

A. A. U. W. LUNCHEON SATURDAY; EVENTS FOR NEXT WEEK'S CALENDAR ARE ANNOUNCED

Club Groups To Have Active Period

By MARIAN LOWRY

Many events are being announced for the coming week. On Monday evening will be held the monthly meeting of the ladies' auxiliary of the chamber of commerce. The Tuesday evening also brings the monthly meeting of the Wisconsin club at the W. O. W. hall, a potluck supper to be served at six-thirty, followed by a program. Wednesday Book club members are planning for a program at the home of Mrs. J. O. Hill. Several of the local sorority alumnae groups are planning meetings for the week. Tuesday evening brings the monthly meeting of the Women's City club. The monthly meeting of the Daughters of the American Revolution club is planned for Wednesday afternoon.

Fertig's club's meeting comes next Thursday afternoon. Among evening events will be the meeting of the alumni of St. Mary's school are entertaining next Friday evening, Feb. 3.

WOMEN SATURDAY. Members of the Gold Chevron club are to entertain with a dinner at the Tivoli Tavern Saturday evening.

ENTERTAINERS FOR CLUB. Mrs. Thelma Neville and Mrs. John Johnson were hostesses for the club on Tuesday evening. Mrs. Johnson was a special guest. Mrs. W. G. White was a special guest. Mrs. Gladys Ingalls and Miss Marie Wilson won honors at bridge.

AMATEUR CLUB. Amateur club members met for a luncheon at the Tivoli Tavern Thursday. Mrs. R. L. Moon, Mrs. C. E. Taylor and Mrs. Harold Waggoner being in charge. Mrs. Cherry and Mrs. E. C. Taylor were special guests. The next meeting will be February 11 at the home of Mrs. Harry Lichty.

KILL KARE CLUB. Mrs. Frank Little was hostess for a meeting of the Kill Kare club on Thursday. Mrs. W. G. White was a special guest. The next meeting will be on Thursday with Mrs. E. B. Strawn.

BOBOSIS CLUB. A Valentine luncheon was given by the Bobosis club members at the home of Mrs. Andrew Hill Thursday. Mrs. L. A. Taylor was a special guest. The next meeting will be on Thursday with Mrs. E. B. Strawn.

ENTERTAINERS FOR CLUB. Mrs. O. E. Lee was hostess for a meeting of the Linger Longer bridge club on Thursday. Mrs. W. G. White was a special guest. The next meeting will be on Thursday with Mrs. E. B. Strawn.

MEETING THURSDAY. Mrs. Frank L. Chambers entertained the Thimble club at luncheon Thursday. In two weeks, Mrs. Fred L. Chambers will entertain for the club.

MEETING THURSDAY. Mrs. and Tuck club members were entertained by Mrs. H. S. Bartow for a meeting of the club on Thursday. The next meeting will be on Thursday at the home of Mrs. James Cadman for a luncheon at twelve-thirty o'clock.

THURSDAY GROUP. Mrs. Sherwood Burr was hostess for a meeting of the Thursday group on Thursday. In two weeks, Mrs. C. K. DeNeefe is to be hostess for the group.

MINUTAL ARTS. Members of the Oriental Arts class met their study time on Thursday. Mrs. L. A. Taylor was a special guest. The next meeting will be on Thursday with Mrs. E. B. Strawn.

ENTERTAINERS. Mrs. E. D. Dickinson was hostess for a meeting and luncheon of the D. D. Bridge club on Thursday. Special guests included Mrs. Herbert O. Green and Mrs. Van Deine and Mrs. McCall.

ENTERTAINERS WRITERS. Mrs. Eric W. Allen was hostess for a meeting of the Pot and Quill society, group of women writers, on Tuesday evening. For the next meeting, Mrs. Marjorie Shane and Miss Edith Orchard are to entertain.

HOSTS FOR CLUB. Mr. and Mrs. Herbert Roome were hosts for their evening club Tuesday. Mrs. W. G. White was a special guest. The next meeting will be on Tuesday with Mrs. E. B. Strawn.

HOME FROM MEDFORD. Mrs. Walter P. Fell has returned from Medford where she had gone to visit her daughter, Mrs. Lee Bown.

