

### Mrs. J. H. Albert Round-Up Club Hostess

Mrs. J. H. Albert will be hostess to the members of the Round-Up club at a 1 o'clock bride luncheon in her home Monday afternoon.

Flank rosebuds centering the luncheon table between pink tapers in pink crystals and candleholders will form the basis for the color motif of pink and white. Members of the Round-Up club include Mrs. T. B. Kay, Mrs. John M. Scott, Mrs. Charles K. Spaulding, Mrs. S. P. Kimball, Mrs. J. C. Griffith, Mrs. J. T. Whitting, Mrs. R. E. Downing, Mrs. Edith Hartley, Mrs. Charles N. Robertson, Mrs. W. G. Allen, Mrs. John L. Rand and Mrs. Albert.

The regular meeting of the W. C. T. U. will be held Tuesday afternoon at 2:30. Mrs. Norman K. Tully will have charge of the devotions.

### Mr. and Mrs. Anderson Hosts to San Souci

Mr. and Mrs. C. E. Andreen entertained the members of the San Souci club in their home Friday with an evening of bridge.

Prizes for high scores were awarded to Mrs. O. L. Dempster, Mr. and Mrs. William Mosher and Mr. L. M. Cane.

The group included Mr. and Mrs. Floyd Siegmund, Mr. and Mrs. William Mosher, Mr. and Mrs. O. L. Dempster, Mr. and Mrs. Paul Ficker, Mr. and Mrs. Iva Martin, Mr. and Mrs. A. L. Propp and Mr. and Mrs. L. M. Cane.

Dr. W. S. Morse will make an address before a special meeting of the Salem Women's club and the interested public at the club house 460 North Cottage street, Wednesday afternoon. His topic will concern the Salem General hospital and its needs. It is urged that every person who can be present for this meeting to do so as it is a subject vital to the Salem public which will be discussed.

### W. C. T. U. Committee



Below—Mrs. J. J. Nunn, county W. C. T. U. president, and Mrs. Sarah Oliver, local W. C. T. U. president, who, with Mrs. Mary B. Charlton, will act as committee on arrangements for W. C. T. U. Institute.

### Benefit Card Party For Amaranth

Hanna Rosa Court No. 6, order of the Amaranth entertained with a benefit bridge party at the home of Mr. and Mrs. William Ellis, Friday evening. Ten tables of cards were in play during the evening. High score was won by Miss Molly Tullius, and J. P. Price. Low score was won by Mrs. Iva Buehly, and J. H. Scott.

In the pause between the awarding of prizes for the evening and the serving of refreshments, J. Burton Cray gave two readings. Dancing followed refreshments.

Guests were Mrs. Iva Buehly, Mr. and Mrs. Burton Cray, Mr. and Mrs. L. P. Campbell, Mrs. Ira Darby, Mr. and Mrs. Ira Follis, Mrs. Edward Gabriel, Mrs. C. C. Gabriel, Mrs. C. A. Johnson, Mrs. M. Abet, Mr. and Mrs. Jay B. Hewitt, Mrs. Alice Hoff, Mr. and Mrs. Emil Haik, Mr. and Mrs. Frank Haik, Mr. and Mrs. Claude Lester, Mr. and Mrs. J. P. Price, Mr. and Mrs. Merle Travis, Mr. and Mrs. Tibbits, Mr. and Mrs. J. H. Protzman, Mr. and Mrs. W. J. Minkiewicz, Mr. and Mrs. Herbert Hauser, Mr. and Mrs. J. H. Scott, Miss Francis Ellis, Dean Ellis, and Mr. and Mrs. W. P. Ellis.

Miss Edna Irvine, of New York, who has been visiting in Portland with her parents, B. F. Irvine of the Oregon Journal and Mrs. Irvine, will motor down to spend a part of today with Mrs. William Lytle before her departure for Arizona Monday.

### Delta Phi Alumnae Elect New Officers

Mrs. Robert Notson entertained a group of alumnae members of Delta Phi sorority at her home in Portland Saturday afternoon for a social and business meeting. The following new officers were elected: Mrs. Clarence Phillips, president; Mrs. Robert Notson, vice-president; Miss Pauline Remington, secretary-treasurer; and the executive committee: Mrs. Sheldon Sackett, Mrs. Jack Hansen, and Mrs. John Brougher.

The hostess, Mrs. Notson, was assisted by Mrs. Brougher, Miss Remington and Miss Virginia Mason.

Out of town guests for the afternoon included Miss Mason of Woodburn, Miss Sadie Jo Reed of McMinnville, Miss Louise Findley, Mrs. George Rholen and Mrs. Sheldon Sackett of Salem besides Mrs. Phillips, Mrs. Ray Miller, Mrs. William Sargent, Miss Alice Wells and Mrs. Brougher, all of Portland.

