# Society News and Club Affairs

Delphian Meeting Enthusiastic

Event The Sigma Nu chapter of the national Delphian society met Monday in the chamber of commerce reading room for its first regular meeting following the completion of the organization hinney, president, presided during the business meeting at which time it was announced that an advisory board had been appointed by the president upon which would serve Mrs. Russel Catlin. Mrs. J. W. Orr, and Mrs. David

It was also announced that the joint chapter of Independence and Monmouth had extended an invitation to the Delphian chapters in Salem, McMinnville, Eugene, Corvallis, Albany and Dallas to meet with them Friday for a 1 o'clock luncheon.

At the conclusion of the business session Mrs. McElhinney turned the meeting over to the study supervisor, Mrs. George Rossman, and the program was given. The topic of study was "The Roots of Civilization," with particular reference to the achievements of pre-historic man Those taking topics were Mrs. F. A. Erixon, Mrs. Oscar Lapham, Mrs. Frederick Deckebach, Mrs. J. W. Orr, Mrs. Hal Hoss, Mrs. C. H. Corsan, Mrs. Guy Smith, Mrs. James Heltzel, Mrs. George M. King, Mrs. David Wright and Mrs. L. L. Nelson.

Following the program a social hour followed with the inspiring motive of every one getting acquainted. Hostesses for this hour were Mrs. C. S. McElhinney, Mrs. Frederick Deckebach, Mrs. George M. King, Mrs. C. C. Rossman, and Mrs. George Rossman.

Epworth League Has Valentine Party

The senior department of the Epworth league of the First Methodist church enjoyed a Valentine's costume party last Saturday evening. The parlors of the church were decorated with the red and white hearts characteristic of St. Valentine's day. Helen Skinner, fourth vice president of the League was in charge of the party. After everyone had enloyed many interesting games, refreshments were served.

Those present were: Dorothy Kloepping, Blanche Reece, Esther Hunsaker, Grace Holman, Marion Stone, Hortense Taylor, Esther Cook, Helen Skinner, Martha Kumler, Lois Taylor, Helen Mc-Elroy, Ida McNeil, Mrs. Keefer Barbara Ames, Grace Skinner, Elizabeth Boylan, Willa Ames, Marion Kumler, Menalkas Selander, William DePew and Earle

The Loyal Women's class of the First Christian church met recently at the home of Mrs. Flora Clark for their usual monthly business meeting. After the business session a talk was given by Brooks of Eugene, after which Mrs. Arthur Welch gave a reading and Mrs. Trista Wenger Power sang two solos. Refreshments and social hour followed. The hostesses were Miss Dora Clark, Mrs. Hunt, Mrs. Hammond, Mrs. Carlton, Mrs. Birdwell, Mrs. Knott, Mrs. Byrom. Others in-

cluded in the meeting were, M.

R. L. McDowell Mrs. Gritten
Shrah McDowell Mrs. Cave
Trista WengerMrs. Doane
Powers Mrs. Radcliff
Mrs. Cornet Mrs. Townsend
Mrs. McReynolds Mrs. Scott Riggs
Mrs. Ritcher Mrs. Nisson
Mrs. Cornet Mrs. Pugh
Mrs. Crawford
Irs. Gleason Mrs. Crawford
Irs. Gleason Mrs. Welch
Trs. Beaver Mrs. Welch
Trs. Beaver Mrs. Wylle
Trs. Lewis Mrs. Gabbert
Trs. Beart
Trs. Beaver Mrs. Stewart
Trs. Ransom Mrs. Case
Trs. Headrick Mrs. Blankenship
Trs. Howe
Trs. H Mrs. Howe Miss Anna Nissen Miss Watson Hubbard-Ernest Scott, presi-

dent of the Christian Endeavor of the Congregational church, was host at a delightful valentine party Friday evening. Red hearts artistically a rranged made an attractive decor-

Many of the guests were in costume. Prizes for the best costumes were won by Miss Lenore Scholl, Miss Orva Barrett and Er-

ation for the rooms.

