

DAY OF PRAYER PLANNED HERE

Woman's Council of Churches Sponsors Sessions at First M. E. Friday

The World Day of Prayer will be observed in Salem Friday, February 15, under auspices of the Woman's Council of the Churches of Salem. Meetings will be held at the First Methodist church, corner State and Church streets, both morning and afternoon. The morning session will begin at 10 o'clock and the afternoon at 1:30 o'clock.

The complete program for the event is announced as follows:

Morning Session
Hymn No. 631.
Address and Prayer—"The Spirit of Missions and Service," Mrs. Angela Jackson.
Solo—"Oh Master Let Me Walk With Thee," Mrs. Catherine Middleton.

Afternoon Session
Hymn No. 639.
Address and Prayer—"The Deepening of Our Experience of God," Mrs. C. C. Felling.
Solo—"Have Thine Own Way, Lord," Mrs. Julia Harms.
Inspirational address—Dr. N. K. Tully.
Solo—"Makro Norisue."
Closing Prayer and Benediction—The Rev. C. E. Ward.

Brotherhood Meeting Set For Tuesday

The monthly meeting and supper of the Jason Lee Brotherhood will be held at the church parlors Tuesday evening, beginning at 6:30. A good program is assured, report those in charge.

The intermediate league of the church is planning to hold a party in the east basement Friday night beginning at 7:30 o'clock. The basketball game between the Jason Lee and Calvary Baptist teams will also be a Friday night event. The game will be played at the Y. M. C. A. beginning at 8:30 o'clock.

Regular mid-week prayer services of the church will be held Thursday night at 7:30 and 9:30 o'clock.

Young People's Dinner Success

The young people of Leslie Memorial church held an enjoyable pot-luck dinner Thursday evening in the social rooms of the church. After the dinner a discussion group on "Friendship" was led by the pastor, S. Darlow Johnson. Business meetings of the Asbury league, Miss Marion Shaw, president, and of the Leslie league, Miss Ellen Jean Moody, president, were held. These young people meet every Thursday evening at 7:30 o'clock for a discussion group, and on the first Thursday of the month for a dinner and business meeting.

The young people are planning a Sunday evening service February 17 at 7 o'clock. Dean Roy Hewitt of Willamette University is to be the speaker. The public is invited to attend the meeting.

METHODIST PASTORS TO MEET IN ALBANY

A pastor's institute for ministers of the Portland Area of the Methodist Episcopal church will be held in Albany February 11-13. President Casper of Kimball School of Theology reports that the student body of the school would attend as many of the sessions of the institute as possible.

The purpose of the gathering is to discuss pressing present-day problems of the church with reference to its local work and to its work in the world at large. The meetings will be conducted on the institute plan of discussion and class room lectures. Evening meetings will be attended by the entire body of delegates.

Addresses will be on topics including: "The Town and Country Church," "Evangelism for Today," "Stewardship," "Missionary Education and World Service." Bishop Titus Lowe will be present and will participate in all the meetings. Other speakers include the Rev. George B. Dean, who will direct discussion of evangelism; the Rev. M. A. Dawber, who will direct rural work; the Rev. Luther E. Lovejoy, secretary of the department of stewardship.

Contest Begun At U. B. Church

A society contest between the Hustlers and the Rustlers opens at the Castle United Brethren church school this Sunday and will continue for a month, at the end of which time the losers will banquet the winners. The church school is also planning a banquet and program for Tuesday, February 19.

The Woman's Missionary society of the church will meet at the church Tuesday afternoon at 2:30 o'clock for the annual thank offering event. Mrs. Hannah Yarnell will lead. The Ladies Aid will meet Wednesday and at 7:30 o'clock Thursday. The mid-week prayer service will be held.

Business Girls Class To Meet

The Business Girl's Bible class of the First Methodist church will gather for a Washington birthday party Tuesday evening at the home of Miss Elsie Miller, 1130 N. Winter street. Miss Elizabeth Stockhausen, president of the class will preside at the business session. Prof. A. A. Vasakas of Willamette University is the teacher of this class.

Leslie League Plans to Give Valentine Party

The Leslie League of the Leslie Memorial church will have a Valentine party in the church social rooms Wednesday evening. The room will be appropriately decorated for the occasion, and a program of games and fun is being prepared.