Word has been received that Mr. and Mrs. Robin Fisher (Fay McKinnis) of Panama, California, are the parents of a fine son whom they have named Gordon Emmerson, born January 11. Mr. and Mrs. Fisher are both graduates of W. U. where they took an active part in campus affairs, and will be remembered by a large number of Salem folk.

### Campfire Girls Work For 'Birthday Honors'

In anticipation of Birthday week, in the national Campfire organization, H. C. Bateham spoke before a group of the girls this past week on "Flowers." To gain what is known as the "birthday honor," the girls are to have a flower blooming in the middle of March in honor of the national Campfire birthday which is March 17. This week the girls will visit Mr. Bateham's greenhouse to choose the flowers which they will grow. Then, during Birthday week they plan to take the flowers that are in blossom to the Old People's home.

Among the various activities of the group is the weaving of bead headbands, a feat required to earn the rank of "woodgatherer" which they plan to win by the first of March.

The Misses Laura and May Hale entertained the members of the Pierian Sunday school class of the First M. E. church in their home recently. During the evening Dr. Fred Taylor gave several readings and Miss Adona Goehrs gave a report of the Sunday school convention in Los Angeles last summer which she attended.

The group included Miss Hetta Field, Miss Maude Simons, Miss Grace Taylor, Miss Mattie Sutherland, Miss June Philpott, Miss Mary Lewis, Miss Mildred Simons, Miss Amy Martin, Miss Adella Chapler, Miss Adona Cochrane, Miss Elizabeth Baker, Miss Ethel Roberts, Miss May Hale, Miss Lina Helst, Miss Laura Hale, Miss Jessie Martin, Miss Margaret Sutherland, Mrs. Alberta Hale, Mrs. Edith Barkley, Miss Ina Pohle, as president of the class, and the honor guests, the Rev. Dr. and Mrs. Taylor.

The first of a series of six card parties under the auspices of the Degree of Pochontas was held at the home of Mrs. E. T. Kertson, 705 Liberty with Mrs. Albright and Mrs. Kertson acting as hostesses. Prizes for high score were won by Mrs. V. Du Bois and Mrs. Mary Lewis. Light refreshments were served. The second of this series will be held at the home of Mrs. M. F. Lewis, 535 S. Commercial January 31 at 2 o'clock. First and second prizes will be awarded at each party and a grand prize at the end of the series.

### NIGHT COUGHS

Positively stopped almost instantly with one swallow of THOXINE

### Peter's Adventures

**EVERY KICK A BOOST**  
"Cluck," cried one of the older turkeys, and at this signal the oldest and fattest turkeys rose into the air and took flight for the opposite shore.  
"Cluck," cried the leader of the younger turkeys, and then they, too, took to their wings, but as the boy watched he saw one after another drop into the water.  
"Oh, they will be drowned!" cried he. Gobbler chuckled.  
"Not they, my boy. Every one of them will reach the other side in safety."  
And they did. Bringing their wings close to their bodies and spreading out their tails like rudders they kicked their legs as hard as they could, and soon they had reached the other bank and clambered up to dry land.  
Now it was time for a second group of the turkeys to cross the stream and it was to this group that the barnyard Gobbler had added himself.

But when these reached the water's edge they seemed in no hurry to go a bit further. Up and down the bank they strutted, stretching their long necks over the water and twenty times Peter was sure they were going to make a start and twenty times he was disappointed.  
Gobbler was just as silly as his friends of the Wilds. First he would cock his head upon one side and take a long look at the water. Then jerk! jerk! jerk! up and down would he bob his head so many times and so fast that Peter thought he must have lost his senses.  
Just as he began to fear Gobbler was never going to stop bobbing, the fellow would cock his head upon the other side and stare again at the water and once more his head bobbed up

and down as if it had been fastened on to a string that some one was pulling.  
All the while that he was acting so queerly, Gobbler kept muttering to himself, and the boy, bending down to listen, discovered that he was saying in an undecided voice:  
"I think I'll cross. I don't believe I will! I must follow the others! What if I should stay right here! I think I'll fly! I believe I'll kick! I think I'll go over right now!"  
But the silly Gobbler didn't make a move. Noticing that all the other turkeys on his side of the stream were acting in the same manner at last the boy's curiosity got the better of him. He could stand it no longer. He poked Gobbler in the ribs, and with no gentle finger.  
Next: "Left Behind Because They Couldn't Make Up Their Minds."

