



**Order a Dozen Seedless Sunkist Oranges Today and try this**

Your dealer has this delicious, healthful California fruit—the finest, sweetest, juiciest oranges now on the market. Serve at all meals.

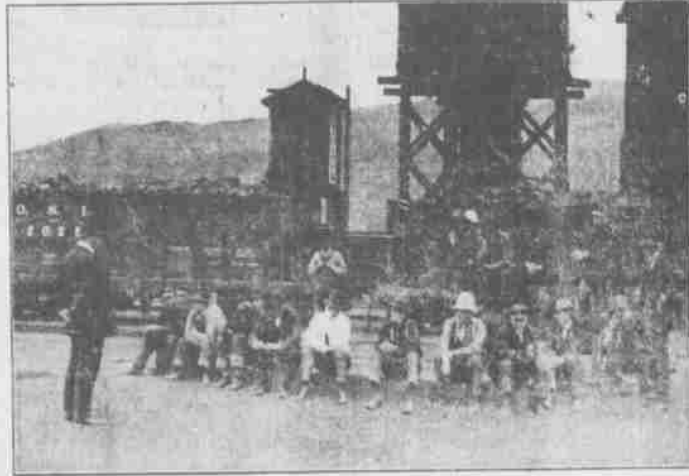
Save Sunkist tissue wrappers for beautiful silverware  
California Fruit Growers Exchange  
138 N. Clark St., Chicago

**Small Orange Pudding**  
Cream one-fourth cup of butter with three-fourths cup of sugar and add one-third cup of juice of Sunkist Orange and a little grated rind alternately with one and one-half cups of flour sifted with two level teaspoons of baking powder and a little salt. Add three well beaten eggs and pour into deep muffin pans or timbale molds. Set in a pan of hot water and cook in moderate oven. Serve hot with sauce.

**The Social Hygiene Society and Its Work in the State**

(BY REV. J. E. SNYDER.)  
Little did the 250 men who met at the Portland Y. M. C. A. auditorium September, 1911, in response to an invitation to attend a conference of business men, physicians, educators, and others on "Social and Moral Hygiene" realize that the results of that meeting would influence the country at large. They did not know that within the brief space of four years every other state would be asking: "What are you people in Oregon doing about this matter?"

At that meeting these men heard old matters discussed in a new light. In their boyhood days it was discussed by the hired man on the farm, by pamphlets emanating from quacks, and by other kindred sources. What they heard now was from physicians and educators in the light of progressive information. It made them think of their boys and girls at home



Rev. J. E. Snyder bringing the message of Social Hygiene to O-W. R. & N. employees at Huntington. President Farrel of the road, arranged for the talk on company time.

Some also had marriageable daughters. It made them think of them. The array of facts constituted a challenge to meet an emergency and as has happened before in Oregon, its citizens lead off. They resolved better things for the coming generation. The Social Hygiene Society of Portland was formed, many of its members being foremost in public and business life. Its purpose was to combat the further spread of the social disease, to remove misinformation, and to teach in a clean and decent manner the laws of sex life. One of its main objects was to help the parent tell the child. In a short time there was scarce an adult person in Portland

who had not by a talk at a public meeting or in a business house, or by reading some of the society's literature, had the message of social health brought to him. Then the state of Oregon set aside an appropriation of \$19,000 a year for two years and a subsequent appropriation of \$7,500 a year for two years to aid these earnest men in their campaign of education. They could now heed the Macedonian cry of other cities. The organization became known as the Oregon Social Hygiene Society with its work on a state-wide basis. To reach the outside communities, remote small towns as well as cities, easily accessible became one of its main activities if not the chief. Meetings have been held in nearly 30 towns and cities to date, such men as William F. Woodward, A. F. Flegel, Rev. W. G. Elliot, Jr., Dr. Calvin E. White, William House, W. T. Williamson, Andrew C. Smith, W. D. McNary, represented the society in these meetings. They receive not a penny for their services and some have spoken in as many as four or five towns in one week. The interest shown is remarkable. After the men's meeting which is held at night, it is the rule to hear a prominent banker or some other business man say that the turnout was the largest and most representative in the history of the place.



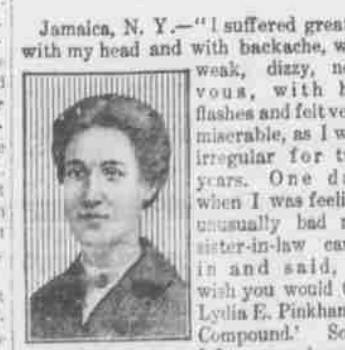
A volunteer lecturer of the Oregon Social Hygiene Society, speaking to employees of the American Can Company on the water front in Portland. The talk was given at mid-afternoon on company time.

Last summer the writer took part in a series of meetings in Vale, Ontario, Nyssa and Huntington. Despite the warm weather the attendances were exceedingly good. The following facts and comments are typical of those that greet all the society's speakers wherever they go. In the women's meeting in one of these towns there were 190 present. Many came in from the country; some from a distance of 10 miles. Following the meeting they gathered about me to ask questions. One woman went directly to a doctor to ask if what I said were the facts. Assured that they were, she went home and sent her 16 year old boy to have a talk with the doctor. I addressed 150 men in the evening. Every chair was taken and the overflow stood five or six deep out on the

making hay and will be tired out but I will see that they come to the evening meeting." One hundred and ten men came out to the men's meeting in the evening, some coming many miles. Many young men were present. A prominent bank-

**WOMAN WEAK, DIZZY, NERVOUS**

Health Restored by Lydia E. Pinkham's Vegetable Compound.



