

SOCIETY : RUTH MAE LAWRENCE : HOME INTERESTS : TELEPHONE—ALL DEPARTMENTS 909 : CLUBS :

Plans Are Made For A. A. U. W. Conference

The program for the fifth annual conference of the Oregon state division of the American association of University Women which will meet in Salem Friday and Saturday, October 18 and 19, was announced Monday. Mrs. W. W. Baum is president of the Salem chapter. Conference headquarters will be at the Marion hotel. The sessions will open Friday evening at 7 o'clock with a dinner at the Marion. Mrs. A. W. Cooper, national second vice-president will extend greetings and the dinner address will be given by Dr. Clara M. Smertenko, department of Greek at the University of Oregon. The complete program for Saturday is as follows: 9:30 o'clock—Registration of delegates. 10:00—Business session—Reading of minutes; treasurer's report; reports from branches; report of standing committee; revision of constitution; election of secretary-treasurer. 12:15—Luncheon—Mrs. W. W. Baum, president, hostess group, presiding; address by Mrs. Melvin A. Brannon, sectional director, North Pacific section. 2:30—Round Table Discussion—Education, Miss Mozelle Hair, extension division, University of Oregon, presiding; Charles A. Howard, state superintendent of public instruction, speaker. Membership, Mrs. Kate W. Jameson, dean of women, Oregon State agricultural college, presiding. Study sections. Reservations for the dinner Friday evening and luncheon Saturday should be made before Wednesday evening. Mrs. A. C. P. Baum at 2202 or Mrs. G. F. Chambers, 385-J.

Wistaria Club Has First Dance of Season

The first Wistaria club dance of the season was an event of Friday night in the Castilian ballroom. In the absence of the president, John Orr, Judge George Bossman, the vice-president, presided. B. B. Flack is secretary of the club which holds dances the second Friday night of each month. Members of the club are Mr. and Mrs. M. P. Adams, Mr. and Mrs. H. C. Bidwell, Dr. and Mrs. Harold Brown, Judge and Mrs. Harry Belt, Mr. and Mrs. R. G. Dege, Mr. and Mrs. L. M. Dougherty, Mr. and Mrs. William P. Erickson, Mr. and Mrs. E. Feilman, Mr. and Mrs. L. M. Flagg, Mr. and Mrs. B. B. Flack, Mr. and Mrs. Gibson, Mr. and Mrs. Henry Mr. and Mrs. O. H. King, Mr. and Mrs. Charles King, Mr. and Mrs. Le. Lane, Mr. and Mrs. Sam. Laughlin, Mr. and Mrs. L. F. Letgarian, Mr. and Mrs. Charles Miller, Mr. and Mrs. McDonald, Mr. and Mrs. McKee, Mr. and Mrs. Will McTripp, Mr. and Mrs. H. G. Nelson, Mr. and Mrs. William Nelson, Mr. and Mrs. Glen Niles, Mr. and Mrs. E. W. Peterson, Mr. and Mrs. L. R. Armstrong, Judge Mrs. George Rossman, Mr. and Mrs. J. Schell, Mr. and Mrs. S. J. Smith, Mr. and Mrs. A. L. Smith, Mr. and Mrs. B. K. Smith, Mr. and Mrs. Roy Bobb, Mr. and Mrs. H. E. Crow, Mr. and Mrs. L. A. Grote, Mr. and Mrs. C. A. Luby, Mr. and Mrs. John W. Orr, Mr. and Mrs. P. R. Pratt, Mr. and Mrs. P. P. Up, Mr. and Mrs. C. L. Sherr, Mr. and Mrs. Glen Shown, Mr. and Mrs. A. C. Smith, Mrs. Merle Travis, Mr. and Mrs. B. W. Waagstaff and Mr. S. David Wright.

From Canada Hand Home

J. B. Martyn and Mrs. Alexander of Sarnia, Canada, arrived Sunday to spend some time with relatives in Salem. They are guests of their brother, and sister, Mr. and Mrs. hand of South Commercial. Mrs. MacDonald is also her son, Malcolm Mac of Salem Heights. Sons of Veterans' auxiliary will meet this Tuesday evening with Mrs. H. R. Mercer, 539 North Summer street.

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Girl Friend of Lindy's



St. Louis society once more has been commenting on the friendship of Colonel Charles A. Lindbergh and Miss Eppes Hawes, above, daughter of U. S. Senator and Mrs. Harry Hawes, of Missouri, according to a published dispatch from St. Louis. Rumors of an unusual interest have been denied in the past. The dispatch relates that the famous aviator is believed to have met Miss Hawes when he was comparatively unknown, and then met her again when, as a hero, he was received in Washington. She is an accomplished dancer and swimmer, a social favorite both in St. Louis and Washington.

Committees Given United Artisans to Plan Open Meeting

THE United Artisans will hold their first open meeting of the new season at the Fraternal temple, 447 Center street, Thursday night, October 18, beginning at 8 o'clock. Everyone, whether a member of the lodge or not, is invited to attend and enjoy the evening. A program consisting of music and readings has been arranged and there will be dancing and a social good time for all. The United Artisans have an open meeting every third Thursday throughout the year.

