Club Activities

BY VELLA WINNER

ALTHOUGH the annual meeting of the National Society of the Daughters of the American Revolution is yet four months off, the political pot has begun to bubble quite vigorously, in the middle western and eastern states, where candidates for the office of president general are already at work. One of the most active candidates is Mrs. John Miller Horton, for 15 years regent of the Buffalo chapter who, it will be remembered, was the defeated candidate, four years ago, when Mrs. William Cummings Story was elected for the first time. Mrs. Horton recently returned from an extensive southern tour in the interests of her candidacy and on her return opened headquarters in Washington, where the annual meeting invariably is held. One of her first political moves was the entertainment at the Hotel Willard of the officers of the district society of the D. A. R. and the regents of chapters in and near Washington. Mrs. Horton is a very wealthy woman and it is expected that a great deal of money will be spent in her campaign.

Another wealthy candidate is Mrs. Georfe Thatcher Guernsey of Independence, Kan., where she has been state regent for nine years. Mrs. Guernsey is one of the best known D. A. R. women in the country and was a candidate for the office of national presiding officer, two years ago, when Mrs. Story was reelected.

A third candidate is Mrs. George C. Squires of Minnesota. It is thought by many that Mrs. Squires is the candidate of the administration, as it will be remembered she accompanied Mrs. Story on her western trip last year.

Mrs. Robert Lansing, wife of Secretary of State Lansing, is another active candidate. She is known to have a large following. Her mother at one time was president general of the organization.

This political situation is of great interest to the Oregon Daughters, of whom there are 359 affiliated with the chapters of the state. Multnomah chapter has 120 members; Willamette, 95; Eugene, 50; Salem, 40; Dallas, 12; The Dalles, 12; Albany, 30. Mrs. Isaac Lee Patterson, state regent, will attend the national meeting and it is possible there may be other delegates. If any instructions are given the delegates they will be given at the state meeting to be held in March in Eugene, but it is likely that the delegates will go unhampered by instructions.

Roseburg Basket Club.—The ladies of the Basket club of Roseburg enjoyed a happy event on Monday afternoon, when they were cordially entertained by Mrs. D. Houston, at the home of her sister, Mrs. P. M. Mathews, on East Douglas street. The afternoon was spent with basket weaving, chatting and reading Harold Ben Wright's "When a Man's a Man." They had just completed "The Eyes of the World," by the same author. When the afternoon neared a conclusion, baskets and reading were laid aside and a delicious luncheon served at a daintily appointed table, attractively centered with a glowing bouquet of brilliant red carnations. Those present included: Mrs. George Kohlhagen, Mrs. W. H. Fisher, Mrs. Charles Selecman, Miss Frances Howell, Mrs. William Bell, Mrs. Marie Flint, Mrs. Guy Black, Mrs. Thomas Wharton, Mrs. Charles Parrott, Mrs. J. E. Enger, Mrs. P. M. Mathews and the hostess, Mrs Houston.

Albany Club Meets.—Delightful in every way was the afternoon spent with Mrs. Reynolds and Mrs. Coolridge, when they entertained the Wednesday club of Albany. Their home was beautifully decorated for the occasion with appropriate trimming, suggesting the Christmas season. In the dining room was a beautifully decorated Christmas tree, from which each member received a dainty present. After a short business session, needlework and conversation were the diversions until a late hour, when delicious refreshments were served by the hostesses, assisted by Mesdames Fisher and Beeson. Little Miss Lucile Reynolds entertained a number of her friends at a Christmas party along with the older guests. Each little guest received a large sack of candy and nuts from the pretty Christmas tree. Those enjoying the afternoon were the Mesdames Fisher, Beeson, Miller, Cox, Monroe, Huston, Cook, Barnes, Moreland, Allen, Reynolds, Coolridge, Conser, Gefeke, Custer, Smith and Lucile Reynolds, Edna Fisher, John Conser, Donald Moreland, Russel Smith,

Astoria Musical Club.—The Friday Musical club of Astoria, met with Mrs. Julien Coblentz. The Russian composers studied were Mussorgsky and Cesar Cui, and the program was under the leadership of Miss Faye Ball. The numbers were as follows:

