Club Activities

BY VELLA WINNER

WEDNESDAY afternoon, at 4:30 o'clock, the regular meeting of the representatives of the Portland Grade Teachers' association will be held in the headquarters at the Meier & Frank company building. Matters of general interest to all members will be discussed. Miss Ortschild, the president, requests that representatives report at this meeting the members who expect to attend the cooperation luncheon which will be held at 12:15 o'clock, next Saturday, March 17, at the Hotel Multnomah. The High School Teachers' association has charge of the luncheon.

College Women's Club.—The College Women's club of the Rogue River valley met Saturday afternoon with Mrs. E. H. Porter, 1010 South Oakdale. The program was in charge of Mrs. Myron Reed. Mrs. O. L. Davidson served, assisted by Mrs. O. Arnspiger and Dr. Eva Mains Carlow. The St. Patrick idea was carried out in the decoration and favors.

Medford Study Club.—The Wednesday Study club of Medford met Wednesday afternoon. The discussion of current events proved very interesting. Mrs. Boggs gave a reading on the history of Nicholas I. Mrs. Mears discussed the "Eastern Invasion" in an able manner, after which was a paper on "Emancipation of the Self" by Mrs. Miles. Mrs. Warner gave a reading, "Character of Alexander II," in "Kropotkin's Memory."

Eugene Club Meets.—"Dolls and the Drama" was the title of a paper read by Mrs. E. W. Allen, who, with Mrs. Ralph Lyman, furnished interesting numbers at the meeting of the Child Study department of the Fortnightly club of Eugene in session at the home of Mrs. F. G. Stickles Friday afternoon. Mrs. Frank Jenkins, president of the department, was in charge of the meeting.

Oswego Woman's Club.—There were 22 members at the meeting of the Oswego Women's club last week, with Mrs. John Bickner as chairman. The subject was, "Meats—Value of Inspection—Cooking—Economical Use, Etc." Mrs. Hoffman gave an instructive talk. Mrs. Thayer and Mrs. Centers, the hostesses, served salads, wafers, cookies and coffee. The next meeting will be at the home of Mrs. G. Howard Pettinger. Mrs. Talbot and Mrs. Webster will be the program committee and Mrs. Pettinger and Mrs. J. King hostesses for the occasion.

Albany Shakespeare Club.—An interesting meeting of the Albany Shakespeare club was held on Thursday afternoon at the home of Mrs. G. E. Finnerty. The story of "King John" was given by Mrs. W. C. Burkhardt, and Mrs. L. E. Tracy read the first act of "King John," which was followed by a general discussion. A social time followed, making up a pleasant afternoon.

Mrs. Gielow's Recital.—The dramatic recital of old plantation songs and folk lore of the south, by Mrs. Martha S. Gielow of Alabama, on Sunday evening, in the auditorium of the Ainsworth school, afforded an evening of delightful entertainment to young and old. The program ranged from songs and stories by the old black "mammy" as she tried to put the "chillen" to sleep, to the thrilling account of "How Honey Got Lost" and Uncle Joe's story of "Seeing Sperrits." The latter part of the program included stories of the white mountaineers of the Appalachian mountains, told in their quaint mountain dialect, in whose behalf Mrs. Gielow has labored for many years as founder of the Southern Industrial Education association. A pleasing surprise in the program was the singing by a well-trained chorus of 50 pupils of the school of the new patriotic song, "Line Up for Uncle Sam," the words of which were written by Mrs. Gielow. The music is stirring and beautiful and the song bids fair to become the national song.

The Journal Woman's Calendar

By Vella Winner.

WOMEN POOR LOSERS

A perfectly charming woman one and all agreed; but such a poor loser! Mrs. A. was a woman with an unusual amount of personality and endowed with the good things of this world, but for some inexplicable reason, while her acquaintances were many, she possessed few close friends.

This often puzzled me when I first knew her, for she had that peculiar quality of human sympathy and understanding which makes for success socially. But during a rubber of bridge one afternoon she so entirely forgot herself and became so ill-tempered, and all because the luck was running against her, that the impression she created will never be forgotten by those who were there.