Jason Lee Standard Bearers Elect Heads

The Standard Bearers of Jason Lee Memorial church held their first meeting of the year at the home of their advisor, Mrs. W. L. Lewis, Wednesday, October 10. Election of officers for the coming year was held, the following being chosen: Evelyn Cummings, president; Hazel Pro, vice president; Cecile Steele, secretary; Adaline Seymour, treasurer; and Leora Andrews, corresponding secretary. After the elections the evening was spent in discussing plans for the coming year. Delicious refreshments were served. Those present included Leora Andrews, Hazel Pro, Dorothy Sawyer, Adaline Seymour, Gwendolyn Hubbard, Marion Driggs, Cecile Steele, Evelyn Cummings, Margaret McCoy, Ruth Smith, and Mrs. W. L. Lewis.

Dinner Honors College Students

Miss Marjorie Diefe, freshman at Oregon Agricultural college where she is a pledge of Gamma Phi Beta sorority, and her college friend, Miss Eleanor Blyson, spent the week end in Salem, the guests of Miss Diefe's parents, Mr. and Mrs. V. F. Diefe of Chemeketa street. Complimenting the students, Mrs. Diefe entertained at dinner Friday night. Besides Miss Diefe and Miss Blyson, those present included: Pearl Kappahn, Florence Karst and Mr. and Mrs. Diefe.

Lady Eagles Plan Card Party Series

Lady Eagles of Salem are to give a series of card parties at the home of Mrs. E. F. Farro, chairman for the program for the bazaar which will be held in rooms separately from the tea. It is planned the numbers that they may be given at intervals. Mrs. Martin Ferrey is in charge of the brief program for the tea, which will be held in the main auditorium, Mrs. E. F. Farro, chairman for the program for the bazaar which will be held in rooms separately from the tea. It is planned the numbers that they may be given at intervals.

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Opening Meeting P.-T. A. Set For Today

THE Lincoln-McKinley-Leslie Parent-Teachers' association will hold its first meeting of the season at the Leslie Junior high school. The program will begin promptly at 7:30 o'clock. Earl Kennell is president of the group. A special invitation is being extended to all the teachers of the three schools to attend as the event is in the nature of a reception for them. In addition to musical numbers and refreshments, a program of motion pictures has been arranged and includes: '8000 Miles With Lindbergh'; 'Action on Salem Playgrounds'; pictures taken by Dr. D. B. Hill of Salem; and 'School Pals,' an old-fashioned hilarious comedy. All parents of the district are urged to attend, whether or not they are members of the association.

WOMEN'S ACTIVITIES Tuesday

- Republican Study club. Mrs. C. P. Bishop, 2:30 o'clock. Pythian Sisters club. Mrs. Wayne Greenwood, 1285 South Liberty street, 2:30 o'clock. Fortnightly club of First Congregational church, church parlors, 7:30 o'clock. D. E. club election of officers. McCornack hall, 8 o'clock. Tillamook club dance. Castilian hall, 9 o'clock. Benefit luncheon, served by R. N. A. Fraternal temple, 11 to 2 o'clock. Benefit card party, sponsored by R. N. A. Fraternal temple, 2 to 5 o'clock. W. C. T. U. union hall at Ferry and South Commercial streets, 2:30 o'clock. Salem chapter of American War Mothers, Mrs. J. G. Reitzelmann, 940 Mill street, 2:30 o'clock. Sons of Veterans' Auxiliary club, Mrs. H. P. McWhorter, 590 North Summer street, hostess. Etoka club, Mrs. A. J. Vick, 1495 North Liberty street, 2:30 o'clock. Annual program teacher's reception, women's parlors at the Elks club, 4 to 5:30 o'clock. Writers Section of Salem Arts League, Mrs. Ora F. McIntyre, Court street, 8 o'clock. Lincoln-McKinley-Leslie Parent-Teacher's meeting and program, Leslie auditorium at 7:30 o'clock. Wednesday First of a series of Wednesday afternoon card parties to be given by Lady Eagles at Fraternal Temple. Ever Ready Birthday club, Mrs. Julia Strand, 241 South 16th. Leisure Hour club, Mrs. D. W. Steinstadt, hostess. United Artisan open meeting, Fraternal Temple, 447 Center street, 8 o'clock. Auburn Women's club, all day meeting, Mrs. A. L. Lindbeck, hostess.

Republican Study Club Meets Today

The Republic Study club will meet Tuesday afternoon at 2:30 o'clock at the home of Mr. and Mrs. C. P. Bishop, 765 Court street. Dr. S. B. Laughlin will be the principal speaker, and will talk upon "Hoover History." Mrs. I. L. Patterson, first vice-president of the club, will preside at the meeting Tuesday in the absence of Mrs. C. P. Bishop, the president, who is in Portland.

The Auburn Woman's Club Will Hold an All Day Meeting Beginning Today

The Auburn Woman's club will hold an all day meeting beginning at 10 o'clock Thursday, October 18, at the home of Mrs. A. L. Lindbeck in Auburn lane. Potluck dinner will be served at noon. This will be the first meeting of the new year. Officers for the year are: Mrs. A. L. Lindbeck, president; Mrs. C. P. Bishop, vice-president; Mrs. P. Pelton, secretary; Mrs. R. C. Morgan, treasurer.

