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SOCIETY

MRS. GRACE E. ANDREWS, Editor

Phone items to her at 345-R, between 10 A. M. and 2 P. M. and evenings.

Calendar of the Week—

Thursday Jan. 10—"Covered Dish" dinner Civic Club membership, 6 p. m.

Friday, Jan. 11—Ladies Aid Society Presbyterian Church. Junior room.

Saturday, Jan. 12—College Club, Mrs. R. W. Stearns, Medford Hostess.

Monday, Jan. 14—Ashland Study Club, Miss Hicks hostess. Monday, Jan. 14—French Club Monday evening, Mrs. J. M. Wagner hostess.

Tuesday, Jan. 15—Civic Club Club House, 2:30 P. M.

Wednesday, Jan. 16—Upper Valley Community Club, Mrs. Tucker hostess, Avery street.

Wednesday, Jan. 16—Auxiliary to Trinity Guild, evening, Parish House.

Thursday, Jan. 17—Trinity Guild, Parish House, afternoon.

Junior High Circle Meets—

The P. T. A. Circle of Junior High had a wonderful meeting Tuesday afternoon. There was an unusually large number present to hear the splendid program presented.

The keynote of Rev. Mr. Oldfield's address was "Advance in Efficiency" and strongly indeed, did he bring out this thought, in his comprehensive presentation.

Marian Leach played delightfully and little Bobby Burdick sang charmingly, accompanied by his mother at the piano.

It was a very appreciative audience that listened and that took part in the interesting discussion, and the raising of the \$900 needed for that purpose. Enthusiastic support of the proposition was a marked feature of the discussion.

It is planned to get the program of raising this sum underway at once, and Mrs. E. A. Woods, the efficient chairman of the programs given at the Junior High Circle meetings, is made chairman of the committee in charge of the program for the first entertainment.

Mrs. Humphrey had charge of the business session and appointed Mrs. Karl P. Nims as chairman for the series of entertainment to be given to raise this sum. Mrs. Nims had a meeting of her committee Wednesday and further data regarding the first entertainment will be given soon.

February 12, Lincoln's birthday is suggested as the date for the first entertainment of the series for this much needed improvement.

Meeting of Community Club—

The meeting of the Upper Valley Community Club will be held on Wednesday of next week, at the home of Mrs. Mary Homes-Tucker, on Avery street. If any change is made in place of meeting a notice of such change will appear in Saturday's issue.

It was stated that the election would be held at this meeting, but such is not the present plan. The election will be held later in the year.

Mrs. Carl Goetche is chairman of the program and an interesting one is being planned. "Rag Rugs" is one subject that will be considered.

It is an all day meeting and good attendance is very much to be desired.

Mr. and Mrs. F. C. Homes Entertain—

One of the very delightful dinners of this mid-holiday season, was given by Mr. and Mrs. F. C. Homes in their charming country home on the Boulevard east of town, Tuesday evening.

Most attractive were the lovely rooms and the dining table with its beautiful centerpiece, that seemed too perfect to be real; from this centerpiece broad bands of satin ribbon extended to the ends of the table, where candles in these same cheery rosette coloring, added their bright glow over gleaming silver and snowy napery, and the daintily artistic favors that gave a graceful touch to the tout ensemble.

The dinner, itself, with its many courses of gastronomic delights placed guests and hosts in just the mood for the hours to follow.

The evening passed merrily and all too quickly in the pleasant visit in the great fireplace's steady glow, in gay banter and in dancing to bright and tuneful measure.

The invited guests at this happy function were Mr. and Mrs. J. H. Fuller, Mr. and Mrs. J. H. McGee, Mrs. Emma Oeder, Mr. and Mrs. Johnny Gruelle, Mr. Irving Vining, Mr. and Mrs. Ralph Vining and Mr. and Mrs. Harry Hartman.

Dinner at Parish Meeting—

The Parish meeting held Monday evening of this week was opened with a most delightful "Covered Dish" dinner, served to a large attendance, at six o'clock.

Following the dinner, the business session convened at which most encouraging reports were

given, showing a most successful year in the church and in its various organizations. All who heard these reports felt wonderfully encouraged in taking up the work of the new year.

The vestrymen elected at this meeting were the Messrs. Loosley, J. M. Wagner, C. E. Winne, Fred Nell, W. H. Bartges, J. R. Edwards, C. E. Hedberg, J. Poor, Kelting and Dr. and Dr. Osier. R. W. Kelting and Dr. Osier. Mrs. C. W. Winne was elected treasurer and Elwood Hedberg clerk.

Mr. and Mrs. Gregory Entertain—Mr. and Mrs. H. L. Gregory entertained their family at a most delightful Christmas dinner and family reunion during the holiday season.

Mr. and Mrs. Gregory live near Central Point, and their pleasant home was the scene of the family gathering.

Those who came home for Christmas were Mr. and Mrs. Loren Gregory and children, Mr. and Mrs. Mark True of east of Ashland and with the sister Miss Grace Gregory and Mr. and Mrs. H. L. Gregory made the family party.

The day was spent most happily as days are spent in these delightful family reunions.

