

THE FAMILY PAGE

Helpful Hints for Girls and Women --Edited by Cynthia Grey.

The Churches

Society

Elbow Bag to Hold Vanity Trifles

What to Do For Water Victims; Learn This Simple Method Before Your Vacation---It May Save a Life

The Lakeside Country club announces a watermelon party for Thursday evening, July 27.

Fifteen guests were entertained by Raymond Raymoth in a roof garden party at his home, 612 South Tacoma avenue last night in honor of his birthday anniversary.

The Orpheus club will have its annual summer outing July 29 at Magnolia beach.

The Tacoma chapter, National Council of Women Voters, will picnic at Point Defiance park Friday, July 28.

Mrs. A. L. Cain was given a farewell surprise party Wednesday evening by a number of friends. She leaves to make her home at Auburn.

Mrs. J. Q. Mason yesterday afternoon gave a reception at her home in honor of Miss Margaret Roberts of Boise, Idaho, Mrs. I. B. Richards, Mrs. A. R. Shelander and Mrs. T. S. Silvers, her house guests.

Mrs. A. E. Shores will entertain Mrs. Edith Smith Davis of Hartford, Wis., national superintendent of the department of scientific temperance instruction of the W. C. T. U., who will speak at the first Baptist church Tuesday evening, July 25.

Rev. and Mrs. A. R. Shelander were guests of honor at a reception given by Mrs. W. G. Martin Thursday evening.

John A. Logan circle, Ladies of the G. A. R., will keep open house at the Armory Monday night.

Rev. and Mrs. E. C. Wheeler leave today for a 10-days vacation trip to Seattle and Vancouver, B. C.

Virginia Dare chapter, D. A. C. R., will picnic July 27 at the Country club.

Mrs. Robert Nellist entertained Fern chapter of the Guard of Honor of the Eastern Stars at her Gig Harbor home Thursday.

WHITE CORDUROY SKIRTS ARE REALLY VERY SMART

They're all wearing them! The white corduroy skirts. Corduroy sounds very hot, and indeed the word is usually meant to apply to some dark, blue, brown, green or black skirt or suit for roughing it. But the new white corduroy skirts, and they are just in, are smart beyond any language to describe. Corduroy in white really makes a far handsomer appearing skirt than serge, brilliantine or any of the fabrics usually permitted for skirts not washable. Doubtless with early fall whole white corduroy suits will be seen; but now in midsummer only the skirts have appeared. These are of course very, very plain, severely tailored, and really terribly good looking.

Paste This In Your Cookbook

Banana salad is not cooked, but is appetizing for those who like such a rich mixture. Serve plain on lettuce heart covered thickly with mayonnaise or mix with equal parts of orange sections sprinkled with chopped nuts.

Calisthenics While You Dress--No Extra Work, But It Will Make You Much More Supple and Graceful

Do you know that the effort you put into dressing can be utilized as a system of health-giving, figure improving calisthenics? For instance, instead of sitting on the floor to put on your stockings, balance yourself on one foot and draw the stocking on while in that position. The knack is easily acquired for he who has no better exercise than this balancing act. Ditto with the shoe. Better than a dumbbells and far more satisfactory because it is not wasted labor is the exercise to be had by brushing the hair with both hands and two brushes. Buttoning the waist up the back all the way, without calling for help, throws back the shoulders and elevates the chest--an admirable exercise.



THE ELBOW BAG HERE ILLUSTRATED IS A FAD IN EUROPE, AND SHOULD BE POPULAR OVER HERE. THEY SAY A PRINCESS STARTED IT BY USING ONE TO CARRY HER VANITY BOX DURING A COURT FUNCTION. IT CAN BE MADE OF ANY SIZE DESIRED, TO HOLD ALL SORTS OF SMALL THINGS, AND COMBINES GRACE WITH UTILITY, WHILE LEAVING BOTH HANDS FREE.

