

Society and Club News

Edited by
Adelaide V. Lake
Telephone 82

Of Interest To Women

Compliment Given For Miss Nolan

A surprise gathering honoring Miss Anna Nolan, of Detroit, Michigan, who is visiting here, the house guest of Mrs. Ray Farmer, was given yesterday afternoon by Mrs. Florian Von Eschen at her home at 1775 Court street. Guests were for the most part mothers who had sent their children to the First Methodist Sunday school at the time Miss Nolan conducted a beginner's kindergarten class here about twelve years ago. A few other intimate friends were also bidden. Decorations in the living room and on the sun porch were done in Queen Anne's lace and golden red, arranged in jardiniere and pottery vases. In the dining room blue hydrangeas in a green pottery bowl were especially effective.

Music during the afternoon was supplied by Donald Allison, who played a number of piano selections. He is a pupil of Mrs. Walter Denton.

Mrs. Von Eschen was assisted about the rooms and in serving refreshments by Mrs. Ray Farmer and Mrs. A. A. Lee.

Those present were Miss Anna Nolan, Mrs. E. Swafford, Mrs. Atwood, Mrs. Minton, Mrs. Brown, Mrs. James Bedford, Mrs. E. E. Carrier, Mrs. James Allison, Mrs. R. R. Jones, Mrs. Edward Miller, Mrs. E. T. Barnes, Mrs. Frank Myers, Mrs. M. C. Flandrak, Mrs. Frank C. DeLong, Mrs. M. B. Paroungian, Mrs. Ray Farmer, Mrs. McIntyre, Mrs. Fred Legge, Miss Margaret Cosper, Mrs. E. E. Fisher, Mrs. H. H. Vandevort, Mrs. Goin, Mrs. E. E. Upmeyer, Mrs. J. B. Littler, Mrs. A. A. Lee, Miss Beryl Holt and Mrs. Florian Von Eschen.

Will Spend Vacation in Portland
Mrs. Maude Halvorsen and son left on Monday for Portland where they will remain for the rest of the school vacation. Mrs. Halvorsen is a teacher in the McKinley Junior high school and will return to Salem in the fall to continue her work.

Wife of Pugilist Calls Love Taps Knock-outs



Mrs. Herb Brodie, who sues ring champion for divorce, alleging he used her as a punching bag. This warning was sounded by Mrs. Brodie, who testified in divorce court that the well-known welter-weight champion of the Pacific Coast had used her as a punching bag. Here is what she says about husbands who are prize fighters: "If they are quick in the ring they will be quick with the punch at home. They always hit their life partners without gloves. Few men who are good fighters are good lovers. Their love taps are often knock-outs. They are all smiles in the squared circle and all scowls at home. The next man I marry will be gentle. I'd rather have a hen-pecked husband than one with a mighty wallop."

Arabs Kill Husband; She Is Rescued From Harem



Mrs. E. L. Buchanan, the young widow of Captain E. L. Buchanan, Assistant Irrigation Officer, who was killed in the riots in Mesopotamia nine months ago, came through danger of death and worse and suffered a painful imprisonment of some weeks in the harem of Sheik Majid before she was rescued by a British Relief Column, under Brigadier-General F. E. Conyngham. The story of her experiences at Sharaban during the rising is a thrilling story of British bravery and calm resolution in defiance of terrible odds and reflects the wonderful courage of the woman who stood by her husband during the siege of the Qushlah and, to use her own words, "put up a fight on our own," when the Arabs managed to enter the building. Her husband was killed, and she was carried off.

What's New On The Market

The first of the season's rutabagas and crooked neck squash appeared on the market this morning. The former was priced at five cents a pound and looked in fair condition. The crooked neck squash were selling for 10 cents each and were of fairly good size. Summer squash from The Dalles, after its disappearance from the market for a few days, was offered at the rate of six cents a pound today.

New potatoes were being offered a little cheaper in some stores this morning, the price being now eight pounds for a quarter which previously only bought seven. Cheese has gone up to 30 cents a pound and over, it will undoubtedly take another jump as the hot weather continues and the milk production decreases due to a shortage of pasturage.

The failure of the pea crop in California and in the east is the cause for the extreme shortage here. There seems to be no relief in sight and the housewife may count herself lucky who can supply her table with the vegetable.

Salem Girls To Sail for Alaska
A group of five young women of Salem will leave on Friday for Seattle where they will take the steamer Spokane for a ten days' trip along the coast to Alaska. The group includes Miss Agnes Bayne, clerk in the state corporation department; Miss Violet Welborn, stenographer in the offices of Governor Olcott; Miss Mildred Trindle, Salem teacher; Miss Mabel Savage, stenographer in the offices of H. S. Gile and company and Miss Ethel Gittins, stenographer in the state corporation department.

