amount of good work well done, the Multnomah Chapter, Daughters of the American Revolution, cele brated the close of the year's activities and the beginning of another year by holding a luncheon at the University Club on Thursday, While Mrs. Mary Barlow Wilkins, the retiring regent, had given strict orders that she be not singled for any honors, she was overruled by Mrs. J. Thorburn Ross, who evidently had the backing of the entire membership. So Mrs. Ross made a clover little speech complimenting the but not mentioning any

An old-fashloned nosegay was pre sented to Mrs. Wilkins. Mrs. John Keating was elected regent. The other officers chosen included: Vice-regent, officers chosen included: Vice-regent, Mrs. A. H. Breyman; recording secretary, Mrs. John Pearson; corresponding secretary, Mrs. John Pearson; corresponding secretary, Mrs. Settle; treasurer, Mrs. Robert Parreil; registrar, Mrs. E. A. Sommer; historian, Mrs. C. J. Smith; beard members, Mrs. C. A. Johns, Mrs. F. V. Feach, Mrs. Fraiey; delegates to the National convention, Mrs. Keating and Mrs. Wilkins; delegates to the state convention, Mrs. Robert Parrell, Mrs. Fletcher Linn, Mrs. H. M. Van Duers, Mrs. H. H. Parker, Mrs. J. N. Davis, Mrs. Walter Burrell, Mrs. Wilkins, Mrs. T. P. Wise, Mrs. F. M. Warren; alternates, Mrs. Beach, Mrs. C. E. Welverton, Mrs. C. A. Johns, Mrs. George Reed, Mrs. O. M. Ash, Mrs. James Falling, Mrs. J. B. Comstock, Mrs. A. H. Breyman and Dr. Marie Goffin.

Dr. Mary F. Parnham, a guest, told of patriotic work among the college girls and chapter members at Fores Grove. Mrs. Wilkins reported on the work done and thanked her able helpers who had made the strengous year

Mrs. Keating, Mrs. J. Thorburn Ross Mrs. Ash, Mrs. Steams, Mrs. W. B. Gli-bert, Mrs. Breyman and many others reported, giving interesting accounts of what had been done in various depart-ments of service, the daughters being leaders in patriotic work.

The date was the anniversary of the marriage of George and Martha Wash-ington, and a toast to the memory of the father of his country and the "first lady of the land" was given, Mrs. Breyman read the list of mem-

bers whose sons are in the service, and Miss Ruth Johns sang "Keep the Home

Mrs. Gauld speke of a few instances in which there had been desecration or inappropriate placing and use of the flag. She said these had been cor-rected immediately on the calling of attention to the fault. Mrs. Witzell reported for the Red Cross committee. Miss Ruth Johns mang songs writen by Mrs. H. H. Parker and set to music by Lindsley

Mrs. Johns commended the officers who had carried the chapter safely through the past year. Mrs. Kesting reported that but one

death, that of Mrs. C. U. Gantenbein, had taken place, and she paid tribute to Mrs. Gantenbein's memory. The chapter added 15 members this year and has 131 members.

Mrs. Patterson, state regent, was an honor guest and made an interesting and inspiring address.

and inspiring address.

Among those present were: Mesdames
John A. Keating, Mary Barlow Wilkina,
Marie M. Goffin, C. W. Wanzer, Charles
Walker Hine, Lesse Moses, W. E. New-Walker Hine, Lesse Moses, W. E. Newson, Anna S. Bernard, J. B. Comatock, Archie Pease, Clara P. Summera, B. S. Greenleaf, Scott Bozarth, J. Vincent Murphy, E. Shelley Morgan, Frank E. Heach, T. J. Geisler, Frank M. Warren, W. Lincoln Johnston, Lloyd Leslie, Walter F. Burrell, Charles Gauld, James A. Malarkey, James T. Gray, Charles E. Wolverton, James F. Failball, J. W. Huddleson, Belic Coper Ferguson, John Pearson, W. H. Chapin, A. W. Hunt, D. W. Lewis, G. H. Pettinger, T. P. Wise, W. C. Witzell, O. M. Ask, L. T. Newton, T. C. Taylor, The following articles were made by the pupils of the school and downto the Men's Research Club, will preside. Woman's Research Club, w ren, Jeanle Gray, Ruth John Cohen and Mary P. Farnham.

