

COUCHY NEWS

BY GERTRUDE P. CORBETT

IRVINGTON MATRON WHO WILL ENTERTAIN TODAY WITH LARGE RECEPTION FOR DAUGHTER-IN-LAW.



Mrs. T. C. Warner

TODAY Miss Dorothea Wagner will become the bride of Lieutenant Harold W. James, of the 21st Infantry, United States Army. The ceremony will be solemnized at noon, in St. Paul's Episcopal Church at San Diego, where Mr. James is stationed with his regiment.

Miss Wagner's engagement was announced at the wedding of Miss Clarice Biles and Ralph J. Staehli early last winter by Mrs. Staehli upon her departure for her wedding trip.

Miss Wagner is a charming girl, and has hosts of friends in Vancouver, as well as in this city. She is a Vassar girl, and met her husband-to-be when attending a hop at West Point when he was a student there.

Congratulations are being sent to Mr. and Mrs. Edward C. Miller on the arrival of a daughter, born Wednesday, November 21.

Finishing touches are being put on the play to be produced December 7 and 8 by the graduating class of the Peabody High School.

The play, "The Private Secretary," by Charles Hawtree, is one of the best-known light comedies. It was given at the Baker some time ago. The characters are: Mr. Marsland, an English gentleman, Kenneth Tait, Harry Marsland, his nephew, Edwin Wright, Mr. Cattermole, Harley Stevens, Reverend Robert Spaulding, Zina Weiss, Douglas Cattermole, Russell Kaufmann, Gibson, a tailor, Walter Olson, John Charles Criss, Miss Edith Marsland, Mary Holmes, Miss Eva Webster, Delphine Kosenfeldt, Mrs. Stood, the landlady, Maxine Schaefer, Miss Ashford, Eloise Lewenson.

Again this afternoon the French Allied Bazaar shop at 402 Morrison street will be hosts for a tea and light luncheon from 12 until 5 o'clock. Many parties are planned to follow the luncheon at the Heilig Theater, where the musical comedy, "Miss Springtime," is playing.

Mr. and Mrs. Elbert S. Robe entertained Friday with a beautifully appointed dinner in the main dining-room of Hotel Portland. In company with visitors from Eastern Oregon in attendance at the International Stock Show. Covers were laid for 15 at a large table centered with big yellow chrysanthemums and ferns. Those surrounding the board were: E. T. Stanton, George Dickson, Carey Foster, M. R. Biggs, Norris Morgan, Will Ledford and W. J. Dishman, of Prineville; Mr. and Mrs. Ben Hunt, Miss Bea Hunt and Edward Boyse, of Portland, and the host and hostess.

Among the prominent arrivals during the week at Hotel Portland are: Mr. George Flavel and Miss Nellie Flavel, of Astoria; Judge and Mrs. John Twoby, of Spokane; Mr. and Mrs. William Jones, of Tacoma; Mr. and Mrs. John L. Pettret, of New York, and Mr. and Mrs. W. A. Sherman, of Astoria.

Tomorrow night the Ancient Order of Hibernians and the women's auxiliary of the order will give a banquet in Hibernian Hall, 240 Russell street, in commemoration of the 40th anniversary of the founding of the Hibernians in Portland and also in celebration of

SKIN TROUBLES

That Itch and Burn Quickly Relieved by CUTICURA SOAP and Ointment 25c. Each

Found a quick cure for Croup. When my child had a croup no time should be lost, and the remedy that will give the quickest relief and is pleasant and safe to take is the most desirable. Mrs. S. Cartwright, Collinsville, Ill., says: "When my child was small he was subject to croup. I found that Chamberlain's Cough Remedy gave the quickest relief and that I never could expect to taking it."—Adv.

ment of work is directed by Mrs. M. H. Lamond.

The Fortnightly Club will hold an open meeting on Monday at the residence of Mrs. J. P. Mann, 141 East Sev-enth street North. Miss Allen, of the Visiting Nurse Association, will speak. At 8 o'clock W. K. Newell will speak on food conservation.

The Woman's Association of the First Presbyterian Church will hold a luncheon on Tuesday at 12:15 o'clock in the church house.

The Monday Musical Club gave an excellent concert at the Hotel Portland Monday. Miss Blanche Cohen is chairman of the programme committee, and much credit is due her for the satisfactory programme which is being given on the first and third Mondays of each month.

