### WHEAT, MEAT, SWEET ARE TOTALLY TABOO

Fats Are Also in Conservation Column, Especially Animal Fat; Today Wheatless Day

Wheat, meat and sweet are the "eats" that are to be tetotally taboo as luxuries by every kaiser-hating son and daughter of Uncle Sam. And fat is another one. Particularly antmal fat, although you may use cot-tonseed oil, cod liver oil and even angle worm oil or the unctious oil of the snake, but first grade oils are he longer to be squandered with the reckless abandon that has characterized their use in the past, both as lubricants and for food uses, according to the food conservation cards issued by National Food Administrator Hoover, whose personal repre-sentative, Charles Crist of Washing-ton, D. C., spoke Monday before the conservation committee at the Portland hotel.

Policemen, postmen and delivery men from all stores will distribute enrollment cards for the national food saving campaign which is now on in a limited way, but which will be general during the week of October 21-28, which will see every household "enlisted with Hoove:" if the hopes of the conservation committees are Complete directions, in Hoover cookery and the Hoover system of household management will be issued from United States postoffices, which have been enlisted in the move

Today is Portland's second wheat-Wednesday, with the prospect a much more general observance of a much more general observance of the day than last week. Practically all bakeries displayed dark bread and pressed its sale.

#### Will Hold Reception For Pastor and Wife

In honor of Rev. and Mrs. Walter Lee Airheart, a reception will be given at the First M. E. church house Wed-Mr Airheart, who nesday evening. has beer, assistant pastor of the First church for two years, was assigned to the pastorate of the Methodist church at Coupeville, Wash, at the annual conference at Springfield. Mr. Airchurch and for himself. It is expectmembers and acquaintances Wednes-

Mr. Airheart's severance of relations with the church is due to the abolishing of the office of assistant pastor, under a rearrangement of administration suggested by Dr. Joshua Stans-field, pastor of the church.

## PAINS SHARP

Woman Thought She Would Die. Cured by Lydia E. Pinkham's Vegetable Compound

Ogdonsburg, Wis .- "I suffered from

IIIIIIIIII pains like a knife through my back year. and side, I finally lost all my strength so I had to go to bed. The doctor advised an

would not listen to it. I thought of what I had read about Lydia Piikham's Vegetable Compound and tried The first bottle brought great relief and six bottles have entirely

cured, me. All women who have female trouble of any kind should try Lydia E. Pinkham's Vegetable Compound."-Mrs. Etta Dorion, Ogdensburg, Wis. Physicians undoubtedly did their best, battled with this case steadily and could do no more, but often the most scientific treatment is surpassed by the medicinal properties of the good old fashioned roots and herbs con-tained in Lydia E. Pinkham's Vege-

table Compound. If any complication exists it pays to write the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special free ad-

# LARGE PAINFUL

Hard as Rock. Came in Little Patches. Itched and Burned and Were Irritating and Scaled Over.

#### **HEALED BY CUTICURA** SOAP AND OINTMENT

"My face broke out in pimples that were large and hard as a rock. They festered and swelled up and were pain-ful, and some came in little patches. They itched and burned and were irritating

and scaled over,
"I tried many remedies but they did not help me. Then I used Cuticura Soap and Ointment. The first couple of times I used them

they relieved the itching and burning and I was entirely healed in two weeks." (Signed) Miss Celestia Stehr, Arlington, Wash., Mar. 29, 1917. It is easier to prevent skin troubles

than to heal them. Clear the pores and keep them clear by using Cuticura Soap for every-day toilet purposes and touches of Ointment as needed.

For Free Sample Each by Return Mail address post-card: "Cuticura, Dept. H., Boston." Sold everywhere. Soap 25c. Ointment 25 and 50c.

THREE 'EATS' WHICH Activities



Mrs. L. T. Newton, president of Monday Musical club, which held its initial meeting for the season Monday.

