

Club Activities BY VELLA WINNER

The fifth and last of the series of luncheons which have been given at the Chamber of Commerce by women interested in politics generally and men and women particularly, was held yesterday with an attendance of 125 men and women. Mrs. D. M. Watson presided and the following candidates spoke: O. Laugaard, legislature; W. T. Hume, circuit judge; George Tazewell, county judge; A. G. Thompson, circuit judge; David M. Dunne, delegate to national republican convention; Robert Tucker, circuit judge; David E. Loggren, delegate to Republican national convention; Mrs. Robert Berger spoke on behalf of her brother, E. A. Middlebrooks, county surveyor, and Joseph W. Beveridge for her husband, who is a candidate for county clerk. The meeting was then thrown open for discussion. These Tuesday luncheons have served to introduce practically all of the candidates to be voted on at the primaries and they have been largely attended and greatly enjoyed. The committee in charge of the meetings consists of Mrs. D. M. Watson, chairman; Mrs. F. D. Whiting, Mrs. E. F. McKay, Mrs. B. A. Whiting, Mrs.

Beauty Chat BY LILLIAN RUSSELL

Are You Own Architect. Are you planning to build a home? I dare say you are deep in the study of plans and sketches. You want your home to be as pretty and attractive as well as staunch and strong. Are you equally interested in the 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 are also anxious about the foundation, the roof, the plumbing, sanitary arrangements and facilities for ventilating every nook and corner. You would not think of erecting a building that would fall to appeal to the eye. You want it to be beautiful as well as comfortable.

It is an important event in the lives of an people when they build their homes. The ambition to have a beautiful home is praiseworthy. It makes good citizens and good husbands and wives. But to possess a beautiful body and physical strength and vigor are still more laudable. It makes for happiness.

I have known people who spent many months on plans for their homes, but sometimes these same people gave little heed to the possibilities of physical culture. They wanted beautiful homes and knew that with the services of architects, craftsmen and funders they could secure them. What some of them did not seem to realize was that they could possess greater physical beauty through their own efforts, many could have improved their health and appearance.

It is no particular sign of vanity when men and women show anxiety to construct beautiful homes—nor is there

through cheesecloth. Take out one-half cup and cool remainder. Beat whites of three eggs until stiff and dry, and when syrup begins to thicken beat it to whites until meringue holds its shape. Place by spoonfuls into cold dishes, placing halved peach, pit downward, in each dish. Pour a little reserved juice over each peach and set in cool place until wanted.

MERCY, MONSIEUR!
If all the women can look as cute as some of their spring hats this is going to be a better world right away.—Le Boulevardier.

FRATERNAL NOTES
Sons of Norway Will Celebrate Natal Anniversary Tonight.

Norwegians Hold Rally.—Tonight the national day of Norway will be celebrated at the Masonic Temple by the Sons of Norway, Grieg lodge No. 18, with music, speeches and dancing. The date of Norway's independence was 102 years ago, and no people have more patriotic pride in their country and race than the people of Norway.

Chamber Requests Special R. R. Service

Special 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
Traveling Passenger Agent to Act as Convoys to Agriculturist.

Return from Wedding Trip.—W. P. Powers, traveling freight and passenger agent of the Oregon Electric, returned from his honeymoon trip, to find himself suited for a trip through the Willamette valley as convoys to Professor Thomas Shaw, the agricultural expert. Professor Shaw will hold a series of meetings with farmers and orchardists on the subject of general betterment of farming, particularly in the raising of livestock. He has some ideas in particular on the feeding of hogs so that cheaper pork may be produced.

Pythian Sisters Wanted.—Mrs. Phebe Abel, phone Main 3539, would like to get into communication with all Pythian Sisters not attached to any Portland temple. Mrs. Abel is most excellent chief of Orpha Temple, of this city, and anxious to have all members of the order combine at this time with efforts being made to properly receive the supreme temple, meeting here in August.

Moose Busy Tonight.—The Loyal Order of Moose will have a class to initiate tonight at the regular meeting in Moose hall. It is expected to be a well attended meeting. There will be a large number of applications for membership proposed.

NATIONAL GUARD NOTES
Company E Will Recruit to 100 Men Very Shortly.

Company E. Want 100.—Company E has 73 men on its roll and last night held a social smoker, after drill attended by Major Eugene Mosberger, Captain Porter and Lieutenants Feldman and Cook. Efforts will be made to secure recruits to run the muster up to the number of 100. Major Mosberger made a talk telling how it can be done. Company E sweeps the field at athletic contests and is active in other lines as well. Next Monday night there will be an examination for corporal, with several applicants filed.

Battery A Will Practice.—Battery A, Field artillery, is to have mounted drill and gun carriage practice next Sunday at large number of 15, and Captain C. W. Helms is urging every man and officer who can do so to attend. There is no compulsion in the matter.

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In your vanity case—a light touch now and then and your complexion is cool and clear.

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It is invisible. It is adherent and lasts for hours. Three shades—white, flesh and brunette.

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Bed Time Tales BY CLARA INGRAM JUDSON

Kitty Lou's Drink.
KITTY LOU, the pretty little gray house cat, looked at her clean, white drinking cup with disdain. "I'm so tired of drinking out of you all the time," she said, as she pushed the cup with her paw. "Other kittens don't have to drink out of a freshly-washed white cup—they can drink out of anything they find. And I wish I could, too!"

Now, anybody would have supposed that a dainty little gray kitten such as Kitty Lou was would have much preferred to drink out of a nice, clean cup. In fact, she looked like a kitten who would touch water from nothing else. That simply shows how deceiving looks are! Kitty Lou, with everything heart could wish for, aspired for a drink out of a puddle! But, dearie me! With the careful watching she received she had no chance to run and hunt for dirty puddles—or clean ones, either, for that matter!

