



Fashionable women show great freedom in excluding men from their Lenten luncheons and readings, for the two principal objects of both these functions are to give the ladies an opportunity to get acquainted with one another and to improve their minds—and how is a woman to improve her mind or have any interest in another woman when there is a man around? There is no denying the fact that masculine influence is distracting, even to those who profess not to be susceptible to it—especially in the matter of mind culture. This is done in a great measure to the satirical literature that has emanated from the masculine pen, purporting to be a true account of the proceedings of certain women's clubs. Women do not like to be criticized, and notwithstanding their present stage of advancement, they are still a little sensitive about having men listen to their efforts in the literary or forensic line. It takes a courageous woman to address a masculine or even a mixed audience, so for the benefit of the timid ones, the clubs and luncheons flourish without the smiling of man's presence, and the women incidentally learn a little something.

but, and two lace boucians standing out over the shoulders. A white Swiss collarette is made yoked shape, with alternate stripes of fine black and insertion and edged with lace. On the shoulders is a strip of Swiss ornamented with a row of tiny spherical pearl buttons. A grass linen collar reaches to the waist front in alternate stripes of tucks and lace. Double boucians trim the shoulders. This amounts to nearly a plain summer dress and will be a nice addition to a plain summer dress. A pretty evening collarette to wear in the ball room with a low bodice is made entirely of French Valenciennes in an ermine tint. The lace is gathered on a foundation of bolting cloth in rows one above the other to the neck. From here an Elizabethan collar, made of solid Valenciennes, frames around the hair. The collar ties with pink ribbon. The new ribbons are very wide and will be used for sashes with flimsy fabrics. The very latest ribbon is shaded, or the center of the center of the edge. One piece shows the fondness for the combination of green and blue, which has been exhibited so much of late. There is an individual stripe of blue running along the center of the ribbon which shades through violet to bright green on the edges. Figured ribbons are still worn and plaids and cross-bars promise to become epidemic. On one of the recent stormy days when business was not very lively the girls at the ribbon counter employed themselves at making sash bows of the latest wide ribbons. It is a selling device of the girls at this particular counter to make attractive sashes out of their ribbons to show customers what to do with them. A very pretty opera bag, large enough for an empire fan, opera glasses, handkerchief and other accessories was made out of broad ribbon six inches wide. The top edges were hemmed, a draw string of narrow ribbon was inserted and the bag was complete. The empire fan is still the favorite, though it is rivalled by those very large ones composed of fifteen or twenty beautiful ostrich feathers. The fan that is carried by the sweetest people is a double circle fan, with a sort of open work stripes through the middle. Vels have come to be a necessary addition to one's costume. Black and white are the only correct colors, although one does see a brown chiffon veil once in a while. Chiffon veils are not popular, however, especially in black, for they make the face look very dark. Indeed there is a story of a woman reporter who wore one into the office when she brought in her report of a negro mass meeting, and the next day the paper came out with a column about the "colored newspaper woman." Vels with large dots, all black or white on black, are for ordinary wear. Lace-edged veiling is sold by the yard. A pretty woven veil has tiny black flowers on

and that is the telling of ghost stories. She appears as a guest at a house party and entertains all with her thrilling stories. The oil bath is highly recommended for elderly people and for thin people. Those who need more nourishment than they obtain from food and who wish to become plump should try an oil bath just before retiring at night. It is simply rubbing the body from head to foot with nothing better than what is called the "stimulating rub." To a quart of strong vinegar use a half-pint of salt, place on the stove and when very hot pour in a half cupful of alcohol and sponge the body all over. A refreshing sleep generally follows this treatment. A mother with two marvelously healthy children was asked her method for keeping them so, she replied, "A simple, regular diet, an early bed hour, a cold room to sleep in and a cold morning bath. The cold morning bath, however, must be scientifically given. The room should be at a temperature of at least 72 degrees, the body should be sponged quickly, thoroughly rinsed and then the water on the skin will be in a beautiful glow. Teach the children to breathe through the nostrils when exposed to the cold. This will arrest many an attack of influenza." At