# Society News

HOUND of social gatherings is A announced for the army set at Vancouver barracks. Today Mrs. Thomas A. Harris will be hostess at a bridge luncheon for Mrs. Blatchford, wife of General R. M. Blatchford, commanding. Covers will be arranged for Mrs. Blatchford, Mrs. Arthur Bradbury. Mrs. William M. Inglis, Mrs. Edward C. Rose, Mrs. Ponting, Mrs. William P. Currier, Mrs. Keith B. Wise, Mrs. Clyde Kelly, Mrs. J. L. Bischoff and Mrs. Harris.

Tomorrow Mrs. Blatchford will be.

J. L. Bischoff and Mrs. Harris.
Tomorrow Mrs. Biatchford will be
assissed at a luncheon for Mrs. Inglis,
who soon will leave for Callifornia.
Mrs. Clyde Kelly, one of the attractive young matrons of the post, will
be hostess tomorrow night at a dinner t her quarters, for Mrs. Inglis. Mrs. Everett Prouty will be hostess importon night at a small dancing

Thursday Mrs. Earl Fickle will be hostess at a tea for Mrs. Blatchford. Friday Mrs. Blatchford will enterfain the army women at a tea for Mrs. Hubert S. Miller, whose marriage was a recent event. The officers' wives will call to greet the young

Mrs. W. V. Dinamore of Piedmont Cal., is coming to Vancouver barracks for a visit with her daughter, Mrs. William McC. Chapman, wife of Cap-tain Chapman and for the visitor Mrs. Chapman will give a tea next Tues-

January 11, Mrs. Everett S. Prouty will be hontess at a tea for the army set, honoring her mother, Mrs. J. A. Lakin of Palo Alto, Cai.

Mrs. Thernton Stansfield is a visitor

from California at the home of her parents, Mr. and Mrs. W. P. Adams. Mr. and Mrs. Ben Gadsby plan to leave today for a trip which will in-clude Chicago, New York and Grand

GALES CREEK, Or., Jan. 2 .- (Special.)—An interesting celebration was held on Friday when Mr. and Mrs. G. M. Hines observed their silver wed-ding anniversary and at the same time there was celebrated the 34th wedding anniversary of Mr. and Mrs. W. Busse and the birthdays of Mr. Hines and Mr. Busse. The anniversary gathering opened with a song by Miss Agatha De Carle and prayer by Frank Allen. Then seventy relatives and friends assembled round the table and dinner was served. The center of attraction was a large wedding cake. After the reveat dancing wedding anniversary of Mr. and Mrs.

william MacMayter, Charman For Municipal Charity France of the brides brother, Horace Sykes, by Rev. W. T. H. Miller when their faughter, Miss Dorothy Miller, became the bride of Lawrence Reancy Rev. W. G. Eliot Jr., of the Church of R. H. Knight attended the word of the will be remembered as graduated from the rank and Oregon grape mingled with red poinsettias and Christmas decorations. A buffet supper was served after the ceremony, Mr. and Mrs. R. Battender the word ding were who attended the word ding were Mr. and Mrs. A. S. Auterson, Allen Auterson Jr., Mrs. Allen Auterson Jr., Mrs. H. Jeffres and daughter, Daisy; Mr. and Mrs. E. R. Simmons, Lucile and Ruth Simmons, Mr. and Mrs. Mr. B. Bingham and Spencer Ross, Mrs. B. Bingham and

E. L. Pinn, former resident of Sell-good, but now a member of the 28th aero squadron, located at Mather Field, California, is renewing old friendships in Portland. His wife and son are guests of friends in Albany. He has orders to start for the Philip-pines February 5 for two years' servtee in the islands.

Mrs. Mary McCale and daughter,
Miss Ola Boyd of Rialto, Cal., are
guests at the home of Mr. and Mrs.
J. F. Schneider, 648 Harney avenue,



Among the little colony of Portland people who have been sojourning at the Plaza hotel of San Francisco were the Plaza hotel of San Francisco were Mrs. Stapleton entertained Friday Coe A. McKenna, Miss A. Walker, J. P. Hoemback, H. J. McInnis and Mr. and Mrs. H. E. Gray.

