

Society News and Club Affairs

OLIVE M. DOAK, Society Editor

Landscape Art Exhibit Theme Thursday

One of the most interesting exhibits goes from Salem and another which is of as much or more interest comes Thursday at the Gilbert studio of gardening will find a most enthusiastic atmosphere for their most cherished garden dreams. Formal gardens, quaint little homey gardens, informal gardens, plans for them, pictures of them, and designs for them will be on exhibit during the day and Miss Elizabeth Lord and Miss Edith Schryver will be there to explain them and answer questions concerning landscape art.

The works on exhibit are from the collection on which Miss Lord and Miss Schryver have brought together in their study and travel in the United States, Europe and the Orient.

Both Miss Lord and Miss Schryver are products of Lowthrop school of Landscape art. They have traveled abroad for the extra touches of sympathy which close contact with any point of interest brings so that now they can bring intimate knowledge of foreign garden architecture into their plans.

Miss Lord began her study of gardens in Salem in her own home and still carries the close personal touch which a true love of gardens instills in its devotees, and with which she mixes her knowledge of both formal and foreign gardens.

Miss Zoe Stockton Is Luncheon Host

Miss Zoe Stockton entertained Saturday afternoon with an 18 cover one o'clock luncheon in the Green Gate room at the Spa followed with a Kensington afternoon at her home on North Summer street complimenting Mrs. James H. Laughton of Portland. Tapers in pastel shades and daffodils made a most attractive luncheon table. Especially pretty were the dainty cottage bouquets of Japanese daphne which was at the place of each guest.

In the guest rooms of Miss Stockton's home Easter lilies, hydrangeas in blossom and daffodils with pussy willows made a lovely background for the social afternoon which was enjoyed by the honor guest, Mrs. James Laughton and Mrs. William Laughton of Portland, Mrs. James H. Nicholson, Mrs. W. C. Kautner, Mrs. Constance Kantner, Mrs. Nellie Gunnell, Miss Kathryn Gunnell, Mrs. Clara Myers, Mrs. Frank V. Brown, Mrs. Minnie Graham, Mrs. Paul V. Johnson, Mrs. S. P. Kimball, Mrs. Karl Kugel, Mrs. Charles K. Spaulding, Mrs. Roy H. Mills, Mrs. Sammie Rugg, Mrs. Ernest Stetson, Mrs. James Lee Stockton and the hostess, Miss Zoe Stockton.

Visitor Honored With Dinner

Miss Helen Richardson gave an attractive dinner party at her home Saturday evening honoring Glenn Allen of Astoria, an Easter guest at the Richardson residence.

Yellow tapers and daffodils centered the table where covers were laid for the honor guest, Mr. Richardson, and Miss Margaret Farmer, Miss Marie Pollet, Miss Ellen Power, Miss Audrey Allen, Melvin Millet, John Verdeck, Alfred Palon, Harold Richardson and Miss Helen Richardson.

Young Folk of the South Salem Friends Church Meet for a Sunrise Prayer Meeting at the Home of Dr. and Mrs. J. Ray Pennington Sunday Morning

There were 31 present. Following the prayer service Mrs. Pennington served a waffle breakfast.

Those desiring to go to the Marion County Veteran's association meeting to be held in Woodburn will telephone their desire to Mrs. C. F. Loveland, or Mrs. Will Hager, 1603 N. Commercial. All members orders are invited to attend.

Social Calendar

- Tuesday
 - Y. K. K. girls club afternoon with Mrs. Lewis, 930 N. Winter.
 - Hal Hibbard, U. S. W. U. afternoon meeting.
 - Medical Auxiliary, Marion, Polk and Yamhill county, 7:00 o'clock, at Spa.
 - American War Mothers, 2:30 o'clock, Y. M. C. A.
 - D. E. club with Mrs. A. A. Mickel, 365 N. 13th, 8:00 o'clock.
- Wednesday
 - Salem Dakota club meets at 6:30 o'clock at American Lutheran church.
 - W. H. M. S. of First M. E. church tea meeting in the church parlors.
 - Legion auxiliary bridge benefit, Elk's temple, 2 o'clock.
 - Regular meeting Knights and Lady Macabees, 8 o'clock.
 - Thursday
 - Raphanarian club with Mrs. Lee Unruh.
 - Ladies Aid of W. R. C. will not meet this week.
 - Marion county Veterans' association meeting, Woodburn; any member of patriotic order wanting to attend, phone 1603 N. Commercial.
 - Beta Chi, Mothers club, Sorority house, 2:30.
 - Friday
 - West Side Circle Ladies Aid of Jason Lee church at 2 o'clock with Mrs. Hockett.
 - 1603 N. Commercial.
 - Golden West club of Woman's Benefit association, with Mrs. Jennie Miller, 351 S. 19th street.
 - Y. M. C. A. program, musical costume play directed by Miss Lena Dotson.

