

By Vella Wanner
LL is in readiness for the annual convention of the State Federation of Women's Clubs...

The convention will be presided over by Mrs. Charles H. Castner... The two out of the state speakers are Mrs. Joseph G. Gawler...

Industrial Relations Discussed.—Mrs. Lucia Faxon Addison, chairman of the industrial relations committee...

"As our year of activity has opened, I desire to send you all a message trusting it may strike some timely note in your club life."

"Never before has such a call come to American womanhood for patriotic service, yet so serious patriotic cooperation and the most vital factor in this great and necessary work is human conservation."

"We cannot respond to this call for special service for the betterment of our relations without careful study of betterment features already inaugurated."

"The work of this department as outlined by the chairmen of the General Federation, Mrs. Webb, includes mental hygiene, prison reform, woman in industry, children in industry and industrial and social legislation as topics for special consideration."

"As your chairman of this important section of club work, I desire to get in touch with every club in the state. I am ready to assist you in every way possible; already many clubs have placed on their calendars topics taken from the pamphlet compiled by Mrs. Webb and which I have sent out to the clubs."

"Your chairman is available for conferences, will respond to calls for lectures on special topics, and gladly give all information relative to existing conditions and methods of procedure for betterment and this work include such thorough study of such problems as protective measures against occupational diseases, irregularity of employment, seasonable employment, lack of living wages of the family breadwinner, hours of labor, education of the immigrant worker, economic expenditure and saving, etc."

"It is not vain prophecy to foresee the country entering a new era of great social industrial advancement should the millions of organized womanhood seriously engage in constructive work in the interest of betterment and this work include such thorough study of such problems as protective measures against occupational diseases, irregularity of employment, seasonable employment, lack of living wages of the family breadwinner, hours of labor, education of the immigrant worker, economic expenditure and saving, etc."

"Shall we not take for our watchword, 'The Exaltation of Humanity?'"

Thompson Association Has New President.—The Thompson Parent-Teacher association met for the first time this school year in the assembly hall, Thursday afternoon...

Mrs. W. H. Giles, Mrs. J. J. Hand-saker and Mrs. Harry Randall... of interest Tuesday afternoon at 2:30 in the Sunday school assembly room...

Capitol Hill Association Benefit.—The Parent-Teacher association of Capitol Hill is planning to send Christmas boxes to each of the 17 Capitol Hill boys who have gone to war...

Mayflower Club Meets.—The Mayflower club met Monday evening at the Portland hotel with a large attendance...

Club Notes
Multnomah chapter, Daughters of American Revolution, will meet Wednesday 2 o'clock with Mrs. W. S. Gilbert...

Irvington Art Class.—The Irvington Art class began its work for the season with an evening study of social afternoon held Wednesday at the home of Mrs. George M. Weister...

Central W. C. T. U. Meets.—Central W. C. T. U. met Friday afternoon with Mrs. M. L. Hilden, president, and made many interesting reports...

Marker is Unveiled.—Williamette Chapter, Daughters of the American Revolution, dedicated the marker that they erected in honor of the pioneers...

Social Science Club to Sew.—The Portland Woman's Social Science club expects to engage in Red Cross work next Tuesday at the auditorium of the Meier & Frank store from 10 to 12 o'clock...

Travelers' Club Meeting.—The regular meeting of the Travelers' Club will be held at the home of Mrs. O. Lake, 865 Halley street, and Mrs. Hooverism and Red Cross work were the important subjects of the afternoon...

Woodstock Study Club Elects.—The Woodstock Study club met Friday afternoon for the first time this season...

Mount Scott Club Meeting.—The Mt. Scott Mental Culture club met Thursday with Mrs. George E. Stoner, 7411 Fifty-ninth avenue southeast, with 20 members and several visitors present...

The Dalles P. E. O. Meets.—The members of the P. E. O. sisterhood of The Dalles held a very enjoyable meeting Wednesday afternoon at the home of Mrs. W. L. Crichton...