The Hotel Virginia of Long Beach Cal., is the stopping place for a num-ber of residents of this city. Among

A new organization among the sub-Sellwood. Miss Boyd has purchased A new organization among the sub-residence property in Sellwood and debutantes has been formed and its may reside there.

J. H. Van Allen of Danville, Ill., who is now in his 80th year, is visiting his son, C. H. Van Allen, 5415
Foster read, and will remain in Portland until next summer.

debutantes has been formed and its chount as been formed and its name even is a secret, although it is known as "The P. U. P. club" (the letters standing for some French words that mean an organization that will do charitable and social service work.) The girls don't mind their friends guessing, but they absolutely remained to the control of SALEM, Or., Jan. 2.—(Special.)—
wow not to divulge that name. During the week they had a dancing party at the home of Mrs. Coleman ployed as chief clerk in the state in—
Wheeler, Sr., on Montgomery drive.

Wheeler, Sr., on Montgomery drive.

and Spencer Ross, Mrs. B. Bingham and son, Teddy; Mr. and Mrs. Will-tam Tunns, Mrs. Emma Johnson, Mrs. F. L. Heath, Miss Isa Lloyd Upson, Mr. and Mrs. R. H. Knight, Mrs. N. W. Hogue (Valma M. Johnson, Mrs. N. W. Hogue (Valma M. Johnson,

for Helen McEldowney, only daugh-ter of Mr. and Mrs. W. W. McEldow-Nrs. E. Bergmann and Mrs. William ney of Forest Grove, whose engage-ment recently was announced. A linen given Mrs. E. Putsam. shower was given for the bride-elect and about 20 Forest Grove women at-

Today Mr. and Mrs. Stapleton will the holiday week announcement of Today Mr. and Mrs. Stapleton will give a theater party in Portland for some Gaston friends, followed by a buffet supper at their home here. The trip will be made by automobile.

The holiday week announcement of the holiday week ann trip will be made by automobile. in Seattle Thursday. Miss Melcher is instructor in music in the Chehalis

Mr. and Mrs. Earle S. S. Smith entertained guests at eight tables of bridge at their home, 454 East Twenty-first street. North, last Friday lege, Pullman. Mr. McMicken is enlight. Holiday decorations were used in the rooms where the tables were Chehalls.

Gay with myriad colored serpentine hostess on Saturday when she enter-and saucy brilliant-hued balloons, with excellent music and with an atsurance department for the past year. The following were present: with excellent music and with an at- Wheeler who was married here today to Lester L. Janet House, Dorothy Shea, Marguerite tractive programme, the dinner dance Christmas holidays.

subject. The committee, headed by Mrs. O. N. Bittner, has worked to ful of the New Year's eve festivities. ful of the New Year's eve festivities. The Telephone quartet sang many lively selections and met with hearty applause. Miss Ethel Bradley was fascinating in oriental sole dances. Miss Elleen Maupin presented novelty dances. Sandy McPolitic gave clever Scotch specialties. The tables were decorated in choice cut flowers and potted plants.

Mine, Fifi made her appearance and announced the American Legion show. The entertainment committee included:

Mrs. O. N. Bittner, has worked to make the meeting a success and the club has been doing a vast amount of Americanization work in keeping with its programme. The members have done follow-up work among the families of newly naturalized men and women. The president Mrs. J. C. Gilbert, has worked to make the meeting a success and the club has been doing a vast amount of Americanization work in keeping with its programme. The members have done follow-up work amount of Americanization work in keeping with its programme. The members have done follow-up work among the families of newly naturalized men and women. The president Mrs. V. J. Wisecarver, have been instrumental in encouraging the club in all its efforts. With Mrs. Bittner on the committee are Ella Boggs, Mrs. Henry Pearson, Mrs. W. H. Parendrick and Announced the American Legion show. The entertainment committee included:

T. J. Webb, Oscar Smith and W. H. Barton. The recoption committee included J. M. Jones, H. J. Blaesing, J. A. Hill and E. C. Sammons. Among those who were present were: Mr. and Mrs. H. J. Blaesing, Mr. and Mrs. G. A. MacDenald, Mr. and Mrs. G. A. MacDenald, Mr. and Mrs. G. H. Miller, Mr. and Mrs. C. A. Crandall, Miss Cocan Jolly, Joseph Loeb, T. J. Webb, J. Lowe, R. P. Bowman, Betty Ross C. T. Burg, Helen Johnson, Mr. and Mrs. W. H. Barton, Karl E. Saboe, Florence A. Burg, Mrs. B. L. Van Orman, L. Van Orman, Mr. and Mrs. B. L. Van Orman, L. Van Orman, Mr. and Mrs. P. T. Alnge, Mr. and Mrs. William Cowley, Mrs. Anderson, Leonid Fink, Miss Kate Schaefor, Elwood Wiles, Mr. and Mrs. P. T. Alnge, Mr. and Mrs. Cay B. Movselm, and Mrs. W. P. Merry, Mr. and Mrs. Oscar M. Smith, Miss Sylvia Novoting of St. Paul, Mr. and Mrs. Samuel Gordon, Mr. and Mrs. J. C. English, Mr. and Mrs. Ceorge P. Downey, Mr. and Mrs. F. B. Lewis, Mr. and Mrs. L. Z. Duke, Mr. and Mrs. J. A. Waste, Mr. and Mrs. F. L. Nagel, Mr. and Mrs. L. R. Edder, Miss Olive Barter of Seattle, Mr. and Mrs. A. H. Trego, Mr. and Mrs. C. J. Mathis, Mr. and Mrs. J. A. Waste, Mr. and Mrs. J. Nagel, Mr. and Mrs. C. J. Mathis, Mr. and Mrs. L. B. Balley, Mr. and Mrs. Marshall Dana, Mr. and Mrs. A. H. Trego, Mr. and Mrs. A. R. Balley, Mr. and Mrs. Mr. and Mrs. J. W. Dolph, Mr. and Mrs. J. W. Dolph, Mr. and Mrs. J. W. Mackay, H. Thompson, Mr. and Mrs. J. W. Mackay, H. Thompson, Mr. and Mrs. J. W. Dolph, Mrs. All Mrs. J. R. Eder, Mrs. and Mrs. J. S. Corrison, Clarence E. Desky, Miss Constance, Miss Habelle Steele, John Layman, E. J. Stoele, A. K. Bryant, R. Wal committee are Ella Boggs, Mrs. Henry Pearson, Mrs. W. H. Parendrick and Mrs. B. E. Hollingsworth. Mrs. Lee Davenport will go to McMinnville to address the club.

Mr. and Mrs. J. C. Hare were hosts at a New Year's eve dinner party at their home, 274 Caruthers street. The house was artistically decorated with holly, poinsettias and red carnations. Covers were placed for eight. Bridge-was played watching the old year out.

YAMHILL, Or., Jan. 2.—(Special.)—A quiet wedding was solemnized Sunday at the home of Mr. and Mrs. C. L. Banks, when their son, Otho J Banks, was united in marriage to Miss Violet E. Thomas. Rev. Mr. Schmid of the Christian church officiated. The bride and bridegroom were attended by Mr. and Mrs. W. Ostrand of Portland.

Dr. and Mrs. Allen Howe of Boston are the guests of Mr. and Mrs. Elliott Haberoham this week. The Howes are on their way to California and will visit Cuba.

Mr. and Mrs. G. Wingate of Astoria

are guests of Mrs. Willis Duniway, who has been entertaining informally for them during the holiday season.

A recent hostess at cards was Mrs. J. F. Roach, who entertained on Fri-day in her home, 356 Third street.