Chapter A. P. E. O. Sisterhood, enfirst course of a progressive lunchson still under construction, was served. For the second course the members went to the home of Mrs. Mrs. Wilfred P. Jones' residence. A business meeting concluded the day and the members discussed war work was a chorus in which were 135 chiland affairs of special interest. Mrs. dren. On January 24 Peninsula and est of the afternoon

Night Work of Mothers to Be Stopped.

Investigation by Consumers' League Leads to Step.

A TA RECENT meeting in this city summers' League held in this city T A RECENT meeting of the Con

The women work 10 hours, from 6 P. M. to 5:30 A. M., returning home just in time to prepare breakfast, get the children ready for school and proceed with the housework, washing, fron-ing, etc., with only a little chance to baby sleeps and children are at school. They averaged Of the 46 one to four hours' sleep. Of the 46 families studied 42 had children in

The result is easily seen, the wome are tired, dull, irritable both at home and at work, and some are ill. Reasons why these women went to work were also studied, the major causes being: First insufficient earnings of the hus band; second, sickness of the husband; third, debts due to sickness; fourth, arinking of the husband.

The study was eminently worth while, for four of the large packing souses have declared their intention of make it possible for these mothers to care for their children properly.

Lavender Club branch, No. 2, will meet Tuesday at 2:20 P. M., in room G. Central Library. Women over 50 years of age are invited to attend.

A number of the younger business girls are meeting every Tuesday evening in the clubroom on the fifth floor of the Y. W. C. A at 6 o'clock for a central discussion, using as a text. The Social Principles of Jesus." after which they join the members of the Gearbart Club in knitting and sewing for the Red Cross. Last Tuesday about of their members. Mrs. Lee Davenport, and some as a sext several areas and street North, was notices to the club. In its study of English romanticism the club has arrived at the period known as the afterglow of that movement of the leading men's and women's organizations, will present the messages for the Red Cross. Last Tuesday about of their members. Mrs. Lee Davenport, Tractarian Movement was the subject

ITH reports showing a large NEWLY ELECTED REGENT OF MULTNOMAH CHAPTER D. A. R. AND RETIRING OFFICER WHO WILL VISIT WASHINGTON.



Mrs John A. Kezting, Newly Elected Regent Multhornah D.A.R. 15 of the girls went down to the Men's Reservices later returning to the association building to sew.

Challeman-director of the Portland Woman's Research Club, will preside. Members of men's and women's organizations interested in a better Portland are invited to be present and lend their

Knight Holmes, R. S. Stearns, H. M. Van
Duers, Phoebe Cranston Breyman, A. O.
Beach, E. A. Sommer, J. Thorburn
Ress. John H. Hall, Robert Farrell;
Misses Vella Winner, Alleen Brong,
Colentine Prichard, Frances E. Warren, Jeanite Gray, Ruth Johns, Blanch
Cohen and Mary P. Farsham.

Forty-three shoulder wraps, 21 pairs
of bed socks, 13 wash cloths, 66 dish
from Lady Gregory and Lord Dunsany.
The assisting hostesses were Mrs. C.
Dunlap, Mrs. A. G. Dayton and Mrs.
A. Tilzer. Mrs. Donald Spencer sang
two songs, accompanied by Miss Editin
Woodcock. The guest of honor for the
bination suits, three dozen kimona Ruth Johns, Blanch dozen princess slips, one dozen com-bination suits, three dozen kimona

aprons, 10 dolls. apter A. P. E. O. Sisterhood, en-i a delightful afternoon on Mon-The home of Mrs. E. A. Taft was desk calendars and 50 footstools. Toys, scene of the meeting where the games and miscellaneous pieces ar-

> Peninsula Mothers' and Teachers of special interest. Mrs. dren. On January 24 Peninsula and Woodburn, In., was the Montavilla schools will have an entertainment in the Auditorium. The Junior Red Cross will be the beneficlary.

> > Several of the literary and musical clubs are making up parties to attend the Godowsky concert at the Audi-torium on February 4. The MacDowell and the Monday Musical clubs are doing excellent work this year and have presented some fine programmes,

A sumers' League held in this city a report was made of a study of "Moth- musical programme at Couch School out the Nation, Central Union will have a special meeting Wednesday, January E. McDowell, "Neighbor" to the Charles E. Sears spoke on the health of children. Lirs. S. W. Blumauer gave bray.

