

ELEANOR FRANCES' HOUSEHOLD LETTER

Camping Out at Home—Easy Housekeeping and Good Health Secured by Common Sense Methods—A Word for the Babies

Happy the family that can live the simple life in camp or cottage when the mercury climbs between 80 and 100 degrees.

Most people manage to get away for at least a short period but the greater number find summer days more or less trying in the home, especially the busy mother with babies or perhaps an invalid to care for.

A Workable Plan.

Why not try camping out at home? Simplify the housekeeping to a point where half the labor is saved, and at the same time add to the health and happiness of every member of the family?

The plan is easy and practical, and not beyond the comprehension of anyone possessed of intelligence and common sense.

Getting Ready.

The first thing necessary is to make the home camp, by putting away all unnecessary furnishings, ornaments, etc., when the spring cleaning is done. Hangings, carpets, and bric-a-brac will seem twice as attractive in the fall if they have not been exposed to the dust all summer, and less than half the usual cleaning will be necessary if only the needful things are in use, besides a house so stripped not only looks cooler, but it is both more comfortable and more sanitary.

Simplify the Menu.

The next thing is to simplify the catering and cooking. Specialists whose advice is worthy many dollars a minute, advocate a complete change of diet in summer and the most rigid guarding of food supplies to protect them from absorbing those poisonous elements which breed rapidly when warm days foster all sorts of animal and vegetable growth.

Milk, Eggs and Cereals.

A diet made up largely of milk, eggs, cereals, vegetables and fruits is conducive to health and happiness in warm weather with plenty of fish, and a little meat to carry the menu.

Keeping of Foods.

With regard to the keeping of foods, the best advice is "Don't keep them if you can help it. Buy in the smallest possible quantities and renew the supplies frequently, being careful that whatever food is stored in safe or ice chest is absolutely clean before it is put away.

A small quantity of citric acid—which is the same as the acid in a lemon—added to the water in which fruits or salads are rinsed is a safeguard against any germs that may have lodged on them.

The Care of Milk.

Milk, which is an essential part of the diet of people of all ages, and the main dependence of babies, young children and old people, is the food that needs most careful watching to prevent deterioration.

The housewife should take extra precautions to insure the safety of her family in the use of this necessary household supply, which too often becomes a vehicle to communicate contagion.

Unless one can be sure of the sources from which it is obtained, and unless it can be delivered in air tight sealed bottles, it is wiser to use a high grade prepared milk whose purity is undeniable.

The Babies' Diet.

Milk in this form is conceded to be the best food for babies and young children, and is generally used in

children's hospitals and in day nurseries. It is the staple food among Hebrew mothers in this city, and notwithstanding the crowded and general unsanitary condition that prevails among these poorer people, the death rate among Jewish babies is exceptionally low.

A General Schedule.

No hard and fast rule can be given as to the exact quantity of food required by each individual child. The baby is generally the best judge of that and will, as a rule, take the quantity it needs provided the size of the nipple opening is correct.

Other Points.

Fill the measuring spoon from another spoon dipped into the can, to be sure of accurate measurement, mixing only enough for each feeding.

Don't over feed. Throwing up the milk generally indicates over-feeding.

The water used for preparing food should be freshly boiled, then cooled to 100 degrees Fahrenheit. The prepared food should be tested from a spoon before filling the bottle.

Never allow the nipple to be placed in any one's mouth for this purpose, not even in the mother's mouth.

Bottle and Nipple.

Use a graduated bottle with nipple attached directly to the bottle. Have several bottles and nipples.

Wash bottle with soda and rinse in hot water. Keep nipples in a glass of water to which a little borax has been added. Use a conical nipple and turn it inside out for cleaning.

Bathing and Clothing.

Frequent bathing is important to health for every human being especially in warm weather, but it is a vital necessity for the baby.

Water at a temperature of 90 degrees should be used at first for the bath, and the temperature slightly lowered as the child grows older. A warm sponge bath at night as well as in the morning is beneficial in warm weather, being conducive to comfortable sleep.

Proper Summer Clothing.

Clothing should be loose and comfortable, and a baby must always be kept warm. Warmth is vitality.

Wet-soiled clothing should be removed at once. The pores of the skin must be kept clean and open if health is to be conserved.

Fresh air, with protection from dust and draughts, and quiet, regular living is what keeps the babies well and conduces to good health in other humans also.

Personal Atmosphere.

The personal atmosphere counts for more in the sum of human happiness than people generally realize.

