News of Women's Clubs BY VELLA WINNER

Left to right—Mrs. H. Roland Glaisyer, H. Roland Glaisyer, Mrs. Lon J. Zumwalt, who are taking part in the "Follies," which is presented tonight and tomorrow night in Klamath Falls for the benefit of the philanthropic work of the Woman's Library club of that city.

WITH the picture of Klamath Falls as a future railroad center as a plot, Klamath Falls young people are now rounding into perfection a clever depot musical comedy, which will be presented as a part of "The Follies," a musical and dramatic program to be produced for the philanthropic department of the Woman's Library club. In the depot scene, the future "Strahorn depot" is used, and between the arrival and departure of trains, choruses will render song hits and others will give bright dialogue.

Among those who are taking part in the "Follies" Tuesday and Wednesday nights are Mrs. Lon J. Zumwalt, Mr. and Mrs. H. Roland Glaisyer, Mr. and Mrs. Vernon T. Motschenbacher, Mr. and Mrs. Philip J. Sinnott, Misses Waive Jacobs, Maude Newberry, Anna Beebe, Georgia Porter, Elsinore Steinman, Dorothy Weeks, Beatrice Walton and Messrs. Andrew M. Collier, Lawrence Mehaffey, Thomas J. Sinnott, John Hubbard, Leland Haines, Rhinehart Motschenbacher, James Lytle, Lloyd Low, Joseph B. McAllister, Jack Richardson, George A. Hayden, William Hurn and John Parker.

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Children to Give Program.

The school children of the Alberta district will be the chief entertainers at the meeting of the Alberta Woman's Improvement club to be held this evening at 8 o'clock in the Vernon school house, Mrs. Josephine R. Sharp presiding. Songs will be given by Lorenzo Matthews, Agnes Christie and Marie and Lenore Arpin. Recitations will be given by Louise Storla, John W. James and Howard Steiver. Rose Ivy and Jennie Hammer will give a piano duet and piano solos will be given by Donald Campbell, Agnes Hammer, Genevieve Drumm and Christine Nobel. The program will be followed by games for both young and old.

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Railroad Woman's Club Report.

In view of the formation of a new committee in the federated clubs of the country known as the industrial relations committee, the following report given by Mrs. Sadie Young, president of the Railroad Woman's club of Portland, at the recent convention at Salem, is of special interest:

"The Railroad Woman's club is unique in its organization. Realizing lack of understanding, our club is the industrial world are brought about by lack of understanding, our club is the expression of the realization of a necessity for a greater degree of understanding between the public and the members of that great industrial institution, the railroad. We are nonpartisan and nonsectarian. Among our various activities we are making a study of 'new Oregon.' Old Oregon passed away and new Oregon is being born with advancing ideas and progressive laws, a potent factor in the advancement of our state is the enfranchisement of women. Oregon, with her vast water power and other natural resources, has attracted great capital, great industries will be the next step and with it will come immigrants from all corners of the earth. The club women of Oregon can do much toward preventing colony settlements, creed and national discrimination by insisting that the industries demand a perfect citizenship and thus assist in moulding the people in our great 'melting pot' into a harmonious whole under the flag."

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W. C. T. U. to Meet.

Mrs. T. N. Diamond, superintendent of the evangelistic department of Central W. C. T. U., will have charge of the meeting at Central Union tomorrow at 2 p. m. at headquarters, 171½ Eleventh street. An interesting program has been arranged. Glen Shelly and Vern Korn will give piano and violin numbers. Mrs. Ray O. Scott will give a short address. An evangelist will speak at 3:30. A reading and vocal number will complete the program.

* * *

Judge Gatens Addresses Women.

Judge W. N. Gatens addressed the Women's Current Event class of the Westminster Presbyterian church on Sunday. He gave some startling facts in regard to social conditions and argued the cooperation of mothers in informing their children of social dangers. He spoke at some length on the social status of the illegitimate child, begging that they might receive a fair chance in life, and that more fortunate children might be taught a greater charity, not in gifts, but in thought and social consideration.

They Can't Wait

The Children can hardly wait for the cake to come. The tantalizing odor of cake baked with Merit Vanilla has captivated them. A 25c bottle is real economy.