HOSTS FOR CLUB. Mr. and Mrs. Roger J. Williams entertained Thursday evening for their club. Dr. and Mrs. R. R. Taylor and Dr. and Mrs. W. E. Milne were special guests. In two weeks, Mr. and Mrs. Peter W. Brown will entertain the group.

GULL IS RING THIEF. Mrs. Joseph Johnson left her garage on a dreary day to take a bath. While in the room, she heard a seagull flapping its wings. She went to investigate and found the gull just as it was about to fly out the window. She opened the door and a diamond ring was missing from it. It was supposed the bird knocked the ring down, and attracted by the light of the stone, gobbled it.

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By JOAN SAVOY

NEA Service Writer

CUTE little things are happening to the little wraps that used to be relegated into being this or that kind of jacket.

If you get a smart outfit for dressy days now, you can have a grand time seeing how you look in an abbreviated dolman, in a very brief bolero that ties under your chin, with no back or front to speak of—only sleeves—or various kinds of sleeveless topplings that make a fetish of broad-shouldered effects and then let the arms go bare!

Simple, and Yet— Something very, very smart uses the age-old black-white theme in a startling, new manner.

First, there is a semi-formal little dress of the black velvet with a twisted belt of black and white, no other touch to relieve its

Eugene Shoe Men Pick New Heads

Casper Lane was elected president of the Eugene Shoe Dealers association at a meeting of 27 dealers Thursday night at the Osburn hotel.

Paul D. Green was named vice-president and Abraham Eisenstein was chosen secretary.

SAFE FLYING WASHINGTON.—Although 26,000 hours were spent training pilots in the U. S. Naval Reserve during 1931, not a fatality was registered during the year. Training activities were carried out at 10 bases during the year.

COME, COME, ALFRED BIRMINGHAM, Eng.—He may never have kissed a woman, but Alfred Blythwhite has missed a lot. The 87-year-old bachelor avows his

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Community Club Gives Supper Thursday

The monthly supper and meeting of the College Crest Community club were held Thursday evening at the group's clubhouse. One hundred and twenty-five attending. Following the business meeting, a program was put on by the Mask and Quill club, directed by Mrs. J. D. Bryant. Two one-act plays were given. "His One Economy" was the first play and in the cast were Ruth Wing, Wayne Bailey, and Ina Hubbard. "Proposing to Jane" was the second and in the cast were Marvel Reed, Wilbur Turner, Miner McIntyre, and Myrtle Rasmussen.

In charge for the evening were the officers of the club, Frank Rhodes, Christ Jensen, Mrs. J. L. Hollingsworth, Mrs. Joseph Muhr, Mrs. A. B. Brown, E. S. Tuttle, and F. E. Krentz.

The next meeting comes on the last Thursday of February.

U. L. Aid Meeting Thursday

The United Lutheran Ladies' Aid met Thursday afternoon with Mrs. William Petersen as hostess and forty-nine ladies attended. For the program Misses Willetta and Lois Wellman sang two duets and Miss Ruth Sappelfield gave two readings.

At the business session plans were made to hold a baked food sale each Saturday, at the public market, the first to be held this Saturday. A committee was named to have charge of the entertainment of the personnel of the Midwest, Nebraska, Lutheran choir which will give a concert here March 8 at the Methodist Episcopal church. The United Lutheran and Methodist Episcopal church are co-sponsoring the concert. Mrs. O. P. Nordling is chairman of the committee for entertainment and the ticket sale.

The next meeting of the aid will be at the home of Mrs. F. S. Reisel with Mrs. Albert Hostick assisting hostess.

TODAY'S RECIPES

By SISTER MARY

JUST what happens to the mineral and vitamin content of various common vegetables when they are cooked? This subject has been studied by a number of investigators in nutrition and they have made interesting and valuable reports.

Experiments have shown that the method of cooking, the manner in which vegetables are cut for cooking, the extent of surface exposed during cooking, the amount of water used, and the general care observed in cooking and serving have much to do with the loss of flavor, minerals and food value of cooked vegetables.