Tuesday Evening Club.—The Tuesday evening club was entertained October 18 at the home of Mrs. Ben Riesland, 94 Broadway. A short business meeting preceded the program...

Photo by C. Elmore Grove.
Mrs. Charles H. Castner, president Oregon Federation of Women's clubs, who will preside at the state convention which opens at Prineville Monday.

WIN DISTINCTION IN W. C. T. U. CONTEST
Above—Miss Dorothy Lewis of the Girls' Polytechnic school, winner of state prize in W. C. T. U. essay contest (Photo McAlpin).

Below—W. W. Austen, superintendent of schools in Grant county, which won the grammar school prize in the W. C. T. U. state essay contest.

headquarters in Woman's Exchange building.
Portland Woman's club Friday at 2 o'clock at Hotel Multnomah Address: "Our Federation," Mrs. C. H. Castner; reports of state federation, Southern music...

Portland Psychologic club, Central W. C. T. U. met Friday afternoon with Mrs. F. O. Slaterhood, with Mrs. C. E. Wright, 674 Knott street, Thursday at 2:30.

Portland Woman's Study club with Mrs. F. O. Seaton, 475 East Forty-sixth street, Monday at 2:30. Program: "The Women of the World," Mrs. E. S. Foley; "De la Varandrye, Alexander Mackenzie and the Columbia River," Mrs. W. O. Pennaughty; "Romance of Oriental Russia," Mrs. E. J. Meyers.

Executive board, Portland Parent-Teacher council, room G, Central library, Friday afternoon, 7 o'clock. The women's auxiliary of the Arleta school will meet Tuesday evening at 8 o'clock. All women in the Arleta district will be welcome.

The Stephens Parent-Teacher association will meet Thursday afternoon at 3:15. Mothers of former Stephens boys, who are now serving their country, will be invited to attend. Plans for remembering all the boys with a Christmas box.

Capitol Hill Parent-Teacher association will meet Friday at 2 o'clock. The Couch Parent-Teacher association Friday at 3 o'clock in auditorium of schoolhouse. Address by N. G. Pike. Music by Lawrence Goodrich. All interested invited.

Portland Shakespeare Study club Wednesday at 2 o'clock with Mrs. E. Jones, 655 East Twenty-first street, north, at Hotel Portland. The Emerson Study club Thursday evening at 8 o'clock at Comforter

Auxiliary, Captain Sellwood's company C, and of the 33 boys in Captain Richardson's Company D, Manchester hall, 85 1/2 Fifth street, between Oak and State streets, Monday, 8 p. m. All interested invited.

The auxiliary to Company A, Oregon Engineer Corps, met Friday evening at Hotel Portland. The Red Cross auxiliary of University Park will have a paper drive this week, the children of the Peninsula, St. John and University Park schools, being asked to bring old newspapers and magazines to their school houses to be called for by members of the Red Cross.

The auxiliary to Company E, Third Oregon Infantry, will meet at Meier & Frank's Tuesday at 1:30. The auxiliary to Company B, Engineering Corps, will in the near future have a sale of home canned fruit and vegetables. The public is asked to donate the fruits and vegetables, which may be left at the Skidmore Drug Co., 161 Third street, as soon as possible. The proceeds will be used to buy yarn for socks for the boys of Company B.

Oregon Cavalry auxiliary Monday evening at Central library. Matters of importance to be discussed. Full attendance desired.