A short special meeting by the club's board of management will be held before the programme, in which definite plans were made for the luncheon which is to be given on December 1 at the Hotel Portland. It is in honor of the State Music Teachers' Association, and reservations for the luncheon can be made by telephoning Mrs. G. Wood, 1502 S. E. 28th. Mrs. Viggers was appointed to supply flowers for the occasion.

An attractive programme has been planned to follow the concert. Three numbers will be given by the music department of the Oregon Agricultural College, of which Professor Gaskins is head, and three by the club's chorus will be heard on this occasion. It is expected that the club will engage one row of seats at the auditorium for the performance of the Ben Greet Players, Monday, November 26. Mrs. Ora C. Baker and Mrs. Philip Beaumyer have this in charge.

Modern Health Crusades will be observed in some schools on December 1. This arrangement is being made by the Oregon Association for the Prevention of Tuberculosis as a part of their sale of Red Cross seals. Portland has ordered \$200 worth of seals. Roseburg and Independence have offered help. The clubs of Portland will assist. The work of Club tuberculosis work was shown recently at the convention held in the Multnomah Hotel. A. L. Mills is president of the Oregon association and Mrs. S. O. Dunbar is executive secretary.

The Oregon Association for the Prevention of Tuberculosis is making big preparations for the sale of Red Cross seals to be held early in December. This Monday night will be the first of December 2 or December 3. The Campfire Girls of Independence and the Boy Scouts of Roseburg will assist in the sale.

The Social Workers' Club will meet at dinner at 6:30 P. M. Wednesday in the M. C. A. Reservations may be made by calling Main 5442. On account of the appearance of the Ben Greet Players at the Auditorium Monday night, the club will meet in the Laurelhurst Clubhouse. Mrs. Parsons and the Laurelhurst club members are planning to attend the performance of "The Merchant of Venice," to be given by the Ben Greet Players. The Study Club will meet in the afternoon at 8 o'clock, but there will be no night meeting.

"DOING MY BIT"

By ALBERT BENNETT SAYRES

Planning Meals for Efficiency. IN these days of fluctuating high prices the wise housewife sometimes asks herself what is a cheap food. Her desire to find combinations of appetizing dishes that are cheap must necessarily take into account only those foods that maintain the body in a high state of efficiency. Cheap food is not one that's cheap only in dollars and cents.

While it is true that food purchased in a dollar cost may not furnish an efficient diet, it is equally true that an expensive food may not supply the right nutrition. For the housewife to purchase wisely she must—as is voiced in a most interesting pamphlet published by Cornell University—know both food values and human needs and be able to interpret one in terms of the other, and to keep expenditures within the family income.

It takes no mean intelligence and no little thought to provide an efficient dietary on a small income. Careful study is required. Just as a hint of what must be considered in planning an efficient diet at low cost, the following is interesting:

Your body and the bodies of your loved ones are human machines. The main part of the food fed these machines should be of the sort that will supply energy. In addition there must be taken foods that supply iron to the body and keep the machine in perfect repair.

Among the cheapest and the best of energy makers are the sugars, starches and fats. Foods such as cereals or their products, potatoes, legumes, butter, fat meat and oils must have a prominent place in the family table. The chief body-building substance is protein. It is best secured in the form of lean meat, white of egg, casein of milk and gluten of wheat—there are other valuable proteins, but these are the more prominent. Bones and muscles need lime and phosphorus and red blood must be supplied with iron. In addition there are sodium, chlorine, magnesium, potassium and several other substances that are not only body builders, but must be supplied if the body is to continue to live.

Learning the Right Way. This presentation of the subject may seem a far cry from the simple old-fashioned housewife's work of putting the kettle on to boil and serving tea with whatever is in the icebox. But you've only to become interested in this subject to become fascinated by its possibilities for better living and wiser saving.

There are books in the library that will start you on your way. Ask the librarian for one. Then there are lectures to be heard—find out where the next lecture is to be given. Finally, there are schools—in many instances practically without cost to you—that will repay your efforts many times during a year. All these under the direction of the city, the state or the National Government, will help you to plan efficient meals. These will make it possible for you to carry in your mind the cost per pound of the right foods, the cost per person for rightly balanced meals and the cost per day, per week, each month, each year, to feed your family efficient meals at the lowest possible cost.