a recent meeting of a "Woman's Club" in one of the Eastern cities, a paper was read upon "Hospitality as a Fine Art." The writer spoke of hospitality as the entertaining of one's friends. She advocated simplicity in entertaining and believed in giving a hearty welcome and individual attention to each guest, afterward making intellectuality a feature. She considered dinner giving the highest form of entertaining. "Part of dinner giving is by no means easily acquired. Important as the preparation of the menu may be, it ranks far below the selection of the guests and the arrangement of the seats at the table. Nothing but illness or death excuses one for not making the dinner call, and it should be made at the first 'at home' day after the dinner. In case the lady has no regular day the call should be made at any time during the following week. Silver as a Fashion. Silver is so cheap that dealers vie with each other in the novelties made from it. The best jewelers pride themselves on the workmanship of their silver and the result is some beautiful designs in imitation of the old beaten art and inlaying work. It is said that much of the so-called 'stealing' silver sold in many stores is 'stealing' only in name, and in many states dealers are endeavoring to get the legislature to pass a law prohibiting this marking on any but sterling silver. The woman who collects for her toilet table and her writing desk may now indulge her fancy at comparatively small

the floor, which, if handy, have to be removed with every sweeping. The Tea Habit. The London Lancet in a recent article says that the habit of drinking tea to excess may be dangerous enough to undermine the constitution, where the individual is a nervous woman, subject to melancholia. The powerful effect of alcohol as a nerve poison is a matter of daily experience. That many of the ailments from which women suffer are at least aggravated, if not excited, by excessive indulgence in tea—not as an infusion as it ought to be, but as a decoction—is equally well known, and although we are not prepared to admit that this habit would actually induce a condition of melancholia, there is little doubt that in a woman of a nervous temperament, especially if her food were deficient in quantity and of poor quality, the use of this beverage to excess would be one of the factors in producing and perpetuating a condition of mental instability. It would be well if those to whom the frequent cup of tea from the pot—which has a permanent place at so many firesides, and has become almost a necessity as they think—recognized fully the pernicious effects of this over-indulgence, effects of which are only surpassed in importance by those of the occasional drop of gin, of which so much is heard in the out patient departments of our hospitals. To Restore Tarnished Brass. E. E. Doran. "Throw it out," said one. "Give it away," said another. As it seems a poor kind of giving to bestow that which is worthless to yourself, the last advice was not followed. But the rose shade was so handsome, and the colored glass jewels and hanging drops all intact, it provoked a series of experiments, and the result is a restoration to beauty and usefulness of a lamp that was an eye-sore for its verdigris-covered brass work. In most stoves a very fine powder accumulates that is not ashes, yet has the essence of the wood in it. Part of this in one saucer, was moistened well, and another saucer held the dry powder; a pan of good soap-suds stood near, and a piece of sheepskin was at hand. With a tooth brush all the brass was well scoured, then washed in the suds and dried. At this point there was not much encouragement, but now the dry pan and sheepskin were vigorously applied, and to the surprise of the skeptics, the brass shone with a soft luster very superior to even the hard brilliancy of newness. This powder will restore the brass rods when tarnished and speckled, and an occasional rub with a woolen cloth or piece of sheepskin dipped in the dry powder will keep them in good condition. Mending Gloves. In mending gloves, cotton not silk thread, should be used. Cotton thread

VALUABLE RECIPES Menu. BREAKFAST. Corned beef hash, served on buttered toast, and poached eggs. Coffee. Waffles. LUNCHEON. Pigs in a blanket. French fried potatoes. Hot biscuit. DINNER. Salmon bisque soup. Baked chicken. Potatoes a la Niéga. Stuffed potatoes baked. Pickles. Bread and butter. Orange salad. Macaroons. Bavarian cream. Coffee. CORNED BEEF HASH. Use cold corned beef chopped fine and three good-sized potatoes (raw potatoes); chop fine; mix with a little minced onion; cover with boiling water and cook until potatoes are done. Drain a little flour over them and season with pepper; spread the hash over nicely buttered toast, and serve a poached egg on top of each, with a little melted butter, salt and pepper over each egg. Waffles. Take two eggs, separate whites from the yolks and beat separately; stir yolks into one pint of cold water; have ready one pint of sifted flour, with two teaspoonfuls of baking powder in the flour; teaspoonful of salt; make into a batter; put in a table-spoonful