For isn't it true that a woman may lose gracefully a thousand times and forget herself only once, but that once will ever after stamp her a poor loser.

Which causes one to recall those lines of Alice Duer Miller's:

"Suffragists told him that women's great sense of honor would save the state;
He did not want to say anything shady; but had anyone present played bridge with a lady?"

However, I do not think that poor sportsmanship is typical of women in general. They are taking too conspicuous a part in athletics of every kind, and most of them have learned to take their medicine with a smiling face, just "as a gentleman would."

CENTER IN MIDDLE

An elderly lady entered a store and asked to be shown some tablecloths. A salesman brought a pile and showed them to her, but she said she had seen those elsewhere—nothing suited her.

"Haven't you something new?" she asked.

Then the clerk brought another pile and showed them to her.

"These are the newest patterns," he said. "You will notice that the edge runs around the border and the center is in the middle."

"Isn't that lovely!" said the lady. "I will take half a dozen of those."

SOUPS WITHOUT STOCK

Mock Bisque Soup—Stew one can of tomatoes until soft, add a pinch of soda, melt six tablespoons of flour and butter together in a saucepan, add a quart of milk slowly, add one teaspoon of salt, a little red pepper, boil one minute. Strain the tomatoes into the white sauce and serve.

Corn Noodle Soup—To one dozen ears of corn or one can of corn, add one quart of milk and one-half pint of water, one teaspoon of salt, a dash of red pepper and cook four minutes. In a little water with salt, cook two cups of noodles until soft, then rinse in colander with cold water. Add to the soup and take a small cup of bread cut in dice and brown in butter. Add to the soup and serve.

How to Make Noodles.—Stir enough flour to two eggs to make a very stiff dough and roll out very thin. Allow the dough to dry for an hour until it may be cut easily. Fold the dough and cut into very thin strips.

Smelts Noodles.—Make noodles of two eggs, boil in a quart of water a little salt until soft, rinse with cold water in a colander. Place them on a platter, heat a pint of milk and pour on them, brown a cup of bread cut in dice in butter and sprinkle over the top and serve. Very good.

Canned Pea Soup.—Strain one can of peas, add boiling water to cover them and cook until soft. Press them through a strainer. Cream two tablespoons of butter and two of flour, add one quart of milk, a teaspoon of salt, a dash of red pepper, one-half teaspoon sugar. Add it to the strained peas and heat. It is fine.

WORTH KNOWING

Old linen window shades which are too soiled and faded to hang at the windows any longer can be cut off the rollers, washed, bleached, ironed and used as a covering for an armchair.

Mrs. N. E. writes that candles, if given a coat of colorless varnish and allowed to dry thoroughly before lighting, will last much longer and the wax will not drip.

"Pigs-in-Blankets" are large oysters which have been folded in a slice of bacon fastened with a toothpick, then fried in butter and served on toast.

When you have a cake in the oven of a large range that has a hot water back try to get along without drawing any hot water, for the cold water flowing through the pipes or water back will so chill the oven that a fallen cake will be the result. No matter how hot a fire you may have, as soon as water is drawn from the boiler cold water flows in, and as it has to pass through the stove to be heated, a sudden chill is the result.

