My true love hath my heart and I have his,
By just exchange, one for the other given;
I hold his dear, and mine he cannot miss;
There never was a better bargain driven.
—Sir Philip Sidney.

"The Truth About Belgium"—Smashing Sunday Journal Feature, Beginning February 17

New Offerings on the Screen and Stage

Through the sharp air a flaky torrent flies,
Mocks the slow sight, and hides the gloomy skies;
The fleecy clouds their chilly bosoms bare,
And shed their substance in the floating air.
—Crabbe.

Mitze Ranked as Most Versatile Of Dancers

"Pom Pom's!" Star Recommends Terpsichorean Exercise for All Who Would Remain Slender.

MITZI-MITZI HAJOS, dainty and petite, 5 feet and 1 inch tall, and weighing about 110 pounds, in Portland to open a rest-of-the-week engagement at the Heilig tonight in "Pom Pom," has been ranked as the most versatile dancer on the American stage—and Mitzi recommends dancing to all women who wish to retain a slender figure, and are there any of them who do not?

It is hardly to be expected, however, that the usual woman would go in for the Apache dance, a feature of "Pom Pom," even for the sake of a slender figure, for the Apache is a regular pick-'em-up and throw-'em-around affair, and it has taken long practice and training for Mitzi to so handle her partner, heavier than herself, as part of her stage work.

The Apache of "Pom Pom" was written for Mitzi by Hugo Felix, Frenchman, who gave us also "Madame Sherry," and this little actress, the Henry W. Savage "baby star," is said to be giving the cleverest reproduction of the dance of the habitues of the Paris underworld yet seen on our stage.

Play Highly Interesting

"The Mad Lover," with Robert Warwick in the title role and with Elaine Hammerstein playing opposite him, opened at the Columbia today. The play is entertaining in more than one way. The story is cleverly worked out, the scenes are some of the most beautiful that have ever been filmed in a modern photodrama, while the gowns worn by Miss Hammerstein are superb creations. Displaying these last two features to the utmost is the splendid photography of this film. Some of the silvery moonlight scenes are unsurpassed. Warwick, with his big personality, does some of his finest screen work in the role of Hyde. Novel film titles are distributed throughout the picture, the background being in motion. The picture was staged on the C. K. G. Billings estate, which gave some magnificent settings. The entire production stands out strongly as a masterly finished, well balanced film. The second section of "Arms in France," said to be the most intimate picture of actual trench fighting, begins today and will be shown in connection with the drama.

Painted Lady "Camouflaged"

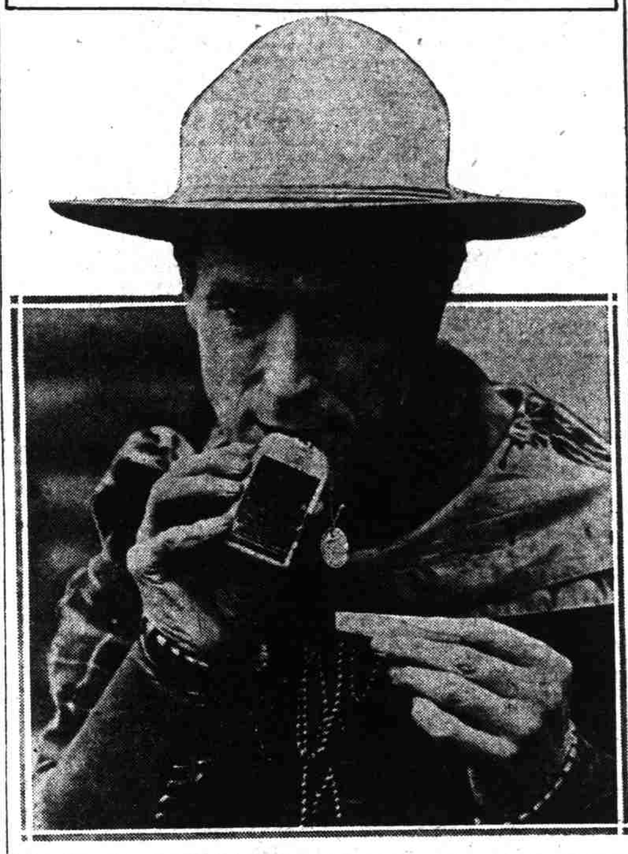
Larry Evans' story of the Pacific and the South Sea Islands, "The Painted Lady," which appeared some time ago in the Saturday Evening Post has been done into films by the William Fox company and will soon be presented on Portland screens. William Farnum is starred in the production.