Piano, "Mediation" (Mussorgsky), Miss Madge Fulton; song, "Chanson d'Enfant" (Mussorgsky), Mrs. A. A. Finch; paper, the opera "Boris Coduinoff," Miss Anna Campbell; piano, Prelude in A-flat (Cui), Miss Mildred Smith; song, "A Peasant Cradle Song" (Mussorgsky), Miss Gayle Roberts; paper, "Composers for the Day," Mrs. C. R. Higgins; song, "Morning" (Rachmainoff), Mrs. C. L. Houston; piano, (a) "Albumleaf" (Cui), (b) "Mediation" (Mussorgsky), Mrs. J. S. Dellinger. Two Tschaikowsky numbers were also given: Piano, "Chanson Triste," Mrs. C. R. Higgins, and duet, "Pathetique Symphony," Miss Faye Ball and Miss Madge Fulton.

Trinity Presbyterian Entertainment.—Something unusual was the entertainment given at Trinity Presbyterian church Friday evening. Beside the usual Christmas songs and recitations, was a beautiful pantomime by a young ladies' class, a wreath drill by the intermediate class of girls, which was very nice indeed. A "Mother Goose" playlet by a number of the children was well rendered. Every child and teacher was presented with a nice little basket of candy and nuts from a large Ferris wheel by Santa Claus himself. The wheel was beautifully decorated in evergreen and tinsel, and was a thing of beauty. An effort will be made to take the wheel to the Presbyterian Chinese mission for next Friday night.

Beauty Chat

BY LILLIAN RUSSELL

Be Fair to Yourself.

THE question of health and beauty rests with yourself. You may long for physical attractiveness and waste good moments in dangerous envying of others who enjoy life, health and happiness.

You may read many of the hundreds of books and special articles pertaining to the cultivation and preservation of health and long life. You may write letters asking for advice and receive it, given with the authority of research, study and practical experience, but it rests entirely with yourself whether or not you benefit by what you start to learn.

It is natural and commendable to desire to be charming and companionable to others. It is every woman's duty to herself and to those with whom she is associated to keep herself healthy, clean and attractive; in it there is nothing to be condemned, nothing that is reprehensible, nor contrary to purity and religious faith. Your condition is largely a personal affair of your own and cannot be accomplished by mere wishing. Reading of things that beautify and benefit does not make one beautiful nor better. Writing for advice does not improve you, unless you act promptly and conscientiously upon the advice and patiently persist in your efforts until success and satisfaction repay your work. The girl who asks for a formula for reducing her overabundant flesh wastes time in seeking advice if she does not resist the desire for liquids and sweets, but prefers to lie around the rooms rather than exercise. Such a girl condemns herself to oblivion. She cannot blame anyone but herself. Her only hope in life is firmness in carrying out directions for reducing flesh.

You have only to see the poor helpless turkeys being fattened for the holiday dinners to learn the lesson of fattening. Young and pretty girls pen themselves up and feed. They can expect nothing more nor less than what the poor turkeys get.

What is the use of desiring a fine, clear complexion if you will not consider it sufficiently when your eyes rest upon candies, pastry and drink? All pimples and facial eruptions are the effects of the stomach and blood. You know when you fill your stomach with rich candies that all that rich sweetness causes acid in the stomach. You know that white flour made into rich paste is indigestible and you know that liquor is overheating to the blood. Yet you will not pull yourself together and say "No" to those dangerous things when they are set before you. It is but a mind weakness and the women and fools who give in to temptations of the table confess a lack of ordinary common sense.

You spend hours reading about helpful health and beauty suggestions. You spend more hours writing for formulas and plans of exercise and diet. It is all time wasted if you place them before you and say, "Oh, well, I will begin tomorrow"; that tomorrow never comes. The flesh continues to accumulate, the pimples grow thicker and the indigestion grows more intense, until you are upon a sick bed and it is only by force, which costs a doctor's fee, that you are brought back to normal again.

I would advise all girls and women who desire to be healthy and charming to encourage those desires until their minds are so firmly set that there can be no changing, before they waste their time and the time of busy people who are studying and proving experiments in order to help them.

A weak and vacillating mind gets nowhere in this world. Study to steady your desires and purposes; cultivate firmness of character; be consistent and carry out each little act you start before you start another.

By that simple system, by degrees you will accomplish things in life. Many women and men start several things and finish nothing. One thing perfectly done proves the greatest possibilities.

