

SOCIETY CLUBS and MUSIC

Edited by Marguerite Rieder, Phone 3573

Dinner Given for Stars

An informal dinner party was given Thursday evening in the Marine room of the Marion hotel honoring Joan Leslie, Walter Pidgeon and Adolph Menjou, who made personal appearances in the capital yesterday evening as part of their nation-wide tour, "Stars Over America."

"Stars Over America" is the motion picture industry's contribution to the sale of war bonds. Members of the war savings staff and city officials were present at the affair.

The table was centered with three arrangements of late summer flowers, with a color scheme of red, white and blue. The bouquets were centered with large blue satin bows. Branched silver candelabras held tall white tapers. Miss Patricia Meisinger presented several accordion numbers.

Covers were placed for Mr. and Mrs. L. A. Warner, Mayor and Mrs. W. W. Chadwick, Senator and Mrs. Douglas McKay, Mr. and Mrs. Carl Porter, Mr. and Mrs. Alden Adolph, Mr. and Mrs. Ray Stumbo, Mr. and Mrs. D. Upjohn, Mr. and Mrs. Stephen Mergler, Mr. and Mrs. Don Black, Mr. and Mrs. Gene Vandeneerde, Linn C. Smith, Earl Hendrick, Mr. and Mrs. Joseph Felton, Miss Rovena Eyre, D. W. Eyre and Mr. and Mrs. Fred Lampert.

Independence — An event of interest is the approaching marriage of Miss Barbara Westerman, daughter of Mr. and Mrs. George Westerman, to John S. Dickinson, son of Mr. and Mrs. Henry Dickinson, which has been set of September 20.

Miss Westerman has been employed at the state industrial accident commission offices in Salem.



2641 SIZES 12-48

Be first to wear the new suit with the brief jacket and the snugged-in waistline. Wear it now for a suit, and later under your coat.

Style No. 2641 is designed for sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 2 3/4 yards 54-inch fabric.

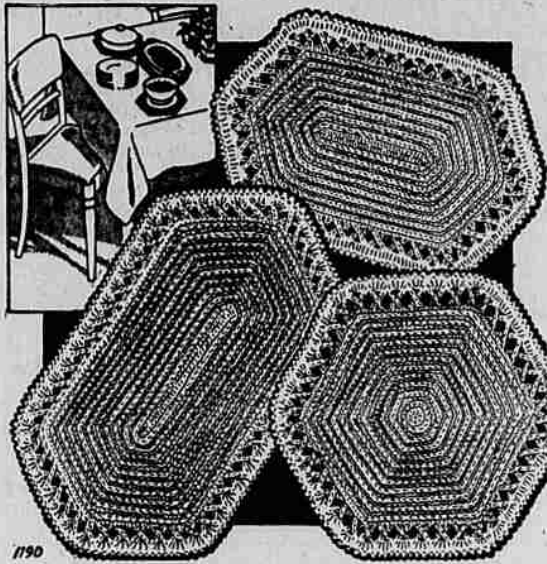
A new Fashion Book is being printed. Over 150 suggestions for Fall, shown in full color and smart fabrics. Styles for all sizes, ages and occasions. Ready September 10th. You may order now. Specify FALL-WINTER. Price 15c if ordered separately, 10c with a pattern. Add 1c for mailing.

Send FIFTEEN CENTS (15) (coin is preferred) for PATTERN. Write plainly YOUR NAME, ADDRESS AND STYLE NUMBER. BE SURE TO STATE SIZE YOU WISH. Address PATTERN DEPARTMENT, Capital Journal, 516 Mission Street, San Francisco, Calif.

OLD SPEAS
BRAND
Apple
BRANDY
40 PROOF

PINT \$1.15
QUART \$2.20

Jiffy Hot Plate Mats



1790

Pattern No. 1790

These are more than just hot plate mats to protect the surface of your table. They add a bit of beauty, too, with their fancy crocheted borders. Made of heavy cotton or two strands of knitting and crochet cotton, they work up in a jiffy—a good idea for a gift you need in a hurry. There are three sizes suitable for vegetable dish, gravy boat or small platter and large platter. Pattern envelope contains complete easy-to-read and easy-to-follow directions for the above. Send 11c (coin) for above pattern to Capital Journal, Needle Arts Dept., 149 New Montgomery St., San Francisco, Calif.

