

MISSOULA, MONTANA, SUNDAY MORNING, MARCH 8, 1914.

HOMING NORTHWARD

Now the birds of passage, homing north. Leave the soft enchanted southern lands; Leave the dreaming sea on silver sands; Leave the massy palms' exotic worth; Leave the tropic ease that called them forth.

Now they find it good, the cool, crisp air. The coy advance of spring on reluctant hills; The vital stirring buds of dormant trees; The spicy, piney fragrance everywhere; The merry dash of unbound mountain rills; They find their homing sweet with such as these.

-Mabel Kinney Hall.

SOCIETY

HOUSEWIFE AND DIGESTION

By MRS. HARRY B. FARNSWORTH.

As far back as we care to investigate it has been the duty of woman to prepare and generally husband the family food supply. In "olden times" this led her into situations entirely unfamiliar to us.

It was hers to convert the products of her own garden, orchard and fields, her flocks and herds, into food for a hardy race which spent much of its time in the open and engaged in physical work.

But her daughters and grand-daughters have fallen on different times. "The wide old kit-ben hearth" sending up "its smoky curls" has changed places with the gas range and the fireless cooker as the accepted means of preparing food. And the food supplies which the woman of yesterday gathered from her own domain the woman of today must gather from the stores of the grocer, the butcher and the baker.

With due consideration of the opportunities for unwholesomeness which their busy and diverse journeyings to herarder have made possible, she must arrange from the daily menu which in its turn must at once please the palate and satisfy the physical needs of the little child, the adolescent youth, the mature man and woman and the aged parent.

A complicated task this, and to undertake it without serious study and thought is surely tempting one's god of luck. As soon as we begin to study the subject it falls naturally into four divisions.

1. Buying—How to select the best food-stuffs. How to judge of their quality and detect unwholesomeness in them.

2. The arrangement of the menu in order to constitute a balanced dietary.

3. Digestion—How and where the different foods are digested and how the digestive process is influenced by the kind of food taken and the manner of taking.

4. The education of the appetite. How the palates and eating habits of a family may be educated and formed along right lines.

The first division, buying, has come in for a large share of discussion of late, and deservedly. The housewife who desires to study this phase of the question will find no lack of literature. Nearly all of our popular magazines, especially those which deal in part or entirely with the affairs of woman, have published good material on the subject in all its different relations.

All are familiar with the work of Dr. Wiley and the national pure-food laws that he has been instrumental in enacting. Many of the states have taken up the campaign and their law-making bodies have passed more or less efficient state laws relating to manufacture and sale of food materials. All these, of course, look toward the safeguarding of the individual consumer and there can be no doubt that there is far less adulterated and unwholesome food on the market today than there was a few years ago. But there is still room for improvement.

The housewife who is in earnest in the matter of safeguarding her home from the dangers of impure food will find at her door the opportunity for intelligent activity. The weapons she needs for this defense are neither many nor hard to obtain. A little knowledge of the best methods of preparing food



Photo by Missoula Art Co.

MARGARET JEAN AND BERNICE MARIAN.

Two daughters of Mr. and Mrs. Berney F. Kitt. These charming babies will be features of the fifth reunion of the class of 1909, University of Montana, which is to be held in Missoula next June. Mrs. Kitt was before her marriage, Miss Jennie Marguerite Lyng, and both Mr. and Mrs. Kitt graduated from the university with the class of 1909.

PARK ADDITION CLUB

Practical and stimulating was the discussion of "The Relation of School and Home," undertaken by the Park Addition club in regular session at the home of Mrs. L. L. Wright Wednesday afternoon. Response to roll call was made with quotations from the Montana school laws. Mrs. Edna Reinhard, county superintendent of schools, was the guest of honor and she spoke forcefully and to the point of what parents have a right to expect from teachers and what teachers have a right to expect from parents.

