

Society News and Club Affairs

OLIVE M. DOAK, Society Editor

Salem Young Folk Win Unusual Honor

Miss Nancy Thielson and Edward Fisher, sophomores in the University of Oregon, and belonging to Salem, have been signally honored by being chosen to take the leading roles in the University chorus of 100 voices which will sing with the Portland Symphony orchestra accompanying at the Monday night program, William Von Hoogstraten leading.

Luncheon Party Is Happy Affair

Mrs. Henry L. Kuck and Mrs. Walter Egbert entertained a group of The Dalles friends with an attractive luncheon with covers for nine at the Gray Belle Wednesday at 1 o'clock. After luncheon a theatre party occupied the remainder of the afternoon.

Salem Guests Attend Portland Apollo Club

The Portland Apollo club is calling in all its ex-members for a great chorus event to take place tonight at the Portland public auditorium. Some 200 voices will be on the stage. This group will be made up of the regular Apollo members, MacDowell club members, and ex-members of the Apollo club.

Forty Vocalists Take Part in "Rosamunde"

The dialogue in the operetta "Rosamunde" which will be given Friday evening, March 1 at Salem high school is most satisfying in that there is none of the modern slang in the play. The publisher had in mind the true educational aim of an operetta for high schools and the beautiful combination of the spontaneous melodies of Schubert with perfect use of language is at once impressive to the performer as well as to the listener.

Order of Eastern Star Enjoys Afternoon

The social afternoon of the Order of the Eastern Star was turned into an afternoon with a civic purpose at its regular meeting Tuesday by sewing for the Marion county health demonstration.

Contagious Cases 25 in County is Report of Board

Twenty-five cases of contagious disease were reported to the state department of health last week from Marion county according to reports received here Wednesday.

CAPITAL BEAUTY FROM TEXAS



Miss Janet Sheppard, daughter of United States Senator and Mrs. Morris Sheppard, of Texas, regarded as one of the prettiest girls in Washington's younger set.

Informal Tea Honors A. A. U. W. Visitor

Dean Katherine Rodgers of Mills college, a visitor to the Willamette university campus and on official business in regard to the interests of the National Association of American University women, will be the honor guest for an informal tea given by Miss Olive Dahl at Lausanne hall Friday afternoon.

Shower Honors Miss Sarah Atwood

Mrs. Fred R. Duncan was hostess Tuesday evening for a miscellaneous shower given in honor of Miss Sarah Atwood, art instructor at Parrish junior high school.

Shower Honors Miss Sarah Atwood

Mrs. Douglas McKay will entertain with three tables of bridge at her home on South High street this afternoon. This is a club bridge party for which five additional guests have been invited.

Peter's Adventures

A WILLING WAITRESS MISS POLLY had made an impression on Mr. Parrot by telling him how clever she thought him.

Chuckling with delight over the tidbits. Mr. Parrot was busy listening to all the fine things that Miss Parrot was saying to him, and Miss Parrot on her part had neither eyes nor ears for any one or



"That's the way to treat the ladies, my boy," said he. "Make them think you're the most wonderful thing in the world, and there is nothing they will not do for you. Here comes Miss Polly back again. Beautiful bird, isn't she? Strange I never noticed her before."

B. & P. W. Club Makes Important Plans

The regular monthly meeting of the Business and Professional Women developed some interesting plans which will be carried out during the National Business and Professional Women's week of March 10-16.

Elsinore Reception To Be Distinctive

Tonight will mark the occasion of one of the most unique receptions that has been given in Salem.

Englewood Club Meets With Mrs. Gilbert

The Englewood community club will meet Friday afternoon at 2:30 o'clock with Mrs. Earl Gilbert at her home on Market street.

Mrs. Lottie Ketchum To Speak in Salem

Mrs. Lottie Ketchum of Portland will speak before the Woman's Benefit association at its regular meeting Friday evening at 8 o'clock at the Fraternal Temple.

Two Salem Boys Out at O. S. C.

Two Salem students, Homer Lyons, freshman in commerce, and Bernard Temple, freshman in engineering, were two of 80 men to whom suits were issued for spring practice in football.

MONOTONY IN DIET IS UNDESIRABLE

If a diet expert could visit every home in the United States and combine all the diet mistakes into one phrase, he would undoubtedly say, "too monotonous." Food authorities are complaining that the richest nation of the world is suffering by eating monotonous, unappetizing foods.

Seeks Flight Record



Mrs. Helen Sheridan is the latest girl flyer to announce an attempt at the endurance flying record for women. She is the wife of Lieut. Hiram Sheridan, who was one of the instructors at Kelly Field, Tex., who taught Col. Lindbergh to fly. She is going to make the attempt in Los Angeles in the fall.

FARM RELIEF AGITATION ON

Agricultural Leaders Busy Preparing for Hoover Administration

WASHINGTON, Feb. 27. (AP)—Under the fresh impetus of Herbert Hoover's campaign promises, congressional agricultural leaders today laid plans to begin once more the formulation of farm relief legislation.

Senator McNary declared intention to get a bill in shape for presentation to the senate on the opening day of the extra session to be called in April by Herbert Hoover for consideration of agriculture relief and tariff revision.

Two Salem boys, Homer Lyons, freshman in commerce, and Bernard Temple, freshman in engineering, were two of 80 men to whom suits were issued for spring practice in football.

There is a remedy that, with a little thought, can be applied in every home. Make a study of all the varied healthful foods, being sure to include milk, eggs, cereals, vegetables, fruits and meats.

Make delicious milkshakes with milk, sugar and flavoring. If you want your family to like eggs, learn how quick and easy it is to make 'waffles' egg-nog. Remember, apple sauce, stewed dried fruits and cereals for breakfast.

Diet and Health

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

1. What effect does ground flaxseed have when a teaspoonful of it is taken each night before retiring—is there any danger of its becoming habit forming? 2. What effect does it have on an acid stomach? 3. What amount of calories, and what vitamins are there in it? "MRS. S."

1. Flaxseed in water gives up a mucilaginous substance and furnishes bulk, so is good for constipation. No it is not habit forming.

2. It would depend upon the cause of your acid stomach. You must have a physical examination and find out the cause of that.

3. The calories and vitamins are probably the same as in most whole-grain cereals. (I don't find it listed in any of my text books). So the calories would be 1 small cup to the 100 C; the vitamin content would be the same as other whole grains—some vitamin A, the growth vitamin, and some vitamin B, the anti-neuritic vitamin. We have an article on Constipation which you may have.

"There are creams on the market that claim they will reduce fat in spots. Is there any truth in this? My busts are too large. What are thyroids? Are they dangerous?" "GIRL OF FOURTEEN."

There is no cream that is reducing except to the pocketbook, dear

caused by any disturbance along the intestinal tract, as well as by sensitization to certain foods.

Editor's Note: Dr. Peters cannot diagnose, nor give personal advice. Your questions, if of general interest, will be answered in the column in turn. Requests for articles must be accompanied by a fully self-addressed, stamped envelope and 3 cents in coin for each article, to cover cost of printing and handling. For the pamphlet on reducing weight and gaining 10 cents in coin, with fully self-addressed, stamped envelope, must be enclosed. Address Dr. Peters, in care of this page.

Physical Tests To Be Offered Boys' Division

All-around physical tests will be encountered by members of the boys' division of the Y. M. C. A. during the hexathlon to start Saturday. The scores of the boys in six events are entered in a national contest of the Christian association and the competitors rated with respect to age and weight.