Shower Honors Bride-Elect

Tuesday evening, September 1, Miss Shirley Maxine Johnson, bride-elect of Lawrence Doerfler, was honored with a smartly arranged miscellaneous shower. Sharing hostess honors for the affair were Mrs. Eugene Kuenzi, Miss Sarah and Miss Elva Lovre at the Lovre home in 24th street. The wedding will be an event of September 10.

Arrangements of fall flowers were about the rooms. The evening was spent informally and the hostesses served a late supper to the guests.

Bidden to honor Miss Johnson were Mrs. Carl Johnson, Mrs. Lee Doerfler, Mrs. John Lovre, Mrs. Eugene Kuenzi, Mrs. Lewie Lovre, Mrs. Charles Zielinski, Mrs. Harry Lovre, Mrs. Vernon McEwen, Mrs. Thomas Lovre, Mrs. Harold Doerfler, Mrs. F. A. Rominger, Mrs. Fred Peterson, Mrs. Virgil Perrin, Mrs. Ivan Cutsforth, Mrs. A. E. Kuenzi, Mrs. Andrew Russ, Mrs. Joe Henney, Mrs. Hershall Robertson, Miss Dorris Lovre, Miss Marjorie Peterson, Miss Dorothy Kingwell, Miss Donna Lovre, Miss June Johnson, Miss Bernice Doerfler, Miss Marie Montandon, Miss Bernice Robertson, Miss Evelyn Montandon, Miss Signe Mikkelsen, Miss Pauline Russ, Miss Gertrude Zielinski, Miss Ailene Zielinski, Miss Erma Kuenzi, Miss Charlotte Zielinski, Miss Alice Perrin, Miss Kathrine Montandon, Miss Bertha Lovre and Miss Gary Lovre.

Grand Island—Mrs. George Chambers and grandson, David Chambers of Oregon City have returned home after one week spent with her cousins, Mr. and Mrs. J. H. Tompkins.

Mr. and Mrs. Robert Tindall and son, Robert of Enid, Okla., have returned home after visiting their parents, Mr. and Mrs. Roy E. Will, and other relatives.

Returning to their home in Portland were Mrs. Joseph E. Harvey, Jr., and her small son, Joseph Charles. They have been guests at the home of Mrs. Harvey's mother, Mrs. Ellen Fisher.

Mrs. Darwin Calfee and Mrs. Peggy Cook have gone to San Francisco, where they have accepted positions in the army engineers office. They formerly worked in the same department in Honolulu.

Mrs. Plympton To Be Guest Of Honor

Miss Betty Simmons will entertain Saturday evening at the country home of her parents, Mr. and Mrs. Roy Simmons with a party honoring Mrs. Donald Plympton of Portland. Mrs. Plympton is spending the weekend in the capital at the home of her parents, Mr. and Mrs. Arch Jerman.

Several hours of cards will be in play and Miss Simmons will serve her guests a late supper. During the evening Mrs. Plympton will be presented a shower. Bidden to honor the popular young matron are Miss Marylee Fry, Miss Patsy Livesley, Mrs. Frank Spears, Sr., Miss Sybil Spears, Miss Barbara Compton, Mrs. Robert Burrell, Mrs. James Young, Mrs. Arch Jerman, Mrs. F. Chittendon, Mrs. Roy Simmons and Miss Mary Jane Simmons.

Restricted Silhouette Applies To Paper Dress Patterns

Women who make their own clothes will be following the government restricted silhouette for ready-made garments, because paper patterns used in making dresses, lingerie and lounging pajamas have been brought under the same measurement restrictions that apply to clothing bought in the stores. The pattern order allows a leeway of 5 per cent so that existing patterns which exceed maximum measurements slightly can still be used. Furthermore, existing stocks of patterns won't be cast away yet and it will be possible to buy these exceeding maximum measurements by more than 5 per cent until February 1, 1943. But all master forms from which patterns are made must follow the government restrictions from now on.

There will be V for Victory imprints across the country as soon as the new victory rubber heels are available in shoe shops. The V trademark must be stamped on these heels being turned out from scrap rubber for the increasing army of pedestrians. The OPA consumer division advises us that the new type of rubber heels may not last as long as those worn in the past, but they will give satisfactory services. They are available in black only and are marked according to the four grades in which they come—V-1, V-2, V-3 and V-4. For the time being top-

lifts for women's high heeled shoes will not have the V-trademark because of lack of space for the imprint.

