foods seem to cause less disturbance than at any other meal, probably for the reason that the stomach is com-pletely empty and has had a chance to rest before being burdened with more work. It often occurs in the day that the stomach does not have sufficient time to empty itself before another meal is eaten. This is a common cause of dyspepaia.

Red Spots on the Wrist.

Reply.



A DELIGHTFUL affair of this a silver tea at the rectory between 3 work for the county without being po-afternoon is the matinee party to be given by Mrs. Victor H. Wolff for her daughter, Miss Louise. Another affair of importance today The Woman's Exchange will observe the opening day of its exhibition and

who has just returned to Portland to pass the Easter vacation. The party will be at the Orpheum, and Ica and refreshments at Hotel Portland will round out the festivitics. In addition to Miss Wolff, the guests will be Miss Gertrude May, Miss Minnette Shub, Miss Florence Holmes, Mrs. Carroli Hurlbert and Miss Pauline Jacobson. Miss Wolff will return to school at be charged. An anticipated meeting tonight is that at which Miss Lucy Broad will speak at 6:45 o'clock at the Young Women's Christian Association. Miss Broad will wear Corean costume. The Women's Political Science Club

the Annie Wright Seminary in Tacoma the latter part of next week.

Many prominent families are plan-ning to pass the Elaster week-end at the beaches. Among others who will leave tomorrow are: Mr. and Mrs. Marcus Fleischner and their guests, Mr. and Mrs. Henry Metzger, Mr. and Mr. and Miss Marjorie Hauss-man. They will occupy the L. N. Fleischner cottage at Seaside, which is one of the most attractive at that

. . . The Dekapa-Moes will give a skating party Saturday evening, April 25, at the Oaks Rink. The members of the committee are: Fay Barnes, Margarat Mansfield, Augusta McCormick, Vivian Pallett, Dorothy Bennett, Naomi Wiest, Gladys Rogers.

Argunda Argunda McCornick, Virial Market, Market Market, Market,

At the annual recital given in Hunt-ington Chambers Hall, Boston, Mass., by the first-year class of the School of Expression, S. S. Curry, Ph. D., Litt, D., president: Miss Maybelle Hefferlin, of Portland, appeared on the pro-gramme and told, with naturalness and charm. one of F. Hopkinson Smith's stories, "The Lost Road." Miss Hefferlin is an earnest student.

Mrs. D. F. McGee, a member of Pi Beta Phi fraternity, will entertain the Alumnae Chapter of the organization at her home in Irvington tomorrow

The Woman's Exchange will observe the opening day of its exhibition and sale of dainty and fancy articles today. Numerous attractive articles multable for Easter gifts are noted among the collection. The Exchange is one of the worthy organizations that accomplishes much practical good and is deserving of the patronage of Portland women.

Red Spots on the Wrist. M. E. T. writes: "I have been much interested in your replies in The Ore-gonian. Perhaps two years ago two reddish brown spots appeared on my arm a little above the wrist. The past Winter they remind me of their pres-ence by itching. At such times they are raised a little. I have never had any skin disease. I am quite advanced in years. Please tell me what you think this is." Reply. It is not cancer. Cancer is rare on the extremities. Brown discolorations of the skin are common in the old. It is more than probable that these spots will never cause any more trouble than they do now, but if they do see a skin specialist.

Is Golier Contagloust Mrs. D. M. writes: "Some time ago you wrote an article on golier. Can you repeat the article or kindly inform me in what issue of The Oregonian it was published? The main thing I should like to know is, are goliers contaglous? What causes them?" Reply.

The article on golter appeared in the Sunday edition of January 18. Golter is not contagious, so far as is known. It is possible that it may be due to some micro-organism.



MONMOUTH, Or., April 6 .- A few years ago I was very anxious to make some "pin money," though the prospect looked very alim for one like me living in the edge of a small town, and not having the strength to spare for much effort outside of my h work for a good sized family. Taking a sort of inventory of capital to work with I found it to consist chiefly of a