A jolly evening was spent at rames after which refreshments were served

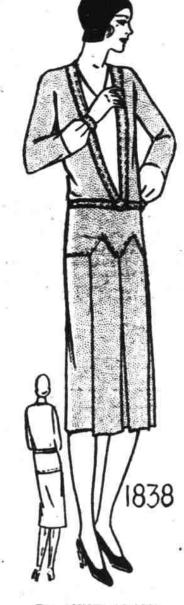
The guest group included: Miss Anita Bevens, Miss Martha Radcliff, Miss Hazel Ingalls, Miss Irene Scholl, Miss Lenore Scholl. Miss Orva Barrett, Miss Elsie Inngnickel, Miss Matie Ainsworth, Miss Louise Voget, Miss Ruth Ingalls, Miss Amy Hershber, Miss Ruby Kniston, Miss Derothea Niswonger, Miss Gunmdene Bidgood, Melvin Mitts. Olifford Mitts, Arthur Mills, Les-lie Radeliff, Delmar Claypool, Maxwell Smolnisky, Earl Scott and Mrs. E. Scott.

Rickreall - The Polk-Yambill Ladles' club met with Mrs. Maurice Christensen and daughter. Bva Christensen, Valentine day. Miss Hildred Jack and Mrs. August Rhode gave several vocal selections with Mrs. Leon Turner playing their accompaniments. A quilt was pieced during the afternoon and it will be quiltedat the next meeting, which is to

e with Mrs. Lockie Cooper of A dainty lunch was served at the tea hour.

Guests present were Hildred Jack, Portland, and Mrs. Roy Landis, Oregon City, and members were Mrs. Cecil Grave-, Mrs. Gus Prang, Mrs. George Werner, Mrs. Fred Jennings, Mrs. Joe McKee, Mrs. Leon Turner, Mrs. John Romig, Mrs. August Rhode, Mrs. Prizell, Mrs. Chris. Nellson, Mrs. Elmer Hamilton, Mrs. George Shields, Mrs. Waldo Finn, Mrs. Dwight Wyatt, Mrs. George Richards, Mrs. Harry Frewing, Miss McGowan and the hostesses, Mrs.

## Statesman Pattern



By ANNE ADAMS

Every line of this frock is effective in attaining a slender appearance. The long pointed bodice ine, the pointed skirt yoke and the front pleats combine to create a charming model that is the last word in Fashion. The inserted sleeve puff is new and very smart. Flat crepe fashions this frock, with vestee and sleeve trimming of contrasting crepe. Combinations of black, green, brown and

beige, blue and grey or green and

Rows of stitching add a chie . May be obtained only in sizes 18, 20, 36, 38, 40, 42, and 44. Size 36 requires 3 3-8 yards of

40 inch material. No drezsmaking experience is necessary to make this model. The pattern has ample and exact instructions. Yardage is given for

Patterns will be delivered upon receipt of fifteen cents in coins carefully wrapped or stamps. Be sure to write plainly your name, address, style number and size

every size. A .perfect fit is guar-

wanted. Book is fifteen cents, but only ten cents when ordered with a pattern. Address all mail and orders to Statesman Pattern De-partment, 243 West 17th street, New York City.

Spring Valley — Mrs. Vivian Stratton, nee Ruth Knapp, of was complimented with a social afternoon and miscellaneous shower at the home of Mrs. C. M. Purvine, Wednesday of this week. Assisting hostesses were club. Mrs. L. M. Purvine of Salem and Mrs. F. B. Windsor of Spring Valley. Thirty guests were present. Four tables of bridge were in play with Mrs. P. C. Patrick of Portland winning high score. Mrs. Stratton received a large decorated basket full of gifts as her surprise prize, Miss Dorothy Shepard of Zena, Miss Irene Windsor and Miss Grace Childers of Spring Valley assisted in serving the luncheon at the close of the after-Valley were: The honor guest, Mrs. Vivian Stratton, Mrs. Julian Miss Irene Windsor, Mrs. John Childers, Miss Grace Childers, Mrs. Donnel Crawford, Mrs. Mary E. Jennings, Mrs. Seymour Wilson, Mrs. Frank Matthews.

The child study class of the A. A. U. W. and the Lincoln-McKinley-Leslie Parent Teachers' association will meet today at 3:00 o'clock in the Lincoln school. There will be a discussion of the problems of sleep. Parents inter-

### OLIVE M. DOAK, Society Editor SOCIAL CALENDAR Tillucum dance club, Cas-

· tillian hall. Mrs. L. O. Clements, hostess for Woman's club; silver \* tea; hours, 2:30 to 5:; 345 ° North 17th street. Order of the Eastern Star, regular meeting; social hour

and program following. Writer's club, 8 o'clock, home of Mrs. Claudious Thayer, Willamette lodge, North Capitol strc t. P. L. E. and F. club will

meet for an all day meeting \* at the Fraternal temple. Potluck dinner at noon. War Mothers, Mrs. W. B. Lindsay, 2009 Center street, 2 o'clock.

