tomor

Club Activities BY VELLA WINNER

HE fifth and last of the series | George M. Nolan and Mrs. M. H. Mcof luncheons which have been given at the Chamber of Commerce by women interested in for a discussion of political matters. litics generally and men and meastres to be voted on at the coming elecparticularly, was held yesterday h an attendance of 120 men and officers were chosen: President, Mrs. Mrs. D. M. Watson presided Edward Gulick; vice-president, Mrs. G. and the following candidates spoke: D. Laugaard, legislature; W. T. Hume, dice V. Joyce; secretary Mrs. J. E. Smith; treasurer, Miss Frieda Latour-udge; A. G. Thompson, circuit judge; ette. As there will be no meeting in EDATEDNAL MOTES avid M. Dunne, delegate to national June, the officers were immediately inlican convention; Robert Tucker, stalled. For two years Mrs. Dana I ilt judge; David E. Lofgren, dele- | Wadsworth has done excellent work as the presiding officer of the associaate to Republican national convention; Irs. Robert Berger spoke on behalf tion, but on account of fliness in her family she declined to allow her name of her brother, E. A. Middlebrooks, county surveyor, and Mrs. Joseph W. Beveridge for her husband, who is a to be used at this year's election. The children of Miss Lawlor's room added to the pleasure of the afternoon with indidate for county clerk. The meeting was then thrown open for discus-a dramatized number.

These Tuesday luncheons have primaries and they have been largely in charge of the meetings Hackett Harkness will sing. Mrs. Ped-



Are Your Own Architect. RE you planning to build a home? quire physical and mental beauty. Both A If so, I dare say you are deep in the study of plans and sketches. should not make a lovely home, You want your home to be as pretty and attractive as well as staunch and strong. Are you equally interested in that more important structure, your

body? If you are building a home, you want its lines to be symmetrical and beautiful. You study the plans before you with this particular point in view. You are also anxious about the foundation, the roof, the plumbing, sanitary arangements and facilities for ventilating every nook and corner. You would not think of erecting a building that negligence. The same thing might be would fail to appeal to the eye. You want it to be beautiful as well as comfortable.

It is an important event in the lives of most people when they build their homes. The ambition to have a beautiful home is praiseworthy. It makes good citizens and good husbands and deal of time to the work of beautifywives. But an ambition to possess a beautiful body and physical strength and vigor are still more laudable. It cility to accomplish your object. nakes for happiness.

I have known people who spent many months on plans for their homes, but of health tint and animate your cheeks. sometimes these same people gave lit-Study yourself as you would the plans the heed to the possibilities of physical for a building, and give each detail that with the services of own architect when it comes to the conand knew architects, craftsmen and funds they struction of her own body. ould secure them. What some of them The plans for every building first did not seem to realize was that they take form in the mind. It is through could possess greater physical beauty diligent effort that they are finally through their own efforts, many could placed on paper and eventually mate-

have improved their health and ap- rialize. Plan for your physical health

construct beautiful homes-nor is there chosen goal.

We Journal Woman's

and butter allow about 22 rounds to a

Allowances.

lasses to the bottle; port, abou

Wine - Champagne, about seven here in August.

of butter for the loaf.

Meat

dry, and when syrup begins to thicken Machine Gun company will give an beat it into whites until mass holds its invitation dance at the Armory shape. Place by spoonfuls into cold row night. The members will be in Clung, and much credit is due them dishes, placing halved peach, pit down- citizens' clothes because they will be for making possible this open forum ward, in each dish. Pour a little of re- more comfortable that way. This comserved juice over each peach and set in mand has quite a large proportion of its members who are students in the

Fulton Park Election .- The annual meeting and election of officers of the MERCI, MONSIEUR! Fulton Park Parent-Teacher association If all the women can look as cute as some of their spring hats this is

FRATERNAL NOTES

Sons of Norway Will Celebrate Natal Anniversary Tonight.

whites of three eggs until stiff and

Norwegians Hold Rally.-Tonight the national day of Norway will be celebrated at the Masonic Temple by for the Sons of Norway, Grieg lodge No.

15. with music, speeches and dancing. Sunnyside to Meet .-- L. R. Alderman the candidates to be voted on at the dress the Sunnyside Parent-Teacher as- was 102 years ago, and no people have was 102 years ago, and no people have sociation tomorrow afternoon. Mesmore patriotic pride in their country attended and greatly enjoyed. The dames Fred L, Olson and Marguerite and race than the people of Norway. The overture by Nelsen's orchestra consists of Mrs. D. M. Watson, chair-man; Mrs. P. Gevurtz, Mrs. E. F. Japanese play in costume. Reports of tion. Emil P. Slovarp will welcome the guests as president of Grieg lodge.

