



Society

At the Churches

Catholic Church
(South Oakdale Ave.)
First Mass Sunday at 8:00 a. m.
Second Mass at 10:30 a. m.
Evening service at 7:30 p. m.
REV. JOHN POWERS, Rector.

Scandinavian
H. O. Nordwick will preach to the Scandinavian people in the Baptist church on Sunday afternoon at 3 o'clock. Many Northmen outside of the city have expressed great interest in the meeting and a large crowd is expected to attend. Miss Lena Johnson has charge of the music.

Free Methodist Church
(Cor. 10th and Ivy)
Sunday school 10 a. m.
Preaching 11 a. m.
Preaching 7:30 p. m.
Mid-week prayer meeting Thursday 7:30 p. m.
Come to these services and welcome.
J. E. BRADLEY, Pastor.

Oakdale Ave. Methodist
Sunday school at 10 a. m.
Preaching at 11 a. m. and 7:30 p. m.
Epworth League at 6:30 p. m.
Morning subject, "A Live Testimony." Evening subject, "True Friendship."
The public is invited to attend. Strangers are welcome.
H. M. BRANHAM, Pastor.

First Church of Christ, Scientist
Sunday service at 11 o'clock. Subject, "Reality."
Wednesday evening testimonial meeting at 7:30.
All are cordially invited.
Sunday school at 10 o'clock. All under the age of 20 are welcome.
Reading room in church edifice, 212 No. Oakdale, open from 1:30 to 4:30 daily except Sundays and holidays.

Presbyterian Church
(Cor Main and Holly Sts., Weston F. Shields, Pastor.
Preaching at 11 a. m. Subject, "Jeremiah's Mission."
Services at 7:30 p. m. Subject, "The Life of Jeremiah," illustrated with 30 views of his strenuous labors for Israel. All who are interested in the life of this great prophet are invited to attend these services. In the evening a good lantern and good views.

First Christian Church
Our services Sunday will be out of the ordinary way of conducting them. We are going to have a unit service, by merging the Sunday school right into the church service. No intermission. Our services will begin at 9:45 and close at 11:30.
If you cannot come so early come later, but come!
Special music by Miss Lynette Hovious, you will be delighted with her singing.
Our evening service. Subject, "The Changing Fashions and the Renewing of Your Minds." You should make special effort to hear this one.
C. E. at usual hour in the lecture room. Last Sunday evening the room

America's 1915 Beauty in "Gladiator" Pose



Key Laurel. Famous Beauty of Ziegfeld Follies

Deep breathing gives to a woman that which she is always striving for—a good figure. It helps develop health, beauty and grace. Increased breathing power and quickened heart action have a beneficial effect on all parts of the body.
Breathing exercises, while particularly important to health, are perhaps the easiest of any to practice. For this reason they are particularly recommended to the woman who works as well as all other women.
For such women this series of health and beauty articles is expressly written. America's 1915 beauty—Miss Kay Laurel, of the "Ziegfeld Follies"—has posed for the pictures which illustrate this article and the others in the series.
If deep breathing is practiced regularly while taking the pose of the "Fallen Gladiator," shown in the accompanying illustration, it will help to develop the chest walls and thus give the chest expansion so necessary for full health and vigor.
Assume the "gladiator" pose, bend the left knee and let the body slip down until it is supported by the right arm and hand, the right leg stretched straight out in front. Left arm thrown upright. Hold this position and slowly exhale. Repeat this ten times. It will bring strength and beauty.

Monday evening a "Good Fellowship" social was held at the M. E. church, which was very much enjoyed by the large number present. The church was prettily decorated with red and white asters. The entertainment was in charge of the Ladies' Aid and the Epworth League of the program which was as follows. B. J. Palmer, superintendent of the Sunday school, told of the work done in this department for the past year and laid plans for the coming year.

Mrs. McNary, president of the Ladies Aid, gave a very enthusiastic talk on the work done in her department during the past year and the bright outlook for the coming year.

Violin solo, Mr. Helme, Jr.
Mrs. John H. Carlin represented the Home Missionary Society, giving an outline of the work in her department.