Diet and Health

By Lulu Hunt Peters M.D. Author of "Diet and Health" and "Diet for Children" A Disgrace To Be Fat? You have been on a liquid diet for two days now. You have had skim milk or buttermilk or fruit juice, or any other liquid, not totaling more than 500 to 600 C for the day.



If you have not been able to get fresh milk, perhaps you got the skim milk or whole milk powder, or perhaps you have made it up according to directions. Canned milk and fresh milk is 20 C to the ounce, skim or buttermilk is half that, or 10 C (and fat in them), and fruit juice is about 15 C. How do you feel—It's not so terrible, is it? Wait until you get on the scales after the third day. You will lose from five to 10 pounds after three days of a liquid diet, which does not total over 500 to 600 C a day. A great loss to sustain, but I don't see you offering any reward for its return! A bathroom scale is a good investment, but if you haven't one, try to weigh on the same scale, at the same time of day, in the same weight clothes, and at the same time in relation to eating and elimination. While we are on the question of elimination, let me tell you that you may be constipated. If you are, take two or three tablespoons of non-medicated agar, or psyllium seeds, two or three times a day, in your liquids. (No calories in them.) If you can't get these, take bran. Count a cup of cereal bran 100 C. But is a disgrace to overeat. We have no right to undermine our health and looks and working capacity by so doing. And overweight is due to overeating for the needs, and as soon as the simple knowledge of dietetics is universal, it is going to be a disgrace to be fat. Meanwhile, how are you to tell if you eat too much, you have so little knowledge of food values? There is one safe little rule that you can go by: YOU EAT TOO MUCH, no matter how little it is, IF YOU STORE IT AWAY AS FAT. One more day of the shrinking stomach period; then for some of the most delicious food you ever tasted. Tuesday—The Small Appetite Myth.

TALKING TO STRANGERS IS OFTEN HIGHLY INTERESTING

Habit of Striking up Acquaintances With Casual Persons Sometimes Leads to Unexpected Developments

By RUTH MAE LAWRENCE "YOU shouldn't talk to strangers." The neighbor-woman had to the old man sitting beside me; had found out after we left the car that I had never seen the old man before; and had thereupon considered it her duty to admonish me concerning the correct usages of social life. I was a child in grammar school at the time, but I still remember the neighbor-woman's horrified face, stern gesture, and shrill voice. "You should never, never talk to strangers!" My overweening curiosity is undoubtedly the cause of my constant ignoring of that advice given me so many, many years ago. For I do talk to strangers—lots of them, and still incorrigible, intend to talk to many more.

Every time I see an interesting-looking specimen of humanity, I edge around, look sidewise, stare at the heavens with sober scrutiny and, though the day be dark and cold, state to the world at large: "Looks like a nice day, doesn't it?" I don't know why ninety-nine per cent of my victims fall for that banal line... but that fact remains that they do. Perhaps it is because I look sad and lonesome, and they feel sorry for my pitiable condition; perhaps it is because they are bored and regard anything as better than nothing; perhaps... oh, well, as I said before, they fall. Human Hunting Good If one desires to be a mighty hunter and collect fascinating episodes, I recommend the hunting of the human species. Inasmuch as I am of the classification known as an "old maid" it might seem that my hunting has been decidedly unsuccessful. As usual, appearances are deceptive, for I have restricted my hunting excursions to elderly men (very elderly), women and children. The other kind are hopeless. But the glimpses into foreign realms which one may snatch from these chance acquaintances are like fragments of rich and half-concealing, half-revealing mist. It was a blue and gold day, one of those dazzling gilded days when the very sparkle of the air blinds the eyes, that a woman came to me and asked the location of the post office. I not only told her where it was, but offered to take her there as I was going in that direction. Her hat, of a style of ten years ago, was frayed and weather-worn; her shoes were cracked; her clothes hung about her spare frame with a wearied, factious air as if they had seen much of life and were surfeited with it. Yet she gave me the exhilarated feel of a strong wind rushing by. She told me of her life in Mon-

and one stories of the people who have touched my imagination and as abruptly went away with my curiosity—not of their affairs but of their humanity—still unappreciated.

I haven't reformed from talking to strangers, but an incident just this week has added a delayed sense of discretion. I glanced at the man who got off the bus ahead of me the other night, yet I noted that his face was lined with fatigue and that his step was hesitant as if he were too tired to move. I followed him from the bus, saw him miss the curb by a fraction, and lurch against the telephone pole. The covered basket he carried on his arm was flung against the sidewalk by the impact, and there was a tinkle of broken glass. "Oh, I'm so sorry," I exclaimed, and rushed to the rescue, a la "Boy Scout." "Can't I help?" The man whirled on me. "Get out of here," he snarled at me, and I saw his savage face in the uncertain light of the flickering street lamp. I stepped back, alarmed, and as I did I saw a faint trickle of dark liquid oozing to the cement walk, and a sour odor rising on the still air offended me. That was one stranger whose "human reactions" I did not wait to observe.

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