



"This Is the Kind I Want!"

"Mother tried all brands, she knows which is best—knows how to get good, wholesome bakings every day—how to save Baking Powder money—avoid bake-day sorrows."

"She likes the wonderful leavening strength—fine raising qualities—absolute purity—great economy of CALUMET BAKING POWDER"

"Don't think the Baking Powder you use is best. Try Calumet once—find out what real bakings are."

Received Highest Awards New Cook Book Free—See Slip in Pound Can

SCHOOL NOTES

Miss Marion Marshall of Lodi, Wis., has been elected as the new secretary to Superintendent J. M. Martin, of the public schools and entered upon her new duties Wednesday Miss Marshall is a graduate of the University of Wisconsin.

Two daughters of John Layton, a half-bred Indian of the Standing Rock Reservation, have entered the Freshman class of the high school. Mr. Layton's father was one of the prominent pioneers of the state.

Superintendent and Mrs. Martin, Mr. and Mrs. C. F. Bolt, Mr. and Mrs. W. J. Freed, Mr. and Mrs. R. H. Neff and families, enjoyed a wicker roast the first of the week at Apple Creek. A new fifth and sixth grade have been established in the Will School building and a new teacher will be employed to preside over them.

Miss Sue Digby, principal of the North Ward school, who was quite ill for several days, has resumed her duties.

The high school library will be placed in one of the office rooms of the high school building and Miss Marshall, the new secretary will be in charge.

Henry Jones of Valley City, nephew of Mr. and Mrs. Alfred Zuger of Thayer street, has entered the freshman class of the high school. Mr. Jones will make his home with the Zugers while here.

Miss Laura Little, a member of the 1914 graduating class has returned to take a post graduate course.

A. C. Jaeger of Minneapolis, representative of the American Pencil Company, was a business caller at the school the first of the week.

The football teams of the high school are busy getting in shape for the opening game which will be held the first part of October. The teams have been chosen so as to represent the same weight and all games will be played between the two teams. No outside teams will be played. The boys are practicing Monday, Wednesday and Friday.

MUTTON AND RICE. Four cups cooked rice, two cups cooked mutton cut into small pieces, one teaspoon salt, few drops onion juice, one teaspoon chopped parsley, one-half cup bread crumbs, one egg, one-fourth teaspoon pepper. Stock or water as needed.

Grease a mold or a bowl of about one and one-half quarts capacity and line with cooked rice. Heat the meat with the other ingredients, using enough stock to make a mixture that is moist, but will hold its shape. Pack the meat in the center of the mold and cover with the remaining rice, grease the cover of the mold (if a bowl is used, a plate will serve for a cover), steam or cook in water enough partly to cover the mold until the contents are thoroughly heated through. Turn on a hot platter and if one finds it convenient, cold lamb, veal, or chicken may be used in place of mutton in preparing this dish.

Johnson's for corsets.

Society News

Thursday Musical Club Opens 1916-17 Season

The Thursday Musical club opened the season of 1916-17 last evening at the home of Mrs. E. H. L. Vespermann in Avenue A. The life and works of Chopin were studied, with Mrs. W. V. Kiebert as leader. An interesting program of Chopin's works comprised the program and the following members participated: Mrs. M. W. Roan, Mrs. Rose, Miss Mabel Wright, pianists; Mrs. J. P. French, Mrs. Kiebert and W. L. Miller, vocalists. A chief feature was the reading of a paper on the life of Chopin by Mrs. W. A. Stickle. Victrola selections also featured. A large representation of members attended and Mrs. J. A. Graham, president, presided. The first of the series of recitals which the club will give monthly will be held Thursday evening, October 5. Members to present the program are: Mrs. J. A. Graham, Miss Bessie Homan, Mrs. J. P. French, Henry Halverson and F. E. Shepard.

On Eastern Trip. Miss L. L. Satterlund, manager of the Washburn Leader, who is enjoying an eastern trip, is at the present visiting in Detroit, Mich. She also visited in Toledo and other Ohio cities.

On Motor Trip. The Misses Cecelia and Florence Connolly, Mrs. L. H. Connolly of Mandan and their guest, Miss Aldyth Ward of Bismarck, left Thursday on a motor trip to Kildeer, where they will spend some time at the William Connolly ranch.

Rehearsal This Evening. The second rehearsal for Gault's cantata, "Ruta," which will be given by a chorus of 50 voices, Monday evening, October 9, in the McCabe Methodist Episcopal church, will be held this evening at 8 o'clock, in the church basement.

To Return After Visit. Mrs. J. F. Boylan of Watertown, Minn., who has been a guest at the home of her sister, Mrs. A. W. Lucas of Avenue A, will return to her home this evening on No. 2. Mrs. S. D. Kohler of Watertown, who came here with Mrs. Boylan will remain for an extended visit with her daughter, Mrs. Lucas.