Mrs. C. O. Powers gave a talk on the foreign missionary work.
Violin solo, Mrs. W. M. Van Scoyoc.

Mr. C. A. Meeker represented the Epworth League with a talk on the relation of the league to the church.
Rev. Hawkins then addressed the assembly in behalf of the church as pastor and was enthusiastic in his praise of the work done by the different departments.

A vocal solo by Mr. F. C. Edmeades close the program followed by a general good time and refreshments served by the Ladies' Aid.

The sixty-fourth anniversary of the Rebekah Degree of Odd Fellowship was appropriately celebrated at Odd Fellows hall, Jacksonville, Oregon, last Monday evening, September 13. The regular session was followed by a very interesting open session to which all Odd Fellows were invited. After listening to the interesting program consisting of music, declamations, etc., they all formed in line of march and repaired to the banquet hall where ice cream, cake and punch were served. Our worthy noble grand, Mrs. Martha Gall, is to be given credit for the success of this splendid entertainment which was in the nature of a surprise to most members.

The Rebekas gave a delightful program at the close of their regular session Tuesday evening. One of the good points to mention, everybody was on time. The program, one of the best they have had, was as follows:

A violin solo, by Mr. Helme.
Reading by Miss Jacks.
Address, Miss Merrick.
Songs by Messrs. Lawton, Lindly and Balcom.
An hour of games, dancing and social chat was followed by an invitation to the banquet room where dainty refreshments were served.

The regular monthly business meeting and social of Reames Chapter was held Wednesday evening with a large number in attendance. The chapter room was prettily decorated with red geraniums and the dining room was attractively decorated with pink and white asters. Mrs. McGowan worthy grand matron, was presented with the commission by the grand lodge of Indiana to represent the grand jurisdiction of Indiana. After the business session a social time was had, followed by delicious refreshments.

This afternoon a number of the piano pupils of Mrs. C. A. Meeker will be heard in recital at her home, 315 North Bartlett street. The parents and friends are the guests of the afternoon. Those taking part in the program are Clara Johnson, Lois Maxwell, Florence Cleveland, Freda Davis, Elsie Cleveland, Miss Larson, Peter Bateman and Clarence Turpin.

Vilas Beckwith and mother, Mrs. S. Vilas Beckwith, left today for San Francisco. Mr. Beckwith will enter the Thatcher school in southern California.

Miss Dorothy Harvey, who has been spending the summer as the guest of Mr. and Mrs. Phil Hammel left Tuesday for her home in Chicago.

Mr. and Mrs. F. K. Deuel returned home Tuesday from a two months' trip spent in California, including the exposition and other southern points.

Mr. and Mrs. W. H. Watkins left today by auto for the exposition and other California points.

Dr. and Mrs. L. A. Salade left today for the exposition and a tour of southern California.

The Golden Link Bible class of the First Baptist church met at the home of Mrs. Ed White, 266 Cottage street, on Wednesday afternoon. After the business meeting Mrs. A. T. Lathrop gave an interesting and instructive talk on "Habits." This was the third subject in the series of programs arranged for young mothers and was well handled by Mrs. Lathrop. The talk was followed by general discussion. Mrs. C. A. Whillock assisted Mrs. White in serving delicious ice cream and cake. Those present were: Mrs. F. W. Mears, Mrs. A. T. Lathrop, Mrs. Louis Bennett, Mrs. Charles Hoover, Mrs. Roland Beach, Mrs. Carl Fichtner, Mrs. Elmer Wilson, Mrs. H. E. Mac-sh, Mrs. Gus Stinson, Mrs. Frank Stinson, Mrs. C. A. Whillock, Mrs. J. M. Gressley, Mrs. H. D. Alloway, Mrs. Frank Loder, Mrs. R. C. Ashton, Mrs. Herbert Launspach, Mrs. Roy Keizer, Mrs. Ed White, Mrs. Fred Balch, Mrs. Balch, Sr., Mrs. White, Sr., and eighteen little folks. All young married women are invited to join this class, which meets every Sunday morning at 9:45 in their classroom at the First Baptist church.

