

SOCIETY NEWS

Bridge-Luncheon At Union Hotel; 12 Tables at Play

An attractive bridge-luncheon was held yesterday afternoon at the Union hotel, when Mrs. Elmer Stoddard, Mrs. Frank L. Lilly and Mrs. Frank B. Appleby were the winners.

Luncheon was served at 1:15 o'clock at two large tables, which were prettily appointed in a color scheme of pink, blue and silver. Pink roses and blue delphiniums in silver baskets were the flowers used.

Similar flowers served to decorate the hotel living room, where tables of bridge were enjoyed following luncheon.

Mrs. Charles Phelan made high score, the second prize went to Mrs. Chase Holmenkamp, and the third to Mrs. Leslie K. Kinard, Mrs. Lloyd H. Pierce received the consolation prize.

Several out-of-town guests were present for the party, including Mrs. Harriet Coburn, who is visiting here at the home of her mother, H. B. Coburn, from Massachusetts; Mrs. C. A. Weaver, who is a guest at the home of her mother, Mrs. E. H. Appleby, from Grand Rapids, Mich.; Mrs. George O. Gilbert, of Palo Alto, Cal., and Mrs. A. H. Stoman, of El Paso, Texas, who are guests at the home of Mrs. H. B. Westenhaver.

The R. R. club met on Thursday evening with Miss Elvora Fines as hostess at the home of her mother, Mrs. Maude Fines.

Two tables of bridge were at play during the evening, Miss Mary Lyon winning high score and the consolation prize going to Miss Louise Salisbury.

Music and dancing was enjoyed, for which refreshments were served by the hostess.

Those present were Misses Mary and Lila Bean, Miss Louise Salisbury, Miss Yvette Harter, Miss Helen Williams, Miss Vera Lucile Leasing, who is visiting here from Canada, the hostess and her mother.

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man, ward; Mrs. Audrey Sellers, conductress; Mrs. Mabel Graham, inner guard; Mrs. Nora Nook, outer guard; Mrs. Kate Atchick; right steward to noble grand; Mrs. Lydia Hutchinson, left steward to noble grand; Mrs. Lottie McGoldrick, right steward to vice grand; Mrs. Florence Engel, left steward to vice grand; Mrs. Mabel Melther, chaplain and Mrs. Lou Robertson, musician.

Following the installation lemonade, cake, coffee and punch was served by the committee in charge.

Members of the Westway club, the social auxiliary of the Woman's Benefit association, met yesterday afternoon at the home of Mrs. Norman Geack. The women worked on paper flowers and visited during the afternoon.

Refreshments were served by Mrs. Geack.

COVE (Special)—Mrs. William Hallmark and Mrs. A. H. O'Brien were hostesses to the Ladies' guild at the home of Mrs. Hallmark Thursday afternoon. The house was prettily decorated with bouquets of sweet peas and baby's breath.

Four tables of bridge were at play during the afternoon, Mrs. T. B. Conklin winning high score. The bridge tables were arranged on the lawn. After the games luncheon was served.

The guests were Mrs. J. J. Conley, Mrs. A. G. Conklin, Mrs. T. C. Hottel, Mrs. G. E. Barker, Mrs. R. H. Daniel, Mrs. T. B. Conklin, Mrs. M. Blake, Mrs. J. R. Pyle, Mrs. E. Fletcher, Mrs. J. E. Milha, Mrs. L. R. Lay, Miss Bern Kelly, Mrs. Hugh McCall, of Haines, and Mrs. Roy Coddington, of San Jose, Cal.

GRANGE HALL (Special)—Mrs. Ira Kennedy was hostess yesterday afternoon to the members of the Country Woman's club. After a short business meeting the time was devoted to needle work and visiting. One new name was added to the membership roll.

At the close of the afternoon the hostess, Mrs. Garrett Block, and Mrs. Lorena Smith will be assistant hostesses.

All members of the Ladies' auxiliary to the Brotherhood of Railway Trainmen are requested to meet at 1:15 o'clock Sunday afternoon at the home of Mrs. W. H. McCarthy, 1208 Spring street, to attend in a body the funeral of Mrs. Hought.