However, to avoid the paradoxical combination of "William Farnum in "The Painted Lady," the Fox studios have changed the name of the photoplay to "When a Man Sees Red." The "Painted Lady" takes a prominent part in the story, though. She is portrayed by Jewel Carmen and had the producers known she was a Portland girl, they might have let the name of the story remain "The Painted Lady" in Portland, anyway.

Play One of Sweetest

"Sunshine Alley," with Mae Marsh and Bobby Harron, at the Sunset theatre, is one of the sweetest stories that ever have been told by the camera and screen. All the tenderness and love for God's things is embodied in Mae Marsh's characterization of a poor girl who lives in Sunshine alley. Her simplicity and sweetness carries her in good grace even in more cultured surroundings than she has ever known. Bobby Harron, is a son of the rich who meets his sweetheart in the little bird shop in the alley.

BILL HART'S "Wolves of the Rail," now at the Liberty, is declared to be one of the most, if not the most, spectacular play he has ever appeared in. His horsemanship is little short of marvelous.



Beauty Chat

BY LILLIAN RUSSELL

Care of the Eyes

PHYSICIANS are finding a great many school children with defective eyes. It is apparent, therefore, that the eyes are neglected in many homes. The way in which the nation is rushing to eyeglasses is suggestive of the importance of more care for the sight.

I have frequently heard people say they would rather lose their lives than their sight. When I hear statements to this effect, I wonder what the speakers are doing to protect their eyes.

In the ordinary course of our lives our eyes are submitted to severe tests. The infant's eyes demand constant attention. In fact, the initial attention demanded by the baby's eyes is most important. From the cradle to the grave the eyes demand care. This is more the case today than ever before, largely for the reason that more people are crowding into communities where artificial light takes the place of the sun's rays to a large extent. Then, too, there are more occupations that place special strain on the eyes.

Americans are all aware of the benefits of fresh air. In fact, many are so well aware of the upbuilding qualities of pure air that they sleep on especially constructed porches. These people display great wisdom, but they are especially wise if they protect the eyes from the sharp rays of the morning sun. In their exposed positions many receive the direct or indirect rays in their faces. You will rest better in the early hours of the morning if you protect the eyes from nature's light rays. If there is no other way of doing this, place a piece of black cloth over the eyes. This little bit of protection will give the eyes their allotted rest and make your sleep peaceful. Very often when babies will not sleep, a piece of black cloth placed over the eyes will lull them into dreamland.

The cold winds of winter bring tears to the eyes. This is evidence that nature is protecting your sight. Without the tears your eyes would burn and become sore. Very often, especially in motoring, the wind irritates the eyes and they become red and painful. It is a splendid policy frequently to wash the eyes with a boracic acid solution. The wash will sooth the eyes and keep them serviceable and brilliant. But sometimes a more soothing balm is necessary to comfort. A few drops of olive oil will ease the eyes and remove redness. Care should be taken, however, in selecting an oil that is perfectly clean. But this care should always be exercised in dealing with an organ as delicate as the eyes.

In many instances people do not exercise their eyes or the eye muscles sufficiently to keep them strong and equal to the strain placed upon them. The eyes are kept in a set position for long periods and very often headaches result. Persistent strain, of course, eventually impairs the vision. You know very well when you are straining your eyes, for they do not hesitate to file protest.

