

Society News

By Gertrude P. Corbett.

COMPLIMENTING Miss Etta Morris, who has just returned from the East, Mrs. C. K. Williams entertained yesterday with a delightful bridge-ten. Four tables were arranged for the game and about a dozen additional guests called at the tea hour. Presiding at the artistically decked table were Mrs. C. T. Whitney and Mrs. W. C. Bristol.

Mrs. Caroline Hoffman announces the engagement of her daughter, Miss Wilhelmina Hoffman, to Phillips Beck. Both are popular socially and will be extensively feted. Miss Hoffman attended school in this city and graduated from the high school, and Mr. Beck is an alumnus of Bishop Scott Academy. The wedding will be an event of early June.

An event of this evening will be the informal dancing party which is to be given by the Ladies' Auxiliary of Letter Carriers at Masonic Temple. As this is their final party for this season a large attendance is expected. A special feature which is attracting much attention is the exhibition of the maxixe and tango which Professor and Mrs. Montrose M. Ringler will give.

The committee in charge of the affair is as follows: Mrs. Wilbur F. Brown, Mrs. Alexander W. Young, Mrs. William J. McGinnis, Mrs. John G. Valentine and Miss Emma Krause. The patronesses are: Mrs. Wellman F. Lyman, Mrs. E. M. Nelson, Mrs. H. J. Hildebrandt and Mrs. C. P. Phillips.

Miss M. F. Murphy, of Alexandria court, has returned from a six weeks' trip through Southern California. While in Los Angeles she was the house guest of Mrs. Joseph K. Clark.

Kappa Kappa Gamma sorority will give a luncheon for its members tomorrow at the University Club.

The Alumni of Gamma Phi Beta will hold a meeting this afternoon at the home of Mrs. T. W. Foughtin, 586 Sev. twentieth street, at 2:30 o'clock.

Marion Marks, son of Mr. and Mrs. Meyer Marks, will be Bar-mitsvah tomorrow. At home Sunday.

Women's Clubs

By Edith Knight Holmes.

THE members of the Portland Shakespeare Study Club enjoyed an artistic treat yesterday afternoon when they assembled at the Library to pay honor to the memory of the Bard of Avon. F. R. Benson, art director of the Stratford-on-Avon Players, gave an address and some readings that were of exceptional charm. Mr. Benson's diction and expression are exquisite. His personality is most interesting. If there were acknowledged stars in the troupe of players his name would be inscribed in brilliant. He is known for his masterly interpretation of the parts of Petruchio, Shylock and Hamlet, and gave selections from some of these for the club-women. He spoke of the beauty and the inspiration found in the scenery of Oregon and paid tribute to the people of the state. He received an enthusiastic reception from the club members.

In the evening the club gave a theater party at the Hotel, occupying a section of the house. A number of the women are planning parties for Saturday, when Mr. Benson will appear in "Hamlet."

Another event of importance was the reception held last night at the Hotel Multnomah, with the present Miss Katherine Everts at the Lincoln High School on April 27, 28, May 4, 6, 11 and 13. Those who are to take the course in technique, instruction and voice placing under Miss Everts will meet for class work in the Library, room B, Tuesday afternoon at 4:30 o'clock. Miss Everts is the author of "The Speaking Voice" and other books. On Monday night she will give "My Lady's Ring," an unpublished comedy written by Alice Brown and given exclusively by Miss Everts.

The board of directors of the People's Institute will meet this morning. Reports from Miss Valentine Prichard, the director of the work, and from other workers will be given. Mrs. Helen Ladd-Corbett is president of the Institute.

The Arts and Crafts Society will hold an interesting meeting at the Library, room A, at 3:45 o'clock this afternoon. Folger Johnson will speak and a tea will follow. Mrs. H. W. Corbett and Mrs. Henry Russell Talbot will preside at the tea table.

The Social Service Club's meeting and dinner at the Hazelwood will attract the attention of the leaders in social service and settlement work. A number of prominent men and women will give short after-dinner addresses.

Economical Housekeeping

By Jane Eddington.

THIS is the time of year when the sanitarians send out their most alluring letters. These letters tell how women laden with cares or burdened with fatigue seize the Lenten season for rest and recuperation. We have some reason to believe that this was why Lent was originally established, especially the fasting part of it. It was a highly remedial measure to establish it, and precedent was not lacking to those sensible fathers of the church in the laying down of laws about eating.