JUST ABOUT BUGS

THE FLEA--HOW TO KNOCK THE GIZZARDS OUT OF HIM. Fleas are wingless flies, and they are supposed to have lost their wings through long disease, living as they do among the hair, wool or clothing of other animals. As in all other flies, the mouth is formed for sucking, and has no teeth. How does a flea bite? The feet are furnished with long double claws, sharper than needles, and mounted in such a way as to be just right for digging. When his fleshship desires a feast he selects a spot on the bare skin, sits down on his haunches like a dog digging for a rat, and deliberately burrows a hole into his victim. Having penetrated to the vein, he drops his proboscis into the cavity and sucks up the precious blood, much after the fashion of an elephant drinking from a trough.

While digging the claws are manipulated so rapidly as to feel to the victim like one continuous push of a tooth. Besides losing their wings their bodies have become flattened transversely from living in close quarters, and they have become possessed of exceedingly stiff bristles or hairs, all pointing backward, so that in struggling every movement pushes them forward. That is why it is so difficult to catch them even when there is no room for them to jump. "When you put your finger on him, he isn't there." When a house becomes infested with fleas the family dog or cat should be washed every other day with carbolic soap to kill the adult fleas, and if the animals are allowed to run about the house, they will in a few days attract all the fleas to themselves, where they can be destroyed as above indicated. If dogs or cats are not available as traps, gasoline should be applied after a thorough cleaning of the infested quarters. Pour the gasoline into cracks in the floor and along the baseboards, etc., taking care not to pour it near a fire. GASOLINE WILL KILL BOTH LARVAE AND ADULTS AS SOON AS IT TOUCHES THEM.

LATEST FASHION IN "NIGHTIES"

Empire lines in nightgowns continue in favor, as they are particularly well adapted for the effective use of allover embroidery in the elongated yoke made in one with the peasant sleeve. The slip-over style is still strongly featured, but the fancy gowns with deep collars and fichu effects have a side fastening, says the Dry Goods Economist.

A novelty seen in gowns is the figured marquisette finished with a round collar edged with linen lace.

New trimming effects in nightgowns show the lace arranged in lengthwise fashion on the front section from yoke to bottom-edge, also the bolero outline insertion, in which case the regulation yoke is eliminated. Sailor collars, cuffs and ties of allover embroidery in blue and rose are also among the new notes.



HOW TO BREAK STRANGLE HOLDS

No. 1. On Wrists--Rescuer thrusts arms up, in and out. No. 2. On Neck--Rescuer seizes nose of drowning person between the fingers, presses thumb on chin, draws his knee up to the other's chest and places other hand on back. No. 3. On Shoulder--Rescuer throws arms up. No. 5. Neck and Wrists Rescuer grasps hand of drowning person, holding neck and throws hands up. The wrist hold is broken by throwing drowning person over on back. No. 6. Back Strangle Hold--Rescuer grasps a s p s hands close to his back, bends down, slips head under stomach of drowning person and brings latter over in a complete somersault.

Lose no time in recovering the body from the water. Always try to restore life. Ten minutes under water is the usual limit, but persons have been resuscitated after 30 or 40 minutes in the water. Do not lose time by taking victims to a place of shelter. OPERATE IMMEDIATELY. Quickly lay the body face downward, with stomach resting on a barrel or roll of clothing, so the head will be lower than the rest of the body and water will run from the throat and lungs. Then wipe the mouth and nostrils dry. Wrap the corner of a handkerchief about the forefinger and clear the mouth as far as possible of the throat. Rip open the clothing on chest and back and separate face exposed to the air. Keep face and keep them apart with a cork, stone or knot in handkerchief.

Remove barrel or bundle from water and produces the identical



underneath the victim. Kneel by his sides or across him. Place your hands over the lowest ribs. Lean forward and put your weight straight over the lowest ribs. (See Figure No. 1.) EXERT THIS PRESSURE FOR THREE SECONDS. To count three seconds, say: "One thousand and one, one thousand and two, one thousand and three. Do not remove the hands from the ribs, but RELEASE THE PRESSURE FOR TWO SECONDS.