N Saturday evening the Base | Mrs. Millican's Indian Baskets. Edwin Clayton, a comedian who goes box supper at the clubhouse followed by an interesting program and dancing. The affair was for the purpose of raising money to apply heart has filled an important post in or the piano fund. A most pleasant Portland in a highly creditable man- and profitable evening was spent. P. Mrs. Millican has one of the finest ner, having won many friends for the Schultz proved to be a first class collections of Indian baskets, blankauctioneer and refused to say 'once. ed there will be a large outturn of twice and sold" until each box had brought in its goodly number of pennies. The club is very active at present on the question of securing Bull ville this month. Run water and a community school. Competent committees are in charge of the different activities and good things are resulting. Saturday night's program follows: Trio, Mesdames Charles meeting Friday in Central library. and Ed Decker and Miss Decker; recitation, Elmer Cook; violin and piano duet, Misses Agnes and Eva Schultz: solo, Mrs, Harry McCoy; reading, Mrs.

Frank Parent. AND STARRING Capitol Mill Makes Winter Plans.— Quests that the presidents bring complete lists of their officers and deletion has planned a busy and interesting. AND STADDING tion has planned a busy and interesting winter as follows: Thursday, Ocober 4, lecture by Samuel Fay Lan-Hendee, president of Sumner Relief tober 4, lecture by Samuel Fay Lancaster, subject, "Making Use of the
Beautiful," with pictures from the
highway, at 8 p. m.; first Friday in
November, Halloween party, games,
dancing, fortun, telling and general
this officer devolves the task of argood time, selling pumpkin pies, pro- ranging for the next national conventure; February 14, Valentine party to be given by the school; first Friday in March, an entertainment by Mrs. Herbert Garr Reed; in April, entertainfemale troubles which caused piercing ment by the pupils of the school; May o'clock. The program will consist of meeting, election of officers for the

Eugene P. E. O .- Chapter H of P. E. O. of Eugene met on Monday with Mrs. Lewelyn Hall. Future work of a patriotic nature was outlined in a report from the state committee on hold its monthly luncheon at the patriotic work and as a first step in Hazelwood Saturday at 12:30. All doing "their bit" the ladies decided interested, especially members of to avail themselves of the opportunity Parent-Teacher associations, are inat hand and give a benefit luncheon and tea on Saturday for the war president of the chapter, and also state Study club, has issued invitations for president, was announced as the dele-

Line Improvement club gave a Mrs. Ada B. Millican is down from by the characterization "eccentric"- to pieces. Millican, with a fine collection of and lives up to the title in every re-Indian curios collected by her during spect. a trip to Alaska the past summer. These are exhibited this week in the windows of the Meier & Frank Co., and have attracted much attention. ets, pottery, bead work, etc., in the state and the exhibition of this will be a feature of the convention of the

BY

VELLA WINNER

Parent-Teacher Council to Meet .-The council of Portland Parent-teacher associations will hold its monthly The social service committee will meet in Room G. at 10:30 and the pure literature committee will meet in Room

Mrs. Hendes Honored .- Mrs. Harriet

Multnomah Red Cross Entertains .-An entertainment has been arranged by the Red Cross auxiliary at Multnomah station for Friday evening at 8 a new series of bird films by Mr. and Mrs. A. L. Campbell and musical numbers by Mrs. Foule, Mr. Ehle, Miss Dorothy Cox, Mrs. Burke and others.

Kindergarten Council to Meet .- The Portland Kindergarten council will

Mrs. Giebisch to Entertain Shakelibrary fund for which money is being speare Club .- Mrs. Anton Giebisch, solicited at present. Mrs. Kirk. who is president of the Portland Shakespeare an "at home" to the club members at gate to attend the supreme convention her home, 672 Halsey street, Wedneswhich is to be held in Qmaha soon. day afternoon of next week.

## Bed Time Tales

The Hornet Talks to Tommy T one side of the garden close by A the log where Mr. and Mrs. Tom-my Tittle-mouse made their home, there was a great patch of cornflowers. Big blue and pink and white blossoms they were, and so full of fragrant honey that the hum of bees was continually heard over the bed. One bright morning Mr. Garden Toad and Tommy Tittle-mouse were talk-ing busily at the door of Tommy's home, when a huge hornet flew lazily

"There goes another," said Tommy to the toad. "Since those cornflowers began to bloom there has been a constant stream of bees coming and going from that flowerbed."