But one morning Kitty Lou's mistress 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 to pay any attention to a mere kitten. So Kitty Lou, with a delightful sense of adventure, wandered out into the garden to see if something wouldn't happen to her.

Mr. Garden Toad was out taking his morning hop and he "plumped" right in front of Kitty Lou as she stepped into the garden path. "Good morning," said Kitty Lou, in his most mannerly style. "Good morning," exclaimed Kitty Lou breathlessly (for she had no idea what sort of a creature this might be). "Only, if you please, my name is not Miss Cat."

"So?" said Mr. Garden Toad. "And what may it be, may it be?"

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212 FIFTH AVENUE, NEW YORK

water. In a delightfully dirty tin can. Some water dropped in there by the rain of two days before—just as Kitty Lou had hoped she would find! Such a drink as Kitty Lou did have!

When her mistress came home, she found neat, tidy little Kitty Lou so 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 Eyes."

Program for State Convention Ready

Prohibition Delegates From Various Parts of Oregon Will Assemble at Y. M. C. A. Friday.

The tentative program of the Oregon Prohibition state convention scheduled for Friday in the Y. M. C. A. auditorium is as follows:

10 a. m.—Opening of convention by J. P. Newell; invocation, Rev. Charles O. Whiteley.

10:15—Keynote speech, Rev. A. L. Crim, temporary chairman; selection of temporary secretary; appointment of committees.

10:40—Symposium of county work.

11:30—Preliminary report of resolution committee and brief memorial service in honor of I. H. Amos.

11:45—Election of permanent officers; speech from permanent chairman; lunch adjournment.

1:45 p. m.—Opening of afternoon session; report of credentials committee; report of organization committee.

2:00—Report of platform committee.

2:00—Report of state secretary; report of finance committee; address by Rev. F. W. Emerson.

4:00—Report of nominating committee.

4:30—Congressional caucuses.

7:45—Evening session; unfinished business; "Scope of Woman's National Prohibition Federation," Mrs. A. W. Truh; address, Rev. F. W. Emerson.

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You, Too Should Use This Wonderful Beautifier

Women who desire a complexion that will be admired and not questioned cannot be too careful of the powder they use. Ordinary face powders (no matter how fine they may seem in the box or between the fingers) are disappointing under the real test—on the face.

Such powders deaden the skin with a lifeless hue. Or they do worse—bespeak "make-up." To use them is to be haunted by the fear that they will fail you any minute—in the wind, in the glaring light or in the heat of the dance. There is one complexion powder that stands every test—

Carmen Complexion Powder

The one powder perfected under such a process as to impart the fresh bloom of girlhood without a trace of artificiality. It does not rub or clog. You are sure of a charming complexion at all times—regardless of strong lights or the effects of perspiration. The scent enhances its refinement.

50c Everywhere
White, Pink, Flesh, Cream

Our "On Trial" Offer: Purse size box and mirror (with supply of Carmen Complexion Powder) sent free to you on receipt of 10c. (Only good on one box of Carmen Powder and mirror are valued 50c each 10c silver and no shipping charges.)

STAFFORD-MILLER COMPANY
507 Olive Street, St. Louis, Mo.

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 ill.

So, many a woman who needs all her health and strength to stand the work and worry of keeping house becomes a chronic kidney sufferer.

Don't neglect a backache, lame back, disordered action of the kidneys, dizziness, 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 these troubles, and weak, delicate women can take them freely, for Doan's contains no harmful, poisonous habit-forming drugs. They act quickly and do lasting good.

Portland Proof:
Mrs. J. M. Wild, 590 Raleigh street, says: "I took Doan's Kidney Pills about four years ago and found relief from back ache and other annoyances, due to kidney weakness. On any occasion since, as the result of a cold or overwork, I have felt a return of backache or pain in my joints. I have used Doan's Kidney Pills and they have not only rid me of these troubles, but they have made me feel better in every way and have toned up my kidneys. I have not needed any in the past year or more.—(Adv.)"

"I'm so nervous I could scream."

DOAN'S KIDNEY PILLS
Sold by all Dealers. Price 50c. Foster-Milburn Co. Props. Buffalo, N. Y.

The Journal Woman's Calendar

USEFUL THINGS TO KNOW

The following tables of quantities and allowances will be useful to housekeepers and cooks. Cut them out and paste in your recipe book:

Quantities.
Tea—Six teaspoonfuls to one ounce. One pound for 60 to 70 people, if tea-pots 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 in large quantities.
Sugar—One pound for about 50. The tumps 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 gill per head.
Cream—One pint for about 25 people. Cup or lemonade—About half a pint per head.
Bread and butter—One and one-quarter pounds to one and one-half pounds of butter to three quarter sandwich loaves. This makes enough thin bread for 100 persons.
Sandwiches—Ditto.
Large cakes—One slice to two persons.
Small cakes—Three to two persons (this is for afternoon parties).
Jelly—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 helpings to a quart mould.
Cutlets—There are seven cutlets on a neck of lamb or mutton.
These quantities are a correct average, but one person will eat more butter than another when cutting. Bread should be one day old and the butter 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 entertainments, it is usual to use coffee essence rather than ground coffee and to allow nearly double the quantity of sugar needed for an ordinary afternoon party. For thick bread

LEAVENING MAGIC

You'd think so if you baked with

CRESCENT Baking Powder

It's a sure dough raiser, and that's what you want.

One pound 25 cents—all grocers.