Party Motors To Mehama Sunday
Motoring to Mehama on Sunday, the following party enjoyed the day there: Mr. and Mrs. D. C. Minto, Jack Minto, Mr. and Mrs. D. J. Jory, Oras and Priscilla Fry, Mr. and Mrs. E. Hartley, Mr. and Mrs. J. B. Craig, Mr. and Mrs. A. T. Wain, Keene Wain, Mr. and Mrs. H. S. Poisal, Mr. and Mrs. R. E. Downing.

Mrs. Gilbert Meets Relatives in Portland
Mrs. R. Monroe Gilbert left this morning for Portland where she went to meet her cousins, Colonel and Mrs. G. E. Thorte, who are en route to Honolulu. Colonel Thorte is identified with the marine corps. Mrs. Gilbert hopes to bring them to Salem for a short visit before they sail.

Faculty Member Is Salem Visitor
Miss Mary L. Johnson, one of the faculty members of Pacific college, is a guest in Salem at the B. C. Miles residence. Other house guests at this residence are Mr. and Mrs. Isaac Cox, of Honolulu. Mrs. Cox, who has been traveling in Europe was met here by her husband. They plan to sail for their home the last of the month.

Former Residents Come Here for Visit
Mr. and Mrs. L. W. Stoeckle and family, of Portland, were in Salem on Sunday and visited friends here. They are former residents of this city.

Girl Visits Friend in Oregon City
Mildred Week is spending a short vacation in Oregon City where she is visiting her friend, Kathryn Grady. She motored down on Saturday with her parents, Mr. and Mrs. W. H. Week, who returned that day.

Party Returns From Outing Trip
Mr. and Mrs. Gerald Volk, Mrs. Hetty Kreikbaum and daughter, Martha Louise, returned on Friday after an outing trip of eleven days spent up the Columbia highway and at Cascadia and Seaside.

Spend Day At Mehama
Mr. and Mrs. W. H. Steusloff, Mr. and Mrs. A. F. Marcus and daughters, Mr. and Mrs. E. F. Chambers and Will Cole spent Sunday at Mehama, where they motored for the day's outing.

Take Trip To Waterloo
Dr. and Mrs. E. E. Fisher and little son, Mrs. G. B. Goin and Miss Mina Cook spent Sunday at Waterloo, where they motored for the day.

Salem Folk Back From Long Motor Trip
Mr. and Mrs. Elmer Daus and Dr. and Mrs. O. A. Olson returned on Sunday from a three weeks' motor trip to northern points including Rainer National park and points in British Columbia.

Mrs. Miles Home After Portland Visit
Mrs. B. J. Miles returned to Salem Friday following a month's visit in Portland at the home of her daughter, Mrs. Will Knight. Accompanying her for a part of the visit was her grandson, Branson Miles.

Famed Model Will Aid Lumberman In Divorce Case



Adelyne Slavik, nationally famed model, who has offered to come to the aid of the millionaire lumberman, Stanley Joyce, who is suing his wife, "Peggy," for divorce. In making the offer Miss Slavik revealed herself as a former intimate friend of Joyce and declared him to be a "thorough" gentleman. She stated that many times he offered to lavish expensive presents on her, but these she refused.

Construct Largest Building In Orient

Tokio, July 26.—Construction work on the new Mitsubishi building, which is to be the largest building in the Orient, will begin in Tokio within the next few days. The new building will not only be the largest building in Japan, but will also be the largest office building between the Suez canal and America. It is to cost \$4,000,000 and will face the Tokio station plaza.

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Flabby Skins Become Firm and Youthful With
The putting in of the Muscle Oil daily and the application of the Skin Toning Lotion after

Marinello Rest Facial
A single treatment rests the tired nerves and improves the complexion.



Mrs. Irene Scott

Red Cross Health Hints

No. 10. Proper Food
Are you fat?
Are you too thin?
Do you get up tired and lack that indispensable commodity known as "pep"?

If you do, the chances are that you are not eating the right kind of food. No engine develops its maximum power with the wrong kind of fuel and the human engine is no exception to the rule.

Proper food is not a matter of quantity or even price as many of the most valuable foods are not high priced nor in the "luxury class."

"Pep" giving foods are those that contain what is known as "vitamines" and should be included in every diet. They produce health and growth. They are milk, butter, yolks of eggs, and the leafy vegetables, such as spinach, cabbage and lettuce, fresh fruits and whole grains.

There are five main groups of foods and one of each should be included in the diet of each normal person every day. They are:

Group 1. The mineral and acid class, the body regulators including spinach, lettuce, peas, string beans, tomatoes, turnips, carrots, cabbage onions, fruit.