The Norwegian Singing society will render several selections of patriotic Norse songs. Professor J. O. Hall will deliver an address in Norwegian. Senator A. B. Cummins, of Iowa, will

speak on the subject: "The True Spirit of Nationalism." There will be a such a sign when they attempt to a There will be a number of choice musical selections, readings and recitations. The program When you have a lovely home, you will conclude by the audience singing "My Country, 'Tis of Thee." Dancing should not mar its beauty by your physical appearance. An untidy housewill occupy the remainder of the evevife who is careless about her comning

plexion and indifferent to her general No Quorum at Boseburg .- John F. appearance does not grace a home. On Hall, grand master; E. E. Sharon, grand the contrary, she disfigures it.

Those who have had experience know triarch, and a few other officials of observation cars to allow unobstructed that after the home is erected persistthe grand lodge and the grand encamp- view of the scenery. This would alent care is necessary to keep it in good ment of the I. O. O. F., are in Rosecondition. You may occupy the prettiburg this week. The resolutions of tion, walk along the Columbia river est house in town, but you will have to the two grand bodies last year set highway to another and take the train pay close attention to its upkeep or the dates of May 16, 17 and 18 for on return from there. it will soon show the results of your

said of the pretty woman. She may have natural beauty that has been cullivated to a high degree, but as soon as it is neglected it begins to vanish.

Look upon your body with the same dates originally set interferred with way. interest that you take in the building you occupy as a home. Devote a great ing it. Go about the work in a systematic way and use every possible fawas authorized.

First Moonlight Excursion,-George Let beautiful thoughts illuminate Washington camp, W. O. W., is first your face, and red blood and the spirit in the hearts of those who delight in

moonlight steamboat excursions, for which Portland is celebrated. This Powers, traveling freight and passenger agent of the Oregon Electric, rethe heed to the possibilities of physical for a building, and give each detail which rotanization has chartered turned from his honeymoon trip, to culture. They wanted beautiful homes your attention. Every woman is her fraternal organization has chartered turned from his honeymoon trip, to the first steamer of the season for find himself slated for a trip through this form of social enjoyment, and the Willamette valley as convoy every member of its efficient degree Professor Thomas Shaw. the agriculteam is a booster for it. The steam- tural expert. Professor Shaw will hold er Joseph Kellogg will leave Wash-ington street dock at 8 p. m. on the orchardists on the subject of general

ington street dock at 8 p. betterment of farming, particularly in night of Thursday, May 25. There will and beauty in the same way. Outline be dancing and plenty of music. The the raising of livestock. He has some It is no particular sign of vanity what you propose to accomplish, and number permitted on the steamer is ideas in particular on the feeding of when men and women show anxiety to then exert all your efforts to reach the limited to 280, and those intending to hogs so that cheaper pork may be

44 pieces and allow about six ounces with efforts being made to properly for tourists. The descriptive articles

Order of Moose will have a class to

initiatate tonight at the regular meet-

ing in Moose hall. It is expected to

participate should secure their tickets produced, Park Bulletin Issued .- "Glimpses of National Parks" is the title of a gov-Pythian Sisters Wanted. - Mrs. Phebe Abel, phone Main 3539, would ernment bulletin just issued by the like to get into communication with department of the interior and being all Pythian Sisters not attached to any given wide circulation through the Portland temple. Mrs. Abel is most passenger departments of the railexcellent chief of Orphia Temple, of roads. Every national park is described, together with the routes of this city, and anxious to have all memquatern loaf. Cut each in half to make bers of the order combine at this time reaching it and the accommodations

receive the supreme temple, meeting were written by Robert Sterling Yard.

Bed Time Tales.

Kitty Lou's Drink. V ITTY LOU, the pretty little gray

house cat, looked at her clean,

Lincoln high school.

Machine Gun Armory Dance .- The

White drinking cup with disdain. Second Battalion Will Drill,-The "I'm so tired of drinking out of you Second battalion will hold a drill next all the time," she said, as she pushed the cup with her paw. "Other hittens Monday night at the Armory and company G, of Oregon City, is expected to participate. Major Eugene Mosh-berger is to command. The major don't have to drink out of a freshlywashed white cup-they can drink out of anything they find. And I wish I formerly commanded company I at could, too.