## Diet and Health

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

Answers to Correspondents  
NOTICES that most of my talks on reducing seem to be addressed to the ladies, and he wonders if there would be any difference in the advice if it were given to men? He is overweight and his doctor has advised him that he must get some of the fat off because his heart is beginning to be affected by it.



As it is the same thing that puts the excess poundsage on both men and women, G. there is no difference at all in the reducing instructions. In each case there has to be a lowering of the intake of the high energy food; the concentrated starches, sugars and fats. The degree of the lowering will depend upon how much has been over-eaten before. One who is tall and heavy-framed will have to limit his calories so much as one who is short. And one gets a lot of exercise is similarly favored. It isn't your excess fat alone that is bothering your heart (G. it is your unbalanced diet, and it will affect you elsewhere, sooner or later).

Have you our instructions on reducing? We have a pamphlet on the subject from which we are continually having wonderful reports.

Mrs. A.—A scanty, too concentrated acid urine case may cause the burning and irritation and the frequent necessity for voiding which your husband suffers from. You say he is overweight, but he eats very little meat. He needs to eat less of the other acid-forming foods, too, especially the starches, sugars and fats, Mrs. A. In general, he needs to go on a reduction diet. He should drink a large amount of water and take very little salt. (Water is not fattening.) He should also have an examination to see if there is some other reason for his symptoms.

Mrs. E.—Have you had your feet examined? Oftentimes pains in the legs are due to fallen arches; or they may be due to a focus of infection somewhere in your body, such as diseased tonsils, bad teeth, chronic constipation, etc., that is causing toxemia (poison in the blood).

The physiotherapy (baking, diathermy—electric heat—hot compresses, etc.) for the knee will no doubt help it, and you may have to keep it quiet for a while. It might be a good idea to wear a flannel bandage around it. There is virtue in the good old red flannel, or any other kind of flannel.

IDA MAY MATHEWS  
Teacher and Soloist. Cello, banjo, mandolin, guitar, Hawaiian instruments. Special winter term rates to students. Nelson Bldg., Thurs. & Fri. Phone 540  
Director Salem Ladies' Harmony Trio

### VIGOROUS BODIES NEED VEGETABLES

Sugar Works Wonders in Flavoring Them

"What do these canned tomatoes need to make them taste better? Sugar added to the tomatoes while they are being heated will work wonders in making them enjoyable. Sometimes as much sugar as two tablespoonsful to a quart is needed."

"What's wrong with these peas? They taste flat." Add a teaspoonful of sugar to a can of peas while you are warming them and notice the difference.

"What's the matter with these carrots? They don't taste like carrots." Add a teaspoonful of sugar to the carrots while they are cooking and notice the difference. "This corn is almost tasteless." Add a teaspoonful of sugar to a can of stewed corn when warming it and notice the improvement. Everyone improves the flavor of canned corn by adding butter, salt and pepper. Up to a teaspoonful of sugar per can will give an even greater improvement.

Add a dash of sugar to the cooking of string beans.  
It isn't strange that sugar improves all these vegetables. Nature developed sweetness as the perfect flavor and the result is the proper amount of sugar changes flat, unpalatable foods into dishes that can be enjoyed.

The famous cook puts it this way: "Fine flavors revolve around sugar. A bit of sweet makes the meal complete. The Sugar Institute, adv.

## THREE-DAY MONTH-END HALF-PRICE SHOE SALE

The Oregon Shoe Co. again inaugurates their famous three-day half price sale which has been the most popular sale that was ever conducted in Salem, and we will try and conduct these sales at regular periods throughout the year. Hundreds of pairs brought from The Price Shoe Co. and placed in this half price sale.

Sale Starts at 9 o'clock, Tuesday, January 29

WOMEN'S SHOES	MEN'S SHOES
\$7.50 Pumps and Oxfords, all leathers	\$7.00 Oxfords and Shoes, black and tan most all sizes
<b>\$3.75</b>	<b>\$3.50</b>
\$8.00 Pumps and Oxfords, all styles and leathers	\$8.00 Oxfords and Shoes, all sizes in this lot
<b>\$4.00</b>	<b>\$4.00</b>
\$10.00 Pumps and Oxfords from The Price Shoe Co.	\$9.00 Oxfords and Shoes, new styles and all sizes
<b>\$5.00</b>	<b>\$4.50</b>
\$11.00 Pumps and Oxfords from The Price Shoe Co.	\$10.00 and \$11.00 Florsheim Shoes and Oxfords from The Price Shoe Co., Broken lots and sizes
<b>\$5.50</b>	<b>\$5 and \$5.50</b>
\$12.00 and \$13.00 Archpreservers Broken lines, most all sizes	
<b>\$6 and \$6.50</b>	

## The Oregon Shoe Co.

Next to Ladd & Bush Bank  
326 State St.