The mineral loss for vegetables classed among "roots and tubers" is less than for those known as "stalks and leaves." Cabbage, celery, beet-greens and onions are the heaviest losers of minerals during cooking. Although spinach loses some of its calcium, it does lose much of its iron content unless properly cooked. Practically all the minerals lost from vegetables remain in the water in which they were cooked. This is why it's so important to utilize the water.

The destruction of vitamins is caused most generally by exposure to air than by heating, but not all the vitamins are susceptible to these factors. A plant source of vitamin A is less liable to injury by exposure to air than an animal source is. In fact, most foods suffer little loss of vitamin A when properly cooked.

Acidity Saves B Vitamin

Vitamin B remains unchanged by heat as long as the natural acidity of a food is maintained. As the acid is neutralized this vitamin is rapidly destroyed and its destruction may become complete in a strongly alkaline solution.

Exposure to air and the duration of the heating period have marked effect on the destruction of vitamin C. Heat alone, even at a high temperature, causes but a small percentage of loss of vitamin C in foods.

Prolonged cooking is the cause of unnecessary loss of all three vitamins. So far as is known, vitamins B and E are likely to be affected by ordinary cooking methods.

Baking is recognized as the best method of preserving all minerals. Next comes steaming or pressure cooking. The method which takes the skill of the cook is the one of cooking in as small an amount of water as is possible to prevent burning and the flames spread quickly, letting the water cook away until only enough is left to moisten the vegetable for serving. This method closely resembles steaming, for most of the extracted nutrients cling to the vegetable.

Both flavor and mineral content are retained if vegetables are cooked whole and in their "jackets" when-

CALENDAR

Saturday
12:15 p. m.—Monthly luncheon and meeting of American Association of University Women, Osburn hotel.
6 p. m.—Dinner for Gold Chevron club, Tivoli Tavern.
Saturday evening—Meeting of Wetsuka club at the home of Mr. and Mrs. Perry A. Thompson.

ever it's at all possible. The more cut surface that is exposed during cooking, the greater the loss of flavor and minerals. If vegetables must be cut, cutting them lengthwise rather than crosswise decreases the losses.

After vegetables are prepared for cooking they should not be allowed to stand in water for a long time. Wilty vegetables that must be freshened should be placed in water before cutting or paring. Both flavor and minerals are extracted when vegetables are given a long sojourn in water before cooking.

The custom of adding soda to preserve the color of vegetables is not wise. Quick cooking, little water and the habit of cooking green and strong juiced vegetables uncovered are excellent means of preserving color. The presence of soda has a destructive effect on the vitamins and it tends to break the cells of vegetables, making them mushy and causing loss of food value.

Tomorrow's Menu

Breakfast: Apples, cereal cooked with figs, cream, French omelet, toast, milk, coffee.

Luncheon: Corn fritters, syrup, creamed celery, eye bread, raspberry gelatine, cookies, milk, tea.

Dinner: Baked white fish, scalloped sweet potatoes, broccoli with Dutch sauce, French endive salad, apricot whip, milk, coffee.

Hosts For Club

Mr. and Mrs. O. S. Fletcher were hosts for the meeting of the Little Club Around the Corner on Thursday evening. Mrs. Harry B. Johnson and Mrs. Rader were special guests. For the next meeting to be in two weeks those holding low score in the recent series of cards will entertain for the winners are Mrs. John B. Bell, Sr., Mr. and Mrs. J. Fred Gerot, C. J. Fulton, Dr. and Mrs. W. B. Neal, Mrs. Fletcher. Those holding low score are Mr. and Mrs. R. W. Leighton, Mr. Fletcher, Mrs. George W. Monroe, Mr. and Mrs. Fred C. Walters, Mr. and Mrs. F. L. Beard.

N. Of W. Event

Thirty-five attended the meeting of the Neighbors of Woodcraft Thursday evening at the W. O. W. hall. Following the lodge session cards were played and Mrs. Goldie Harris and Miss Alice Taylor won honors. The next meeting will be February 11 and Mrs. Olivia Manerud is chairman of the entertainment committee.

