



WOMEN'S CLUBS

BY EDITH KNIGHT HOLMES

THE clubwomen and members of the Parent-Teacher Association will bend every effort to make this year, beginning today, a year in which the children of the country will receive special recognition. Better laws for the protection of children will be made and those now existing will be enforced. To begin the year, this week will be known as "Better Babies" week.

The Meier & Frank Company have started every day this week in their auditorium, to pay tribute to the children. These lectures will be free and will afford an opportunity for mothers to gain much valuable knowledge. The leading furniture houses will show the latest in furniture for babies, including the Lippman, Wolfe & Co. store will exhibit baby clothes made by the women of the First Presbyterian church. The Olds, Wootman & King store will show the baby clothing made by school girls, and Meier & Frank's will have a display of the latest baby clothes for babies and French babies made for the Portland Women's Club, of which Mrs. M. H. Lamond is chairman.

The Parents' Educational Bureau has sent 725 babies, and among those sent 21 perfect. To the parents of these babies, the bureau has given the leading doctors and trained nurses of the city who have assisted in the birth of these babies. This is a feature of Oregon's service to humanity.

The Portland Women's Club sent a large shipment of baby clothing to the bureau recently, and has this other shipment ready, but will exhibit it first during baby week.

Mrs. J. G. Rinehart, who was requested to run again for the presidency of the Iowa Club, declined to accept. She was a successful president of an active and efficient society.

Highland Parent-Teacher Association will hear a talk on "The Child and Social Hygiene," by Miss Elizabeth Smith at their April meeting, Friday, April 12, at 3 P. M. in the sewing room. Mothers are invited to attend. Dues for the year will be payable.

Mrs. Ida Callahan, president of the Corvallis Woman's Club and a member of the faculty of Oregon Agricultural College for many years, was a recent visitor here. Mrs. Callahan is Benton county chairman for the women's committee of the third liberty loan. In addition to this she does a vast amount of Red Cross work and is an inspiration to the students and to the women of Corvallis.

Mrs. Ada Losh Rose, a talented leader, recently visited here and gave an excellent program for one of the club's.

Oak Grove-Milwaukie Social Service Club to Meet.

Regular Monthly Gathering to Be Held at Home of President.

AK GROVE-MILWAUKIE Social Service Club will hold its regular monthly meeting Thursday at 2 o'clock at the home of the president, Mrs. B. E. Johnson, Milwaukie. "Americanizing the Immigrant" will be discussed. "The New America," by A. W. Brookings, and "The Slave in America," by Mrs. E. L. Miller. The musical committee has provided for several numbers. Roll call will be answered by quotations from an Oregon writer.

The child study department will meet Friday from 1 until 3 o'clock at the Oak Grove schoolhouse, with Miss Elizabeth K. Mathews speaker. Individual problems will be discussed after the talk.

The social committee has planned a card party for club members and their friends, to be given Saturday evening at the home of Mrs. John J. Green, River Station. A silver offering will be taken to be used in purchasing war savings stamps.

Chapter A. P. E. O. Sisterhood, met last Monday with Mrs. J. W. Ferguson and Mrs. C. H. Pape. Red Cross work and a lecture by Mrs. Florence C. Rinehart were features. Many of the members responded to the call for workers in the third liberty loan campaign.

The regular meeting of Chapter A. E. O. Sisterhood, will be held at the home of Mrs. F. H. Murphy, 44 East Twenty-sixth street North, today, April 7, at 2 P. M.

prizing Helen Johnson. Esther Baird and other women have taken important parts in the opera given by the school, sang a selection of the "Mikado," recently presented by the music department.

Martha Washington Past Matron's Club held an all-day session at the home of Mrs. A. Shields on Monday. The day was spent in Red Cross work. The hostess served luncheon, after which a business meeting was held. Those present were Mrs. Elizabeth Dunne, Mrs. Mildred Newell, Mrs. Mary Fallows, Mrs. Hall, Mrs. Hatfield, Mrs. Hurlbert, Mrs. Luckey, Mrs. Martin, Mrs. Morris, Mrs. Nichols, Mrs. Lorch, Mrs. Hurlbert, Mrs. H. Young and the hostess. The next meeting will be held at the home of Mrs. A. Shields, 140 East First street North on Monday, May 6.