TOMORROW'S MEETINGS

11 A. M.—CRESCENDO CLUB in Ellers building.
1 P. M.—HUDSON PARENT-TEACHER ASSOCIATION, first hour devoted to needle work. Business session and refreshments.
2:00 P. M.—CLINTON KELLY PARENT-TEACHER ASSOCIATION. Subject, "Unusual Possibilities with Cereals," Miss Pauline Pease. Roll call, favorite economies.
2:00 P. M.—HOME DEPARTMENT PORTLAND PARENT-TEACHER COUNCIL in Central Library.
2:00 P. M.—NEW ENGLAND CONSERVATORY CLUB with Mrs. E. C. Goddard, 442 Mill street. Modern program.
2:00 P. M.—CENTRAL W. C. T. U. in Central Library.
2 P. M.—WOMAN'S HOME MISSIONARY SOCIETY of FIRST M. E. CHURCH at Sunday school temple. Special program. Hostesses, Mrs. Baird and Mrs. Crane.
2:30 P. M.—CHAPTER M of the P. E. O. SISTERHOOD with Mrs. John T. Whitlock, East Twelfth and Weidler streets. Election of officers.
2:30 P. M.—Course in care and training of children, at Parents' Educational Bureau, 561 Courthouse. Subject, "THE INFLUENCE OF ART ON A CHILD'S LIFE." Speaker, Mrs. Alice Weister.
2:30 P. M.—WILLAMETTE CHAPTER, DAUGHTERS OF AMERICAN REVOLUTION, with Mrs. John Varran, 789 Kearney street.
2:30 P. M.—BUCKMAN PARENT-TEACHER ASSOCIATION. Demonstration of the cutting of a side of beef, with explanatory talk by Mrs. J. D. Spencer.
2:45 P. M.—HAWTHORNE PARENT-TEACHER ASSOCIATION. Subject, "The Cheaper Cuts of Meat and Their Substitutes." Speaker, Miss Edna Groves. Miss Emma Klippel, soloist.
2:45 P. M.—MULTNOMAH PARENT-TEACHER ASSOCIATION. Address by Miss Young, principal of the school. Refreshments. Program by children.
3:00 P. M.—SELLWOOD PARENT-TEACHER ASSOCIATION. Address by Mrs. Harriet H. Heller of the Boys' and Girls' Aid Society. Solo by Mrs. Lambert Beers. Dance by Daphne Summers.
4:30 P. M.—GRADE TEACHERS' ASSOCIATION REPRESENTATIVES' meeting in headquarters at Meier & Frank's. Full attendance desired.

Friends.

Friends are the end and the reward of life. They keep us worthy of ourselves.—R. L. Stevenson.

NATIONAL GUARD NOTES

C. A. C. Band May Not Receive Federal Pay.

Law Requires the Impossible.—The Coast Artillery Corps band has a record of an average attendance of 22 men out of a possible 24, and yet the new federal law is so construed that these men do not receive any federal pay for such faithful work. It appears according to some authorities that only by an average attendance of 100 per cent for three consecutive months, with a maximum number allowed by law, could pay be obtained for attendance at training—a manifest impossibility.

Six Men Wanted. — Captain C. R. Hotchkiss, commanding the headquarters company, Third infantry, is in need of three musicians for the regimental band, and three experienced mounted service men. His command has been very active recently, and has a number of skilled clerks and accountants volunteering their services every week to keep the accounts straight.

Company C. Announces Dance.—The monthly dance of Company C is set for Tuesday, March 20, at the Armory ballroom. Company C makes a specialty of these semi-military dances and always has a good attendance.

Will Study Trenches.—Next Sunday Captain W. F. Daugherty, commanding Company B, Third infantry, is to head a detachment of non-commissioned officers to receive instruction in trench construction at Vancouver barracks, Wash.

Indoor Target Practice Begins.—Indoor target practice will begin at the Armory Wednesday night. Each company will send such men as have had no field practice or are deficient in their field scores.

Divorce for Desertion.

In a divorce complaint filed Monday Sarah Elizabeth Wood charges John C. Wood with desertion and non-support. The couple were married at Yreka, Ca., on November 27, 1884, and the desertion is alleged to have occurred in February, 1916.

SPRING ARRIVES AT LAKE LABISH THIS YEAR JUST AS LAST

Owls Are Hooting, Birds Patch Up Their Nests, Peas Are Planted.

By Ella McMunn.

Spring has arrived at Lake Labish. This is not the first time it has done the same thing, this year, but always it has departed about the time the onion bed was spaded up, the blankets put in the wash and the woodpile allowed to run low. But this time it's really here. There are owls hooting in the woods, squeaking of young mice in the fields, ousted from their homes by the plowshares; birds patching up their nests partially wrecked by the late unpleasantness; boys eating chunks of bread overlaid with molasses and taken from their dinner buckets on the way to school, while they look with longing eyes toward Labish creek where they catch crawfish and mud cats and cook them in a tin can over a fire made from rails of the farmers' fences. That is, they might catch them. It has been done, but generally in summertime, although the youngsters are quite as zealous in their fishing in midwinter as at any other time.