After breathing is restored, remove the patient to a warm bed, where there is free circulation of air. Administer in SMALL DOSES stimulants such as hot coffee, ginger tea, hot sling, being careful not to let the patient choke or strangle. There is danger of congestion of the lungs and great difficulty in breathing. When this occurs put a large mustard plaster over the lungs.

Ever Play "Farmer in the Dell?" Then You Try It Just Once



"Farmer in the Dell" is a good game for ten children. It is played as follows: Nine children hold hands, forming a ring, with one in the center of the space thus made. This is the farmer. They all sing, "Farmer in the dell, farmer in the dell, farmer takes a wife," when the farmer chooses some one from the circle to join him; then the wife takes a child, the child takes a nurse, the nurse takes a dog, the dog takes a cat, the cat takes a rat, the rat takes a mouse, the mouse takes the cheese. All the singing is done at a time, with an additional child added to the group inside each time, and the outside circle correspondingly decreased, until at last there is just one left. This one, at the beginning of the next game is the "farmer."

Children's Corner

WIDOW'S ONLY LITTLE BOY RAISED FROM THE DEAD BY A GREAT AND GOOD MAN

Today's Bible Story for Children is About Elijah and the Little Boy the Prophet Raised From the Dead. Once there was a little boy who lived through the years of his life was stricken with a fatal illness and died. The mother was desperate, for the little fellow was all she had, and in her delirium she accused Elijah, the great prophet of Israel, of being the cause of her boy's death. Of course Elijah was offended, and one could hardly blame him for he was a good man, and it almost broke his heart to hear the ravings of the mother. "Let me have your boy," said the prophet, and he carried him to his own room in the loft, where he prayed to God, "O Lord my God, I pray thee, let this child's soul come into him again." The child revived, for his soul had entered the mortal clay again. He looked about him and asked for his mother. Elijah took him in his arms, carried him down the stairway, placed him on his mother's breast with the words: "See, thy son liveth." Of course, the mother's joy knew no bounds, and as soon as she began to realize that her son had really been recalled from the dead she became a believer in the God of Israel and in the God of Elijah. "Now by this I know," said she, "that thou art a man of God, and

