

Society News

By Gertrude P. Corbett.

PORTLAND GIRL WHOSE ENGAGEMENT TO LOS ANGELES MAN IS ANNOUNCED.



Miss Mildred Louise Scott.

An engagement of interest is that of Miss Mildred Louise Scott to Alfred Denton Caterlin, of Los Angeles, which was announced Saturday at a smart card party given by the bride-elect's mother, Mrs. Charles C. Scott. One of the bride-to-be's friends in Santiago painted unique cards apropos the event, and they were used to make known the news to those bidden to the party. Miss Scott is a very pretty girl. She graduated from Lincoln High School, is a member of the Delta Pi and is prominent in literary circles. Her fiancé is connected with the California Tire & Rubber Company, of Los Angeles, and formerly lived in this city. He is a member of the Zeta chapter of the Phi Chi fraternity, and received his earlier education in Portland schools. He is the son of Mr. and Mrs. F. G. Caterlin. The wedding will be a smart affair of June.

At the card party about 25 of the bride-elect's closest friends were present. Card honors fell to Miss Gladys Burton, of San Francisco, and Miss Hazel Peters.

The rooms were decorated prettily with pink and white blossoms, and the score cards contained pictures of the newly-engaged couple.

They will be extensively entertained preceding their wedding day as they are popular in social circles in this city.

In honor of Mrs. James Porter Helm, of Berkeley, Cal., who is the house guest of Miss Elizabeth Wills, the latter will entertain on Thursday afternoon with a bridge-dansante.

Congratulations are being showered upon Mr. and Mrs. W. B. Stewart on the arrival of a daughter, born April 10. She has been named Jessie Wileida.

A jolly affair of last evening was the dance given by the Brindell Club at Woodmen of the World Hall. It was an informal affair. The patronesses who received the guests were Mrs. Earl Kelsendahl, Mrs. W. J. Blake, Mrs. J. J. Murphy, Mrs. J. McDevitt, Mrs. J. Foley and Mrs. J. B. Lieneweber.

The etymological pedagogues of Portland gathered on Tuesday evening at the monthly meeting of the New York State Society of Oregon at the Commercial Club. Teachers, judges, lawyers, stenographers and others interested in correct spelling assembled in two columns to compete for a classical prize in the shape of a beautiful red Morocco, gilt-edged dictionary. Dr. Turner presided, and, armed with an atlas containing all the counties, cities, rivers, mountains, etc., of New York State, called up the forces for the contest. Miss Clara E. Hubbs, formerly of Brooklyn, N. Y., was declared the victor. About 70 members were present. Refreshments were served.

Oregon Rose camp, Royal Neighbors of America, will entertain with a "500" and dancing party Friday evening in Royal Academy Hall, 554 1/2 Fifth street. Members of the committee on arrangements are George McAfee, Mrs. June Vallant, Mrs. Lura Frederickson and Mrs. Lara Coffey.

Mrs. Charles Ambrose Wolfgang entertained with a card party recently at her home. The rooms were adorned with dogwood blossoms. Card honors fell to Mrs. F. Howard Drake, Mrs. C. R. Mallory and Mrs. Fred Clausen.

The social program of the Y. W. C. A. for the week ending Friday night, April 24, was as follows: Mrs. Joseph Mauck, Mrs. F. Howard Drake, Mrs. Fred Dunham, Mrs. Ida Conrad, Mrs. Franklin V. Caterlin, Mrs. T. L. Graves, Mrs. C. D. McDonald, Mrs. J. G. Rainey, Mrs. John Killgren, Mrs. C. B. Dunaway, Mrs. Frank Lowry, Mrs. H. B. Shofner, Mrs. Clarence Sampson, Mrs. I. W. Lane, Mrs. L. E. Crouch, Mrs. Fred Clausen, Mrs. E. R. Roberts, Mrs. Max Gunther and Mrs. J. W. Holt.

At the Rose City Park Clubhouse on Thursday night, Father Conaty will give a lecture on "American Landmarks."

Women's Clubs

By Edith Knight Holmes.

An anticipated event of next Monday is the annual business meeting and tea of the Portland Woman's Union, which will be held at the home, 210 Flinders street, at 2:30 o'clock. The election of officers will follow the reports. Mrs. J. B. Comstock will preside. A number of prominent matrons will assist at the tea that will conclude the afternoon. The Portland Woman's Union has been organized for 25 years, and during that time has accomplished a vast amount of good and has but rarely called upon the public for funds. They conduct a home for working girls and young business women, providing homelike atmosphere and surroundings. The organization plans to erect a new building later on.