The Portland Kindergarten Council will hold its monthly luncheon at the home of Mrs. A. Shields on Monday. Superintendent L. R. Alderman will discuss the connection between the kindergarten and the first primary grade. As the kindergarten has recently been made a part of our public school system, primary teachers will be especially interested in Mr. Alderman's remarks. All who wish to become better acquainted with kindergarten principles are cordially invited to attend.

French Lyric Poetry Topic of Afternoon Club.

Members Pay Tribute to Memory of Past President.

THE Tuesday Afternoon Club met with Mrs. Harry E. Chipman, 200 East Twenty-second street, the past week. The members and guests went in the morning for Red Cross work. The hostess served luncheon at 1 o'clock. The business meeting was called at 2 o'clock.

French lyric poetry was the subject of the study hour. Mrs. W. A. Dickson gave a paper on the poets of the romantic period, and members responded to recital with readings from the works of that epoch.

Mrs. J. H. Elgin and Mrs. Ernest Hood Craven, mother and sister respectively of the hostess, were guests, as were also Mrs. J. C. Bryant, Mrs. Maud Pope Allen, Mrs. Helen Colvig Gale and Mrs. Fay Huntington. Mrs. Huntington gave three charming solos after the luncheon hour.

The club will meet with Mrs. Harry E. Travis, April 9, at the home of her mother, Mrs. E. J. Haight, 115 East Seventy-first street. Mrs. Travis is the club's mourning the loss of a valued past president in the death of Mrs. Warren S. White, which occurred at Oakland, Cal., on March 31. Interment was in Lone Fir Cemetery in this city on April 5.

A "Missionary Journey" will be the entertainment offered by St. David's parish on April 12. The first stop will be at Alaska, with Mrs. James Muckle and Miss Ruth Jenkins as guides. Next will come Honolulu, with Mrs. F. S. West and Miss Margaret Alexander. Mrs. F. P. Stauffer will be hostess for China and Miss Susan Taylor will assist her. For Yokohama there will be Mrs. J. G. Jones and Miss Margaret Jenkins. For home points the hostesses will be Mrs. W. H. Hallam and Miss Dorothy Cartwright. General guides will be Mrs. E. J. Vial and Mrs. H. P. Johnson.

The Meier & Frank Sewing Club has announced that the entertainment committee has secured the services of A. G. Jackson, of the United States Forestry Division, to give a lecture, illustrated with stereoscopic views, in the auditorium of the Meier & Frank store Tuesday at 3 P. M.

The club will meet at 1 o'clock and it is the desire to have all members present.

Bring your friends to help sew on the Martha Washington kits for Belgian women. The public is invited to the lecture.



Mrs. Ida Losh Rose, Assisted at Recent Club Recital.

lections, both of which were greatly enjoyed. Mrs. M. A. Zollinger has been president of the chapter for two years. To show its appreciation, Mrs. Zollinger's services the chapter presented her with a beautiful corsage bouquet of violets and roses. Mrs. C. W. Henderson made the presentation speech, to which Mrs. Zollinger responded. A delightful war garden game was played, the winner, Mrs. Glenn Townsend, receiving a bright navy blue dress decorated with yellow and white ribbons. Dainty refreshments were served. Mrs. Amelie Smith cutting the loaves, and Mrs. L. D. Goodrich, Mrs. George R. Parka, Mrs. N. A. Locke and Mrs. Charles A. Rice assisting in the serving.

Oregon Agricultural College has outlined a course in short-story writing which may be obtained by writing to the extension department. This was done at the solicitation of Mrs. C. J. Edwards, chairman of the literature and library committee of the Oregon Federation of Women's Clubs.

The regular meeting of the Terwilliger Parent-Teacher Circle will be held Tuesday, April 9, at 3 o'clock. The programme will be given by the pupils of the second grade. Mrs. J. F. Chapman will be the speaker, and a business meeting will follow.