The Washington School Parent-Teachers' circle met at the school building Tuesday afternoon with Mrs. Aikens as acting president. The program was opened by a piano solo by Miss Florence Graves, which was very much appreciated, followed by an interesting paper given by Mrs. S. B. Graham, which contained a report of the work which had been accomplished by the Washington Parent-Teachers' circle during the past year. The report showed that things had been accomplished by the circle and in a manner far exceeding the hopes and expectations of the workers. Superintendent Hillis made a few friendly remarks by way of greeting to the members and gave a short talk on the necessity of the co-operation of the parent and teacher. The business was then transacted and plans discussed for future work.

Mr. and Mrs. A. J. Easton from near Ann Arbor, Mich., who have been visiting Drs. Carlow of this city and Mr. and Mrs. W. L. Collins of Gold Hill, left Monday for San Francisco, Los Angeles, San Diego and other points. Mrs. Easton is a sister of Mrs. Carlow and Mrs. Collins. While here the three sisters and Mr. Easton visited Crater Lake, returning by the way of Klamath Falls, Klamath Hot Springs, Ager, Cal., and over the new Pacific highway.

Harry Woodring and sister, Miss Lida, of Neodesha, Kan., who have been the guests of Mr. and Mrs. A. L. Hill of North Central, left Sunday for the exposition en route home. Mr. Woodring is a member of the National Bankers' association. He accompanied the eastern delegation to Seattle in their private car, where the convention was held. While here Mr. and Mrs. Hill, accompanied by their guests, visited Crater Lake.

A party of young people motored to Gold Hill Tuesday evening and enjoyed an informal party at the home of Miss Willem Jacobs. The evening was spent with dancing and social conversation, after which a delicious three-course luncheon was served. The party included the Misses Viola Beckwith, Ruth Carter, Elizabeth Carlton, Edith Olsen, Messrs. Raymond Wood, Louis Fitmer, Normal Stone and Sterling Wood.

Rev. and Mrs. J. K. Hawkins and daughter, Catherine; Attorney A. King Wilson of Portland, Mrs. B. J. Palmer and D. F. Wilson left Tuesday morning for Roseburg, where they will attend the annual conference of the Methodist Episcopal church, which convenes September 22 to 27 at that place.

The Greater Medford club will hold their first meeting of the season at the public library Monday afternoon at 2:30. As this is the first meeting and business session, all members are earnestly requested to be present.

Mrs. Lida Leonard and daughter, Sue, who have been the guests of Mrs. Leonard's brother, G. L. Treichler, and family, for some time, left Wednesday for their home in Phoenix, Ariz.

Brainard Beckurter, son of Mr. and Mrs. S. Vilas Beckurter, left Monday for California where he will attend boarding school.

Mrs. Den Minard of Mas Doel, Cal., who has been the guest of Mrs. H. B. Patterson, left today for her home.

Miss Flora Welch returned this week from a visit with friend and relatives at San Francisco.

The regular monthly home-coming of the Ladies' Aid of the M. E. church was held Wednesday afternoon at the church, at which time reports were made from the different circles and preparations and plans for the new year were discussed. Election of officers was held and the following were elected: President, Mrs. Eva McNary; first vice-president, Mrs. T. C. Wicks; second vice-president, Mrs. N. J. Wiley; third vice-president, Mrs. O. Armspiger; fourth vice-president, Mrs. Percy Wood; secretary, Mrs. George Lindley; treasurer, Mrs. James Campbell; press correspondent, Mrs. H. A. Canaday.

A short program was given after the business session as follows: Reading, Mrs. H. A. Canaday; violin solo, Mr. Helme; reading, Mrs. J. Leslie. Following the program, delicious refreshments were served by the Priscilla club.