#### Problems of Dressmaking

Queries concerning dressmaking will be answered by Madame Richet, Your problems will be carefully considered and promptly replied to. Address letters to Madame Richet, dressmaking editor. The Cregonian, All correspondence should be written upon one side of the paper only. Replies will be made only through these columns, answers appearing in The Ore-

mons, M. Ross, H. C. Buck, Miss Hazel
Buck, Mr. and Mrs. Howard E. Case, Mr.
and Mrs. Minsinger, R. E. Manning, Miss
Faloy, Miss McKnight, M. Wilson, Miss
Filoud, H. Campbell, J. A. Patterson, Mr.
and Mrs. C. O. Richards, Mr. and Mrs.
William Umbdenstock, Mrs. Paul Steinmots, Miss Hilda Freiwald, H. M. Lamber,
E. W. Knight, Miss Dorothea Koerber of
Baker, Ben W. Hill, Kenneth Goodall, Miss
Mary V. Holmes and others.

The Woman's Guild of St. Michael's
and All Angels church will meet
Wednesday at the home of Mrs. C. B.
Hand, 400 East Forty-ninth street
Wednesday at the home of Mrs. C. B.
Hand, 400 East Forty-ninth street
North, This is an important meeting
and a large attendance is desired.

Mr. and Mrs. R. B. Caswell entertained last week at a supper and
bridge to celebrate their wedding
anniversary.

T IS always a pleasure to read that The Woman's Guild of St. Michael's and All Angels church will meet Wednesday at the home of Mrs. C. B. Hand, 400 East Forty-ninth street North. This is an important meeting and a large attendance is desired.

TT IS always a pleasure to read that Miss Ella S. Larsh of 595 Tolman avenue, will leave for the east in a few days to attend Johns-Hopkins university at Baltimore, Md.

Miss Larsh graduated from Russell-

Miss Larsh graduated from Russell-Sage college at Troy, N. Y. and was class president in 1921. She is the daughter of Mr. and Mrs. Frank Larsh of this city. McCabe, James Englehart, Ronaid Honeyman, Lee Emery, Don McClellan, Ed Stout, Mill be remembered as Lucretia Strong of Portland.

In addition to the visits in Palo Alto Mrs. Fuller Sr. was entertained in Santa Barbara.

San Diego.

Mrs. A. E. Butterfield entertained on Saturday with four tables of bridge.

McCabe, James Englehart, Ronaid Honeyman, Lee Emery, Don McClellan, Ed Stout, Bill Hawkins, Paul McCusker, Ed Hambles, Jack Herring, Dean Hostess Thursday at a luncheon for Swere laid for Helen Ernst, Frances Rose and San Diego.

Mrs. Glenn T. Stapleton gave an "at Rose, Catherine Overbeck, Marjoris Pittock, Virginia Pittock, Margaret Pittock, Virginia Pittock, Margaret Floyer, Helen Holmes, Frances Rose and the hostess.

Miss Helen Van de Water was hostess Thursday at a luncheon for Swere laid for Helen Ernst, Frances Rose and San Diego.

Mrs. Glenn T. Stapleton gave an "at Home" Inst Tuesday afternoon from 3 to 5, for Mrs. George Chambers and the hostess. or beaded panel using the iridiscent beads for same. A boat-shaped neck

BLAZE AT JOSEPH ENTAILS LOSS OF \$45,000.

Hydrants All Frozen.

LA GRANDE, Or., Jan. 2 - (Special.)-Fire of unknown origin de-stroyed the Joseph flouring mill at stroyed the Joseph flouring mili at Joseph, in Wallowa county, New Year's eve, the damage being estimated at \$45,000. A large portion of the damage would have been prevented if water had been available, but the hydrants were frozen and as the hydrants were frozen and t a result the flames had gained such headway that the fire was beyond plant 24 hours a day before long. control when water was obtained. For a time several other buildings were threatened, but water obtained through garden hose prevented seri-

ous damage.