How many persons start to learn music but fail to practice? How many start to learn a language but never study; start to be charitable but never give?

Be an entity in the world, not a nonentity.

Secure Tickets Now——

Clarence Eddy

Famous Organist, in grand recital Tuesday, Jan. 2, 1917

Columbia

Box Office Now Open.

At the Theatres

AMUSEMENTS

BAKER—Sixth, Broadway and Morrison. Dramatic stock, Alcazar Players, in "The Trail of the Lonesome Pine," 8:20 p. m.

BROADWAY—Broadway at Stark. Photoplays, Lois Weber's production, "Idle Wives" (Universal), featuring Miss Weber, Mary MacLaren, Phillips Smalley. Broadway Symphony orchestra, 11 a. m. to 11 p. m.

COLUMBIA—Sixth between Washington and Stark, photoplays, Douglas Fairbanks in the "Matrimaniac." (Triangle-Fine Arts) Columbia hiver highway scenic. Spanish costume scenic. Florence Rose fashion film, 11 a. m. to 11 p. m.

GLOBE—Washington at Eleventh. Photoplays, "The Green Cloak" (Kleine), featuring Irene Fenwick. Comedy and real life. 1 p. m. to 11 p. m.

HEILIG—(See Orpheum).

HIPPODROME—Broadway at Yamhill, vaudeville. Mlle Gillis, the lady Hercules. Second episode of the Pathe serial, "Pearl of the Army." 1:15 p. m. to 11 p. m.

LYRIC—Fourth at Stark. Musical comedy, "Three of a Kind." Added attraction, The Four Soos, Scandinavian comedians. 2 p. m. and 7 p. m.

MAJESTIC—Washington at Park. Photoplays, "Whom the Gods Destroy" (Vitagraph), featuring Alice Joyce. Comedy. Oregon Journal-Pathe News Weekly.

ORPHEUM—Broadway at Taylor. Vivian and Genevieve Tobin in "The Age of Reason." Rooney and Bent, novelty comedians. Orchestra, 2 p. m. and 8 p. m. Curtain 2:30 p. m., 8:30 p. m.

PANTAGES—Broadway at Alder. Vaudeville. "The Great Hardeen." Photoplay, ninth episode of "Lass of Lumberlands" (Mutual) featuring Helen Holmes. 2:30, 7, 9.

PEOPLES—Park at Alder. Photoplays, "Miss Jackie of the Navy" (Mutual), featuring Margarita Fischer. Black Diamond comedy, "A Villainous Pursuit" (Paramount). 11 a. m. to 11 p. m.

STAR—Washington at Park. Photoplays, Clara Kimball Young in "Common Law" (Selznick-Young). Norman Parrish in popular songs. 11 a. m. to 11 p. m.

STRAND—Park at Stark. Vaudeville. Feature, Emilie Michel, singer. Photoplay, "The Right to Be Happy" (Bluebird). 1 p. m. to 11 p. m.

ART MUSEUM—Fifth and Taylor. Hours 8 to 5 week days; 2 to 5 Sundays. Free afternoons of Tuesday, Thursday, Friday, Saturday and Sunday.

Hardeen as Amazing as Ever.

HANDCUFFS, leg-irons and other personal impedimenta of the incarcerated have no terrors for Hardeen, "King of Handcuffs," at the Pantages, this week. He slips out of chains, and straightjackets as easy as out of a dress shirt. Whether any in the audience yesterday expected enlightenment on Hardeen's methods to be of possible future value, would be hard to say, but suffice it to say, that all of the capacity audiences were amused and amazed.

John T. Doyle and Marion Willard-Doyle present an excellent sketch, with F. Cummings. "The Danger Line" is their thriller, depicting an election eve incident in which a wealthy capitalist commits murder.

The Osaki Japs render gymnastics and gaiety, in a novel manner. Spritely and dashing is the singing-dancing-jesting act of Wood, Melville and Phillips.

Joe Howard is here again with all of his old-time spontaneous merriment. Banjos and voices are the specialty of George F. Howard, Ross and Miss Kitty. Blending of harmoney is wonderfully performed by them. Helen Holmes, "A Lass of the Lumberlands," is in the ninth episode of her adventures.

Serial Has Serious Message.