If the eyes are not in good condition they are terribly irritating. Perhaps many morning headaches are due to the fact that the eyes are not protected from the morning sun. You are not fully aware of the irritation until you raise your lids.

Protect your eyes as you would a valuable asset. Do not unnecessarily expose them to sharp light rays. Keep them clean and clear. The eye is naturally beautiful, and beauty demands care and protection.

Tomorrow—Superlative Beauty.

Gayly Colored Shoes Soon To Go

Patterns Next Fall for Women to Be 9 Inches High and in Black, White, Tan, Gray.

NEW YORK, Jan. 24.—(I. N. S.)—Gay colors and high tips for women's shoes will soon be a thing of the past. No shoes will be made higher than nine inches. The only colors used will be black, white, two shades of tan and two of gray. The present fashionable shoes are made from 15 to 18 inches high to wear with short skirts.

The changes in women's footwear were decided on as a war economy by the National Association of Boot and Shoe Manufacturers. They will go into effect next fall.

WAR WORK

The auxiliary to Oregon Field Artillery Batteries A and B held its regular meeting in room 520 courthouse January 15 and elected the following officers to serve for the ensuing six months: President, Mrs. Eva Patterson; vice president, Mrs. T. S. Loughlin; secretary, Mrs. Maggie Johnson; corresponding secretary, Mrs. B. Adams; treasurer, Mrs. Fred Gordon; ways and means committee, Battery A Mrs. John Eubanks, Battery B Mrs. Alex Gordon.

The East Side Central W. C. T. U. reports work done for the soldiers at the last three meetings as follows Twelve many-tailed bandages, 159 handkerchiefs, 3 pairs bed socks, 28 dish towels, 8½ pounds surgical dressings, 10 pounds gunwipes, 4 napkins, 4 eye bandages, 23 filled housewives and 16 hospital pads. East Side Central is the youngest union in Multnomah county, but is very active and is doing splendid work for the patriotic division of the W. C. T. U. The membership includes the president, Mrs. Hattie Wilson, Mrs. Lulu B. Archer, Mrs. Mary A. Beckwith, Mrs. C. Baumgardner, Mrs. Anna Burcham, Miss Jane Blair, Mrs. Grace Alice Bushnell, Mrs. C. W. Barzee, Miss Dorothy Bell, Mrs. Laura Crofton, Mrs. Lydia Erskine, Mrs. A. E. Erick, Mrs. E. W. Freeman, Mrs. H. B. Greenman, Mrs. Louisa Hamilton, Mrs. Neal B. Inman, Mrs. V. F. Moys, Mrs. Emma C. Moulton, Mrs. Alleen McDonald, Mrs. Mollie Merrill, Miss Elsie Nelson, Mrs. Regina Oeder, Mrs. M. C. Peterson, Misses Alice and Jennie Peterson, Mrs. S. J. Perry, Mrs. Fannie Pawson, Mrs A. A. Rizer, Mrs. Helen Swanson, Miss S. F. Swiney, Mrs. C. C. Taylor, Mrs. H. C. Warriner, Mrs. Esther Waldfogel, Mrs. J. C. Werschkul, Mrs. Helen V. Wagner, Mrs. Cora D. Wilcox, Mrs. Jessie Zimmerman.

The Sorosis club of McMinnville was pleasantly entertained last Thursday afternoon by Mrs. M. D. Warren at her home, 604 First street. The afternoon was devoted to Red Cross knitting and refreshments were served to Mesdames H. W. Stanard, J. G. Baker, J. E. Burdett, Francis Dielschneider, W. C. Hagerty, John Maloney, Ralph Wortman, Jack Spence, Earl Wright, T. E. O'Neill and D. R. McCann.

Milton auxiliary of the Red Cross met Monday night and reorganized, with the following officers elected for the year: Chairman, Mrs. J. E. Ollinger; vice chairman, Frank E. Cockburn; secretary, Mrs. Claude Still; treasurer, George A. Price; directors, Mrs. W. H. Bailey and G. A. Price.

