

WOMEN'S CLUBS

Delegates Go Next Week to Big Convention

By Verna Winner
THE Oregon delegation to the convention of the General Federation of Women's Clubs, to be held in Hot Springs, Ark., April 20 to May 3, inclusive, will leave Portland next week. On Tuesday Mrs. Esther Allen Jones and Mrs. Sallie Orr-Dunbar will leave. They will spend a day in Denver and then proceed to Hot Springs for the convention.

Mrs. Jones will be one of the interesting figures at the convention, as she has the honor and distinction of being the only Oregon woman who belongs to the Pioneer Club Workers' association, an organization which includes only those who held office in the general federation in its early days. The most exclusive social function of the biennial will be the luncheon given by this association.

Mrs. Dunbar is chairman of the educational committee of the state federation and is also secretary of the Oregon Association for the Prevention of Tuberculosis, and while in the East she will visit several of the large institutions devoted to the care of tubercular patients.

Mrs. Charles H. Castner of Hood River, president of the state federation; Mrs. Sarah Evans, director in the general federation; Mrs. Emma Johnson and Mrs. Shurtliff of the Railroad Women's club, and Mrs. Ada B. Milligan of Trineville will leave for Hot Springs Wednesday.

On her return Mrs. Castner will call a meeting in Portland of the state executive board, chairman of standing committees and of the state officers of all federated clubs of the biennial, and she asks that clubs defer the arranging of their next year's programs until after this meeting, that they may profit by the new suggestions that will develop at the biennial.

The main session of the biennial convention will be held in the huge auditorium at Oakland. This is a magnificent structure, surrounded by vine-clad porches and great stretches of rolling lawns. On the first floor is an auditorium, where the main sessions will be held. Near the entrance is the check room. The postoffice, telegraph office and the women's display are on the first floor, as are the credential room, bureau of information, the art exhibit and the display of Nilok pottery, one of the wonders of Arkansas.

On the second floor is a spacious rest room and a fully equipped emergency hospital. There are retiring rooms on both floors. A flower-bordered, covered walkway leads to the auditorium from the annex, where the various departmental headquarters and their exhibits will be housed. On the second floor will be the children's display from the University of Arkansas, also an exhibit representing the growth and development of the home economic extension work in Arkansas.

The current events club met with Mrs. A. P. Fliger, 601 Jarrett street, Tuesday afternoon. The club had as its guests Mrs. Charles H. Castner, president of the State Federation of Women's Clubs, and Mrs. Sallie Orr-Dunbar, president of the State Woman's Press club. Mrs. Castner gave a short talk, in which she emphasized the importance of the women's work in the world, and called special attention to the members of the club to Home Manufacturers' week, and asked their cooperation. Mrs. Additon gave an interesting talk on the distressed women of that country. Last Thursday the annual meeting of Westminster church was preceded by a dinner, where several hundred were served. The church membership recently passed the 900 mark, and a healthy normal growth is evidenced. The pastor, Dr. E. H. Pence, is spending most of each week at American Lake, doing pastoral and Y. M. C. A. work among the troops.

The Progressive Woman's league will hold its regular monthly social meeting in Hotel Portland assembly room Tuesday, April 22, at 2:30 p. m. A program has been arranged as follows: Piano solo, Miss Dorothy Cox; dramatic reading, Miss Alleen Bronz; Mrs. Gaynell Mountain will sing "Waiting" (Millard), "Queen of the Night" (Torrey), accompanied by Miss Lela Slater; Miss Gertrude Ost will sing "Somewhere a Voice



Miss Harriet Thayer who was recently elected president of the Portland Grade Teachers' association. Miss Thayer is a teacher in the Couch school.

Is Calling" and "My Rose of Yesterday;" violin solo, Miss Gay Kelly; Colonel Robert Miller will speak on "The Psychology of the New Democracy." There will be other prominent speakers. The public is invited. The Red Cross auxiliary will meet at Meier & Frank's work room Monday at 12:30 to sew.

At the regular meeting of the Sorosis club of The Dalles, held Thursday in the parlors of the Hotel Dalles, the annual election of officers took place. Mrs. B. L. Carson was unanimously elected president and Mrs. E. H. Watts was elected vice president. Mrs. R. W. King was re-elected recording secretary and Mrs. W. V. Chambers was elected as corresponding secretary. Mrs. C. N. Buret will be treasurer and Mrs. A. S. Roberts is director. Besides the election, an unusually interesting program was rendered. The Sorosis is one of the most enterprising women's organizations in the state and has done a great deal in the recent war work campaigns.