Mr. and Mrs. Eric Weren Entertain—

Mr. and Mrs. Eric Weren were gracious host and hostess at a delightful dinner given on Friday evening at six-thirty o'clock in compliment to Mr. J. O. Rigg, the occasion of the happy surprise being Mr. Rigg's birthday.

The rooms were in gay holiday attire and the table was an artistic triumph. Red was the note of color in all the decorations: in the nut cups, the gleam of red in the beautiful basket of fruit that adorned the dainty board, and in nut cups and accessories that graced the table.

A very interesting feature was the bringing in of the birthday cake, with its proper quota of candles and Mr. Rigg's efforts in cutting the delicious creation.

Another happy thought was the great armful of packages brought in to make memorable this natal observance. And make it memorable they did for the bundles had bound up in them more fun than one might mention.

Those who helped to make this so delightful an occasion were Mr. and Mrs. E. O. Smith, Mr. and Mrs. Homer Billings, Mrs. Ruth Mitchell, Miss Jean Anderson, Messrs. Oliver Anderson and Grover Cherry, and his guest of honor, Mr. J. O. Rigg.

Auxiliary to Trinity Guild Met Tuesday—

The Auxiliary to Trinity Guild met in regular session on Tuesday afternoon of this week, at the Parish House.

At the business session, the election of officers for the ensuing year was held, resulting in the following: President, Mrs. J. R. Edwards; Vice-president, Mrs. John Finnegan; Secretary, Mrs. Gerald Wenner; Treasurer, Mrs. Pearl Kearney.

The Auxiliary also voted to change the time of their meetings from the afternoon to the first and third Wednesday evenings of each month.

Aid Society Meets—

On Friday of this week the Ladies Aid Society of the Presbyterian church, will hold a very important meeting.

The ladies have offered to get the box of supplies ready for shipment that the Missionary society have been collecting to send to one of the hospitals to which the church contributes.

Contributions of sheets, pillowcases, and other supplies will be gladly received.

All are asked to make the effort to come that possibly can do so.

The J. C.'s Meet—

The J. C.'s, a class of young girls in the Senior department of the Presbyterian Sunday school, met at the home of their teacher, Mrs. Wilmer Poley on Saturday afternoon.

This is one of the wide-awake classes and have definite plans of service. Before Christmas they made dolls, lovely ones, that went to make someone happy at that holiday time.

At this meeting, the girls held their business session and made plans for future work. A part of the time is always given to the social side, and this afternoon was no exception. The J. C.'s enjoyed themselves thoroughly.

At the close dainty refreshments were served by the hostess.

Rebekahs Install Officers—

The installation of officers of the Rebekah Lodge occurred Tuesday evening at the regular meeting.

The District Deputy, Laura M. Love, and Anna Meyer, Deputy Grand Marshall, assisted by the staff, Mollie Songer, Annie Walker, Anna Long, and Dora Hubbard, conducted the installation ceremonies.



BUSTER KEATON in "OUR HOSPITALITY" At the Vining Theatre, Friday and Saturday.



BERNARR MACFADDEN

Massage is sometimes even more important than sleep as a means of relieving extreme muscular fatigue. Massage will truly rest one more quickly than anything else, under certain conditions. Muscular fatigue results simply from the churning up of the muscle cells with the waste matter produced through the work that has been done. In all muscular effort the cells are broken down, to a certain extent, and the muscles are clogged with the fatigue poisons.

When these wastes have accumulated to such an extent that they make it difficult or impossible to continue using the muscles concerned, we have what is known as fatigue. The muscles become stiff and sore, owing to the presence of poisonous wastes. Now if you go to sleep, the slow circulation of the blood during repose will in time remove the wastes, and you will wake up refreshed, though, perhaps, still somewhat stiff. But massage, by mechanically increasing the circulation through the muscles involved, will result in a rapid removal from the tissues of these poisonous wastes, and will thus relieve stiffness and soreness more quickly than sleep.

It is well known that after continued muscular exertion has produced such extreme fatigue that one is practically unable to move the muscles concerned, the application of massage has such a restoring and refreshing effect that it is possible to repeat and sometimes even to excel the previous effort. This has been found true in experiments with athletes and also in animal experimentation—notably with frogs.

This will explain why athletes take a rub-down both before and after a hard race, or a boxing match.

There are two kinds of fatigue. One involves nervous exhaustion, the other is the result of accumulated waste products. Only sleep can restore the exhausted nerve cells, but massage will provide rest so far as the removal of the fatigue poisons is concerned.

In any case of muscular stiffness following exercise, a hot bath, or a local application of hot water, is always to be recommended. Try the hot bath followed by massage. It will literally work miracles in relieving stiffness and soreness.

Roseburg—New bakery nears completion.

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The following officers were installed: Noble Grand, Norma Reeder; Vice-Grand, Eunice Grubb; Recording Sec., Alice Gowan; Financial Sec., Edythe Phipps; Treasurer, Eurania Miller.

The appointive officers follow: Mollie Clary, Warden; Bertha Jackson, Conductor; Blanche Hicks, Chaplain; Anna Meyer, S. N. G.; Mollie Songer, L. S. N. G.; Annie Walker, R. S. W. G.; Ethel Reid, L. S. V. G.; and Grace Ridley, Inside Conductor.