But remember, this knowledge is not yours simply for a wish—study and work is necessary.

PROFIT IN WEEK \$12,026.56

Net Returns From Patriotic Programmes Go to Soldiers.

Net returns from the performances held at the public Auditorium during

It makes us pretty nervous to see crooked glasses

They are doing positive injury to the eyes and we know it, but maybe the wearer doesn't. That's what makes us nervous.

Only about one optician in a hundred knows how to make a really correct adjustment, but the other ninety-nine think they do, and the wearer discovers the mistake only after the harm is done.

Here at the Columbian our experts not only have to know how to adjust glasses correctly, but they have to know also the Columbian's own particular method for doing this work in such a way that accidents won't happen.

If your glasses don't seem to feel just right, come in and let us have a look at them. It won't take but a minute; we won't charge you a cent, and we may be able to make you much more comfortable. Many a good oculist's work has been almost completely undone just by a little neglect in keeping the frame straight on the nose.

Columbian Optical Co.

Floyd F. Brower, Mgr.
145 SIXTH STREET

Patriotic week for the benefit of the Oregon soldiers' and sailors' emergency fund amounted to \$12,026.56, according to a compilation made yesterday by the committee in charge. About \$250 is still to come in from the ticket sales. Disbursements from the fund to pay for printing, meals for soldiers and other incidentals amounted to \$13,994, with a few small bills outstanding. The money has been turned over to Emory Olmstead for use in providing urgent needs of Oregon soldiers and sailors.

SALEM, Or., Nov. 19.—Dear Marian Miller: I am 17 years old and go to high school. My mother says I can't go out on school nights. I know of other girls who are out any evening they please. What do you think about it? I get higher in my marks than the girls who are out every evening.

Your mother is right. You can go out Friday or Saturday evenings and have company at home, but other nights you should study and get to bed early. You will be prettier, healthier and happier eventually. If you haven't any studies to do and no home work, an occasional picture show early in the evening might not hurt if your mother went with you. Don't forget to let mother have some good times.

EAT MORE MACARONI AND AVOID WASTE

Insist on the Best—That's

Porter's MACARONI

Red-Mentad, Delicious and Sweetest. Saves Your Sugar and Butter. CONSULT YOUR GROCER.

Nancy Hall Sweet Potatoes

Red-Mentad, Delicious and Sweetest. Saves Your Sugar and Butter. CONSULT YOUR GROCER.

PLAN TO SPEND THE WINTER AT

LONG BEACH CALIFORNIA'S RESORT BEAUTIFUL

The center of culture, the model of home cities, Long Beach stands supreme. The finest schools, many parks, a wonderful growing city and one of the world's most popular winter resorts. The finest hotel, cottage and apartment facilities. Long Beach is situated in a region famous for its climate. Write for descriptive folders. Chamber of Commerce, Long Beach, Cal.

MERRITT JONES HOTEL

OCEAN PARK, CAL.

ABSOLUTELY FIRE-PROOF. Perfectly situated, but a few steps from the breakers. Largest metropolitan history in entire Long Beach district. 150 luxuriously furnished rooms, in midst of all Ocean Park and Santa Monica attractions. Surf and warm plunge bathing, tennis, golf, dancing, etc. Am. and Eur. plans. Tariff from \$1 per day. Write for folders.

SANTA MONICA and OCEAN PARK

With their miles of sandy beach, wide cement promenade, pleasure pier extending far out in the Pacific, the delightful yachting on the famous Bay of Santa Monica, the deep-sea pier and surf fishing, a thousand open-air amusements and winter sun bathing—all strongly appeal to the winter visitors in quest of their chosen outdoor recreation. Invigorating some-laden Winter sea breezes. Best hotel and apartment accommodations, beautiful cottages. Write for descriptive folder. Santa Monica, Ocean Park Chamber of Commerce, Santa Monica, Cal.

Golden West THE "JUST RIGHT" BRAND

Our First Sale Saturday Only

GIRLS' AND MISSES' COATS

\$37.50 Coats reduced to... \$25.00
\$25.00 Coats reduced to... \$17.50
\$18.50 Coats reduced to... \$10.00

These garments range in all sizes and are limited in number—first come, first served.

