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Forty-five to Fifty—The Vital Period

Dr. H. M. Biggs, Commissioner of Health of the State of New York, sounds a warning to men between the ages of 45 and 50. "The vital period," he calls it, "if they want to reach old age."

his advice he dwells importantly on food, fresh air and exercise—but food first of all. Ghirardelli's Ground Chocolate is a boon to men in the "vital period." Unusually nutritious and easy of assimilation, it is a beverage of extraordinary food value to every man whose strength or nerves are taxed in holding the fast pace the modern world moves to. Before retiring you will find Ghirardelli's chocolate rest-bestowing and sustaining.

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D. GHIRARDELLI CO. San Francisco

In Society

(Continued from Page 2)

A. N. W. CLUB

The regular social meeting of the A. N. W. Club was held on last Thursday afternoon with Mrs. Frances Hazard, when Mrs. Mary Stauff was present as special guest. The usual hours of fancy work and chat were enjoyed and at an appropriate hour, the hostess served a dainty repast. The club members present this week were: Mrs. F. E. Allen, Mrs. G. A. Bennett, Mrs. Olivia Edman, Mrs. Carl Evertsen, Mrs. Lily Freidberg, Mrs. Alice Hall, Mrs. J. T. Harrigan, Mrs. Kate Lando, Mrs. E. Mings, Mrs. George F. Murch, Mrs. W. P. Murphy, Mrs. C. F. McKnight, Mrs. Mary McKnight, Mrs. E. O'Connell, Mrs. Hugo Quist, Mrs. Charles Stauff, and Mrs. Annie Tower. Mrs. Elizabeth Hyde will entertain the club next Thursday afternoon.

MILICOMA SMOKER

The Millicoma Club has announced a smoker for next Monday evening at the club rooms, at 8 o'clock. There will be entertainment and refreshments and an especially pleasant time is anticipated by the members. The affair is an adjourned meeting from Jan. 28th.

KLOSTER CLUB

Mrs. B. R. Chandler, Mrs. Elizabeth Hyde and Mrs. A. C. Vestal were special guests at the Kloster club meeting with Mrs. C. E. Ash on Hall Avenue Thursday afternoon. The members out were Mrs. F. L. Granis, Mrs. R. W. Morrow, Mrs. Lionel Gordon, Mrs. D. E. Maloney, Mrs. N. H. MacMillan and the hostess. Sewing and social chat occupied the afternoon hours until the serving of a dainty luncheon by Mrs. Ash. The club will meet again in two weeks with Mrs. Lionel Gordon.

C. W. B. M. MEETING

In the absence of Mrs. E. L. Hopson, Mrs. H. W. Painter lead the Christian Women Board of Missions session Wednesday afternoon at the home of Mrs. A. W. Gregg. The subject was "Mexico" and interesting articles concerning this topic were read by Mrs. Painter and Mrs. Gregg. The ladies will meet again the first Tuesday in March. Those present were: Mrs. E. Yake, Mrs. L. E. Hendricks, Mrs. W. A. Rel', Mrs. D. C. McCarty, Mrs. H. W. Painter, Mrs. S. J. Immel and Miss Bess Immel.

SUCCESSFUL RECITAL

Mrs. Conway presented a number of her students in recital, last Tuesday evening, at the Myrtle Arms conservatory. Very interesting, indeed, were the numbers given by the young folks. Their clever interpretation and technical knowledge were quite marked. The little performers played tuneful melodies and sang prettily with their own accompaniment. Difficult feats in transposition, by some of the youthful pianists, also attested their good training and understanding of

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the fundamentals of their art.

Of the more advanced students, Miss Hoelling and Mrs. Nelson sang very pleasantly. Mr. Leland's number, Mucusla by Macmurrrough, was well executed and displayed an excellent tenor voice. Miss Ayre sang, "I hear You Calling Me," very beautifully. Too much praise cannot be given Mrs. Powell as an accompanist. Her playing was wonderfully skillful and artistic.

A delightful, informal hour followed the recital, during which time all joined in congratulating the entertainers and their successful teacher. Dainty refreshments were served. Miss Alice Cox assisted at the punch bowl.

The program included the following:

- Fundamental Work Study, Transposition... Faelten The Chase... Frial Just because it's You... Erb (Self Accompanied) Ilma Langworthy Melody D flat Maj... Faelten Study, Transposition... Moon Boat... Erb Slumbering Fairies... (Self Accompanied) Robert Hadlock Brave Little Manikins... Krocman Mermals Lullaby... Clementi Sonata... Calista Walters Voice b Fair Lotus Flower... Lynes a Sweet is Tipperary... Fisher Miss Ottilia Hoelling Mucusla... Masmurrrough Mr. Simon Leland At Nightfall... Metcalf Maiden How Sweet... Nevin The Rosary... Nevin Mrs. E. A. Nelson Without Thee... D'Hardelot I hear You Calling Me... Marshall Miss Bess Ayre Luelle H. Powell, Accompanist.

