

Society News and Club Affairs

OLIVE M. DOAK, Society Editor

Social Affair At Elk's Club Tonight

"Ladies' Night" will open at the Elk's club this evening with a general reception and open house in the club parlors for which the orchestra will play.

The Elks Gaiety will present a "Whoopee" program in the lodge room at 8:45 o'clock.

Flower girls who will appear in costume during the evening include Florence Egan, Jean White, Mary Jo Wagner, Dorothy Bossard, Maribelle Quinn and Roby Laughlin.

Dancing will begin in the ball room at 9:45. Shortly after 11 o'clock Mrs. White's Entertainers will present a group of feature dances, one of which will be a double adagio number by Elizabeth Waters, Grace Day, Allen Northrup and George Birrell. Juanita Powell will appear in a tap dance and Marguerite McDonald will sing.

The Elks' Chorus included the following officials: R. H. Robertson, musical director; Lyman McDonald, chief whoopee; Frank Zinn, neutrodyne plus; and Dr. S. F. Scott, super heterodyne. The chorus includes Dr. L. E. Barrick, August Carl, J. C. Cherrington, Frank Cain, George Clinton, Dr. A. I. Frantz, A. A. Gueffroy, Edgar H. Leach, Donald J. Madison, Lyman McDonald, T. H. Morley, Clifton E. Pearson, E. A. Pruitt, Benjamin J. Ramsey, R. H. Robertson, Marvin Scott, Jesse Savage, Dr. S. F. Scott, Leslie H. Springer, Joseph A. Weber, Joe Wise, Glen M. Yeager, N. W. Zeller, Frank Zinn.

Members of the quartet are Harry I. Pearson, Dr. L. E. Barrick, Edgar H. Leach, J. J. Moritz. Appearing as soloists during the program will be Leslie Springer, Frank Zinn, R. H. Robertson, Joe Wise.

The orchestra includes W. H. Mills, Fred Carmical, Glen Rawlins, Clarence Wenger, Roy Pease, Charels Claggett.

The committee on arrangements for the affair includes P. D. Quisenberry, Frank Decker and Ernest Bonesteel.

W. F. M. S. Enjoys Interesting Meeting

The W. F. M. S. members of the First Methodist church here, undertook an interesting project in the vote of the society at the meeting in the church parlors Wednesday afternoon. The society plans to make 25 jackets for Miss Edna Holder, returned missionary of four years in Salem, who will take them to the students at her mission post in India when she returns. A letter from the native woman whom the missionary society is supporting was read to the group.

John Reed led the devotion. The review of the study book, "Friends in Africa" was finished with discussions of the last three chapters by Mrs. Albert Hisey, Mrs. R. V. Hollenbush and Miss Olive Dahl.

One can learn facts about painters and their works quite readily but deeper appreciation comes with intimate studies and anecdotes of their lives such as those which the Salem Arts League members heard from Mrs. Alice Weister, Portland artist and lecturer, in her talk before that group Tuesday evening at the city library. Her topic was her art life in Paris, Florence and Rome. As Mrs. Weister spoke of the various masters with whom she worked and studied over a period of years spent on the Continent, illustrated pictures were shown on the screen of their masterpieces which she had copied directly from the original.

One point which Mrs. Weister stressed especially was that so often contemporary appreciation of an artist is but the low ebb of the tide which comes in the after years. Mrs. Weister draws this knowledge from her own experience.

During the period of her association with Corot, Mrs. Weister pointed out that there were few who really understood him and, consequently, his life was frequently one disappointment after another.

Millet, too, Mrs. Weister treated in a familiar and understanding way that was a delight to her audience. She spoke of the humbleness of his home, of his comprehension of labor, and his purpose of exalting labor, exemplified in "The Man with the Hoe." Both Millet and Whistler, with whom Mrs. Weister was acquainted also, were misunderstood at first.