Group 2. The protein class, the tissue builders, including lean meats, poultry, fish, oysters, milk,

cheese, dried vegetables, cocoa, nuts, custard, ice creams.

Group 3. The starchy class, that give heat and energy, including flour, meal mixtures, bread and crackers, macaroni, rice, tapioca, cereal, breakfast foods, potatoes.

Group 4. The sugar class, that give heat and energy, including syrup, honey, preserves, jellies, dried fruits, candy, sugar, frozen ice.

Group 5. The fats class, that give heat and energy, more heating per quantity than sugar or starch, including butter, cream, lard, salt pork, bacon, chocolate, vegetable oils.

If you have a tendency to be too fat, go lightly on group 3, 4 and 5 and substitute largely from groups 1 and 2, the repair and regulator foods.

Similarly if you are thin and without energy, specialize on the starch sugar and fat forming foods and protein foods—never forgetting group 1—the regulator.

Take the same care with your food as you do in selecting your clothes and you'll be surprised at the difference. Your natural inclinations may not always be an indication of what is best for your system.

Group 2. The protein class, the tissue builders, including lean meats, poultry, fish, oysters, milk,

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Europe Fast Recovering from War Ravages

Tacoma, Wash., July 26.—Europe is rapidly extinguishing the fire brands of the war and is now ready to grapple with the problems of peace, Hugh Wallace, former American ambassador to France, said today. Mr. Wallace arrived at his home here last night. He was greeted at the railroad station at a late hour by several hundred people.

"When I left Paris the Upper Silesian question was the only problem having disturbing possibilities to Europe," said Mr. Wallace. "The dispatch of French troops to that section will bring a speedy settlement, I believe."

Mr. Wallace said France is down to hard work and is in the best condition of any continental nation. He declared Germany can pay the indemnity imposed upon her.

"German workmen get one tenth the wages paid in the United States," he said, "and Germany can under sell the world at present."

"I am also confident the allied nations can and will pay every

cent they owe to the United States."

Mr. Wallace was ambassador to France from April, 1919, until his recent relief by Ambassador Myron T. Herrick.

Prize Heavy Sleepers.
Lawrence, Mass., July 26.—Burglars who entered the home of Louis Russell of this city ransacked the house, stole a pocketbook and cooked themselves a meal of fried eggs. They departed without having disturbed the family, although they battered down a door during their stay.

Woman, 68, Bears 13th Child.
Bland, Mo., July 26.—Mrs. Amanda Martin, 68 years old, has presented her husband with a fine healthy boy. The father is 73 years old. Neighbors have presented Martin with a new suit of clothes. The baby is Mrs. Martin's thirteenth.

The District of Columbia is not a state and is not represented by a star on the flag.

Beauty Unsurpassed
The wonderfully refined, pearly-white complexion rendered, brings back the appearance of youth. Results are instant. Highly antiseptic. Exerts a soft and soothing action. Over 75 years in use.
Send 15 c. for Trial Size
FERD. T. HOPKINS & SON
New York City
Gouraud's Oriental Cream

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LUCKY STRIKE CIGARETTE

Why Not Dress Well when it Cost so Little BISHOP'S SALE

AFFORDS THE OPPORTUNITY FOR MEN OF SALEM AND VICINITY TO BE WELL DRESSED AT A COMPARATIVELY SMALL COST—THERE ARE STILL FOUR MORE DAYS OF

Low Prices On High Grade Clothing

Conservative and Pong Men's models, all styles and materials, including Cassimeres, Worsted and Blue Serges, Light and Medium weights—Entire Stock without reserve—

| | |
|--------------------------|------------------------------|
| Select Any Suit in Stock | Following Are The Reductions |
| \$30 Suits | at \$23.95 |
| \$35 Suits | at \$27.95 |
| \$40 Suits | at \$31.95 |
| \$45 Suits | at \$35.95 |
| \$50 Suits | at \$39.95 |
| \$55 Suits | at \$43.95 |
| \$60 Suits | at \$47.95 |
| \$65 Suits | at \$51.95 |
| \$70 Suits | at \$55.95 |

One Lot Suits
Broken Lines From Regular Stock Suits That Were Regularly Sold at \$30, \$35, \$40, \$50 and \$55.
Select From This Lot at
\$20.00

One Lot Boys' Suits
Oregon Cassimeres, ages 9 to 17 years, were \$10.00, \$12.50 and \$15.00. Buy them now at
\$7.00

One Lot Men's Shoes
Regular \$12, \$13.50, \$15 and \$16
Special While They Last
\$7.75

Salem Woolen Mills Store

Four More Days Count Them Sale Closes Saturday, July 30