Restless Trousers Cause Delay

Gary, Ind., Jan. 24.—(I. N. S.)—Andrew Kreiqewsky had to stand two hours behind filing cases in the offices of his exemption board while officials searched in vain for his trousers which disappeared during medical examination.

Idle dollars are slacker dollars. Invest in War Savings Stamps. They pay interest.

Bed Time Tales

BY DR WARREN G PARTRIDGE

Jimmy Coon Will Have a Big Surprise

ONE winter's day in March the sun was shining brightly, and Teddy Possum came out of his warm little bedroom in the big hollow tree, to get a bite to eat. Teddy was awfully hungry. Why shouldn't he be hungry? Why, he hadn't had a bite to eat in six weeks. You know he had been sleeping in his nice little bedroom in the big hollow tree all this time!

And when he was digging down through the snow into the black earth under a big poplar tree, to find some nice ground mice, and lizards, and crickets, and fat white grubs, he almost jumped out of his skin with fright as a voice right over him in that poplar tree yelled out in a big gruff tone, "What are you digging this tree down for? Don't you know this is my tree?"

And Teddy Possum looked up and there sat Quilly, the Porcupine, on the lower branch, laughing, because he had made Teddy Possum jump so with fright. Quilly Porcupine had been on the top of that poplar tree for two hours, stuffing himself with the nice tender poplar bark near the top.

And while Teddy Possum and Quilly were talking about all the news of the day, along came Bobby Skunk and Peter Rabbit, and his cousin, Timmy Hare. And Bobby Skunk asked all the others where Jimmy Coon was on that nice sunshiny day.

And Teddy Possum said, "I haven't seen Jimmy Coon for six weeks; and I suppose he is sleeping like a log still, in his nice warm bed!" And Bobby Skunk spoke up, "I wish we could play a good prank on Jimmy Coon, for he nearly teases us all to death with his never ending jokes."

And Quilly said in his slow and hoarse voice, "Let's wake him up with yelling, 'Fire, Fire,' while he is sleeping soundly in his bed!" And all agreed that would be a capital prank to play on the sleepy-head, Jimmy Coon.

"Who can climb, up to his little bedroom, on the 20th floor of the Hemlock Apartments?" asked Bobby Skunk, "For you all know that I cannot climb trees, neither can Peter Rabbit, nor Timmy Hare, his cousin."

And Teddy Possum and Quilly answered together, "We are great climbers, and we'll go right away, and scare

Teddy Possum looked up and there sat Quilly, the Porcupine, on the lower branch, laughing, because he had made Teddy Possum jump so.

Jimmy Coon out of his boots." And it was funny to see the whole crowd start for the big Hemlock Flat, to give Jimmy Coon the surprise of his life! Bobby Skunk, Peter Rabbit, and Timmy Hare, his big cousin, stood around the hollow tree, while Teddy Possum and Quilly began to climb the tall hollow tree.

Tomorrow—"Jimmy Coon has the Scare of His Life."

TODAY'S AMUSEMENTS

FEATURE FILMS

COLUMBIA—Sixth between Washington and Stark. Jack Pickford in "Spirit of '17." Special feature, "France in Arms." 11 a. m. to 11 p. m.

LIBERTY—Broadway at Stark. William S. Hart in "Wolves of the Rail." 11 a. m. to 11 p. m.

MAJESTIC—Washington at Park. Mary Garden in "Thais." 11 a. m. to 11 p. m.

PEOPLES—West Park at Alder. Mary Pickford in "Stella Maris." 11 a. m. to 11 p. m.

SUNSET—Broadway at Washington. "On Trial." 11 a. m. to 11 p. m.

STAR—Washington at Park. Margarita Fischer in "Molly Go Get 'Em." Extra feature, Charlie Chaplin in "The Jitney Elopement." 11 a. m. to 11 p. m.

VAUDEVILLE

ORPHEUM—Broadway at Taylor. Headliner, Four Marx Brothers and company of 20, in "Home Again." Matinee, 2:30; evening, 8:30.