Under the third division, the knowledge of the physiology of digestion which is necessary to the housewife's work is very easy to get, but it is not therefore to be supposed that it is unimportant for it is in fact the very pivotal point of the whole subject. But an army of scientific investigators with an endless round of experiments have gathered together much knowledge regarding the vastly interesting process and have put it into very accessible form. So all that remains for the housewife to do is to make their knowledge her own and apply the principles they have laid down to her own knowledge of foods.

One word of caution in this connection may not be out of place. "A little knowledge is a dangerous thing," only when it is mistaken by its possessor, for a great deal. The woman who undertakes the study of dietetics is concerning herself with one of the most active of growing sciences. One which is making rapid advancement every year and if she keeps up she must carefully avoid the mental attitude of ultimate attainment, which is always the death certificate of advancement.

The fourth and last division of our subject, that of educating the appetites of the different members of the family and helping them to form right eating habits calls for great tact and foresight. But the mother who has a comprehensive knowledge of digestion and its allied subjects, and a clear vision of their importance to the well-being of her family, will find a way. And when she sees the members of her household choosing a wholesome and well-balanced dietary and eating it wisely she may well feel that she has accomplished a constructive and worthwhile work and given to her loved ones one of the fundamentals of health and happiness, and therefore success in whatever of its work the world may give to them.

He's graded for effort, if medium or bad; He's graded for temperament, happy or sad; No longer content with plain hide and seek; He's taught how to play two evenings a week; He's drilled in gymnastics, his head to his toe; He can bend, he can sprint, he can, jump high or low; His is wonderful knowledge of myths and of fables; Though he's gotten a bit shy, when it comes to his tables; No time is allowed for brain indigestion; No part of his life is without supervision; And while he's acquiring this learning's vast wealth; His teacher reports on the state of his health; Now we give our opinion, without shame or fear; Though for speaking our mind you may think us queer; One thing we find bad in this modern school plan; And that is the teaching of physical man; Will the sex-science taught to John and to Polly; Forever prevent their committing a folly? We're not pessimistic, but we must be shown; Why some truths are not for parents alone; If the dwellers in Eden instructed had been; Perchance we'd be free from original sin; But the apple of knowledge, we firmly believe; Was a token of sorrow for Adam and Eve; Oh, let us move slowly, this new seed in sowing; Let's tares choke the wheat while it is growing.

SPECIAL PRIVILEGE.

(By Associated Press Cable.) Berlin, March 7.—The minister of education of Saxony has just issued an order permitting school teachers to take out hunting licenses. The teachers of the kingdom have been excluded from the joys of the chase since the issuance of the "general articles" of January 1, 1880. ONE ON THE VOICE. Lecturer—Ladies and gentlemen, we shall consider this evening the fundamental principles of architecture. The Etruscans. A wandering voice—How d'ye build a dog house? Lecturer (soliloquously)—Are you going to move?

As You Like It Club.

Mrs. Grant will be hostess for the As You Like It club Tuesday afternoon at the home of her daughter, Mrs. N. S. Little, 132 South Fourth street east. The paper of the day will be given by Mrs. Grant, a study of the opera "Otello." There will be musical numbers to illustrate the points made.

Alpha Circle.

Mrs. C. A. White will entertain the Alpha circle next Thursday afternoon at her home, 633 South Third street. The ladies of this circle have voted to new instead of playing cards at their meetings during Lent. They will have a very beautiful silk quilt to finish at the session with Mrs. White next Thursday.

Hawkins-Baird.

Announcement has been received of the marriage of Miss Bertha Hawkins and George C. Baird, both of Hoquiam, Wash., on February 7. Mr. Baird is a son of Mr. and Mrs. Frank Baird of Missoula, and he made his home in this city for six years, until he went to reside in Washington a year ago. Mr. and Mrs. Baird will make their home at Aberdeen, Wash.

Work Party.

The class taught by Miss Jennie Rowe in the Sunday school of the Congregational church met Friday evening for a work party with Miss Harriet Hall at her home on South Sixth street east. The young ladies, Misses Jessamine Rowe, Hazel and

Viola Bennett, Effie and Edna Brock, Dolah Wallenate, Lella Paxson, Mollie Branson, Helen Curry and the hostess, framed in passe partout binding a large number of beautiful prints to be hung in the primary department of the Sunday school. After the work was done the company enjoyed a picnic spread, each guest having brought a generous share of the good things to eat. Singing about the piano concluded the evening.