Return From Grand Forks. The Misses Helen and Doris Fisk, daughters of Judge and Mrs. C. J. Fisk of Sixth street, have returned from Grand Forks, where they were members of the bridal parties at the double wedding of Miss Mary Blanche O'Gorman and Lawrence J. McGovern of Duluth and Miss Grace Veronica O'Gorman and Harold J. King of Lakota.

Proposes Toboggan Slide. Lovers of winter sports who are members of the Mandan Country club are trying to influence the officers of the club to begin work on the proposed toboggan slide. If the present plans are carried out, the slide will run from one of the high bluffs west of the club down to the river. The matter will be considered at the next meeting of the club directors.

Guild Elects Officers. At a meeting of St. George's Guild of St. George's Episcopal church yesterday afternoon at the parish house officers for the year were elected as follows: President, Mrs. H. R. Berndt; vice president, Mrs. George L. Price; secretary, Mrs. Clayton Dalrymple;

treasurer, Mrs. G. F. Dullam. Arrangements were made for a food sale to be held Saturday, September 30.

Returns From Visit. Mr. and Mrs. August Lindholm of Avenue F, have returned from a visit with Mr. and Mrs. Emil Lere of Menoken.

Visits In Mandan. Mrs. Angus McDonald of Sixth street, returned yesterday from a short visit with her sister, Mrs. McGallister of Mandan.

To Spend Winter Here. Miss Kathryn Litzberg of Minneapolis has arrived in the city and will spend the winter here. Miss Litzberg is a former resident.

Returns From Twin Cities. Mr. and Mrs. P. C. Remington and daughter, Miss Elizabeth Remington, of Seventh street, returned yesterday, after a several days' sojourn in the Twin Cities.

Visiting Parents. Miss Helen Register, a teacher at the Leal school, is spending several days at the home of her parents, Mr. and Mrs. F. H. Register of Fifth street.

To Leave For School. The Misses Eleanor Gustavson, Esther Semling, and Dorothy Lincoln of this city, will leave tomorrow for Valley City, where they will attend the Valley City Normal school.

Farewell Dinner. A number of boy and girl friends of Julius Ambersen tendered him a farewell dinner last evening at the McKenzie. Mr. Ambersen leaves today for Grand Forks, where he will resume his studies in the state university. He will be accompanied by his brother, Henry Ambersen.

Leaves For Virginia. Commissioner of Insurance W. C. Taylor, of Fifth street, departed last evening on No. 2, for Richmond, Va., where he will attend the annual convention of Insurance Commissioners of which he is vice president. In Akron, O., he will be joined by Mrs. Taylor and children. They will return about October 3.

Whist Party. Twelve tables were in play for whist yesterday afternoon at the card party given in Commercial Club hall by members of St. Mary's Sewing Circle. This is the first of a series of parties, which the circle has arranged for the fall and winter. The entertainment committee was composed of Mrs. W. J. Empting, Mrs. J. P. McGarvey, Mrs. Angus McDonald, Mrs. F. J. Grady, Mrs. Frank Ryan and Mrs. T. E. Flaherty.

Gives Luncheon-Whist. Mrs. H. W. Richholt was hostess yesterday afternoon at her home in Seventh street, at a prettily appointed luncheon-whist. The guests included members of the Birthday club and other friends. Covers were laid for 14. A short musical program was given by Mrs. J. A. Larson and Mrs. Baldwin. Three tables were in play for whist and the honor for the game was awarded to Mrs. Sidney Cohen, who is the house guest of her mother, Mrs. M. Eppinger of Fifth street.

Church Society Meetings. An interesting event in church circles this evening will be the musical and social entertainment given by the Ladies' Aid Society of the Trinity Lutheran church in the church parlors, Seventh street and Avenue C.

CLUMPETY CLUMP, CLUMP!!



Holland has come to Fifth avenue, New York! The price of leather is so high even the well-dressed think of wooden shoes. Miss Dixon Gerard, prima donna, is here shown clumping up the avenue in wooden shoes.

An attractive program of songs and readings will be presented and a social hour will be enjoyed.

Mrs. F. L. Brandt was hostess yesterday afternoon at her home in Thayer street, to members of the Ladies' Aid Society of the German Lutheran church. An enjoyable social hour was a feature.

Heart Disease!

Death Rate Rises, Owing to Fast Pace We Set

No people in the world work as hard as Americans and the effect of this "pace that kills" is shown in the rapidly increasing death rate from heart disease.

Statistics show between 1885 and 1900 the average annual death rate from diseases of the heart per 100,000 inhabitants was 155.

From 1900 to 1905 the rate increased to 158 per 100,000 people. From 1905 to 1910, 163 persons out of each 100,000 died from heart disease and from 1910 to 1915 the average annual death rate reached 214 for every 100,000 persons.

These figures do not really represent all fatalities which might properly be attributed to heart disease. Many deaths from acute diseases, pneumonia for instance, are influenced by a weakened condition of the heart in the absence of which many people might have recovered.

