

Society News and Club Affairs

OLIVE M. DOAK, Society Editor

Mrs. Kraps Hostess For O. N. S. Club

Mrs. Sylvia Kraps and Miss May Rauch entertained the O. N. S. club with a turkey party at the home of Mrs. Kraps Tuesday evening. Following a social hour and refreshments there was a brief business meeting in which it was decided to sponsor a skating party on January 18. Members who wish to attend are to meet at the Sunberg apartment. A discussion of the recent dormitory disaster at the Oregon Normal school was discussed and the club went on record as in favor of a new dormitory building for the normal school.

Members not present will be interested in planning on the meeting which is planned to take place at the Spa following the next Monday Olson play.

The next regular meeting of the club will be with Mrs. Herma Pfister.

Club members were Inez Rief, Laura Eaton, Olive Caley, Mary J. Wilson, Lola Millard, Elva Egans, Signe Paulson, Gertrude Anderson, Virginia F. Carr, Lois A. Reed, Naomi Cobb, West M. Marrs, Gene Vaughan, Muriel Wilson, Lita Waters, Elva Nissen, Ruth Hopson, Dorothy M. Taylor, Esther G. Long, Mabel Temple and the hostesses, May Rauch and Sylvia B. Kraps.

Tri-C Class Meet for Supper Party

Young college people, members of the Tri-C class of the First Presbyterian church met Tuesday evening for their regular supper party in the club rooms of the church. Members present were: Mary Louise Alken, Norabel Pratt, Margaret Moorehouse, Dorothy Hutchinson, Doris Godsey, Evelyn High, Lila Catton, Lydia Childs, Isobel Childs, (Seppen Merger, Carol Pratt, Charles Kaufman, Don Grant, Henry Millard, Clay Pomroy and Mr. and Mrs. Paul Ellis.

Mrs. O. A. Laird from the Garden Road is a visitor from the home of her sister, Mrs. Ellis Laird of Portland.

Diet and Health

By Lulu Hunt Peters M.D. Author of "Diet and Health" and "Diet for Children"

The so-called Mayo Reducing Diet WAS told to go on the "Mayo" reducing diet, which she was told consisted of one hard boiled egg, one medium sized tomato, and one clove of one glass of skim or buttermilk or orange juice, at each meal. This was to be taken for three days in succession during the first month; two days a week the second month; one day a week the third month and further as often as necessary to control the pounds.



LULU HUNT PETERS, M.D. She reduced to some extent but she wants to know what is the danger of going below 1,200 calories for any period of time.

First let me say that this diet which is attributed to the Mayo Clinic did not originate there at all. I know, for I have visited the clinic and I have Dr. Charles Mayo's own denial of this, as well as their dietitian's. They have had so many inquiries about this diet that they have had to print form letters of denial.

If the patients at the Mayo Clinic need to reduce, they are put on a mixed diet—similar to the one which we recommend in the column all the time—low enough in calories so that most of the energy needs are supplied by the patient's own fat.

The tomato-egg-milk diet is all right for one day a week. If you like it.

Your complaint, M., that it seemed easier to reduce at first but that you now have to go on a smaller number of calories to reduce further, is a common one. The first reduction consists of a lot of excess water in the body, holding, as well as the fat. Then, it does seem that the body accustoms itself to the lowered intake of food and works more economically, so that it may be necessary to cut down a little more. It is better, however, not to cut down the consumption every day, but to have one day in the week that is very low—not more than 500 to 600 C. After that day you will find the weight will go down a pound or so.

If you have a small frame and are short, you may have to go under 1,200 calories in order to reduce one and one-half to two pounds a week.

If all of you would remember that even if you go down but one pound a week, in a year's time this amounts to 52 pounds, or if only one-half pounds a week, to 26 pounds. That certainly is better than gaining, which you will do if you don't control your diet!

We have a pamphlet of reducing and gaining instructions which you may have.

"Is distilled water good for human consumption for a protracted period? Will it be improved by aerating it, and if so, how can it be accomplished with home facilities?"