The meeting of the Juliet club, which was to have been at the home of Miss Helene Pries Monday evening, has been postponed indefinitely.

TELAVIN DESSERTS
Fruit gelatins are delicious and easy to make. Any kind of fruit may be used in season, or various combinations of flavors as in fruit salads and punches.

The one envelope of gelatin to one quart of liquid, or less in warm weather. Put the envelope or other of gelatin into one-half cup of cold water to soften for about two minutes. Beat one cup of water with about half a cup of sugar, according to taste and acidity of the fruit used.

Take the syrup from the first setting, and add the moistened gelatin. When fully dissolved, add two and one-fourth cups of fresh fruit juice, such as orange, pineapple, raspberry, blackberry, or grape, together with the juice of half a lemon. Any preferred combination may be used.

Strain and pour into one large mold, or small individual molds. When chilled and set, serve with or without cream, plain or whipped.

If sun-suits for children are made with a semi-transparent top through which the sun rays can penetrate, they will get ultraviolet light over a considerable portion of their bodies. White cotton, white, flannel and cross-hatched dimitis are good materials for such clothing.

THE OWL
SUNBURN LOTION
is an ideal cosmetic for the prevention and relief of sunburn. Cooling, soothing and healing.

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Moon Drug Co.
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Musketeers
The newest bore in neckwear is the musketeer, consisting of lavender dotted lawn collar and large cuffs with groups of plinks. A black satin ribbon ties the collar and the cuffs fasten with jet buttons.

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OUT OUR WAY



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HEALTH

HABIT IS VITAL AID TO HEALTH

By W. A. Newman-Dorland, M. D., Chicago, Ill.
Member Gorges Memorial Inst.

We are slaves to habit, consciously or unconsciously. This makes of our lives a more or less routine process. Most of us rise at a certain hour, take our meals more or less regularly, observe a certain system in our business activities, and retire at about an average hour daily. Any persistent and regular deviation from this routine order will, sooner or later, work havoc in our domestic and personal economy.

It has been found by political economists that regularity of habit not only will tend to conserve the power of a man, a community, or a nation, but will also work toward the securing of the greatest amount of productivity. In fact, the wonderful inventions of this modern age are founded almost entirely upon the basic principle of a methodical and incessant regularity of action. Observe the endless repetition of the printing press, the spinning mill, the cotton-wool, the grind of the locomotive driving wheels, and whirl of a turbine.

The application of this principle of order, systematic action to the life of a man lies at the base of modern hygienic science. If nature affords a vacuum, she likewise creates a spontaneous, irregular habit of life. Attention to the various coils of nature—eating, drinking, flushing, exercising, working, sleeping—at approximately fixed times each day, is the surest guarantee of perfect health that one can have—that is, in the absence of local or systemic infections.

The cultivation of such a methodical system of living as this, does not mean falling into rut. Far from it! It does not prevent the employment of initiative in the various activities of business. On the contrary, by insuring clearness of intellect, unimpeded action of the thinking-cells, freedom of the circulation of the body-fluids, and a good body-tone, it favors growth and development of brain-power, originality of thought, as well as a healthy action of all the physical organs and structures.

Regularly in flushing the sewers of the body, in supplying the nutrition necessary for the proper carrying on, and in training and developing the muscles and other portions of the body machinery, are not only essential to good health, but add materially to the

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By Williams

WOMEN RUINING HEALTH WITH SMOKING, CLAIM

VIENNA, July 8 (AP)—American women are ruining their health to keep thin, believes Dr. J. Pal, professor at the University of Vienna clinic. Excessive smoking and tea, much tea and coffee, he says, will handicap future generations.

Dr. Pal has returned from studying medical conditions in the United States. He balances his criticism with unstinted praise of American medical achievements and features of American life.

Laboratory and hospital equipment in the United States, he declares, "have brought wonderful results, but their achievements would be impossible if they had not the necessary brains."

Dr. Pal believes it a mistake to rank Vienna ahead of American institutions in research work. "Americans undoubtedly are far ahead of the Viennese in biological research," he says.