Drama class of Mrs. Robert Gatke, with Mrs. Sheldon Sackett this afternoon Child study class, A. A. U. W. and Lincoln-McKinley-Leslie P. T. A., 3 o'clock, Lincoln school.

Wednesday Monthly meeting, South circle of First Christian \* church, all-day, with Mrs. W. E. Tomlinson, corner of Hoyt \* and Mason.

Thursday Liberty Woman's club, \* 2:15 o'clock, anniversary meeting. Faculty Women's club, Mrs.

C. A. Downs, 2121 South High street, 2:30 o'clock. W. C. T. U. institute, \* Union hall, corner of Ferry and South Commercial street; commences 10 o'clock.

Chapter G., P. E. O., Mrs. \* W. T. Hickey, 210 Meyers S. B. A. "500" at Odd Fel- \* lows hall 8 o'clock.

Friday Nebraska club, Methodist church, 6 o'clock, \* bring dinner service. All invited.

Sewing club to Sons of Veterans' auxiliary, Mrs. \*
Louisa King, South Capitol \* street. Election of officers. D. A. R. Colonial tea, Mrs. John Carkin, 610 South Winter street, hours 2 until 5

Amaranthus club, Willamette Lodge country club. Wallace road, "no host," 6:30 o'clock dinner, cards \* and dancing following. Saturday flesh are delightfully attractive. .

Salem Woman's club, clubhouse on Cottage street, business meeting 2:30 o'clock; program at 3 o'clock. Camp Fire girls to give program.

lander was hostess this last week to the members and friends of Miss Case, nutrition specialist

from O. A. C. spent the day with the club members demonstrating Mr. and Mrs. C. D. Townsend, Mr. vegetable chowder. Nineteen dif- Mrs. Paul Hanson, Mr. and Mrs. ferent dainty and attractive sandwiches were made during the Mrs. S. C. Kightlinger, Mr. and forenoon under the direction of Mrs. C. H. Casement, Russell Miss Case. These together with Scott. Cleone Casement and Mr. fruit jello furnished by members and Mrs. O. L. Scott. were enjoyed by all at lunch time. In the afternoon Miss Case gave a very interesting and edu-

cational talk on "How to get the family to eat what they should" and on "Hot School Lunches." Too much praise can not be given Miss Case for all the time and labor spent with the Woman's Guests present for the day

were: Mrs. Gaylan Siddall, Mrs. Chester Goodwin, Mrs. Hal De Letts, Janice McAfee, Mrs. Joe real, and Miss Case,

Members enjoying the demonstration at Mrs. Rylander's home were: Mrs. Bedwell, Mrs. E. M. Bailey, Mrs. W. E. Bailey, Mrs. Rhodes, Mrs. Batdorf, Mrs. Gregg, Mrs. Powers, Mrs. Fred Collins, Mrs. Siddall, Mrs. Babb, Mrs. McAfee, Ida Denny, Mrs. ioon. Those present from Spring Wells, Mrs. A. Stettler, Mrs. George Christofferson, Mrs. Teal, Mrs. Halbert, Mrs. McMillan, Stratton, Mrs. Frank Windsor, Mrs. Fred Williams, Mrs. Morrison, Mrs. Reed, the hostess, Mrs. Rylander and several small children of the members.

The next meeting of the club will be held Thursday February 27 at the home of Mrs. Bedwell, 1029 Highland avenue.

Mr. and Mrs. Waldo Harris of Kelso, Washington, and children Virginia and Neddie were the week-end guests of Mrs. Jessie ested are invited to attend this dis- Armold and Mrs. Cornele Stutte-

# If Baby has

A cry in the night may be the first warning that Baby has colic. No cause for alarm if Castoria is handy! This pure vegetable preparation brings quick comfort, and can never do the slightest harm. Always keep a bottle in the house. It is the safe and sensible thing when children are ailing. Whether Castoria is always better for it's the stomach, or the little growing children than some needbowels; colic or constipation; or



taste of Castoria, and its mildness makes it suitable for the tiniest infant, and for frequent use.