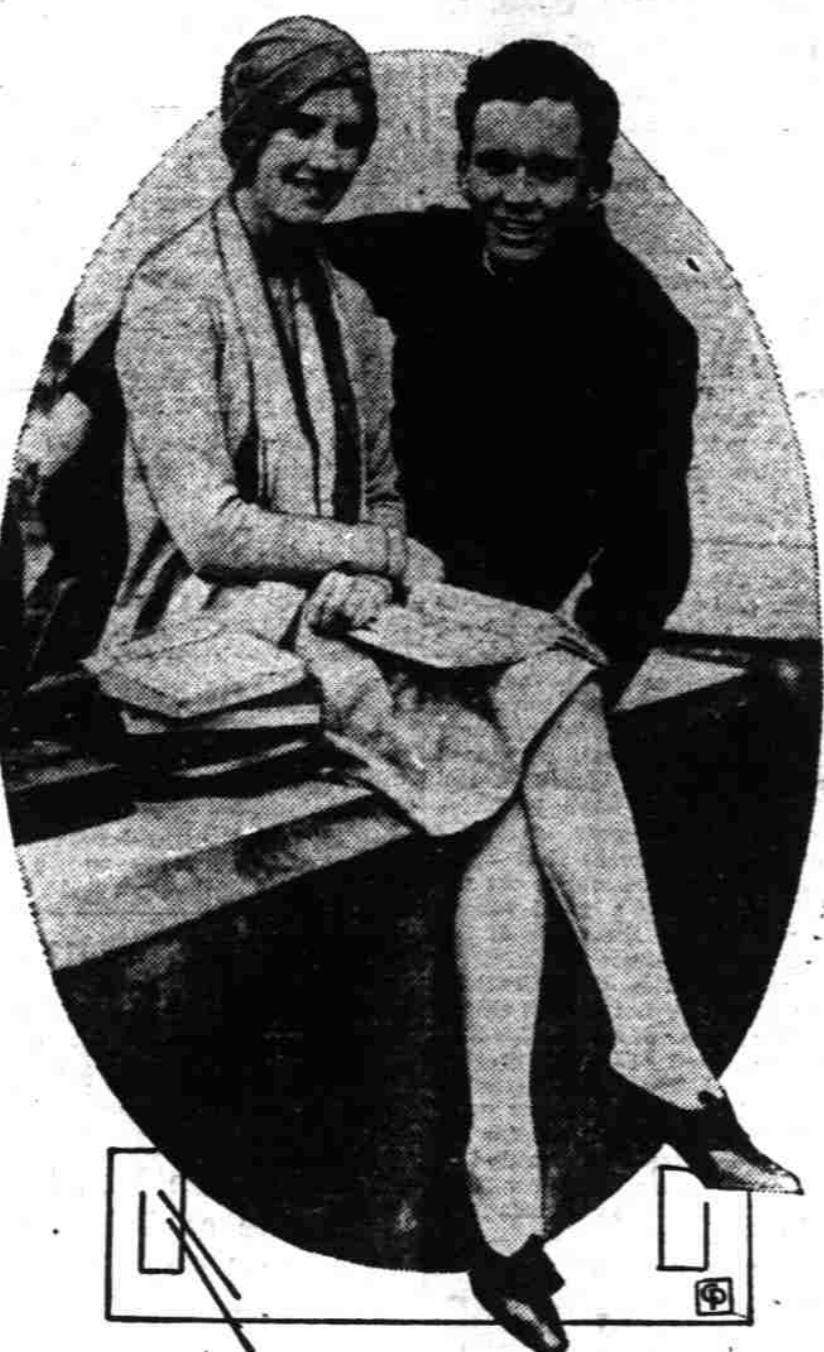
To those who had never seen the "Sistine Madonna" at Dresden, Mrs. Weister's reproduction was a revelation in the projection of the madonna and the richness and beauty of the coloring.

She spoke of the worth and influence of art in the lives of people and then turned to W. S. Raker, state organizer for the Audubon society, that he might show the influence of nature itself on human life and happiness.

Mr. Raker's gift to the group was a trip over Oregon via beautifully colored slides of Oregon's scenic beauties. Even members of the group who pride themselves on their knowledge of our state were amazed at the variety and grandeur of it all in the pictures shown of water falls, highway vistas, wheat fields, valleys, views of Crater Lake and scenes of our characteristic industries.

A resolution expressing regret that Mr. and Mrs. Anthony Ewer are to leave Oregon was passed at the business meeting of the Arts League. Plans for an art exhibit that will be especially interesting to Salem folk were also made at the business meeting.

CUPID INVADERS COLLEGE CAMPUS



When a wave of secret marriage swept the University of Washington campus at Seattle, Tom Humes, track athlete, and Miss Billie Straus, were among Cupid's victims. Many of the newlyweds say if there's anything helps to get higher marks it's a wedding ring.