Some War Talk.

There is even some talk of war with Germany down there, but not much, although the people are preparing for it. They are planning to plant a lot of potatoes, and beans and squashes and other sinews of war, but they haven't yet melted the churchbells into bullets or the plows into swords, or taught the girls army tactics instead of how to make lightbread, which is of no particular good with the country in a crisis like this although if it should go on crisising indefinitely perhaps it would be, because even warriors have an odd way of eating between encounters. But the boys who are old enough for military service are quite swelled up with pride at the letters that are coming to them by way of the rural mail boxes. They are from the navy department of the United States, urging them to join and see the world at no expense to themselves, which is about all a call to arms means to the average country boy, except perhaps a dazzling uniform and freedom from the eternal chores and kindling splitting around home.

Protected Peas Planted.

A lot of people have planted peas, after first soaking them in coal oil in the hope that the pheasants and crows will at least allow them to get out of the ground, at which time the robins, blue jays and meadow larks, now bulging with fat angle worms, will switch off to a vegetarian diet, just as other people do in the spring. But the real sign of spring, as certain as the smoke rising from dead leaves that will not burn, is that lazy, don't-want-to-work feeling that extends out and beyond Lake Labish, even perhaps as far as Portland; the hens hunting new nests in the pasture where their domestic operations will not be interfered with, and a few house flies that wintered over, creeping out to a sunny spot on the window sill where they wash their faces with their forefeet, then stand on their heads and wave their hind feet., Blessed be the spring.

Bed Time Tales

BY CLARA INGRAM JUDSON

Almost a Fable.

HIGH up in the air a windmill whirled 'round and 'round and 'round.

All day he had whirled his fastest and now in the twilight he was very tired and was glad when one little breeze after another drowsed off to sleep.

Slower and slower he spun till finally he stopped quite still.

"Dearie me! This has been a busy day," he exclaimed, with a sigh of relief.

"Busy!" sniffed a bird who paused on top of the windmill for a minute's rest.

"Yes, busy!" replied the windmill shortly. "I've whirled and twisted and spun and turned in this furious wind and I call that a busy day."

"That just shows how old fashioned you are," laughed the bird, "and, of course, being a common windmill, you can't help being old fashioned."

"What if I am old fashioned?" questioned the windmill. "I don't see any objection to being old fashioned. What would you call a day like this, please?"

"I'd call it strenuous," said the bird solemnly; "that's the word people use nowadays when they whirl 'round and 'round like you've been doing."

"Really?" said the windmill (for, even though he was old fashioned, he, like everybody else, wanted to say quite the proper thing).

"Strenuous?" he repeated. "How do you know?"

"You see," said the bird, settling down for a comfortable chat, "I go around among people a great deal. I sit on porches and listen to them talk. I hover in trees and listen to them talk, and I sit on telegraph wires and listen to them talk, and everywhere it is just the same—strenuous is the word everybody says nowadays. Oh, I know all about it," he added sagely.

The little bird paused on the top of the windmill for a minute's rest.

"But I don't understand," questioned the windmill. "Does everybody work all the time? Don't they stop to rest?"

"It isn't working," laughed the bird; "it's just whirling 'round and 'round as you do. Only less wisely, for you stop when the wind goes to sleep, but people whirl and rush all the time."

"Yes," added the bird as he flew away to his nest, "that's strenuous—just whirling 'round and 'round whether the wind blows or is still."

And he was gone.

The windmill, left all alone, whispered softly to himself, "So that's the new style—that's strenuous. I'm glad I'm old fashioned enough to whirl only when the wind needs me."

He stretched his wide wings in the cool twilight and comfortably drowsed off into an old fashioned sleep.

Tomorrow—"Just One Kitty."

Beauty Chat

BY LILLIAN RUSSELL

Victims of Timidity.

MANY human defects and deficiencies have their birth in timidity. The victims of "timidity" are for the most part unconscious of the seat of their trouble. Self-mastery and self-confidence work wonders in the direction of perfection.