The City Federation of Women's Organizations will meet Saturday at 2 P. M. in the assembly room of Hotel Portland, Mrs. G. J. Frankel presiding.

The graduates and students of Mills College are requested to attend an important business meeting of the Mills Club in the Peacock room of the Multnomah Tuesday, April 9, at 3:30 o'clock.

Portland Presbyterial Will Meet April 17.

Members of Organization Look Forward to Gathering.

THE meeting of the Portland Presbyterial for April 17 is anticipated by the many members of that organization. Big attractions will be an address by Dr. John H. Boyd and a luncheon at which the many out-of-town women will be honored. Mrs. J. W. McMichael is president of the Presbyterial and Mrs. Fabia Eversley is secretary. The meetings all will be in Central Church, East Thirteenth and East Pine streets, but if there is a large attendance for the lecture by Dr. Boyd a larger auditorium will be used. Those attending may take the Montavilla or East Ankeny cars at Third and Morrison streets. Mrs. J. W. McMichael will preside at the meeting. Central Church's committee is headed by Mrs. Vantine and the general plan for the big gathering is in the hands of Mrs. Samuel Kerr.

Mrs. Fletcher Linn and Mrs. Lulu Dahl Miller will sing. There will be an attractive programme for all the sessions of the day.

Williamette Chapter, Daughters of the American Revolution, will meet Wednesday, April 10, at the home of Mrs. L. G. Herron, 127 East Twelfth street. Mrs. Herron will be assisted by Mesdames Hubert C. Ferris, Horace B. Fenton, G. J. Frankel, John P. Gibson, W. H. T. Green, John F. Handley, Frank W. Harmon, Julia A. Hays, John T. Douglass and H. W. Neir. Mrs. R. M. Tuttle will address the chapter, her subject being "Japan."

The Civic Improvement Club, of Tillamook, has raised \$50.26 for the Red Cross. Mrs. W. S. Sontes, the president, has been in charge of the drive. The club accomplished a large amount of patriotic service last year. They have given to all deserving causes and have worked constantly for civic and National welfare.

The next meeting of the Woodstock Study Club will be held at the Woodstock Library Friday afternoon at 1:30 o'clock, April 12. Papers are to be read by Mrs. Perry on Home Life of Belgium and by Mrs. Mann on "Education."

The Catholic Women's League will hold an executive board meeting on Tuesday at 10:30 A. M. at the league headquarters, 123 Fourth street.

The Pennsylvania Woman's Club will meet at Hotel Portland Thursday evening.

Y. W. C. A. Notes.

AT THE regular meeting of the employment committee of the Young Women's Christian Association Tuesday morning, the department secretary presented a report of the month's work. The report showed a decided change in the employment question, as compared with the previous year.

For the first time in the history of the department, the office is unable to fill present and increasing demands for hour-work in the home of working women. The scarcity of housemaids. There also are many calls for strong women, who are able to do work previously handled by men, as well as numerous calls for women to work in factories, laundries and pressing parlors. Many office positions have been filled by the department, most of which are of a stenographic and bookkeeping nature. Of the 246 positions filled during the past month, a large proportion of the work has been of a temporary nature, and all applicants are required to undergo a physical examination before being registered in the office. The department aims to send out only suitable persons to fill positions.

The report led to an interesting discussion of the patriotic duty that girls and women owe their country by holding the most modest positions and of doing well the work which they have undertaken.

Two new members were added to the committee, of which Mrs. C. D. Bruhn is chairman and Mrs. J. A. Beas is secretary. Those present at the meeting included the two new members, Mrs. George Lawrence and Miss Florence Stapleton, and Mesdames F. A. Kiehl, C. A. Bell, R. F. Prael, Franklin Griffith and Willis Dunaway.

The employment department asks no fee for services, but will appreciate an opportunity to register applicants for work of various kinds, as the calls greatly exceed the workers now registered.