Mrs. W. R. Munsinger will entertain the members of the Woman's Overlook Improvement Club on Friday at her home, 571 Castle avenue. Mrs. Allen Todd will give a Shakespearean reading, and Mrs. James E. Roberts and Mrs. J. Montag will read papers.

The Portland Branch of the Oregon Alumnae Association will meet on Saturday at the home of Mrs. Ross Plummer in Riverdale. A business session and election of officers will occupy the afternoon. Take Oswego car.

The Collegiate Alumnae Association will meet on Saturday with Mrs. J. C. Elliott King, 227 East Sixth street. This will be an annual meeting with election of officers as an important feature. Take Mount Tabor car.

The Women's Political Science Club will meet this afternoon at 2 o'clock at the Central Library, Room 11. At 2 o'clock Dr. H. M. Patton, Judge A. S. Bennett and C. W. Hohlt will address the club. The meeting will be open to the public.

Albina W. C. T. U. will meet at the home of Mrs. Anna Olsen, 910 Northwick street, today at 2 P. M.

Brooklyn W. C. T. U. will meet this afternoon with Mrs. A. Hogan, East Twentieth and Ivon streets. "Christian Citizenship" will be the subject of the afternoon.

The members of the Progress Club enjoyed a luncheon yesterday at the University Club, celebrating the 15th anniversary of the club.

The Junior Auxiliary Girls, who were interested in the fresh air outings last summer, have provided new furnishings for the Associated Charities' office. They have had the walls retinted, and by hanging curtains and pictures

Parent Teacher Associations

WOODSTOCK Parent-Teacher Association will entertain the teachers of the Woodstock school today at a luncheon. Plans will be made for an entertainment to be given May 8, when about 75 of the children will appear in songs, recitations, folk dances and drills.

Holman Association will meet tonight at 8 o'clock. Dr. C. P. Hodge will speak on "The Menace of the Fly." Lincoln High School Glee Club will sing.

Shaver association met on Friday night with about 300 in attendance. Music was furnished by the school orchestra and Lincoln High Glee Club. Little Helen Wedeking sang; Miss Agnes Cover gave a reading; Vida May Carr contributed a vocal solo.

Each number was received enthusiastically. An address by O. M. Plummer closed the program, following which the guests repaired to the manual training department where an exhibition of the arts and crafts of the boys and girls claimed the praise of all who attended. The school had been lavishly decorated by the pupils and refreshments were served by the young people.

The Parent-Teacher Association of Kenton will meet tomorrow afternoon at 3 o'clock. Business of importance will be discussed.

Miss Dagmar Kelly will sing a group of solos tonight at the meeting of the Holman Parent-Teacher Association. Miss Kelly is the gifted daughter of Mrs. J. P. Kelly, president of the Shattuck Parent-Teacher Circle.

THE first of a series of "First Aid" lectures will be given in the Young Women's Christian Association tonight at 7:45 o'clock by Dr. Otis Akin. All girls and women who are interested are invited to attend. No admission fee is asked, nor is membership in the Y. W. C. A. required. On Tuesday evening of next week at the same hour, Dr. Mary MacLachlan will give the second lecture of the series. Her subject will be "Unconsciousness." The speakers will give many practical suggestions on what to do "before the doctor comes." A knowledge of first aid as a life-saver will be explained. These lectures will prove helpful and all who can avail themselves of the opportunity to hear them will be welcomed by the association.

Divorced Life
By Helen Messing Fuessle.
(Copyright—The Adams Newspaper Service.)
Marian's Theatrical Debut.

MARIAN awoke on Monday morning with a nervous headache. It was the day of the opening of "The Climbers" and of Marian's debut as a professional player. She ordered her breakfast sent to her room. Her head swam as she nibbled at her toast and sipped her breakfast tea. She read the brief announcement of the opening that night of the season of stock with much the same sensation that she would have read a notice of her execution.

CALENDAR FOR TODAY.
Society.
Card party, St. Patrick's Church, in the new hall this evening.
Woman's Auxiliary, Grace Memorial Church, will give birthday tea this afternoon in Parish House.
Clubs.
Corriente Club, with Mrs. Rhoda De Penning.
Tuesday Afternoon Club, with Mrs. W. F. Ames, 553 Hawthorne avenue.
With Mrs. J. R. Sharp, tonight.
Woman's Political Science Club, this afternoon, library.
Parent-Teacher Associations.
Holman, 8 o'clock tonight, Woodstock, this afternoon.

her hand warmly. "Bully work, Miss Winthrop. You're all right," he said. "You pulled some fine laughs." He patted her on the shoulder. Her lips trembled with gratitude. "Better wait around here," he added. "You go on again in a moment."