The mill was erected on the site of the first mill, built in 1894 and re-modeled in 1914. Its capacity since remodeling was 75 barrels a day, and had been running continuously There were about 5000 bushels of flour in the bins. Some of the flour was carried out, but later destroyed

collapse a large part of the grain poured into the Wallowa river. The loss is only partially covered by in-

LATH MILL SITE LEASED

Anderson Fuel Company to Operate ALBANY, Or., Jan. 2.—(Special.)— A lath mill will be installed in Albany

this month by the Anderson Fuel company, which also will operate a lumber yard with its mill. The com-pany, which has been engaged in the The Women's Civic Improvement fuel business in Albany for the last club of McMinnville will present an few years and which also operates

# All Goodness and Flavorson

## All Fat People

### Telephone Changes

There will be some important changes in telephone service effective with the issue of the new telephone directory this week. There are several thousand number changes and prefix changes in the new book, the proper use of which will result in quicker and more accurate handling of your calls. Be sure to discard the old directory on the night of January 7, 1922, and begin the use of the new book on the morning of January 8, 1922.

Subscribers having automatic instruments are also requested to dial O (zero) when manual numbers are desired instead of the old code 7. For a short time subscribers who dial 7 will be transferred to the Zero Operator, but it is necessary shortly to release the code 7 for other purposes and subscribers having automatic service should familiarize themselves with the new code as soon as possible.

These changes are the preliminary steps in the plans for opening the Garfield and Beacon automatic offices and for the improvement of automatic service by installing apparatus in all offices so that automatic subscribers may dial manual numbers direct without having calls intercepted by interchange operators as at prsent.



The Pacific Telephone & Telegraph Co.



Sunny work rooms with every modern convenience enables expert workers to make Bread of quality



Log Cabin Baking Co.—Also Makers of "Holsum"

vards in Corvallie and Eugene, has leased a tract of land on the Willamette river at the foot of Baker street though it will begin with one eight-

Best grade of coal. Prompt delivery Diamond Coal Co., Bdwy., 3037,-Adv. Phone your want ads to The Ore-gonian. Main 7070. Automatic 530-95.

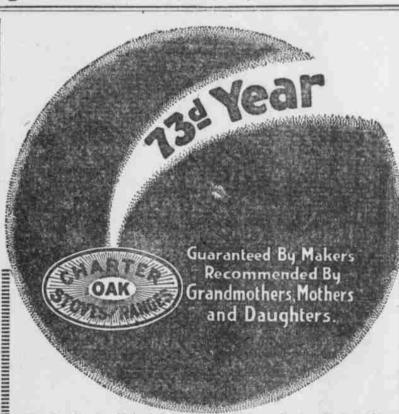


Quick Lunch at Home, Office, and Fountains, Ask for HOKLICK'S. Avoid Imitations & Substitutes



### Should Know This

Fat people owe a debt of gratitude to the author of the now famous Marmola Prescription, and are still more indebted for the reduction of this harmless, effective obselty remedy to tablet form. Marmola Prescription Tablets can be obtained at all drug stores the world over at the reasonable price of one dollar for a case, or you can secure them direct on receipt of price from the Marmola Co. 4612 Woodward Ave. Detroit, Mich. This now leaves no excuse for dieting or violent exercise for the reduction of the overfat body to normals. Adv.



2500 Dealers in United States, among them Hexter & Co., 13th and Hoyt streets, Portland Or., sell CHARTER OAKS.

If your dealer tries to talk you into buying another make, write to us. CHARTER OAK STOVE & RANGE CO. St. Louis, Mo. See your nearest dealer. Send to us for booklets. Charter Oaks for cooking and heating are made for all kinds of fuel in sizes and styles to meet every requirement. Also Pipe and 

### when baking

MONORONO MONORO MONORONO MONORO MONORONO MONORO M

Add a guarter cup of milk to a cup of mashed potatoes, a chile cheese & an egg. Season and beat smooth. Bake ten minutes in muffin tins.