Jamaica, N. Y.—"I suffered greatly with my head and with backache, was weak, dizzy, nervous, with hot flashes and felt very miserable, as I was irregular for two years. One day when I was feeling unusually bad my sister-in-law came in and said, 'I wish you would try Lydia E. Pinkham's Compound.' So I began taking it and I am now in good health and am cured. I took the Compound three times a day after meals, and on retiring at night. I always keep a bottle in the house."—Mrs. L. N. DURNHAM, 25 Globe Ave., Jamaica, N. Y. Women who recover their health naturally tell others what helped them. Some write and allow their names and photographs to be published with testimonials. Many more tell their friends. If you need a medicine for Women's Ailments, try Lydia E. Pinkham's Vegetable Compound. Write Lydia E. Pinkham Medicine Co. (confidential) for anything you need to know about these troubles.

or said: "The results of this meeting will be felt for years." Another said: "It's the greatest thing we have ever had in this county." A young man said: "This would have been worth everything to me had it come one year ago." Another said: "I am about to get married, but I will be sure of myself first." In another town I addressed three meetings, two of them similar to the others, the third being a group of railroad yard men assembled at the invitation of the president of the road and listening to me for 30 minutes on company time.

**EXCHANGE IS WRECKED.**

**High Tension Cable Falls on Telephone Wires Near Damascus.**  
DAMASCUS, Ore., Jan. 13.—A high-tension wire of the Portland Company power line broke about one mile east of Damascus and fell on telephone lines lower down. The current wrecked the Damascus Telephone switchboard and the burning fuses set fire to the telephone office, which is in W. R. Dallas' residence. Mr. Dallas succeeded in putting out the blaze before it gained much headway. The operator would probably have been killed instantly had she been on duty.

**Swiss Short of Bread.**

BERNE, Jan. 13.—Switzerland is threatened with a bread famine and may be forced to adopt a ticket system of apportionment similar to the one now in effect in Germany and Austria.

**ITCHING ECZEMA IS A CONSTANT BLOOD CRY**

The Blood Reaches Every Part of the Body Every Twelve Seconds.

There are approximately 70,000,000 pores in the skin of a human body. These connect with the blood channels by means of little canals. These canals are sometimes filled with poisons and the skin scales and blisters, gets red and raw and becomes like so much tissue fire. Salves do not reach the source of the trouble. To make the blood pure is the only scientific method of relief. S. S. S. is the greatest blood purifier because it is a natural one. There is no mineral of any sort in it. It is purely vegetable. So great is the fame of S. S. S. that many substitutes trail along in various sections of the country. They all sooner or later die a natural death. S. S. S. builds up weak and aching blood, gives prompt relief to almost every case of eczema, winter tetter and other skin maladies. You owe yourself the duty of trying a bottle of S. S. S. Take no substitute. Write for our free book on skin disease. Confidential letters replied to by our Medical expert. Write Swift Specific Co., Department 13, Atlanta, Ga.

**Fine Healthy Child Convincing Evidence**



**SIMPLE INEXPENSIVE REMEDY CHECKS EARLY TENDENCY TO CONSTIPATION.**  
About the first thing impressed on the young mother is the necessity for regularity in her baby, which brings up the question of the most desirable laxative for children's use. Mrs. Jesse Richardson, Philpot, Ky., says she has used Dr. Caldwell's Syrup Pepsin for the past year and that there is no medicine in the world like it. She writes, "My little son, William, Jr., just loved it because it is so pleasant to take, and everybody talks about his being such a fine healthy boy." Dr. Caldwell's Syrup Pepsin is a compound of simple laxative herbs, free from any opiate or narcotic drug and is the standard remedy for constipation in thousands of homes throughout the land. Drug stores everywhere sell it for fifty cents a bottle. Get a bottle of this excellent remedy, and have it in the house. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 454 Washington St., Monticello, Ill.

WM. J. RICHARDSON, JR.

**First National Bank**  
PENDLETON, OREGON  
ESTABLISHED 1882  
Known For Its Strength

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**GOEY'S KWONG HONG LOW**  
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Syracuse Sweetening Works  
STANLEY PROCESS  
BABBITT & TYPE METALS  
CHICAGO, ILL.  
40¢ Bund 3 lbs. \$1.10  
Closset & Meyers

**The People People Meet ON WINTER TOURS OF CALIFORNIA**  
KNOW how to work; how to play; and where their play time is best. They help to make your visit to California truly delightful.  
Go via the OREGON-WASHINGTON RAILROAD & NAVIGATION CO. UNION PACIFIC SYSTEM  
Any agent will be glad to help you on your trip; or, write the General Passenger Agents, Portland, for literature and full information.

**Avoid the Store of "Just as Good"**  
When you ask for an article you have seen advertised in this paper—get it.  
Don't take something "just as good" on the say-so of the clerk.  
Avoid the store that habitually offers substitutes.  
The manufacturer who advertises his product in this newspaper is building good will.  
He must back this up with worthy merchandise and fair prices.  
The storekeeper who habitually offers something "just as good" is trying to enrich himself at the cost of your satisfaction.