Gives Luncheon

Mrs. Frances Lehigh entertained at the first of a series of luncheons Wednesday for the missionary auxiliary of the Central Presbyterian church. Those present were Mrs. J. O. Holt, Mrs. A. P. Caswell, Mrs. L. A. Wood, Mrs. Arthur Wilcox, Mrs. Milton S. Weber, and the hostess.

French Comedy To Be Repeated Here

Complying with the numerous requests for a repeat of the French comedy, "Le Millionaire," which was given in the picture house Thursday afternoon, for a single midnight matinee performance at the Colonial this Saturday night.

The picture was acclaimed by both press and public as one of the most unusual and outstanding productions seen here. Three complete showings were given Thursday afternoon to crowded houses, but townspeople particularly professional and business men were unable to attend, and many students found their afternoon schedule too heavy to permit time to see the film.

The Saturday night show will begin promptly at eleven o'clock, and will be concluded in time for students to be home before one o'clock. Regular admission prices will be charged, the Faculty club advised, and since the show is in the nature of a midnight matinee, smoking privileges will be extended.

Prof. G. I. Pokrowski, Russian scientist, has found that X-rays can be made to produce a weak radioactivity in lead, causing its atoms to fly to pieces in a manner similar to the disintegration of spontaneously radioactive radium.

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Business Women Hold Social Meeting

Forty-five attended the supper meeting of the Business and Professional Women's club Thursday evening at the home of Mrs. Ella T. Edmunson and Miss Gertrude Skow. For the program, Miss Show gave a talk on thrift week.

The club's monthly luncheon will be held in two weeks. The meeting will be at the Osburn hotel.

YOUR CHILDREN

By OLIVE ROBERTS BARTON

HAVE you a cry-baby in the family? Does he or she will up and "bawl" every time the least little thing happens? Does he or she suddenly "hoo-hoo" all over the place if you show any sympathy, or speak kindly or try to coax the small martyr out of it?

If such an unfortunate wee person is in your midst—sometimes not so wee at that—I should like to say something here. My sympathy is entirely with the cry-baby and with one else. For a cry-baby is the most miserable little soul on earth and it is not his own fault.

The reasons for such a condition of soul and mind are too numerous to get into a short column. I can mention only a few of them.

They're Self-Centered

To begin with, if we can dignify a baby by a long name, such children are "emotional introverts." An introvert, being a person who is inward-looking, is at the world through glasses dipped in his own emotions, doesn't get that way by chance.

There is a dispute here among scientists, some declaring that the type is born, others contending that both types, introverts and their opposites, "extraverts," are set in the cradle during the first few weeks of life—what we call their "reaction to society."

At any rate the cry-baby is an introvert, although not all introverts are cry-babies. The weeping, suffering, self-pity habit is accented as he grows older, by these things:

Soiling! Never scold a cry-baby for crying. Get him interested in something outside of himself. Take him for a walk, play a game he likes, read him a story, fill the bath tub and let him sail paper boats. Anything, but make it something he wants to do.

Never shame him. A cry-baby hates himself more than anyone else possibly could. He is ashamed because he knows he is weak. Keep up his self-respect by praise, being very tactful and soundly sincere, and by letting him do things that he does well. Remark on his bravery, on his kindness, on his obedience, cleanliness, smartness, anything you can think of that you know he knows to be true.

Not too much sympathy! When your emotion clinches with his own self-pity it makes a veritable waterspout of trouble. He will want it and feel deserted without it, but let judgment ever rule your heart. Don't be too cold blooded, but a smile and word of kindness will do more than cooling and rocking.

Don't talk about it to other people. To advertise it shrivels his pride and only adds one more thing for him to brood about, keeping his thoughts upon himself.

Don't let him moon around. Keep him very busy.

Shouldn't Be Teased

Don't let him play with children who tease or mock him. Take one playmate into your confidence and later on two or three, until he establishes a different point of view. Then lots of friends.

If he is selfish, get him out of it gradually by first learning to give things to someone he likes and admires. Then play that up as time goes on. I should work hard on that.

Don't let him get too tired. And keep him from excitement. He will feel on excitement if you let him. That makes for nerve fatigue.