RAINBOW CLUB

The Rainbow club of South Coos River was delightfully entertained on Thursday of this week at the home of Mrs. J. A. Smith who was ably assisted during the day by Mrs. L. D. Smith. The morning was spent in sewing and chat, and at noon a sumptuous dinner, such as the Coos River ladies are famous for, was served. In the afternoon, a business meeting was held. The club will elect officers at the next meeting in two weeks at the club house. At this time, all the retiring officers will be the hostesses for the day. Mrs. Bjorqvist, Mr. and Mrs. Lloyd Cutlip, Misses Bertha Smith and Ruth Skelton were the visitors present. The members out were: Mrs. T. F. Smith, Mrs. W. H. Smith, Miss Rose Smith, Mrs. P. Radford, Mrs. L. Saunders, Mrs. P. Radford, Mrs. Richards, Mrs. Clinkenbeard, Miss Ada Clinkenbeard, Mrs. L. A. Cutlip, Mrs. James Landrith, Mrs. W. C. Morgan, Mrs. Ployd Coffelt, Mrs. George F. Smith, Mrs. R. Robertson, Mrs. W. L. Wirth, Mrs. Ernest Smith, and Miss Helen Landrith who was elected a member of the club.

PLEASANT AFTERNOON PARTY

Mrs. Alex Sandon of Flagstaff entertained a number of friends Thursday at a delightful afternoon of sewing. As a special treat the ladies were shown 14 different quilts, all different patterns and beautifully made by hand, the work of Mrs. Sandon Sr., or as she is better known, Mother Sandon. Mrs. Sandon is quite an elderly lady, and her work brought forth many compliments from the guests. At the close of the afternoon, the hostess served delicious refreshments to the following: Mrs. Sandon Sr., Mrs. E. Koontz, Mrs. Wm. Ruffner, Mrs. Boje, Mrs. H. Boje, Mrs. A. Moyer, Mrs. W. M. Duncan, Mrs. Nels Ekblad, Mrs. J. W. Rust, Mrs. G. L. Dindinger, Mrs. F. L. Smith, Mrs. George Montgomery, Mrs. E. L. McClure, the Misses McConnell, Marion Smith, Marcia Rust, Mary Smith, Libby Duncan, Emily Duncan and Charles Smith.

WEDDINGS

Announcements were received here this week of the marriage of Miss Georgene Osbourne Zimmer and Hillard Rex Webb in Oakland, California January 29th. Rev. George W. White pastor of the First Methodist Episcopal church, officiating. The bride is the handsome and popular daughter of Mrs. H. J. Kimball of Marshfield, and for the past several years has made her home on the Bay. The bride wore a beautiful

traveling suit of midnight blue. Mr. Webb, salesman for the Neustadt Bros. of San Francisco, was formerly on this territory but lately was transferred to the San Francisco Bay cities. Both Mr. and Mrs. Kimball were present at the wedding, returning to Marshfield Thursday via beach route. Mr. and Mrs. Webb will make their home in San Francisco. They intend going on their honeymoon trip later and probably will visit at the home of Mr. Webb in Kansas City, Missouri.

Miss Mabel Peters and George Seelig, both well known Marshfield young people were married last Saturday evening at eight o'clock at the Methodist parsonage, Rev. Joseph Knotts officiating. Only immediate members of the family were present. The bride is the daughter of Mr. and Mrs. Robert Peters of Ferndale and is well known and admired by a large circle of friends and acquaintances. Mr. Seelig is also well known and for the past few years has been manager of the Pioneer Grocery. Mr. and Mrs. Seelig will make their home in the O'Connell Apartments.

NORTH BEND SOCIETY

The Ladies' Aid Society of the Norwegian Lutheran Church at North Bend was entertained by Mrs. L. Knudsen, at the chapel parlor Thursday afternoon. After the business session the afternoon was spent in social chat and sewing. Refreshments were served to the following: Mrs. P. Nelson, Mrs. L. Strommen, Mrs. O. Jaren, Mrs. E. Lillebo, Mrs. J. Jacobsen, Mrs. L. Lillebo, Mrs. John Olsen, Mrs. L. Oxnevad and Rev. and Mrs. R. O. Thorpe.

LADIES ART CLUB

The Ladies Art Club held their regular meeting yesterday afternoon at the home of Mrs. Olivia Edman, when the time was spent as usual in sewing and social chat. An appetizing luncheon was served by the hostess. Next Friday the club will meet with Mrs. F. M. Flye, Mrs. A. L. Houseworth, Mrs. H. G. Hoy, Mrs. W. E. Hoagland, Mrs. E. D. McArthur, Mrs. L. G. Lang, Mrs. J. O. Langworthy, Mrs. F. L. Sumner and Mrs. R. H. Walter.