Her second entrance was a pleasure. The spirit of her work had laid hold of her. She talked and acted with conscious vivacity. A ripple of applause greeted one of her lines. Her second cue to exit, and this time her stunt was done. She proceeded to her dressing-room, sorry for her part of the performance was over.

A messenger boy, lugging a big, long, pasteboard box, was directed to her. "For me?" she demanded in amazement, seeing her name on the tag. The box contained some gigantic stemmed chrysanthemums and Ratsenbauer's card. "There's something sweet about him, after all," she mused. Tomorrow—Reflections.

Doris Blake's Advice

Should She Marry Him?
"DEAR MISS BLAKE: Should a girl marry a man who loves her dearly even if her heart is with another? Some married women argue that a girl can always fall in love with a man after marriage if he is a good provider and he truly loves her. A young woman I know says a man whom she loved went out West and before he went he promised to return shortly to make good his promise. Six months have elapsed and she has not heard from him—not even with a postal card. At Christmas time she sent him a card by registered mail which he received, as he signed for same. But this he failed to acknowledge by letter or by card. Now, another young man has asked her to marry him. He is well-to-do and would make any woman he marries happy."

When a young man's actions prove as conclusively as those of the young man referred to in the above letter that it is a case of unrequited love the one and only thing for a girl to do is to set about to put the man right out of her life.

I will admit that this is an easier thing to write about than to do actually. But it can be done! And a girl owes it to herself and the future before her to shake off the tendency to live in memories. It is a fatal practice. A man who cares nothing about her is certainly not worth a single line around the eyes or lips of any girl.

The fatality that follows this giving away of a heart, where it is not appreciated or wanted is a distorted view of life to the girl of a fanciful turn of mind.

Her imagination that married life is impossible with a man who gives her none of the thrills and palpitations her first lover gave her is apt to get the better of her. For the ordinary woman, after all, a sincere liking and a respect for a man is a pretty safe thing to marry on.

Reside the tendency of matrimony is to narrow a woman's interest down to a husband and home, and the average normal woman will come to love the man she is married to if he is kind to her.

And the husband who is more in love with her than she is with him is the husband who is always on his good behavior. A good, comfortable home and a generous shopping ticket are assurances that don't pall in married life.

She Likes Her Cousin.
"DEAR MISS BLAKE: I am a young woman 22 and engaged to a girl of 30. We love each other very much but she seems to pay more attention to her cousin, who recently came to the city, than she does to me. Do you think it proper for her to entertain him the way she does, as we are to be married in a year from now? Please let me know if I should break the engagement or shall I demand an explanation?"

Her actions toward her cousin are prompted entirely by family affection. I am sure. Do not allow them to cause you any uneasiness.

Hints on Health

By Dr. Frederick M. Rossiter.

Questions pertinent to hygiene, sanitation, and prevention of disease, if matters of general interest, will be answered in this column. Where space will not permit or the subject is not suitable, letters will be personally answered, subject to proper limitations and where stamped, addressed envelope is inclosed. Dr. Rossiter will not make diagnosis of individual diseases. Requests for such service cannot be answered.

A READER writes, "Will you kindly answer the following questions in The Oregonian: Is lemonsauce injurious to the eyes? If so, why? Does it injure other parts of the nervous system?"

Wiltree, the star, was standing in the wings as she went off. He swung

Why is tuberculosis called the athlete's disease? Are they not universally deep breathers? Can one ever develop the chest too much?

Are cold baths injurious to one who occasionally has palpitation of the heart, and at other times a smothered feeling? I think this feeling is caused by indigestion or over-eating."

Reply.
1. Lemonade is one of the most wholesome drinks that one can take. There is no possible way of its being injurious to the eyes unless it be by putting it in the eye. It has none but beneficial effects on all parts of the body except in instances when it disturbs the stomach and digestion. The only thing about lemonade that might be injurious is an excess of sugar, or contaminated water.

2. The athlete is shorter-lived because the human body is not made to operate at high pressure for long periods of time and to withstand excessive strain put upon the vital organs. And up to quite recently many athletes have been more or less intemperate in the nervous system. It must be said beyond question this has done much to shorten life.

The ex-athletes often relapse into physical stagnation and he is less fit to withstand tuberculosis and other diseases than one who has exercised only moderately and has not used up vitality in excessive physical spurts. The heart, lungs and muscles can be over-developed, and make one a prey to disease rather than possessed of greater resistance to disease.

The deep breathing that attends moderate exercise and that incident to heavy manual labor is healthful, but the deep breathing that attends excessive exertion and violent athletics—where one has maximum physical power day after day—is straining the body rather than strengthening it. The greatest strain in athletics comes on the nervous system, for it must supply the energy to work the muscles, the heart, the lungs and other organs. It is nerve power rather than large muscles that make one resistant to disease. Athletes who strain their breathing capacity and possibly carry tubercular germs (there are few persons

who do not harbor these germs) into remote air cells, that later receive little air, because of squandered nervous energy and physical neglect, may easily become a prey to tuberculosis or other diseases.