The regular meeting of the Portland Women's Social Science club was held in the public library Tuesday afternoon. A good attendance listened to four of the candidates for county commissioner—Rufus Holman, Ralph Hoyt, A. A. Bailey and J. T. Wilson. Members and their friends will please bear in mind that the Red Cross auxiliary of the club meets for an all day session every Wednesday in the Meier & Frank work room.

The regular meeting of Chapter A. P. E. O. sisterhood, was held at the home of the president, Mrs. F. H. Murphy, 766 East Twenty-sixth street north, on Monday, April 8. Committees were appointed and plans discussed for the year's work. Members responded to roll call by giving Liberty recipes. Mrs. Murphy served delicious conservation refreshments.

The Oak Grove Housewives' club met with Mrs. Cederson Thursday. The ladies made dishcloths for the soldier boys. A pleasing program was given. All the members were present. The next meeting will be with Mrs. Lindsay and Miss Williams as hostesses for a May day party. It will also be the last meeting of the club until October.

On April 24 the state stock convention will meet at Ontario, Ont., and the Ontario Woman's Christian Temperance union will serve a banquet to the convention. They already have 400 plates sold at 60 cents a plate and expect to sell 100 more. All the proceeds of this banquet will go into patriotic work. They expect to clear \$100. The Ontario union has on display in the window of one of the principal stores their Liberty

A large number of reservations have already been made for the military luncheon to be held at the Multnomah hotel at noon. The proceeds of the Portland Women's Research club and their many friends, who include a large number of civic organizations, are taking this opportunity to entertain a large group of the soldiers who will soon be leaving for duty at the front. All reservations should be in as early as possible, as all available space will be taken within a few days. Philip Gevurtz is putting her usual energy and ability as chairman of the executive committee into this project and is assisted by many capable sub-committees, all of whom are working energetically toward its success.

The Tuesday Afternoon club was entertained in the home of Mrs. G. L. Boynton the past week. After the regular business session the club presented its study of French romantic literature. A paper, "The Development of the Novel," was presented by Mrs. R. R. Bonhart, residing at 7 J. Street. Victor Hugo were given by Mrs. J. A. Dunbar. A social hour followed.

The club will meet on April 23 with Mrs. Randall E. Howe at her home, 545 East Fifty-seventh street North. Take Rose City park car.

The Laurelhurst Study club met with Mrs. Parsons as leader on Monday afternoon. The time was spent in discussing the different plays read during the year and for the next lessons an assignment of questions was given. These may be had from the secretary, Miss Gladys Shalt, 416 Commercial street, by Beaumarchais, will also be read and compared. The business session was given with plans for the plays soon to be given by the study club, notice of which appears on another page.

Days Are Busy For Women in Patriotic Work

THESE are indeed busy days for the Oregon division of the woman's committee, State Council of Defense. Each county is well organized, and at the suggestion of State Council of Defense Director J. K. Kollock, county chairmen of the woman's committee have been made members of the executive committee of each county council.

The War Savings societies are progressing well, and the following counties have reported the work being organized: Marion, Mrs. William Hamilton, chairman; Washington, Mrs. L. W. Hyde, chairman; Yamhill, Mrs. William Houck, chairman; McMinnville, Douglas, Mrs. J. W. Masters, chairman; Deschutes, Mrs. W. A. Ellis, chairman.

The woman's committee, through its state chairman, Mrs. Charles H. Castner, has been asked to assist in the enrollment week of the boys' working reserve and Mrs. Castner has sent a letter to each of her county chairmen asking them to give their assistance.

Mrs. Castner will go from the biennial meeting of the General Federation of Women's clubs in Hot Springs direct to Washington, where she has been called for a conference of the state chairmen of the women's committee, and upon her return early in June, will call a meeting in Portland of the state chairmen, and of the executive committee of the State Council of Defense, woman's division. She will present the plans decided upon at the national meeting and further promote the state activities.

The chairman of the child welfare committee, Mrs. F. G. Schilke of La Grange, will have her next meeting by then for the observance of "Baby Year," and Mrs. George W. McMath, chairman of the committee on education and propaganda is working on plans of that committee.