Mry Ward Swore president of the control of the children and interesting address. an interesting address.

The Kerns Park Parent-Teacher Association entertained the members of the graduating class recently. A feature of the afternoon was the talk by Superintendent Alderman. Miss Loraine Lee gave a vocal solo and there were wand drills and songs by the children of the various grades. A social hour followed.

Houston, Mrs. Mattie Sleeth and Mrs. Let T. Hidden will be the speakers. A general discussion will follow as to what the state is planning and what the members can do to secure ratification of the amendment.

Central Union has had many intercial hour followed.

Woman's Research Club to Meet at Luncheon.

Prominent Men Will Discuss Civic Problems and Plans.

THE programme for the meeting and I luncheon of the Portland Woman's not hiring any more women with children of school age, and steps are being taken to relieve the burden and 11:20 a social half hour will give the officers and members of the board of directors an opportunity to personally meet all the members and guests. This "get acquainted" meeting is in charge of the social committee of which Mrs. A. H. Johnston is chairman.

years of age are invited to attend.

The regular meeting will start promptly at 12 o'clock. W. E. McElroy and Mrs. H. L. Smith at the home of the J. U. G. Club, of the Y. W. C. A. will entertain a number of their friends from Olds, Wortman & King's store at a roller skating party at the Oaks Rink.

A. H. Johnston is chairman.

The regular meeting will start promptly at 12 o'clock. W. E. McElroy and Mrs. H. L. Smith at the home of the former. Readings were given by Mrs. S. Shoemaker and Miss Alice Joy Mrs. S. Shoemaker and Miss Myrtle Hall played a violin solo and Mrs. W. Buckman played the features.

Things We Can Do to Make Portland.

land a Better City to Live In" is the subject of the addresses. Governor Withycombe, Mayor Baker, Bishop Sumner, Father O'Hara and John Mo-

DECE

M. Ash, L. T. Newton, T. C. Taylor, C. A. Johns, H. H. Parker, James N. Davis, Issac Lee Patterson, Edith Knight Holmes, R. S. Stearns, H. M. Van

The following articles were made by spoke upon the Irish theater movement, of which Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders, and then read a religious symbolical play by Lady Gregory was one of the founders.

The Woodstock W. C. T. U. will hold a special service Sunday at 3 o'clock in the Tabernacle Baptist Church of Holgate street, for the observance day of prayer for National prohibition Mrs. F. N. Swope, Oregon W. C. T U. state president, will be the principal speaker. The Misses Wolff will give duet and the Multhomah County White Ribbon Quartet will furnish

Central Union to Observe Day of Prayer.

Organization Decides to Support Only Candidates for Office Who Represent Principles of Union.

TN COMPLIANCE with the action of the National Woman's Christian Mrs. Herman Politz and Mrs. Ella Temperance Union, in setting apart

Mrs. Ward Swope, president of the state organization; Mrs. Houston, Mrs. Mattle Sleeth and Mrs. L. T. Hidden will be the speakers.

esting programmes recently. A mothers' meeting was conducted recently by Mrs. G. Trimble. Mrs. Ada W. Unruh was the speaker. The presentation of questions of local importance by Mrs. Lotta Murray, such as the 6-cent carfare, unjust taxation and the wages of the working woman was inon Wednesday of last week the to-

acco and eigarette question was dis-ussed by Mrs. Adelaide Beers, Central Union has voted to become affiliated with the newly formed City Federation, has elected three delegates to represent the membership in that body and has signified a determina tion to support only those candidate for office who represent the principle

of the organization. Women of Woodlawn Methodist Church Society were entertained during the week by Mrs. G. V. Ketchun

The Tuesday Afternoon Club on January 8 resumed its work after the holiday vacation. Mrs. G. W. Tatier, 440 East Seventh street North, was hostess

of a paper by Mrs. Sadie Orr-Dunbar read by Miss Grace Amos in Mrs. Dun-

read by Miss Grace Amos in Mrs. Dunbar's absence.

A social hour always follows the two hours of study and, while the club conforms to the Hoover spirit in the matter of refreshments, the members find the hour none the less pleasurable. The guests of the afternoon were Mrs. I. H. Amos, Mrs. E. H. Whitney, Mrs. T. J. Hewitt and Miss Olive Fernault.