And a more liberal dose lessly strong medicine meant only diarrhea. When tiny tongues are for adult use, Genuine Castoria coated, or the breath is bad. always has Chas. H. Fletcher's Whenever there's need of gentle signature on the wrapper. Pre-regulation. Children love the scribed by doctors!

### University Folk Have Valentine

Frolic Miss Eloise White was hostess at a Valetine party given in her home Saturday evening for a group of university students. The large rooms were decorated with red candles, flowers and Valentine symbols. Miss Gaynelle Beckett and Miss Helen Cochran assisted the hostess in serving a clever

buffet supper at a late hour. The guest group included the Misses Josephine Albert, Caroyl Braden, Louise Brown, Katherine Everett, Virginia Holt, Helen Brown, Mary Louise Morler, Nora-Pemberton, Beryl Hale, Emily bel Pratt, Rosalind Van Winkle, Helen MacPherson, Florence Marshall, Gaynelle Beckett, Harriett Hageman, Helen Cochran, Helen Boardman, Marvell Edwards and Faye Cornutt.

Messers, Warren McMinimee. Frank Van Dyke, Charles Campbell, Edward Stadter, Olven Bowe, Bruce Spaulding, James Allison, John Nelson, Hugh Adams, Raymond Miller, Everett Patton, George Lloyd, Jack Grant, Walter Kaufman, Frank Alfred, Eric Anderson, Marion Moore, Raymond Waddell, Matthew Mochel, and Paul Pemberton.

### Order of Amaranth Is Active

Mrs. L. P. Campbell, worthy matron of Hanna Rosa court, order of the Amaranth, was delightfully surprised at her home this weekend on the occasion of her birthday by about 25 members of her

The evening was spent in a jolly informal manner, and at a late hour refreshments were served. A beautifully decorated and imposing birthday cake formed the centerpiece for the serving table.

Friday night of this week the Amaranthus club of the order will entertain with a 6:30 o'clock no host dinner at Willamette Lodge country club. Mrs. Frances Mercer is general chairman of the arrangements committee: Mrs. J. B. Crary is in charge of the decorating committee; Mrs. W. P. Ellis has charge of the dinner committee.

Cards and dancing in the long social room of the country club lodge will follow the dinner hour.

Mr. and Mrs. L. O. Scott reevening with honors going to Mrs. C. D. Townsend, Mrs. Joe Williams, Joe Williams and Roy the Hayesville Woman's club at Shelton. Mrs. S. C. Kightlinger her home on the Pacific highway. | and Mrs. C. H. Casement assisted at the refreshment hour. Guests were Mr. and Mrs. Joe Williams, the making of sanwiches and and Mrs. B. F. Pound, Mr. and Homer Marsh, Mrs. Bert Smith,

> Woodburn-The students of St. Benedict's school entertained their mothers and grandmothers at a delightful program and tea in the St. Luke's community hall Friday afternoon.

Father Rubis spoke briefly at the opening of the afternoon and a program especially prepared and dedicated to the honored guests was presented by the students. After the program, the seventh

and eighth grade girls, dressed in Valentine costumes, served refreshments. Keizer-The senior Epworth eague gave a valentine party at the school house Thursday eve.

Clarence Poole, Charlie Weathers

and Joe Bartruft were special

### **Bad Breath** spoils the sweetest smile



### Every Stomach Sufferer Has It—Tanlac Corrects It THAT disgusting "brown" morning

THAT disgusting "brown" morning taste in your mouth, a whitish or yellow coated tongue—these are sure signs your breath is bad.

The tongue and mouth is nothing more or less than the upper end of your stomach and intestines. When the condition below is upset and badly digested food is souring in these organs, your breath tells the story and all the mouth washes and antiseptics can't disquise its offending oder. You need Tankac and you ought to cut down on the excessive use of meat and start to cat more fresh fruits and vegetables.

Tankac is just about the best stomach cleaner and rebuilder you can take. It cleane out

Mildred Simmons Announces Betrothal Orchard Heights - The an-

nouncement of the engagement of Miss Mildred Simmons to George Wilson came as a surprise to the members of the Orchard Heights club at their regular meeting Thursday. A single walnut was A. They should go directly to served on each lunch tray. On being opened, it was found to contain a small paper heart on which were written the names of Miss

Wash. The club meeting was held at the home of Mrs. Ralph L. Wilson with Mrs. John Simmons as joint hostess, Mrs. Edward Reed, president, not being present, Mrs. John Simmons led devotionals. Some interesting contests were er men's wives." held during the afternoon with prizes awarded the winning con- A. A. U. W. Has

Simmons and Mr. Wilson. Mr.

