

# WOMEN'S SPHERE--HOME HELPS--FASHIONS

The Times Home Page Is the Best

Edited by Winifred West

## Society

Mrs. J. H. Davis, 512 South Ainsworth avenue, will entertain for Fern auxiliary, O. E. S., Friday afternoon, assisted by Mrs. Mary Simons.

The Women of the United Ethical and Unitarian societies will meet Wednesday afternoon with Mrs. Wynn Johnson, 1904 North Cedar street. The program will include a study of Browning's poems.

A dance will be given tomorrow evening at Tacoma Music hall by the Progressive Psychio society.

The Julia Dent Grant tent, Daughters of Veterans, will meet tomorrow at the armory, to meet the department president, Mrs. Mong, of Seattle.

Mrs. W. B. Coffey will entertain Thursday at her summer home at Harbor Heights for members of the Illema club. The women will leave the Municipal dock on the steamer Vashon at 9 o'clock.

Mr. and Mrs. Edward A. Rhodes have returned from their wedding trip to Banff and Lake Louise, on the Canadian Pacific, and will be at home in their new Lake Steilacoom home about September 1.

The marriage of Miss Nona O'Donnell of Elma, formerly of Tacoma, to William Sherman Westover of Seattle, which took place at Elma July 29, is formally announced by the bride's parents, Mr. and Mrs. J. R. O'Donnell.

Mr. and Mrs. N. F. Bingham make formal announcement of the engagement of Mrs. Bingham's niece, Miss Bessie Hoag, of Tacoma, to Rev. C. A. Huff of Ephrata, Wash. The wedding will take place August 19 at their residence, 4506 South J street.

Excursion to Moclips next Sunday. Duenwald's Delikatessen will put up your lunch at a reasonable price. Order early. Main 9451. 313 11th, near C. "adv."

FLY TO THE MOUNTAIN In the Blue Bird Tours Co.'s new touring cars, (not a truck.) You ride in comfort. Leaves from Mason Hotel 10th and A st., daily at 7:30 a. m., arriving at Nisqually Glacier at 1:30 p. m. If you intend going to Paradise Valley, Ressee's camp. We can save you money. Call at office. Tel. Main 110. Night phone, Proctor 179.



The Best for less has built this great business and saved money for our patrons. We can save money for you. Another advance in Sugar is due—our price tomorrow, 20 lbs. for \$1.00 with \$1.00 purchase of other goods; by the sack, \$4.95. Large size Quaker Oats, containing almost 3 of the 15c size, while the lot lasts, 20c pkg. Fancy small White Beans, 4 lbs. 25c. Sago or Tapioca, 4 lbs. 25c. Fancy Creamery Butter, 30c lb. 2 cans sliced Pineapple, 25c. Cream of Wheat, 15c pkg. Diamond M in a class by itself, \$1.35 bag. Will make 20 per cent more bread, so it's cheaper. Fish Specials—Salmon, 10c lb. Halibut, 12 1/2c lb. Meat Specials—Leg Yearling Mutton, 14c lb. Rib and Lamb Chops, 14c lb. Pork Shoulder Roast, 14c lb. Pot Roast Beef, 12c lb. Wienies, 15c lb.

MacLean Bros. (Incorporated) "QUALITY GROCERS"

## REMAKING CRIPPLED GIRL INTO A GREAT ATHLETE



Four years ago she was a "hopeless cripple," attended day and night by nurses and doctors. Today she is as shown in picture on right.

Article Number One, by MRS. LILLIAN D. BECKER, Mother of "Perfect Girl."

When my 14-year-old daughter, Dorothy Becker, contested with the world's best swimmers at the recent aquatic events in San Francisco, winning the 50-yard dash for women, she demonstrated that almost every girl can be the architect of her own body.

Her showing in these races marked the end of a 1500-day experiment in recreating a "hopeless" invalid into one of America's finest mermaids and robust outdoor girls.

Four years ago lying in a hospital, suffering from three serious operations, after a protracted illness, Dorothy was given up to die by the best physicians on the Pacific coast.

Today she is perfect in body and sound in health.

The story of Dorothy's achievement is one in which many American parents should find a vital interest. It may serve to save some girls from sacrifice to the stupidity of those fathers and mothers who frown down their daughters' hunger for wholesome outdoor exercises and frolic with the "tomboy" rebuke.

Grit and persistent exercise of lungs and muscles are the big essentials in building sound and beautiful bodies.

Any girl who has a fighting chance can do what Dorothy did, I am sure.

She was 10 years old when stricken with scarlet fever. Complications necessitated operations which brought her to the verge of death.

"Take her to the beach" advised our surgeon. "That will help if anything can." No mysterious formulas! No expensive medicines! Simply advice to "let her swim."