On January 15 the club was entertained by Mrs. H. J. Jackson, 462 East Ash street. Mrs. W. H. Dickson gave a paper on "Later Tendencies in English Romanticism" and Mrs. F. W. Brown gave readings from Thackeray, Bronte and Dickens. Mrs. E. H. Whitney was a guest.

ney was a guest.

Mrs. F. C. Whitten, 310 East Sixteenth street North, will entertain the club on January 22.

The C. I. Club held a most profitable and entertaining meeting at the resi-dence of Mrs. Howe I. Waddell, in irvington, on Tuesday afternoon. Here is the secretary's account of the affair. "The club was especially fortunate in having as its guest the well-known educator, Dr. Celerimus Hooker, who

gave an inspiring address, showing a delicate appreciation for niceties of literary expression.
"Mrs. Carrie A. Storey told in an af-fecting way a pathetic incident of her life, while Mrs. May Killum reviewed

briefly some of her youthful aspira-"Little Sally Weak, Rosie Allbright and Master Willy White gave clever little recitations. Mrs. Waddell herself rendered an operatic selection in her usual happy manner and Mrs. Rose C. Parker entertained with appropriate

"Mrs. Gladys Raggs and Mrs. D. S. Clerk spoke briefly, and Mrs. Patience Teachem presided with dignity and dis-

Executive Board of Women's Clubs to Meet.

Date and Place of Next Convention to Be Settled.

RS. C. H. CASTNER, state presi-MRS. C. H. CASTALLA, that the executive board of the State Federation land Friday, February 1. Invitations for holding the next convention will be

schull; secretary, Mrs. Avis Hawkins. Fossil—President, Mrs. C. D. Barnard; ecretary, Mrs. Kasemeyer. Oak Grove Needlecraft Club—Presiient, Mrs. H. E. Gillispe; secretary, Mrs.

Weston--President, Mrs. E. M. Smith;

Wednesday with Mrs. A. A. Eckern, 410 East Twenty-sixth street North. Members will take their knitting.

the of Mrs. Morgan, 603 Ladd avenue on Monday, February 4, at 10:30.

Good Fellowship Society Trinity Episcopal Church will meet Sunday evening, between 7 and 8, be-fore the evening service at the parish Strangers are invited to be present,

Charles Dickens Club Thursday afternoon with Mrs. Amy Von Rhein, of the St. Francis Apartments. The next meeting will be February 7 at the home of the president. Mrs. J. P. Howe, 350 East Fortyseventh street. A social programme and dinner will be given to celebrate Charles Dickens' birthday.

The executive board of the Portland Parent-Teacher Council will meet Friafternoon at 3:45 in room 551

The Portland Woman's Club will by Mrs. Warren E. Thomas. Bishop Walter Taylor Sumner will give an address on "The Dawning of Woman's Social Consciousness." A business session will procede the pro-

At the meeting of the Coterie Club, which was held Wednesday, "German can attest who has been chagrined by Industries and Exports" was the topic for the afternoon. The club will join the city federation. Miss Alice Cason. The point I am making is, that as a gave a reading. The afternoon was people, the Americans may have the

EUGENE WOMAN IS INDORED FOR OFFICE OF REGENT OF OREGON in September, after her house had been STATE D. A. R.



Mrs.F.M. Wilkins, of Eugene, Endorsed by Lewis and Clark Chapter, Daughtens American Revolution, for State Regent.

-Tolliman Photo. EUGENE, Or., Jan. 19 .- (Special.) -- Lewis and Clark Chapter, Daughters of the American Revolution, last Saturday indersed the nomination of Mrs. F. M. Wilking, of Eugene, for state regent. The election will take place at the annual conference which will be held in Portland, March 8 and 9.

of Women's Clubs will meet in Portland Friday, February 1. Invitations for holding the next convention will be received at this time, and the place as well as the date of the meeting will be decided.

Mrs. Wilkins, who is now vice-regent of the state organization, is a native Oregonian. She is a daughter of Nelson Goltra, who crossed the plains to the state in 1853. His brother, H. W. Goltra, now living, who came with him, resides at Albany. Mrs. Wilkins was born in Linn County and came decided.

Lewis and Clubs will meet in Portland, Mrs. Wilkins, who is now vice-regent of the state organization, is a native organization, is a native organization of the plains to the state organization.

decided.

