THE MORNING OREGONIAN. WEDNESDAY, JULY 28, 1915.

for living?

troubled mind and woke to another carefree day of joy in life? Wouldn't such an outlook if kept up for a week, two weeks or a month-whatever might be the duration of our

vacation-help a lot toward making us feel young again? Wouldn't we have a treasure of memories, none of which had the slightest blemish or taint? Wouldn't we come back to our work with relish for it, with keen appeilte for living?

And can't we have such a vacation

And can't we have such a vacation in a greater or less degree, no matter what form our vacation may take? For after all it is to some extent a mental outlook. If we have gone to some gay resort with the idea of making our va-cation a matter of dances and drives and sports; or if we are traveling or resting, can we not find some time when we can get together with nature and in communion with her secure again that spirit that finds pleasure in flowers and birds and stars? Can we not, if only for a brief while, get this simple out-look of childhood and renew our youth? In this silent communion with mature and with what nature stands for, the

In this silent communion with nature and with what nature stands for, the vanities of life are seen in their true relations. We may still like and en-joy the gay life we have chosen for our vacation, its fashionable dress, its dances and cards; or the eager quest of scenes new and strange. But from this viewpoint we see their true value and place. We lose the sense of regret and envy that they cannot be ours continually. We see them for what they are—the froth and sparkle on the cup of life, not the substantial brew beneath. And to get this sense, to drop this desire for a manner of living that cannot be ours, will help renew our youth, for it will shake from our shoul-ders much that worries and oppresses and weighs us down.

ders much that worries and oppresses and weighs us down. We cannot all make our vacation an outdoors vacation. Nor would we all want to, Such a life does not appeal to everyone. But certain things which the outdoors life stands for and of which Van Dyke speaks, we can make our own to a certain extent. We may not absorb its inspiration to the same degree that we would did we spend our entire holiday under the trees and by mountain brooks. But we can



GIFTED PORTLAND GIRL ANNOUNCES ENGAGEMENT TO SEATTLE

CALENDAR FOR TODAY.

8

Soclety. Wedding - Jerry Anthony Smolik and Miss Helen Eugenia Southard, Holy Rosary Church, 11:30 A. M.; Rev Father Lawler to officiate. Tennis tournament-Irvington

Club Tea-Waverley Country Club,

regular afternoon tea. Luncheon-Mrs. W. D. Wheel-wright, to entertain informally for Miss Sullivan. Tea and programme-Central W. C. T. U., Mrs. Lee Davenport, chairman, 1715 Eleventh street.

ISS FLORENCE WESTENGARD, who went to Scattle a few weeks ago for a visit, returned yesterday and announced her engagement to Dr. S. Maimon Samuels, a prominent specialist of Seattle. The news of the attractive Portland girl's betrothal will come as a complete surprise to her many friends here. It was a case of love at first sight. The couple met at social gathering, at which Misses Florence and Melba Westengard were the honored guests. They will be married next month at the home of the bride-elect's mother. Mrs. J. C. P. Westengard, Maywood drive, King's Heights. A trip to the fairs at San Diego and San Francisco will be made and a tour of California by auto will constitute the honeymoon. The Misses Westengard were entertained in Seat-tle by Mrs. Edward Everett and other friends. The girls are both charming Irienda. The girls are both charming and popular. They were educated abroad, attending a fashionable finish-ing school and studying music with some of the masters. Miss Florence Westengard plays the piano remark-ably well and her sister is a violihist. Together they frequently appear at charity benefits and at social and mu-sical gatherings. The bride-to-be is considered one of the loveliest girls of her set. her set.

Dr. Samuels came from Atlanta, Ga., nd has many friends throughout the Northwest, *1 *2 *¹

<text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text><text> Mount Tabor Presbyterian Church was the scene last night of one of the prettiest church ceremonies of the Sum-

MAN. Davies Photo

"We'll just put him on Sanatogen"

What a happy thought prompted that decision! He wasn't his "old self" at all-and try to mask it as he might, his face showed only too well how poorly he felt. And so when a friend-with conviction born of experience-spoke of Sanatogen, they "put him on Sanatogen."