The ladies of the Albina Women's Christian Temperance Union will entertain with a patriotic tea at the home of Mrs. Jane M. Donaldson, 210 Fremont street, next Tuesday afternoon at 2:30. There will be a silver offering, which will be applied on the purchase of a Liberty bond for the county union, and to the support of the war effort in France. Mrs. Mattie M. Stech, county president, will speak on "Patriotism" and Mrs. R. H. Lucia will sing.

The Portland Woman's club will give honor to America's greatest composer, Mrs. E. Bingham, at a concert at the Multnomah hotel. The members of the MacDowell club will present the program. Mrs. Thomas Carrick Burke, president, will give an appreciation of MacDowell, and Mrs. H. M. B. Bohnman will give a group of MacDowell songs. Miss Abby Whiteside will play a number of selections from MacDowell.

The spring quarterly meeting of the Deaconess auxiliaries of Oregon conference will meet in the Oxford parlors of the First Methodist church on Friday, April 26, at 10:30. Reports from the auxiliaries will be read, and a reading will be given in the morning. Lunch will be served at noon. An address will be given at 2:30 by Dr. W. B. Hinson of the Baptist church. Music will be furnished by the choir. Mrs. Irene Strowbridge and Mrs. Robert F. Clark. A cordial invitation extended to all.

The Waverly Heights Congregational church will give a program Friday evening at 8 o'clock. The program will be "The Woodland Round Table," a little play, will be presented by the Sunday school children. A musical program will be given by the choir. Mrs. J. Shearer, Mr. and Mrs. Robert Roberts, Miss Maran Schmulik and Master Billy Griffith. Catherine Kessman will give two readings, with violin accompaniment.

The Peninsula Park Lavender club will give a literary entertainment May 3 at Bakers hall, Killingsworth and Albina avenues, for the benefit of the Third Oregon supply company, to which they are an auxiliary. For particulars call Woodlawn 1242.

Mrs. Pearl Jones' potpourri will give a reading, entitled "Spindle, Distaff and Flax," at the Y. W. C. A. vesper service this afternoon, at 8 o'clock in the building at 4:30. Mrs. O. B. Riddle will sing. The social hour will follow at 5:30. The meeting is open to the public.

Next week's war kitchen classes at the Y. W. C. A. from 2 to 4 on Thursday and Friday afternoon are to be devoted to the preparation of conservation salads. No regular fees are charged and the recipes used are different each day and only those recipes which have the approval of the food administration are used.

The next regular meeting of Chapter A. P. E. O. sisterhood, will be held on Monday, April 22, at 2 p. m. with Mrs. W. F. Greer, 1183 Laddington Court. Each member is privileged to invite a guest in the annual guest day. There will be a reading by Miss Woodbury and Miss Annie Mathison will sing.

The Lippman-Wolfe "Richt" Sewing club will hold its regular weekly meeting at the home of Mrs. Reilly, 704 Hoyt, Wednesday, April 24.

The Montessori association will meet tomorrow evening at the home of Mrs. T. Ernest Oates, 561 East Ankeny street.

The next meeting of the Woodstock Study club will be held at the Woodstock library, Friday, April 26, at 1:30 p. m. Belgium will be the country studied.

NEW PRESIDENTS OF P. E. O. CHAPTERS



Left to right—Mrs. Frederick H. Murphy, the newly elected president of chapter A of the P. E. O. Sisterhood; Mrs. E. S. Currier, newly elected president of Chapter C of the P. E. O. Sisterhood.

CLUB NOTES

The ladies of the Albina Women's Christian Temperance Union will entertain with a patriotic tea at the home of Mrs. Jane M. Donaldson, 210 Fremont street, next Tuesday afternoon at 2:30. There will be a silver offering, which will be applied on the purchase of a Liberty bond for the county union, and to the support of the war effort in France. Mrs. Mattie M. Stech, county president, will speak on "Patriotism" and Mrs. R. H. Lucia will sing.

The Portland Woman's club will give honor to America's greatest composer, Mrs. E. Bingham, at a concert at the Multnomah hotel. The members of the MacDowell club will present the program. Mrs. Thomas Carrick Burke, president, will give an appreciation of MacDowell, and Mrs. H. M. B. Bohnman will give a group of MacDowell songs. Miss Abby Whiteside will play a number of selections from MacDowell.