Her father and I didn't have the fatalism of laziness. We set to work in fearful earnest.

Our girl weighed just 49 pounds when we arrived at the seashore. So shattered were her nerves that we could not speak to her, could not make the slightest noise, without throwing her into a crying spell.

But she learned to swim. And seven weeks later her weight had increased to 72 pounds. A bit of color appeared in the wan cheeks. Slowly the rasped nerves responded to the soothing touch of the sea. Today she tilts the scales at 115 pounds in her thin bathing suit.

As fine an example of sturdy, winsome girlhood as can be found anywhere.

With her swimming which we

found best combined the essentials of body-building, Dorothy took up gradually, all-round gymnastics.

## CONFESSIONS OF A WIFE

### "Aunt Mary Advises"

(Copyright, 1914, by the Newspaper Enterprise Association.)

Dick is still away from the office and they do not know where he is. I cannot help worrying about him and I am sure that Aunt Mary suspects something is wrong, but she is a dear—she doesn't say a word.

However, when she came here from Waverly's this morning she looked much distressed and when I insisted upon her telling me the reason, she said:

"Margie, your Father Waverly is a very sick man. Sally doesn't realize it, but I am sure that he is not going to live very long. He is much discouraged and Jack's actions are worrying him into his grave. He could hardly get down to breakfast this morning, and he did not eat anything and I watched him as he boarded the street car and it seemed all he could do to pull himself up the steps."

"It makes me feel terrible, Aunt Mary, to think of Dad Waverly going about in a street car while Dick and I have a choice of four of the Symone motors. I am going down after him tonight and take him home."

There was a silence for a moment or two. I know that Aunt Mary wanted to say something to me, but either she could not get up courage or that she did not just know how to say it. I waited patiently, knowing that she would tell me shortly.

"At last she spoke: 'Margie, did you find an apartment that suited you yesterday?'"

"No, dear, I felt so lame that I did not go out."

"Let's go and look today, dear," she invited.

"Why, of course, but what's the great hurry just for today?"

"Well, dear, I tell you. I am sure that Richard will not live long. I would not be surprised to know that he suddenly expired on the street or in the store."

"I feel, dear, if anything of this kind would happen that you would, in your selfishness, suggest going to live with Sally and Mollie."

temperament that can get along with Dick's mother. You are not tolerant enough, Margie."

"I hope I am tolerant of everything but selfishness and shame, Aunt Mary," I said humbly, for I don't want to be a puritanical egotist.

"That it, Margie. Almost all the things one must be tolerant of come from selfishness and shame."

"I am afraid if you are not settled soon in a place of your own it will seem the only logical thing for you and Dick to do if anything should happen to Richard."

I wonder why we always say "if anything should happen" when we always mean "if the one dreadful thing should happen."

Humanity has the strength to bear that of which it seldom has courage to speak.

Just the same I'm going to get settled in that apartment next week if I can.

(To Be Continued Tomorrow.)

Agates polished and mounted in solid gold. Pfaff, Jeweler, 1147 C st. "Advertisement."

## The Woman Who Was Soon to Be a Mother

A woman passed. She was to be a mother. The doctor had said she should take walks in the bracing air. She was obeying in the interest of her unborn child.

As she passed, some women looked at her pityingly and some smiled—a smile of disdain.

It was an ordeal for her just to be seen. Only her duty to the child nerved her.

Two men went by. When they had passed, one smirked and winked, as if the sight were in some way humorous.

Nobody paid deference to approaching motherhood. And yet the task for which she was preparing is the greatest, the most important, the most hazardous task that one can perform. No man hero on a field of battle ever did anything half as heroic.

## CYNTHIA GREY'S

### LETTERS

Q.—Some months ago, I discovered in a matrimonial paper a portrait of a young lady who is easily the "girl of my dreams." I succeeded in establishing communications with her and exchanging photos. However, since the second letter I sent three months back, I haven't heard a word from her. Something tells me that she has been deprived of the advantages of an education and pray tell me if I want too strong in my second letter. Following is the letter:

Dear Maude: I am offering this humble and somewhat delinquent little note in reciprocation of your sweet favor of recent date, shapes like a burst of sunshine through a rift of lowering clouds it came straight to my aching heart, resting a tired brain made weary by the natural course of events of my distasteful environment. Tonight, in solitary contemplation of the great shimmering moon, which is occasionally obscured by fleecy little clouds chasing each other to the end of space, dissolving into misty rain, I think of you, in which my fascinated and dreaming eyes can ever discern your loved features. I think of our great love, of your sacrifice of maidenly reserve in confessing to me your true sentiments and deep affection for me. Ah! how my heart longs for you; to gaze for one beautiful moment into your dear eyes.