It is rather an interesting fact that half a dozen perhaps of the largest sanitarians in the world are in part or wholly vegetarians. The patients who spend any great length of time at them, unless they are of a certain heavy feeding kind, come away converted to that form of diet.

It has been conclusively proved that an increasing distaste for meat grows upon those who adopt a non-flesh diet, but few get to the point where they become true vegetarians, eating neither eggs, butter or milk nor any of its products.

Nuts then become the great substitu-

NEW AFTERNOON FROCK EXCEEDINGLY BECOMING



Dress of Egyptian blue taffeta with tunic and corsage of creme chiffon crepe. Deep scallops give a becoming finish to the neck.

This afternoon frock of Egyptian blue taffeta has tunic and corsage of creme chiffon crepe. Deep scallops give a becoming finish to the neck.

tute for fat and flesh, though to eat too many nuts is quite like eating too much meat. We need variety. Nearly all the vegetarian sanitarians put out an extensive literature on eating, with a cook book. One in its book gives three types of menus. The first type is "varied and savory," with eggs and butter. The next is simpler, and the next "ideal." In this last the nut reaches its apotheosis.

It is truly held that nuts are high in heat-producing properties above all foods, except butter, because they are so rich in oils or fat.

People who have suffered very much from the cold are amazed to find that they go through a severe winter wearing less clothing than ever before on a practically raw dietary in which nuts and honey bear their due proportion, and do not feel the cold—indeed, that they experience a general sense of well-being, warmth and comfort that they have not known since childhood.

Nuts are a concentrated form of nutrition, and this is given as the reason why they should not be eaten at the end of a full meal. There is no question about their requiring good teeth for their satisfactory mastication and digestion, and this is what we poor mortals of the "age of pap" so poor have. In this case we are advised to eat nut butters, but these grow rancid like any other butter, and do not attract as many as they might on that account.

It is rather a curious fact that in one of the largest vegetarian establishments in the world the butter made from milk is likely to be rancid, perhaps because nut eaters do not mind, as a walnut meat, for instance, is sometimes rancid itself.

The sanitarian book says: "Two points should be borne in mind: First, that nuts must be masticated until they are like cream before swallowing; and, second, that they should be eaten at the beginning or during the course of a meal."

Mixed Nut Cream—Three blanched walnut kernels, three egg cup-fuls of pine kernels or chestnuts, soaked fine and soak all night in lemon or orange juice, or both; use just enough to produce the consistency of cream.

Pine Kernel and Fig Cream—Take equal portions of pine kernels and figs and pound together in a cream. Nut Butter—Put the nuts through a fine nut mill, having first removed all skin; then work to a smooth paste with a pebble and mortar. Any nuts may be used, but it is better not to mix the different kinds. Nut milk and nut cream are made by beating nut butter and warm water together until

the required consistency is obtained. They should always be made fresh as required.

Nut Paste—Prepare the nuts as for butter, then work to a smooth paste with honey. Almonds are especially good done in this way.

To Clean Nuts—To clean shelled nuts or kernels, scald thoroughly, dry, and place in the oven until they are crisp and the skins rub off easily, or if skillless, till they become a pale golden brown. Nuts are best bought in the shell, as the oil in them causes them to deteriorate when exposed to the air.

Another of the many sanitarium dishes is the following:

Bran Jelly, Half Pint—One cup of bran, three cups of water. Put the ingredients in the oven in an earthenware-covered jar, and cook slowly for four or five hours. Strain, pressing with a spoon to extract all the goodness; put into a wet mold in a cool place to set.

This is flavored with apples, figs, prunes, raisins or mixtures of fruit, cooked and strained.

Parent Teacher Associations

SHAVE Parent-Teacher Association will meet tonight at 8 o'clock, Lincoln High School Glee Club and Shaver school orchestra will contribute musical numbers. O. M. Plummer has promised to give an address. Refreshments will be served at the close of the programme. Parents are urged to attend.

The Parent-Teacher Circle of the Woodstock school will meet this afternoon at 2:30 o'clock in the school-house. Public markets will be the subject of discussion. Dr. William Fielding Osburn, of Reed College, will speak and the pupils will read original essays. An attractive programme is

Divorced Life

By Helen Hessing Fuessle.

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At Luncheon With the Ingenue.
"Come on, Winthrop, let's grab some seats. What do you say? I'm as hungry as a wolf."
Marian smiled at the ingenue's spirited way of putting it, but readily acquiesced, and the two, after several hours of hard rehearsal, left the stage-door together, and slipped into a near-by eating house. Marian had taken a great fancy to the ingenue. She found the young actress wholesome and refreshing, although obviously hardened by the atmosphere and toil of her profession. Marian envied her her important role in the drama rehearsal.

