News of Women's Clubs BY VELLA WINNER

MISS ALICE V. JOYCE, chairman of the press committee for the General Federation of Women's Clubs in the state of Oregon, solicits the cooperation of all individual clubs and members of press committees. If club news can be gathered and sent over the state of Oregon so that each unit of the Federation may know the plans and progress of every other unit, it will greatly assist in the development of club activities for the new year.

The Federation fully appreciates the importance of publicity for the purpose:

1. To secure cooperative work upon part of the committee.
2. To get interchange of advice and counsel from different sections of the state.
3. To get a working basis for more united efforts towards ideal home life.
4. To secure a closer understanding and relationship between the farm and city women in order that they may work together, not one for the other.

Reports of special interest:

I—1, Child study.
2, Child welfare and home care.
II—1, Civic improvements in smaller towns.
2, Civic programs.
3, Clean up and city beautiful activities.
4, Social forces.
III—Civic Experiments in Education—
1, Pictures and lectures.
2, Studies of textile industries.
3, Revival of home art in laces, rugs, blankets, etc.
IV—General Relief Work—
1, Club houses.
2, Libraries.
V—Boys' and girls' club activities.
VI—Conservation of natural beauty.
Any report of interest to the club or its community.

ALICE V. JOYCE, Chairman.
595 Lovejoy Street, Portland, Oregon.
Phone Main 6735.

* * *

Graduate Nurses' Association.

The monthly meeting of the Oregon Graduate Nurses association the evening of December 29, was an especially interesting one. After the usual business of routine a letter was read by Miss Earl, from Miss Wilkins, written to the association, telling of a delightful summer spent in Honolulu.

Mrs. Robert Dieck, president of the Visiting Nurse association, had been invited to be present and to speak upon the work of that association.

She gave a brief outline of the work since its beginning, when but one nurse was thought sufficient, up to the present, when seven are not enough to meet the ever growing demands for the visiting nurse.

A few of the plans that were being matured for the future growth and prosperity of the work in Portland were touched upon by Mrs. Dieck, especially that of the endowment of a nurse, which she hopes some of our public-spirited citizens will undertake.

Mrs. Dieck, in concluding her address asked for the confidence and co-operation of the Graduate Nurses' association in interesting others in the work of the Visiting Nurse association.

Miss E. E. Grittinger, superintendent of the V. N. A. and also a member of the Nurses' association, told of the valuable service the Public Health nurse gives to the community and of the important positions she is being asked to fill all over the country. This fact, being particularly noticeable in the East, where more nurses were taking up such work and where they can be especially prepared for it. Miss Grittinger suggested that the nurses of Oregon become more interested along lines of public health nursing, and stated that she hoped more would become suficiently interested to undertake such work. She drew attention to the fact that there had been so few nurses here who cared for visiting nursing, that the staff of the V. N. A. have been, with but few exceptions, filled by nurses from other parts of the country. Miss Grittinger spoke of the National League of Public Health Nursing and of it being largely through the efforts of this league that various centers have been started where nurses may take special courses in public health nursing. The best known of these are in Chicago, New York, Philadelphia and Boston, where the universities are co-operating with hospitals, schools of philanthropy and Visiting Nurse associations in preparing the nurses.

At the close of these inspiring addresses it was moved by one of the members that the association become a corporate member of the Visiting Nurse association. This motion was carried unanimously. The meeting then adjourned to enjoy the hospitality of Miss Doyle, at whose residence the meeting was held.

* * *

Woman's Auxiliary to the Railway Mail.

The Women's Auxiliary of the Railway Mail met with Mrs. C. H. Miller, 5905 East 44th street, S. E., Thursday afternoon, the occasion being "Children's Day." The majority of the members came clad in "proper regalia," the child spirit was thoroughly entered into and a pleasant time enjoyed by all. Light refreshments were served.

* * *

Physicians Who Have Assisted in Baby Tests.

