

P. E. O. Convention Big Week's Event

Delegates From Afar. The outstanding event of the week in the women's circles in Oregon is the fifth annual convention of the Oregon grand chapter of the P. E. O. Sisterhood, which opens Tuesday afternoon in the social temple of the First M. E. church with a meeting of the executive board.

CANDIDATES FOR PRESIDENT OF GENERAL FEDERATION



Left to right—Mrs. Samuel B. Sneath of Tiffin, Ohio, who is being favored by the eastern club women for president of the General Federation of Women's Clubs; Mrs. Josiah Evans Cowles of Los Angeles, choice of the western women for president of the federation.

AN AID TO GRACE

By Anna Louise Shafer.

When a woman has learned the full value of correct posture as an aid to health as well as an indication of grace, she will not find her household duties so much of a drudgery, but rather a profitable way of getting the muscular exercise which is absolutely essential to perfect vitality.

Muscles are most frequently robbed of their amount of activity, which is the reason why the fat so often settles around the hips and waist. Household work, with the freedom which it affords, gives one of the best opportunities for restoring the activity of those muscles.

Hold the body erect from the hips, always. When you have occasion to reach up, make the reach with the waist muscles, not simply with the arm, which is apt to give a strain on the abdominal muscles, if the torso is settled down on the hips, as it so frequently is.

THE SECOND SUMMER

By Gertrude Myers-Myers.

Tradition teaches that the second summer is the most critical period in an infant's life. This is partly truth and partly superstition.

Babies who have been breast fed early and under clean, sanitary conditions have nothing to fear from the second summer. However, the babies who are merely struggling along with stomach and bowel troubles, unable to survive the second summer, not because the conditions of its life are such that it would be unable to survive any other hot season.

During the summer months the food is more apt to become contaminated. The hot weather encourages the growth of germs in the milk and other food which is given the children. When the infected food is taken into the stomach the germs are apt to produce stomach and bowel troubles, which condition is commonly called "summer complaint."

It is not advisable to suddenly wean a child during the hot weather, because when the milk is suddenly changed a slight disturbance in digestion is apt to follow. This disturbed condition of the stomach is greatly aggravated if the food is not clean and free from disease germs.

It is far better to wean a child gradually, beginning a few weeks sooner, so that by the time the hot weather season is on the child has had a chance to readjust its digestive organs so as to be able to handle the new form of food without producing any ill effects.

Use Certified Milk. It must be remembered, however, that even though there is no trouble the greatest precautions must be used during the hot weather, as without very much provocation trouble is apt to develop.

If possible never feed any milk except certified, or milk which is absolutely known to have been collected from healthy cows under sanitary conditions. If ordinary milk must be used it should be pasteurized or boiled, especially during the hot months.

Our great enemy, the fly, plays an active part in contaminating milk. All babies' food should be kept in closed containers on ice, and hot food should be served in any vessel which has not been previously sterilized by boiling. A bottle which has been partially emptied should never be kept until the next feeding, unless its contents are sterilized and again served in a sterilized bottle and nipple.

The second summer need no longer be a thing to look forward to with dread or with fear if intelligent care is given the child, the food is clean and the clothing properly selected.

RECIPES THAT APPEAL

Suggestions to Housewife.

Neapolitan Soup.—Neapolitan soup may be made or not, according to the occasion for which it is required. Cut into pieces the heart of a small cabbage and chop half a beet root, two turnips, two carrots, a lettuce, quarter of a stick of celery and a bunch of parsley. If all these are not available at the same moment, use as many as you can.

Add salt to taste and a quart of either stock or water, and stew over a

slow fire for an hour. Strain and serve with tiny bits of fried bread.