small piece of ground and the strength of two growing boys. Accordingly, I searched for the profits, and remembering that we paid 10 cents per pound for tomatoes in August the previous Summer, decided that we, too, could sell them at that price. As it was yet early in the Spring, I searched the seed catalogues for an early variety, paid 15 cents for an ounce of seed, and planted them in boxes, placed them near the cook stove on a shelf to sprout. They were later moved near a window, gradually shifted outside as the weather grew warmer and trans-planted two or three times into large boxes and cold frames or beds wherever we could make room for them. In the meantime we had purchased a booklet on "tomato culture" for 25 cents, and mastered its contents thoroughly. We put out about 909 plants, replacing all that were eaten off by cut worms and environment. that were eaten off by cut worms and squirrels. The boys trapped the squir-rels along the fence, which added in-terest and sport to our project. They also found it great sport to run the wheel hoe along the fast-growing vines. Occosionally a weed escaped us until it was large enough to pull, but I don't believe a single one ever grew to ripen its seed for another crop. The fruit began to ripen in July and we sold them for 16 cents a pound at first. We furnished all that were used in our town that year, the price gradually go-

them for 10 cents a pound at first. We furnished all that were used in our town that year, the price gradually go-ling down until in September they sold for 50 cents a bushel. An unsually early froat killed the vines September 24, leaving the ground literally cov-ored with green tomatoes. This, of course, cut our profits down consider-ably, but we cleared over \$50 headdes gaining health, knowledge and some-thing that gives a boy self-respect. We covered a few hills of one row that the older boy claimed especially as his, when we knew the frost was coming. He took them to the children's fair at the county seat and won first prize-a Cotswold sheep—which after-wards brought him \$25. Hard work, 'tis true, but the profits outside the money value were great enough that we always talk about our "tomato project" with pleasure. MRS M. F.



## FLEXIB

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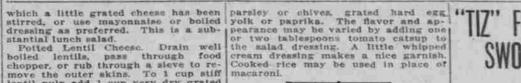
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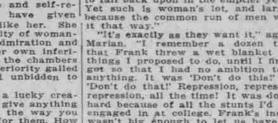
Redfern Corsets are priced from \$3.00 to \$6.50

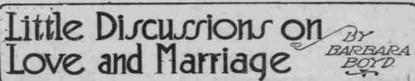






Dry blocks, dry slabwood, dry cord-wood, Knight and Rock Springs coal Albina Fuel Co. East 182, C 1117.--Adv. How "TIZ" does comfort tired, sweaty, calloused feet and corns.





Alummae Chapter of the organisation at her home in Irvington tomorrow afternoon. The partor musicale which the Misses their home this evening promises to the s most enjoyable social event. Invitations are out for an elaborate dancing party to be given by the first April 17, at the Irvington clubhouse. The patronemses for the occasion are Mrs. A. R. Portsr, Mrs. C. L. Mead, Mrs. J. B. Elitinger, Mrs. E. Z. Ferguson and Mrs. M. J. Hofmann.

First Congregational Church, entertain-ment, this afternoon, 2:30 o'clock. Big Sisterhood, annual meeting and tes, People's Institute, 2:30 o'clock.

Parent-Teacher Associations

e'clock.

tryington, at 2:30-o'clock, Sellwood, this evening. Clinton Kelly, this afterneon, 2:3

Ainswerth, tonight in the new school Stephens, at 3 o'cleck this afternoon

New England Conservatory Club, with

Chaire Oakes, 554 East Taylor, this afternoon.



THE open meeting of the Big Sister. hood which will take place at the was the matter. And then the story ople's institute at 3:30 o'clock today came out, a bit shamefacedly, but with

will be one of the most interesting some sobs. gatherings of the month. The busi- Without

Without giving her time to dry her

The public observation of the organization. Miss usual custom of the organization. Miss Valentine Prichard will give a review of the year's work and will explain the methods used by the Big Sisterhood Mins Prichard has been most success-ful during her presidency and has had the co-operation of a capable board of directors. always there, like a little poisonou

Mrs. Lola G. Baldwin will speak on germ, and some time or other the fester Mrs. Loia G. Baldwin will speak on "The Needs of the Big Sisterhood to the Municipal Department of Public Safety for Women." Miss Emma Butler will give an address on "The Benefit of the Big Sisterhood to Juvenile Court Work." Miss Murphy, of the Catholic Wo-thinking of it at breakfast. Business "The

man's League, will have as her topic never will, with me, take one grain "What the Big Sisterhood Can Do for from my love. But now and then it Girls." Dorr E. Reasey will tell of the Big Brotherhood morement.