There are experts who attribute stuttering to timidity. After investigating the subject, they claim to have found persons who could speak without fault as long the they were alone. As soon as these persons were brought into contact with others, they began to stutter. It has been ascertained that stutterers can speak plainly into a telephone as long as they hold down the switch so that nobody can hear them. As soon as the wire connects them with a voice, they begin to stutter. I believe that stuttering is a form of mental hysteria. Persons who stutter are always conscious of their affliction, and this consciousness is productive of timidity.

Awkwardness can very often be attributed directly to timidity. Persons who have full confidence in themselves are seldom awkward. It is timidity that causes persons to "fall over their own feet." They yield to the influence of a form of hysteria that prevents them from controlling their muscles.

Timidity makes its presence known through other agencies that indicate defects. These are often mental rather than physical, although there is physical evidence of their presence. Timidity produces nervous hysteria that keeps the eyes blinking and squinting. Sometimes it will make the mouth twitch, the hand tremble and all the muscles quiver.

Perhaps some of these defects can be traced to nervous disorders that are secondary troubles, but often they can be classed as the products of timidity.

You are only in full control of yourself when you banish timidity and give your mind and muscles free play; under such conditions you appear at your best. You cannot think clearly when you are frightened. You cannot walk gracefully when your movements are governed by fright.

Many failures in life can be attributed to timidity. The man who aspires to become an orator may consider himself a failure if he is overcome by timidity on his first appearance in public. He who is overwhelmed by the first transaction into which he enters is likely to be classified as a business failure. The woman who stutters and squaints her eyes has little chance to shine as a beauty.

When buoyed by self-confidence, men and women have the best chance of succeeding. Perhaps their abilities and appearance may not measure up to their own estimation, but they are not handicapped by timidity and hysteria when clear thinking and physical repose is demanded.

Excessive self-confidence is repugnant and offensive. Persons who are extremists sometimes drown their ambitions and better traits and characteristics in ego. There is a happy medium that involves self-mastery without arrogance.

You have a voice, so have self-confidence and believe that you can use it. Be governed by the confidence that you can use all your talents intelligently. Don't be a mental and physical stutterer.

Tomorrow—God's Colors.

FRATERNAL NOTES

Eureka Council Will Give Banquet to Members Next Month.

Moose Will Hold Election.—The election of officers of Portland lodge, Loyal Order of Moose, will be held Wednesday night, and a lively contest is expected for two of the offices that will draw out a large attendance. Like many other fraternal orders, the struggle is to get in line for promotion, and with the Moose this line usually seems to begin with that of prelate, the third highest office.

Will Give Banquet.—Eureka council, Knights and Ladies of Security, Monday night held a well-attended regular meeting in W. O. W. Temple. It was decided to give a banquet to over 160 new and old members, and arrangements have been closed with the Multnomah hotel for its service on the night of April 4. The finance keeper reported that the expenses of the council for the last year, including social, relief and other activities, had amounted to over $3600. The council has over 1200 members.

Will Visit Eastern Oregon.—J. W. Simmons, state deputy head consul for Oregon, has started on a tour of the local camps of the Modern Woodmen of America in eastern Oregon. He will attend a general rally at La Grande Thursday night, at which time he will present the state banner earned by La Grande camp for having obtained the largest number of members in 1916.

H. C. of L. Card Party.—Royal circle, Women of Woodcraft, offers as a novelty in entertainments a high-cost-of-living card party on Wednesday night, at W. O. W. Temple, 128 Eleventh street. The prizes are to be chickens, eggs and potatoes.

Royally Enjoyed.—The free dance at Arcanum hall, given by the Royal Arcanum Monday night, was well attended and royally enjoyed by all present.

Calico Dance by Maccabees.—A calico dance is announced by the Women's Benefit association of the Maccabees at K. of P. hall, Wednesday night. A good social time is guaranteed to all members and the many friends of the order in this city.

Merry Mask Ball.—The Juvenile Artisans of Advance assembly, United Artisans, gave a well-attended mask ball Monday night at W. O. W. Temple. The managers in charge were Mr. and Mrs. Bottler. Many original costumes and characters were portrayed by the merry young maskers. Proceeds are for the benefit of the ball team.