Other week-day events for the various church groups are announced as follows:

Mid-week services Thursday evening, older folks to meet in church auditorium and young folks discussion and fellowship group in Leslie hall. A number of new members have joined the choir and good progress is being made on the Easter Cantata. The choir will have an extra practice on Easter music Monday evening at 7:30 o'clock, at the parsonage. The regular rehearsal, under the direction of J. William Belcher of Portland, will be held Thursday evening at 8:30 o'clock.

W. F. M. Society Plans Tea Event

The W. F. M. society of the First Methodist church will meet in the church parlors for a tea meeting Wednesday afternoon. In the absence of Mrs. M. C. Findley the president, Mrs. J. R. Trindle, vice president will preside. Mrs. R. L. Farmer is chairman of the tea committee and Mrs. J. H. Baker and Mrs. F. C. DeLong will be the hostesses. There will be special music by Miss Josephine Albert and Miss Marye Fletcher. Mrs. F. Blatchford will lead the devotions and Mrs. J. M. Cassel will present the chapter from the study book on Africa.

Pot-Luck Dinner To Be Wednesday

Members and friends of the First Congregational church will gather at the church for a "pot-luck" supper and program Wednesday evening, beginning at 6:15 o'clock. Judge George Rossman will review Dick Sheppard's book, "The Impatience of a Parson" and two of the young people who attended the Young People's Institute held recently at Forest Grove will give reports.

LEADER FOR PRAYER SERVICES IS GIVEN

Mrs. Ellen Hiday will lead the prayer service at the First United Brethren church Wednesday evening, beginning at 7 o'clock. The W. M. A. of the church will meet at 1:30 o'clock Thursday in the prayer meeting room.

LEAGUE, ENDEAVOR SERVICES ARE TOLD

Discussion subjects and leaders for the various meetings of the Salem Christian Young People's Union are announced as follows for this Sunday evening:

Presbyterian church—"Learning Like Jesus," leader, Mary Herabberger. First Methodist—College chapter, "Ought," leader, Arthur Hollenburg; high school league, "Finding Our Way Through," leaders, Barbara Ames and Ida McNeil. Knight Memorial Congregational—leader, Helen Webster. Leslie Memorial Methodist—"Finding Our Way Through," leader, Faith Priddy. First United Brethren—"Service," leader, Thelma Davis. Evangelical—"Jesus Teaches Us to Serve," leader, Marie Faberon. "Finding Our Way Through," Mill Street Methodist—"Finding Our Way Through," leader, Esther Erickson. Castle United Brethren—"Jesus Teaches Us to Serve," leader, Miss Myrtle Bailey. Jason Lee Methodist—College League—"Finding Our Way Through," leader, Mary Ribble; High School League, "Finding Our Way Through," leader, Harriet Arnold.

IMMANUEL BIBLICAL LECTURES CONTINUE

A. L. Ritts, who has been conducting a series of Bible lectures at the Immanuel Baptist church the past week, will continue the meetings each evening this week.

Dorcas Society Plans Meeting

The Dorcas society of the Christ Lutheran church will meet in the church parlors Wednesday afternoon at 2 o'clock for its regular monthly meeting. Mrs. F. J. Busch, Mrs. Christ Frahm and Mrs. Lena Hockett will be hostesses.

German Lenten services of the church will be held Wednesday evening, beginning at 7:45 o'clock, announces the pastor, the Rev. A. L. Heine.

Revivals in Progress

W. L. Stallones, evangelist from Arkansas, is conducting a series of revival meetings at the Emmanuel Full Gospel Mission, 420 State street. J. M. Smith, acting pastor of the mission, is directing the campaign.

REVIVAL CAMPAIGN UNDER WAY TODAY

Evangelists meeting at the Ford Memorial community church in West Salem begin this Sunday with the M. A. Groves in charge and will continue until February 24. Meetings will be held each night at 7:30 o'clock, except Saturdays. The Rev. Joel R. Benton will assist the pastor with the meetings and the Rev. E. G. Ranton of Independence will have charge of the music.

Both local and visiting talent will contribute to special musical program each evening, among the visitors to be the Independence male quartet. Mr. Benton has held several successful pastorates in Oregon and came here recently from a charge at Sand Point, Idaho.

Subjects for the first week of the campaign are announced by Mr. Benton as follows: Sunday, February 10—Morning, "There is a Way," evening, "In a Far Country." Monday, "Difference," Tuesday, "West Salem's Biggest Lie," Wednesday, "Pilate's Wash Bowl," Thursday, "Selling Out," Friday, "Ashamed," Sunday, February 17, morning, "Weighed," evening, "Finished Sin."