NORTH BEND THIMBLE CLUB

The Thimble Club of North Bend met for their business and social session yesterday afternoon at the home of Mrs. Henry O'Mara in Marshfield. Several matters were transacted. Election of officers was held and the following ladies were chosen for the ensuing year: Pres., Mrs. M. E. Everitt; Vice Pres., Mrs. A. E. Rose; Sec., Mrs. H. E. Burmelater; Treas., Mrs. C. T. Williams; Reporter, Mrs. C. S. Kaiser. With the aid of the council, the club has provided for permanent walk ways and turn gates in Lincoln Square, work on which will be commenced at once. On account of illness among the members, the valentine party which was announced for next Thursday evening has been postponed until the evening of the 16th, Wednesday, at the home of Mr. and Mrs. George Mandigo. A vote of thanks was extended the retiring members. The rest of the afternoon was spent by the ladies in sewing and chat. Mrs. O'Mara was assisted in serving a delicious luncheon by two of her special guests, Mrs. Jack Davis and Miss Nae Cleman. Another special guest present was Mrs. Albert Olemann. The regular members out were: Mrs. George Mandigo, Mrs. J. G. Mullen, Mrs. Hazer, Mrs. A. H. Derbyshire, Mrs. Fred Kruse, Mrs. C. T. Williams, Mrs. H. E. Burmelater, Mrs. M. E. Everitt, Mrs. I. B. Bartle and Mrs. O'Mara.

DELIGHTFUL SEWING PARTY

Last evening Miss Signa Larson was hostess to a few friends at a delightful sewing party at her home in Funker Hill. The time was spent in sewing, social chat and music, in which different ones took part. At a late hour, Miss Larson served a delicious luncheon. Those invited were: Mrs. Erros Leyland, Mrs. Lyn Lambeth, and the Misses; Esther Nelson, Ann Holland, Rose Miller, Eugenie Daigle, Bruce Kelley, and Irma Ahlquist.

NEW ARRIVALS

Among the new arrivals in the city this week are a baby boy at the home of Mr. and Mrs. M. C. Maloney and a daughter at the home of Mr. and Mrs. J. H. LaChapelle in Eastside. The little guests were welcomed with delight and the proud parents are receiving the hearty congratulations of numerous friends and acquaintances.

IN FLOOD DISTRICT TRIP INTERESTING

MISS BESSIE COKE WRITES FROM SAN DIEGO.

Marshfield Young Lady in Southern California Where Much Damage Is Done By High Water.

Some interesting facts about the flood in Southern California are told in a letter to Mrs. Tom Coke from her daughter, Bessie Coke, who is teaching in California, and who writes from San Diego on Jan. 29. The letter says:

"All the dams in the country are breaking, flooding everything and drowning many. Yesterday the Otay dam broke and drowned some people, 14 bodies having been found. The Sunset water dam was broken when we got off here. The Morena dam is said to be filling rapidly and if that thing breaks Potrero Valley will be flooded as the dam is in the mountains just back of Potrero.

"No mail can get out of here until the steamer Congress sails. Coming down here we stopped at San Pedro and picked up 375 passengers because no trains are running in or out of either Los Angeles or San Diego and may be they will not be able to move for weeks. Cars loaded with heavy freight were left standing on a Santa Fe bridge out of San Diego in the hope that the bridge could be held down, but bridge, cars and all were carried away.

"A lady from Long Beach told me that she went to three restaurants here before she could get in one as the floors were a foot under water. Passengers who tried to come from San Pedro in autos got stuck in the mud and had to walk. The trip from San Pedro to San Diego takes only five hours, but many of the people suffered greatly from seasickness.

"In San Diego the downtown districts have not been harmed but the residence districts were damaged. Yesterday I walked out to look things over and found one place where the streets had great holes dug in them, the sidewalks were several inches deep in mud and the houses were being pumped out. People had moved away in boats, having gotten out by way of the windows. The rains seem to be over but affairs will not be much better until the snow is gone."

TELETS OF FLOOD.

Miss Sengstacken Writes About Troubles in San Diego.

Henry Segstacken has received a letter from Miss Genevieve Sengstacken, who is at San Diego. In the letter she says that the place is cut off from rail communication with the outside and all mail goes out by boat. The rains still continue. The steamer Governor brought in 750 passengers from San Francisco, having special permission to carry that number.

Miss Sengstacken adds in her letter that Lew Keyser, formerly of Marshfield, is now in San Diego and is playing with the Kaiser Hippodrome orchestra in a San Diego theater.