Washington Neighbor Visits City.—R. P. Fulkerson, state deputy head consul of the Modern Woodmen of America, was a guest Sunday and Monday of J. W. Simmons, deputy head consul for Oregon. Mr. Fulkerson is a resident of Tacoma and is shortly to visit eastern Washington on a campaign for membership.

Rebekahs Will Initiate.—Columbia Rebekah lodge, I. O. O. F., will initiate a class of candidates at the Odd Fellows' Temple Saturday night. The drill team will meet for practice and preparation Thursday afternoon at 2 o'clock.

Members and Friends Invited.—Anchor council, Knights and Ladies of Security, will give its dance and card party at 129 Fourth street, Wednesday night, to which members and friends are invited. Anchor council has half its sessions devoted to social pleasures.

Complains of Non-Support.

Cruelty and non-support are the grounds for divorce set out in a complaint filed in the circuit court by Eva Lacey against Carl Lacey. The couple were married at Portland, January 17, 1914.

At the Theatres

AMUSEMENTS.

BAKER, Sixth, Broadway and Morrison. Dramatic stock. Alcazar players in "SEVEN KEYS TO BALDPATE." 8:20 p. m.
COLUMBIA.—Sixth between Washington and Stark. Photoplays. "FIDGIN ISLAND," featuring Harold Lockwood and May Allison. SENNETT KEYSTONE comedy, "Maggie's First Mistep." 11 a. m. to 11 p. m.
GLOBE—Eleventh at Washington. Photoplays. Special attraction: FREEMAN ARMSTRONG in illustrated lecture on personal experiences on European battlefront. 12 m. to 11 p. m.
HEILIG—(See Orpheum).
HIPPODROME—Broadway at Yamhill. Vaudeville. SEVEN LYRIC DANCERS. Photoplays: Episode 13 of "PEARL OF THE ARMY." Oregon Journal-Hearst-Pathe pictured news. 1:15 p. m. to 11 p. m.
LYRIC—Fourth at Stark. Musical comedy. "THE TRUST BUSTERS." 2:30, 7 p. m.
MAJESTIC—Washington at Park. Photoplays. "THE COURAGE OF SILENCE," featuring Alice Joyce and Harry Morey. Comedy. News pictorial. 11 a. m. to 11 p. m.
ORPHEUM, Broadway at Taylor—Headliners: CLARA MORTON, GEORGE WHITING and SADIE BURT. Orchestra 2 p. m., 8 p. m. Curtains 2:30 p. m., 8:30 p. m.
PANTAGES.—Broadway at Alder. Vaudeville. Headliner: FRANK FOGARTY. Photoplay. Fourth episode, "THE SECRET KINGDOM." 2:30, 7, 9 p. m.
PEOPLES—West Park at Alder. Photoplays. "OUT OF THE WRECK," featuring Kathlyn Williams. FRANCIS RICHTER, blind musician, in pipe organ selections. 11 a. m. to 11 p. m.
STAR—Washington at Stark. Photoplays. "All Man," featuring Robert Warwick and Mollie King. CHARLIE CHAPLIN in "Easy Street." 11 a. m. to 11 p. m.
STRAND, Park at Stark. Vaudeville. SIEBERT-LINDLEY COMPANY in sketch. Photoplay. "THE GATES OF DOOM," featuring Alaine Hallowell. 1 p. m. to 11 p. m.
SUNSET—Broadway and Washington. Photoplays. "THE PARSON OF PANAMINT," featuring Dustin Farnum. 11 a. m. to 11 p. m.
ART MUSEUM—Fifth and Taylor. Hours 3 to 5 week days; 2 to 5 Sundays. Free afternoons of Tuesday, Thursday, Friday, Saturday and Sunday.

Bill Is Full of Ginger.