In the mist of existence we are all stamped, and your stamp is in your eyes, in your mouth, in the exasperating something that marks you all over as a lady in the momentary constellations in this world of rockribbed conventionalities.

Two years seem an eternity just now, "heart of mine," but the ultimate reward will be worth a dozen years in exile away from all the social joys in an existence where you were not. And if in the course of events, God sees fit that we never meet, I want to assure you that I shall become a better man from having known you even so distantly, and the very thought of you will tend to direct my footsteps in a higher, nobler pathway which may, perchance, lead us separately, on incidentally the predominance of your good influence over my material and spiritual existence will assure of a peaceful hand-folding across a willing breast.

Yours to command, TOMMY.

A.—You will please pardon me, Tommy, if I seem rude or unkind in my conclusions of your ability to make love to a girl at a distance, but since you have asked my opinion I feel it my duty to be frank. To me, your letter sounds folly to make love and propose to a girl whom you have never seen. How do you know that you love her, or she you, when you have never met each other? It takes a wider knowledge of a per-

for all the world like a chapter from a "mushy" dime novel; it is brimming over with imagination and sickly sentimentality. It sounds unnatural and like the ravings of a lovesick boy.

It is absolutely the height of son than is possible to obtain by gazing upon a photograph to determine whether one really cares for the person. Upon introduction and acquaintance you may prove more disappointing to each other than men and women you now know.

Things accomplished too easily lose their zest, and perhaps it is so with this young lady since you have fallen to her feet in such an arduous manner. Better be sensible and sincere and you will gain the acquaintance and friendship of good women in your everyday life.

"Anxious Housewife," send me self-addressed and stamped envelope and repeat your request. I will answer you privately.

CYNTHIA GREY.

The requests have been so numerous for a good recipe for making dill pickles that I print it at length as follows, and please everyone who wastes a clip it out now as it will not be repeated:

Fill 2-quart jars with cucumbers, about 4 or 5 inches long, putting dill broken into small pieces in with them, about one stalk of dill to a jar. Pack the jars closely. Make a brine of one gallon of water, one teacup common salt, one teacup good cider vinegar and pour over the cucumbers boiling hot and seal. Place them where the light and a little sunshine will strike them. Shake occasionally. After a couple of weeks remove to the fruit closet. If they ferment and the brine looks white it will not injure them. Add a few green grapes if you like. Get dill from your grocer.

CYNTHIA GREY.

Q.—Please give us the addresses of the Kalem, the Imp and the Universal Moving Picture companies.

TWO MOVIE FANS.

A.—The Kalem address is West Twenty-third street, New York city; that of the Imp company is 1000 Broadway, New York, and the Universal, Hollywood, Los Angeles, Cal.

By and About Women

"The American mother who most needs advice just now is neither the very rich or the very poor, but the one between," says Dr. Lydia A. Villiss of the American Medical association. "She can't hire carefully trained nurses and she won't accept what she feels to be the charity of clinics and milk stations. What we must do for her is to make hygiene free for everybody as schools are now. The state pays the teachers. Why shouldn't it pay the doctors? The state needs both healthy bodies and trained minds in its future citizens."

Following quotations are furnished the Times daily by leading firms engaged in the various lines to fruit, produce, meats, provisions, etc. These prices are paid by the retailers to the commission men:

Cheese—Wash., 19c; Tillamook, 17c.

Eggs—Fresh ranch, 25¢ doz.; Butter—Washington creamery, 28¢ doz; Oregon 29c.

Fresh Meats—Steer, 12 1/2¢ 13 1/2¢; cows, 12 1/2¢; hogs, 12 1/2¢; hogs, trimmed sides, 17 1/2¢; do, combination, 17c; whole, 13 1/2¢; small veal, 10¢; heavy veal, 10¢; 12c; ewes, 11 1/2¢; mutton, wethers, 12c; lamb, 14c.

Fruits—Native apples, 75¢ @ \$1. Oranges, Valencia, \$3. Bananas, 3¢ 4c per lb. Gooseberries, 6c lb. Apricots, 85¢ @ \$1 crate. Cherries, Late Duke, 7c lb.; Bing, 75¢ @ \$1.25 box. Lemons, 10c lb. Pineapples, 3c doz. Peaches, 50¢ 60¢ @ \$1 box. Watermelons, \$1 @ \$1.25. Burbank plums, \$1.25 crate. Loganberries, 85c. Tragedy prunes, \$1.35 box. Wild blackberries, \$1 @ \$1.25 crate. Bartlett pears, \$2.65. Peach plums, 75¢ @ \$1. Burbank plums, \$1.25 box. Grapes, Malaga, crate, \$1.75. Huckleberries, 10c lb.

