

SOCIETY NEWS

Campfire Girls Spend Week End On Mount Emily

Seven of the Wunshanta campfire girls, their ages ranging from 11 to 14 years, and their guardian, Mrs. D. C. French, spent the week end hiking to the top of Mt. Emily and back. They started Friday morning at about 4:30 o'clock, each one carrying a blanket and food. Three tents up the mountain they stopped and ate a light breakfast. They reached Blumenstein spring at about 8 o'clock in the afternoon, where they stopped for the night. The next morning they hiked to the lookout tower and back to camp before noon. Four of the girls climbed to the top of the tower and learned something about how forest fires were located.

At 4 o'clock in the afternoon they started down the mountain and camped for the second night four miles from home. Sunday morning they finished the hike, coming by Pine Cone swimming pool, where they stopped for a swim, and arriving home at about 11:30, after a hike of about 25 miles.

The trip was one of learning as well as pleasure, the girls venturing into side roads and trails, observing the different trees, flowers, and birds, making their own campfires, cooking their own meals, rolling in their blankets and sleeping out under the stars. The girls all displayed wonderful endurance and expressed their wishes for another long hike, which will probably be in the Wallowa lake country next year.

The Ladies' auxiliary to the Brotherhood of Railway Trainmen decided to have a float in the American Legion parade, during the state convention here next week. The float will be decorated and a special meeting was held at the home of Mrs. W. D. McCarthy on Spring avenue. Several different types of floats were discussed, but nothing was definitely decided upon.

Mrs. John Courtney, president, presided over the meeting. About 10 women were present.

Announcements

The Yarnation club will meet tomorrow evening, July 13, at the home of Mrs. W. D. Warner on Washington avenue. Mrs. Warner and Mrs. C. E. Wate will be the hostesses.

The Parkdale club will meet tomorrow afternoon at the home of Mrs. Mita Hokland at Island City, with Mrs. Garret Hokland and Mrs. Lorena Smith as assistant hostesses.

Vinegar can be made from any fruit, or from any material which contains enough sugar and is in no way objectionable. Enough fruit to make all the vinegar for a year's supply is wasted in crates of fruit not desired for immediate use or canning, often may be turned into vinegar at a nominal cost.

July Specials

- 35c Bouleir Klenex
- 75c Owl Theatrical Cream both for 79c
- 50c Red Feather Hair Oil 39c
- 50c Red Feather Shaving Cream 39c
- 50c Pom Pom Luster 39c
- 75c Owl Amorel Beauty (pink) 59c
- 75c Owl Anteyth. So. tion (pink) 59c

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MENUS

By Slater Mary
BREAKFAST—Halves of cantaloupes, scrambled eggs with bacon, kitchen eggs, milk, coffee.

LUNCHEON—Club and celery salad, eye brood and butter sandwiches, strawberry surprise, sponge cake, milk tea.

DINNER—broiled lamb chops, new potatoes in parsley butter, creamed carrots, ginger ale salad, cheese wafers, floating island, milk, coffee.

The fish and celery salad is planned to use up any of the halibut that may have been left from the preceding dinner. The secret of a successful fish salad lies in using a delicately tart dressing for marinating the fish. Care in mixing the salad to prevent crushing the fish flakes is also essential.

Strawberry Surprise

One cup whipping cream, 1 cup marshmallows, 1/2 cup powdered sugar, 2 cups strawberries, 1 teaspoon vanilla.

Cut 3 marshmallows in small pieces and combine with strawberries cut in quarters. Let stand on ice for one hour. Whip cream until firm, beat in sugar and vanilla. Chill and serve in sherbet glasses.

HEALTH

BETTER TO PLAY THAN WATCH THEM
By Paul P. Sweet, M. D., Hartford, Conn.
Member Gorham Memorial Institute

With human being divided into three classes as far as posture is concerned, the tall and thin, the short and broad, and the in-between, the matter of posture becomes a study of cause and effect, on the part of the doctor.

He knows that the short broad type of child ought to have square shoulders and high chest. When such a child begins to slump and sag, he generally needs more exercise. Probably the slumping has come about because the thin, heavy muscles are not being worked enough, and fat is accumulating in them. So this child may safely be encouraged to play hard at all sorts of games which require the use of the muscles.

This is exactly opposite to the course which must be pursued by the tall, thin child which generally needs less exercise, with a rest stretched out on the floor, with a pillow, before and after meals.

In a general way, it can be said that in a class of 40 children the best plan for improving posture is to restrain the tall, thin type and prevent fatigue, by the resumption of position. For active exercises, they do best at running and jumping. The short, broad type can be most active, ordinarily, and they excel in the lifting, pulling and pushing games.

The keynote of our policy should be the restriction of effort for the tall group, and the encouragement of activity for the broad type. These rules are not to be considered absolute, but they can be used as guides in dealing with the individual child.

What has been said about children is in regard to development, or maintenance of good posture, can also be applied to grown-ups with regard to correct or bad posture after it has developed.