Woodburn, but is now spending nearly all his time in Portland and devoting Now, anybody would have supposed attention to the Second battalion. that a dainty little gray kitten such

as Kitty Lou was would have much Company B Can Pitch Tents .-- Compreferred to drink out of a nice, clean pany B last night held drill in tent cup. In fact, she looked like a kitten pitching before going on the Armory loor for manual of arms. Two rival who would touch water from nothing teams will contest at the big B milielse. That simply shows how deceiving looks are! Kitty Lou, with every-thing heart could wish for, aspired for tary picnic in Oswego next Sunday. a prize in tent pitching. The picnic committee reports that there is a drink out of a puddle! But, dearie me! With the careful watching she received she had no chance to run and

ice at rifle shooting contested for either, for that matter!

tress went to visit her grandmother, and that left Kitty Lou free for the day; for all the grown folks of the house were too busy cleaning house

Special R. R. Service of adventure, wandered out into the

Formal request has been made by the special railroad committee of the chamber of commerce upon Frank W. Robinson, traffic manager of the O-W R. & N. Co., for installation of special train service between Portland and Multnomah Falls for the benefit of tourists and the public.

RAILROAD NOTES

It was suggested that hourly or ever more frequent service on Saturdays secretary; Robert Andrews, grand pa- and Sundays be provided, with open low tourists to get off at one sta-

Mr. Robinson . manifested appreciathe sessions, and while it is known that the sessions in fact will not con- tion of the opportunity. The commitvene until one week later, still the tee wants the service put on in ample grand officers are supposed to attend time for the Rose Festival to help and to adjourn for want of a quorum, care for the crowds expected at the and that is what they will do. . The dedication of the Columbia river high-

the celebrated Roseburg Strawberry festival and the more celebrated Oregon primary election. By vote of a majority of the lodges an adjournment

Traveling Passenger Agent to Act as Convoy to Agriculturist. Return From Wedding Trip.-W. P.

his most mannerly style. "Good morning," exclaimed what sort of a creature this might be).

Miss Cat "So?" said Mr. Garden Toad. "And to the alley. what may it be, may it be, it be?" And sure enough, there was some



to pay any attention to a mere kitten. So Kitty Lou, with a delightful sense garden to see if something wouldn't happen to her. mistake.

stepped into the garden path. Good morning! wish for, perhaps you will tell me where to find a drink,"

"In the alley, in the alley, in the alley behind the garbage pail," said Lou breathlessly (for she had no idea Mr. Garden Toad promptly, "I thank you, kind sir," replied Kitty Lou and, without waiting for further pleasant conversation, she darted back

And it did. Mr. Garden Toad was out taking his morning hop and he 'kplumped fear of the toad and had decided he right in front of Kitty Lou as she





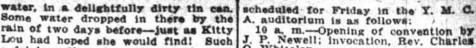
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P. Newell; invocation, Rev. Charles, Whiteley, 10:15-Keynote speech, Rev. A. L. drink as Kitty Lou did have! When her mistress came home, she im, temporary chairman; selection

found neat, tidy little Kitty Lou so of temporary secretary; appointment of committees. dirty and muddy she hardly knew her -but so contented and happy looking she hadn't the heart to scold. Tomorrow-"Billy Robin's Sharp

11:45-Election of permanent offi-cers; speech from permanent chair-man; lunch adjournment.

10:40-Symposium of county work. 11:30-Preliminary report of resolu-tion committee and brief memorial service in honor of I. H. Amos. Program for State

Parts of Oregon Will Assemble at Y. M. C. A. Priday.

Eyes."

ron

M. C. A. Friday. The tentative program of the Ore-Prohibition state convention Prohibition state convention Transation and the Ore-Prohibition state convention Transation and the Ore-Transation and the Ore-Transati The tentative program of the Ore-



hunt for dirty puddles-or clean ones, "Good morning, Miss Cat," said he, But one morning Kitty Lou's mis-in his most mannerly style, "Kitty Lou, if you please," teplied the little kitten. "May you have everything you want in the world, Kitty Lou, Kitty Lou, Lou," said Mr. Garden Toad, trying gallantly to make up for his first "Thank you," answered Kitty Lou who by this time had lost her first must be a very nice creature. "Then, if you want me to have everything I

"Good morning! Good morning, Miss Cat," said l.e, in

'Only, if you please, my name is not



through cheesecloth. Take out one- but it is hoped to get out at least half cup and cool remainder. Beat 10 more than the 33 Sunday.

USEFUL THINGS TO KNOW claret, about five; sherry, about 10;

By Vella Winner.

alendar

hock, graves, sauterns, about six. The following tables of quantities and allowances will be useful to housepaste in your recipe book:

Quantities.