Bluhill Chile Cheese

Донодолононононононоводовского при донодоно по подо

#### Household Problems by Lilian Tinglo

FOLLOWING are suggestions requested recently by "a newcomer

Beef Loaf No. 1—1½ pounds raw
lean beef, ¼ to ½ pound fresh pork
(or 2 to 4 cunces salt pork), 1 cup
stale bread crumbs (not too dry, or
dry pieces of bread soaked in coid
water, squeezed dry and broken up
thekele) 14 consequences of the sale bread can be increased a little if a plainer loaf is stock or milk as preferred), 1 well-

ops lemon juice, if available.
Put the meat twice through the grinder and mix thoroughly with the other ingredients, reserving a little juice may be needed if the crumbs of the egg. Shape into a loaf, brush are very dry. Cold boiled rice or cold first with melted fat, then with beat-boiled chopped macaroni, or leftover

"Any lady or gentleman can darken their gray or faded hair, and make it soft and glossy with this eimpie remedy, which they can mix at home. To half a pint of water add I ounce of bay rum, one small box of Barbo Compound and % ounce of glycerine. These ingredients can be purchased at any drug store at very little cost. Apply to the hair every other day until the gray hair is darkened sufficiently. It does not color the scalp, is not greasy and does not rub off. It will make a gray-haired person. look twenty years younger,"—Adv.

Use two or three parts hamburger to one of sausange meat, ready chopped, all others entrusted with offices are cooperating successfully. "One thousand dollars in three months" is a slogan for the Carvallis Woman's club, an organization now beasting a membership of practically 270 active workers for better things for Carvallis. The money is to be applied on the library fund and will be raised to diminish the debt on the property the club women are purchasing as an impetus toward the erection of a handsome county library in Carvallis at no far distant date.

At a recent meeting of the club the president, Mrs W. T. Johnson, divided the membership into ten committees of 27 members each, appointed chairmen, and gave each group the responsibility of raising by March 1 \$100 toward the delication of the delication of the club the membership into ten committees of 27 members each, appointed chairmen, and gave each group the responsibility of raising by March 1 \$100 toward the delication of the club the membership into ten committees of 27 members each, appointed chairmen, and gave each group the regenous bling of practically 270 active workers for better things for Carvallis. The money is to be applied to the library fund and will be raised to diminish the debt on the property the club women are purchasing as an impetus toward the erection of a handsom country library in Carvallis at the property that the will be raised to diminish the debt on the library fund and will be raised to diminish the

hours, or combine steaming and baking.
This latter method is economical when gas is used and the oven is not wanted for other cooking, as the meat can be steamed over the sim-merer and then given final browning

beaten egg. 1 to 3 tablespoons finely chopped onion (to taste), I tablespoon be used, or well and pork instance, beath finely chopped parsies or celery beef and pork. In such a case, with leaf, sait and pepper to taste; a few veal use sait pork rather than fresh

pork, as the extra fat is generally needed.

lightly). 14 cup canned tomatoes (or The kind and proportion of the

amount each committee may raise, but it is the desire and hope that no committee fall short of \$100. The chairmon selected by Mrs. Johnson are: Mrs. Maiine Bosworth, Mrs. A. W. Blackburn, Mrs. U. G. Dubach, Mrs. Will Herning, Mrs. G. R. Hyslop, Mrs. Otto M. Locke, Mrs. James Osborne, Mrs. Gene Simpson, Miss Mary Skelton and Mrs. Vaughn L. Younghlood, Mrs. Chairmon of Women's Clubs, is just off the press and is bright and interest; ation of Women's Clubs, is just off the press and is bright and interest; align. The editorial department is devoted to the outlook for the clubs of Oregon for 1922 and it recounts some of the achievements of the leading organizations and departments. An interesting item is headed "A Club Without a President." It is by Mrs. Arthur H. Johnston, a member of the Without a President. This commission of which Edith Knight Hill is general chairman. A message from Mrs. Thomas G, Winter, general federation president, is an article of interest.