The eugenics tests now held every week at the Parents Educational bureau in the court house, have come to be one of the important uplift movements of the city and have done much toward improving physical conditions that surround babies and young children. The work of testing the babies is all done gratuitously by local physicians. Among those who gave their time to this work last were:

Dr. J. B. Bilderback, Dr. W. F. Amos, Dr. C. L. Booth, Dr. E. N. Neulan, Dr. C. R. McClure, Dr. W. G. Scott, Dr. Charles Leading, Dr. J. A. B. Sinclair, Dr. B. P. Shepherd, Dr. F. H. Dammasch, Dr. J. H. Bristow, Dr. I. N. Palmer, Dr. J. G. Swenson, Dr. G. L. Hynsen, Dr. W. O. Spencer, Dr. L. J. Wolf, Dr. Allan Noyes, Dr. H. L. Barrett, Dr. C. A. Pengra, Dr. J. J. Rosenberg, Dr. Katherine Myers, Dr. P. P. Gray, Dr. V. Lewcaux, Dr. Lillian Baker, Dr. Mae Cardwell, Dr. Mary Giles, Dr. Brown Tynan, Dr. Edith McDowell, Dr. J. B. Farrior, Dr. Lois Fear, Dr. Emily Bolcom, Dr. Frank Kistner, Dr. J. W. McCollom, Dr. C. T. Chamberlain, Dr. O. M. Babbitt, Dr. R. B. Karkeet, Dr. A. E. Kidd, Dr. DeWitt Connell, Dr. William Cavanagh, Dr. J. L. Hewitt, Dr. Claude Adams, Dr. H. F. Sturdavant, Dr. F. A. Voge, Dr. D. L. Kerr, Dr. J. E. Stevenson, Dr. J. C. Jones, Dr. L. M. Thornton, Dr. L. M. Boire, Dr. N. L. Zimmerman, Dr. W. T. Lyon, Dr. B. E. Miller, Dr. F. F. Cassiday, Dr. D. H. Rand, Dr. Charles Hill, Dr. M. J. Doring.

* * *

Congress Committees Appointed.

Mrs. J. F. Risley, chairman of the bureau committee of the Oregon Congress of Mothers, has completed her committee and it now stands as follows: Mrs. L. T. Newton, Mrs. John Waldron, Mrs. I. M. Walker, Mrs. C. H. Jones and acting in an advisory capacity are H. G. Starkweather and Prof. L. H. Morgan.

Mrs. H. K. Dunham, chairman of the Chautauqua committee, is making extensive plans for the work of her committee which includes Mrs. F. S. Tooze, Mrs. L. Bronaugh, Mrs. Arthur Brookings, Miss Elizabeth Matthews, and Mrs. C. H. Jones. The committee will be active throughout the Chautauqua assembly. Mrs. Tooze will be in charge of the headquarters. Miss Matthews will be in general charge of the kindergarten; Mrs. Bronaugh will look after the social side of the work; Mrs. Brookings will prepare the program and Mrs. Jones will supply the chautauqua features.

Mazamas Among Dairies.

The Mazamas will walk Sunday afternoon through the dairying regions along the Columbia river, north and east of the city. They will take Rose City Park cars at Fifth and Washington at 1:15 p. m. and go to East Eighty-second street. The party will then tramp northerly over trails and grass-grown roads of the lake, meadow and dairy farm district. The hikers will make a circuit back to the starting point, covering, altogether, seven miles. In the absence of Hart K. Smith, the scheduled leader, George X. Riddell will be in charge.

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Fear, Dr. Lois M., 628 Pittock blk. Phones Broadway 335, M. 5011.
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—Photo by Grove.

Miss Alice V. Joyce, chairman of the press committee of the General Federation for the state of Oregon.

Beauty Chat BY Lillian Russell

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MANY a woman and as many men have sunk into the oblivion of dejection and failure under the influence of circumstances and conditions over which they believed they had no control. A large percentage merely shifted responsibility for their indolence, negligence, procrastination and lack of courage and ambition.

It must be granted that people do not govern and control all the conditions and circumstances that surround them, but if people gave up in despair every time they encountered opposing circumstances and condition, few would succeed. It is the battle against these opposing influences and factors that develop strength and lead to success.

As a rule, men and women are directly or indirectly responsible for the conditions that surround them. If they find themselves handicapped by circumstances created by others, it remains for them to hurdle, batter through or burrow under the barriers or raise opposing conditions of greater strength. It is a mistake to believe that progress is only possible for those who are surrounded by favorable conditions created by others.

It would be wrong to assume that the child born in the tenements has no chance to succeed in life merely because its parents and society have surrounded it with unfavorable conditions and circumstances. Strange to say, such children and those born amidst the limited opportunities of the farm or small community and without the advantages of the so-called higher education, are frequently more successful than the children who make their start in life under the most favorable conditions.

The very struggle against adverse circumstances and conditions is the contest with adversity which leads to success and the gratification of ambitions and desires.

It is difficult for discouraged persons to progress. Their eyes are blinded and they fail to see opportunities or chances of success. They gradually lose courage. The people who believe that they are blocked by circumstances over which they have no control never get very far. They may stand still for a short time, but gradually they begin to slide into oblivion and the purgatory of failure.