First determine the type of person, as we have classified the human race. Then, for the tall and thin type, give gentle, resumption, stretching exercises with rest before and after meals. Guard against fatigue and allow plenty of nourishing food.

For the short, broad type, give active muscle building exercises. Guard against physical intemperance and restrict the food more to the less fattening things, course, vegetables, fruits and greens.

The active hard workers of the world, of the thin type, should be encouraged to develop hobbies of a quiet, sedentary nature. For the short, broad type, encourage vigorous athletic hobbies. This doesn't mean that everyone ought not to exercise—far from it. It does mean that the tall thin group should guard against fatigue of the heart muscles, and the short broad type guard against the deposit of fat in their muscles.

As to the kind of exercise, don't make them formal, dull and uninteresting. Games and sports are far better because they give rest and pleasure and because they

Garden Bonnet



A summer morning in the garden can be the most delightful part of one's day in this quiet but so rough natural straw with two long streamers of blue grosgrain caught by a single marguerite.

OUT OUR WAY



12 THE MIDNIGHT LUNCH.

MOVIE DIRECTOR SLAIN; WIFE HELD

Police Detective Investigating Hollywood Murder Case Today

HOLLYWOOD, July 12 (AP)—Police detectives early today began investigation into the apparently violent death of Perceval L. Linwood, 49, motion picture employe, who was found dead in his home with a 2-inch gash at the base of the brain. Mrs. Linwood, who said her husband was a director, was hysterical.

Police reported they were unable to obtain any information from her.

Mrs. Linwood was held while detectives under Captain James Bean attempted to question her. They reported that the Linwood apartment was in great disorder and that there was evidence that there had been considerable drinking.

The detectives reported that neighbors said the Linwood couple had not been seen to leave their apartment in several days and that the landlady of the house declared the Linwood door had remained locked during that time.

Coroner Frank Nanes ordered an autopsy performed on Linwood's body after it was removed to the county morgue.

Wife Tells Little

Mrs. Linwood was unable to tell the detectives the name of the picture company that had employed her husband, but she insisted he was a director.

The police received their first report of the unexplained death at 5 a. m. when undertakers called them to view the body. It had been taken from the Linwood apartment to the underlying rooms at the telephone request of Dr. Jesse Ross, who had been called to the aid of the man, whom he said he found dead.

Big White Pelican Darkens Klamath

KLAMATH FALLS, Ore., July 12. (AP)—A white pelican three Klamath Falls into darkness last night for nearly an hour.

Flying into two power lines on Link river, the great white bird caused a short circuit which disabled one of the two main city lighting circuits of the California Oregon Power company. Needless to say the bird was instantly killed.

"The same thing has happened 15 or 20 times, particularly in the Chiloquin section," T. W. Deibel, assistant division manager of the power company said today. "The birds are so big that they hit two power lines at once causing the short."

ACCIDENTALLY KILLED

PORTLAND, Ore., July 12. (AP)—Norman Johnson, 29, was killed yesterday at the Multnomah lumber and Box company plant when an electric lumber truck he was operating backed off the dock and plowed him to the ground eight feet below. No one witnessed the accident. Johnson's skull was fractured and his neck broken. His widow survives him.

Nuba hunters in the Sudan form butter and make flour into rolls around wicks of their hair to serve as emergency rations. These they pull from their heads when hungry and eat either raw or baked.

provide rest and release for the upper part of the mind that so easily becomes tired and worn in these days of strenuous living. All athletic sports should be encouraged and taken part in. Don't let the glorious spectacle deprive us of individual participation in games. For the benefit of good posture, let us put into practice the popular American saying: Play the game!

Indoor "Track" Meet Enjoyed by Grange Members

GRANGE HALL, July 12 (Special)—The indoor track meet that Mrs. Kate Hedhead put on at the meeting of Blue Mountain grange last Wednesday evening was enjoyed immensely by the grangers and friends. William Sherwood, Mrs. L. F. Wright acted as captains while Mrs. Sam Williams and Miss Minnie Holman occupied the judges seats. In the "broad eric" contest the judges decided that Charley Spencer outran broader than either Ralph Hunt or Mrs. Roy Gekeler.

The rivalry was quite keen in the lemon pitching contest when Mrs. J. A. Holman, Mrs. William Sherwood, Mrs. Calista Stringham and Roy Gekeler each vied for first place. By the "skin of his teeth" Roy Gekeler won over his fair opponents although Mrs. Holman did some swift and furious pitching and the way she hurled that yellow fruit through the air took some fast dodging by those back of the goal to avoid getting a "swat" in the eye.

In the bean race where Mrs. Ralph Hunt and Ed Dunn participated, Mrs. Hunt won by a hair's breadth. In fact, the dropping of two beans by her opponent balanced the score in her favor. At first it looked as though the race was going to be a one sided affair but after a few trips across the mat Mrs. Dunn forgot about being tired and instead of sitting fired an account of having to run a hax buck all day in the Beale hay meadow, limbered up and the race began in earnest, ending by both walking in "home" together.