ENROLLMENT BIG.

There are now 90 pupils enrolled in the North Bend High school, it is stated in a report issued by Superintendent Coe. This is the largest number ever enrolled in the High school of that city.

FAVORS NEW ROADS.

J. W. Grout, who was recently appointed road supervisor for North Bend, is quoted as favoring the opening of Sherman avenue and Tenth street to Marshfield, and also favors the connecting of the Empire road with Newmark so persons from Marshfield can reach the beach without having to go through North Bend.

EIGHTH GRADE EXAMINATIONS

State Superintendent Churchill Announces Some New Methods

In the May and June eighth grade examinations a new plan will be tried in testing the pupils in the subjects of U. S. History and Civil Government, according to a statement issued today by State Superintendent Churchill. During examinations the pupils will be allowed to refer to their text books, but the questions will be so framed as to test the ability of the pupil in expressing what he has learned in clear, concise language. The advantages of such a plan are, that it will permit the teacher to emphasize the historical events which she considers most important; it gives the trained teacher greater freedom so that she can do a much higher quality of work than simply helping the pupils to "crum" for an examination; it frees the teacher and the pupils from so teaching and studying as to make the examination the end; it tends to give the pupils power of expression and eliminates the memorizing the unimportant dates and facts.

CAPT. MAGEE TELLS OF SOUTH AMERICAN EXPERIENCES.

Contrasts This Country With Northern Chile, Where It Has Hardly Rained in 20 Years.

Sudden transition from the land of perpetual sunshine into the snow storms and descending thermometer of the northern seas, forced the crew of the Nann Smith to make hasty changes in their wardrobes, according to Capt. Will Magee, who arrived here yesterday with the vessel.

In the northern part of Chile, he said, there has been practically no rain for 20 years. Grass is an unknown quantity and a great deal of the drinking water must be evaporated from the salt water of the sea.

Hot in the Engine Room.

Down there the sun shines continuously and hotly. The thermometer generally hovered about in the 90s, the heat being dry and penetrating. In the engine room the glass sometimes went up to 150 degrees, said the skipper, especially when the vessel was lying in port where there was very little breeze.

Landlocked harbors on the coast of Chile do not exist. The ports are almost on the open coast or indentations that are too slight to protect the waterfront from the beating of the off-shore waves.

For this reason vessels anchor offshore. Lighters bring the cargoes out of them. The lighters used are large scow-like crafts of generous capacities. Generally two natives are in charge. They propel the boats out from the wharves by means of great long oars. Time to them means but very little and they never hurry. Their pay is between \$1 and \$1.25 a day. All loading of vessels is done by contract.

Providing there were enough of these lighters the hoisting apparatus of the Nann was kept busy all day long, working from both sides. Some days as much as 900 tons of cargo could be taken aboard.

Plenty of Holidays.

South America is a land of holidays. There have been many dozens of revolutions down there. Most of these must be remembered and can be properly observed only with holidays. This necessitates a flag-pole from the top of almost every house in the southern countries. Also it meant delays very often to the ships in the harbor.

During the last heavy storm on the coast the Nann Smith was on its way to Tacoma from South America. Capt. Magee says that it was mighty cold and that heavy clothes were much in demand.

Quinn on Mackinaw.

Chief Engineer J. S. Quinn, very well known on Coos Bay, left the Nann at the end of the second trip and is now engineer aboard the steamship Mackinaw, recently of the Dollar line, but now belonging to the Grace company, and is on his way to Vladivostok.

In his place on the Nann is William Kelleher, formerly chief engineer on the Adeline.

Meeting Old Friends.

Purser Harry Reynolds is busy greeting all his old acquaintances. He is trying to waylay F. D. Fletcher, who has a picture of the genial purser in almost the exact clothing of a cherubim, doing his washing in a tub on the Nann's main deck under tropical skies.

ASK ABOUT KELP

San Francisco Firm Writes Here About Product.

A letter has been received from W. R. Grace & Co., big shippers of the Pacific coast, asking for information as to whether or not some company here is figuring on the harvesting of sea-weed and kelp from the "local" ocean. Nothing has been done in this connection in the vicinity of Coos Bay though it is known a San Francisco firm has built a submarine reaper for such a harvesting. The kelp and seaweed is to be used in the manufacture of explosives, inasmuch as it contains certain necessary chemicals.

The best authorities on the subject here say that the kelp is not found in this particular locality in sufficient quantity to make it worth while to gather. The coast here is exposed so that the kelp is not allowed to gather in any quantity. Farther south of here on the California coast large kelp fields are found in sheltered places.

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FRUIT RANCH—Splendidly located, 1000 loganberry vines in full bearing, fine orchard, fine buildings, 17 acres, \$6,000. Terms.

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