With the aid and co-operation of the local branch of the United States Food Administration, Portland is to have its first war kitchen, to be opened in the domestic science rooms at the Young Women's Christian Association next Thursday and Friday afternoons, from 2 to 4 P. M. The purpose of the diet kitchen is to teach the housewives of Portland the easiest and most satisfactory methods of preparing the new foods prescribed by the Food Administration along conservation lines. Under the direction of Miss Ruth Blair, director of the home economics department of the Young Women's Christian Association, certain dishes will be prepared according to conservation methods. Whether classes will engage in demonstration or individual work will be decided upon later. All recipes are to be selected from material published by the Government and approved by W. B. Ayer, local food administrator. There will be no fees charged, although it is expected that the expense of the preparation of the foods will be met by the sale of the prepared foods to students.

Further announcements of the war kitchen will be made from the office of the food administration.

The membership committee of the Young Women's Christian Association met in the clubrooms of the association building Tuesday morning. Reports of the work done by the different sub-committees during the past month were most satisfactory. An interesting talk was given by Miss Jontz on the different activities of the association, particularly the club work, which is a comparatively new phase of the association work.

TRIPE AND OYSTERS COMBINE TO REDUCE COST OF LIVING

Sacred Recipes Which Made Our Grandmothers Famous Are as Useful Under Present War Conditions as a Millionaire Chef's Cook Book.

BY MRS. J. D. SPENCER.

THESE are chaotic days for the housekeeper. The old order of things is turned topsy-turvy. The sacred family recipes which made our grandmothers famous in their neighborhoods and our mothers prized in their turn, bequeathing them to us as family treasures, are as useless now as a millionaire chef's cook book, with every recipe beginning, "take one dozen eggs and one and one-half pounds of butter," which sounds like the refrain of a forgotten song sung in our palmy food days of long ago.

In these progressive times, with great events striding along in seven leagues boots, one treading upon another's heel so fast as they happen, our habits of eating our favorite dishes will have to undergo change as well as governments and politics.

The ancient Briton on his island surrounded by the sea never ate salmon or oysters until the Romans invaded and conquered and taught him new habits of eating.

The United States bureau of fisheries has issued a poster, "Why You Should Eat Oysters," and says: "It is a duty to utilize this vast food resource as far as possible and save the other foods of which there is a dearth. It is not one of the cheap foods when measured by the cost of its useful constituents, but it is valuable as an appetizing variety of the diet. A reasonable variety of food is necessary to the health of a civilized people."

Oysters Nutritious Food.

When I received this poster from Washington, D. C., I was struck with a desire to exploit oysters. Their cost was the only thing which held me back. In the municipal market the oysters from Yaquina Bay sell for 55 cents per pint, against 70 cents for the Olympia oysters from Washington state. The Oregon ones are a trifle larger, but when they are cooked no layman could tell the difference.

I cast around in my mind for some sort of a cheap filler to mix with oysters which would increase the bulk 50 per cent, and so decrease the cost of the oysters without impairing the food value or flavor and so place them on many dinner tables as a pleasing variety of food.

Nearly every cook knows of using a percentage of veal with chicken in salad, creamed dishes, etc. And some use calves' brains mixed with the costly sweetbreads. Now what is there cheap to mix with oysters?

Camouflage is the order of the day, not only in war tactics, but also in our carbohydrate substitutes, in every dish where flour, fat or sugar enters. Why not extend it to the more expensive protein dishes?

So I decided to mix the costly oyster with 50 per cent cheap tripe.

Americans have never appreciated nor consumed tripe as the Europeans. I have often thought that if tripe were

as limited and expensive as sweetbreads more of it would be consumed. Tripe is very cheap, 10 cents a pound, and there is no waste. Any dietitian will say that tripe is the most easily digested part of the whole beef. It is the lining of the stomach and so saturated with the digestive fluids of the animal that it requires less effort to digest in the human stomach.

Tripe Inexpensive Food.

This is the way I prepared the dish of oysters and tripe.

