

# SOCIETY

Society has been very quiet this week except for the regular meetings of the different card clubs and the supper parties given after the performance of "Little Miss Fleece" there has been very little going on.

Mesdames Nye and York gave a most delightful breakfast Saturday at high noon, at the home of Mrs. Nye, on East Main street.

This was a St. Patrick's day affair and the decorations and favors carried out the scheme.

Jonquils and ferns were used in the living room and in the dining room everything used carried out the St. Patrick's day idea. The favors for each guest were miniature harps, frogs, hats and shillalah. A three-course breakfast was served, when the hostesses were assisted by Miss Frances York, Ruth Nye, Jean Budge and Laura Page. Covers were laid for twenty-five. Miss Phoebe Hance sang several songs, Miss Grishy accompanying, and Miss Iona Flynn played several violin solos.

The Ladies' Aid society of the Christian church met Wednesday afternoon at the home of Mrs. John Day, on South Oakdale, when election of officers was held. Those elected were: Mrs. John Day, president; Mrs. L. D. Jones, vice president; Mrs. H. H. Baker, secretary; Mrs. A. Carter, treasurer.

After the meeting the hostess served luncheon.

The Pythian Sisters will entertain Wednesday night at the K. of P. hall. The committee in charge is: Mrs. J. H. Butler, chairman; Mr. and Mrs. A. C. Hubbard; Miss Josie Gregory, Mr. Basil Gregory, Miss Maud Ling, Mr. Harry Ling, Mr. and Mrs. W. H. McGowan, Miss Iva Coffin, Miss Florence Boenig, Mr. Walter Kentner, Mr. J. H. Butler.

Mrs. Clarence Knight entertained at bridge Tuesday afternoon. The honor guest was Mrs. Proutz.

Four tables of bridge were played. The guests were Mesdames Proutz, Luke, Merrick, Nye, Hollis, Watt, English, Lumsden, Denniston, W. H. Brown, E. B. Davis, Page, Christy, Welch, and Wakeman.

The W. C. T. U. held a meeting Thursday afternoon at the Baptist church, the vice president of the county presiding. It was decided to hold a county institute in Medford March 28, when an all-day session will be held, the Medford union serving luncheon.

Mrs. Glaze returned this week from southern California, where she has spent the winter. She will remain here several weeks before leaving for the east.

Her father, Mr. Morley, and her sister-in-law, Mrs. Morley, are her guests.

The Auction Bridge met with Mr. and Mrs. Charles English Thursday evening. Those present were Mr. and Mrs. Canon, Mr. and Mrs. Merrick, Mr. and Mrs. Kidd, Mr. and Mrs. Hutchinson, Mr. and Mrs. Mundy and Mr. and Mrs. Vawter.

The Tuesday Bridge Luncheon club was entertained by Mrs. Wm. Budge this week. Those present were Mesdames Scantlin, Daniels, Purdin, Root, Andrews, Carey, Hutchinson and Budge.

The Wednesday Afternoon Bridge club was entertained by Mrs. McGowan this week. Mrs. Schmidt with the highest score won the prize, a guest towel.

The Ladies' Aid society of the Presbyterian church will meet Tuesday of next week in the chapel, at 2:30 o'clock. Mrs. Whipple will be hostess.

Mr. Carrol Newell of New York City, who has been the guest of Mr. and Mrs. R. H. Lincoln, left this week for his home.

Mr. and Mrs. Phil Metchan of Portland entertained at dinner Thursday evening for Mr. and Mrs. Clarence Rennece.

Mr. and Mrs. Alfred Ivey left this week for Seattle, where they were called by the death of Mr. Ivey's brother.

Mr. L. E. Whiting left for northern California, the first of the week on a business trip.

The Auction Bridge club was entertained by Miss Ida Lee Kentner Tuesday evening.

There were quite a number of after theater suppers Thursday at the Medford. Mr. Biddle entertained for Mr. and Mrs. Charles Brown and Miss Biddell. Mr. Bardwell entertained for Miss Bertha English, Miss Hazel Davis and Mr. Reed.