CORNEB REEF HASH

To make good corneb reef hash put a pound of cooked corneb beef through a meat grinder with about five boiled potatoes and a little onion to flavor. Mix well, add a dash of cayenne, and put into a tightly greased, heavy iron skillet.

Cook over a low heat until a golden brown crust is formed, then place a pan or lid over the skillet and turn out. Slip the uncooked side into the skillet and cook.

When finished, place on a platter and garnish with parsley.

Chops of any kind should be finished after everything else is cooked and dished for the meal. After they are done to a turn chops cannot be kept warm successfully.

With few exceptions, the most satisfactory proportions for making jelly are three-fourths of a cup of sugar to one cup of fruit juice.

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Ready-to-Wear and Millinery
PUTMAN'S

A WARM WEATHER DISH
Baked eggs and cheese make a good supper dish for warm weather. Break the desired number of eggs in a buttered earthenware or glass baking dish, add a few tablespoons of cream and salt enough to season.

Sprinkle the top with grated cheese mixed with fine, dry, bread crumbs. Set the dish in a pan containing hot water and bake in a moderate oven until the eggs are set and the crumbs are brown.

Heels that are too narrow, too high, or incorrectly pitched, frequently cause weakened ankles, a wobbly walk, strained muscles, neuralgic sprains and other injuries incident to slipping, twisting and falling. The weight of the body is thrown upon the toes, if the feet are jammed into the fore part of the shoe, causing bruises, corns, weakened and crushed arches, and bent toes.

When fitting a garment by the seams in different positions, especially those of the shoulder, study the figure to find the position which will emphasize the best features and conceal those which are not so good. It is better to put attention on fitting the figure than on keeping the lines of the pattern.

Announcing-- A New Location For Our Beauty Shop

Beginning Monday, July 11, we will serve our many patrons in our new shop in the Bohnenkamp Building at 1310 Jefferson avenue. There you will find us prepared to better every phase of our work which has become the standard among those women who appreciate the best. We have installed a booth for hair cutting and also a swivel mirror to aid patrons in directing and inspecting the shaping of the bob to suit their individual tastes. Our position as the leader in high-class manicuring, facials, shampooing, marcelling and permanent waving will be enhanced in our new surroundings. Ask us about our plan to give you a free Permanent Wave.

REYNAUD'S BEAUTY SHOP
Formerly with O. K. Barber Shop.

Stuffed pepper, celery, dried corn, plant, string beans, and a bit of pickle to furnish the necessary acid for rounding off a dinner, is recommended as a good plate combination.

With few exceptions, the most satisfactory proportions for making jelly are three-fourths of a cup of sugar to one cup of fruit juice.

DON'T WORRY --

if you forgot to get a jar of pickles or a pound of butter for Sunday's lunch. Don't worry—you can get Ice Cream, Bakery and Lunch Supplies at

The Corner Cupboard

Corner of Adams and Second
Geo. B. Richardson, Prop.
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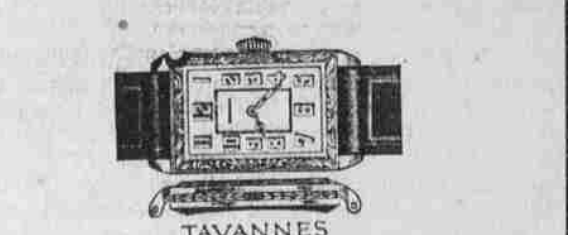
WHEN you buy a KIMBALL Piano for your home you know it has been esteemed by a vast number of other purchasers. Your judgment is supported also by eminent musicians of past and present who have given their unqualified praise. The greatest of our Expositions have bestowed their highest recognition. All these show the proven merit of the KIMBALL.

And in the KIMBALL you will find a wide range of choice in the new offerings in Grand Pianos, Reproducing Pianos, Player Pianos and Uprights. When you hear the purity of tone, note the quality of construction and the visible beauty, you will wonder at the moderation of prices.

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Tavannes



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No other gift is worn as much.

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For man or woman select a world-renowned Tavannes with its wonderful patented movement and its elegant substantial cases.

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Birnie's

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