"Yes, distilled water is perfectly safe. In fact, it is desirable if you are living in a locality where

Social Calendar

Friday
Public installation of officers of Daughters of Veterans, Woman's club house, N. Cottage street.
Woman's Missionary circle, First Baptist church meets at 2:30 with Mrs. CHITON Mudd, 1715 N. Capitol street.
Barbara Fritchie Tent No. 2 at 8 o'clock in Woman's club house on North Cottage street.
Three Links club members meet this afternoon in the I. O. O. F. hall. All Rebekahs are asked to attend.

Dinner Guests At Henry Home

Wild ducks formed the center of attention for a dinner given Salem folk by Mr. and Mrs. Henry at their home in Zeas Tuesday evening.
The table was centered with pink and white chrysanthemums flanked on either side by tall pink tapers in crystal holders.
After dinner bridge was in play for which Mrs. B. B. Flack won high score.

Parents and Teachers Hold Council Saturday

The Marion County Council of Parents and Teachers will hold their council meeting in Stayton Saturday, January 12. The first session will open at 10:30 Saturday morning.
Mrs. W. W. Gabriel, state president of the Oregon Congress of Parents and Teachers will give the main address of the day.
Everyone who is interested in child welfare is welcome to attend the council meeting.

Woman's Club Hold First Meeting of Year

The Salem Woman's club will meet in its club house on North Cottage street for the first meeting of the new year January 12. A board meeting will convene at 2 o'clock, followed by a business meeting at 2:30 at which time reports will be given by the institutions committee concerning the many activities of its department during the past year. It will be remembered that this committee was especially active during the holiday season.

Birth Day Dinner Makes Happy Event

Mrs. Dan Fry, Sr., entertained with dinner in honor of Mr. Fry's seventieth birthday Wednesday evening at their home on South High street.
Covers were laid for twenty of Mr. Fry's old time men friends. On a long table there resided in state a beautiful birthday cake, adding to its beauty was a bowl of red carnations, and tall red tapers in graceful holders. The guests were presented with red carnations for their buttonholes. Each guest responded with a toast as he was called upon by the toastmaster, Mr. Dan Fry, Jr.
Out of town guests were Mr. Orris J. Fry of Portland, a son, and Mr. Raymond Walsh of Eugene, a son-in-law.
Mrs. K. H. Graber, Mrs. Fry's sister, and Miss Priscilla Fry, assisted Mrs. Fry in receiving.

Mrs. Creigh Long Hostess For Bridge

Mrs. Creigh Long attractively entertained her bridge club at her home Wednesday. Three tables of bridge were in play during the afternoon. Mrs. T. Franklin Tipton won high score.
After the playing luncheon was served with Mrs. Carroll Long assisting the hostess.
Mrs. Wagstaff and Mrs. A. J. Busiek were special guests. Club members were Mrs. L. B. Endicott, Mrs. Carroll Long, Mrs. A. B. Seeley, Mrs. C. D. Busiek, Mrs. T. Franklin Tipton, Mrs. James Goodwin, Mrs. S. F. Sackett, Mrs. A. L. Tumbison, Mrs. Lester Jones, and Mrs. Creigh Long.

Mrs. Abt Is Hostess To Pinochle Club

Mrs. Max Abt was a hostess of Tuesday evening to her pinochle club at the Abt home on North 14th street.
Three tables of pinochle were played until the hostess served a dainty luncheon late in the evening.
The group included Mr. and Mrs. Ira Darby, Mr. and Mrs. O. A. Laird, Mr. and Mrs. Pete Meany, Mr. and Mrs. T. A. Raffety, Mr. and Mrs. Ira Pollis, and Mr. and Mrs. Abt.

Kiwanis Members Are Dinner Hosts

Members of the Salem Kiwanis club will entertain with dinner at the Marion hotel tonight, this being the annual club affair given in honor of the members wives and special women guests.
The outgoing president, Mr. Charles Wiper, will be toastmaster for the occasion. Dean R. J. Jewell, dean of the school of vocational education in Oregon State college, will be the principal speaker of the evening. Music will be furnished by Mills orchestra.
The committee in charge of arrangements are Mrs. William P. Ellis, Mr. Ralph Cooley, incoming president, Mr. Charles Wiper, outgoing president and Mr. Oliver Myers.