GINGER and snappy pleasure are purveyed in every one of this week's Pantages acts. Frank Fogarty, the seamy faced Irishman, who made himself famous in Alice Lloyd's road show, is the headliner. He has as sidesplitting a line of jokes, rhymes and parodies as has ever provoked peals of laughter from an audience. The Berlo diving girls are ravishing beauties, with forms divine, who not only swim and dive like seals, but dance the Yaka Hickey Hula Dula in a mesmerizing manner. The Canary Caruso is a little feathered songster that sings and sings without tiring, to the accompaniment of his master Paul's violin, too. He gets heaps of applause. Mack and Velmar are a man and maid, who have something really new in song and chatter. Story and song are sent across the footlights delightfully by Grace Edmonds, a plump lass, with bewitching ways. A little bit of everything in the way of jiggling, juggling and jesting is offered by Dix and Dixie. "The Secret Kingdom" is showing in the exciting fifth episode.

A DEPENDABLE MEDICINE

Lydia E. Pinkham's Vegetable Compound is a dependable root and herb medicine. It has made a place for itself among the great mass of people, because thousands of sick women have tried it and proved that it will accomplish all that is claimed for it. Nothing unfavorable can honestly be said about it. It does not contain injurious drugs. It is a root and herb remedy founded upon a physician's prescription, and is manufactured for a specific purpose. That it accomplishes this purpose is proved by thousands and thousands of convincing testimonials. (Adv.)

HOW I DARKENED MY GRAY HAIR

Lady Gives Simple Home Recipe That She Used to Darken Her Gray Hair.

For years I tried to restore my gray hair to its natural color with the prepared dyes and stains, but none of them gave satisfaction and they were all expensive. I finally ran onto a simple recipe which I mixed at home that gives wonderful results. I gave the recipe, which is as follows, to a number of my friends, and they are all delighted with it. To 7 ounces of water add a small box of Barbo Compound, 1 ounce of bay rum and ¼ ounce of glycerine. These ingredients can be bought at any drug store at very little cost. Use every other day until the hair becomes the required shade. It will not only darken the gray hair, but make it soft and glossy. It is not sticky or greasy and does not rub off. (Adv.)

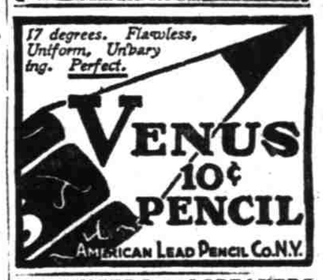
A Single Application Will Banish Objectionable Hairs

(Aids to Beauty.)

Here is a home treatment for removing hairs that is quick, painless and inexpensive: With some powdered delatone and water make enough paste to thickly cover the objectionable hairs, apply and after 2 or 3 minutes rub off, wash the skin and it will be left soft, clear and hairless. This treatment will not mar the skin, but to avoid disappointment, be careful to get real delatone.

Its tempting fragrance invites you and its delicious flavor braces you up!

Golden West Coffee is "Just Right"



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One More Chance to See the Great Stock Sensation
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15¢ 25¢

For eight years he was content to have her married to another man

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Saves Eggs

Royal Baking Powder makes it possible to produce appetizing and wholesome cakes, muffins, cornbread, etc., with fewer eggs than are usually required.

In many recipes the number of eggs may be reduced and excellent results obtained by adding an additional quantity of Royal Baking Powder, about a teaspoon, for each egg omitted. The following tested recipe is a practical illustration:

SPONGE CAKE

1 cup sugar
½ cup water
3 eggs
2 teaspoons Royal Baking Powder
1 cup flour
1 teaspoon salt
½ cup cold water
1 teaspoon flavoring

DIRECTIONS—Boil sugar and water until syrup spins a thread and add to the stiffly beaten whites of eggs, beating until the mixture is cold. Sift together three times the flour, salt and baking powder; beat yolks of eggs until thick; add a little at a time flour mixture and egg yolks alternately to white of egg mixture, stirring after each addition. Add ½ cup cold water and flavoring. Mix lightly and bake in moderate oven one hour.

The old method called for 6 eggs and no baking powder

ROYAL BAKING POWDER

Made from Cream of Tartar, derived from grapes, adds none but healthful qualities to the food.

No Alum No Phosphate

EFFICIENCY

counts most in the making of a Nourishing Bread.

We feel well repaid for our efficient and sanitary process of making and handling our big wrapped loaves when your grocer sends you

HOLSUM

when you merely ask for bread.

Log Cabin Baking Co.

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