Sanatogen—combining the tissue-building properties of a FOOD with the invigorating qualities of a TONIC— rejuvenated his appetite, improved his digestion, brought rest to his nerves, made good the over-drafts upon his energies —and little by little brought back that old-time vigor and sprightliness and joy in living.

Perhaps you have not yet had this happy thought-perhaps you haven't yet "put him on Sanatogen."

Then simply let us tell you this: Over 21,000 physicians have testified in Cal. Henry Watterse Over 21,000 physicians have testified in writing to the value of Sanatogen after having observed its effects in daily prac-tice. So, too, have hundreds of famous men and women whose very names must be convincing—people who know from personal experience the restorative help that Sanatogen gives. It is a ver-dict that cannot be mistaken. I feel I own it to bruth t and that I have withing, as I have without this Sam

When will you give Sanatogen the opportunity to help him, or her, or year



for Elbert Hubbard's new book-"Health in the Making." Written in his attractive manner and filled with his shrewd philosophy, together with capital advice on Sanatogen, health and contentment. It is FREE. Tear this off as a reminder to address THE BAUER CHEMICAL CO., 28-Q Irving Pl., New York

Everett Red Man Heads Order.

Newberg Joint Society to Picnic. NEWBERG, Or., July 27.—(Special.) —The Nebraska-Kansas Association invites all former residents of those states to attend the annual picnic to Tacoma, great prophet; Hugh Herren.





For a "Guest" Luncheon

An intimate friend drops in during the morning. Before you know it, it's twelve o'clock. The morning work has been at a standstill-lunch

CRESCENT

BRAND

and Rebekahs of Douglas County at Winchester Sunday was attended by about 300 people and a general good time was enjoyed. The day's festivi-ties included addresses, recitations and musical numbers, followed by a bas-ket dinner.





sages of good wishes. They will be away for a few days on a short trip and next week will leave for a visit to Mount Jefferson. In the carly Fall the young couple will be at home in their new residence on East Ankeny street. The bride is a graduate of Wash-ington Seminary, Pennsilyvania, and also attended the Chicago Art Institute. She is also gifted as a writer. Mr. Benefiel is the son of Mr. and Mrs. Wil-son Benefiel. He is a graduate of Portland Academy and of the Univer-sity of Oregon. Mrs. Henry Taubenheimer has gone to Seaside to visit her son-in-law and the season Mrs. S. J. Gorman, of Edmonton, Canada, is visiting her mother, Mrs. H. J. Mansfield, Later in the season Mrs. Benefiel. He is a graduate of Protiand Academy and of the Univer-sity of Oregon. Bortland Action.

George R. Harris, son of Mr. and Mrs. F. L. Harris, of Vancouver, Wash, and Miss Shirley L. Seip, of Portland, were married on Saturday at the bride's home in easy Carruthers street, Rev. Harry Leeds officiating. Only mem-Harry Leeds officiating. Only mem-bers of the family attended the cere-

. . .

Dr. Amelia Ziegler and Miss Zeima Cauvain have returned from a visit in California. They went to both exposi-tions and were entertained extensive-ly. Dr. Ziegler was impressed with the beauty of the Oregon building and the comprehensiveness of the Oregon state comprehensiveness of the Oregon state exhibits.

Announcements have been received from Spokane telling of the arrival of a son at the home of Mr. and Mrs. Robert Hunter Doble. The baby arrived on Monday. He will be named Robert Hunter, Jr. The Dobles are former resi-dents of Portland.