Bridge Luncheon Is Attractive Affair

Mrs. Harry Hawkins and Mrs. Keith Powell of Woodburn were hostesses for a lovely one o'clock luncheon at the Marion hotel Monday. The luncheon table was graced with bowls of mixed spring flowers, narcissi, spring beauties, primroses, iris, blue bells and blue hydrangeas and yellow tapers. About the rooms were baskets of Scotch broom and more narcissi.

In the bridge which followed the luncheon, Mrs. P. W. Byrd won high score followed by Mrs. Jim Linn, Mrs. T. A. Livesley, and consolation to Mrs. J. M. Hawkins of Albany.

Covers were laid for F. W. Thompson, Miss Lou Thompson, Mrs. William Boot, Mrs. Clifford Farmer, Mrs. John McNary, Mrs. Breyman Boise, Mrs. R. P. Boise, Mrs. Frank Snedcor, Mrs. Fred Lampert, Mrs. Oliver Locke, Mrs. Lewis Lachmund, Mrs. Paul Hendricks, Mrs. J. M. Hawkins of Albany, Mrs. Katherine Powell, of Woodburn, Mrs. Raymond Walsh of Eugene, Mrs. W. Robert McMurray of Portland, Mrs. Clairborne Walker, Mrs. Paul Wallace, Mrs. Frank Durbin Sr., Mrs. Frank Durbin Jr., Mrs. Charles Robinson, Mrs. Eugene Shipley, Mrs. E. C. Cross, Mrs. Milton Steiner, Mrs.

Delti Phi Sorority Gives Easter Breakfast

A beautiful three course Easter breakfast was a Sunday morning event at the Delta Phi house with covers laid for 53. Lighted tapers of pale yellow and green together with a basket of daffodils, spirea and pussy willows were effectively used for the Easterlike table decorations.

Honor guests for the breakfast were Dean and Mrs. Roy R. Hewitt, Mrs. John Reed, Miss Lois Latimer, and Dr. Roy Lockenou. Additional guests were Gurnee Fisher, Edwin Goodenough, Robert McGilvra, William McCallister, Wayne Welch, Paul Geddes, Roy Harland, Don Taylor, Leslie Manker, Raymond Derrick, Paul Ackerman, Howard Miller, Eloyd Alvin, Herbert Erickson, Reeve Betts, Wendel Keck, Ronald Crayon, Warren Minnimee, Neil Brown, Jack Ramage, Eugene Silke, Wesley Roeder, and James Overton. Members of the sorority present were Dorothy Pemberton, Agnes Emmel, Edith Findley, Jean Middleton, Mrs. Wayne Welch, Margaret Bolt, Marjorie Moser, Mildred Cook, Marie Messersmith, Marjorie Miller, Nellie Badley, Mary Allen, Bertha Babcock, Bertrice Hartung, Lillian Scott, Dorothy Ferrer, Geneva Culbertson, Edith Starrett, Iva Claire Love, Buena Brown, Doris Phenice, Yvonne Cornell and Evelyn Hartung.

Miss Elizabeth Schryver is back from Seattle for a few days after having spent some time there at work on the rearranging of the R. D. Merrill gardens of that city. She is returning Friday of this week for further work on this and

Bridge Party At Water's Home

Dr. and Mrs. Kenneth Waters were hosts on Saturday evening for three tables of bridge. Easter was the motif for the room decorations and the serving table. High score for the evening was won by Mr. and Mrs. Kenneth Fitzgerald, Mr. and Mrs. N. F. Wicker won high score.