Wilson's home is near Chehalis,

The next meeting which would Interesting Meet normally have been held on February 27, was postponed until U. W. met Saturday at the Elks March 13, owing to the fact that club. the majority of the club members wish to attend the meeting of the Federation of Rural clubs on character development. The dom-Mrs. Matthews.

son, both of Salem and Mrs. Meredith Groves of West Salem.

Members present were Mesdames Burnham Southwick, Eu-Frank Wilson, Frank Farmer, Isobel Fawk, Grace Bliss, William McDowell, Ernest Anderson, William Bouffler, Cash Roberts, John

Hubbard-A group of members of Thalia Rebekah lodge visited the regular meeting of Francis Rebekah lodge at Monitor Friday evening.

The guests from Hubbard were Mrs. Carloine Smolnisky, Mrs. Edith Painter, Mrs. Susie Ott, Mrs. Meta Friend, Mrs. Cora Taylor, Mrs. Mary Hampton, Mrs. Wilma Leffler, Mrs. Nettie Salls, Mrs. Elizabeth Grimm, Mrs. Ada Ott, Mrs. Emma Grimps, Mrs. Esther Moon and Mr. and Mrs. P. O. Col-Refreshments were served meeting.

Mrs. Charles Sawyer the past for convention expenses. ceived a group of friends on the week, in addition to her visit she evening of their 19th wedding came to view the play being put | Keizer-Mrs. J. A. Gardner anniversary Tuesday evening.
Cards were in play during the evening with honors going to the Salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening with honors going to the Salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening with honors going to the Salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening with honors going to the Salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening with honors going to the Salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening with honors going to the Salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening was hostess for the Keizer ladies' and the salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening was hostess for the Keizer ladies' and the salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening was hostess for the Keizer ladies' and the salem Heights dramatic club under the direction of aid at an all day meeting Thurstevening was hostess for the Keizer ladies' and the salem Heights dramatic club under the direction of aid at an all day meeting the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction of all the salem heights dramatic club under the direction o being the guest of honor at sev- Mrs. Jewell Brinkley assisted in eral parties and teas during her serving at the noon hour. The visit. She returns to her home at next meeting will be with Mrs. E. Newport today.

# **Ltiquette** By ROBERTA LEE

Q. What do the ushers do after their duties at the church are fin-

the house and continue their ser-Q. May typewritten correspondence be used for social purposes? A. Yes: it was formerly considered discourteous, but is now ac-

cepted as proper. Q. Should a wife accept her usband's courtesies as her due? A. Certainly; and furthermore, a well-bred man will be just as courteous to his wife as to "oth-

# The Salem branch of the A. A

"The Uncertain Trumpet" by A. S. M. Hutchinson shows great

February 27, at Beuna Vista, Mrs. inating character is the rector, Roy McDowell will be hostess at who believes that a trumpet the next meeting at the home of which sounds to warn of danger should not be feeble and uncer-Guests for the afternoon were tain but should sound strong and Mrs. Fred Wilson, Mrs. Paul Da- clearly or else people will not be vis, Mrs. Everett Davis, Mrs. Ad- aware of the presence of danger. rian Withers, Mrs. J. B. Best, Mrs. He, therefore, sounds his trumpet Myrtle Clarke, Miss Wilfred Wil- forcefully against evils but he emphasizes the spiritual evils rather than those of the flesh. The second book, "Berkeley

Square," a play by John Lloyd gene Southwick, Roy McDowell, Balderston, is based on Henry William Knewer, C. H. Fisher, James's unfinished story "The Ammon Guice, C. S. Matthews, Sense of the Post." The play is a Albert Bouffler, Robert Adams, fantasy using the theory of reincarnation.

Miss Holt introduced Miss Helen Louise Crosby, who is affiliating with the Salem branch. Miss Simmons, Ralph Wilson and Crosby received the Bachelor's Misses Mary Wait and Helen degree from the U. of O. in 1927 and the degree of doctor of jurisprudence in 1929. Soon after graduation she took the bar ex amination.

The hostess for next time will be Miss Mary Roberts, Mrs. John Canse and Mrs. R. M. Gatke.