Mr. Hob Denel had as his guests Miss Fern Hutchinson, Miss Hazel Enyart and Mr. Lindsey.

Mr. and Mrs. Edgar Hafer entertained for Mr. and Mrs. Rau.

Mr. and Mrs. Mosler entertained for Mr. and Mrs. Rice.

Mr. and Mrs. Madden entertained for Mrs. Hanley, Mrs. Warren and Mr. Quigley.

Mr. Leo Root entertained for the Misses Bess and Ida Lee Kentner and Mr. Earl Tamy.

Mr. and Mrs. Lewis had as their guest Dr. Salado.

Mr. Stanton Griffith had as his guests Mr. and Mrs. Conro Fiero and Miss Holloway.

Mr. George H. Trana and Miss Alvina J. Knauer were united in marriage Saturday evening. The ceremony was performed by Rev. W. P. Shields at the home of Mrs. T. P. Trana, on South King street.

The groom is in charge of the city water department, and the bride came to Medford last fall from Chicago.

Mr. and Mrs. Trana will live on South King street, where Mr. Trana has recently built a home.

The Greater Medford club held the first of the mid-monthly social meetings Monday afternoon and they promise to be quite a success.

These affairs are of a purely social nature and are given so that the members may become acquainted with each other.

The Christian Endeavor society of the Presbyterian church held a St. Patrick's social Friday evening at the home of Miss Genevieve Wortman, on South Oakdale.

Mr. George P. King, who was operated upon a short time ago at the Sacred Heart hospital, has recovered enough to be moved to his home.

Mrs. H. S. Childers and Mrs. G. A. Childers left Wednesday for Wolf Creek, where they will spend several weeks.

Mr. and Mrs. Conro Fiero had as their dinner guests at the Medford Thursday evening Miss Holloway and Miss Holloway.

Mrs. T. E. Daniels returned last week from southern California, where she has spent the winter.

The Junior Endeavor of the Presbyterian church will hold a social Saturday evening, in the chapel.

Mr. and Mrs. Will Phipps are receiving congratulations upon the birth of a son, March 13th.

Little Miss Louise Quisenberry gave a party last Saturday to celebrate her seventh birthday.

Mr. Karnes and daughter, Miss Sadie, returned Thursday from a month's visit in Spokane.

Mr. and Mrs. S. Brooks are now living on Rose avenue, in one of the Burgess bungalows.

Mrs. C. R. Ray, who has been ill at the Sacred Heart hospital, is able to be about again.

Mrs. Florence Gray left Thursday for Massachusetts, where she will visit relatives.

The Orange street sewing circle met with Mrs. Aldenhagen Wednesday afternoon.

Mrs. E. E. Core gave an informal musical at her home Sunday afternoon.

Mr. H. B. Tronson of Eagle Point is spending the week end in Medford.

Mrs. W. I. Vawter entertained the Aloha Bridge club Friday afternoon.

Mr. and Mrs. J. D. Olwell have returned from a trip to Seattle.

Mr. and Mrs. Edgar Hafer left Saturday for San Francisco.

Mrs. Clarence Knight entertained at bridge Monday evening.

Mr. E. G. Burgess, Jr., leaves Sunday for the east.

Mrs. C. E. Kirk Wednesday afternoon entertained the ladies of the Home Mission society of the M. E. church South. A very pleasant afternoon was spent. This being the regular business meeting of the society, during the afternoon readings by Mrs. Robt. Taylor and Mrs. Riley D. Heuson were very much enjoyed. After the close of the business and social program Mrs. Kirk served dainty refreshments assisted by Mrs. Chas. Duncan and Miss Lola Kirk.

The Entre Nons Whist club met at the home of Mrs. E. V. Coffin on Ross Court last Tuesday afternoon. Mrs. E. G. Fehrenbach was awarded high prize, and Mrs. Wm. Weisser received the consolation. Luncheon was served. The club will meet next Tuesday afternoon at the home of Mrs. A. E. Stennett, 1014 East Elyemth.

Mrs. Detrov Getchell returned Thursday from a trip to Minneapolis, Minn.