Moderate athletics may contribute to endurance, but this cannot be said of the heavy and excessive athletic sports. Strength is what one can do in one exertion, but endurance is what one can keep on doing. An athlete may be trained to break the record in a hundred-yard dash, but a farmer could out-walk him easily on a 20-mile hike.

No. But it should be remembered that one of the great virtues of the cold bath is its brevity. If one gets into a tub of cold water, he should get right out. If it is a cold shower, it would be over in a few seconds. If it is a cold, wet hand-rub, it should be done as quickly as possible. A quick cold rub to the body will be a help against palpitation rather than an injury.

POOLS ORDERED FILLED
City Engineer Asked to Enforce Ordinance at Two Places at Once.

City Commissioner Bigelow wrote a letter yesterday to City Engineer Dator asking him to take steps at once to enforce the ordinance requiring the filling of pools of stagnant water. In his letter Mr. Bigelow refers to two places where the pools should be filled. One is at Yamhill between East Second and East Third streets, where a boy was drowned recently, and the other at

Union avenue between East Stark and East Oak streets.

Mr. Bigelow says the ordinance should be vigorously enforced throughout the city, and he urges the City Engineer to commence enforcing the measure at once.

Look at the World Through Rose-Colored Glasses

Half the ills of life and most of the ill-temper are due to eye-strain of some sort. The need of glasses or glasses that do not fit perfectly are both serious matters.

Dr. Mattern, head of our Optical Department, invented and uses the machine pictured above for the grinding of perfect toric K r y p t o k lenses.

In 21 years he has filled over 30,000 prescriptions. Consult him about your glasses.

Henrichsen's
1861.
Oldest Jewelry House in the Northwest.
Washington, near Tenth.

RUMFORD

Portland, Oregon, March 25, 1914

"We have made a complete analysis of the contents of a can of Rumford Baking Powder purchased of a Portland grocer, and found it to be worthy of the highest commendation as a healthful, efficient and economical leavening agent."

Gilbert-Hall Co., Chemists,

By H. H. Gilbert, pres.

THE WHOLESOME BAKING POWDER

Nortonia Hotel
11th, just off Wash.

—and a mighty good place to dine tonight

How Drink Habit Wrecks Many Men

And How Drink-Poisoned, Useless Men Are Restored to Self-Mastery and Usefulness by the Neal Treatment.

In Portland there are thousands of men who are daily poisoning themselves with the most insidious, dangerous poison known—alcohol—and do not realize it until too late. A few social drinks each day ultimately poison the drinker's system until scientific medical treatment is absolutely necessary. When the craving for drink becomes stronger than the will power to resist and drinking men and women are drifting into the down-and-out class, they should go to the Portland Neal Institute, corner Broadway and College street, and take the Neal Drink Habit Treatment, or take the Neal Home Treatment. The Portland Neal Institute is one of the six splendid Neal Institutes operating in the principal cities of the world. A few days spent there taking the Neal Treatment is safe and sure, and always administered internally—hypodermic injections are never used. It has saved thousands. It will save you. It will save your fathers, husbands and sons. Call now and investigate, or write or phone for full information. Phones: Marshall 2400, A 5244. All drug habits treated.—Adv.

That Jar of MUSTEROLE On the Bath-Room Shelf

It's relieved pain for nearly everyone in the family. When little Susie had the croup, when Johnny got his feet wet and caught cold, when father sprained his knee, when Granny's rheumatism bothered her—

That jar of MUSTEROLE was right there to give relief and comfort.

MUSTEROLE is a clean, white ointment, made with oil of mustard. It will not blister like a mustard plaster. Quick relief for Sore Throat, Bronchitis, Tonsillitis, Neck, Asthma, Neuralgia, Headache, Congestion, Pleurisy, Rheumatism, Lumbago, Pains and Aches of the Back or Joints, Sprains, Sore Muscles, Bruises, Chilblains, Frosted Feet, Colds on the Chest (it prevents Pneumonia). Nothing like MUSTEROLE for croupy children.

In 25c and 50c jars, and a special large hospital size for \$2.50. Accept no substitute.

If your druggist cannot supply you, send 25c or 50c to the MUSTEROLE Company, Cleveland, Ohio, and we will mail you a jar, postage prepaid. (50) S. J. BUCHANAN, Lowellville, Ohio, says: "We have been using Musterole for two or three years past and find it very good. It is always in our medicine cupboard."

MUSTEROLE
WILL NOT BLISTER