

News of Women's Clubs BY VELLA WINNER

THE FORTNIGHTLY CLUB held an enjoyable meeting yesterday afternoon at the home of Mrs. Herman Koepfer, 444 East Fifteenth street north. Luncheon was served at 1 o'clock at a table made festive with flowers and foliage in the holiday colors. Pretty place cards marked the places for 12 guests. The study hour was given over to a consideration of Emerson. Mrs. Eugene Smith spoke on "Facts about Emerson's life." Mrs. Charles Bliss spoke on "Transcendentalism" and Mrs. J. Sherwood Knight discussed "Emerson as a Religious Influence and a Scholar."

Chapter A Has Initiation. Mrs. W. P. Jones, president of chapter A of the P. E. O. Sisterhood, held a meeting yesterday at the chapter at her home on East Thirteenth street north. There was initiation and inspection by the state president, Mrs. D. L. Brace, and the state organizer, Mrs. Edward Seymour of Forest Grove. The guests of the afternoon were: Mrs. B. E. Haney Mrs. L. H. Horton, Mrs. A. S. Bliner and Mrs. J. E. Jones of Iowa. The meeting was followed by a social hour and the serving of refreshments.

Tourist Club Meets. The Tourist club of Eugene was delightfully entertained last week by Mrs. O. F. Stafford. The regular program was dispensed with and an article by Gilbert H. Grosvenor on "Young Russia" was read by Mrs. Stafford. Mrs. E. O. Porter will be hostess to the Tourists at their next meeting.

Eugene Has Twelfth Night Party. The Shakespeare club of Eugene celebrated "Twelfth Night" in right royal fashion at the home of Mrs. and Mrs. E. L. Knapp. The old traditions of "Twelfth Night" festivities were carried out with fine attention to detail. The huge cake was cut and Mrs. C. C. Page and Mr. Knapp secured the required symbols and were crowned king and queen of the revelry. The queen being named as hostess for the next "Twelfth Night" party. Professor F. S. Dunn gave a talk on the "Twelfth Night" illustrated with lantern slides. The dancing of the "Virginia Reel" was enjoyed, and then came the serving of refreshments, the piece de resistance being mince pie, which symbolizes prosperity and health during the year.

Krow Eldean Club Luncheon. The Krow Eldean club met at luncheon last Thursday at the home of Mrs. George Daneke in Irvington. Those in attendance were Mrs. Fred Macdonald, Mrs. W. T. Kirk, Mrs. S. Logan, Mrs. Mrs. C. T. Hoge, Mrs. George Casler and Mrs. Daneke.

Visiting Nurse Association Grateful. The members of the board of the Visiting Nurse association wish to thank through The Journal "the unknown" provider of a Christmas dinner, and also Mr. Martin for toys, fruit and nuts for the children. The association deeply appreciates their kindness.

Art Department Meeting. The members of the Woman's club who braved the storm on Friday afternoon to attend the meeting of the art department, felt well repaid for their efforts. Dr. Rebec delivered one of his finest lectures of the year on the subject "Venice, the Soul of the Flesh." So vivid was the art of Venice described that the audience felt for a moment that it was sunny Italy enjoying the wonderful paintings of Titian and other great Venetian painters. Dr. Rebec will lecture to the club, twice each month during the remainder of the club year.

Neighborhood Study Club. The Neighborhood Study club of Eugene was entertained last week by Mrs. L. W. Rowling, who will be hostess throughout the month of January. "Immigration" was the general subject, and Mrs. Harris and Mrs. McGinnis were in charge. Current events occupied a half hour. This week's meeting is in charge of Mrs. Kilpatrick and Mrs. Seeley, and child study will be the general topic.

Publicity Campaign Launched. The publicity campaign for the Y. W. C. A. in an effort to raise the remaining \$2000 of the annual budget was launched yesterday at a luncheon given for the 10 leaders and their helpers at the tea room of the association. Miss Jane Scott and Miss Matthews each spoke, briefly outlining the general plan which is to bring the value of the work of the association contributions will be voluntary. There was given a little play calculated to show good and bad methods of approaching prospective contributors, and from this much amusement and many excellent suggestions were gleaned.

The leaders in the publicity campaign are: Miss Carrie A. Holbrook, president of the association; Mrs. John A. Bell, Mrs. George W. Simons, Mrs. E. P. Northrup, Mrs. Charles T. Kamm, Mrs. J. Andre Poulhous, Mrs. Frank M. Warren, Mrs. Robert W. Lewis and Mrs. William H. Beharrell.