Sixth Avenue Baptist church, corner Fifth st. Rev. George E. Whitehouse, minister. 10 a. m. morning worship; 10:30, sermon; 12:00, Bible school, with primary and other departments; 2:30, Junior B. Y. P. U.; 4:45, Senior B. Y. P. U.; 7:15, evening worship. LUTHERAN South Tacoma Norwegian Lutheran church, 42nd and Warner sts. Rev. O. E. Helmdahl, pastor. Sunday school, 9:30 a. m.; service, 11 a. m. and 7:45 p. m. Swedish Evangelical Lutheran church, corner So. 34th and I sts. Rev. E. Frisk, pastor. Sunday school, 9:30 a. m.; morning service, 11 a. m.; evening service, 7:30 p. m. Trinity German Lutheran, 1307 So. 1st st. Rev. E. M. Poeschl, pastor. Sunday school, 9:30 a. m.; German service, 10:30 a. m.; English service, 7:30 p. m. Confirmation service at 10:30. German Zion Evangelical Lutheran church, So. 18th and L sts. Rev. J. Hutchausen, pastor. Sermon, 10:30 a. m.; Sunday school, 9:30 a. m.; evening service, English, 7:30 p. m. German Lutheran Friesdorf Kirche, So. 21st st. Rev. J. M. Poeschl, pastor. Sunday school, 9:15 a. m.; Young People's meeting, 8 p. m.; parochial school, 10:30 a. m. and 7 p. m. Sunday from 9 to 4 by Prof. H. A. Krahl, pastor. Aug. F. Grabner, German Lutheran church, corner 58th and Birmingham ave. every alternate Sunday at 2:30 p. m. Pastor, Aug. F. Grabner. St. Paul's German Lutheran church, Tacoma avenue and South 27th st. Rev. R. Lallewant, pastor. German service, 10:30 a. m.; Sunday school, 9:30 a. m.; English service, 8:00 p. m. St. Paul's Danish Lutheran, 1510 So. 1st st. J. M. Poeschl, pastor. Sunday school at 10 a. m.; service, 11 a. m. Our Savior's Evangelical Lutheran church, So. 17th and J sts. Sunday services, 11 a. m.; Sunday school, 9:30 a. m. MISSIONS Swedish Mission Tabernacle, South 15th and I sts. W. W. Carlson, pastor. Sunday school, 9:45 a. m.; morning service, 11; evening service, 7:45 p. m.; Young People's society, 8:30 p. m. Christian and Missionary Alliance, 903 South G st. Rev. O. J. Stone, pastor. Sunday school, 9:45 a. m.; preaching, 3 p. m.; evangelistic service, 7:30 p. m.; Bible study, Wednesday, 2:30 p. m. EVANGELICAL First Evangelical church, So. 13th and K sts. Dr. R. K. Rodger, pastor. Sunday school, 10 a. m.; Y. P. A., 6:30 p. m.; sermon, 11 a. m.; 7:30 p. m., a mother's meeting. The Swedish Evangelical Free church, 1112 South 14th street. Rev. Olof W. Kallberg, pastor. Sunday school, 10:00 a. m.; service, 11:00 a. m.; Young People's meeting, 8:00 p. m.; prayer meeting, Thursday, 8:00 p. m. FRIENDS Friends East Side meeting, 49th and McKinley ave., M. L. Stanton, minister. Bible school, 9:45 a. m.; meeting for worship, 11 a. m.; evening service, 7:45 p. m.; prayer meeting, Fourth side evening at 7:30 p. m. The Friends church, No. 8th and State sts., Esther B. K. Terrell, pastor. Bible school, 10 