Official Board Meets Wednesday

The official board of the First Methodist church will hold its regular monthly business session in the church Wednesday, Chairman B. E. Sisson presiding.

Following the basketball games by the church school league at the Y. M. C. A. on Friday evening the First Church chapter of the Epworth League will entertain at a "Heart" party. Miss Roxanna Zelle, the fourth vice-president, and her committee will have charge of the evening's entertainment.

"Church-nite" will be held at the Calvary Baptist church Wednesday evening, beginning with the pot-luck supper at 6:15 o'clock. "The Airplane View of the Old Testament" at 6:45; and the regular prayer and fellowship meeting at 7:30. Orchestra rehearsal will be Tuesday evening and choir practice Thursday evening at 7:30. Board of trustees will meet at the church office Monday evening at 7:30 o'clock.

The artificial corsage which is worn with the evening dress has moved from the shoulder to the back.

PORTLAND WOMAN TO ADDRESS GROUP

Mrs. E. D. Cannady of Portland will speak at the Mill street Methodist church Wednesday evening, the meeting being open to the public. Mrs. Cannady, a nee trained in the mission schools of the Methodist church who later took a college degree and went into law work that she might better serve her people, is described as a charming speaker. Her message will be challenging, says Patrick Dahlin, pastor of the church. Mrs. Cannady is coming to Salem to speak at the Wesleyan meeting at Willamette University and the chapel service there.

Other meetings of the week at the Mill street church are announced as follows: Monday evening the Young People will meet for the usual social hour.

Tuesday evening the Intermediate department is planning a Valentine party at the church from 7 to 9 p. m.

Diet and Health

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

Lumbago
I AM a farm housewife of 40 years, and am just recovering from an attack of what we call "dropped stitch" in the back. The lame back came on gradually, and then culminated in the "dropped stitch," and I was not able to move, except with the greatest care. The pain was intense. I was doing especially trying work for the muscles of the back and was wearing few clothes, and I may have caught a chill. I have two dead teeth, the nerves having been destroyed about 18 years ago. They are decayed a little at the edge of the gum, but there are no external abscesses. Do you think I ought to have them out? MRS. P.

Just what causes a "stitch in the back" cannot always be determined. There is undoubtedly a weakness of the ligaments, and some sudden, unusual movement will cause a strain. It is possible for an infection such as from infected teeth to lower the resistance there so that the strain is more easily contracted, so if I were you I would certainly have my teeth attended to, Mrs. P.

One of the effective means of preventing lumbago is systematic exercises of the trunk muscles so that they are strengthened, then any unusual movement won't strain them.

Our article on the Atonic Abdominal Wall gives you these exercises.

The first thing to do after lumbago manifests itself is to be strapped so as to immobilize the muscles and stop the pain. This strapping can be done by another member of the family if you cannot go to your physician.

Get a spool of adhesive tape (two or three inches wide), cut off three or four lengths long enough to pass from the front of one hip to the front of the other, across the back. While standing, have them applied one at a time, tightly, and overlapping.

On top of the straps you can apply hot water bags or electric heat, and massage can be given through them.

Mrs. B. Agar, psyllium seeds or bran, which may have to be added to give bulk to the diet to prevent ordinary constipation, do not act as physics do. There is no irritating principle in them. They simply act mechanically by giving the intestines something to catch hold of, we might say.

Flu Time Be Careful!

Eat plenty of laxative food. Fischer's TOASTED Wheat contains all the wheat berry—wonderful flavor—easy to prepare— a perfect breakfast food, cooks in three to five minutes.

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Here's relief and comfort for crying, fretful, feverish babies or children that you don't need to urge or command them to take. They love the delicious taste of Fletcher's Castoria. Your doctor will tell you it's absolutely safe, so you can give it as freely and as often as needed to keep your children happy and well. A few drops is all it takes to quiet fretful, feverish, colicky babies; relieve their biliousness, gas on stomach, constipation, etc.; soothe them to sleep in a jiffy. For like disorders in older children, you simply use a little larger dose of the same reliable Fletcher's Castoria. Don't use grown-folks' medicine; with babies or children, specialists say. Ninety per cent of them recommend Fletcher's Castoria; and thirty years of steadily increasing popularity proves they're right. To protect you from imitations, the Fletcher signature is on every bottle of genuine Fletcher's Castoria.

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