The Misses Louise and Mabel Burke entertained with a picnic luncheon last Sunday evening at the top of the Siskiyou grade, where a beautiful view can be had, including Mt. Shasta, Mt. McLoughlin and Mt. Ashland. A bonfire was made and supper cooked and served to the guests. The guests included Mr. and Mrs. Walter Bowne, Mr. and Mrs. A. Conro Fiero, Mr. and Mrs. P. W. Hamil, Mr. and Mrs. Robert Ruhl, Mr. and Mrs. S. Vilas Beckwith, Mrs. Clarke of Chicago, Dr. Patricia Colleen, Miss Emily Fiero, Miss Helen Farwell of Chicago, Miss Helen Works of Chicago, Miss Mears, Miss Dorothy Harvey, Messrs. Gerald Cloey-Smith, Leonard Carpenter, Donald Clarke, C. S. Newhall, Boudinot Conner, W. H. Bingham, H. C. Egan and Austin Corbin.

The Parent-Teachers' circle of the Lincoln school met at the school building Friday afternoon. The informal program was opened with a song by the pupils of the second grade, taught by Miss Stine; reading, Miss Carolita Jacks, followed by a business meeting, at which time the committee for the coming year was appointed. The regular meetings for the year will be held the fourth Friday in the month at 3:30.

Next Friday evening, October 1, a "get-acquainted" meeting will be held at the school building. This will be a very informal meeting, to which all fathers and mothers are invited. The social committee will have charge of the evening's entertainment and all patrons are urged to come and get acquainted.

The meeting of the Parent-Teachers' circle of the Roosevelt school was held at the school building Friday afternoon. A quantity of business was transacted and reports given, followed by a solo by Miss Rose Fielder. Mrs. Leonard was named to co-operate with committees from the other circles to name a delegate to the state convention which will meet at Corvallis in October.

Mrs. Lena Christensen and daughter, Ethel, of Washington, D. C., are the guests of Mr. and Mrs. C. E. Gates. Mrs. Christensen and daughter are making a tour of the west and will return home by the way of Canada.

Mr. and Mrs. Frederick Cowles and son, Roger, and daughter, Barbara, left Thursday for Los Angeles, where they will spend the winter.

A camp fire party and wiener roast was enjoyed Friday evening by Bear creek Christian Endeavor Society of the Presbyterian church.

Mr. and Mrs. Chas. Strang and family have returned from a motor trip to San Francisco where they visited the exposition.

Mrs. C. A. Knight entertained the Thursday Nallo Bridge club at her home on East Main street Thursday afternoon.

Tom Marshall of Chicago, champion shooter, is the guest of H. B. Patterson and family and Chris Gottlieb.

The Misses Ethel Curry and Hazel Putney returned Monday from a week's vacation spent at Shasta Retreat.

Mrs. Edwin Janney entertained the Girls' Thursday Bridge Club at her ranch home at Perrydale Thursday afternoon.

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THE DIAMOND BRAND
Medical Aid Yearly Brackets for
Chichester's Diamond Brand
Pills in 100 and 500 Tablets
SOLD BY DRUGGISTS EVERYWHERE



How to Save Electricity

A few simple rules for householders whereby they can secure the best lighting efficiency at the greatest economy.
Dust lamp globes and shades as often as the furniture is dusted, or at least once a week.
When a lamp burns out or is broken, don't replace it with the first lamp available. For instance, a 20-watt lamp should not be replaced with a 40-watt lamp; the latter size doubles the cost of the service.
Don't keep empty lamp sockets about the house. Keep all sockets filled with the proper size lamps.
Don't use light-absorbing shades, just because they are pretty. Use reflectors made purposely to direct the light as necessary.
Don't use focusing reflectors where a diffusing reflector is proper.
Days are getting shorter now—clean out those wasteful carbon lamps and replace them with the Mazda and Nitrogen filled bulbs, that give you THREE times the light without increased cost.
Telephone or call and we will gladly help you rearrange your Lighting System.

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A valuable aid is an external remedy known and used successfully by women everywhere for a generation. It is called "Mother's Friend" and is sold in all drug stores.
It is applied externally. Begin about the fifth month. The muscles are made firm and pliant, expansion comes without strain, the nerves are relieved of tension and thorough comfort is enjoyed. Don't fail to get a bottle of "Mother's Friend" today. Sold by druggists everywhere. Write for valuable book, sent free by Bradfield Regulator Co., 575 Asmar Bldg., Atlanta, Ga.