Mrs. L. O. Clements has opened her home 345 North 17th street, to the members of the Woman's club and its friends for a silver tea this afternoon be- druff. tween the hours of 2:30 o'clock and 5 o'clock. This starts the series of teas, bridge afternoons and Kensingtons which will be at the social hour following the given under the general direction of Mrs. V. E. Kuhn this spring prior to the state federation con-Salem Heights-Mrs. Grace vention of Women's clubs here Farrington of Newport, Oregon, in May. The proceeds will go tohas been visiting at the home of ward the funds necessary to care

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L of safety where severe -gallonage increased scale infestation calls for 383.7 per cent for 1929 an over-dosage of Avon over 1928. More than 30.000 acres in choice deciduous orchards are alof this finer oil spray, re- ready under the control of Get "Finer Fruit and

assurance to growers whose More of It" with AVON SPRAY EMULSION. Call at fested than average. It's as the nearest Associated plant, or better yet, ask our Associated Spray Advisor The use of Ason Spray to drive out to your or-Emulsion is increasing in chard. No obligation.

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NEW FREE BOOK

Business Women's Class Meets

The regular monthly meeting of the Business Women's class of the First Methodist church was held this month at the home of Mr. and Mrs. D. H. Mosher. After the business meeting a pleasant social hour was enjoyed, during which the hostess served delightful refreshments.

Among those present at the meeting were Izora Templeton. president of the class, Bessie Smith, Grace Robertson, Phoebe McAdams, Edna Miller, Minnie Miller, Elsie Miller, Clara Miller, Ruth McAdams, Josephine Shade, Edith Burch, Augusta Breithaupt, Lottie Robbins, Florence Waldo, Elizabeth Stockhausen and the host and hostess, Mr. and Mrs. D. H. Mosher.

### Quiet Wedding Unites Local Folk

A quiet wedding was that which solemnized the marriage of Miss Hazel Burgher, daughter of Mrs. L. Burgher, to Marion C. Andresen, son of Mr. and Mrs. P. Andresen. The ceremony was performed in the presence of only immediate relatives by Rev. P. W. Ericksen at the German Lutheran church at 9 o'clock Sunday morn-

The bride, unattended, was dressed in a gown of bluebell blue georgette made bodice style with an uneven hemline. Immediately following the ceremony the young folk left for a week's motor trip through the north, after which they will be at home in Salem.

Mr. and Mrs. E. J. Coward are receiving congratulations upon the birth of a daughter born February 17 at Maternity home on Cottage street.

### Easy to Remove DANDRUFF

You have to wash your hair, anyway—and now you can remove every speck of unsightly harmful dandruff at the same time. Try Fitch's Dandruff Remover Shampoo today, and tomorrow be rid of disagreeable, unpleasant dan-

Perry's Drug Store 115 S. Commercial

Hubbard-Dress rehearsal was held Monday evening for the three act comedy "Her Honor the Mayor" which will be given at the city hall Saturday evening, February 22 at 8 o'clock. The play is sponsored by the Hubbard

Woman's club. Persons in the play are Mr. and Mrs. Ivan Stewart, leading man and woman, Mrs. Ida Garland, Mrs. Margaret McMannis, Mrs. Kathleen Beckman, Mrs. Neva McKenzie, R. C. Painter and J. R. Bidgood. The committee in charge promises an evening of

fun. The Hubbard high school orchestra will furnish the music for the event. Mrs. Ellen Carl has been appointed chairman of the candy booth committee:

### HOW TO "REDUCE" REDUCING DIETS

The Appetite Will Demand Less Food If Sugar Is Part of the Diet

Too many reducing diets are lacking in satisfying qualities. According to a nationally known food scientist, every reducing diet ought to contain some sugar for the "wellfilled" feeling it produces.

Such a use of sugar in the diet means that one can eat the minimum of essential foods and not go away from the table hungry. As far as sugar being fattening, medical science points out that sugar has no more fattening value than other carbohydrates - and far less than fats. The stout people of the world are, by no means, always big sugar eaters. It is the amount of food in general that produces fatnot sugar alone.

An example of a good "reducing" meal that will satisfy the appetite is a generous green salad and a sweet dessert. A consideration of this menu will be of value in planning other meals. The truth of the statement, "A bit of sweet makes the meal complete," will be apparent very quickly.

Sugar as a flavor for vegetables, stewed and fresh fruits, also increases their satisfying qualities and makes the meal enjoyable. There is no need to be unhappy when reducing: Eat less food and enjoy it more. The Sugar Institute.

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