Don't tell him unhappy, dismal or morbid stories. Don't talk trouble before him. And see that he sleeps a lot. Keep him clean. Gradually give him small responsibilities. He should learn the word "work." Cry-babies are likely, if mishandled, to grow up into shirkers.

VOICE OF THE SKY

LONDON.—A recent purchase by the British Air Ministry is a plane carrying a broadcasting device with which it hopes to fly over its possessions, especially Iraq, and spread good-will. The device magnifies the voice 3,000,000 times and can be heard over a range of more than ten miles.



—Kennell-Ellis photo

Miss Inez Simons who has a leading role in "Trojan Women" being presented at Guild hall on the university campus Friday and Saturday.

A. A. U. W. Luncheon Is Saturday

The monthly luncheon for the local branch of the American Association of University Women is to be held Saturday noon at the Osburn hotel.

Prof. Victor P. Morris of the university is to speak on "The Challenging Problem of Disarmament." The topic is of special interest to A. A. U. W. members in that Mary Emma Woolley, president of Mt. Holyoke college and national president of the A. A. U. W., is the only woman named on the American delegation to the disarmament meeting. Miss Woolley has long endeavored through many channels to develop an international mind in the American communities and among students of her own as well as other nationalities.

For the special music, Mrs. Jess Hayden is to play violin numbers, accompanied by Miss Wanda Eastwood.

Study Group

The international relations study group of the American Association of University Women met Thursday afternoon at the home of Mrs. George P. Stetson. Those attending were Mrs. F. L. Stetson, Mrs. J. P. MacKinnon of the World Court, and Mrs. A. H. Kunz of the international labor organization.

The next meeting will be the coming Thursday at two-thirty o'clock at the home of Mrs. Ralph Martin.

Two Entertain

Mrs. Walter Gossler and Mrs. Lawrence Moffitt entertained at the home of the former in Springfield Thursday afternoon for four tables of bridge. In the evening, Mrs. Gossler entertained for five tables of cards.

P. T. A. Group Has Meeting On Thursday

The January meeting of the Washington school Parent-Teacher association was held Thursday afternoon at the Osburn hotel. Stories from Egyptian Literature was the general subject for the morning's study. Mrs. Ralph C. Crow talked on "Stories of Various Peoples." Mrs. W. S. Jost spoke on "Egyptian Life and Egyptian Stories." Mrs. F. C. Carlson spoke of "Tales of Magicians." Mrs. H. C. Auld spoke on "Peasant and Worker." Mrs. N. B. Blythe spoke on "The Doomed Prince." Mrs. G. Burt talked on "Satan and the Mummies." The club's next meeting will be February 11.

Delphian Club

Delphian Women's Study club held its regular meeting Thursday morning at the Osburn hotel. Stories from Egyptian Literature was the general subject for the morning's study. Mrs. Ralph C. Crow talked on "Stories of Various Peoples." Mrs. W. S. Jost spoke on "Egyptian Life and Egyptian Stories." Mrs. F. C. Carlson spoke of "Tales of Magicians." Mrs. H. C. Auld spoke on "Peasant and Worker." Mrs. N. B. Blythe spoke on "The Doomed Prince." Mrs. G. Burt talked on "Satan and the Mummies." The club's next meeting will be February 11.

Birthday Party

Mrs. Lewis Goddard gave a birthday party at the home of her sister, Mrs. James Kennedy, Saturday evening. Dancing and card games were the entertainment. Those attending were Mr. and Mrs. Lewis Goddard and son, Austin Allen, Mr. and Mrs. Harry Bennett, Mr. and Mrs. Milton Kenney, Bill Joske, Mr. and Mrs. Tully McAllister, Mr. and Mrs. Wallace Walker, Miss Helen Latham, Jake McKenney and two children, Mary Ann and Floyd Bill Turley, Mr. and Mrs. Forest Blighton, and daughter Shirley May, Mr. and Mrs. John Parker, Mr. and Mrs. Jim Blighton, Mr. and Mrs. Peterson, Dale Peterson, Bob Crabtree, Mr. and Mrs. James Kennedy and son Donald Howard.

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