Many of our greatest men and women had to make their struggle to fame against the odds of circumstances over which it might have been said they had no control. When such adverse influences could not be overcome, they created new conditions which could be used as stepping stones to success and fame.

You have your own life to live. You may be surrounded by influences and factors which it seems impossible to overcome, but every strong resolution you make and keep will form a rung in the ladder to carry you over them.

The old excuse "circumstances over which I have no control" is worn out. It is a bromide that may soothe you, but will not have any more effect on others than a few drops of water.

If you think you are surrounded by opposing circumstances over which you have no control, buck up and create a few conditions of your own. They will be more to your liking. Do not shift the responsibility for your failure, but make a vigorous struggle to surmount all difficulties. The greater the opposition to your progress the greater the triumph that you are the victor.

Victims of circumstances are generally victimized by their own weakness.

LEASE BALL ROLLS; RESTAURATEUR WILL ENLARGE BUSINESS

B. H. Moore to Use Former Saloon Property Adjoining His Fifth Street Place.

A. O. HALL INTERESTED

Operation of First Class Cafeteria Is Plan—Third Lease in Same Vicinity Within Three Days.

Leases effected during the week on Fifth street property have evidently started the ball rolling.

Last night B. H. Moore, proprietor of Moore's restaurant at 148 Fifth street, announced that he had leased from the owners of the Atchison building the premises adjoining his restaurant at 150 Fifth street.

This space, which was formerly occupied by the Hipple saloon, measures 16 by 100 feet, and combined with the present restaurant will give a space 32 by 100 feet.

Mr. Moore intends to throw both premises together into one room and plans to operate a first class cafeteria. He will be associated in the venture by A. O. Hall, who formerly conducted Hall's restaurant on Fourth street between Alder and Washington.

This is the third lease on Fifth street property to be made within three days. First announcement was made of the leasing of the ground floor and basement of the Yeon building to a 5, 10 and 15 cent store; next Samuel Rosenblatt & company took a lease on the ground floor of the structure at Fifth and Alder owned by the Failing estate, and now directly south on the same side of Fifth street comes Mr. Moore's lease.

FRATERNAL NOTES

Royal Neighbors' of America Hold Jollification at Their Hall.

Oregon Rose Camp, Royal Neighbors of America, held a "jollification meeting" at their hall, 85½ Fifth street, last Wednesday night. The social program included a dialogue by "Buster" Meadows and Leon Hallock; recitations by Master George McAfee, Leon Hallock, Mrs. Howe, Mrs. McAfee, Mrs. Howe, Mrs. Hallock and Helen McAfee; piano solos, Harold Barnum, Elsie Ekensberg, Beatrice Carlson, Frank Sanders and Master Danielson; vocal solo, Miss Mable Smock; whistling solo, Erman Carlson.

Grange in Session.

Evening Star Grange, the largest local body of the Patrons of Husbandry in Oregon, is holding an all-day session today at its hall on the Base Line road. Officers were elected this morning and installed this afternoon. A banquet was served at noon. Reports of officers were made.

Drill Team to Dance.

The drill team of Portland lodge No. 209, The Fraternal Brotherhood, will hold its regular monthly dancing party Tuesday evening, January 4, in Royal Academy hall, 85½ Fifth street. On Friday evening, January 7, will be a public joint installation of Portland lodge No. 209 and Oregon lodge No. 367 The Fraternal Brotherhood. Refreshments will be served and all friends are invited.

Token to Mrs. Bluhm.

The ladies of the staff of Utopia, Rebekah lodge I. O. O. F., have presented Mrs. Mae Bluhm with a cut glass dish as a token of her services to the lodge as noble grand.

Woodmen Give Ball.

The Modern Woodmen will give a charity mask ball tonight at the Hibernian hall, Rodney and Russell street. Everybody welcome.

United Artisans Grow.

The United Artisans obtained 500 applications for membership during December, continuing that steady growth that has characterized the order since its inception 21 years ago.

"Hard Times Party."

The "hard times party" of the Maccabees last Thursday night at K. of P. hall was well attended and enjoyed by a large number of members and friends.

The Journal Woman's Calendar

Saturday, January 1.

THE WEATHER—Unsettled tonight and Sunday, probably occasional snow.

By Vella Winner.

THAT TELEPHONE VOICE

Have you ever noticed how different people modulate their voices when talking over the phone to members of the opposite sex?