Vegetables—Green onions, 25¢ doz.; Cal., yellow, lb., 3c. Lettuce: Leaf, \$1 box; head, 30¢ 40¢ doz. Turnips, 1¢; Carrots, 1.50¢ retail; 3 lb. 25c. Potatoes, Netted, Gem, \$2.0. Cucumbers, Island, doz., 50¢ @ \$1. Cabbage, lb., 1 1/2c. Cauliflower, \$2. Parsnips, 1.25 sack. Bell Peppers, 15c lb. Tomatoes, 10-lb. box, \$1.25. Green peas, 3¢ 4c. Radishes, doz. bu., 25c. Wax beans, lb., 8c. Beet, \$1. Parsley, doz. bu., 25c. Green beans, \$2. Green corn, doz., 35c. Summer squash, each, 4c. Green corn, Wapato, doz., 35c.

Our Markets Are Located as Follows:

Frye & Co., 17th and Commerce Washington Market—1118 and 1120 South O Street.

N. F. Market—South Tacoma. Look for the U. S. Purple Stamp. It signifies Purity and Quality. Our meat kept in sanitary cases in perfect condition by our cold air system.

We Give Penny Change

## Winifred West Says:



I am glad the women's clubs are going to see what they can do to fix up a scheme for modest dressing by women. It's their task, if anybody's.

But I would like to suggest, without offence intended, that modesty isn't a state of dress so much as it is a state of mind. The Hottentot maiden in the middle of Africa was modest enough when Livingston found her wearing not much more than a nose ring and a smile. For that was the custom of the tribe and well suited to the climate of the country, and there were no slant-minded folks who saw anything out of the way in it.

How it is now that white folks and railroads and civilization have come we really don't know—probably more clothing but less modesty.

It's the state of mind that needs fixing in this country. We liked what we read of the talk which that chap Kneeland gave before the club women in Chicago—Kneeland, you know, the vice sleuth.

He wanted women to mother motherless girls, to work for better economic conditions, to teach the young the truths of life, but, above all, he urged MOTHERS TO TRAIN THEIR SONS TO HONOR WOMANHOOD.

That last is something every mother can do, beginning immediately. And it will begin to take effect as soon as it is rightly started.

The youngster who's reared in a good home to respect his mother and his sisters may later slip and stumble, but he'll never entirely forget the suggestions of that early training.

Chances are you won't see him haunting dives and street corners with his mind full of vile notions and his main concern to add to life's devilry.

## SUMMER RESORT LOGIC

In her white serge gown slit almost to the knee, she was leaving her hotel when her sister called her back and said:

"Oh, Mary, you've got a big black smudge on your nose!"

With an indifferent toss of her head the debutante answered:

"What difference does that make? Nobody ever looks at my face when I've got this slit skirt on."

Wholesale Quotations

Livestock—Cows, 5 1/2¢; calves, 8 1/2¢; hogs, 5 1/2¢; ewes, 4 1/2¢; lambs, 7c; eggs, 25¢.

Butter and Eggs—San-h but, 24¢ @ 23¢; strictly fresh ranch eggs, 25¢ @ 27c.

Poultry—Hon's, 12c @ 14c; broilers, 23¢ @ 25c; ducks, 13c; squabs, \$2; rabbits, 8 1/2¢ @ 14c; springs, 14 1/2¢ @ 17c.

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## HOW RESINOL CURED ITCHING SKIN TORMENT

Baltimore, Md., May 23, 1914: "My limbs from knee to ankle were completely covered with eczema for a year. It commenced with several small water pimples, which burst when I scratched them until they developed into sores, and oozed a yellowish fluid. I hated to go in company, it itched and burned so badly. I had no rest at night. I tried a good many remedies for eczema, both liquid and salve, but after a month's steady use was completely cured." (Signed) T. S. Lewis, 1821 Summit St.

Resinol Soap and Resinol Ointment are sold by all druggists. For free trial, write to Resinol, Dept. 26-R, Baltimore, Md.

## LEAVING TACOMA THE STERLING STUDIO

Those desiring pictures or duplicates must call before September 1, 1914. Corner Pacific av. and 11th st. "Adv."

## TACOMA THEATER TODAY AND ALL WEEK

The Remarkable Selig Film Version of Rex Beach's "THE SPOILERS" Matinee Daily 2:30. Evenings 8:15 Any Seat 25c. Children 10c.

## LOEW'S EMPRESS 8-Jackson Family-8 THE CRIMINAL

New Show Starts Every Monday. PANTAGES UNEQUALLED VAUDEVILLE JESSIE SHIRLEY & CO. JULE RING & CO. 5-OTHER BIG ACTS-5

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