

WHEAT, MEAT, SWEET THREE 'EATS' WHICH 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 totally taboo as luxuries by every Kaiser-hating son and daughter of Uncle Sam. And fat is another one. Particularly animal fat, although you may use cod-liver oil, cod liver oil and even angle worm oil or the unctuous oil of the snake, but first grade oils are no 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 representative, Charles Crist of Washington, D. C., spoke Monday before the conservation committee at the Portland hotel.

Police men, postmen and delivery men from all stores will distribute enrollment cards for the national food 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 day "wheatless" with Hoover at the head of the conservation committees are realized. 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 movement.

Today is Portland's second wheatless Wednesday, with the prospect 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 Wednesday evening. Mr. Airheart, who has been 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. Airheart has filled an important post in Portland in a highly creditable manner, having won many friends for the church and for himself. It is expected there will be a large turnout of members and acquaintances Wednesday.

PAINS SHARP AND STABBING

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

Ogdensburg, Wis.—"I suffered from female troubles which caused piercing pains like a knife through my back and side. I finally lost all my strength so I had to go to bed. The doctor advised an operation but I would not listen to it. I thought of what I had read about Lydia E. Pinkham's Vegetable Compound and tried it. 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 and try it.

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LARGE PAINFUL PIMPLES ON FACE

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 painful, 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.

Club Activities



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

ON Saturday evening the Base Line Improvement club gave a box supper at the clubhouse followed by an interesting program and dancing. The affair was for the purpose of raising money to apply for the purchase of a most pleasant and profitable evening was spent. P. Schultz proved to be a first class auctioneer and refused to say "once, 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 Bill Run water and a community school.

Capitol Hill Parent-Teacher association has planned a busy and interesting winter as follows: Thursday, October 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, fortune telling and general good time, selling pumpkin pies, proceeds to go to soldier boys for Christmas boxes; first Friday in December, musical given by the pupils of the school; first Friday in January, lecture: February 14, Valentine party to be given by the school; first Friday in March, an entertainment by Mrs. Herbert Reed; in April, entertainment by the pupils of the school; May meeting, election of officers for the year.

Eugene F. 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 patriotic work and a resolution was adopted "their bit" the ladies decided to avail themselves of the opportunity at hand and give a benefit luncheon and tea on Saturday for the library fund for which money is being solicited at present. Mrs. Kirk, who is president of the chapter, and also state representative, was announced as the delegate to attend the supreme convention which is to be held in Omaha soon.

Bed Time Tales

The Hornet Talks to Tommy

"I one side of the garden close by the log where Mr. and Mrs. Tommy 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 talking busily at the door of Tommy's home, when a huge hornet flew lazily by.

"There goes another," said Tommy to the log where Mr. and Mrs. Tommy 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 a bit careless in making observations when he himself was not in danger. "That 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 ground yonder, you can ask him for yourself." Tommy hesitated a moment, swallowed 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 peacefully in the sunshine. "I have a few minutes to spare," he said politely. "Did you want to talk about something?" "They never rob me, because I have nothing to steal. That's the best way to get through this world, I tell you. I store up no food, for my youngsters eat meat. I only make the honey I use each day! Some day perhaps I will talk more—now I must go." And he flew away.

AMUSEMENTS

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Strand Offers Good Bill

FRANKLYN FARNUM, in a comedy that keeps the audience in high good humor all the time. "Anything Once" is the title of the photoplay, and Farnum is a "lone star" in it. There is a comedy "vampire" role which is handled deliciously by Claire Du Boy. It is a comedy of the East and the West, with swift action. "Jazz" is the watchword in the act of the Bonnell Trio, two men and a woman in comedy singing, dancing, flash of variety, with the characterizations "eccentric"—and lives up to the title in every respect.

Once Was Champion Sculler Roy Stewart, who nicknamed a minister the "Devil Dodger," 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 Rowing club. Mr. Stewart is also an expert wrestler.

Will Appear Here Tonight Margaret Matzenauer, Metropolitan opera house contralto and declared by some critics to be the legitimate successor of Schumann-Heink, will appear in concert at the Heilig theatre tonight. Madame Matzenauer is a stranger to Portland, as this is her first western tour. She is a Hungarian by birth.

'Objectors' Indicted by Federal Jurymen New York Oct. 2.—(I. N. S.)—Louis C. Fraina and Edward Ralph Cheney were indicted Tuesday by the federal grand jury under the criminal section of the espionage act. They are the first to be so indicted. Fraina spoke and Cheney presided at a mass meeting of "conscientious objectors" September 27.

Multnomah Red Cross Entertains.—An entertainment has been arranged by the Red Cross auxiliary at Multnomah station for Friday evening at 8 o'clock. The program will consist of 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 hold its monthly luncheon at the Hazelwood Saturday at 12:30. All interested, especially members of Parent-Teacher associations, are invited.

Mrs. Gleibsch to Entertain Shakespeare Club.—Mrs. Anton Gleibsch, president of the Portland Shakespeare Study club, has issued invitations for an "at home" to the club members at her home, 872 Halsey street, Wednesday afternoon of next week.

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Company a decided hit—greater than ever. The play a riot of life and color. Nights, 25c, 50c, 75c; Sat. Mat., 25c, 50c; Wednesday Bargain Matinee, 25c.

AT HEILIG THEATRE 3 NIGHTS 4 MATINEES Sun., Mon., Tue.—Sun., Mon., Tue., Wed. Today: Marc's Jungle Play; Norwood & Hall; Col. Diamond; "The Night Boat"; Matt & Snyder; Travel Weekly; 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, huge cast. FIVE OTHER BIG ACTS. Three performances daily. Night curtain at 7 and 9.