"I expected to be playing on Broadway this season instead of out here in the provinces," she sighed, after ordering.

"Well, you'll be having fine parts here," said Marian. "I'd be giving a whole lot to be playing important parts like yours."

"You may have to, at that. It takes a heap of good nature to get along with most of these managers. Some of them want the earth. Then, too, it's a whole lot a matter of luck. Why, I've seen girls with talent galore who

had to be satisfied with nothing but bits, and who plunged along for years without ever getting within a thousand miles of a real part. It's discouraging."

"I should think that hard work—" "Forget it," smiled the ingenue archly. "It's in this business without the hardest kind of work. But hard work alone don't count a little bit. A girl can work herself down to a shadow, and all she generally gets out of it is to see a new one with a drag of some sort jump right in over her head and run away with the plum. In order to get along, you've got to be a favorite."

"A favorite?" questioned Marian. "Right-o. Have someone with a bunch of money backing you, or have some manager stuck on you. Those are the two best bets. Wonderful genius may carry a woman through, I've read about things like that, but you can't prove it by me. Take me, for instance. Though I had everything lined up for a good berth in a new Broadway farce. Rehearsals were going to start in another week. But bingo, a little nip just out of boarding school came along, with a gray spender who owned a string of limousines backing her up, and she got the contract. I was the sore thimble, all right. Well, that's the way it goes."

She ended with a philosophical shrug. "With your looks," she added after a pause, "you ought to be able to pull down something good."

"I want to make good by good work, not by good looks," smiled Marian, pleased nevertheless at the compliment. "I should worry and get a freckle," laughed the ingenue.

"Cut it, Winthrop; do you see anything in my left eye?" was the good-natured rejoinder. But seriously, here's a tip for you. If you've got the famous Ratgenhauer harnesses up and pulling for you, for heaven's sake keep him there. Use him for all you're worth, and make him stop lively. That's good advice, pal. You'll see if it isn't."

To Marian the other's counsel was somewhat vague. It was the spirit in which it was offered. When they had finished their luncheon and started back to the theater, Marian liked her companion better and the stage worse. In any event, no bed of poppies lay ahead of her. Clearly, rocks abounded on this lime-lit road. Also, there were obstacles right ahead of her which she had not anticipated.

exploits of the Industrial Workers of the World and the anarchists, it is thought possible that they may try to do something, and preparations will be made to thwart them.

St. John Has Frost.

ST. JOHN, Wash., April 22.—(Special.)—A killing frost visited St. John and vicinity Monday night, doing dam-

age to early fruit and vegetables. It is believed that early cherries and apples have been greatly damaged, but that peaches growing in elevated places will escape serious injury.

Crews Busy Loading Logs Now.

RIDGEFIELD, Wash., April 23.—(Special.)—The tie-loading plant of the Lewis River Boom & Logging Company

at this place is running full blast and is now loading on an order which calls for 15,000 ties to be shipped to the Oregon-Washington Railroad & Navigation Company. The Lewis River Boom & Logging Company now has four crews at work driving out logs which are now in the river.

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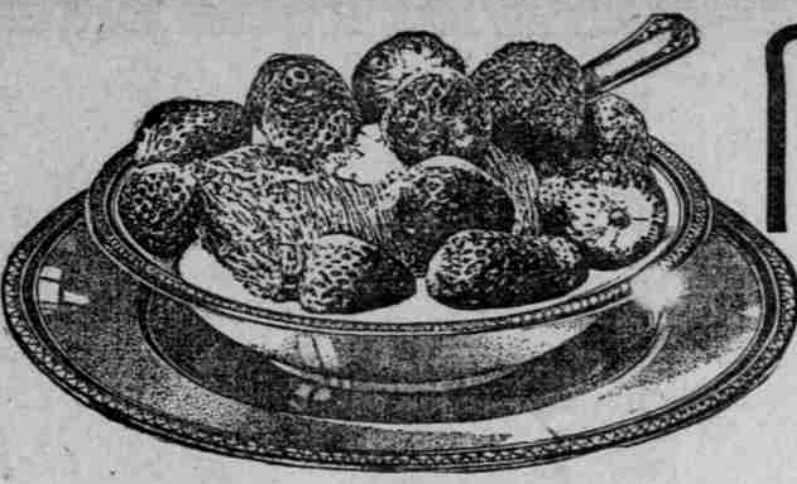
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