PANTAGES—Broadway at Alder. Headliner, Wilson's Lions. Final episode of "The Fatal Ring." Matinee, 2:30. Nights, 7 to 9.

HIPPODROME—Broadway at Yamhill. Headliners, "Visions of Art" and "The Heart of the Canyon." Photoplay feature, "The World Power," with Ethel Barrymore.

STRAND—Washington between Park and West Park. Feature photoplay, Jewel Carmen in Kingdom of Love." Vaudeville feature, Coin's Dogs.

STOCK OFFERING

BAKER—Broadway between Morrison and Alder. The Alcazar Players in "On Trial." Matinee 2:15; evening 8:20.

LYRIC—Fourth and Stark. Musical comedy, "The Night Owls," with Dillon and Franks. Daily matinee 2:30; evening 7:15 and 9.

Secretary Fills President's Job

Head of Company Away Serving Uncle Sam, So Miss Olson Does His Work.

CHICAGO, Jan. 24.—Miss J. A. Olson, former secretary of the Kier Letter company of this city, is filling the chair of the president of the company while W. E. Kier, president of the firm, is serving Uncle Sam.

Mr. Kier, vice president of the Chicago Rotary club and a well known advertising man, is a private in the ordnance department of the United States army.

Pierong Manager of Tacoma Hippodrome

Well Known Portland Electrical Man Succeeds A. A. Lotto, Who Died Sunday Night; Many Attend Funeral.

H. A. ("Nick") Pierong, one of the best known theatrical men in Portland, has been made manager of the Tacoma Hippodrome theatre succeeding Manager A. A. Lotto who died Sunday night. In respect to their fellow manager W. W. Ely of the Portland Hippodrome and Manager Mueller of Seattle Hip are in Tacoma attending the funeral.

Mr. Ely will return to Portland Friday. During his absence the house is being conducted by Assistant Manager Sam Meyer.

Mr. Pierong managed the Empress and Strand theatres in Portland and was prominently connected with the last Rose Festival.

The Truth About Belgium

The first complete official record of the devastation in Belgium by Brand Whitlock, United States minister to Belgium, will be published serially in The Sunday Journal beginning Sunday, February 17.

Old Time Mush Is Luxury Now

Cornmeal Is Becoming So Popular That Its Price Is Rapidly Going Up.

WASHINGTON, Jan. 24.—(U. P.)—Mush is becoming the great American extravagance. The good, old-fashioned cornmeal variety is becoming so popular in the households that its price is going up along with everything else.

Corn was one of Food Administrator Hoover's recommendations for the American table when he looked out on a world shortage of wheat. As a result, the busy housewife, following the appeal, has been putting corn into everything, and mush has become a luxury instead of a laugh as in years gone by.

FRATERNAL NOTES

Kirkpatrick council, Knights and Ladies of Security, will throw open the doors of the big Moose Temple auditorium Friday night to its members and friends and give another of its hearty and hospitable free social entertainments followed by a dance. The new Moose Temple is situated at the corner of Fourth and Taylor streets and is nearly complete in its accommodations. Everybody is welcome. A large floor committee will receive.

Kiwanda council, Degree of Pocahontas, will give a social next Saturday night with refreshments. T. C. Richle, great senior sagamore of Oregon, Improved Order of Red Men, has promised several boxes of apples from his Hood River orchard, and George Bylander is to provide the loganberry juice from his Bull Run berry farm. The chiefs and ladies of the two orders are intending to have a big potlatch at Alisky hall.

Committees representing the Great Council of Oregon, the past sachems' organization of the degree of Pocahontas, and the local tribes of the Improved Order of Red Men met Tuesday night at 414-415 Panama building to organize the work for a complete canvas of the state for the purchase of one hospital ambulance for Camp Lewis. An active campaign will be conducted and meetings of the general committee held every Tuesday night.