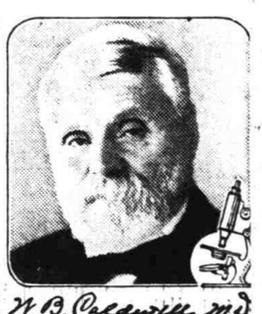
### What Dr. Caldwell Learned in 47 Years Practice

In celebration of the ninth anniversary of prohibition, the members of the North Salem W. C. T. U. met at the home of Mrs. Mason Thursday afternoon. Miss Piemell conducted the devotions and discussed "Giving the Law and some penalties for breaking the law given to 'Jones'."

### Cured His Rupture

I was badly ruptured while lifting a trunk several years ago. Doctors said my only hope of cure was an operation. Trusses did me no good. Finally I got hold of something that quickly and completely cured me. Years have passed and the rupture has never returned, although I am doing hard work as a carpenter. There was no operation, no lost time, no trouble. I have nothing to sell, but will give full information about how you may find a complete cure without operation. If you write to me, Eugene M. Pullen, Carpenter, 985 S. Commercial Ave., Manassas, N. J. Better cut out this notice and show it to any other who are ruptured—you may save a life or at least stop the misery of rupture and prevent the worry and danger of an operation.

Dr. Caldwell watched the results of constipation for 47 years, and believed that no matter how careful people are of their health, diet and exercise, constipation will occur from time to time regardless of how much one tries to avoid it. Of next importance, then, is how to treat it when it comes. Dr. Caldwell always was in favor of getting as close to nature as possible, hence his remedy for constipation, known as Dr. Caldwell's Syrup Pepsin, is a mild vegetable compound. It can not harm the most delicate system and is not a habit forming preparation. Syrup Pepsin is pleasant-tasting, and youngsters love it. It does not grip. Thousands of mothers have written us to that effect.



Dr. Caldwell did not approve of drastic physics and purges. He did not believe they were good for human beings to put into their system. In a practice of 47 years he never saw any reason for their use when a medicine like Syrup Pepsin will empty the bowels just as promptly, more cleanly and gently, without gripping and harm to the system.  
Keep free from constipation! It robs your strength, hardens your arteries and brings on premature old age. Do not let a day go by and to break up fevers and colds.

## Try It FREE! In Your Home!

### PHILCO Electric Radio

YES, free trial in your own home! Only by hearing the Philco Electric Radio can you realize its marvelous tone, wonderful selectivity and vast distance range. So we'll deliver the Philco to your home, attach it to your light socket (you don't even need an aerial!) and let you test it thoroughly for yourself. Your word decides! If not delighted, we'll take it back. Remember, the trial is free!

### New Radio Discovery

Scientists agree that Neutrodyne produces the purest radio tone. Philco engineers have found a way to combine Neutrodyne with super-power. The result: Perfect tone quality PLUS vast distance range and extraordinary selectivity—a combination new to radio. Neutrodyne-Plus—a new term in radio to describe this remarkable achievement.

### No Aerial Needed

Yes, Philco brings in local and many distant stations without an aerial! With its marvelous selectivity and power it brings in far-distant stations even during the day—real daytime reception, at least! All-electric—entirely dry. Special Range Control cuts out local interference and separates distant stations. Electric phonograph connection on the dial plate. Come in and examine Philco's many unique features.

### Trade In Your Old Radio

Yes, we'll make you a liberal trade-in allowance for your old, out-of-date radio. Don't be content any longer with inferior reception and an old-fashioned set. Stop fussing with batteries! Now you can own the all-electric radio you've wished for without taking a dead loss on your old set.

### Easy Payments

If satisfied, we make it easy for you to own the Philco. You don't have to wait until you've saved up the cash. Only a small payment down and it's yours! The balance in easy monthly payments you'll never even miss.

### Philco Speaker

Superb tonal depth. Reproduces the entire musical range, high notes and low notes, with perfect fidelity. Mantel models in color.

## Call, Phone 1708 or Mail Coupon

Don't fail to find out all this liberal offer at once. Come in or phone—we'll gladly give you full details without obligation. AND do this NOW: Mail the coupon for our free booklet, showing all Philco models in their natural colors, with prices and the terms of our special offer. Mail coupon NOW!

H. L. STIFF, Salem, Ore.

Kindly send me, free and without obligation, descriptive literature on the Philco Electric Radio; also full details of your Free Trial, Easy-Payment and Trade-In Offer.

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COMPLETE HOUSE FURNISHERS