At a simple church ceremony at St. At a simple church ceremony at St. Mark's yesterday morning at 8 o'clock. Miss Beatrice A. Kirkpatrick became the bride of Rev. Francis Owens Jones, of Newport. The service was read by Rev. J. E. H. Simpson, rector of St. of Newport. The service was read by mothers will go in swimming. A data Rev. J. E. H. Simpson, rector of St. Mark's. The bride who has always been active in church work had invited all the members of the Sunday school class and they were among those who ottended the wedding.

class and they were among those who attended the wedding. Mr. and Mrs. J. C. Campbell are spending two weeks at Newport and Cannon Beach. The Ladies Aid Society of the First Methodist Church will hold a pienic to-day at the Oaks. Members will take a basket lunch. There will be a dinner at 6:30 o'clock. Hot coffee will be

provided.

Mrs. Rose Coursen Reed has returned from North Beach, where she passed the week-end. Mrs. Reed recently re-covered from an attack of pneumonin and her friends are rejolcing at her improvement. The Myrtle Rose Dancing Club will hold a moonlight dancing party on August 3 on the steamer Kellogg. Oth-er similar affairs will be held August 17 and 31. The chaperons will be M Mrs. F. W. Williams, Mrs. G M. Cook, Mrs. F. A. Clark and Mrs. R. J. Belland Wisses Pearl and Grace Berkey, Miss

Misses Pearl and Grace Berkey, Miss Claire Mann and Miss Berting Robinson November 2. To help the cause along

The Vacation That Helps Make Young.

absorbing the attention of most of us. his excellency, Archbishop John Bon-zano, apostolic delegate, are about complete. The distinguished visitor best vacation to take with the time ZREO, visitor guest of This depends of course upon what we

want to get out of our vacation. Do we want rest, pure and simple, so as to be ready for the work of the coming season that waits? Do we want a good time, something Dr. and Mrs. D. H. Rand, accom-panied by Miss Louise Williams Watthat will be a change from the drab, monotonous existence that we lead are motoring in Southern Cali-

Do we want to store our mind with Miss Laura Dingle has returned from plctures and memories of beautiful places? a visit with her sister, Mrs. Otto Rei-mer, and other relatives in San Fran-cisco. She passed several delightful The way we answer the question of The way we answer the question of what we want to get out of our vaca-tion will probably decide the kind of vacation we take. But did you ever think of taking a vacation that helps make you young? Van Dyke gives a recipe for such a vacation. Here it is:

WOMEN'S CLUBS BY EDITH KNIGHT HOLMES.

"If we can only come back to nature every year and consider the birds and the flowers and confess our faults and W OODLAWN PARENT - TEACHER

mistakes and unbellef under the sllent W ASSOCIATION has planned a noon picnic for tomorrow at Peninsula Park. The members will take basket

usually?

that father and mother would forgive when we went to bed with an un-

asket lunch. There will be a dinner t 6:30 o'clock. Hot coffee will be rovided. Mrs. Rose Coursen Reed has returned rom North Beach where she passed

tional suffrage are looking toward the East. The election in New Jersey will be October 19; that in New York, on

Gearhart, Ore.

The vacation question is at present

We are wondering just what is the

Douglas Oddfellows Hold Picnic. ROSEBURG, Or., July 27 .- (Special.) The picnic given by the Oddfellows **SNAPSHOTS** BY BARBARA BOYD.

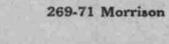
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come to the rescue. A pot of tea. a few slices of bread and a can of these most appetizing, delicious big fish make a lunch that is unexcelled. There's enough in a can for four persons-six to eight big fish. They are packed in three sauces; tometo, mustard and soused, to suit your taste. The price-20 cents a can. They are unusual in flavor and unusual in size. Each fish is five to seven inches. They are called Sardines only because Uncle Sam says they belong to the Sardine family. When you ask for them say 'Booth's" Sardine's. If you don't your grocer will think you mean the ordinary kind. There is no substitute. Insist on Booth's. Ask for the Recipe Book You will be surprised and pleased with the many suggestions in this little book for dainty meals which you can prepare in ten minutes. Your grocer will have a copy

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