All chairmen of committees having plans or reports of work to present to the board are asked to send them in writing to the corresponding secretary previous to the date of the meeting.

Officers of the federation and chairmen of committees are asked to note the change of officers in the following clubs:

Enterprise — President, Mrs. Eunice Schull; secretary, Mrs. Avis Hawkins.

Next Friday afternoon the club mem social science at Reed College, suchers will meet at the Y. W. C. A. and will continue with the making of bandages.

The president of the club, Mrs. Josephine Social Science at Reed College, suchers will enter the professor Ogborn, gave a lecture on the "Democratic Basis."

The president of the club, Mrs. Frazelle, was presented by Mrs. Josephine Social Science at Reed College, suchers will enter the president of the club, Mrs. Josephine Social Science at Reed College, suchers will be suched by the social Science at Reed College, suchers will be suched by the social Science at Reed College, suchers will be suched by the social Science at Reed College, suchers will be suched by the social Science at Reed College, suchers will be suched by the social Science at Reed College, suchers will be suched by the social Science at Reed College, suched by the s

Weston—President, Mrs. E. M. Smith; secretary, Mrs. Frank Graham.

New Clubs—Oak Grove Housewife's Club, president, Mrs. J. B. Evans; North Bend Woman's Club, president, Mrs. J. Hartman.

The Forestry Association held a meeting Monday with Mrs. John Merokers. The programme was: "Ploneer Day," under Mrs. J. C. Pritchard, Mrs. A. H. Breyman and Mrs. Thomas Moffatt gave the papers and taiks on the programme.

Shakespeare Study Club will meet Wednesday with Mrs. A. A. Eckern, afternoon. Two new members were meters for the club, Mrs. Frazelle, was presented by Mrs. Jose phine Grant, with an interesting wars. Frazelle, was presented by Mrs. Jose phine Grant, with an interesting wars. Tuesday at 2 P. M. with a good attendance of a piece of rail fence from the battlefield of Gettys-burg.

The President of the club, Mrs. Frazelle, was presented by Mrs. Jose phine Grant, with an interesting wars relic, a gavel made of a piece of rail fence from the battlefield of Gettys-burg.

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The President of the club, Mrs. Jose phine Grant, with an interesting war relic, a gavel made of a piece of rail fence from the battlefield of Gettys-b afternoon. Two new admitted by transfer.

devoted to the making of bandages. Library. Dr. Douglas, head of the

tonight in the Metaphysical Library, 403 Central building, and every night during the week in the same place. Her

ent enjoyed a pleasant and profitable afternoon. Two new members were admitted by transfer.

The Portland Woman's Social Science Club held its regular semi-monthly meeting Tuesday in room A. Central an all-day sewing meeting.

PROPER PREPARATION OF FISH MAY SOLVE MEAT PROBLEM

Mrs. J. D. Spencer Tells Housewives How to Cook Fish in Various Forms and at the Same Time Reduce the Cost of Living.

whole Nation.

BY MRS. J. D. SPENCER. tHE subject of fish, its proper place gards meat, but fish with all its possi-in our dietary, its food value bilities is more or less of a sealed book in our dietary, its food value pound for pound as against meat, its cheapness and easiness of digestion in comparison with meat, and above all, how to prepare, cook and serve it of fresh fish consumed on the Pacific

than a thousand persons since I began my lectures on fish a few weeks ago. My recent experience has brought some interesting things to notice.

First of all, it does not follow that because a housewife is an excellent

cook, that she knows much about the patriotic officials in power seek to preparing of fish. Indeed, it is the turn to the people's good.

exception where it is so, as the average

Fish Is Valuable Food. household serves fish only once a week and the dish usually consists of boiled, baked or fried salmon or hallbut. The fried fish proclaims itself as

meet Friday in the Multnomah Hotel.

scorched face, places the platter of that fish requires as much care and once an An excellent programme has been arranged for the afternoon. Mrs. Jane in the pan without falling to pieces."

Burns Albert will give a group of before her husband. He soothes her Burns Albert will give a group of by telling her to "cut out the fish in some relish as mear, if different modes of preparation are tried story. the future, no one cares enough about it to bother," and she, nothing loth, turns all her attention to meat.

"Increase of appetite will grow by the state of appetite will grow be appetite wi Dishes Are Disappointing.