Fudge Cake.—One-half cup shortening, 1 cup granulated sugar, 3 eggs (beaten light), 1 ounce chocolate, 1 tablespoon sugar, 3 tablespoons hot milk, 1/2 cup milk, 1 1/2 cups flour, 2 teaspoons baking powder, 1/2 teaspoon salt. Cream the shortening, gradually beat in the sugar, then the eggs, beaten light. Melt the chocolate over hot water; add the small measure of sugar and the hot milk and mix thoroughly; wash down the saucepan, cover and let boil about four minutes; uncover, add the butter and let boil to the "soft ball" stage (233 degrees Fahrenheit). Pour the sirup in a fine stream on the egg whites, beaten very light, beating constantly

Frosting for Fudge Cake.—Two cups granulated sugar, 1/2 cup chocolate, 1/2 cup butter, 1/2 cup boiling water, 1 teaspoon butter, 2 egg whites. Melt the sugar in the molasses and boiling water; wash down the saucepan, cover and let boil about four minutes; uncover, add the butter and let boil to the "soft ball" stage (233 degrees Fahrenheit). Pour the sirup in a fine stream on the egg whites, beaten very light, beating constantly

At WAR WITH YOURSELF
HELP NATURE TO DEFEAT THE DISEASE IN YOUR BODY.
Keep up the fight; do not give up. Nature is trying to serve you in connection with the disease that exists. Red blood, vim, courage, vitality, all seem lacking. No wonder you are nervous and discouraged.

meanwhile; pour the frosting into the saucepan in which the sirup was boiled, set it over a dull fire on an asbestos mat or over boiling water and stir and beat until it thickens perceptibly, then spread on the cake, leaving the surface rough.

Meat Pie.—Cut meat into fairly small pieces. Stew in saucepan with a little water, left-over gravy or soup; salt to taste; add such seasoning vegetables as onions and celery, if desired. Thicken liquid with flour. Line baking dish with biscuit dough, pour in the meat filling, cover with biscuit dough and bake in a medium oven. If the quantity of meat is small, a little macaroni or diced potato may be added. Such pies, to be at the best, must be well seasoned.

Oatmeal Macarons.—One egg, beaten light, one half cup melted shortening, one half teaspoonful salt (scant), one and one fourth cups rolled oats. Beat the sugar into the egg; add the shortening, salt and rolled oats and mix all together thoroughly. Shape in small rounds on a buttered baking sheet. Bake in a moderate oven. The recipe makes 18 cakes.

Scalloped Cereal and Meat.—Place alternate layers of cold cereal (cut or mashed into fragments) and minced beef or meat in a baking dish. Make the top layer of minced meat and bread crumbs. If the mixture is too dry, pour over it enough milk to moisten. Place in medium oven until heated through and browned a little on top.

For Your Scrapbook
Let cauliflower heads lie upside down in water for an hour before preparing them—this eliminates dirt and insects.

After baking out the fat from the tallow of beef the cracklings can be ground fine, mixed with rice and fried in cakes.

Dough should be kept covered while rising to prevent a crust from forming, which interferes with expansion.

Carbolic acid is powerless as a disinfectant unless diluted with at least 20 times its bulk of cold water.

Most Old People Are Constipated
The wear of years impairs the action of the bowels. As people grow older they restrict their activity, neglect to take sufficient exercise, and indulge a natural disposition to take things easy. The digestive organs become more sensitive to the demands made upon them and rebel more quickly.

It is of special importance to the health of elderly people that the bowels be kept normally active. A mild, yet effective, remedy for constipation, and one that is especially suited to the needs of old folks, women and children, is the combination of simple laxative herbs with pepsin sold in drug stores under the name of Dr. Caldwell's Syrup Pepsin. It costs only fifty cents a bottle, and should be in every family medicine chest. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 456 Washington St., Monticello, Illinois.

you advise me of a good reduction remedy?
Answer: Any well stocked pharmacy should have Dr. Lewis' Syrup Pepsin tablets, packed in sealed tubes with full directions for use. Use a tube after every meal, and you will find it very effective in reducing abnormal fat.

"Fern" writes: "I have suffered with a bad cough for some time and I am anxious to get it cured. Please advise me of a good reduction remedy."
Answer: Yes, your weakness is due to the coughing, but you should be composed of sulphur, cream of tartar and vegetable extracts that remove constipation and purify the system. Take this treatment for several months for best results.