"To be sure!" croaked the toad, "to be sure! Why not? The cornflowers are the sweetest of flowers. Not even the sweet clover is better liked by the bees, as you will notice if you are observing. But that creature you spoke

of just then is not a bee."

Not a bee?" asked Tommy, who was bit careless in making observations when he himself was not in danger "Then who is he?"

"That is a hornet," said Mr. Garden Toad importantly, glad of a chance to air his superior knowledge. "He eats honey, but otherwise he is quite unlike the bee. See, he is resting on the grass yonder, you can ask him for

Tommy hesitated a moment, swaiowed twice and then said, "Good morning to you, Friend Hornet. Can you stop and talk a few minutes?" The hornet turned his head, looked and saw Tommy and Mr. Garden Toad sitting there peaceably in the sunshine. "I have a few minutes to spare," he said politely. "Did you want to talk about something"

"My friend here," said the toad,

The hornet flew a little closer and replied, "Indeed I am no bee! Do I look as though I would work like a slave for a man?"

"No, you do not," Tommy hastened Bees.

hornet buzzed scornfully and to say. "Do bees do that? They seem to be so free!"

"They are not free!" said the hornet scornfully; "they work and work and work! They live in man-made houses. They store up food for men to steal and they nearly starve in the winter, because men take their food. Don't call me a bee!" And the hornet buzzed scornfully and angrily.

"I never will again," said Tommy, "but you see, I didn't know before! Don't you store up food? And how do you keep men from robbing you?"
"They never rob me, because I have nothing to steal-that's the best way pointing to Tommy, "thought you were to get through this world, I tell you! bee and I want you to tell him about I store up no food, for my youngsters eat meat. I only make the honey

#### **AMUSEMENTS**

HEILIG—Breadway at Taylor. Concert, Margaret Matsenauer. S.15 p. m.
ORPHEUM—Broadway at Taylor. Vaudeville.
Headliner, George Marek's Jungle Players, a wordless melodrama. Frankie Heath, singing consedienne. Matinee, 2:15 p. m.
BAKER—Broadway between Morrison and Alder. Alcasar Players, in George M. Cohan's "Hit The Trail Holliday," 8:20 p. m.
LYBIC—Fourth and Stark. Musical farce.
"Two Old Sports," with Ben Dillon and Alfranks. Daily matinee, 2:30 p. m. Evenings, 7:15 and 9.
COLUMBIA—Sixth between Washington and Stark. Photoplay, Francis X. Bushman and Beverly Bayne, in "Their Compact." 11 s. m. to 11 p. m.

m. to 11 p. m.

IBERTY—Broadway at Stark. Photoplay.
William S. Hart, in "The Cold Deck." 11 s. William S. Hart, in "The Cold Deck." 11 a. m. to 11 p. m.

MAJESTIC—Washington at Park. Photoplay, "The Battle of the Somme," British war pictures. 11 a. m. to 11 p. m.

PEOPLES—West Park at Alder. Photoplay, Dorothy Phillips, in "Pay Me." 11 a. m. to 11 p. m.

Dorothy Phillips, in "Pay Me.

11 p. m.

SUNSET — Broadway at Washington. Photoplay, Margaerite Clark, in "The Wild Flower." 10 a. m. to 11 p. m.

STAR—Washington at Park. Photoplay, Jack Pickford and Louise Haff, in "Freckles." 11 a. m. to 11 p. m.

6:30 and 9 p. m.

STRAND—Washington between Park and West
Park. Vanderille. Rosebud Trio, harmony
singers. Franklyn Farnum, "Anything Once." 1 p. m. to 11 p. m.

ART MUSEUM—Fifth and Taylor. Hours 3 to 5 weekdays; 2 to 5 Sundays. Free afternoon of Tuesday, Thursday, Friday, Saturday and Sunday.