A large proportion of these heart troubles originates early in life and the patient is unaware of the existence of any defect. If the disease, were recognized early, medical advice could be sought and those pursuits avoided, such as overstrain and overexertion which tend to aggravate the trouble and hasten death.

A systematic and careful examination of school children by medical inspectors to discover these defects would go a long way towards modifying the conditions and beneficial results would follow.

HEALTH QUESTIONS ANSWERED. J. B. C.—"What causes dark circles under the eyes, and how can they be prevented?" The chances are you need more sleep.

ACTIVITIES OF WOMEN.

London now has over 100,000 girl clerks.

Women wearing trousers are becoming more and more numerous in England.

Miss Flora Sanders, an Irish girl, is a sergeant in the Serbian army.

Women conductors in Great Britain have to work the same hours as the men.

The wives of British traveling salesmen are taking over their husbands' rounds.

Women employed in the Porto Rico canneries are paid as low as 2½ cents an hour.

Mrs. Charles E. Hughes is a connoisseur in old engravings and has a taste for music.

American women in England pay \$500,000,000 a year of the war fund in that country.

The czarina of Russia is the least luxurious of all the royal consorts in the matter of dress.

All women who have shown bravery under fire are to be awarded a military medal by the British government.

The Russian duma has under consideration a bill which provides for the appointment of women as factory inspectors.

CITY NEWS

Mr. and Mrs. E. P. Lindley of Nevada, Mo., are visitors in the city.

IN MANDAN. Frank H. Richholt of Seventh street was a visitor in Mandan Thursday.

Mr. Lovell, a new settler from Iowa, who has located near Regan, and Sever Munson of that section were business visitors in the city Thursday.

Miss Irene Webb of Plymouth, Wis., has arrived in the city and will leave today for Wilton, where she

Appreciated Candy. Known the world over as America's Finest Confection. Johnston's Milwaukee. A Complete Line Just Received. HOSKINS

will teach the Chapin school near that place. K. OF C. MEETING. The Knights of Columbus will meet this evening in the Commercial club hall and elect officers for the year. Other important matters will be considered. RETURNS FROM FARGO. Miss Clara Spitzer of Thirteenth street, has returned after a short visit with friends in Fargo, and has resumed her duties as clerk in the Webb Brothers' store.

Nature's Cleanser. RL Cleans Floors. THE new lemon washing powder is the best helper a woman can have. Lemon cuts dirt. It penetrates grease and takes out spots. RL contains no gritty substance to scratch or mar. When you clean with RL your hands will be soft and white. It soothes and softens the skin. In cleaning floors don't sprinkle RL on the floor. Just use a tablespoonful of RL to each pail of water. Notice the lemon aroma and the thick suds. A little goes a long way. In two sizes—15c and 35c. Ask Your Grocer to Bring RL Today. ROYAL LEMON WASHING POWDER COMPANY

SLIM SILHOUETTE IS HARD TO GET, BUT CORNER COP SAYS WOMEN WILL DO IT YET!



BY ESTHER ANDREWS. Staff Special. New York, Sept. 12.—I wandered down Fifth Ave. chasing the slim silhouette because Paris says we must be thin, straight up and down to be in style. No phantom could be more fleeting, no ghost more elusive. I sought a policeman. "They can get the slim figures all right," he said. "What the American woman makes up her mind to do, she does. "I've stood on this corner 15 years

and I've seen 15 different styles in shapes go by." "I seen 'em wide in the shoulder and narrow in the beam, I seen 'em narrow in the girth and broad in the back, I seen 'em thrown' out their chests like athletes, and pullin' 'em in like lingers. "Yep, they can do the new style. Of course, in my own business, I prefer 'em solid. They're harder to move, but easier to see. The little, thin ones think they can slip between the smoke and the license numbers, and it makes it hard."

I left him and sought Child's restaurant. "Tessie," I said, "has it reached your consciousness that you must be slim to be in style?" "That may be all right on Fifth avenue," she said, "but they like 'em wide on Avenue A!" "I sought a resort of fashion. The first persons I encountered were three lovely ladies eating French cake and drinking chocolate. Their ignorance appalled me. I slipped on the table the headline, "Paris decrees the slim silhouette." They stiffened. "Cancel that sec-

ond order," said one to the waiter. I followed them out. A limousine stood ready. They hesitated then consulted each other's eyes. "We'd better do it," said one. "All right," sighed the other. "James, meet us at the Plaza." And jingling and swishing, they started. I looked after them. "It's a long walk to a slim silhouette," I murmured. "But cheer up, girls. The outlook is dark, but I'm told there's a place in Philadelphia where you can get stretched. It's painful, but it can be done!"

FANCY GRAPES. Just received a consignment of fine Tokay and Wine Grapes. —AT— Tokays, four-basket crates, per basket\$1.25 Per Basket 35c Wine Grapes, per crate\$1.15 Get your supply while they last. Meat Department. Try our fancy meats—also fine sausage. The season has just opened for liver sausage, head cheese, and blood sausage, and others. GEO. GUSSNER