of melted butter; lastly, the white of eggs well beaten. Have your waffle iron hot and well greased on both sides, spread the batter in and bake a nice brown. They should be very crisp. Serve with melted butter and syrup. Pigs in a Blanket. Have large, selected oysters. Slice thin breakfast bacon and roll one oyster up in a slice of bacon; pin with a wooden toothpick and fry in a little hot fat until the oysters are done; drain on brown paper to drain. Serve hot. French Fried Potatoes. Peel and cut raw potatoes in long slices, throwing in a few at a time in boiling hot water; when done a nice light brown dip out in a strainer to drain, and sprinkle salt over them and put them in a dish and serve hot. For Biscuit. Receipt given in Sunday paper, February 16. Salmon Bisque. Take one cupful of minced salmon (use canned salmon if you like), one cupful of fine bread crumbs, one-fourth cup of butter, one quart of boiling water, teaspoonful of salt, half teaspoonful of pepper, table-spoonful of minced parsley, one raw egg beaten light; rub the butter well into the minced salmon, put it and the seasoning into the boiling water and cook gently for twenty minutes; add bread crumbs and the parsley, using little more salt and pepper if needed; boil up once, and serve hot. Baked Chicken. Split a chicken open at the back and spread out in the baking pan; salt and pepper and sprinkle well with flour; put little lumps of butter over it and a pint of hot water; set it in the oven to bake, basting it often; make a nice brown cream gravy with the drippings, add a few sprigs of parsley to the gravy. Potatoes a la Niéga. Peel and cook until done some potatoes, mash them fine and dress with cream and butter, salt and pepper; beat them until very smooth and light; then press them through a calender into the dish in which they are to be served; make a nice brown cream gravy with the drippings, add a few sprigs of parsley to the gravy. Stuffed Tomatoes. Select nice smooth tomatoes and scoop out the stem end and stuff with a dressing made of bread crumbs, butter, salt and pepper; sprinkle sugar over each and dredge a little flour over them and set in a hot oven to bake a nice brown. Orange Salad. Use orange segments; peel, and separate the sections; remove all the white part; place a few pieces on a lettuce leaf with a Mayonnaise dressing, put on top. Bavarian Cream. Whip one pint of cream to a stiff froth, laying it on a sieve. Boil a pint of milk and two tablespoons of sugar; flavor with vanilla; then take it off the fire and add half a box of gelatine soaked for an hour in half cupful of water in a warm place; stir the mixture and stir in white sugar; when done, stir in the cream; mix in the yolks of four eggs well beaten. When it has become quite cold and begins to thicken, stir it very lightly ceasing a few minutes until it is very smooth; then stir in the whipped cream a little until it is well mixed. Put it in a mold or a dish and set it in a cold place. Fruit Cake. Two and half pounds of seeded raisins, one pound of citron cut up fine, two pounds of currants, a half pound of figs, one pound of almonds cut fine; flour the fruit well. Cream one pound of butter and one cup of sugar together; one cupful of molasses, one teaspoonful of soda in the molasses, one tablespoonful of cinnamon, one of ginger, two grated nutmegs, one teaspoonful of cloves, twelve eggs separately beaten (from the yolks), one pound of browned flour, one wine glassful of brandy (or wine); mix all the ingredients together, flouring the fruit well; add before mixing to the batter, one eighth of a cup of lard, one eighth of a cup of butter, and lastly, line a buttered pan and bake about three hours in a slow oven. Keep the cake moist and the older the better. A Cheap Menu or Use in Family of Five. The following menu for one day was recently submitted to the Chicago Record as the best and cheapest for one day's living: Breakfast. Rolled oats, 3c; cream and sugar, 10c; 10c; Breakfast bacon, half pound, 15c; 10c; Quart hominy, fried after the bacon, 10c; Toast and butter, 10c; Cream, one-quarter pint cream, 10c; Total, 65c. Luncheon. Cold corned beef, one pound, 10c; Baked potatoes, 10c; Graham gems, 10c; Apple compote, with cream, 10c; Tea, 10c; Total, 50c. Dinner. Soup (soup bone, 10c), 10c; Stewed chicken, 10c; Macaroni, 10c; Stewed corn (one can, 10c), 10c; Lettuce salad (6c worth), 10c; Bread and butter, 10c; Total, 50c. For dinner black coffee, 2c (coffee, 2c per pound); Total, 52c. Breakfast. Breakfast, 25c; Lunch, 20c; Dinner, 30c; Total per day, 75c. Graham gems are made with one pint of sour milk, teaspoonful of salt, one egg, teaspoonful of soda dissolved in the milk. GRIFFIN pure ground spices, the finest produced. The Origin of Oxtail Soup. During the Reign of Terror in Paris in 1793 many of the nobility were reduced to starvation and beggary. The abbots sent their slaves fresh to the tanneries without removing the tails, and in cleaning them the tails were given for a tail, and was willingly given him. He took it to his lodging and made (what is now famous) the first dish of oxtail soup, he told others.