SOCIAL CALENDAR

- Thursday
 - B. & P. W. reception for younger business and professional women. Lausanne Hall, 8 o'clock.
 - Thursday bridge club with Mrs. Clifford Farmer.
 - Brush College Helpers with Mrs. George Meiers.
 - "An Old-Fashioned Mother" playing at I. O. O. F. hall.
 - Regular business meeting of Women's Benefit Association at 8 o'clock in Fraternal temple.
 - Ladies' Night at Elk's club, Kensington club with Mrs. H. J. Moore at 1330 Center street.
 - Elementary Child Study group meets at 7:30 o'clock on 10th floor First National bank.
 - North Salem W. C. T. U. at 2 o'clock with Mrs. Mason Corner at corner of Jefferson and North Cottage.
 - Friday
 - Hal Hibbard Auxiliary U. S. W. V. social meeting with Mrs. John Seimour, 1425 North Winter.
 - Auburn Community club business meeting at 8 o'clock in schoolhouse.
 - Woman's auxiliary St. Paul's Episcopal church with Mrs. C. F. Turner, 1755 Saginaw street.
 - St. Patrick's program at 8 o'clock in Y. M. C. A. lobby.
 - Light Bearers First M. E. church at 2:30 o'clock in church parlors.
 - Saturday
 - A. A. U. W. luncheon 12:30 o'clock at Marion hotel.
 - Light Bearers First M. E. church at 2:30 o'clock in church parlors.

The Mill street Methodist church will serve a dinner at the church Thursday evening from 5 to 7:30. All those who are hungry during those hours and have 15 cents to spare are invited to attend.

Peter's Adventures

STORM SIGNALS

DRAKE sat up on his tail in the water—a queer custom that all the Duck family seemed to practice—and, tipping his head and shading his eyes with his wing, peered up searchingly at the sky.

"That family of mine should have been along long ago," said he anxiously. "I don't like this delay at all. It is so easy for something dreadful to happen to a dark—any of the three will bring strong wind, a collision in the dark—and of the three will bring him to the ground, and whenever any of my friends or family make an appointment with me for a certain day and hour and do not keep it on the moment I am worried."

"Besides, I just hate to wait. When I have set my mind upon a thing I want it to happen right off quick!"

"Jim! I have heard that before," remarked the boy. "The ducks are just like you. You just ought to hear dad hollering at me to 'hurry up' every time we are getting ready to go anywhere. But ma—she just laughs and takes her own time, and somehow we always seem to 'get there' just the same."

"The other day dad was in such a rush that he went to town with out his money and he had to come way back home again and get it. He had forgotten to take it out of the pockets when he changed his suit. How ma and I did laugh!"

"It doesn't strike me a bit funny," declared Drake, a little crossly. "It does prove to me, though, what I have suspected for a long while—that Ducks and Geese and Two-Legs are a good deal alike."

Next: "Mr. Drake, Weather Prophet."

Lausanne Hall Receives Guests Tonight

Members of the young business girls organizations of the city, guests and friends of the Business and Professional Woman's club will be received at Lausanne hall between the hours of 8 and 10:30 tonight by a receiving line of club members, headed by the club president, Miss Josephine Shade, and Dr. Mary Purvine, Dean Olive Dahl of Willamette university, Miss Carlotta Crowley, Miss Grace Gilliam, Mrs. Myra Shank, Miss Grace Taylor, Miss Rachel Bayne, Mrs. Blanche Isherwood, and Mrs. Ethel Gibbons.

Mrs. Lillian Schroeder Van Loan and Miss Irene Harrington will have charge of the refreshments, and Mrs. LaMoine R. Clark, Mrs. Nora Baird, Mrs. Edith Bagley, and Miss Olive Dahl will pour.

Miss Ruth McAdams, Miss Rachel Bayne, Miss Edith Burch, Miss Laura V. Hale, Mrs. Blanche Isherwood, and Mrs. Thelma Alexander Bagley will serve.

Miss Hilda Amsler accompanied by Miss Elva Amsler, will sing "The Lik' o' Him" by Scott, and Miss Dorothy Pearce will play "Arabesque," Arnold, and "German Dance," Beethoven.

Miss Byrd Addresses Salem Music Teachers

Mrs. Warren Powers, assisted by Mrs. Virginia Melton, was hostess Tuesday evening for the Salem Music Teachers association at her home on Court street.