Bridge Luncheon.

Mrs. R. F. Gaines entertained at luncheon and bridge at her home on University avenue Monday afternoon in compliment to her guest, Mrs. Harriet L. Gage of Helena. The ladies seated with Mrs. Gage and the hostess about the luncheon table, beautifully appointed and decorated with violets, were Mesdames John H. Tolan, George G. Newlon, John Campbell, Leon West, Frank Pearson, Frank Y. Van Patten, C. A. Barnes, Stephen Langmaid, Richardson, Lewis Perley and Stuart McColl. After luncheon the ladies enjoyed a game of bridge.

Bridge Club.

Mr. and Mrs. Frank Van Patten entertained the H. P. H. club Friday evening at their home on South Sixth street east. Guests for the evening were Mr. and Mrs. D. J. Haviland and Mr. and Mrs. Abbon Lucy, while the members present were Messrs. Mesdames R. F. Gaines, Leon West, Stuart McColl, George Newlon, John Campbell and Henry Greenwood. Mrs.

Theater Party.

Miss Florence McQuesten was hostess at a delightful theater party given Monday evening in compliment to Miss Florence Morden. After enjoying the performance at the Empress theater, the young ladies had supper and music. Miss McQuesten's guests were: Mesdames Olive Thompson and Jennie Peterson; Misses Morden, Nan Lewis, Anna Lambert, Mabel Herman, Antoinette Hofstetter and Elizabeth Murphy.

Complimenting Miss Shepard.

The ladies of the board of directors of the Young Women's Christian association entertained in compliment to Miss Alice Shepard Monday afternoon at the home of Mrs. E. E. Hershey on South Fifth street west. The members of the board are Mesdames C. L. F. Kellogg, Elora Koch, C. H. Hall, T. A. Fitzgerald, G. A. Ketcham, Frank Keith, George Fox, C. A. Hishoe, J. B. Henley, Robert Pugsley, E. E. Hershey, Tyler B. Thompson, J. N. Maclean, M. J. Elrod, William F. Wayne, A. J. O'Brien, E. P. Doda, Robert Ma Walker, Harold High and Miss Emma Bates. Guests for the afternoon in addition were Miss Shepard, Mrs. Kinsman, Miss Symington, Miss Richardson, Miss Simpkins and the ladies who assisted Mrs. Hershey, Mrs. Sumner, Mrs. J. B. Catlin and Miss Taylor. A pleasant season of visiting over needlework and then refreshments were served, and Mrs. Kellogg, in behalf of the board, presented Miss Shepard with a half dozen solid silver knives and forks, expressing in a few well-chosen words something of the love and appreciation felt for Miss Shepard and heartfelt good wishes for her happiness. Miss Shepard left for her home in Washington Thursday morning.

Novelty Shower.

Misses Ruth James, Mabel Terry and Grace Sherman were hostesses Tuesday evening at Miss James' home on East Cedar street as a farewell compliment to Miss Alice Shepard who left Thursday morning for her home at Roosevelt, Wash. Guests assembled in Miss Shepard's honor were Misses Grace and Anna Rummel, Mary Jane Evans, Ethel Hughes, Orpha Culmer, Nan Lewis, Florence Morden, Nellie Umbarger, Winifred Feighner, Winifred McLaughlin, Hilda Marsh, Della and Lucy Likes, Mabel Garlington, Dell Richardson, Iva Jackson, Jennie McGregor, Jess Wilda, Kathie Henley, Irene Teagarden, Mrs. E. E. Kinsman and Mrs. J. L. James. The evening was spent with games and music, piano, vocal and violin numbers being furnished by Miss Ruth James, Miss Ethel Hughes and William Rehmer. Just as refreshments were served, a clothes basket of generous proportions was presented to the guest of honor, and she was asked to open and accept with much love the packages heaped in the basket. A variety of beautiful and useful gifts appeared in the packages. Table linen, towels and dainty toilet accessories were included in the shower.