Guy W. McConnell believes that the serial film version of his story, "Pearl of the Army," will demonstrate some of the steps that this country must take if it intends to continue upholding the Monroe doctrine. The border mobilization convinced Mr. McConnell that in spite of the widespread preparedness propaganda the United States was far from ready to meet a serious crisis. Through the exciting and mysterious incidents of the new Pathe serial there runs a serious message and that is, "America for the Americans."

PERSONAL MENTION

Pendleton People Here.

Mr. and Mrs. L. L. Rogers, Mr. and Mrs. S. R. Thompson and the Misses L. Rogers and Thelma Thompson comprise a Pendleton party at the Portland.

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A. N. Moore, Raipn D. Moores and Kenneth A. Moores are Salem visitors at the Oregon.

Fred Watson is registered at the Washington from Seattle.

W. Lair Thompson of Lakeview, member of the state senate, is at the Imperial.

G. H. Young of Bend, is at the Perkins.

George A. Beavis of The Dalles, is at the Cornelius.

J. R. Rickert of Medford, is at the Carlton.

E. K. Jones is a Coos Bay visitor at the Oregon.

Mr. and Mrs. Thomas R. Wann of Hillsboro, are guests at the Perkins.

Dr. and Mrs. George H. Hasinger of Kansas City, are at the Imperial.

Mrs. Joseph McCabe and Miss McCabe of Providence, R. I., are guests at the Portland.

C. G. Hemenway is registered at the Carlton from Eugene.

Rev. U. S. Crowder of Wasco, is at the Imperial.

Mr. and Mrs. C. Halling are guests at the Cornelius.

George A. Briscoe is an Ashland visitor at the Portland.

Thomas L. Bright of The Dalles, is at the Perkins.

J. O. Hamilton is a Grants Pass arrival at the Multnomah.

Mr. and Mrs. A. Neumann of The Dalles, are at the Washington.

R. C. Cloupek is a Pendleton visitor at the Imperial.

John R. Beegle of Ketchikan, Alaska, is at the Oregon.

N. E. Crow is registered at the Multnomah from Heppner.

W. G. Carroll of The Dalles, is at the Cornelius.

J. Percy Wells of Jacksonville, is a guest at the Portland.

Hardeen, handcuff expert playing at Pantages, is at the Imperial. He hails from Flatbush, L. I.

Mr. and Mrs. G. A. McGuire of Walla Walla, are at the Washington.

Mr. and Mrs. W. E. Dolde of Phoenix, Ariz., are at the Portland.

A. L. Dark is a Knappton arrival at the Multnomah.

Dr. and Mrs. L. E. Robinson of Camas, are guests at the Oregon.

F. J. Hart is a Centralia visitor at the Carlton.

Mr. and Mrs. Robert E. Miller of Lancaster, Pa., are guests at the Multnomah.

Wedding invitations. Klumpp's—326½ Washington st. (Adv.)

What Society Is Doing

BY NONA LAWLER

FOR Miss Ruth Fraley, whose marriage to Eldon Furnish will be an event of Thursday evening at the First Presbyterian church, many parties are being given.

Miss Louise Caswell invited a group of intimate friends of the bride-elect to her home in Overton street for luncheon today, covers being laid for eight. Tomorrow afternoon Miss Marguerite Templeton will give a tea in her honor.

Saturday afternoon Mrs. P. J. Mann presided at a most delightful luncheon for Miss Fraley. A color scheme of pink was cleverly carried out in all the appointments of the affair. Those circling the board were: Miss Fraley, Mrs. Jay R. Coffey, Mrs. Stuart J. Moore, Miss Louise Caswell, Miss Julia Platt, Miss Myrtle Smith, Miss Lavelle Young, Miss Margaret Hawkins, Miss Erma Keithley, Miss Marguerite Templeton and Miss Bernice Lucas.

For Miss Young.

Miss Lavelle Young, whose engagement to Wellington Gilbert of New Haven, Conn., was recently announced, will be the reason for a bridge party planned for tomorrow afternoon by Miss Edith Olds.

Heacock-Scott Nuptials.

An event of much interest to their many friends is the wedding of Ralph A. Heacock of Portland to Miss Valora Scott of Albany. The ceremony took place at the home of the groom's sister, Mrs. H. L. Turney in the Cromwell apartments. Rev. Homer L. Cox of the Friends church tied the wedding knot, using the ring ceremony. The wedding was simple, coming as a surprise, and only the relatives and a few friends were present. The bride is a charming girl and a talented musician. The bridegroom is an army man, having recently left the service, bearing several medals for good work. The couple will be at home to their friends at the Windsor apartments, East Fourteenth and Yamhill.