At Your Grocers

The Journal Woman's Calendar

By Vella Winner.

Tuesday, December 21.

1915	DECEMBER					1915
				1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

THE WEATHER—Rain tonight and Wednesday; moderate southerly wind.

BORROW A CHILD FOR CHRISTMAS Did you ever try it? If not, don't delay another moment, make your reservations now, and the day will be the happiest of your life. Ask any one of the children's aid societies, or the associations for helping the poor, or the institutions that house homeless youngsters for a boy or girl for Christmas. You will have no trouble getting one or as many as you want. Then order a full size, 1915 model Christmas tree and decorations to fit, some first class toys, preferably those of unlimited noise-making possibilities, and plenty of candy. The turkey dinner, with fixings, is taken for granted. And, by the way, of course, you won't make the mistake of giving any "useful" presents—handkerchiefs, printed tracts about the duty of orphans and that sort of thing. No? Very well, then. Get the "useless" things, good for nothing but fun. And then prepare for a picnic. Borrowing a child for Christmas is a guaranteed remedy for the glooms. It turns the worst pessimist into a chronic cheerupdoist. Sharing the youngster's joy takes 10 years off your age at a single whack. When the child comes in at the door the blues fly out through the window.

And the beauty of this scheme is that you don't have to be a childless couple to share its benefits. Not at all. It works all the better if you already have a house full of children. One more won't add to your burdens, and the more the merrier anyway. The borrowed youngster will have all the livelier time if there are other boys and girls. The families that have borrowed a child for Christmas in previous years say they wouldn't think of abandoning the custom. Of course there will be enough youngsters to go around; still, it's a wise idea to do your Christmas borrowing early. Make arrangements now while you can have first pick and let the boy or girl have the joy of anticipation. So borrow a child for Christmas and, who knows? Maybe when the day is done you won't want to return it.

CHRISTMAS CANDIES The following are recipes for home-made Christmas sweets from the December Pictorial Review:

CREAM GRAPES.—Three lbs. confectioners' sugar, 1 pint water, pinch cream of tartar, grapes. First make your fondant, putting the sugar into a saucepan, adding the cold water, and stirring over the fire until the sugar is dissolved. Add the cream of tartar and allow the mixture to boil until it forms a soft ball when tried in cold water; then pour into a basin which has been rinsed with cold water. When it is cool enough for you to put your finger in the middle of it, cream it and when thick, knead with your hands until it is a solid, firm, creamy mass. Drop some of this fondant into a small saucepan, add a few drops of lukewarm water and melt it carefully, stirring continuously. Dip each grape into the melted fondant, drop on wax paper and set on a tray or tin until it hardens.

SEA-FOAM CANDY. — Three cupfuls brown sugar, 1 cupful boiling water, 2 egg whites, 1 teaspoonful vanilla, 1 cupful pecans or English walnuts. Place the sugar and water together in a saucepan. Stir until the sugar is dissolved; then cook without stirring until a little dropped in cold water forms a soft ball. Have the egg whites stiffly beaten, pour the boiling hot syrup over them, and beat until the mass is soft and creamy. Add the vanilla and the nuts and continue to beat until the candy stiffens. When nearly set, drop by spoonfuls on wax paper and leave until hardened.

BAKED CANDIES—One and a half cupfuls brown sugar, orange or lemon flavoring, pinch of salt, two cupfuls chopped hickory nuts, one-quarter teaspoonful baking soda, one egg. Beat the egg to a stiff froth. Add the sugar, also the baking soda, and continue to beat until the mixture is smooth and creamy. Flavor to taste and add the nuts, finely chopped, stirring so that they are well blended with the other ingredients. This quantity of nuts should be enough to form the mixture into a stiff paste. Spread on greased papers and lay these on baking pans. Bake in moderate oven for 20 minutes, and when cold cut into squares. Fold each of these squares in wax paper so that they will not run together.

SHOP EARLY! But not too early. Tarry long enough at home to don the usual complement of clothing.

One of the early commuters yesterday morning complained several times to her friend and seatmate that she could not get warm "around her feet." She was swathed in a big Hudson seal coat, beneath which a dainty pair of bronze kid-clad feet appeared and a mere suggestion of plaid silk underskirt peeping shyly out, as underskirts sometimes will.