SIXTEEN SUPERB NEW DANCE NUMBERS Played by Europe's Society Orchestra and the Victor Military Band Further additions to the Victor's list of dance records -Now the greatest in the world. To its comprehensive and brilliant list of dance records the Victor now adds four records by the Europe Orchestra.

- The success of this organization is due to the admirable rhythm sustained throughout every number, whether waltz, turkey trot or tango; to the original interpretation of each number, and to the unique instrumentation, which consists of banjos, mandolins, violins, clarinets, cornets, traps and drums. 35259—"Too Much Mustard" (Tres Montarde) (one-step or turkey trot) (Cecil MacLain) Europe's Society Orchestra (Sveantman) Europe's Society Orchestra 35260—"Irresistible"—Tango Argentine (L. Logatti) Europe's Society Orchestra "Amapa"—Maxixe Bresillienne (Le Vrai) (J. Storoni) Europe's Society Orchestra 17526—"Irresistible"—Tango Argentine (L. Logatti) Victor Military Band "Brazilian Dreams"—Tango Argentine (Will H. Dixon) Victor Military Band 17528—"Amapa"—Maxixe Bresillienne (J. Storoni) Victor Military Band "San Souci"—Maxixe Bresillienne (Arthur N. Green) Victor Military Band 17520—"Some Smoo"—One-step, two-step or turkey trot (De la Funee) (Romberg) Victor Military Band "Leg of Mutton"—One-step, two-step or turkey trot (Le Giro) (Romberg) Victor Military Band 35355—"Maurice Hesitation Waltz" (L'hésitation) (James M. Shaw) Victor Military Band "The Poem" (La Poeme)—Valse Boston (Romberg) Victor Military Band 35261—"The Girl on the Film"—(Hesitation waltzes) (Sirmay) Victor Military Band "Won't You Come and Waltz With Me?"—"Steady Freddy"—"Typewriting Girls"—Hesitation or Boston (Phillip) Victor Military Band "Adels"—"Somehow It's Not the Same"—"Is It Worth While?"—"Yours For Me and Mine For You" 35266—"Queen of the Movies"—One-step, two-step or turkey trot... Victor Military Band "In the Night" (When the Moon Sly Winks)—"Oh, Cecilia"—"Girls, Run Along!" (Brazilian Maxixe) (Dugue-Costa) Victor Military Band

The ideal place for the new dances is in the home, and here the Victor is absolutely indispensable, as most of this music is extremely difficult and loses much of its effectiveness unless played by band or orchestra. Largest Assortment of Red Seal Records in the City. ORTON BROS. 118 East Cedar

Society in Summery Garb at Palm Beach



Left to right: Mrs. William Thaw III, Mrs. Cecil Fittler, Mrs. Milton Work, Mrs. Walter Lewisohn, Jr., Mrs. W. W. Simons. As a fashion center, Palm Beach Fla., is coming more and more to the front every season, for almost five months before those who remain in the north have discovered what will be worn during the summer months, the more fortunate sisters who are able to spend their winters at palm beach have already had their supply of summer gowns made up in the very height of the season. Among the more prominent of the society women at the Florida resort this winter are Mrs. William Thaw III of Pittsburgh, Mrs. Cecil Fittler and Mrs. Milton Work of Philadelphia, and Mrs. Walter Lewisohn, Jr., and Mrs. W. W. Simons of New York.

WOMEN! Easter will soon be here! Why not have that Suit, Dress, Coat or Skirt tailored to your individual measure? Every new cloth—Eponges, Za Za cloths, Ratines—in every color—mustards, tangos, greens, blues, blacks, as well as men's cloths for the more plain models—1,500 fabrics in all; 100 models; a fit guaranteed. We would be glad to show you and an inspection will pay you, as the savings are great. Prices \$12.00 to \$29.00 Save 33 1/2 to 50 Per Cent Scotch WOOLEN MILLS Have It Made for You 109 E. Main Street 120 Stores