The mother who can regulate her household affairs so that she has leisure to enjoy a pleasant, short story on her comfortable, shaded veranda, to give a little attention to her pet plants, to gather a bunch of sweet peas for the table in her outdoor room, or for any other form of pleasantness that appeals to her, will be possessed of a serenity of mind that will shed minor troubles and make her presence a benediction to her family and friends.

ELEANOR FRANCES.

Skipped With the Jap.

Mrs. H. C. Robinson, wife of the rector of St. John's Episcopal church, in West Seattle, deserted him for Y. Saramoto, a Japanese servant, formerly employed in the minister's home. The Seattle police found the couple together Saturday in the Japanese quarter, and arrested both. Later in the day Mrs. Robinson appeared to her husband, and he took her back home with him. The woman gave her name to the police as Mabel Parrish, but the police were skeptical.

"I want you to know that I am a lady," she retorted in answer to sharp questions, and then confessed her identity. The police refused to believe this story until Robinson himself confirmed it.

Beyond Her Sphere.

Mrs. Pincky—Norah, I just read that a celebrated German doctor says a broom is full of bacteria, so hereafter you'll have to give your broom an antiseptic bath each day.

The Maid—I'll do nawthin' av the kind! It'll likely get worse soon an' this rayquire alkyhol ruba, massage thraatments, hypyrdermie injections an' hot wather bottle at night, an' I'll have ye understand right now that I'm no thrained nurse!—Puck.

BRYAN CHANGE FRONT

Lincoln, Neb., July 22.—In a statement issued Saturday, W. J. Bryan removes government ownership of railroads from the list of Democratic issues.

"As the campaign approaches," he says, "it becomes more and more evident that, of the economic questions, three—the trust question, the tariff question and the railroad question—will share public attention, and these three really present the same issue between the general public and the privileged classes: Shall the government be administered in the interest of the whole people, or in the interest of a few? This is the issue presented by the trust question, the tariff question and the railroad question.

Try Regulation First.

"Government ownership is not an immediate issue. A large majority of the people still hope for effective regulation, and, while they so hope, they will not consider ownership. While many Democrats believe, and I am one of the number, that public ownership offers the ultimate solution of the problem, still those who believe that the public will finally, in self-defense, be driven to ownership, recognize that regulation must be tried under the most favorable circumstances before the masses will be ready to try a more radical remedy. Regulations cannot be sufficiently tried within the next year, and there is no desire anywhere to make government ownership an issue in 1908."

Mr. Bryan fully agrees with those who believe that it would be unwise to turn attention from regulation, on which the people are ready to act, to government ownership upon which the people are not ready to act. To inject the government ownership question into the next campaign, he says, would simply give representatives of the railroads a chance to dodge the issue of regulation and deceive the public.

Has Been Ineffective So Far.

"So far the railroads have been successful in preventing effective federal regulation and state regulation has as a rule been restrained by the United States courts. It is about 20 years since the interstate commerce commission was created. It required about 10 years for the courts to find out that the powers conferred were insufficient, and then it took about ten years to secure an amendment. The railroads fought the amendment at every step, and the President was finally forced to compromise with the railroad Republicans in the senate in order to secure their support. Even that amendment, secured with tremendous effort, falls short of what it should be. It aims to stop passes and rebates.

"State legislation for the reduction of rates has resulted in an agitation on the part of railroads for legislation which will deprive the state of authority and centralize all rate legislation in congress. The Democratic party must meet the issue presented; it must resist the encroachments upon the authority of the states.

What Democracy Should Do.

"The Democratic party has in three national conventions demanded reforms, while the Republican platforms have been silent on the subject. The President has partially adopted the Democratic view on this subject, but so far the Republican leaders have resolutely opposed it. The President is helping to educate the people up to the need of railroad regulation, but his party, under its present leadership, is powerless to accomplish this or any other important reform.

"If the Democratic party will clearly and unequivocally demand first, the ascertaining of the value of all the railroads; second, the preventing of over-capitalization; and third, the reduction of rates to a point where they will yield only a reasonable return upon the real value of the roads—if the party will do this, it will commend itself not only to Democrats, but to those Republicans who have been led to study the railroad situation. The railroad situation presents a vital issue, and the issue should be so stated that everyone can understand the party position."

Not Discouraged.

"Can't you realize that you're merely wasting my time and your own?" complained the busy merchant.

"Why so?" asked the insurance agent.

"I told you some time ago that I was insured to the limit."

"I know you did, but a man will say most anything to get rid of an insurance man."—Philadelphia Press

ASKED TO SAVE FISH.