Guests enjoying this evening were Dr. and Mrs. B. F. Pound, Mr. and Mrs. N. F. Wicker, Mr. and Mrs. Clifton Mudd, Mr. and Mrs. Kenneth Fitzgerald, Mr. and Mrs. J. T. Graham, and Dr. and Mrs. Waters.

All the officers and guards of the Golden West club of the Woman's Benefit association are especially requested to attend the meeting which will be conducted at the home of Mrs. Jennie Miller, Friday evening, 351 South 19th street. This is a very important meeting.

Wedding Celebrated In Corvallis

Coming as a surprise was the quiet marriage of Miss Jeanette Meredith of Salem to Rodney Brown of Corvallis at Corvallis Easter Sunday. Miss Meredith is the daughter of Mr. and Mrs. Frank Meredith and has been a prominent member of the younger Salem set. Both young folk have attended Oregon State college. Miss Meredith is a Kappa Alpha Theta and Mr. Brown is a Theta Psi. The Reverend Monroe Everett performed the ceremony.

Mr. and Mrs. Brown left immediately for a motor trip through southern Oregon.

Miss Joan Evans and Miss Ruth Ritchie entertained a number of the younger set with an evening of "500" at the home of Miss Joan Evans Friday evening.

High Score Prize Was Won by Miss Eida Medler and Mr. Dee Helmes

The guests included Miss Mildred Zehner, Miss Ruby Dresner, Miss Alvena Cospard, Miss Babe Cospard, Miss Lela Carter, Miss Eida Medler, Miss Margaret McKinley and Burton Randall, Bill McClarie, Don Patton, Bud Cook, Dee Helmes, Lloyd Bradford and Reginald Reice.

Mrs. Ada Elgin had as her house guest for the Easter-time her mother Mrs. S. Freerksen, of Albany, her sister, Miss Jennie Freerksen also of Albany, and E. Griffith of Hillsboro.

Mr. and Mrs. George Martin, Mrs. Lillian Cadwell and Clark Martin spent Sunday at Newport.

Diet and Health

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

Fresh Fruits and Vegetables
DEAR DOCTOR LULU: I chuckled when I finished reading your foundation diet for reducers the other day. It sounds so simple, but where, I wonder, do you get the few women who live in their own homes, can eat one-half pound of green leaf vegetables, or one-half pound of spinach, or raw carrots? I have visions of asking for them at one of the popular restaurants called popular pieces for the business woman. Just how would you go about it? It is an impossible thing for at least two-thirds of the fat ladies in New York to live at home. Couldn't somebody make money on this? What about the vegetable plant? I hate it. Yours for emancipation, MISS S.

Even the fat ladies of New York can have apples, oranges, bananas; pears or other fruits in their rooms. Miss S. is a good-sized apple weighs almost one-half pound. Then certainly you can always get fruit and vegetable salads in the restaurants and tea rooms. And there is no reason why you cannot keep a small cabbage in your room and have some cabbage juice with it. You can take this before going out to dine. If you are afraid you might overeat; this would take the edge off your appetite.

Restaurants, as a rule, cook their vegetables so there is not much taste to them—they use too much water and cook them too long, so I don't blame you for not liking the vegetable plate. Usually the meat orders in a restaurant are large enough for two, and frequently when you are dining with a friend, I suggest that one of us order a meat dish and the other several vegetables, and then we divide. In this way we have a larger amount of the vegetables and enough meat or fish for each.

I hope you will get something from these suggestions, Miss S.

The foundation diet for the reducer's (and underweighters and normal person's) diet is contained in our pamphlet on reducing and gaining weight. See column rules for obtaining this.

Mrs. C.—By a diuretic is meant an agent that increases the excretion of urine, so from this you can see that you cannot use the term to indicate an agent to decrease the flow.

Have you had a urinalysis and a complete check-up by a physician? You should have this done. It may be possible that the urine is irritating from being too concentrated, causing irritation of the bladder with frequent desire to void. If you really have an increase of urine which is considerably above the normal, it may be possible that you are beginning to, or already have, diabetes.

Something to Think About



Every day you read in the newspapers of some terrible travel accident. On Mondays there is always a long list of casualties for the week end. The toll yearly is appalling, thousands being killed and hundreds of thousands being maimed and injured. Are you insured? Scarcely 2% of those killed and injured have any protection whatever. Their sin lies the greatest tragedy.

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