J. R. O. asks: "I am thin, angular, weak and tired. What can I take to improve my health, strengthen my nerves and increase my weight about 20 pounds?"
Answer: Take regularly with your meals three grain hypo-nucleate tablets, sold in sealed packages, by druggists, with complete directions. These tablets improve the blood, increase nutrition and strengthen the nervous system if used regularly for several months.

"Free Advice" writes: "I want your free advice. I seem to have gone all the time, I am irritable and annoyed by dizziness, momentary rickety appetite, no strength and life has no pleasures for me any more."
Answer: There are thousands who live too fast and then find themselves in a nervous condition. The nervous system has been damped. A tonic invigorating medicine called three-grain cadomene tablets will afford aid to Nature in supplying more food-energy and give your system a chance to recuperate. The tablets will strengthen the nerves, place of shattered nerves.

"Workman" asks: "I am so affected with painful kidneys that I cannot work regularly. My sleep is disturbed by frequent awakenings. The pain is amount and follows burning, smarting pains. Backaches and often have a fever and fever making me real sick for a day."
Answer: A good tonic, soothing and neutralizing medicine for such complaints is balmwort tablets. Try them and continue a few weeks and I feel sure you will write me of your recovery.

Mrs. C. W. B. asks: "I suffer greatly owing to too much fat. Can you advise me of a good reduction remedy?"
Answer: Yes, your weakness is due to the coughing, but you should be composed of sulphur, cream of tartar and vegetable extracts that remove constipation and purify the system. Take this treatment for several months for best results.

Those wishing further advice, free may address Dr. Lewis Baker, College Blvd., College-Edwood streets, Dayton, Ohio, or write to the publisher of this paper for reply. Full name and address must be given, but only initials or first name need appear in my answers. The prescriptions can be filled at any well-stocked drug store. An "X" drugist can order of wholesaler.

NOTE: For many years Dr. Baker has been giving free advice and prescriptions to millions of people through the press columns, and doubtless has helped in relieving the pain and distress more than any single individual in the world's history. Thousands have written expressions of gratitude and confidence.

Dr. Lewis Baker, Dear Sir:—I feel it as a duty to write you. Four years ago my husband had a bad cough and found no relief from all cough medicines we could try. We finally tried the mentho-laxene prescription and made it up as a cough medicine and it quickly cured him. Now this winter my two boys had a fearful cough, and again it has cured them. It also gives me great relief from asthma, from which I suffer in winter time, as you know here in Oregon we have so many winters of this kind. I send stamps and coupon for your great "Guide Book, Health and Beauty." Thanking you, am,

Truly yours, MRS. M. H. VAN WART, (Adv.) Lents, Oregon.

Girls! Lots of Beautiful Hair

A small bottle of "Danderine" makes hair thick, glossy and wavy.

Removes dandruff, stops itching scalp and falling hair.

To be possessed of a head of heavy, beautiful hair: soft, lustrous, fluffy, wavy, free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a 25 cent bottle of Knowlton's Danderine and use it for a few days. It will remove all dandruff and apply a little as directed and within 10 minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you can not find a trace of dandruff or falling hair; but your real surprise will be later about two weeks use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp.

Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. You will find in just a few moments—a delightful surprise awaits everyone who tries this.

(Adv.)

Lif Corns Off With Fingers
Doesn't hurt a bit! Corns and calluses fall right off! Magic!
Few drops take all pain and soreness from corns instantly—costs few cents!
No humbug! Any corn, or callus. Instantly the soreness disappears and shortly the corn or callus will come off. It will be lifted right off with the fingers. —Freezone doesn't eat out the corns or calluses but shrivels or rather loosens them without even irritating the surrounding skin.
Wonderful discovery by Cincinnati man
This remarkable drug is called freezone and is a compound of starch discovered by a Cincinnati man.
Ask at any drug store for a small bottle of freezone, which will cost but a trifle, but is sufficient to rid one's feet of every corn or callus.
Put a few drops directly upon any tender, aching corn.