Club and Association Notes. The Mount Scott Mental Culture club will meet tomorrow afternoon at 2:30 with Mrs. F. M. Dobbs, 1133 Woodward avenue. Mrs. Thurston is

OSTEOPATHIC PHYSICIANS. Members Portland Osteopathic Ass'n.

Dr. Lillian, 930 Corbett bldg. Phone Main 227, 4-415. Dr. E. Lester, 415 Morgan bldg. Phone Main 423. Dr. Mabel Jane, 527 Morgan bldg. Phone Main 1829, East 5717. Dr. Lois M., 628 Pittcock bldg. Phone Broadway 320, M. 5911. Dr. A. A., 510 Sealing st. Phone 2112, 2122.

Dr. William G., 503 Taylor St. Phone Main 544, A-3444. Dr. E. H., suite 301 Morgan bldg. Phone Main 1114. Dr. M. F., 767 Morgan bldg. Phone M. 109, A-1709. Dr. Virginia, 513 Morgan bldg. Phone Main 187, M. 109.

Dr. Katherine S., 404-507 Journal bldg. Phone Mar. 1275, A-3031. Dr. S. G., 210 G. F. 203 Sealing bldg. Main 5102, 5-303. Dr. B. E., 208 Morgan bldg. Phone M. 345, E. 1024. Dr. S. G., 580 Pittcock bldg. Broadway 1072, Res. Taber 1946. Dr. Etta E., 521 Pittcock bldg. Broadway 1625, Main 3343.

Cross Currents. A Woman's Supreme Sacrifice.



Mrs. J. H. MacGregor, president Glenhaven Parent-Teacher association, which meets this afternoon.

In charge of the program, which will deal with Bernard Shaw.

Chapman Parent-Teacher association will meet tomorrow at 3 o'clock. There will be a good program and a full attendance of patrons is urged.

The Laurelhurst study club will meet next Monday afternoon at 2:30, with Brieux "The Red Robe," with Mrs. E. E. Watkins in charge will be discussed.

The Multnomah Parent-Teacher association will be held tomorrow afternoon at 3:15. There will be a program, also an exhibit of the needlework done by the girls of the school.

Chapter F of the P. E. O. Sisterhood will meet with the president, Mrs. George E. Willard, 361 Schuyler street, Thursday at 10:30. There will be a box lunch followed by initiation.

The Woodlawn Parent-Teacher association will meet tomorrow afternoon. The program has been prepared by the teachers and will include recitations and musical numbers by the pupils and address by Hopkin Jenkins, principal of the Jefferson high school to the parents and members of the graduating class on the "Cost of a High School Course." An urgent invitation is extended to all parents of pupils about to enter high school.

The Rose City Park Parent-Teacher association will meet Thursday afternoon at 2:45. Mrs. J. C. Elliott King, chairman of the school beautifying committee, will speak on "Art and School Beautification." There will also be an address by L. J. Kerchen, head of the department of manual training in the city schools. The children will give a short program.

The Self Culture club will meet Friday evening at 8 o'clock with Mrs. R. R. Rohr, 806 East Main street. An excellent program has been prepared.

PERSONAL MENTION. Mrs. C. D. Springstrom Guest. Mrs. C. D. Springstrom, of Seattle, called to Portland by the sudden death of her brother, George Day of J. K. Gill & Co., is a guest at the Portland.

Floyd L. Daggett. Floyd L. Daggett of Olympia, a member of the Washington state industrial commission, is a guest at the Multnomah.

Take Local Apartments. Mrs. John F. Forbis and Miss M. E. Forbis of Dilley, Or., have taken apartments at the Portland for the winter.

George W. Johnson, Dufur banker, is a guest at the Cornelius. M. J. Duryea of Ashland is registered at the Portland.

John W. Palmer, a Hood River orchardist, is at the Multnomah. G. E. Merwin, a Salem casket manufacturer, is at the Oregon. N. K. West of La Grande is at the Imperial.

Mr. and Mrs. M. L. Merritt and

COLUMBIA. 5th at Washington. Dizzy Heights and Daring Hearts. A Keystone Equal to the Submarine Pirate. WITH CHESTER CONKLIN as Chief Culprit ALSO the Big Griffith Production.

