

SOCIETY NEWS

Marriage of Miss Smith to Portland Man Sotmized

Miss Verda Kate Smith, daughter of Mr. and Mrs. Harley D. Smith, became the bride, Wednesday afternoon at 4 o'clock at the Smith home, of Edward G. Arrowsmith, son of Mr. and Mrs. George Arrowsmith, of Portland. Pastel shades of girdles, cloaks and noble engravings in full harness transformed the living room into a flower altar before which the ceremony was performed. Miss Frances Arrowsmith, sister of the bridegroom, played the wedding march.

The Rev. J. George Ware, of the First Presbyterian church, read the service in the presence of only immediate relatives. The double ring ceremony was used.

The bride, who was given in marriage by her father, Harley D. Smith, was gown in orchid gossamer trimmed in cream lace over yellow. She carried a shower bouquet of columbine roses, lilies, lily of the valley and orchid sweet peas. Her maid of honor, Miss Beatrice Newlin, wore an attractive gown of apricot georgette. Her corsage was made up of butterfly roses and orchid sweet peas. Robert Arrowsmith, brother of the groom acted as best man.

After the wedding a reception was held at the home of the bride's parents. In the receiving line were Mr. and Mrs. Arrowsmith, Mr. and Mrs. George Arrowsmith, Mrs. J. E. O'Connell, and Mr. and Mrs. Harley Smith. The Misses Frances Arrowsmith, Lillian Sims, Madeline Barbau, and Mrs. Andrew Pyle assisted with the refreshments. They were dressed in pastel shade gossamer and had shoulder corsages of orchid sweet peas and columbine roses.

For her honeymoon costume the bride wore a blue and tan two-piece suit. They will go to Niagara Falls and on to New York and return by way of Washington, D. C. and Indiana. They will be gone for a month, returning to make their headquarters in Portland.

LOSTINE (Special)—The marriage of Miss Verdelia Kuhn, of Lostine, and Irving Parson, of Walla Walla, was quietly solemnized Sunday at Enterprise. The Methodist minister, the Rev. Mr. Gibbons, performed the ceremony. The bride and bridegroom were accompanied by the bride's mother, Mrs. Wilford Kuhn, and her sister, Miss Verdelia, and Ralph Graham.

Mrs. Parson is the eldest daughter of Mr. and Mrs. Willard Kuhn. The wedding dinner was served at the home of the bride's grandmother, Mrs. Marietta McCullough. Those present were Mr. and Mrs. F. E. Peare and family, Mrs. Bertha Kuhn and the bride's immediate relatives.

The young couple will make their home near Walla Walla.

Parkdale Club Is Entertained

The Parkdale club was entertained yesterday afternoon by Mrs. Mike Carroll, Mrs. Eliza Adler and Mrs. Bill Beaudette at the home of Mrs. Carroll in May Park.

A series of readings composed the program of the afternoon. Those taking part were Tom Jean, Lucia, Frances Alexander, Mrs. Ed Eckley and Louise Thiesher. A delightful two-course luncheon was served by the hostesses at the close of the program.

The Loyal Sisters of the Christian church met at the church yesterday afternoon with Mrs. William Day and Mrs. C. W. Bunting acting as hostesses.

A program consisting of a short play prepared by 12 women of the church was presented. Wilma Hanson gave a reading and Lois Hanson played two piano solos.

Following the program refreshments were served. The decorations were in red and white.

TRIMMER (Special)—The Unity helpers spent a pleasant afternoon at the home of Mrs. J. L. Andrews Wednesday.

During the afternoon several song selections were given; Mrs. Green, Mrs. McFall, Mrs. Tucker and Mrs. Walker each gave readings and Mrs. Rosalie Wostenkovic gave several vocal selections. After

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er the program a grab lunch was served.

Mrs. Andrews has been ill for 15 years and has been sitting in her wheel chair all that time. She expressed her appreciation of the women coming to her home.

There were 25 present. The next meeting will be held at the home of Mrs. Homer Green, Tuesday, June 28.

* MENUS

By Sister Mary

BREAKFAST—Sliced fresh pineapple, cereal, cream, bacon and liver, potatoes hashed in milk, reheated rolls, milk, coffee.

LUNCHEON—Scalloped new cabbage and tomatoes, tomato cheese sandwiches, lemonade.

DINNER—Roast loin of lamb, spaghetti, new peas, ginger ale salad, nut and raisin cup cakes, milk, coffee.

Nut and raisin cup cakes will prove popular in the home kitchen. Individual cakes are easier to serve, than a large cake which must be cut.

Nut and Raisin Cup Cakes
One-half cup butter, 1 cup sugar, 2 eggs, 1/2 cup milk, 1 1/2 cups flour, 3 teaspoons baking powder, 1/2 teaspoon salt, 1/2 teaspoon vanilla, 1/2 cup seeded and chopped raisins, 1/2 cup chopped nuts.

Cream butter and gradually beat in sugar. Add nuts and raisins. Add eggs well beaten and beat mixture hard. Mix and sift flour, salt, baking powder and add alternately with milk to first mixture. Add vanilla and stir until smooth. Fill individual pans which have been oiled and lined half full with the batter and bake twenty minutes in a moderate oven.

The eggs are not beaten separately but they should be beaten until very light with a wheel beater.

The Garden

LATE PLANTED PEAS
Late planted peas are a gamble with the weather unless the garden is fitted with an efficient irrigation system so that they can be kept well watered during hot dry spells. They are not a good hot-weather crop and only the fact that they are one of the most vigorous and most delicious of garden products and have no real substitute makes it advisable to take the chance.