Big Brotherhood movement Circle No. 6, Portland Psychology Club, with Mrs. J. C. Hare as chair-man, will serve tes at the conclusion of the programme. Any one interested in the work will be welcomed. ""Here are the same as you

of the programme. Any one interested in the work will be welcomed. The Portland Shakespeare Study Shakespeare's birthday on April 23. "But is you loved me the same as you is the second of the same way, said the new pans of which are being made by this committee, including Mrz. Andor ite stratford Upon-Avon players." Mrs. Esther Allen Jobes will enter-tian the members of Willametts furthouse on Saturday afternoon. April 23. "A main the members of Willametts furthouse on Saturday afternoon. April is Multhouse on Saturday afternoon. Millows it is the saturd is apper on the History of the D. it. The New England Conservatory Char is a conservatory char is a main this atternoon. Jim o'elock."

The New England Conservatory Club will meet this afternoon with Miss Claire Oakes, 554 East Taylor street, An attractive programme will be presented.

For the benefit of the Florence Crittenton Home, the members of the Ladies Ald Society of the First Pres-byterian Church held a thimble bee recently in the church parlors.

The Women's Guild of Trinity Epis-copal Church will be entertained today by Mrs. A. A. Morrison, who will give

1

growled a bit over the roast and re-marked that her pic-crust wasn't all that it might be she was fully con-vinced his love was on the sliding scale of myself. I was thinking only of

vinced his love was on the sliding scale and rapidly going down. As she washed the dinner dishes a tear or two trickled "It is hard," mused John, "for a man down her nose, and life, as she looked forward to it, seemed a dreary waste. It was when the tear was poised on the end of her nose that John came out. He premptly wanted to know what

it, trivial things are swept clear out o his mind. His love isn't lessening-it is really strengthening. And yet, dear, I will try to think of the little things. Only, when I don't, just know it is be-cause some bigger thing has for the time swallowed up the little." The new bride went back to her dish-

washing quite content.

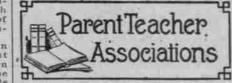
Hints on Mealth Dr.Frederick M.Rossiter.

Questions pertinent to hygiene, sanita tion, and prevention of disease, if mat ters of general interest, will be answered in this column. Where space will not permit or the subject is not suffable. letters will be personally answered, sub-ject to proper limitations and where stamped, addressed envelope is inclosed Dr. Rosalter will not make diagnoses of individual diseases. Requests for such service cannot be answered.

ANSWERS TO CORRESPONDENTS. H. H. writes: "I will appreciate it

foods may be safely eaten on the same Then follows a list day with fruits." of most of the fruits, dried, canned and fresh.

Reply.



**D** R. C. H. CHAPMAN will lecture be-fore the Ainsworth Parent-Teacher Circle tonight at 8 o'clock. Following the lecture there will be a brief discus-

the new domestic science and manual training departments will be open for inspection. The building will be open at 7:30 o'clock and the business meet-ing of the circle will begin at 7:45 o'clock. . . . .

J. A. Churchill, State Superintendent f Schools, will speak tonight at the Sellwood School, under the auspices of the Parent-Teacher Circle. A short programme will be given by the chil-dren. Music will be rendered.

TALKS ON DOMESTIC SCIENCE BY LILIAN TINGLE.

PORTLAND, Or., March 31 .- Kindly give irretions for cooking lentils. MRS, H. P. J. H. H. writes: "I will appreciate it I ENTILS may be used for any dish L for which you are accustomed to use beans, the chief difference being that lentils take rather less time to cook. They need to be washed, soaked and parboiled, like beans. You may use them to make soup,

fresh. Reply. It is foods eaten at the same meal that cause most of the indigestion peo-ple have from bad combinations. Foods enter at different meals several hours apart are likely to be so altered by the digestive juices that no disturbance usually occurs, although there may be some trouble when the digestion is de-layed in the stomach or when the di-gestion is slow. The following are a few substantian while there can be no fast and fixed rule in reference to combining fruits and other foods at the same meal, yet the great majority of people will find that they have less gas, fermentation

cheese in a casecrole, as a substantial cheese in a casecrole, as a substantial problem of function of supper, and you may make "vegetable roasts," and which use are the fresh and acid fruits.
While there can be no fast and fixed fulls.
While there can be no fast and fixed fulls.
The following ore a few suggestive disturbances when they have less gas, fermentation and digestive disturbances when they do not mix up too many foods at the same meal set of much fermentation and milk at the same meal set of her foods.
Thuits eaten with vegetables, meats the source cause of much fermentation indigestion. Most people like consider, is also and serve plain or with white babre combinations there will be more roasts. Case of the above load, Arringe on a bed of letture learse. Flack, above the alles of load, a slice of tom many food the babre of load, a slice of tom the super or tasts, and the same meal serve plain or with white superinkied with crumbs. Turn out on a prinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plain or with white superinkied with crumbs. Turn out on a platter and serve plate or allows for the supple. With a support of towers of the above load. Arringe on a bed of leatures leares. Pface, above the