"I cannot understand it, either," she continued. "I am never troubled with cold extremities."

Her friend advised her to put her feet on the ledge along the radiator pipes, and she did, apparently with the right results. No more was heard from her about cold feet, but much about her determination to get Christmas shopping done early, and how she had hurried to keep her engagement to meet her friend waiting on the platform to take the 5:05 with her.

The train drew into the station and the wearer of the Hudson seal coat arose. As she did the crossed-over fronts of her coat fell widely apart, revealing only a taffeta petticoat of the usual deep flounce and end ruffle pattern.

In her haste to go a-shopping milady of the Hudson seal had forgotten to put on her dress skirt.

Curtain.

PRACTICAL SUGGESTION The careful housekeeper always keeps in the medicine closet a flashlight to center upon the labels of wanted bottles, thus preventing dangerous mistakes.

LAST-MINUTE GIFTS A pot of growing flowers or a basket filled with pansies and tied with ribbons for the one who has no garden. A pretty bon bon dish filled with home-made candies. A dainty glass jar containing home-made jelly or jam. A hand-made rose of silk for muff or corsage. A basket of fruits and nuts. A box of crystallized fruits. Candy, of course. A pretty fern dish with growing ferns. A holly wreath. A growing Christmas tree. A handsome fan for her. A leather traveling bag containing toilet articles in compact and easily portable shape for him. Silk hose, silk underwear, pajamas. Furs of almost any sort for her. Meccano for the boy. A sewing basket for the girl. French boudoir novelties for the dressing table. A turkey nicely dressed and embodied in greenery for the household which did not expect to have one.

Beauty Chat BY Lillian Russell

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IN THIS age when men and women assert their right to reason and investigate all thing pertaining to their well-being and their moral, mental and physical welfare, all efforts to enlighten the public mind should meet with general approbation.

It does not follow, however, that these efforts must be approved only as they stimulate mental activity in others, whereby truth and error, good and evil may be distinguished as they pass through the fiery ordeal of criticism.

The revelations of modern science have given a great impetus to the public mind in carrying on its investigations by sifting truth from error.

Every department of life has been acted upon. Travel, commerce, social intercourse, international law, popular education—all have been carried forward toward a complete development.

Arts of living have been simplified, the luxuries of all classes multiplied and facilities afforded in every way for increasing popular knowledge augmented in an untold ratio.

Of what use are theories or schools if they fail in practice?

Life is spiritual, but living is a practical matter, not a theoretical speculation. It is personal with active duties, no part of which can be delegated to others without loss. Individuality accepts responsibilities.

To grow in wisdom we must think else the plains of existence become as arid wastes.

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Health is unquestionably a matter of the first importance to everyone. It is as practical and personal as life itself. It may be called the art of living, or you may dignify it by calling it the science of life.

If life is valuable, if its objects are desirable, if its preservation is a thing of consequence, can there be a more important matter brought under public notice than the principles of health?

Why should the popular mind be neglected on facts relating to health and filled with false excitement, magnified news and artificial pleasures? The latter are of far less consequence to their interests and happiness.

People have hitherto been virtually shut out from participation in knowledge of their own structure, the causes of disease and principles of health.

Physicians have thought it beneath them to write to the people on matters of disease. The vast medium of ideas between man and woman, the newspapers, have been insulted by our learned professors. The people uninformed as to the nature, cause and cure of disease have been easily caught by vulgar assertions and names, without explanation. Quackery has flourished till the professional name has become almost a byword and reproach.

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What is a physician if he is not a curator of the people's health? Is he merely to theorize, to quote authorities, to write long prescriptions from books, to utter mandates in an unknown tongue, to hand over his patients to the tender mercies of the apothecaries and then fold his arms and stand in dignified "self-respect"? No. There is for him a higher and nobler duty. It is his province not only to prescribe for but to instruct his patients in any way that can give them a knowledge of their own bodies and how to protect them. And by this means alone will he guard them against the thousand deceptions by which they are surrounded on every side.

If this course were practiced a great deal of the drugging and doctoring so fatal today would be abolished and a healthier and happier race would be the result.