Kenton Club.

A dance and card party will be given by the women of the Kenton club Thursday evening, December 28. Mrs. James A. Barbour is chairman of the house committee, and Mrs. L. R. McGee is chairman of the entertainment committee.

Heights Club.

The Portland Heights club will give a basket picnic Friday evening, December 29. The women are to prepare attractive lunch baskets for two, tying on a blue ribbon if married and a white if unmarried. The old fashioned basket social is always much fun, and the members are looking forward to the event. The social committee is: Mrs. Jay Smith, Mrs. A. D. Charlton and Mrs. J. E. Davidson. The patronesses will include: Mrs. Lloyd Smith, Mrs. Chester V. Dolph, Mrs. L. C. Gilman and Mrs. Fred H. Page.

An interesting campaign for new members is being held this week, as the initiation fees are suspended until January 1.

Rex Conant Married at S. F.

San Francisco, Dec. 26.—Mrs. Aida May Dodge, daughter of Millard J. Laymance of Oakland, and Rex Hitchins Conant of Portland, were married yesterday in the Laymance home at noon. Mrs. Conant is a graduate of Mills college, Oakland.

Mr. Conant is the son of Mr. and Mrs. Edward Conant, and is an insurance man. He is a graduate of the University of California and a member of the Beta Delta Chi fraternity.

Following the ceremony, Mr. and Mrs. Conant left for the south for their wedding trip. They will make their home in Portland.

Entertainment at Rockaway.

Through the efforts of Miss Eleanor Spall and her pupils, the people of Rockaway, Ore., and nearby towns were treated to a surprise when they attended the Christmas tree party at the school house last Friday night.

Music and Christmas carols were furnished by Miss Spall and pupils, with old-time songs for the grown ups.

In the play room stood an enormous Christmas tree that C. W. Ross and Frank P. Miller decorated, loaded with presents by Mrs. Schrader and Miss Spall, and the gifts were distributed by G. A. Jones acting as Santa Claus.

Games were played by big and little later in the evening.

FRATERNAL NOTES

Double Installation of Officers Arranged at Masonic Temple.

Notable Masonic Gathering.—Tomorrow night the joint session of Portland lodge and Washington lodge, A. F. and A. M., will be held for the purpose of installing officers. A large gathering of members and visitors is expected at the Masonic temple, West Park and Yamhill streets.

The installing officers will be the fathers of the incoming masters, and it is expected that Will Moore of Pendleton, grand master of the Oregon grand lodge, and other grand lodge officers will be present. Sheriff Hurlburt will install his son, Raymond F. Hurlburt as master of Washington lodge and Henry E. Cowgill Sr. will install his namesake and son as master of Portland lodge. There will be short addresses from various prominent members and visitors.

T. B. A. Flourishing.—The Travelers' Benefit association, which was established in this city in November, has been receiving applications at a rapid rate and inquiries are coming in from traveling men from different parts of the Pacific coast. The association is not the same as the Travelers' Protective association, but is made up of many of its members and has headquarters with the T. P. A. at 310 Morgan building. Clyde Evans is secretary of both organizations. Each member will put into a reserve fund $1 a year, and the association will add to this 2 per cent of all collections. While not fraternal, in title, the organization is being made so in spirit and practice by raeson of prominent fraternalists being among its members and officers.

A Difficult Problem.—As in all large cities, the fraternal orders of Portland are finding it increasingly difficult to secure attendance at funerals. The attendance is difficult to secure in the case of well known members, and when strangers are to be buried a small committee often represents a large lodge. Efforts to secure committees from all the lodges of a large order works a hardship upon the small lodges. Men cannot afford to lose half a day's time to attend and the beautiful ritualistic ceremonies that most of the fraternities have for exemplification at the grave are too often hastened through by a small gathering, in which the undertakers and their assistants form the majority of those present. The problem is a difficult one to solve.

Christmas Tree Partners.—The Loyal Order of Moose will go partnerships with the Knights and Ladies of Security in the big Christmas tree in the hall in the Royal building. The Moose will have their social and celebration tomorrow night, and on Friday night Santa Claus will appear for the benefit of all the little knights and ladies just before he departs for that wonderful land of toys whence he comes.