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move the outer skins. To 1 cup stiff lentil pulp add 1 cup very dry grated cheese. 2 tablespoons butter, pepper and salt to taste and 1 tablespoon vin-egar or lemon juice. Mix well and pack firmly into jelly glasses, cover-ing with butter to exclude the air. Use as a sandwich filling, or serve in thin slices with lettuce and potato salad. Pepper Lentil Cheese. Press the above mixture in green peppers or canned plmentoes. Then slice and serve on heart lettuce. LOCAL WOMEN AGREE Of all women in the world, probably

serve on heart lettuce. Lentil and Rice Ramekins. Butter fireproof "bakers" and put in alternate layers of cooked rice and "lentil checks" made without lemon juice. Moisten with milk or cream. Cover with buttered crumbs and bake until heated through and brown on top. Cooked macaroni may be similarly used. Lentil and Macaroni Salad Mix crust

Lentil and Macaroni Salad. Mix equal the lecture there will be a brief discus-alon of the suggested changes in the Oregon school law led by A. C. Newill, of the Oregon Civic League. An ex-hibit of the children's work will be on display in the different classrooms, and the new domestic science and manual with mayonnaise or boiled dressing pack into a small cup and unmold on lettuce. Useful accessories are chopped

> The Real Cause of Most Bad Complexions

It is a stern fact that no truly beau-tiful complexion ever came out of jars or bottles; the longer one uses cos-metics the worse the complexion be-comes. Skin, to be healthy, must breathe. It also must expel, through the pores, its share of the body's effet material. Creams and powders close the pores, interfering both with slimi-nation and breathing. If more women understood this, there would be fewer wells-rulned complexions. If they would use ordinary mercolized was instead of cosmetics, they would have natural, healthy complexions. This remarkable substance actually absorbs a bad skin, also unclossing the pores. Result: The fresher, younger under-skin is permitted to breathe and to show itself. An exquisite new complexion gradu-of morning. The stretcher would new ranges the and try it. Apply sightly like cold cream, for a week of so, washing it of morning. The stretcher wrinkles, here's a mar-welously effective treatment which also are and the wind harm lessly. Dis-solve 1 on powdered saxolite in 5 prive 1 on Adv.

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Jan, Laurette Thylor and many others are so enthusiastic about Harmony Hair Beautifier as to write in praise of it, that is certainly evidence that it does just what they say it does-that is, beautifies the hair. There are many women right in this town, and men, too, who regard it as indispen-sable, because it makes the bair glossier and more allky, easier to dream and make stay in place. Sprinkle a little on your hair each time before brushing it. Contains no oil; will not chung color of bair and ducker more change color of hair, nor darken gra

Both preparations come in odd-shaped Both preparations come in odd-shaped very ornamental bottles, with sprinkler tops. Harmony Hair Beautifler, \$1,00. Harmony Shampoo, 50c. Both guaran-teed to satisfy you in every way, or your money back. Sold only at the more than 7,000 Rexall Stores, and in this town only by un.—The Owl Drus Co.—Adv.



To keep hair and To keep hair and d clean, use Harmony d clean use Harmony in the pure liquid shampeo gives an in-tantaneous rich lather that immediate-y penetrates to every part of hair and scalp, insuring a quick, therough cleansing. Washed off just as quickly, the entire operation takes only a few moments. Contains nothing that can harm the hair; leaves no harshness a sticklness. They use the feet right up. It now in the world that draws out all the poisonous exudations which pulf up to condition. THZ is the only in the world that draws out all the poisonous exudations which pulf up to construct a cause to doer, sore, thred, aching feet. It instantly stops the pain in corns, callouses and buulons. It's your feet féel after using "THZ" You'li never limp or draw up your face in Your at