Mr. McGilchrist Gives Travelogue Tonight

The songs of Scotland whose Celtic strain is becoming more and more appreciated of recent years will be the topic at the regular Friday night program at the Y. W. C. A. tonight. Mr. William McGilchrist, Sr., recently returned from a six months tour of England and Scotland, will speak of the new musical movement in the British Isles which it has been his privilege to study first hand.
Mr. McGilchrist reports that few countries reveal their national characteristics as clearly in their folk songs as do the Scotch whose songs are full of the haunting laments, historical tragedies, and national triumphs of the folk material.
Some of the latest Scotch songs and their historic backgrounds will form a part of Mr. McGilchrist's vocal repertoire along with some bits of Scotch music which he will play on the new concertina secured while abroad.
Mrs. Gordon McGilchrist will also sing two songs translated from the Gaelic, "O Can Ye Sew Cushions?" and "Horo, My Nae Brown Maiden."
The program is open to the public.

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The ARMY LECTURES

By Prof. C. E. Everson
Subject: Jonight

Friday, 7:45 P. M.—"If a Person Were Planning on Being Baptised but Put It Off Until He Fell Sick and Died, Would He Be Saved if He Truly Repented?"

Attractive Club Parties Are Given

Two of the most attractive affairs of the week were given Thursday afternoon. Each of these were regular club meetings whose membership make up a prominent share of Salem's most active social life.
The Thursday club met at the home of Mrs. E. C. Cross, who was joint hostess with Mrs. Russell Catlin and Mrs. H. B. Thielsen. Mrs. Alice Dodd furnished much pleasure and amusement with forth telling during the afternoon. Late in the afternoon refreshments were served.
Six special guests were asked for the occasion, Mrs. T. T. Geer, Mrs. T. B. Kay, Mrs. Louis Bean, Mrs. U. G. Shipley, Mrs. Robertson and Mrs. John L. Rand.
Club members present were Mrs. John Albert, Mrs. Henry Beay, Mrs. William Fleming, Mrs. R. J. Hendricks, Mrs. W. E. Kirk, Mrs. B. C. Miles, Mrs. William McCall, Mrs. George Pearce, Mrs. R. P. Boise, Mrs. Frank Snedecor, Mrs. Carl Gregg Doney, Mrs. C. K. Spaulding, Mrs. Frank Spencer, Mrs. A. N. Moores, Mrs. George M. Brown, and the three hostesses, Mrs. Cross, Mrs. Catlin and Mrs. Spears.

At her home on North Capitol street Mrs. William Walton entertained with an attractive luncheon and bridge.
Special guests were Mrs. W. H. Lytle, Mrs. Louis Lachmund, and Mrs. John H. Carson. Mrs. Lytle won the guest prize.
Club members present were Mrs. Henry Meyers, Mrs. George Rodgers, Mrs. John J. Roberts, Mrs. David Eyre, Mrs. Harry Hawkins, Mrs. Dan J. Fry, Jr., Mrs. Fritz Slade, and Mrs. O. C. Locke.

Another one act play is soon to be presented by students of the senior high school under the direction of Miss Beatrice Olin. Students taking part are Victor Wolfe, Julia Creech, Dorothy White, David Eyre, and Homer Smith, Jr. The date for the performance is set for January 25.

The Reading club of the Rebecca's will meet at the I. O. O. F. hall Friday afternoon. All members are urged to attend this meeting. Hostesses for the afternoon are Sarah Hulton, Dessie Berringer, Carrie Chaffee, Clara Willis, and Della Clearwater.

Drama League Hears Splendid Play

Mrs. Dent Mowry captivated members of the Salem Drama League by her gracious and appropriate interpretation of "The Royal Family" a play by Kaufman, which she presented Wednesday evening at Nelson Hall.
Mrs. Mowry and Miss Mabel Withycombe motored to Salem from Portland Wednesday afternoon for this special occasion. They were dinner guests of Mr. and Mrs. W. H. Burghardt.

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WAX PAPER 5c Rolls 3 For 10c	Dalles-Diamond Hard Wheat Flour 49-lb. sack \$1.85
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BLACK FIGS, fancy two-pound packages for	35c
FIGS, imported, 2 pounds for	75c
ROCKDELL SYRUP, delicious maple and cane, can With this offer is included a beautiful imported pitcher and plate.	89c
PINEAPPLE, Elsinore sliced brand. Large cans. Three sell for	85c
GRAPE FRUIT, 3 good-sized cans for only	70c
LOGANBERRY and APPLE JAM Large jar sells for only	25c
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