a. m.; meeting for worship, 11 a. m. MISCELLANEOUS First Church of Christ Scientist, Masonic Temple, 130 St. Helens ave. Rev. J. A. Jones, pastor. Tuesday evening testimonial meeting. Church of the Brethren (Dunkers) So. 40th and G sts., J. U. G. Stiver, pastor. Sunday school, 10 a. m.; preaching, 9 a. m.; Bible study, 7:30 p. m.; prayer meeting, Wednesday, 8:00 p. m.; Holy Spirit study, 6:30 p. m. The Church of Jesus Christ of Latter Day Saints. Sunday service in the Fraternity hall, 117 1/2 Tacoma ave. Sunday school, 7:00 p. m.; evening service, 8:30 p. m. Progressive Psycho Society, Fraternity hall, 117 1/2 Tacoma ave. Circles at 8 p. m.; lecture, 8 p. m. International Bible Students' Association, Macabees hall, 119 1/2 G st. Discourse, 2 p. m.; prayer and testimonial meeting, 4:45 p. m.; Berean Bible study, 6:30 p. m. Universal Spiritual society, Odd Fellows hall, 711 Commerce and 712 1/2 Pacific ave. Lecture at 2:30 p. m.; Sunday, 8 p. m.; meetings, 6:30 and 7:30 p. m. The Exodus society holds services in C. O. Hall, every Sunday at 11 a. m. Christian and Missionary Alliance, 903 So. G st. Rev. O. J. Stone, pastor. Sunday school, 2:00; preaching 3:00 Wednesday morning, 10:30; prayer meeting, Wednesday afternoon, 2:30; Bible study. Salvation Army, 1201 Pacific ave. Services: Knee drill, 7 a. m.; home meeting, 1:30 p. m.; company meeting, 7:45 p. m.; Friday, 8 p. m.; Young People's meeting, 8 p. m.; Brigadier and Mrs. Golden D. D. meetings, conduct the afternoon and night meetings. EPISCOPAL St. Luke's Memorial, So. 6th and C. St. Rev. F. W. Keator, D. D., bishop. Sunday school, 10 a. m.; Services 11 a. m. and 7:30 p. m. Episcopal Trinity church, corner No. K and 3d sts. Morning service at 11:00 a. m.; evening service at 7:30; Lenten services Tuesday, Monday and Thursday and Saturday at 4:00 p. m.; Wednesdays at 9:00 a. m. Church of the Holy Trinity, 14th and I sts. Rev. Robt. T. H. McGinnis, rector. Services: 8:30 a. m.; Sunday school, 9:45 a. m.; morning service, 11 a. m.; evening service, 7:30 p. m.; Wednesday meeting, 7:45 p. m.; Friday, 8 p. m. St. Peter's church, Old Town, Rev. R. Delveaux, pastor. Services at 11 a. m. Sunday school. St. Andrews, No. 8th and Oakley, Rev. Frederick T. Webb, rector. Sunday school, 9:45; evening service, 7:30 p. m. METHODIST EPISCOPAL Methodist Episcopal City Missions, Rev. Joel Vigus in charge. Arlington Park, Sunday school, 10; preaching, 11; by Fred W. Webb, 8; by Joel Vigus, Park, Sunday school, 10; preaching, 11; by A. A. Hart, 8; by Joel Vigus. Firwood, Sunday school, 10; preaching, 11; by Chas. Milby, Keystone, Sunday school and preaching, 2:30 by J. L. Jones, University Park, Sunday school, 10; preaching, 8; by Chas. Milby. University Place, Sunday school, 10; preaching, 11; by C. A. Darrow, Le Sourd, Sunday