It is the same with many profes-sional cooks in restaurants, only a few have given much care to the preparation and cooking of fish, as everyone

Fish Is Valuable Food. This has been done by the city of Portland in co-operation with Mr. Ira Powers, who has donated the use of a soon as the members of the family fully equipped kitchen, and there, open the front door, and many a distressed wife comes to the table almost in tears of apology as she, with heat cooking are given. It has been proven in tears of apology as she, with heat-scorched face, places the platter of greasy pieces, "which would not turn study as the cooking of meat or poul-

what it feeds upon.' Just now the greatest interest cen ters on smelt. I am cooking smelt, spicing and pickling smelt, salting spicing and pickling smelt, salting smelt and talking smelt from every angle to awaken in the housewife an understanding of the immense possibilities of this fish as an extremely cheap food—as a protein substitute for the high-priced meat, poultry and eggs, not only for use during the Spring run of smelt, but for the future months when fish have disappeared from the market. OFFICERS OF WOMEN OF MOOSEHEART LEGION RECENTLY

In a few weeks smelt may be bought for 2 cents a pound, or even less by the 50-pound box. Every family should, in these days of food shortage, put away one or two boxes, canned, salted or dried, and by so doing secure one dinner a week for a year (if 16 to 2) of these little fish, or two pounds, were sufficient) at a cost of less than 5 cents for the fish.

Preserving Process Simple. From all the data I have been gathering from women who have suc fully put away smelt in the same fash-ion for a number of years, I find that salting them in kegs, barrels or crocks

according to this rule has been highly

according to this rule has been nightly satisfactory.

A word as to salt. Upon investigation I find that those who have used table salt have often lost their fish, while those who have used coarse salt, with the grains as large as a pea (rock salt) have never lost. salt or stock salt) have never lost any. This is a most valuable point to remember. This salt does not all dissolve and when taking out the fish they may have to be shaken to loosen the pieces which adhere.

In the bottom of the vessel place a

layer of salt, then a layer of the fish, unwashed or uncleaned, just as they come out of the box; another layer of salt, then fish, and so on until a 50-pound box of fish and about 30 pounds of the salt have been used. On the top place a cover and a weight to keep the fish down in the brine. If, after several months, any unpleasant odor is noticed, scald the brine, skimming the soum off, and replace it over the fish. One woman told me of this occurring layer of salt, then a layer of the fish, Cockran (Senior Regent), Mrs. Elsie Du Puis, Mrs. Mabel Nebergall. Top Row-Mrs. Nellie Smith, Mrs. Clara Senton, Mrs. Elfie Budden.

When wanted for use, first open and clean thoroughly, then freshen by placing in cold water for eight hours. They can then be cooked the same as fresh fish, or pickled in oil, vinegar and spices as needed. Salting has touchered the skip and they can be and spices as needed. Saiting has toughened the skin and they can be pickled with less danger of the fish breaking than when pickled in Economy jars. A dozen or two jars of smelt put away are very convenient and appetizing for picnic purposes dur-

ing the Summer. This mode has been recommended:
Wash and clean the fish, cut off the heads and pack in jars tightly. Allow a teaspoonful of salt to each quart and fill up the space with oil—it will not take more than a couple of table-spoonfuls to each tar. Arrange lids and sterilize from an hour and a half

to two hours. Another way to preserve smelt I have heard from an expert housekeeper is to make a brine to float an egg, place make a brine to float an egg, place smelt either cleaned or uncleaned in it over night. Next day string them through the heads on a wire. Place a barrel without ends in the yard and make a smudge with hardwood. String the wires containing the fish across the open top of the barrel, then cover with the top boards.

Demonstrations to Continue.

It takes about three days to smoke them, carefully attending the fire each night and renewing it in the morning. These are declared to be rich and oily and equal to any commercial smoked herring, very nice for luncheon or suppor dishes with a baked potato. I wish to emphasize that anyone fol-lowing either salting or smoking mode obtains a fish which contains more nutriment, pound for pound, than when fresh, because the curing extracts a large part of the water and what is left is all food. For instance, mackerel, when fresh, contains about 18 per cent protein and when salted about 22 per

I have begun my demonstrations and agitation of smelt before the cheap fish appear in hope of awakening an interest which will reach the point of absolute conviction as to the advisability of every family having 50 or even 100 pounds of smelt nut away for future ounds of smelt put away for future

Public Library Notes.