FLESH MUST HELP SOUL
Not soul helps body more than body soul.—Browning.

More Trouble Over 4-Year-Old Girl

Little Marian Bowers, Fought Over in Court for Two Years, Is Again Due for Another Legal Battle.

Little Marian Bowers, 4 years old, whose custody has been a question before several courts for the last two years, will once again figure in court proceedure in all probability. Yesterday Mr. and Mrs. Milt B. Grant, of Dallas, reported to County Judge Cleeton that the child has been turned over to her mother, Mrs. Mollie Bowers, and that the whereabouts of mother and child are unknown to them.

The supreme court last Tuesday held that Mrs. Bowers had the right to the child and under the mandate of that court the Grants gave her up. Now they want her back, saying Mrs. Bowers is not a proper person to care for her. Judge Cleeton advised the Grants to begin regular proceedings, and they left to start some action.

Railroad Man Is Victim of Thieves

Fat Expense Roll and Pass Book Taken From R. R. Ritchie of Chicago & Northwestern.

R. R. Ritchie, general western agent of the Chicago & Northwestern railroad with headquarters in San Francisco, generally enjoys coming to Portland, but he left after his last visit with a painful memory.

With E. D. Brigham of Chicago, assistant freight traffic manager of the company, Mr. Ritchie was domiciled at one of the city's leading hotels. Like all railroad men, he carried a pack of passes and a goodly roll for expenses, something like $200.

Someone made a good getaway with his prized possessions, and now, as the story-books say, "detectives are on the case."

Charged With Old Crime.

Fresno, Cal., Dec. 21.—(U. P.)—Nearly 10 years after his alleged crime, Phillippi Giardina, an Italian rancher, was arrested here Monday charged with murdering Antonio Laptana in an Italian celebration at Los Angeles.

We opine that the biggest majority in China in favor of a monarchy is Yuan Shi Kai.

The jury of awards of the Panama-Pacific International Exposition, in its final decrees just announced, confers a Grand Prize, the highest award, on

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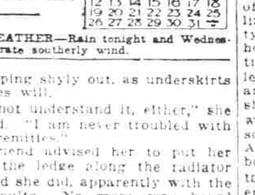
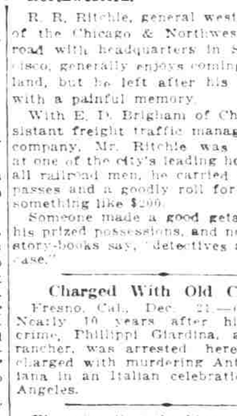
To the Family This Christmas



The $15 Style in Oak

The $100 Style in Oak or Mahogany.

You have been planning every Christmas to surprise them with a VICTROLA—let this be the long promised VICTROLA Christmas—it will mean happiness and entertainment for years to come.



The $75 Style in Oak or Mahogany.

There is no reason why every home can not have a genuine Victrola—these wonderful instruments are priced to suit every purse—$15, $25, $40, $50, $75, $100, $150, $200, $250 (electric), and up to $400. ***The easiest payment terms will be arranged*** if desired—you can enjoy your Victrola Christmas morning and pay for it in the succeeding months.

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GOOD LOOKS REFLECT GOOD HEALTH

YOU can't have bright eyes and a smooth, clear skin if the fermenting waste products of constipation are poisoning your system.

Constipation is the chief cause not only of poor complexions, but of three quarters of the illnesses from which women suffer.

Heed the danger signals of pallid skin, poor eyesight, headaches—check constipation before it is too late. Not with laxative drugs which physic and irritate and later bring about reactions which make you regularly dependent upon them. Bring about natural conditions, Nature's way—with Nujol. Nujol is the highest form of the pure white mineral oil recommended by leading doctors the world over for constipation. Nujol does not act by irritation but by lubrication—by softening the intestinal contents and facilitating natural action in a purely mechanical way.

Nujol is colorless, odorless, tasteless. It can be taken by anyone, even the youngest child, in any quantity, without danger.

Write for booklet, "The Rational Treatment of Constipation." If your druggist hasn't it, we will send a pint bottle of Nujol prepaid to any point in the United States on receipt of 75c—money order or stamps.

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