Rogue River Men Petition Governor to Prevent Extirmination of Trout.

A dispatch from Medford dated Friday last says:

Fishing on the Rogue river is threatened with extinction in the near future, according to the fishermen of southern Oregon, unless Fish Warden Van Dusen makes some effort to enforce the law. In consequence Commercial club sportsmen, business men and farmers are up in arms, and are appealing to Governor Chamberlain for relief.

The Rogue river has long been famous as the finest fishing stream on the Pacific coast. Nowhere are as many game fish. Of recent years, however, the supply has decreased alarmingly, due primarily to the lack of an adequate fish ladder by which fish can ascend the river past the dam near Grants Pass, constructed by the Golden Drift Mining company. In addition to the dam, no attempt is made to enforce the fish law and seining is permitted up to the base of the dam. As a result, there is not one fish now where there were five a few years ago.

Nearly 1000 citizens have signed the petition to the governor in this vicinity and similar petitions are being signed at Jacksonville, Gold Hill, Central Point and other towns in southern Oregon. The petitions read as follows:

"To the Hon. George E. Chamberlain, governor: The commercial organization of Jackson county, Oregon, as well as our most enterprising citizens, are today spending very large sums of money as well as devoting their best efforts to advertise and increase the population of southern Oregon and among our bountiful resources the trout and salmon of Rogue river are an attraction which bring many desirable citizens into our country.

"The Golden Drift Mining company located near Grants Pass maintains a dam at this point across Rogue river, and the so-called fish ladder which they have built is utterly inadequate to permit the fish to ascend the river beyond this point except in very limited numbers.

"The fact that below this dam it is a profitable enterprise to use seines and nets for fishing for market, and above it such an undertaking would be time wasted, is convincing evidence that the fish are unable to ascend the river beyond this point in any large numbers.

"Although repeated complaints have been made upon several occasions to minor officials, whose duty it is to attend to these matters no relief has so far been obtained.

"We the undersigned residents of Jackson county, do therefore respectfully petition your excellency for relief from the injustice from which

we suffer and that an adequate fish ladder be immediately constructed at this point."

SOME HOT WEATHER THINKS.

I think the finest thing Emerson wrote was his essay on compensation. I have learned the value of money by not having any.

If you don't think advertising in the newspapers pay, you just watch a man sitting in a street car reading a copy of The Journal while women are standing.

A recent writer in the "Outlook" says there are more divorces granted in the United States than in all the other civilized countries combined. After considerable thought I have come to the conclusion that the reason for so many unhappy marriages is that there are so many marriages.

Cardinal Gibbons, in the July "De-linicator," has an article on divorce. He says whom the Lord hath joined together, let no man put asunder. In which conclusion I concur. But it doesn't apply to all marriages. I lean to the opinion that the Lord has had little to do with an unhappy marriage, and whom the devil has joined together let man in the interest of human happiness put asunder as quickly as decency and the divorce courts will allow.

William L. Finley says the eye of a bird of prey is the most perfect organ of sight that exists. If you don't believe it, just get a bunch of old hens cackling about your character.

Oliver Wendell Holmes said the use of some words ought to be restricted to experts. The word "friend," for instance, is much abused. We should apply the term only to those who know all about our cussedness and yet who like us just the same.

Cortelyou is the latest "logical candidate for President." Let us pray.

GRAY GOOSE.

Hatchery Built on McKenzie.

H. G. Van Dusen, state fish commissioner, passed through the city yesterday on his way home to Astoria after a trip to the salmon hatchery on the McKenzie river. He said that the hatchery building had been completed by Contractor Buley ahead of time and the building would now be ready for use if the troughs were placed in position, but it is difficult to get lumber for that purpose and it may be some time yet before they are built. Spawning will begin about the middle of next month, Mr. Van Dusen says, and the prospects for a large hatch this year are bright.—Albany Herald.

Nearing Completion. By November next the Seattle railroad's North and within a few days trains will be running between Seattle and Vancouver. The Willamette and Columbia will be completed and Portland effected, some trains will be made for the trans-sengers to this city.

Already all heavy work line is completed, the tunnel is finished and the tunnel well along, will be completed by October 14. Rains have for 90 miles of the 229 miles to be laid.



ARTHUR DEVIL

Great third baseman of York National league team.

Only Slept There.

Dickens, looking for local his novel of "Hard Times" Manchester. He traveled the hovels of certain Manchester spinners, and these filled him with pity and burning the Manchester man who owned them, he said.

"And do your employees in such houses as these?"

replied. "They only sleep. They live in my mill."

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