A pound of tripe, the honeycombed part is the most choice and tender; cover with boiling salted water and parboil for 15 minutes. Drain in a strainer and let the cold water run while rinsing thoroughly. Cut it up into dice, the same as for salad purposes, also mince some celery and an onion, pour into a saucepan and let simmer slowly for nearly an hour or until the tripe and vegetables are tender, then drain, saving the liquor. Put one pint of oysters in a saucepan and let them come to the boil, remove and drain, saving the liquor, and cut the oysters up carefully.

Take three or four tablespoons of maida corn oil to half cup of flour, let the oil heat, sift in the flour, add a cup of hot milk, the hot oyster juice and enough of the tripe and vegetable liquor to thin the white sauce down to the consistency of a batter. If desired a pint of milk and the oyster juice alone can be used. Beat vigorously until smooth and velvety, then add the minced oyster, the tripe with its celery and onion. Season with celery salt, pepper, paprika, lemon juice and a dash of Worcestershire. Last add the stiffly beaten whites of two eggs, or one whole egg beaten separately, pour into baking dish or ramekins and strewn some fresh bread crumbs over the top which have been mixed with a spoon of corn oil and a little salt. Bake in moderate oven for about 15 minutes or until top is golden brown.

Combination Dish Delicious.

When served it is difficult to distinguish the tripe from the oysters and the flavor of the tripe is completely lost in the oyster. In this way a large dish of oysters sufficient for eight or 10 persons can be obtained from one pint. It would make a nice Sunday dinner and the tripe and white sauce could be made the day before and only the mixing together and egg whites to add. Suppose only half pint of oysters is used, the next day it can be served as oyster cutlets by adding a little more very stiff white sauce and a few fresh bread crumbs, then the mixture molded into the shape of a cutlet or chop, dipped into some dry bread crumbs and brushed over the outside with oil or melted fat, placed in a hot oven and baked for 10 to 15 minutes. Served with a tartar sauce it will be as well received as the first dish.

While I am on the subject of tripe

I want to tell of other modes of cooking tripe very cheap and palatable food. Parboil large square pieces of tripe, about the size of a soup cracker, for half an hour. Dip these into salted milk, then into dry bread crumbs, place in oiled baking pan, brush over the top with melted fat or oil and bake in a very hot oven for 10 or 15 minutes, or until delicately browned. When the large honeycombed tripe is used these pieces are as tender as the white part of a chicken. They make a very nice breakfast or lunch dish and are so cheap for the light, easily digested, nourishing protein food furnished. Excellent for persons of weak digestion.

Porpoise Once Popular Food.

Now that many have ceased using bacon, calves' liver prepared in the same way as fat and wastes much better than if fried. The oven must be very hot for best results.

Parboiled tripe, cut into strips and simmered in a tomato sauce to which some onions and a bay leaf are added, makes for variety at moderate cost; when tender, season highly with paprika, Worcestershire and tomato sauce.

Curried tripe, or tripe and oysters combined as above, with one or two teaspoons of curry powder mixed with the flour and the white sauce, would be a different variation. With the price of meat mounting weekly, the housewife will have to turn her attention to the parts of the animal which are unused by her and half cheaply in her estimation, as well as all kinds of new and strange sea foods. A few years ago we would shudder at the thought of eating whale, shark and dogfish, which is being accepted now gratefully, showing that war, hunger and high prices incline us to new habits of eating.

Porpoise was once very popular as a food and "porpoise pudding" was a state dish during the 16th century in England.

Bacon, the French naturalist of the 16th century, tells of the foods served at the dinner tables in France at that time, where the crock, the cornucopia, the heron, swan and stork were served. Even vegetables were eaten and the plump pheasant to a great extent neglected.

Peacock Feasts From Noon.

The great dish at ancient banquets was the peacock, which we today do not consider particularly good eating. In Shakespeare's time it was served in a pie, the head being placed on a stand at one end of the dish, while the tail was spread out full at the other. It was stuffed with spices and sweet herbs and served on a silver platter. A lady of rank carried it to the table, attended by a train of high-born dames and damsels, and the whole ceremony was accompanied by music.