I can always tell when a man is talking to a woman and when a woman is talking to a man, although this is not quite as noticeable.

And, also, you can distinguish when a man is talking to the woman to whom he is married. He is nearly as gruff to her as to his men friends or business associates.

Of course most women always employ a gentle tone and so it is not so certain that they are speaking to the wooing gender.

I often wonder how much the telephone girls know about humanity in general—judged from telephone talk.

But the true test of character is when he or she fails to get the right number, for several consecutive times. If polite, upon such an occasion, the speaker is fit for translation to a world more perfect than this. Not long ago, however, I heard a girl answer the phone seven consecutive times and every time sweetly inform the person at the other end of the line that this was the wrong number. Her voice was as well modulated the seventh time as the first and when the bell rang the eighth time that angel child said: "I'm sorry, but you still have number so-and-o. May I help you—what number are you trying to get? Suppose I call the number for you and ask them to call you up. What is your number?" And she actually patiently maneuvered to get the persistent caller the wished-for number. She was a busy girl, too, and I have forever enshrined her as a most unusual person.

NOODLED HAM

Make noodles by beating one egg with a saltspoon of salt till very light; add as much flour as it will require to make a very stiff dough (eggs vary in size so exact amount cannot be given); roll very thin and cut in narrow strips; roll these between the hands till round like shoestrings, and break in pieces an inch or two in length; when dry put two cupfuls of them in a stewpan and pour over enough boiling water to just cover them; let boil ten minutes. Chop enough cold boiled ham to make one large coffee cupful. (In slicing ham one can save all the crumbs and small pieces that are trimmed from the bone). Butter an earthen dish; put in layer of noodles (after carefully draining them), then a layer of ham, another layer of noodles, finishing with ham for top layer. Beat two eggs and add one coffee cupful of cream or rich milk and pour over top; cover with a thin layer of bread crumbs and little dots of butter. Bake a delicate brown. Serve in dish in which it is baked.

A NOVEL SHOWER

Several girls recently gave a millinery "shower" to their friend who is about to become a bride. Upon returning from a stroll the latter found the living room turned into a millinery "parlor." Upon tall stands were placed the latest things in hats—the headwear being in reality hardware, enameled ware, in fact, for the kitchen of the prospective home. Stirring spoon "fancies" bedecked the tall crowns of deep sauce pans and the high "brush" beside the brim of the bright "stovepipe" had its origin in a thought of cleaning case for the sink. Paring knives upon the sides of wide-brimmed frying pans, gave the necessary chic, while corkscrew "curls" protruded from underneath the edges of blue-enameled toques." Jolly, interesting and practical as well, was this novel shower; and the fun of it will recur to mind whenever the bride begins to cook, while the usefulness of the gifts will long keep green the memory of the friends who thought out the affair.

HOUSEHOLD HINTS

A preserve closet should be cool and dark. If it has a glass door hang a black curtain over it. It is a good plan to wrap jars of cherries, raspberries and strawberries in paper to exclude the light.

To remove tan, an old fashioned remedy is to mix magnesia in soft water, then apply the soap for a minute or so. Wash off with soft water and castile soap and rinse with clear water.

Linen or corded material garments should be ironed over an ordinary ironing board, taking care to iron lengthwise or directly crosswise. Ironing even a little on the bias will put them out of shape.

A delicious dish of peppers is made in this way: Wash, halve and seed the peppers, then run through a food chopper. Put a little butter in a frying pan. Add the peppers and their juice and half a cupful of stock. Simmer till tender.

People much exposed to dust—as on motor or train journeys—should give their eyes a bath in an eyecup several times a day, using either a boric acid solution or a salt solution. The latter can be made at home by dissolving a teaspoon of table salt in a pint of boiling water.

Grapes and apples are among the most nutritious fruits and should be freely eaten, even by the most delicate.

Tongue for sandwich filling should be mixed fine and rubbed to a paste with mashed boiled eggs, seasoned with vinegar and butter.

When iced tea is desired for luncheon or dinner it should be prepared in the morning. When ready to serve, pour it on the sugar, ice and lemon already in the glass.

BEAUTY HINTS

Many women allow their faces to become tense and set and then wonder why lines develop. Relax the muscles, cultivate a pleasant expression and remember that lips which curve upward and smile are much more attractive than the drooping sort.

The nails need constant attention if they are to look well kept. The skin at the base should be pushed gently down every night after washing, care being taken not to tear or injure it. Dipping the fingertips into lemon will soften the skin and remove all grit.