LYRIC MUSICAL STOCK 4TH AND STARK Matinee daily at 2:30. Nights, continuous. All this week a riotous conglomeration of color, music and fun. A laugh and a tear. Latest, The great Rosebud chorus. Tuesday, special, "The Country Store." Friday, special, "The Girl's Contest."

The Journal Woman's Calendar

By Vella Winner

and put with tomatoes and boil until thoroughly cooked. Keeping well stirred so not to catch on kettle. Add one pound of white sugar, salt and pepper to taste (pepper can be added if liked), and two quarts of boiling water. Strain through colander, pressing out all that will go through, then through cheesecloth, put back on stove and when boiling hot put in jars and keep in a cool, dark place. This is a delicious, clear, red soup and fine on a cold winter's day for every night. Tomatoes must be kept in the dark as light will cause them to spoil. I put can in paper bag, then in cellar, and thick paper over all jars and have no trouble in keeping them. Many say they have had bad luck with them, but think it is a result of letting the light strike them.

VOGUE'S VANITIES For afternoon one-piece dress with matching coat is a great success. India cashmere is still classed as a definite feature among the novelties. Heavy self-color stitching is an excellent ornament for navy tricoline. Skirts are either wide or narrow, but they are usually a little longer. Venise lace, heavy and fine, has been revived for stork arrangements on afternoon frocks or velvet. A favorite style of dress bears a resemblance to a priest's cassock, but is sleeveless and worn over a slip.

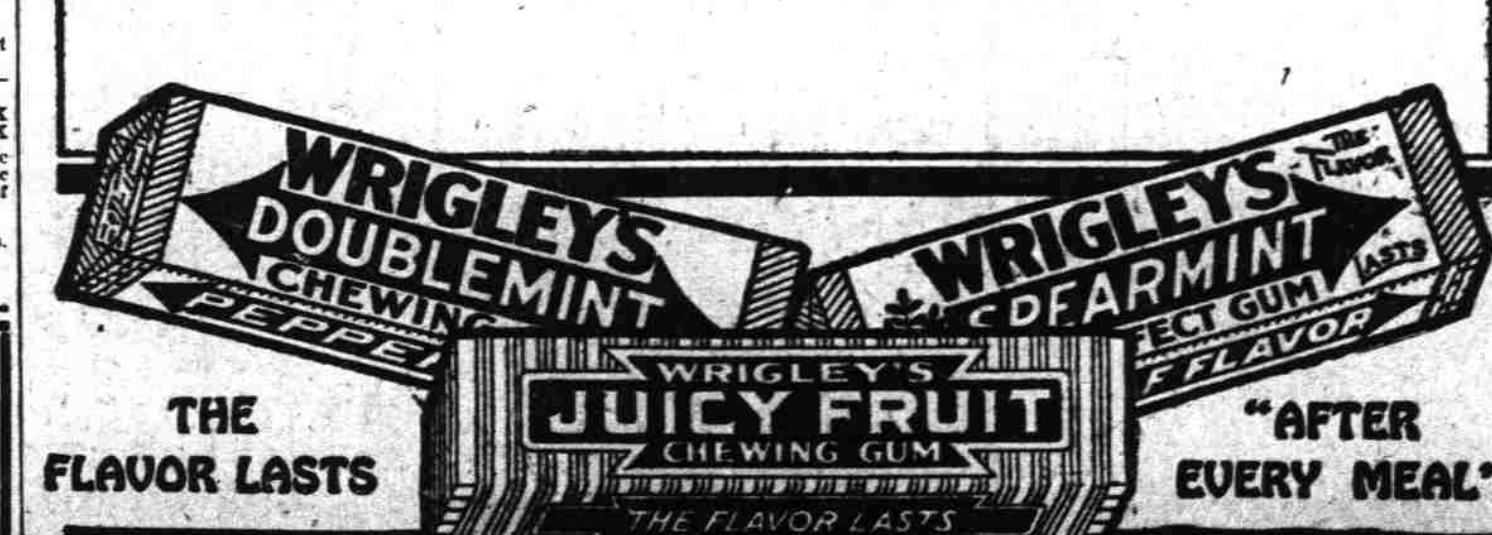
WHAT SCARED THE BULL Betty was milking the cow when the mad bull tore over the fence. Betty did not stir, but continued milking. Observers who had run into safety saw to their astonishment that the bull stopped dead within a few yards of the maid and cow, turned around, and went away sadly. "Weren't you afraid? Why did he run away?" asked every one of Betty. "He got scared," said Betty. "This cow is his mother-in-law."

QUAKER MUFFINS One cup milk poured on two thirds cup rolled oats. Let stand 5 minutes, add 3 tablespoons sugar, 1/2 teaspoon salt, 2 tablespoons lard or melted butter. Sift in 1 1/2 cups flour, 4 teaspoons baking powder. Mix thoroughly, add 1 well beaten egg. Bake in well greased, hot gem pans about 20 minutes.

Tomorrow's Meetings 10 A. M.—All day meeting CHAPTER E. OF P. E. SISTERHOOD, with Mrs. C. A. Phipps, Orange street. Sewing for Red Cross and 1 P. M.—CURRENT LITERATURE DEPARTMENT of Portland Woman's Club, with Mrs.



Airmen in the great war are using WRIGLEYS regularly. It steadies stomach and nerves. It is pleasantly lasting in taste. Teeth set firmly in WRIGLEYS make sure of achievement. Our 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.



Wheat, meat and sweet are the "eats" that are to be totally taboo as luxuries by every Kaiser-hating son and daughter of Uncle Sam. And fat is another one. Particularly animal fat, although you may use cod-liver oil, cod liver oil and even angle worm oil or the unctuous oil of the snake, but first grade oils are no 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 representative, Charles Crist of Washington, D. C., spoke Monday before the conservation committee at the Portland hotel.

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