"The Betty Shop"

389 Alder Street
BETWEEN WEST PARK AND TENTH

"It Simply Doesn't Pay—"

"Not counting the work, the bother and the uncertainty, in these times it simply doesn't pay to prepare Sunday Desserts," says a good housewife, "when I can buy your Specials each week, be sure of their goodness, save money and forget the bother."

French Frozen Custard with Nesselrode Pudding Center

is the blend for this Sunday.



FAMOUS CALIFORNIA HOTELS HEALTH & WINTER RESORTS

SPEND THE WINTER IN CALIFORNIA

Average weekly temperatures of leading California resorts for week ending Saturday, November 17, 1917.

	Max.	Min.	Mean.		Max.	Min.	Mean.
Los Angeles	79	50	62	Arrowhead	70	52	61
Del Monte	68	54	61	San Francisco	67	53	60
Long Beach	80	49	64	Coronado	68	48	60
Santa Barbara	75	39	50	Redondo Beach	80	49	64
Ocean Park	81	48	65	Santa Monica	81	48	65

Convenient to all Places of Interest HOTEL CLARK

LOS ANGELES

Southern California headquarters for many Oregon people. When visiting Southern California you will find it the most convenient to enquire at this magnificently situated metropolitan headquarters. Superior service, refinement and convenience. In heart of city. Almost opposite Central Park, California Beaches, Exposition, Museum, but a few steps from hotel, 552 rooms. Each with private bath. Elevator, P. and Am. plans. Tariff from \$1.00 P. M. Minimum 10 days.

Hotel Virginia

LONG BEACH CALIFORNIA

Winter social activities and sporting events. Spend the Winter at this magnificent city and one of the world's most popular winter resorts. The finest hotel, cottage and apartment facilities. Long Beach is situated in a region famous for its climate. Write for descriptive folders. Chamber of Commerce, Long Beach, Cal.

HOTEL LANKERSHIM

BROADWAY AT SEVENTH

Center of Los Angeles, at Seventh and Broadway, convenient to all shopping, theatrical and business activities. Three hundred beautiful, well-kept rooms with private bath. European plan, tariff \$2.00 and up. Free service, elegant and refined. Free automobile and train service.

BELLEVUE HOTEL

more comfortable than Home

Oregon Headquarters, 300 Chester Avenue, convenient to all shopping, theatrical and business activities. Three hundred beautiful, well-kept rooms with private bath. European plan, tariff \$2.00 and up. Free service, elegant and refined. Free automobile and train service.

ARLINGTON HOTEL

SANTA BARBARA, CAL.

"A Hotel That Is Entirely Different." Only absolutely fireproof. Superior hotel in Mission City. Beautifully situated, but a few steps from the breakers. Largest metropolitan history in entire Long Beach district. 150 luxuriously furnished rooms, in midst of all Ocean Park and Santa Monica attractions. Surf and warm plunge bathing, tennis, golf, dancing, etc. Am. and Eur. plans. Tariff from \$1 per day. Write for folders.

ARROWHEAD SPRINGS

2000 FEET ABOVE THE SEA.

No tourist should fail to visit this interesting wonderful Spa, where is found only Di-Sodium Arsenate Natural Steam Cures known, temperature 202 degrees Fahr, and radio active steam, water and mud. Large American Plan. Hotel, ranch table supplied from own dairy, poultry and vegetable ranches. Arrowhead Springs, Southern California.

HOTEL DEL MONTE

DEL MONTE, CAL.

"The Golfer's Paradise" DEL MONTE maintains the two greatest Golf Courses in America. Solid turf fairways and areas of the best field in America. Hotel Del Monte is situated in a region famous for its climate. Write for descriptive folder. Santa Monica, Ocean Park Chamber of Commerce, Santa Monica, Cal.

HOTEL DEL CORONADO

CORONADO BEACH CALIFORNIA.

Completely Equipped With Automatic Sprinkler System. Splendid 18-Hole Golf Course. Polo, Motoring, Tennis, Bay and Surf Bathing, Fishing and Boating. NEAR CAMP KEARNEY, SAN DIEGO. John J. Herand, Manager.

Phone Your Want Ads to THE OREGONIAN