Utopia Will Hold Festival.—Utopia Rebekah lodge will give a children's social Thursday night, December 28, at Orient I. O. O. F. hall, East Alder and East Sixth streets. Special efforts will be made to interest the children. Members and families are invited to participate in the Christmas festivities.

Junior Moose, Too.—Junior Moose will hold a Christmas festival tonight at Moose hall. There will be several surprises, and the governor guarantees every boy a good time.

Carnahan Succeeds Thorn.

Washington, Dec. 26.—Charles G. Carnahan has been appointed carrier on route No. 1 out of Roseburg, Or., to succeed Samuel G. Thorn.

SALE

Great Reductions

Annual Clearance

25 Per Cent Off on Watches, Jewelry and Silverware

15 Per Cent Off on DIAMONDS

I have a very fine assortment of some of the best makes in

Silverware and Jewelry

Contract Goods Excepted

N. SOLOMON

331 Morrison Street

Opposite Portland Hotel

The Journal Woman's Calendar

By Vella Winner.

NEED FOR A NEW COMMISSION Some forenoon, when there is no other election, I propose to invoke the initiative providing for a commission to frame social excuses.

The general run of people have so little originality. "It would give me the greatest pleasure to be present at your luncheon, on the seventy-second of Decuary, but on that date I am expecting to leave for Roseburg." "It is with extreme regret that I must inform you of my inability to be present on the eleventeenth of next year, as on that date I am expecting a relative from the east, and as I have not seen him for twenty years and his train will arrive at the very hour named for your dinner, I cannot come." And so forth. The relatives and friends from the east, poor things! are worked to death long before arrival in this beautiful, green land of rest. In fact, did they know how much responsibility they would have to shoulder, it is doubtful if they would have the courage to start on their long journey.

Now what I propose is a commission, committed to invent new and original excuses. Think how delightful it would be to receive a genuinely plausible excuse for the absence of someone—and better still what a joy to be able to give an order for a set of ready-made excuses for an entire season—excuses warranted to fit any and every possible occasion! To be sure, the commission charged with framing such matters would probably die of overwork before its term expired but there would always be others ready to take the place. The examination for such positions would, of necessity, be purely civil service—yes more than civil—suave, urbane, polished. Either let us have such a commission or let someone start an excuse card plant. Printed form: Owing to (reasons varied to suit) it will be—(inserted in own handwriting, either 'possible' or 'impossible,' or print in the 'possible' and write in the 'im' when wanted). Signed:— In case the commission initiative does not pass, and no one starts an excuse factory, how would it do for us to inaugurate a fashion of just sending a plain "no," or a "yes" in response to invitations, thereby saving much brain fag and laying up for ourselves many credit marks on the score of truth?

DIVINITY FUDGE In a saucepan put 2-3 cup water, 3 cups granulated sugar and one cup corn sirup. Let cook until the mixture will make a soft ball when tested in cold water. Twenty minutes after first saucepan has been started, into a second one put ½ cup of water and one cup granulated sugar and let cook. When this mixture threads it is done. This will be very nearly the same time as the first is in proper condition. When the first is ready the mixture should be poured slowly over the whites of 3 eggs beaten stiff and beat continually. When it is well mixed and thick, turn in slowly the contents of the second saucepan, still beating it constantly and stir in a cup of walnuts, chopped. Turn out on buttered tin and cut when hard. This sounds fussy, but if followed carefully, it is delicious.

CAKE CRUMB PUDDING Many times I have cake left over, and I use it in this manner. If you try it, will you please let me know how you liked it: Take fragments of cake, one pint, after they are chopped fine, ¼ cup molasses, 1 cup sweet milk, 1 egg, 1 teaspoon soda, 1 cup raisins chopped (seeded), 2 tablespoons flour. Mix well. Steam 2 hours and serve with milk or cream. I flour my raisins with the flour mentioned and then stir them in, and measure raisins after chopping. This will help use the left-over cake.