The union meeting of the camps of the Modern Woodmen of America was held at the hall of Alberta camp, Skidmore and Williams avenue, Tuesday night. R. W. Foster, consul of Oregon Fir camp, presided. The initiatory work was in charge of Major C. C. Hood and a picked team. Speeches were made by J. W. Simmons, state deputy head consul, and other members.

Ivanhoe homestead, Brotherhood of American Yeomen, gave a social card party and dance Wednesday night at Arcanum hall, 109 Thirteenth street, that was greatly enjoyed. A number of "our boys" in uniform availed themselves of the welcome hand extended to them and danced when the floor was uncovered. Prizes were such as would make Hoover smile.

Wednesday night Royal circle was hostess to delegations of neighbors from Multnomah and Astra circles, Neighbors of Woodcraft, at the W. O. W. Temple. After a program of music and literary features, a light banquet was served. The committee responsible for the hospitality enjoyed was Mrs. Rose Schoel, Leona Graham, Mrs. Ida Wert.

Anchor council, Knights and Ladies of Security, Wednesday night had the F. of A. hall packed at 129 Fourth street for its open entertainment and dance. The program consisted of music, solos, fancy dancing and recitations. Mrs. M. A. Murphy presided. After the program old time dances were called off and a good time enjoyed.

Ben Hur council will initiate another class Friday night at F. of A. hall, 129 Fourth street. Its work is attracting attention because of the high histrionic abilities displayed by the participants in the degree work which is founded on the famous story of Ben Hur by General Lew Wallace.

A luncheon gathering of Royal Arcanum members was held today at the Hazelwood. Joseph H. Page, regent of Oregon Electric council, presided. R. G. McMullen, deputy supreme regent; A. F. Flegel, grand regent, and others spoke.

The musical program given by the Elks band under Director Eugene Cioffi Wednesday night was listened to with great appreciation by many members and guests.

Countless Women find—

that when suffering from nervousness, sick headache, dizzy spells and ailments peculiar to their sex—nothing affords such prompt and welcome relief, as will follow a few doses of

BEECHAM'S PILLS

A proven women's remedy, which assists in regulating the organs, and re-establishing healthy conditions. Beecham's Pills contain no habit-forming drug—leave no disagreeable after-effects. They are—

Nature's aid to better Health

Directions of Special Value to Women are with every box. Sold everywhere. In boxes. 10c., 25c.

Be sure it's Davidson's LIBERTY BREAD

Clean-Easy SOAP
There are meatless days and wheatless days
And other days galore;
But all the days are CLEAN EASY days,
As we have said before.
"It's Wonderful"

The Famous Russian Violinist
GREGOR CHERNIAVSKY
Professor Imperial Conservatoire of Petrograd, late Assistant to Leopold Auer has opened Violin Classes in Portland at his Studio, 502 Ellers Building. Studio Main 6822. Res., Main 2070.

AMUSEMENTS

ENGAGEMENT
Begins Tonight
HEILIG Broadway at Taylor MAIN 1 AND A-1122
3 NIGHTS Beginning Tonight 8:15
SPECIAL PRICE MAT. SATURDAY
Henry W. Savage Will Offer
MITZI IN POM-POM
The Saucy Star, Famous Comic Opera, Much Praised Cast. Chorus. Orchestra
Eve's—Floor, $2. Balcony, $1.50, $1, 75c, 50c. Gallery, 50c.
Saturday Mat—Floor, $1.50. Balcony, $1, 75c, 50c. Gallery, 50c.

