THE MORNING OREGONIAN, TUESDAY, JANUARY 25. 1916.



Hawkins will give an address. The most interesting meeting of the year was held Friday afternoon by the year was held Friday afternoon by the year was held Friday afternoon by the Woodstock Farent-Teacher Association A splendid programme was rendered. A splendid programme wa A splendid programme was rendered and the speak on Miss Carine Dagermark, from the speak on yris." Di cided by the association to assist in the Clark Un selling of flags for the Congress of Mothers. A dinner is being planned, to be given Friday evening. January 28, for members and friends.

An executive board meeting of the Portland Psychology Club will be held in the Library tomorrow at 1:30 o'clock in room A. This will be a joint meet-ing with the social committee.

"Jack and Janet" in costume, will make their bow to the Mission Study Class of Rose City Park Methodist Church tomorrow afternoon in the home of Mrs. Uri Seeloy, 562 East Fifty-sixth street North. Mrs. Garctin Pierce will

## A DELICIOUS RECIPE FOR FRICADELS

How to Make Them Rich Without Being Greasy.

discover the secret of good fricadels in that: Take 1's pounds beef and 's pound pork and chop fine. Soak 's loaf white bread in water and press nearly dry. Mince 1 large onion with a bunch of paraley and colory, add 3 ergs and 's cup mills, season with sait, pepper and nutmeg. Mix thoroughly and form into small cakes, hands dipped in flour. Fry in skillet one-half filled with Crusto until brownes on both sides. The quantities given above will make generous helps for a family of five. Yes, Crusto is the thing that is such a help to me in proper cooking. It is in coories, colorless and Lasteless cooking fat, so when it is used you pre-serve all the fixer of the food itself. and-here's a point you will appreciate fully-there's no odor of frying in the house.

Now the secret of the fact that it noks brown on the outside yet leaves to interior juicy though well cooked and does not make the food greasy is us to the fact that it can be made so such hotter than can butter or lard ithout burning and therefore it cooks ithout soaking into the food fried it.

tist Ministers' Conference. "We want . . . to arouse the consciousness of Bap-tists; we want to inspire them with denominational pride," said Dr. W. O. Shank, pastor of the East Side Baptist Laurelhurst Club women will hold their regular card party today in the clubhouse. Mrs. Hugo Kerble and Mrs. C. B. Handy will be hostesses.

Church. Plans for the part the Baptists will take in the laymen's missionary con-vention will be discussed and com-mittees probably will be named. All men affiliated with the denomination will be eligible to attend. W. R. Lit-zenberg, one of the board members of the White Temple, will serve as chair-Church

Human Nature Out of Joint. GTT SEEMS to me, human nature is

L out of joint," said a woman a bit wistfully the other day. "People are so rushed they haven't time to be thoughtful or kind any more. It seems to me we are getting warped views of things. We are giving up the real for the unreal."

SNAPSHOTS

BY BARBARA DOYD.

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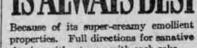
for the unreal." "What makes you think so?" was asked.

If you have ever eaten them you know that a good Fricadel is one of the most delicious chopped-meat dishes that anyone ever tasted. And if you have ever made them you know that to make them brown and crusty on the site without being greasy is ordinarily a very hard task. Tet with the use of the proper cook-ing medium the matter is not at all difficult. Here is my recipe—you will that: Take 1½ pounds beef and ½ pound pork and chop fine. Soak ½ load whith bread in water and press nearly dry Mince 1 large onion with a bunch of a turneg. Mix thoroughly and form a dutings. Mix thoroughly and form "I wrote a note to a friend," the

truth in it, hasn't it? Some of us, from the moment we get up until late at night, when we sink exhausted into bed, do little but rush from one thing to another. One en-gagement presses upon a second. We have no time for the friendly note, the statement of the second the moment without soaking into the food fried in it. I use Crusto for all my frying and baken otime for the friendly note, the taven otime for the friendly note, the telephone call to ask after someone's welfare, the few minutes' chat with some one in trouble. We write letters that must be written. We call up friends from whom we need informa-tion about something. But the purely thoughtful, kindly act from which there is no return for ourselves, which has no bearing at all on our present ac-tivities, we do not have a minute to do. Not all of us rush through life in this way. But some of us do. Is it not true? And, as this woman sold, is human

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olive color. Take one or two every night for a week and note the effect. 100 and 35c bus, 0.-Adv. The Olive Tablet Company, Colum-per box. All druggists.

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as they dread the pain itself. How fortunate therefore it is, that there is a simple and reliable remedy, which you have once learned of the quick because of its power to bring sure and speedy relief from pain in any form, may



The Moment It Reaches Your Stomach all Pain, Gases, Sourness, Acidity and Heartburn Goes

wise would that he may do these little thoughtful things—write letters, send a helpful clipping, stop and leave a book for a abut-in." "He is unusual," chorused those lis-tening to the discussion. "You see my point is proved." said the first woman. "We all admit that the person who does this sort of thing nowadays is unusual." "I heard a person counted distin-suished, as the world counts such than't time to be courteous," chimed in one of the group. What they all say has a grain of truth in it, hasn't it? Some of us, from the moment we get up until late at night, when we sink

INDIGESTION-IT'S FINE

EAT THEM LIKE CANDY

Section of the

## And if pain is severe-the pain of rheumatism, sciatica, neuralgia, gout or some heralded by pain and fever and while in acute nerve derangement, we are spt to no sense a cure-all, anti-kamnia tablets regard it as sufficient excuse for a hurrieu are exceedingly useful in a large number call at the doctor's office. In the aggregate, the American people That is because these tablets are quite probably suffer more annoying, useless as effective as reducers of fever as they

pain than any other people on the face of are as relievers of pain. That is because of the intensity of our disease where pain or fever exist, either the earth.

complex civilization-the strenuosity of together or separately. It is gratifying to note that prominent our effort to secure dollars-the rapidity of our pace in pursuit of pleasure-the

Rich, poor, saint, sinner, stray from the straight, narrow path of nature's immutable law, until Pain is so universally pres-able is a survey find a home, in any walk in life, in all this broad land, that is unacquainted with pain. Pain is so common that to see a frown is to bring forth the question, "Are you in paint" Despite the almost universal prevalence to take the pain or when you feel feverish and is the pain or when you feel feverish and is constituted to the severe pains of the pain or when you feel feverish and is the pain or when you feel feverish and is the pain or when you feel feverish and is the pain or when you feel feverish and is

indulgence of our sppetites.

of pain in its various manifestations, it is a curious fact that some people dread to assume the responsibility of attempting to refleve themselves of it, almost as much obtained in any quantity desired.

practitioners everywhere have prescribed anti-kamnis tablets with most satisfying results in the treatment of all kinds of headache, migraine, neuralgia, la grippe, and its after-effects; as a sedative in indi-

of diseases.