The first part of the evening was taken up with business and plans for the state convention which is to be held this spring at the Royal Gorge hotel on the Columbia highway with the Portland association acting as host.

After the business meeting Miss Winifred Byrd spoke to the group concerning "Technic in Weight and Relation to Music," giving some very fine expressions concerning these important phases in the art of playing. She also spoke in a most interesting manner concerning the artistry of Debussy and Scriabine.

After the dinner three tables of bridge were in play. The combined high score for the evening went to Mr. and Mrs. J. Franklin Tipton.

Club members present were Mr. and Mrs. M. B. Wagstaff, Mr. and Mrs. James Goodwin, Mr. and Mrs. J. T. Tomlinson, Mr. and Mrs. J. Franklin Tipton, Mr. and Mrs. Lester Jones, and Mr. and Mrs. Lee Smith were special guests.

Unitarian Women Plan Irish Affair

The spirit of St. Patrick has made its way to the hearts of the women of the Unitarian Alliance and as a token of this they will celebrate an all-Irish luncheon and social afternoon in the Emerson room of the church Friday.

The luncheon will be at 1 o'clock. Following it an Irish program will be given. Mrs. Robert Gatte will speak on the general subjects of Irish drama. Mrs. Gerald Prescott will read an Irish play, and both of these numbers will be supplemented with suitable Irish songs and Irish jokes.

Hostesses for this attractive affair are Mrs. Blanche Jones, Mrs. W. E. Anderson, Miss Maude Covington, Miss Gannell, Mrs. V. C. McIntyre, and Mrs. Ed Simon.

St. Patrick's Spirit At the Y. M. C. A.

Irish songs, and Irish jokes will be in full swing at the Y. M. C. A. for the regular Friday night program which is always open to the public at the Y. M. C. A. building on Court street.

D. A. R. Benefit Is Success

The Champoeg Memorial bridge tea given at the school for the deaf with Mrs. Lyman Steed as hostess was one of the most successful undertakings of the Daughters of the American Revolution for some time. The full number of tables planned on were sold and in addition to that satisfying fact was the delightful social hour of bridge and tea from four to five, with Mrs. Isaac Lee Patterson, chairman of the Champoeg memorial committee for the state, and past state regent, and Mrs. Seymour Jones, past state regent, pouring during the hour.

High score for bridge was held by Mrs. W. M. Smith and the second high score by Mrs. Walter Spaulding, and third by Mrs. Edgar Hartley.

Out-of-town guests were Mrs. U. G. Smith, Mrs. John Douglis, Mrs. Murray Manville, and Mrs. W. W. McCredie, all of Portland; Mrs. H. A. B. Latham, Mrs. W. B. Service, Mrs. E. L. Loos, Mrs. C. M. Ray, Mrs. R. L. Russell, Mrs. A. E. Austin, Mrs. Oscar Hayter, Mrs. C. L. Crider, Mrs. E. K. Piasecki, Mrs. Eric Fulgham, Mrs. A. B. Starbuck, Mrs. J. E. Uglow, Mrs. H. A. Woods, Mrs. R. L. Chapman, Mrs. Robert S. Kreson, Mrs. O. P. Hoff, Mrs. J. R. Allgood, Miss Helen Litchfield, Mrs. Walter E. Ballantyne, Mrs. W. L. Soehren, Mrs. Wilson Webb, Mrs. V. C. Staats, Mrs. C. E. Staats, Mrs. C. B. Sundberg, Mrs. I. F. Yoakum, and Mrs. E. W. Cruson.

No-Hosts Dinner At Home

Mr. and Mrs. Lester were hosts for a no-host 7 o'clock dinner at their home on N. Main street, Tuesday evening, with members of the Le Bon Manger club making up the dinner party. The tables and guest rooms were attractive with their decorations of pussy willows and daffodils.

After the dinner three tables of bridge were in play. The combined high score for the evening went to Mr. and Mrs. J. Franklin Tipton.

Club members present were Mr. and Mrs. M. B. Wagstaff, Mr. and Mrs. James Goodwin, Mr. and Mrs. J. T. Tomlinson, Mr. and Mrs. J. Franklin Tipton, Mr. and Mrs. Lester Jones, and Mr. and Mrs. Lee Smith were special guests.