Here's a tip to pass along to your husband or son. There will be no more woolen lounging robes for men and boys after the fabrics on hand have been used up. The ruling covers bathrobes and beachcoats, too, the main idea being to save wool.

There's no shortage of mohair, and as a matter of fact, the government is hopeful that its use in civilian clothing will be extended. Practically all of our mohair—which is the hair of the Angora goat—comes from Texas. The largest market for its use

was closed when automobile production stopped, since about 65 per cent of the mohair supply when into pile fabric for car upholstery. Mohair formerly was under the restrictions placed on wool, but it has been removed from that category. At present its civilian use is unlimited.

Poise Means Health

By J. H. Willitt
Of the Capital Drug Store

Medical science has discovered a tangible relationship between nerve strain and hardening of the arteries, between severe emotional stress, over a period of time, and high blood pressure.

The cultivation of serenity, of calm and poise, no matter what happens, thus has a real bearing on health. Any doctor will tell you that.

Your doctor will also tell you what is more important, how to conduct your outer and inner life to successfully achieve this enviable calm, the delight of your friends and a real contribution to your physical well being.

Here again where medication is prescribed precise skill is required of the druggist.

This is the third of a series of Editorial Advertisements appearing in the Capital Journal each Friday.



Return of the Cloche. Lilly Dache does it in oyster white beaver felt with high crown, poke brim, irregular ribbon band.



Pleasant Shawl. It's part of the hat, as Sally Victory does it, in Dalmation blue and Steppes green, a brand new color duo.

Say goodbye to your beloved cabots, girls. Prepare to give up that easy habit of pinning a bow in your hair and calling it a hat. Those days are gone forever.

This fall hats are hats, and no mistake about it. Honest-to-goodness crowns and brims are with us again — and what

crowns! What brims! What silhouettes and trims!

Sally Victory and Lilly Dache, two top-flight members of millinery's Big Three, interpret the new important look in various ways. Both show many towering crowns in their fall collections. Both go for hats that fit

the head and cover up the hair. Both present versions of the cloche, done in a new and exciting way. Sally takes her inspiration from Yugoslav peasants and Russian Cossacks, Lilly from the American scene.

Both are shuffling the cards for a new deal in hats. And you'll be wearing 'em.

Wise Housewife Selects Food for Vitamin Content

It's a wise homemaker who selects her foods carefully and prepares them so well that the whole family can hardly wait to be served. The old story of eating because "it's good for you" isn't much fun, but a meal that really tastes good is often full of vitamins, minerals and all the other nutrients we need. Don't be too critical, especially if someone other than yourself prepares the food you eat—but just make one of those silent surveys and figure out what you're getting, or maybe what you're not getting, in your diet.

It may be easy to start the day with a sweet roll and coffee, but if that's your habit look out for lunch and dinner. Every man, woman and child needs food for energy, food to build and repair body tissue and food to regulate the body processes. Of course, age, activity and other factors affect the kinds and quantities we need, but there are several foods essential for the health of each member of the family, regardless of age or occupation.

Two Kinds of Energy Food
There are two kinds of energy foods: carbohydrates (sugars and starches) and fats. Carbohydrates, or starches and sugars, can easily be identified because they're found in all fruits and vegetables. Although the amounts do vary from vegetable to vegetable and from one fruit to another, there are often minerals and vitamins present in the foods which make up for the lack of sugar or starch. The fats are recognizable, too, and supply essential nutrients in addition to being energy foods. For example, vitamin A is found in butter, especially in summer butter, and 'lard is rich in the essential unsaturated fatty acids which are needed for growth and healthy skin.

Proteins Needed for Growth
Foods rich in protein are needed for growth and for the repair of muscles and tissues of the body. These include the animal proteins — meat, fish, milk, eggs and cheese, and the cereal proteins.

Meat is an important food because it is the chief source of iron. Iron is essential for growth and health. It is also a very good source of vitamin A and lean pork is the richest source of thiamine or B1. Fresh fruits and raw vegetables supply vitamin C, while fish oils, liver, butter, eggs and fortified milk supply vitamin D.

Eat the Right Food Daily
Nutritionists recognize the fact that most foods contribute more than one nutrient to the diet and with this information in mind, have set up a yardstick by which we can measure our own diets and see just how good our food habits really are. We are told that in our meals every day we should include at least one or more servings of lean meat, poultry or fish, a pint of milk (more for children), one egg (or at least three or four per week), one or more servings of potatoes, two or more servings of vegetables (green or yellow often), two or more servings of fruit (citrus fruits or tomatoes often), cereals and bread (at least half should be whole wheat or enriched), and fats and sweets as desired.