A most delightful two course luncheon followed the conclusion of the ceremonies.

There was an excellent attendance at the meeting and a number of visitors from other lodges.

Civic Club Meets—

The Civic Club will have one of the most interesting meetings of the year on Tuesday of next week.

Mrs. V. A. C. Ahl, L. L. D. of Grants Pass will have the address of the afternoon. It is one of vital interest to women and it is hoped a large audience will be present to hear Mrs. Ahl on "Speaking of Wills."

Tonight the "Covered Dish" dinner is given for the members of the club and their husbands and a most delightful evening is planned.

Saturday's issue will give a report of this function and also speak at greater length of next Tuesday's program.

Here's New Recipe For Bran Waffles



GRACE VIALL GRAY

A RECIPE for wholesome and tasty bran waffles has been evolved by Mrs. Grace Viall Gray of the lecture staff of the Illinois Farmers' Institute, Springfield, Ill.

Mrs. Gray, one of the most widely known dietitians in the Middle West, a graduate of the Home Economics Department of the University of Chicago and at present engaged not only with the Illinois Farmers' Institute, but with the Chicago School of Domestic Arts and Science as well, has produced an exceedingly palatable dish. It calls for bran that is all bran. Here it is:

One cup flour, 1 cup all bran, 1 teaspoon salt, 3 teaspoons baking powder, 2 eggs, 1 cup milk, 3 tablespoons melted fat or vegetable oil.

Sift together all dry ingredients. Beat yolks of eggs until light, add milk. Combine with the dry ingredients. Add fat and beat until light and smooth. Just before baking fold in the stiffly beaten whites. Bake in hot waffle irons and serve as soon as cooked. The recipe will make six waffles.

VANCE IS ELECTED TO

HEAD MEDFORD CHAPTERS

A. J. Vance will preside as "Big Eruption" or president of the Crater club during the ensuing year. Cole Holmes was chosen vice-president, "Skipper of the Phantom Ship," while Chester Barr will relieve Paul Janney of the heavy duties connected with the office of treasurer or "Wizard."

Alex Sparrows was elected Pilot, and H. O. Frobach will continue to transcribe the minutes having been re-elected "Keeper of the Trail." The "Lords of the Forest" or executive committees who will serve during 1924 are as follows: F. G. Phelps, C. C. Lemmon, W. J. Warner, C. G. Thompson and A. B. Cunningham.—Mail Tribune.

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33,000 SMOTHERED IN TOKYO INFERNO

Horrors of Earthquake and Fire Described by Eyewitness; 20,000 Died on Their Feet.

New York, Jan. 10.—While the western section of the city of Tokyo was burning late in the afternoon following the terrific earthquake of September 1, nearly 33,000 men, women and children, huddled in a small open place in Honjo, across the Sumida River, were being slowly roasted to death or suffocated by smoke and fumes.

Honjo was the tenement and slum quarter of Tokyo, a large district of one and two story houses and shops and little factories, densely crowded. The first complete, authoritative account of the unparalleled horror wrought by the earthquake there is given in McClure's Magazine for January by R. O. Matheson, who passed through the inferno in which 200,000 persons perished.

One of the large establishments of the Honjo quarter, with the only open space in all the section, was the Army Clothing Factory, where the uniforms for army and police were made. The compound was about 500 yards long, in a rough triangular shape, with its broadest part some 300 yards.

Into this compound poured the people of the neighborhood until it was full. Here, it was thought, safety was assured. On swept the flames, circling the entrapped thousands.

Hotter and hotter grew the vast furnace; denser and less breathable grew the smoke-choked air. The frenzied ones nearest the

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When Is a Belt Not a Belt?

How to the line, let the hips fall where they may, is the motto of the mode, and nobly does the feminine portion of the community struggle to live up to this principle. In this they are aided and abetted by the new dresses, which are artfully and beautifully designed to produce the fashionable string band outline. But there are occasional hardy souls who rebel against the plateau effect presented by our best silhouettes, and pine for some topographical variety in the sartorial landscape. To such, particularly, will this street frock of Krisakrepe in a subtle shade of green, appeal. Not without a struggle has this courageous costume given up its waistline. The slim up-and-down uncompromisingness of the season's silhouette is cleverly broken by a novel treatment of braid giving the semblance of a belt, without—as one might say—its substance. It achieves distinction, furthermore, by means of a smart circular sounce and flared cuffs of beaver. The odd neckline of Chinese inspiration, composed of a narrow upstanding band of braid, is softened by a feminine touch of white organdie. Henri Creange, the fashion authority, tells us that the French tendency is for street frocks of such a character that they can be worn on mild winter days, with the addition of a fur piece or short fur coat. This dress with its unusual blending of fur and heavy crepe, is an outstanding example of this type of costume.

When the ones who gathered up the dead came into the Yoshiwara ruins they found the shallow pools clogged with young bodies blackened to a crisp on those parts which floated clear of the water, and cooked in those parts below the water surface. The shallow pools had become boiling cauldrons in the conflagration.

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