Cross Currents. A Woman's Supreme Sacrifice.

The Journal Woman's Calendar By Vella Winner.

CONTROLLING THE TEMPER. One cannot have good health unless he controls his temper. It is not only the great rages and violent bursts of anger that disturb normal functions, but also the habit of irritation and impatience.

There are some people who are entirely upset when the weather does not suit their plans, while there are others to whom scorched breakfast toast is a tragedy. The lack of poise that is manifested in constant fretting and fault finding has a very bad effect upon the health.

We are all familiar with the angry appearance of the human countenance—it shows in the eyes, the set jaws, the scowls, the frown or pallor of the face, the rigid body and clenched fists are additional signs of intense feeling. When one is very angry, his ears hum, and his muscles twitch; the knees feel weak, the mouth becomes parched, and he is nearly choked with wrath. Then comes the outburst.

It is easy to believe that such a condition of emotion profoundly affects the whole bodily economy, and this is precisely what happens.

The dry mouth, which is a symptom of great anxiety as well as of anger, is due to a sudden suppression of secretion of the saliva. In India, practical use was made of this fact in what was known as "the ordeal of rice." When several persons were suspected of crime, the consecrated rice was given them to chew, and this after a time was expectorated upon the leaf of the sacred fig tree. If anyone ejected it dry, that was taken as proof that fear of discovery had stopped salivary secretion and the person was found guilty.

MARSHMALLOWS. Soak one envelope in 10 tablespoons cold water. Boil one pint granulated sugar with 10 tablespoons water until it threads. Add gelatin to syrup and let stand until partially cooled. Add a few grains of salt, and flavoring to taste, beat with a whip until too stiff, then with a large spoon until only soft enough to settle into a sheet. Dust granite pans thickly with powdered sugar; pour in the candy about half inch deep, and set in cool place until thoroughly chilled. Turn out, cut in cubes, and roll in powdered sugar. This recipe will make 100 marshmallows, says Farm and Home.

Nuts, chocolate, or candied fruits chopped, may be added, or fruit juices in place of part of the water may be used—or the plain ones rolled in cocoanut before being sugared. Dates stuffed with this confection are good.

BEAUTY HINT. The lips are too frost to resist if they are left unguarded, and so it is well to rub camphor ice upon them before going out into the cold and biting winds. While cold cream can be used for the purpose, the camphor ice is better. Here is a fine recipe for camphor ice you can make at home: Refined mutton or lamb tallow two ounces, gum

ICAL EDUCATION FOR GIRLS," speaker Dr. Bertha Stuart. BE CAUTIOUS. Deliberate with caution, but act with decision; and yield with gracefulness, or oppose with frankness.—Colton. Will Be Tacoma Agent. J. L. Miley, city passenger agent of the O-W. R. & N., went to Tacoma last night to become city passenger agent for the company there. No one has yet been announced as his successor.

in the Portland city office. Mr. Miley has been passenger agent for about a year, having been promoted from the position of Pullman clerk in the city ticket office. Saved From Quicksand. Los Angeles, Jan. 11.—(P. N. S.)—Mired to his lips in quicksand, C. Vernago, 56, was saved from a horrible death early today when H. C. Seeley, a railroad man, heard his cries and after several futile efforts to save him, finally pried him out of the death pool with a long plank. Vernago told the police he must have walked into

the sand pit while asleep. He awoke with the water at his waistline and although screaming frantically for help, was unable to make anyone hear until Seeley happened along. Bellamy's Wednesday Special. Yakima Nettle Gem potatoes, each \$1.25. Cane sugar, 15 lbs., \$1.00; per sack, \$6.25. Beet sugar, 15 lbs., \$1.00; per sack, \$6.10. Hunt's peaches, pears and apricots, per tin, 15 cents. Ben A. Bellamy, grocer. Phone East 567 and H-1615. (Adv.)

GRAND PRIZE. Say "Gear-ar-delly's" Get Ghirardelli's. The grand prize award bestowed upon Ghirardelli's Ground Chocolate by the Panama-Pacific International Exposition is in exact accord with the judgment of more than a million homes, in which Ghirardelli's has long ruled in supreme favor. A daily cup of Ghirardelli's Chocolate is health giving, health sustaining, and always appealing to the appetite. The hermetically sealed can in which it comes is health-protecting. Order from your grocer today. D. GHIRARDELLI CO. San Francisco. Since 1852.

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