I have received so many telephone calls about the salting away of the little euclachon (smelt) that I am going to try and tell many of the housekeepers who, having salted away their fish, are told by their neighbors they may all spoil unless they resalt them again after 10 or 12 days, etc.

The euclachon is at its peak now. This is the time to buy and put away. They are at their cheapest. Use half as much salt as you would for a cod or coarse ice cream salt is the best kind. Do not wash or clean the fish. Take them as they come from the river or the boxes. Place a layer of the salt in the bottom of the crock, then water-tight vessel, then a layer of fish, and so on until to a 50-pound box of fish from 25 to 30 pounds of salt is used. If a crock is used, leaving enough space for a liberal layer of salt at the top, when the crock cover is the only covering needed. If a keg is used fit in a lid and place the weight on it. Do not be afraid of using too much salt, as the fish can only absorb so much and some of it will remain undissolved.

Pickled Fish Cheap Food.

I kept a crock of fish salted in this manner in the war cooking room at Powers' since January 1 and up until the present time they are in perfect condition. If you wish to pickle some of these for Sunday dinner, it is a good way to salt them in two receptacles, segregating all the small ones for the pickling and saving the large ones for other modes of cooking. Pickle out two or three dozen small ones for each batch of pickled fish. Clean them, cut off heads and tails and freshen for six to eight hours, place in bottom of crock, cover with water, for three to five minutes; remove, place in crock or bowl and pour over them a cold pickling vinegar bottle, wash and dry the pieces; a tablespoon of oil added makes it richer. Slice a lemon and a raw onion or two over the top and it is ready for use in a day or two. It is very strong vinegar, but it may be weakened with water.

This is the best way to manage if pickled fish are desired. If placed in jars and sterilized to insure keeping, the cooked product is more like fish chowder. The little fish will not come out whole, as they will if done as indicated. The salting process has toughened the skin and they can be arranged on a platter and garnished with sprigs of parsley and look like a fine dish. The salted fish which has been thrifty enough to put them away will be very grateful for them in the warm summer days.

SOME BRIGHT OREGON BABES WHO ARE HIGH SCORE AT THE PARENTS' EDUCATIONAL BUREAU.



WELL-KNOWN SPEAKER DUE

John Z. White to Give Series of Addresses in and About Portland.

John Z. White, of Chicago, a well-known writer and speaker on economic subjects, who has visited Portland several times in the past 15 years, will be in and about Portland next week and next Sunday for a series of addresses. He speaks to the students of Pacific University at Forest Grove next Wednesday morning to the student forum at Reed College on Thursday evening, April 11, at 7 o'clock, to the men's forum of the First Methodist Church on Sunday morning, and to the members of the open forum of the First Unitarian Church on Sunday evening. His subject at the noon meeting on Sunday will be "Civic Righteousness" and at the evening meeting, "Financing the War."

The principal meeting arranged for Mr. White will be held under the auspices of the Portland chapter of the Intercollegiate Socialist Society at Library Hall, on Wednesday evening. His subject will be "Industry Will Win the War." Dr. C. H. Chapman will preside.

NOVEL CONTEST IS LIKED

Lane County Fair's Made-Over Garment Contest Commended.

EUGENE, Or., April 6.—(Special.)—Announcement that the Lane County Fair Association in the arrangement of its premises list this year with award prizes for exhibits of made-over garments is attracting attention in other parts of the country. A letter from the women at Danville, Va., received by President C. D. Rorer, of the fair association, says:

"I read in the Richmond Times-Dispatch an article from your town announcing that at your next county fair you are going to offer prizes for the work in altering and mending garments. This appealed to me as patriotic and appropriate for war time. I write to ask you to send us your prize list."

Trading at Home Urged.

CHEHALIS, Wash., April 6.—(Special.)—A committee of the Citizens' Club is planning a "Trade-at-Home" campaign. The plan is to induce local people who have been in the habit of buying out of town to determine whether or not their wants might not be met as well and as cheaply at home to "Try Chehalis First."