THE HOME PHYSICIAN A laxative should only be used in cases of emergency in order that the overloaded bowels may be relieved. Permanent cure of the trouble must be secured by other means. The best means at our disposal is a proper diet. This diet consists of fruits, especially prunes, whole wheat or bran bread, plenty of succulent vegetables, and very little meat or concentrated foods. Exercise in the open, massage of the abdomen, sleeping on a sleeping porch, and a morning bath with a brisk rub are all helpful. Above all, regular habits should be established, and the periods should not be varied from. Most cases of constipation may be gradually relieved by such a treatment. There are some forms of constipation due to malformation or misplacement of the colon or other intestines. Such cases require the attention of a surgeon.

HOUSEHOLD HINTS To clean coral beads, dissolve a teaspoonful of borax in a pint of warm water. Dip the coral in, and when clean pass through tepid water. Dry by rolling in a soft towel.

After washing cut glass articles, let them dry and afterward rub them carefully with prepared chalk with a soft brush, going into all the cavities.

To prevent lamp chimneys from cracking, put them into a kettle of cold water, gradually heat it till it boils, and then let it gradually cool.

To blanch diamonds, put them in cold water and let it come just to the boiling point.

To clean paint, dip a flannel into powdered whiting and rub the painted surface.

When putting blouses away, place a sheet of tissue paper between them.

KEEP MOVING

The world belongs to the energetic. —Emerson.

Girl Takes Bite of Hold-Up's Hand

Seattle, Wash., Dec. 26.—Henrietta Legg, a 14-year-old school girl, lost her manicure set Christmas present last night as she was returning from a call at the West Seattle home of Mrs. Fred Morgan, but she got in exchange a mouthful of a bandit's flesh torn with her teeth from the hand of the thug as he sought to place it over her mouth to stifle her cries. The torn flesh she proudly exhibited while reporting her experience to the police, relating also that the thug cried aloud from pain as he broke and ran.

Very Low Round Trip

New Year's Fares

to all

California and Oregon

$26.70

San Francisco and back

$42.50 Los Angeles and return

San Francisco, the most cosmopolitan city in America, extends an invitation to all to celebrate with her the coming of the New Year.

At Pasadena on New Year's day will be held the 28th annual Tournament of Roses. The big floral parade in the morning and in the afternoon a special feature, the football game between the University of Oregon and the University of Pennsylvania.

Southern California oranges are ripe and winter flowers are in bloom. Tennis courts and golf links are found everywhere. All in all here is a good opportunity for a delightful two weeks' vacation.

And the Cost is Low.

Tickets on Sale to

CALIFORNIA

Dec. 26-27-28

Return limit Jan. 15.

Between all points in Oregon

Dec. 30-31, Jan. 1st

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City Ticket Office, 6th and Oak

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HOLSUM BREAD

TEN CENTS

It takes a long time for the large

Holsum Loaf

to get stale—but when there is any it does make such delicious dressing.

LOG CABIN BAKING CO.

If you are interested in purity first

KC BAKING POWDER

is what you should always use.

There are many other reasons, why—but try a can and see for yourself.

Ask Your Grocer

General Housecleaning

We offer a new service. We can clean your whole house from attic to basement in one day. Let us furnish details and references.

Expert Window Cleaners,

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AMUSEMENTS

BAKER Broadway and Morrison

Always a Show of Quality.

THE POPULAR ALCAZAR PLAYERS

Matinee Wednesday and Saturday.

Tonight—All Week

The Superb Scenic Mountain Romance

The Trail of the Lonesome Pine

Dramatized from the Noted Novel. Wonderful Play and Production.

Evenings, 25c, 50c, 75c; Matinees, 25c 50c; Tonight and Wednesday Matinee, all Seats 25c.

Orpheum MAIN 6 A 5555

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EVERY SUN MON TUES WED

TODAY

THE AGE OF REASON | PAT ROONEY and MARION BENT

The Miniature Revue; Mayo and Tally; Parkes & Conway; Ollie Young & April, Orpheum Travel Weekly; Concert Orchestra.

STAN STANLEY.

MATINEE DAILY—10c-25c-50c

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PANTAGES

MATINEE DAILY, 2:30

The Master of Mystery

HARDEEN

King of Handcuffs

Introducing the Latest and Greatest Sensations

6—OTHER BIG ACTS—6

Boxes and loges reserved by phone.

Curtain 2:30, 7 and 9.

LYRIC Musical Stock 4th and Stark

TONIGHT TRYOUTS

Amateur and Professional Between Shows.

BIG TRIPLE BILL THIS WEEK.