In the cracker eating contest all three contestants were eliminated as it was discovered by the sharp-eyed judges that instead of eating their crackers they had slyly disposed of them in other ways. When the captain's contest it was found that Mr. Sherwood could eat the crackers that Mrs. Wright fed him just as fast as she could drink the water that he fed her from a teaspoon, consequently the race was a tie.

To watch the judges eating tomatoes without making faces, one would think that these women were eating Florida oranges saturated with saccharin. Minnie Holman did a little faster work than Mrs. Williams, therefore carried off the prize.

A machine that matches colors has been invented. A little something to help friend husband out.

They Know The Best

Our many satisfied patrons tell us they come to this shop for beauty work because they have learned that here they are able to get the most satisfactory beauty work. Although we have moved from our former location in the O. K. Barber Shop and are now located on Jefferson Ave., nevertheless our business is rushing. We are convinced that our good friends appreciate our efforts to please—and that they will bring their friends here too. While other shops follow we will continue a level way.

Reynaud's Beauty Shop

1310 Jefferson Ave.

Klamath Indians Lose Their Tonsils

PORTLAND, Ore., July 12. (AP)—Tonsils of the Klamath Indians are following their land. They are vanishing before the white man.

Miss Grace L. Holmes, statistician for the Oregon Tuberculosis association, who returned today from the Klamath reservation reported that 20 Indians, mostly children, had recently parted with their tonsils at the new agency hospital. Forty-three more are scheduled to go through the same experience.

Next to ailing tonsils the most prevalent affliction among the Klamaths has been found to be trachoma. Thirty-four of the 468 Indians whose eyes were examined have been found to be victims.

Made in a Minute—This Wonderful Dressing for Fruit Salads

Follow the recipe below and make this delicious salad dressing in a minute—prove to yourself that Mazola is equal to the finest imported salad oils. Regardless of price the world affords no finer, more wholesome salad oil than Mazola.

This recipe is from Ida Bailey Allen's New Book "The Modern Method of Preparing Delightful Foods"—see coupon below.

FRENCH DRESSING FOR FRUIT SALADS

- 1/2 cup Mazola
- 3 tablespoons lemon juice
- 1 tablespoon Karo, Red Label
- 1/2 teaspoon salt
- 1/2 teaspoon paprika

Beat until thoroughly blended and use with any fruit salad

MAZOLA

Send only 10c (stamps or coin) with this coupon and you will receive a copy of Ida Bailey Allen's wonderful new book, attractively bound, containing 112 pages of unusual recipes. Write Johnson Litho Company, 2000 1/2 Trade Bldg., Portland, Ore.

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for Perfect Salads

By Williams Making Window Draperies Is An Art, Says Expert

There's an "art" federal home-making authorities say, in making window draperies. "It is a good plan," they advise, "to make a scale drawing of the window to be curtained."

"Glass curtains are measured from the top trim to the sill, with one inch allowed for hems, headings and shirtings. In soft materials the curtain should be twice the width of the window. "Side curtains are measured from about the middle of the top trim above the window to the bottom of the apron below it, with an allowance of nine inches. Gathered valances are made one-and-a-half times the window and its trim; pleated ones twice that width.

"Materials that have a decided pattern must be matched on each side of the window and above all side-draperies must not be skimped."

Buffalo meat has no appeal to President Coolidge. Thus he loses the vote of all the buffalo meat eaters of the country, who are the people who never tasted a buffalo steak.

The Record for cooking

a hot breakfast 2 1/2 to 5 minutes



Quick Quaker

"HOT oats and milk" is the dietetic urge of the day. It's the "balanced ration" of protein, carbohydrates and vitamins—plus the "bulk" to make laxatives less often needed—that world's authorities are advising.

Now you cook it in 2 1/2 to 5 minutes. That's faster than plain oat. No kitchen mess or bother.

Why go on, then, with less nourishing breakfasts? Today get Quick Quaker... food that stands by you throughout the morning.

Your grocer has Quick Quaker—also Quaker Oats as you have always known them.

Quick Quaker

The Merchant's Opportunity

THE annual buying event of thousands of wide-awake Western merchants. Arrangements have been made to make this year's buyers' week more profitable and more enjoyable to visitors than ever before. Entertainment features on a super-scale will be presented.

Railroad fare refunded to you on combined purchases totaling \$100, made from the participating jobbers and manufacturers. Plan, on your vacation, to take this trip to Portland. Let us know you are coming so that proper arrangements can be made.

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12.50 14.75 19.75 26.00

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GRANGE HALL PERSONALS

GRANGE HALL, (Special)—Mr. and Mrs. Arthur Golden returned Monday evening from a two day camping trip. They, with relatives, camped up the Grande Ronde river.

Mrs. May Brand, who has been visiting her daughter and her sister in San Francisco, Cal., for the past six weeks, is expected home the last of the week.

Howard Ashmead and two daughters, Opal and Myrna, of Chelan Lake, Wash., are visiting relatives and friends in the Grande Ronde valley. They spent the week-end with Mrs. Calista Stringham and family. Mr. Ashmead's first wife, who died several years ago, was a sister of Mrs. Stringham.

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