Mrs. Power Hostess At Pretty Dinner

Mrs. Frank Power entertained a dinner in her home on North 13th street Tuesday evening in honor of her aunt, Mrs. J. E. Houston and Miss Peggy Jane Houston. Pink carnations and acacia were arranged between pink tapers in crystal holders forming an attractive centerpiece.

The group included the honor guests, Mrs. Houston, Miss Houston, Mr. and Mrs. E. T. Barnes, Mr. and Mrs. Kenneth Power, Miss Florence Power and the hostess, Mrs. Frank Power.

Mrs. Houston and Miss Peggy Jane left Wednesday afternoon on their return trip to their home in Latrobe, Pennsylvania.

The sewing club of the auxiliary to the Sons of Veterans has been postponed to April 1, at which time Mrs. E. T. Prescott will be hostess at her home on Oak street.

Mrs. Alice Weister of Portland was the house guest of Edna Garfield Tuesday night.

Diet and Health

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



Vegetarianism I HAVE a friend who, on account of religious scruples, never eats meat of any kind, not even fish or poultry. To her, they are all dead flesh. What I want to know is this. Is it possible for such a person, by substituting milk, eggs, cheese, nuts, etc., to be strong, robust and energetic? This particular young woman is very undernourished, but still refuses, in horror, to touch any meat.

"If you think it possible to be a strict vegetarian and still be robust, will you suggest what would be a good day's menu for this young woman of 25, who lives the life of an average housewife, and is at present getting low in energy and weight, but refuses to take her doctor's advice that she eat meat?"

"MRS. M."

Certainly one can get along without flesh foods and maintain health, Mrs. M., for many do it. But more conscious efforts must be directed towards getting sufficient of the other protein foods. Nuts (with the exception of chestnuts), cheese, eggs, milk, all furnish a good proportion of high grade protein. The legumes and the whole grains also furnish a fair proportion, but their proteins are not biologically complete—that is, they lack some of the elements necessary for growth and repair, so they must be supplemented with the complete type.

It not frequently happens that those who haven't studied dietetics take on a non-flesh diet, take insufficient protein. The average person should have (depending upon the size of the

Protein Calories in 160 Calorie Portions of Foods.

Food	Calories of Protein
Bread, 1 full slice (1 1/2" thick) whole wheat	12 to 16
highest	12 to 16
Cooked cereals, 1 small cup (oatmeal highest)	10 to 12
Rice, 1 small cup	10
Macaroni, 1 small cup	15
Whole milk, 5 ounces	20
Skimmed or Buttermilk, 10 ounces	35
Cheese (cottage) 6 level tablespoonfuls (3 1/2 ounces)	75
Cheese (American) cream, Swiss, etc.) approx. one ounce	25
Eggs, 1 and 1-3/4	36
Meat or Fish, very lean, 2 to 3 ounces	50 to 75
Nuts (peanut highest)	10 to 20
Beans, 1-3 cup average	20
Green peas, 3-4 cup	

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SILKS VALUES TO \$2.50 One lot silks including flat crepes, satin back crepes and sport silks. All shades and 40 inches wide. Here's a real value. Per yard	SATIN Back Crepe Extra heavy quality in the best of shades, 40 inches wide. This regularly sold at \$3.95 yard—SPECIAL	SILK DRESSES One lot of exceptionally fine frocks for spring wear—Values in the lot up to \$24.75—NOW
\$1.98	\$2.98	\$17.95

French Gingham New Spring patterns in many shades, 32 inches wide. Values to 30c—Special, per yard	Silk Hose Pure thread silk hose, with pointed heel in the new shades—Pair
25c	79c

Panel Curtains Panel curtains of heavy quality with fringe. A real value at this low price	Hose Special Made of luxuriant threads, fit well, fully guaranteed—Pair
89c	59c

Turkish Towels Extra good quality in plain or fancy border, 20x40—Each	Silk Twill Buttonhole twill in practically every color desired. Regular 8c spool—SPECIAL
25c	2c

Smocks One rack of smocks in our basement store priced up from	SPECIAL LOT Lingerie One group of rayon bloomers and combinations. Your choice—	Table Squares Table linen, mercerized squares, fancy borders, fast color, 1 1/2 yards square—
\$1.98 (Downstairs Store)	\$1.49 (Main Floor)	98c (Downstairs Store)

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