Meter Installation Being Continued
Scio—Progress is being made in installing city water meters

under direction of the superintendent, who also is the principal employe. Scarcity of labor has delayed the work. Virtually all the meters thus far have been placed in north Scio, total number to be installed being 110. The plan has been under consideration by the council for a number of years, primarily as a matter of economy.

Woodburn

Lieut. Col. Olson Assigned to New Post; Miss Asper Makes Long Air Voyage

Lieut. Col. Oliver S. Olson, who recently returned from Australia and who has been spending a ten-day leave of absence at his home here, has been assigned to the 35th division and will leave Saturday night for duty.

Major J. F. Lacey, who has been in an army hospital in the east for several months, has been declared physically fit and will be assigned to active duty.

Ralph Erb has accepted a position as civil service pilot at Mather field, Sacramento, Calif.

Mrs. Alice Rofinot arrived home Monday evening from Oakland, Calif., where she spent several weeks with her daughters, Mrs. Lorence Coon and Mrs. W. A. Wangerin.

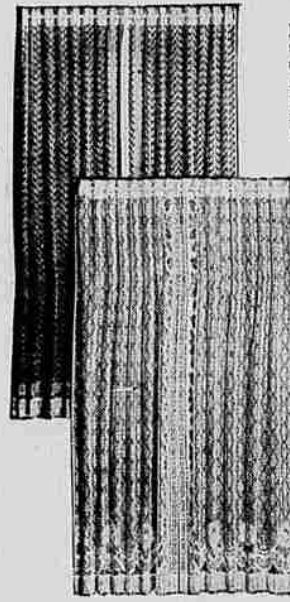
Miss Elvora Asper has returned from a trip made by airplane as far east as New York and as far south as New Orleans. On her return trip she stopped to visit her brother who is in the air corps stationed at Lemoore, Calif.

Mrs. Sidney Seime of Oakland, Calif., arrived Monday to visit her parents, Mr. and Mrs. E. F. Wohlhater.

USUAL WAVE Perm Oil Push Wave complete \$2 Open Thursday Eve by Appointment Castle Perm Wavers Phone 3563 305 1st Nat'l Bank Bldg.

Fall SHOWING!

FROM OUR DRAPERY DEPARTMENT



Now is the time to plan interesting new window treatments for fall. Our stocks are complete and you can make a leisurely selection at our special low prices.

BEAUTIFUL LACE PANEL CURTAINS

\$2.50 ea.

Pictures cannot reveal the sheer beauty of these exquisite lace panels. Choice of several patterns. Wide bottom hems. Rich cream shade. Exceptional values.

Others priced at \$3.75 and \$4.50 ea.

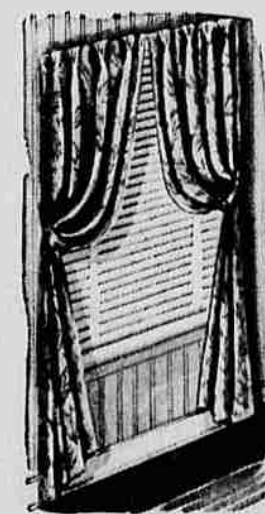
Columbia For Beauty and Comfort

VENETIAN BLINDS

MADE TO MEASURE

Call Mrs. Biddle for Estimates PHONE 4615

Columbia VENETIAN-BLINDS



Dress Up Windows for Fall with New DRAPERIES

\$1.15 pr.

You can do it at a real saving with these beautifully tailored draperies. Floral prints, in favored autumn colors. Pleated tops. Floor length, fully lined. Can be used draped or hanging straight.

Other Drapes from \$7.50 to \$20.00 per pr.

GEVURTZ FURNITURE CO.

Relax at the Olympic

"Next best thing to home!" That's what busy travellers tell us about the quiet, comfortable, club-like Olympic. Wonderful food, handy to shops, shows and industry. Ideal location for military men. Seattle's finest hotel — yet NOT expensive. Rooms with bath from \$3.50.

IN THE CENTER OF SEATTLE

OLYMPIC Hotel

SEATTLE, WASHINGTON
Frank W. Hall, Managing Director