The spring quarterly meeting of the Deaconess auxiliaries of Oregon conference will meet in the Oxford parlors of the First Methodist church on Friday, April 26, at 10:30. Reports from the auxiliaries will be read, and a reading will be given in the morning. Lunch will be served at noon. An address will be given at 2:30 by Dr. W. B. Hinson of the Baptist church. Music will be furnished by the choir. Mrs. Irene Strowbridge and Mrs. Robert F. Clark. A cordial invitation extended to all.

The Waverly Heights Congregational church will give a program Friday evening at 8 o'clock. The program will be "The Woodland Round Table," a little play, will be presented by the Sunday school children. A musical program will be given by the choir. Mrs. J. Shearer, Mr. and Mrs. Robert Roberts, Miss Maran Schmulik and Master Billy Griffith. Catherine Kessman will give two readings, with violin accompaniment.

The Peninsula Park Lavender club will give a literary entertainment May 3 at Bakers hall, Killingsworth and Albina avenues, for the benefit of the Third Oregon supply company, to which they are an auxiliary. For particulars call Woodlawn 1242.

Mrs. Pearl Jones' potpourri will give a reading, entitled "Spindle, Distaff and Flax," at the Y. W. C. A. vesper service this afternoon, at 8 o'clock in the building at 4:30. Mrs. O. B. Riddle will sing. The social hour will follow at 5:30. The meeting is open to the public.

Next week's war kitchen classes at the Y. W. C. A. from 2 to 4 on Thursday and Friday afternoon are to be devoted to the preparation of conservation salads. No regular fees are charged and the recipes used are different each day and only those recipes which have the approval of the food administration are used.

The next regular meeting of Chapter A. P. E. O. sisterhood, will be held on Monday, April 22, at 2 p. m. with Mrs. W. F. Greer, 1183 Laddington Court. Each member is privileged to invite a guest in the annual guest day. There will be a reading by Miss Woodbury and Miss Annie Mathison will sing.

The Lippman-Wolfe "Richt" Sewing club will hold its regular weekly meeting at the home of Mrs. Reilly, 704 Hoyt, Wednesday, April 24.

The Montessori association will meet tomorrow evening at the home of Mrs. T. Ernest Oates, 561 East Ankeny street.

The next meeting of the Woodstock Study club will be held at the Woodstock library, Friday, April 26, at 1:30 p. m. Belgium will be the country studied.

Give Wool to The Soldiers, Is D. A. R. Plea

THE following is an extract from a recently issued bulletin of the National Society of the Daughters of the American Revolution and is a call to all Daughters:

"When the sentiment becomes nationwide that patriotic, loyal American women will not use for their personal adornment, comfort or pleasure the wool of our fighting men need to keep them warm, sweaters of pink, blue, lavender, yellow or any other bright colored yarn? Also by declining to own more than one sweater of any kind, and in the future finding a substitute for that sweater and for your child's knitted tunic when they need replacing?"

Will you help to create a sentiment that it is unpatriotic to adorn our dresses with wool embroideries and wool ornaments, and disloyal to the men at the front to decorate knitting bags and hats with flowers crocheted or knitted out of wool?

"American women—our second line of defense—are not intentionally unpatriotic, but a lack of thought rather than an absence of loyalty is responsible for our continuing to make bright colored sweaters for ourselves and our friends, and for the calmness with which we own more than one sweater, despite the scarcity of wool and the number of knitted garments needed to protect our fighting men."

This is one of the many bulletins sent out by the national society to every D. A. R. chapter in the United States, to the orient, Honolulu and Cuba, for even in the remote corners of the earth this organization has its representatives working fervently to make bright colored, to further the objects for which it was formed.

Tarnished Gold Lace

Gold lace trimmings that have grown black and tarnished can be improved by the secret of wool and the number of brush into this and brush every thread of the gold lace thoroughly. If there is much tarnish two or three treatments will be necessary to remove it.

Dust that collects in glass works can be gathered and cast into paving blocks by an European inventor's process.

The Captiol Hill Red Cross auxiliary met at the school house Thursday night. Eighteen ladies were present. Lunch was served at noon. J. E. Cooter and Miss Alice Johnson were the featured short talks on home and school gardening.

The auxiliary decided to have a community garden, and thus relieve the teachers' burden. The plan is to raise such vegetables as can be used for the domestic science classes and for the Red Cross lunches next winter. The auxiliary will be in charge of the garden.