"There's folks, i' my opinion they an't see ghosts, not if they stood as dain as a pike-staff before 'em," delares the landlord of Rainbow Tavern n "Silas Marner."

And so, no doubt, there are those oor unfortunates who would be blind to a fairy, though it flutter its pretty rings in their faces.

But there are in Portland 16 places where at least once each week vision fails not, the demands upon it are not light, nor is any background of scenery or costume required to speed halting perception. Some shirt-waisted person walks to the front of the room and says "Once upon a time"—and anything may happen, from the tripping of fairy feet to the beheading of a pumpkin giant or the flight over all Sweden of Selma Lagerlof's Thumbletot on a

that's too much for me."

Sometimes an infant brought along by "big" sister fidgets, or the dangling braids of some entranced listener prove too great a temptation to a chronic joker in the seat behind. But for the most part attention is roun and find. most part attention is rapt and flat-tering—flattering not so much to the teller as to the story. The tale's the

If you are a grown-up you are not advised to try to break into the magic circle. In some of the branches you are strictly forbidden. The librarian are strictly forbidden. The librarian says you spoil the atmosphere. She means you won't see the fairy, and that upsets everything. In other libraries you are permitted, but not encouraged. "Fil hear all about it anyway," retorted one grandmother, smilingly, when told she must stay out. whole story word for word, I do becultured taste of the epicure as re-

In the larger branches there is the regular story-hour room, or the audi-torium is utilized and the children's to them. They are notoriously de-ficient as fish eaters, so the authori-ties at Washington claim. Statistics librarian tells the stories. In the smaller branches one end of the read-ing-room in the only available spot, and the one librarian or her subshow eight pounds per capita per year ore the evening service at the parish in the most appetizing ways, are the constant of the Facilie and the one librarian or her subother activities. But everywhere it is the children's hour, and they appro-In times of peace and plenty condi-tions such as these drift along without much comment. But under the search-

Many of the libraries hold also a book-hour for the older boys and girls, and here of course a different type ing rays produced by a possible food shortage in war times, they assume of story is offered. The following connew aspects which resourceful and versation was overheard outside one of the branches just before one such occasion:

"C'm on. Joe, down t' the river."

of "Can't, goin' to the story-hour." "Story-Ira hour, stuff! that's for bables." "Tain't neither-this one's just for big ones. 'Naw, it's 'bout an Arab kid that won't fight. He won't yet, but I think he's goin' to pretty soon. Lots of the fel-lows go. Comin'?" "Well, I'll try it once and see if it's any good. And the good tale of "The Lance of Kanana" gains another delighted

Story-hours are held as follows: Albina branch-Friday, 3 o'clock, fairy stories; 4 o'clock, stories from books on required reading lists. Arleta branch—Thursday, 4 Brooklyn branch — Friday, jungle stories; 2:4, hero stories.

open sesame to the treasures of chil-dren's literature; 4, stories from books boys and girls will not read without an introduction Lents-Friday, 3:40, fairy tales and Norse myths.

Montavilla—Friday, 3, fables and folk stories. St. Johns-Friday, 3, Wonderful Adventures of Nils: 4, Lance of Kanana. 'Sellwood-Thursday, 2, stories from books and fairy tales. North Portland-Friday, 3:30, British folk-lore; 4:15, Greek heroes.

East Portland-Friday, 3 o'clock, an

olk-lore; 4:15, Greek heroes. South Portland-Friday, 2:30, folk-Vernon-Friday, 3 and 4 o'clock, legends of different countries. Woodstock-Saturday, 2:20, fairy

Peninsula-Friday, 2:39. TRIANGULAR DEBATE SET

Salem, Hubbard and Estacada Plan Forensic Contest January 25.

ALBANY, Or., Jan. 19 .- (Special.) For the championship of the North Willamette District of the Oregon High School Debating League, the schools of Salem, Hubbard and Esta-cada will hold a triangular debate Friday evening, January 25. This contost has been arranged by Professor C. W. Boetticher, superintendent of the Albany public schools, who is in charge

Officers Of Women Of Mooseheart:

planned the work for the new year. The officers are capable women and the outlook is for a good year. They are active in patriotic work,

Left to Right, Front Row-Mrs. Myrtle Burby, Mrs. Rose Jenkins, Mrs. Vivian

The women of Mooseheart Legion recently elected their new officers

ELECTED.