school, 10; preaching, 11, by E. H. Rubicum, 8 by A. A. Hart. First Methodist Episcopal church, corner South Eighth and G sts. Thomas W. Lane, minister. Morning service, 10:30 a. m.; Sunday school, 12 m.; evening service, 7:30 p. m.; Epworth league, 6:15 p. m. Mason M. E. church, cor. No. 21st and Proctor sts., Fred L. Baldwin, pastor. Sunday school, 9:45 a. m.; morning sermon, 11 a. m.; evening sermon 8:00 p. m.; class meeting, 7:00 p. m.; Epworth league, 7:00 p. m. Central Methodist Episcopal church, So. 21st and I sts., E. W. Johnson, pastor. Sunday school, 9:45 a. m.; preaching, 11 a. m.; class meeting, noon; Epworth league, 7:00 p. m.; preaching, 7:30 p. m.; Junior league, 5 p. m.; prayer service, Thursday, 8:00 p. m. Free Methodist church, So. I st. between 13th and 14th sts., N. West, pastor. Sunday school, 10 a. m.; services, 11 a. m.; Y. P. U., 7 p. m.; class meeting, 11 a. m.; evening service, 8 p. m.; prayer meeting, Thursday, 7:30 p. m. St. Paul's M. E. church, So. 42d and L sts., W. G. B. Marsh, pastor. Sunday school, 9:45 a. m.; Epworth league, 8:30 p. m.; prayer meeting, Thursday, 8 p. m.; preaching, 11 a. m. and 7:30 p. m. Swedish M. E. church, J and 11th sts., Rev. A. G. Beck, pastor. Morning service, 10:30 a. m.; Sunday school, 12 m.; Epworth league, 7 p. m.; evening service, 7:45 p. m.; prayer meeting, Wednesday evening at 7:45 p. m. Fowler M. E. church, East 30th and B sts., F. S. Pearson, pastor. Sunday school, 9:45 a. m.; Junior league, 3 p. m.; Epworth league, 6:30 p. m. McKinley Park M. E. church, Sunday school, 10 a. m.; morning service at 11 a. m.; Junior league, 3 p. m.; Epworth league, 6:30 p. m.; evening service, 7:30 p. m. Epworth M. E. church, So 7th and Anderson, W. G. Benadom, pastor. Bible school, 9:45 a. m.; morning service, 11 a. m.; Junior league, 2:45 p. m.; evening service, 7:30 p. m.; Epworth league at 6:30 p. m. Norwegian Danish Methodist church, 1001 So. J st., Chas. Gjerding, pastor. Sunday school, 9:45 a. m.; preaching, 11 a. m. and 8 p. m.; young folks prayer and testimonial meeting, 8:00 p. m.; prayer meeting Thursday night. PRESBYTERIAN First United Presbyterian church, 4th ave. and Grant. Services, 11 a. m. and 7:30 p. m. Bethany Presbyterian church, corner No. 41st and Merve ave., Rev. Oliver T. Baker, pastor. Sunday school, 9:45 a. m.; morning service, 11 a. m.; Y. P. S. C. E., 8:45; Y. P. S. C. E., 8:45. First Presbyterian church, corner South G and 10th, Rev. Murdoch McLeod, D. D., pastor. Sunday school, 10:30 a. m.; evening service, 7:30 p. m. Cavalry Presbyterian church, on Division ave., Rev. John Rodgers, pastor. Sabbath school, 10 a. m.; morning service, 11 a. m.; Y. P. S. C. E., 8:45 p. m.; evening service, 7:30 p. m. CHRISTIAN First Christian church, Sixth ave. and K st., W. A. Moore, pastor. Prayer service, 9:45 a. m.; Bible school, 9 a. m.; morning service, 11 a. m.; evening service, 7:30 p. m.; prayer meeting, Christian Endeavor, 6:30. Holy Trinity Christian church, 39th and G st., Ralph C. Sargent, minister. Morning sermon at 11 o'clock; evening sermon at 8 o'clock; C. E. meets at 6:30 p. m. Central Christian church, No. L and Steele sts., Rev. H. M. Young, pastor. Sunday school, 10 a. m.; morning service, 11 a. m.; evening service, 7:30 p. m. CONGREGATIONAL First Congregational church, Division ave. and Rev. Edward T. Ford, D. D., pastor. Morning worship, 10:30; evening worship, 7:30 p. m. Alki Congregational church, corner 61st and Park ave., Rev. Sullivan S. Healy, pastor. Bible school, 10 a. m.; morning service, 11 a. m.; evening service, 7:30 p. m.; prayer meeting, East Congregational church, cor. East 28th and E sts., Rev. S. B. Hickey, pastor. Bible school, 10:00; evening service, 7:30; Bible school, 10 a. m.; prayer meeting Thursday, 8:15 p. m. Pilgrim Congregational church, No. 24th and Warner sts., Rev. Edward C. Wheeler, pastor. Morning service, 10:30 a. m.; Sunday school, 11:45 a. m.; evening service, 7:45 p. m. BAPTIST First Baptist Church, So. 9th and D sts., Rev. Willard L. Thomas, D. D., pastor. Sunday school, 9:45 a. m.; preaching, 11 a. m.; Young People's Union, 7:30 p. m.; Holy evening service at 8 o'clock; mid-week meeting Thursday, 8 p. m.; daily prayer service, 12:15 p. m. Finnish Baptist church, So. Sheridan ave. and 23d st., A. J. Stormans, pastor. Sunday school, 9:45 a. m.; evangelistic service, 11 a. m. and 7:30 p. m.; Young People's Union, 7:30 p. m.; prayer, Thursday, 8 p. m. ELECTRO DENTAL PARLORS TACOMA THEATRE BUILDING NINTH AND C STS. Dental Work THAT REALLY SATISFIES That's the only kind of dental work done in insignificant dental offices, and the people like to come here because we use only the best material and every dentist is a specialist--and because we do such good work that we gladly guarantee it in writing. That's the kind of dental work YOU should have, and its what you may be absolutely sure of when you come here, and at very moderate prices. Painless Extractions, \$5.00 Examinations and Estimates Free WE GIVE GAS Best Gold Crown \$5.00 Best Bridge Work \$5.00 Plates \$5.00 Gold Fillings \$1.00 Platinum Fillings \$1.00 Electro Dental Parlors ALL WORK GUARANTEED Theatre Bldg., 9th and C Sts.