Then he continued. "When we our patrons to carry home packet we mean anything in reason. would not expect them to trans

Strand Offers Good Bill CRANKLYN FARNUM, in a comedy flanked by four acts of vaudeville that are full of snap and ginger, help above all, we would like to emphasize to make the new bill that opened at the Strand theatre this afternoon one merchandise. If women would stop that keeps the audience in high good to think how many persons are of nehumor all the time. "Anything Once" is the title of the photo; ay, and Far- and the return of goods, I am certain num is a "lone star" in it. There is a comedy "vampire" role which is with the stores in making as few exhandled deliciously by Claire Du Brey. It is a comedy of the East and the West, with swift action. "Jazz" is the watchword in the act of the Boncomedy music and singing-an act that lilts along merrily and features a genuine jazz band finish. Artistic and at- of the average buying public-if they tractive are the three girls in the Rosebud Trio of harmony singers. Gordon and Carroll do not miss a single method of stampeding their audi- stores, I am sure we would have the ences into enthusiastic outbursts, with "patriotic, military, comedy, women." singing, talking, dancing" flash of va-riety. All breezy and all up-to-date are the songs in their repertory, Closing the vaudeville half of the bill is

Once Was Champion Sculler Roy Stewart, who nicknames a minster the "Devil Dodgers", in a new western play of that name which comes to the Columbia theatre Thursday once held the California championship in single sculls for the San Diego State Federation to be held in Prine- Rowing club. Mr. Stewart is also an expert wrestler.

Will Appear Here Tonight Margaret Matzenauer, Metropolitan pera house contralto and declared by some critics to be the legitimate successor of Schumann-Heink, will appear in concert at the Heilig theatre to-H at 10 o'clock. At 1:30 the general night. Madame Matzenauer is a meeting will be held in Room A. The stranger to Portland, as this is her president, Mrs. J. F. Chapman, re- first western toour. She is a Hungarian

#### 'Objectors' Indicted by Federal Jurymen

New York, Oct. 3 .- (I, N. S.)-Louis C. Fraina and Edward Ralph Cheney mas boxes; first Friday in December, musical given by the pupils of the school; first Friday in January, lecture. February 14 W. R. C. and G. A. R. members. of the espionage act. They are the first to be so indicted. Fraina spoke and Cheney presided at a mass meet-ing of "conscientious objectors" September 27.

#### **AMUSEMENTS**

OPENS TOMORROW

HEILIG NEXT SAT OCT. 6
WORLD PAMOUS
CHERNIAVSKY

MISCHEL TRIO CELLO PIANO Floor \$1.50, \$1; Bal, \$1, 75c, 50c; Gal. 50c

### BAKER B'DWAY & MORRISON

THE ALCARAR PLAYERS in

## HIT-THE-TRAIL

S NIGHTS 4 MATINEES

Today: Marck's Jungle Players; Norwood & Hall; Col. Diamond & Granddaughter; "The Night Boat"; Mang & Snyder; Travel Week. 19; Charlie Howard & Co.; Frankie Heath. Mat. Daily, 10c to 50c; Nights, 10c to 75c. PANTAGES MATINEE DAILY 2:30

"MISS AMERICA," New York's latest military musical satire FIVE OTHER BIG ACTS. Three performances daily. Night curtain at and 9.

LYRIC MUSICAL STOCK 

Hearst-Pathe News OREGON JOURNAL News pictures of northwest and national events will appear each week at leading theatres throughout the northwest, including majestu of Postland.

had been buying millinery and after light strike them. having bade them goodby I ob-served the younger daughter returnserved the younger daughter returning to the store. She went upstairs the adding the store of th purchases, and had retraced her steps to get the brace of family hats which they had just purchased."

> Then he continued. "When we ask our patrons to carry home packages, would not expect them to transport huge pieces of statuary, or heavy hampers filled with goods-but we mean, rather, the many small articles as easily carried home as not. And a modification of the exchanging of cessity employed in the sending out changes as possible; and especially when they come to realize that all these expenses add to the cost what they purchase. When they know that it is the desire of mer-When they chants-especially just now when goods are high-to cut down prices in order to keep them within reach fully realize that in helping in this matter they are assisting themselves to economize as well as helping the hearty cooperation of all thinking