Tea-Six teaspoonfuls to one ounce, One pound for 60 to 70 people, if tea- for eating and cooking. nots are used. Considerably less if bags of tea are placed in urns.

Coffee (ground) - One full tablespoonful for each person. One pound for 25 to 30 persons; less when made milk is drunk alone) for all purposes. in large quantities.

Sugar-One pound for about 50. The head per week, lumps should be cut small. Milk-Half a gill per head. One pint for about 12 people is enough for tea. For coffee the full half a gul per head. Cream—One pint for about 25 people. week Potatoes-About three and one half pounds per head per week.

Cup or lemonade-About half a pint per head. Bread and butter-One and one quar-

ter pounds to one and one half pounds of butter to three quartern sandwich loaves. This makes enough thin bread and butter for 100 persons.

Sandwiches-Ditto. Large cakes-One alice to two persons.

Small cakes-Three to two persons (this is for afternoon parties). Ices-About 10 helpings to one quart Soup-One third of a pint per head. Fish-Allow about one fourth pound

uncooked per head. Creams and jellies-Eight to 10 help ings to a quart mould.

Cutlets-There are seven cutlets on neck of lamb or mutton.

These quantities are a correct average; but one person will use more but-

softened by placing the plate over a basin of boiling water. For children's parties far more milk is needed than for grown-up people. When catering for school treats and

fee and to allow nearly double the blespoons gelatine in one-half cup cold

you want.



When catering for school treats and entertainments, it is usual to use cof-fee essence rather than ground cof-to become hot. Dissolve two level taquantity of sugar needed for an ordi-nary afternoon party. For thick bread until gelatine is dissolved, then strain

LEAVENING

You'd think so if you baked with

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MAGIC

Baking Powder

It's a sure dough raiser, and that's what

One pound 25 cents-all grocers.

be a well attended meeting. There will Three quarters pound, unkeepers and cooks. Cut them out and cooked and with bone per head per day. be a large number of applications for Butter-One half pound per head per membership proposed. week for eating. Expect Becord Attendance. - The Sugar-One pound per head per week Maccabees of Portland expect to have a record attendance tomorrow night,

early.

Tea-One (uarter pound per head per at their big get together review in K. of P. hall. There will be special Milk-Three quarters of a pint per drill an head per day (for adults and not if supper, drill and degree work, followed by a

Jam-One pound per head per week. NATIONAL GUARD NOTES Bread-About one quarter loaf per

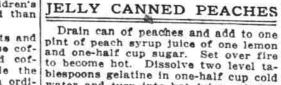
Busy

Cheese - One pound per head per Company E Will Recruit to 100 Men Very Shortly.

Company E. Want 100 .- Company E

has 73 men on its roll and last night CURRIEDPOTATOES Cook one held a social smoker after drill attableby Major Eugene Moshberger, tended spoon chopped onion in two table-Captain Porter and Lieutenants Feldspoons butter until yellow, add six man and Cook. Efforts will be made diced cooked potatoes, sprinkle with one teaspoon curry powder, one tea-spoon salt and one-fourth teaspoon to secure recruits to run the muster up to 100 before June 15, and Major Moshberger made a talk telling how it can be done. Company E sweeps the field at athletic contests and is active night there will be an examination for

Battery A Will Practice,-Battery A, Field artillery, is to have mounted drill and gun carriage practice next Sunday at Clackamas, and Captain C.



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The one powder perfected under such a process as to impart the fresh bloom of girlhood without a trace of artificial-ity. It does not rub or blow off. You are sure of a charming complex-ion at all times-regardless of strong lights or the effects of perspin-ation. The scent enhances its refinement.

50c Everywhere White, Pink, Flesh, Cream Our "On Trial" Offer Purse size box and mirror weeks' empply of Carmen (state shade) and full sice box of Carmen Eouge (light or dark) ent prepaid for sic. If only purse size box of Carmen Powder and mirror are wanted send only 100



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Woman Needs All Her Strength

The woman who has a bad back is in constant pain, for her work must be attended to just the same. Any other member of the family would have prompt and loving care, but the mother is inclined to neglect her own ills. So, many a woman who needs all her

ealth and strength to stand the work and worry of keeping house becomes a chronic kidney sufferer.

Don't neglect a backache, lame back, Don't neglect a backache, lame back, disordered action of the kidneys, dis-ziness, headaches and blue or nervous spells. Probably it's all the result of kidney weakness. Women all over the world recommend Doan's Kidney Pills for just these troubles, and weak, deli-cate women can take them freely, for Doan's contain no harmful, poisonous or habit forming drugs. They act quickly and do lasting good.

Portland Proof:

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eratt