of his good luck, and they annoyed the tanners so much that a price was put upon them. Ham Toast. Cut rounds of bread with a cake cutter, toast them a delicate brown, butter and arrange them in order on a dish. Have ready a pound of cold ham finely minced, mixed with the beaten yolk of an egg, four tablespoonfuls of cream and a very little cayenne pepper. Heat it and spread it on the toast. Milk may be used instead of cream if half a teaspoonful of butter is added to it when heating. This is a good way to use the remains of cold ham when the pieces are too small to be made presentable otherwise. To Bake a Ham. Soak for one hour, wipe dry, spread it with a batter and put it in a bake pan, keeping it out of the gravy. Bake five to seven hours. When done remove the skin and glaze with the following dressing: Beat the yolk of two eggs very fine, spread over the ham, sift over it fine cracker crumbs, set in the oven and brown. Currant jelly may be used in place of the eggs. GAELIC LOVE SONG. 'T'd roam the world over and with you, O Swan-neck and Lark-voiced and Swift-winged I show. My Violet and Lilies and Rose-without-Rue, I'd roam the world over and with you. 'T'd roam the world over, fond lover, with you, And we met the rude mountains, now what would we do? 'They would smooth themselves straight at one stroke of your shoe, And I'd course their crests over and over with you. 'My fond, foolish lover, still roaming with you, To ford the rough river, now, what should we do? 'To one great shallow glass it would shrink at your vision, and admire you, And admire and admire, and admire you step through. 'But, ah! if still roaming, rash lover, with you, We reached the dread desert, say, what should we do? 'O, your sigh of soft balm would the wildest woe, Body and limb, and heart, break into blossoms so heavenly of hue, That we'd rest at last long from our roaming, rest! —Alfred Percival Graves. An orchard uncared for will surely be unprofitable. JOY'S FOR THE JADED AND GOOD Health for All Mankind. JOY'S VEGETABLE SARRABILLA. Made from herbs, and contains no mineral drugs or deadly poisons. JOY'S VEGETABLE SARRABILLA cures Dyspepsia, Indigestion, Chronic Constipation, Biliousness, Headache, and all the ailments of the Stomach and Bowels. JOY'S VEGETABLE SARRABILLA prevents tired feelings, staggering sensations, palpitation of heart, rush of blood to the head, dizziness, ringing in ears, and all the ailments of the eyes, head, and bowels, biliousness, constipation of bowels, pains in the back, melancholy, tongue coated, foul breath, pimples on face, body and limbs, decline of nerve force, dizzy spells, faint spells, cold, clammy feet and hands, sour risings, fatigue, indigestion, and all the ailments of the stomach, liver and kidneys. JOY'S VEGETABLE SARRABILLA is sold by all druggists, and is a perfect substitute. When you pay for the best, get the best. JOY'S VEGETABLE SARRABILLA is sold by all druggists, and is a perfect substitute. When you pay for the best, get the best. I. A. NADLER, General Agent, Seattle, City Ticket Office, corner Yeager street and Front street. Office corner West and Columbia streets. A. G. CHARLTON, Asst. Gen. Agent, Portland, Or. No. 25 Morrison street, corner Third and Front streets. THOR E. BROWN, Receiver. Trains leave and arrive depot 1st of Columbia street. TIME CARD IN EFFECT DEC. 18, 1895. No. 1 & No. 11. Lv. Ar. No. 2 & No. 12. Lv. Ar. No. 3 & No. 13. Lv. Ar. No. 4 & No. 14. Lv. Ar. No. 5 & No. 15. Lv. Ar. No. 6 & No. 16. Lv. Ar. No. 7 & No. 17. Lv. Ar. No. 8 & No. 18. Lv. Ar. No. 9 & No. 19. Lv. Ar. No. 10 & No. 20. Lv. Ar. No. 11 & No. 21. Lv. Ar. No. 12 & No. 22. Lv. Ar. No. 13 & No. 23. Lv. Ar. No. 14 & No. 24. Lv. Ar. No. 15 & No. 25. Lv. Ar. No. 16 & No. 26. Lv. Ar. No. 17 & No. 27. Lv. Ar. No. 18 & No. 28. Lv. Ar. No. 19 & No. 29. Lv. Ar. No. 20 & No. 30. Lv. Ar. No. 21 & No. 31. Lv. Ar. 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