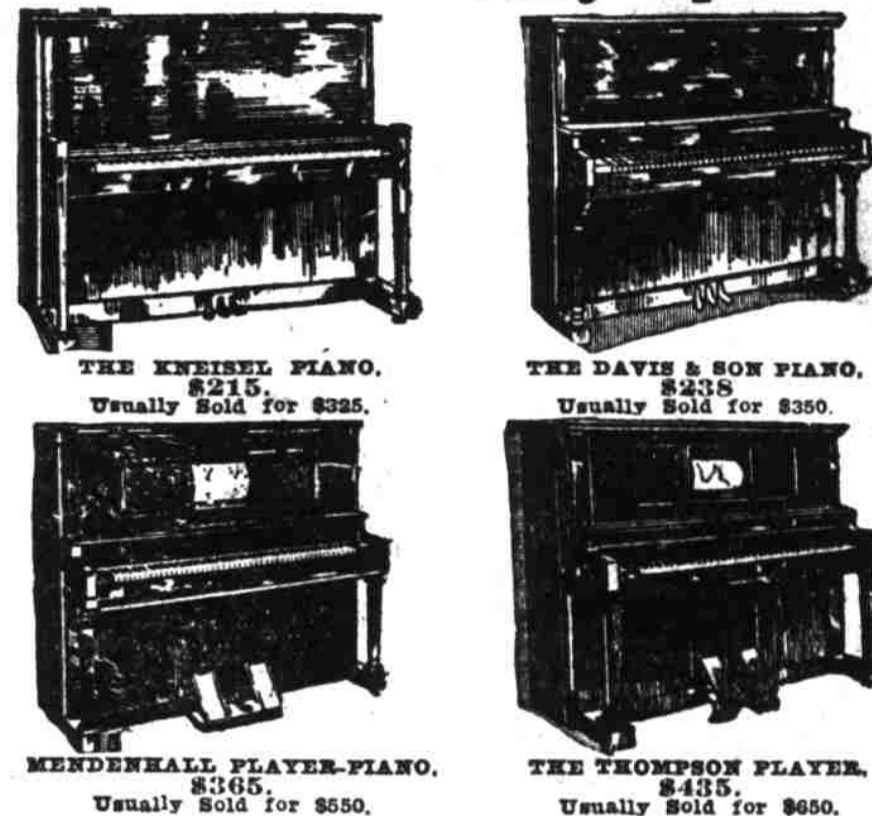
Index for Recipes.

The day of the old-fashioned cook-book is on the wane. In the first place, most cookbooks are filled to overflowing with a lot of recipes that no housekeeper wants, and that few housekeepers can afford to follow.

In its place, especially since so many newspapers and publications print good recipes daily, has come the card index of cookery.

The new plan saves time, space and annoyance. In the first place, it does not require you to keep recipes for anything you don't like. Again, you don't have to thumb through a book for what you want, and then, when you do find it, prop the book open on the kitchen table while you laboriously follow its directions.

Only 3 More Days Four Anniversary Specials



A \$5 First Payment

This is the store that is making war on the barter and haggle of the trade, on the sliding scale of prices, on all its vicious customs and traditions. It began building in a new way, making one fixed price to all, and that without the 8 per cent interest charged by other piano stores.

BRINGS THE PIANO TO YOUR HOME. BALANCE PAYABLE \$1.25 WEEKLY OR \$6 MONTHLY. SPECIALS AND BACKS UP EVERY STATEMENT MADE BY ITS GUARANTEE.

Advertisement for Schwan Piano Co. featuring various piano models like 'METEOR', 'ECLIPSE', 'FAVORITE', 'JEWEL', 'BABY REGENT', 'LEADER', 'MIGNONETTE', and 'NONFARL'. Each model is accompanied by an illustration and its price/weekly payment.

Schwan Piano Co. \$12,000,000. Manufacturers' Coast Distributors, 111 Fourth Street, at Washington.



The Test of Time

It is nearly forty years since Mrs. Lydia E. Pinkham first prepared a botanic remedy for her women neighbors who suffered with ills peculiar to their sex. The roots and herbs—the same as are used today—she steeped on her kitchen stove.

Lydia E. Pinkham's Vegetable Compound

Thousands upon thousands of such letters as the three following tell why this famous medicine has stood the test of time.

Maryland Woman Testifies. Cambridge, Md.—"I wish all women who suffer from female troubles would take Lydia E. Pinkham's Vegetable Compound and be convinced of its worth as I have been."

Wisconsin Woman Testifies. Milwaukee, Wis.—"Before taking Lydia E. Pinkham's Vegetable Compound I was a physical wreck. I had been going to a doctor for several years but he did me no good."

Ohio Woman Testifies. Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash."

Every sick woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial, for it cannot harm her, and there is great reason to expect that it will completely restore her health.

FRECKLE-FACE

Madame Nature flings off her furry mantles of snow, puts on a brand new spring frock and twines flowers in her hair. Go to it, woman, and do likewise.

Advertisement for Southern Pacific Lines, featuring 'ATTENTION! I. O. O. F.' and '8th annual Strawberry Carnival' with dates and times.