HIPPODROME VAUDEVILLE
THURSDAY FRIDAY SATURDAY
DOROTHY DESCHELLE & CO.
Presenting
'HEARTS ARE TRUMPS'
Dedic Velde & Co.
Charlie Chaplin Capers in the Park
4—Other Big Acts—4
OLIVE TELL
in
"HER SISTER"
10c—Week Day Mats.—10c
Any Seat

A Nicht Wi' ROBBIE BURNS
Auspices of Clan Macleay, Order of Scottish Clans
Masonic Temple, Friday, Jan. 25, 8 P. M.
MISS GOLDIE PETERSON
MRS. VIRGINIA HUTCHINSON
MR. MALDWYN E. EVANS
MR. J. ROSS FARGO
MISS MAY VAN DYKE, Accompanist
In a Program of Scottish Songs
Watson Sisters, Highland Dances and Boy Scout Dance
Pipe Major J. H. MacDonald, Highland Music
Royal Chief A. G. Findlay: Remarks on Robert Burns
General Admission 50c — Reserved seats 75c and $1. Tickets on sale at Sherman, Clay & Co.
Mail orders for tickets to James Galt, Canadian Bank of Commerce, Portland, Or. Out-of-town patrons' tickets will be mailed or held till called for, as requested.

BAKER ALCAZAR PLAYERS
All Week—Matinee Saturday.
Most powerful and gripping drama of modern times
"ON TRIAL"
With the double revolving stage
Evenings—25c, 50c, 75c. Sat. Matinee, 25c, 50c.
Next week—"It Pays to Advertise."

PHONES MAIN 6 A5555
Orpheum
SUPERIOR VAUDEVILLE
EMMA CARUS & LARRY COMER
Bernie & Baker; Adelaide Boothby; "LOVE THY NEIGHBOR"; Semia Braatz; Claude M. Roode & Estelle France; STAN STANLEY.
EXTRA! SHOW WEDNESDAY NIGHT

PANTAGES
MAT. DAILY 2:30
WILSON'S LIONS,
The Act That Startled Broadway.
Six Other Big Acts.
Three Performances Daily. Night Curtain at 7 and 9.

LYRIC MUSICAL STOCK
Matinee Daily at 2:30. Nights Continuous at 7:30
Dillon and Franks, funniest team of comedians ever seen in stock here, in
"THE NIGHT OWLS."
A regular joyfest in three scenes—30 people. Music, laughter and the Rosebud Chorus
Tuesday night—"The Country Store" (extra).
Friday—Chorus Girls' Contest.

The delicious economy of Cottolene cooking

A shortening that is apparently cheap by the pound is often expensive when it comes to actual use.

Many careful housekeepers have found that Cottolene goes very much farther than other shortenings which they had been using.

Many report that they get the best results by using one-third less.

That is because wholesome Cottolene sets the highest possible standard for purity and *richness*.

When you bake with Cottolene and taste the cookies, cakes, puddings, pies and biscuits, you make a still more welcome discovery.

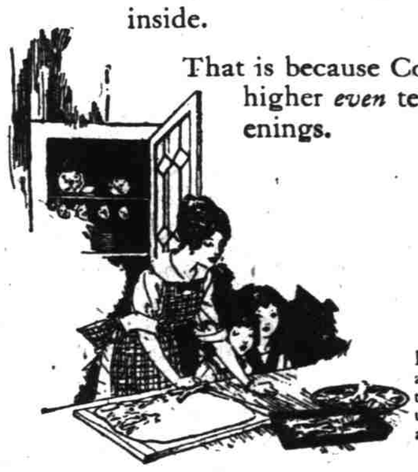
This:

That all these good things have a perfectly delicious *flavor*.

When used for frying, wholesome Cottolene has, too, a way of sealing *in* the flavor.

For instance, potatoes fried in Cottolene are crisper and lighter than potatoes fried in other commonly-used cooking fats. They are more mealy inside.

That is because Cottolene can be brought to a higher *even* temperature than other shortenings.



Recipe for GINGERBREAD

1 cup New Orleans molasses;
2 scant tablespoons Cottolene, melted;
1 cup boiling water;
1 level teaspoon soda;
3 cups flour;
1 tablespoon ginger.

Dissolve soda in tablespoon boiling water and add it to molasses; then add the melted Cottolene, boiling water, ginger and flour. Beat until smooth and bake in a moderate oven about 30 minutes.

THE N. K. FAIRBANK COMPANY

Cottolene
"The Natural Shortening"