Mr. George L. Davis left Wednesday for a trip to Portland.

Mrs. Watt entertains the Five Hundred club Monday evening.

Col. Tau Velle left Tuesday for San Francisco.

### BEAUTY AND FOOD. By Mme. Quivilla.

That the food we eat has much to do with our complexions there is no doubt but among all the faddists I have failed to observe very many good complexions. One preaches the doctrine of meat and water, another raw foods of all kinds, the vegetarian who will touch nothing which has ever had in it the vital spark of blood yet do animal substances in the form of eggs, butter, cheese and milk. Then we have the natural food faddist who finds all the materials to build up the perfect body in nuts and fruits of the earth.

Now the truth is that often a kernel of good can be found in every new fad but it must never be forgotten that what one person will thrive beautifully upon means sickness and suffering to another.

For perfect development man requires a greater variety of food than any other animal. We have to eat in order to repair the normal waste of the body—which is one twenty-fourth of its weight daily—and consequently we have to supply like materials. We must eat a variety of food because each food contains a particular element and it is the combination of these elements that builds up the body.

There is no country in the world where there is so varied and abundant food supply as in the United States, yet I doubt if the world can show elsewhere so many well-to-do people who are badly nourished and the very ones who are nearest the source of supply, the agriculturists, live from one end of the year to the other on the most limited diet, utterly oblivious of the value in the fruits of the earth which could be theirs often without labor or price. The French and German peasants would revel and thrive on the refuse from an American farmer's kitchen, because necessity has taught them to extract every particle of nourishment from food supplies and on six square feet of ground they would raise all the savory herbs needed to give their "pot and fen" its delicious flavor.

Food effects the body for evil or for good and of the two evils it is better to go hungry than to eat when over-weary or in great haste. It is an insult to the stomach to thrust into it a load of half mastinated food, which under depression of fatigue it is incapable of digesting. Decomposition ensues and a sour stomach results; gases arise, poisons are absorbed and the natural consequences follow—bad breath, headache, sleeplessness and general disorder.

Men are greater offenders in this last respect than women. They eat their meals in haste, do not give sufficient thought to their own food and humor unhealthy appetites. Reform in all this must come from woman's suggestion, and mothers cannot begin too early to train their children to a healthy manner of eating. Dyspepsia is an American disease, being entirely the result of errors of diet and want of systematic exercise in the open air. Pasty complexions and pimples, sour tempers and broken constitutions are the result of senseless eating.

When we find nations so situated as to be obliged to subsist chiefly on one article of food we find the system liable to dreadful diseases. The Orient is an example of this, rice being the main food, and because of dreaded diseases bread, wheat and beans have been added to the ration of the sailors in the Japanese navy.

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The woman who wishes to cultivate her beauty must find out what foods best agree with her, and she must consider it worth while to know how it should be prepared. A woman can feed herself into a state of physical beauty and be just as attractive at sixty-five as at twenty-five, if she lives right, never forget that the drinking of hot water and thoroughly flushing the body daily is needed to assist and stimulate the internal organs to do their duty.

A diet of fresh, rare beef and oranges has been known to work wonders in an unsightly skin in a very short time. Old French beauty books make much of the wondrously retained beauty of the Marquise de Crequy, who at the age of ninety possessed "an apple blossom" complexion, an abundance of snow white silky hair, and all her teeth unimpaired. All this was attributed to the fact that for the last 40 years of her life, oranges formed the principal part of her food, eating three dozen per day, but I think the story has grown with the generations that have passed since the dear lady's time.

Be that as it may oranges, sweet and ripe, possess extraordinary virtues, especially in their action upon the liver.

Your charming womankind,  
Madame Quivilla.

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## The Crown of Womanhood

"Uncared for hair cannot be beautiful. There is no part of the human makeup so revengeful as the hair. It cries out: Look at me, care for me, or I will disgrace you! Treat me with consideration and I will be a glory to you."



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But why have illkept, untidy hair? By devoting a few moments regularly to brushing and intelligent application of NEWBRO'S HERPICIDE, the hair may be made to yield wonderful returns in increased personal charm.

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