Tollowing are items from the Bulletin:

This coming year should be a good one for the federation. We start 1922 with a large body of women. Mrs. G. L. Bulland is chairman of the committee, and other members are: Mrs. Eddon J. Steele, Mrs. Harry Beal Torrey, Mrs. Leander Martin, Mrs. Frances Whitehead, Miss Vella Winner and of the federation, an excitation of women's Civic Improvement for red letter day this month. Our endowners are: Mrs. Eddon J. Steele, Mrs. Harry Beal Torrey, Mrs. Leander Martin, Mrs. Frances Whitehead, Miss Vella Winner and Mrs. Alexander Thompson, we make the working along well and will have its a benefit or red letter day this month. Our endowners are the work of the committee of the federation, an excitation of women's Civic Improvement for red letter day this month. Our endowners are the will present an found of McMinnville will present an found o (when turned out) under the broller, basting with its own juice or with a little stock and melted butter or

A little extra stock, milk or tomato uice may be needed if the crumbs Bulletin;

A little extra stock, milk or tomate of the egg. Shape into a loaf, brush first with melted fat, then with beather egg. Shape into a loaf, brush first with melted fat, then with beather egg. Shape into a loaf, brush first with melted fat, then with beather energy, and sprinkle with dry crumbs. Bake 1½ to 2 hours (depending upon shape and thickness), or steam, in a greased covered tin, for 3 to 4 and thickness), or steam, in a greased covered tin, for 3 to 4 and thickness, or steam, bin a greased covered tin, for 3 to 4 and the following list: Worcestershire sauce, mushroom catsup, tomato catsup, chopped cloves, gartic, chopped cloves, gartic, chopped cloves, gartic, chopped cloves, gartic, chopped cloves, grated lemon rind, powdered sage, thyme or summer savory, poultry spice, mace, clove, Spanish pepper, chopped green pepper, chopped dark who darkened her gray hair, made the following statement:

A little extra stock, milk or tomato cloved for the federation. We start 1922 with a large and active and have its benefit of the crumbs, less moisture being needed in such a case.

Additional optional flavoring ing along well and will have its benefit or for the federation. We start 1922 with a large and active and are will arge and active and have its benefit or part of the crumbs, less moisture being needed in such a case.

SHE DARKENED HER

GRAY HAIR

Tells How She Did It With a Home-Made Remedy.

Tells How She Did It With a Home-Made Remedy.

Mrs. E. H. Boots, a well-known resident of Buchanan county, lowa, who darkened her gray hair, made the following statement:

For a quick loaf (if you have a very clean, reliable butcher) you can use two or three parts hamburger to one of sausage meat, ready chopped, combining with crumbs, egg and sea-would be combining with the crumbs are very dry. Cold boiled rice or cold to the foreign member to form the following and active and are the father that we have the substituted for the crumbs, large and active and have its benefit or the federation. We start 1922 with a large an

CHEHALIS, Wash., Jan. 1.—(Spe

Miss Anna Wheeler was a luncheon

cial.)-Of much interest locally

**Bran Will Free Your Entire** 

Family from Constination! EIGHT MILLION PEOPLE were Bran will relieve constipation permandmitted to the hospitals of America nently if at least two tablespoonfuls last year. Nine-tenths of the sickness can be traced to constipation! If should use as much more as necessary. every man, woman and child would est Kellogg's Bran, cooked and krum-bled, each day, nine-tenths of all sick-

When Kellogg's Bran is eaten regularly it will also clear up a pimply complexion and sweeten the breath.

ness would be eliminated!

Kellogg's Bran, cooked and krumbled, is not a "remedy." It is nature health food. Bran acts as a sweeper, at the same time cleaning food with which it is eaten. Or, it's and purifying without irritation or just fine to eat as a cereal! Or sprin-discomfort! Results are astounding! kle it over your favorite cereal! Physicians indorse the use of Kellogg's Bran is used in muffins, Kellogg's Bran for constipation because it corrects constipation as a food—not as a 'remedy''! Your physician will tell you that the described with the described cirable way to relieve constipation is Bran. It will actually increase their through food. We guarantee Kellogg's growth. Get it at your grocer's,