In buying combs and brushes, the woman with due regard for her hair will choose combs with smooth teeth and bristles not too stiff. White celluloid is one of the best materials, for the simple reason that it shows the dirt at once and is easy to clean.

TEA AND COFFEE

Take small square pieces of clean cheesecloth, tie a teaspoonful of tea into each and keep in a closed fruit jar. The string or thread used for tying can be left long so as to lift the tea ball out of the teapot when tea is steeped enough. A package of tea can be done up this way and is always ready for use without having to measure it each time tea is made. Keeps tea leaves from sticking in the pot and forming a crust inside.

Coffee can be made the same way, using larger squares of cheesecloth one level tablespoonful ground coffee to each cupful wanted.

HEALTH VERSUS MUSCLE

Aim at health rather than great strength. Those big bunches of muscles you see in physical culture publications are neither handsome nor wholesome. Compare these monstrosities with the graceful Greek athletes, their satin skin not showing a trace of the muscles that lurk beneath. It is notorious that over-muscled men are short lived. After once accumulating these big bunches of muscles they cannot be thrown off. A man has to keep up exercise, or suffer from heart disease. A recent examination of boys in training, in an eastern academy, showed that 60 per cent of them had heart murmurs.

LOVE IS LIFE

For love is life, and they who do not love
Are not alive;
But every soul that loves, lives in the heart of
God and hears him speak!
—Henry Van Dyke.

Army-Navy Orders

San Francisco, Dec. 31.—(P. N. S.)—Army orders:

These officers are relieved from their commands as shown and report to the western department: Major John E. Woodward, 15th infantry; Lieut. Geo. R. Harrison, 25th infantry; Lieut. Chas. M. Everitt, 1st infantry; Lieut. Raymond C. Baird, 25th infantry; Capt. John S. E. Young, 15th cavalry; Lieut. Robert C. Rogers, 4th cavalry; Lieut. Alexander L. R. Johnson, 4th cavalry; Lieut. Harry A. Flint, 4th cavalry; Lieut. Harold W. Huntley, 1st field artillery; Lieut. Ivan Jones, 1st field artillery.

These leaves of absence granted: Lieut. Rawson Warren, 4th cavalry, two months; Lieut. T. G. Gottschalk, 2d field artillery, two months; Captain Arthur P. S. Hyde, Coast artillery, one month 15 days.

The following transfers and assignments are ordered: Colonel Harris L. Roberts, to 2d infantry; Major Harry A. Smith, 28th to 15th infantry; First Lieut. Eugene R. Householder, 28th to 25th infantry; Second Lieut. Hugh B. Keen, 17th to 1st infantry. Second Lieut. Ora M. Baldinger, 26th to 25th infantry; Captain Albert N. McClure, 11th to 15th cavalry; First Lieut. William W. West, Jr., 13th to 4th cavalry; Second Lieut. Leopold J. P. Herwig, 12th to 4th cavalry; Second Lieut. Raymond E. McQuillin, 3rd to 4th cavalry; First Lieut. Sherman Miles to 1st field artillery; Second Lieut. Bethel W. Simpson, 3rd to 1st field artillery.

Navy orders:—Lieut. J. S. Evans, Vestal to general electric company; Lieut. L. M. Stevens, command of MacDonough, to naval war college; Lieut. F. D. Davis, to Vestal; Lieut. B. M. Bates, F-3 to command of F-1; Ensign A. R. Marron, New Orleans, to the naval academy; Ensign C. J. McReavy, Connecticut, to Washington; Ensign H. S. Little, to Wyoming.

A NOTRE DAME LADY'S APPEAL

To all knowing sufferers of rheumatism, whether muscular or of the joints, sciatica, lumbagos, backache, pains in the kidneys or neuralgia pains, to write to her for a home treatment which has repeatedly cured all of these tortures. She feels it her duty to send it to all sufferers FREE. You cure yourself at home as thousands will testify—no change of climate being necessary. This simple discovery banishes uric acid from the blood, loosens the stiffened joints, purifies the blood, and brightens the eyes, giving elasticity and tone to the whole system. If the above interests you, for proof address Mrs. M. Summers, Box R., Notre Dame, Ind. (Adv.)

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A toilet preparation of merit. Helps to eradicate dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and $1.00 at Druggists.

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The Subscriber who sends us the best letter giving the "reasons why" a certain ad in the January Sunset made the deepest impression gets $25; $15 for the second best letter; $10 for the third; $5 apiece for the fourth and fifth best.

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