TER USE One peck of ripe toma-toes washed and cut in-Wet six tablespoons of cornstarch in enough water to make smooth and add to them. Fry four arge onions in half pound of butter till well browned, but don't burn them,

he stood looking over the crowd on the keep in a cool, dark place. This is a main floor of the house. "Happy." delicious, clear, red soup and fine on thought I, "over the impetus of fall a cold winter day or night. Toma-business"—for the store was crowded, toes must be kept in the dark as light As we chatted, the subject of "car- will cause them to spoil. I put can rying home your own" chanced to in paper bag, then in cellar, and thick come up and he said: "I was just paper over all jars and have no smiling to myself, as you came up, trouble in keeping them. Many say because of an incident in my own they have had bad luck with them, family. The girls and their mother but think it is a result of letting the they have had bad luck with them,

> VOGUE'S VANITIES For afterone-piece dress with matching coat is

> great success. India cashmere is still classed as definite feature among the novelties. Heavy self-color stitching is an excellent ornament for navy tricotine. Skirts are either wide or narrow but they are usually a little longer. Venise lace, heavy and fine, has been

fternoon frocks or velvet.

Half a dozen new jersey cloth ideas ave been evolved, some even having lamb's wool surface. A favorite style of dress bears a esemblance to a priest's cassock, but is sleeveless and worn over a slip.

evived for stole arrangements on

WHAT SCARED THE BULL Betty was milking the cow when the mad bull tore over the meadow. Betty did not stir, but continued milking. Observers who had run into safety saw to their astonishment that the bull stopped dead within a few yards of the maid and cow, turned around, and went away sadly "Weren't you afraid? Why did he

un away?" asked every one of Betty. "He got scared," said Betty. "This cow is his mother-in-law." milk poured on two thirds cup rolled

oats. Let stand 5 minutes, add 3 tablespoons sugar, 1/4 teaspoon salt, 2 tablespoons lard or melted butter. Sift TOMATO SOUP FOR WINin 1½ cups flour, 4 teaspoons baking powder, Mix thoroughly, add 1 well beaten egg. Bake in well greased, hot Tomorrow's Meetings

COLOUR ALL WITH THE OTHER 2:30 P. M.—SUNNYSIDE PARENT-TEACHER ASSOCIATION. Subject, "Vocational Training," speaker, Miss Arnold, principal of Girls Polytechnic school.

P. M.—WOMAN'S CIVIO WELFARE CLUB, room A. Central library. Subject, "The Use of School Houses and Premises for Conserving Food," speaker, Charles E. Bennon.

P. M.—FERNWOOD PARENT-TEACHER ASSOCIATION business meeting. ASSOCIATION business meeting. 8 P. M.—EMERSON STUDY CIRCLE, at Com-

> Join the Home Defence movement for the conservation of food. Help to prevent waste by demanding the whole wheat grain in breakfast foods and bread stuffs. Substitute whole wheat for meat, eggs and potatoes. The whole wheat grain is the most perfect food given to man. In Shredded Wheat Biscuit you have the whole wheat grain made digestible by steam-cooking, shredding and baking. Every particle of the whole wheat grain is used including the outer bran coat which is so useful in keeping the bowels healthy and active. For any meal with milk, and fresh fruits. Made in Oakland, California.

#### A Belt All Around

O.A. M.—All day meeting CHAPTER E. OF is a feature in men's Fall suits that. P. E. SISTERHOOD, with Mrs. C. A. Phipps. Orange street. Sewing for Red Cross and CHERRY'S; pay for them as is most P. M.—CURRENT LITERATURE DEPART. convenient for you. 389-91 Washington MENT of Portland Woman's Club, with Mrs. street, Pittock block.—Adv.



Airmen in the great war are using WRIGLEY'S regularly.

It steadies stomach and nerves. pleasantly lasting in taste. Teeth set firmly in WRIGLEYS make sure of achievement.

land and water forces are strong for it. And the home-guard finds refreshment and benefit in this economical, long-lasting aid to teeth, breath, appetite, digestion.



know not which live more unnatural lives,



The DELICIOUS NEW

**GEMS** 

**ASK YOUR GROCER** 

Originated by Tru-Blu Biscuit Co. PORTLAND

Safe Milk HORLICK'S

MALTED MI Rich milk, malted grain, in powder form.
For infants, invalids as growing children.
Pure nutrition, upbuilding the whole body.
Invigorates nursing mothers as the aged.
More nutritious than tea, coffee, etc.
Instantly prepared. Requires no cooking. Substitutes Cost YOU Same Price