asked him for an appointment then. Some women think that I should have asked for a more important mission, but I did not think best, though I have the legal and political ability. There are many women who can undoubtedly fill such a position as that for which I have applied, but they simply have not asked for it. Of course, I know that the position is much sought for by men for there is a chance for making money there. Besides, the salary is \$10,000, though the Germany ministry pays \$17,500. I should think that my record would surely entitle me to recognition, for I have done hard work for the Republican party in this and in the preceding campaign.

### YOUNG MARRIED PEOPLE.

The Chicago Chronicle contains these hints of advice to young married people: Try to be satisfied to commence on a small scale. Try not to look at richer homes and covet their costly furniture. Try to cultivate the moral courage that will resist the arrogance of fashion. Try to avoid the too common mistake of making an unwise effort to "begin where the parents ended." Try going a step further, and visit the homes of the suffering poor when secret dissatisfaction is liable to spring up. Try to be cheerful in the family circle; no matter how annoying may be the business cares and the house-keeping trials. Try to co-operate cheerfully in arranging the family expenses and share equally in any necessary self-denials and economies. Try buying all that is necessary to work with skillfully, while adorning the house at first simply with what will render it comfortable. Vaccination has just been introduced into Afghanistan by the advice of Miss Hamilton, an English physician, who is in attendance upon the ameer.

England is cautious about sending battle-ships to sea in stormy weather, and all but one of the thirty-odd are kept at home or in the quiet waters of the Mediterranean. The passage across the Bay of Biscay by an iron-clad is as much dreaded in England as rounding Hatteras is in America.

### JOURNAL "X" RAYS.

Directed Upon the Oregon Politicians and Public Men.

Major McKinley can at least send a war ship to Cuba. What do we have a navy for if we cannot have ships where the lives of American citizens are in danger?

A Chicago pugilist has brought suit for damages against a surgeon for locating a bullet by the X Rays. The plaintiff alleges that the surgeon kept his body exposed thirty-five minutes to the rays; that he suffered much while the bullet was being extracted, and as a result a sore on his breast two inches in diameter has developed, which will probably never heal entirely. In order to make the punishment at the crime, he asks for damages to the amount of \$1,000.

Interesting Oregonian personal, March 15, 1897: Mr. John H. Mitchell ex-United States senator, left on the noon train yesterday for Washington, D. C. He says his trip east is of no political significance, as he intends only to gather up his belongings in Washington and then return to Portland and engage in the practice of law.

In intellectual caliber and forceful statesmanship the house of congress outmeasures the senate by far. The house has more men who have constantly to go before the people for success. But there are men in the senate who never ran that gauntlet, whose names were never suggested, nor thought of seriously by the people for that high office. It is due to our legislative mode of electing senators; it affords opportunity for intrigue and peanut politics to bring about results that were never contemplated as within the range of possibility for that high position by the people.

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Senator Allison now takes the primacy in the senate.



The dyspeptic carries a dreadful load on his back. It seems as if he were really made up of two men. One of them ambitious, brainy and energetic; the other sickly, nervous and without force. The weak man weighs the other one down. The dyspeptic may be able to do pretty good work one day, and the next day he is unable to do anything at all. He isn't capable of strenuous and vigorous effort. His bodily discomfords affect his mind. Even when he has the simplest precautions and the simplest treatment that would cure him. Most of dyspepsia starts with constipation, and because of nine-tenths of all human sicknesses are caused by indigestion and loss of appetite, foul breath, windy belching, flatulency, heartburn, pain and distress after eating. All these are indicative of derangement of the liver, stomach and bowels, and all are caused by constipation. Dr. Pierce's Pleasant Pellets are the quickest, easiest and most certain cure for this condition. They are quick, but not violent in their action. There is nothing about them that will give the system any shock. They according to directions, they will be taken care of. You do not become a slave to their use. They are different and better than any other pill or preparation offered for the same purpose. Almost all druggists understand this, and are conscientious enough to tell you so. The druggist who tries to sell you a substitute is not a safe man from whom to buy medicine. If you will send packages, containing from 4 to 20 doses, and you can see exactly what the "Pellets" will do for you.

If you will send 21 one-cent stamps to cover cost of mailing only, we will send you a copy of this book free of charge. This is Dr. Pierce's Common Sense Cure of the Dyspepsia. It is a book of 100 pages, and contains a full and complete course of preparation which has been covered by a full course of the regular price. It is a valuable book. Address World's Dispensary, Medical Association, No. 64 Main Street, Buffalo, N. Y.

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