Be Careful of What You Feed Your Children

By Dr. Lena K. Sadler
LIKING as we have the human body to an engine with great possibilities, we found that the fats, sugars and starches represent the coal which when burned up in the fire box of the engine—the tissues of the body—actually produce heat and energy.

Now there is another important and just as necessary food element, the proteins—assigned to maintain the engine and corresponds with the iron and steel that are used from time to time to repair the engine and to replace its parts.

The needs of the growing child are greater proportionately than the adult, and perhaps explain why a young lad can eat almost as much as two average adults do. The tissue builders and repairers are called protein foods and comprise those of vegetable and animal origin.

Of all foods the protein foods are the most dangerous; for, while a certain amount of protein is essential to general body needs nevertheless, if taken in too large quantities—such as meat, baked beans, peanuts, etc.—they in turn become the clinkers that remain behind after the combustion form irritating substances in the blood.

Askes which remain after the body burns up starches, sugars and fats are simple, but protein wastes and clinkers, in the form of urea, uric acid, etc., often irritate the elimination organs on their way out.

Growing children should have a well balanced ration—more cereals and starches than anything else, a fair amount of fat and a fair amount of protein. We won't give them chicken, baked beans and corn at the same meal. One of these dishes is enough, together with a vegetable or two, bread and fat and plenty of fruit.

Let one of the vegetables be creamed and let the bread be more often corn or oatmeal. These days when beef and when served to the children, should be looked upon as meat, and so should any one of the following:

- Bread—Eggs
- Lentils and onions
- Cheese
- Spaghetti
- Lima beans
- Baked meats
- Nut loaf

They are splendid meat substitutes. Avoid during these days when beef and pork are so badly needed by our loyal and devoted fighting heroes, don't forget that there are dozens of ways that can be used to replace them. Use abundantly of the substitute fats that are so delicately flavored and answer so well in the braising and seasoning of meats.

One of the best meals I ever enjoyed, was built around a rice dish where the rice had been cooked in a broth of tomatoes, well seasoned with onion, etc. Rice and potatoes should not be served together; they're both pure starch.

I give below three suggestive well balanced menus that may be eaten by any healthy individual over 5 years of age.

BREAKFAST

Food and quality	Calories
Baked potatoes, two small	150
Graham mush with dates, one serving	100
Cream, one-third glass	100
Butter, one square	100
Milk, one glass	100
Total	550

DINNER

Cheese macaroni, two servings	300
Baked potatoes, two small	150
Fresh salad, one serving	100
Cream gravy, large serving	50
Orzo, one serving	50
Corn bread, small square	50
Lemonade, one glass	75
Total	725

SUPPER

Corn meal mush, large bowl	100
Cream, one-half glass	100
Bananas, one large	100
Oatmeal cookies, two	100
Milk, one glass	100
Total	500

Let simple eating be maintained and more time spent upon the culture of our children than upon concocted dishes that make for disordered stomachs and irritated nerves.

"Patriots' Cake"
One-quarter cup black coffee, 1/2 cup brown sugar, 1 teaspoon chicken fat, 1 egg, lightly beaten, 2 tablespoons cocoa, 1 level teaspoon soda dissolved in cup of sour milk. Now add 1 cup white flour and 1/2 cup graham flour. Bake in shallow tin.
Cacao frosting for the cake—Tablespoon condensed milk, 1 teaspoon black hot coffee, 1/2 teaspoon oil, melted and added, then 1 tablespoon cocoa. Spread on cake.
"Make your acres tote double," says the Progressive Farmer.

"WHEN YOUR KIDNEYS FEEL LIKE LUMPS OF LEAD"

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and lumpy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous acids, you say, backache, sick headache, dizzy spells, your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular drinkers. It is inexpensive, cleans, injure and makes a delightful, effervescent lithia-water drink. (Adv.)

Young Women

Are Told How to Find Relief from Pain.

Nashua, N.H.—"I am nineteen years old and every month for two years I had such pains that I would often faint and have to leave school. I had such pain I did not know what to do with myself and tried so many remedies that were of no use. I read about Lydia E. Pinkham's Vegetable Compound in the newspapers and decided to try it, and that is how I found relief from pain and feel so much better than I used to.

When I hear of any girl suffering as I did I tell them how Lydia E. Pinkham's Vegetable Compound helped me."—DELIA MARTIN, 29 Bowers Street, Nashua, N. H.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and is, therefore,

THE PERFECTLY SAFE REMEDY

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.