Seasons with cold wet summers make the late planted pea crop a success. It is planted in early July, in good late June and early July. It is sown in rows unless the soil is trenched artificially. This is about the last fall for planting peas over the greater portion of the country. In the northern tiers of states the pea-planting season is much later.


For the later crops of peas deep planting is advised, sowing the seed in the bottom of a trench about three inches deep and covering them with two inches of soil. As the peas grow gradually fill in the trench until the soil is level. This will get the roots well below the surface of the soil and make it easier for the vines to withstand dry hot spells. If the surface is kept well cultivated, a good pea crop may be harvested from late planted seeds except in summers when there is a long spell of exceptional heat.

Some experts advise planting the tall or bush peas for the late crop, claiming they have more resistance to heat than the dwarf varieties. They have the advantage, too, of giving larger crops over a longer period than the dwarf and half dwarf types. These experts gardeners say the vines turn brown when lying on the ground, than when on supports giving a free circulation of air.

Some gardeners in addition to the trench method give their late peas a mulch of lawn clippings. The later the pea season can be continued the better, and any extra trouble in bringing a late crop to maturity is well worth while. There is no substitute in the garden for the pea. Its closest rival is sweet corn.

INDIANA WANTS FORESTS
INDIANAPOLIS (AP)—Indiana has 600,000 acres of waste land which ought to be given over to reforestation, the state conservation department says. It regards the acreage as good for no other purpose.

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OUT OUR WAY



THE EARLY BIRDS.

COUPLE TRAMP U.S. LOOKING FOR ART

English Painters Set Out on Expedition to Find American Folk-Arts

NEW YORK (AP)—Carrying a baguette only sketching materials and some quaint musical instruments, Jan and Vera Gordon, noted English painters, are on their first visit to the United States, are setting out on an expedition to discover the folk-arts of America. Mr. and Mrs. Gordon have just completed 20 exhibitions of their paintings in the leading capitals of Europe.

"Traveling on foot in the footsteps of the way countries of Europe," says Mrs. Gordon, "we saw the American Indians, the black by the immigrants. We are anxious to see how the cultures of the old world have changed. American life, in Gordon's opinion, is the purest American art of the negro and the Indian appears with them."

"We want to see how the developments of these people in America have carried on their traditional arts, and also how the purest American art of the negro and the Indian appears with them," Mrs. Gordon added.

The Gordons are authors, lecturers and musicians, as well as artists. They play on native instruments the folk music they have gathered from all over the world.

GOES BY AIR

WOODSHELD, Ohio—The Rev. Miss Georgianna R. Ruckle believes in being prompt, even if she must fly. One minute before she was due for a speech at an Epworth League meeting, she alighted in a church yard. "I just landed," she explained, regarding her 300-mile flight from Toledo.

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HEALTH

PRACTICE OF CORRECT LIVING—BEST HEART DISEASE PREVENTIVE

By E. Rodney Fiske, M. D., New York City

Member George Memorial Inst.

It is true that many cases of imaginary heart disease exist and these persons are inviolated through nervous conditions and fancied illness. Careful physical examination will clear up this situation and restore the individual to an assurance of health and vitality.

The person with a true heart disease owes it to himself and his fellowmen to follow instructions, to avoid hazardous occupations, to avoid over exertion and physical and nervous fatigue, and to maintain at all times the staunch vigilance necessary to keep his heart muscle from failure and exhaustion.

Hardening of the Arteries

The old age group of heart disease is the familiar type of hardened arteries with high blood pressure, and accounts for 27 per cent of all heart cases. While its cause is not yet apparent we know that had hygiene, overwork, overeating and too much alcohol, unbroken sleep, and poor elimination enter into the causal factors. It is true, also, that some families seem prone to this degenerative disease.

In early discovery is of great importance and a periodic health examination may give the first clue and be the means of preventing or postponing an active disease by the institution of a good hygiene and the establishment of the best habits.

Syphilitic Heart Disease

In this country today it is estimated that there are 8,000,000 cases showing some form of syphilitic heart disease. This is a disease of middle life and about 90 per cent of the cases show signs of disease between the ages of 30 and 60. It kills in the prime of life, is peculiarly insidious and progressive, and is one of the most frequent causes of sudden death.

Some of these cases are hereditary and the persons are unaware of their condition. This fact emphasizes the wisdom of systematic health examinations. The best teaching, however, is that of sexual hygiene and the importance of absolute care in every possible way to avoid the opportunity of voluntary or accidental infection.

It touches also the necessity of thorough and early treatment of the infection so as to obtain a cure and prevent the occurrence of those awful heart and blood vessel calcifications which are practically sure to follow negligence.

For the prevention of heart disease of every kind the practice of the generally recognized rules of

good hygiene is especially necessary.

USES 11 SPARRING PARTNERS
LONDON—Mickey Walker, who is training on an island, in the Thames for Tommy Millan, is fighting for an Englishman who can punch. He has used up 14 sparring partners already, knocking out four in one afternoon.

C. C. Pyle says that Lindbergh, to do something for aviation ought to make as much money as he can in the next year and quit it. In other words, something like C. C. Pyle did for football.

MASSACHUSETTS ORCHARDS WERE DAMAGED \$15,000 last year by deer, claims against the state for reimbursement have led the United States Biological Survey to seek a method of deer control in New England.

OMAHA, Neb.—Miss Bernice C. Dowling and her twin sister, Bernice, publish the Journal at Santa Clara, Cal. Miss Bernice told the National Editorial association that their firm of "we" had had just two political fights in 22 years.

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LOSE TWO FIGHTS

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good hygiene is especially necessary.

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