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is too much  
one way—  
Some too much  
the other—

Golden West Coffee  
is "Just Right"

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IS TRUE LIBERTY BREAD IF MADE WITH  
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Saves Wheat—Saves Butter—Saves Sugar

Now, more than ever before, Sun-Maid Raisins are  
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A True Liberty Dessert for Meatless Days  
RAISIN PIE MADE WITH SUN-MAID RAISINS  
EVERY MORNING WE GET THIS FAMOUS  
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### THE EMPIRE CAFE

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We Will Serve a  
SPECIAL GOOSE AND CHICKEN DINNER  
Sunday, November 18th

Fresh Oysters in Any Style

ALL NIGHT SERVICE  
FLORENCE MULKEY, Manager.

### Noodle & Chop Suey Restaurant

1005 Adams Avenue Opposite Post Office

Will Open Thursday, Nov. 15

Broiled Pork, Broiled Duck and Everything on  
the Market in Season.

See Hing Joe Company

We cater to La Grande's First-class Trade.  
Everything New and Exquisitely Clean and  
Fresh.

Job Printing Quickly and Neatly Done at The Observer

## THE FORUM

### KNITTING IN CHURCH.

La Grande, Nov. 15.

To the Editor:—It is being suggested that women take their Red Cross knitting with them to church, that being a work of mercy and the need urgent, it will be perfectly proper for them to do so.

In order that light may be thrown on this question, it is necessary to recall the fundamental reason for going to church. It is that we may offer to God the worship which is His due and acknowledgment. This is expressed in various ways, by sacrifices of prayer and praise and the offering of our substance. The service may be of very simple character, a few prayers, hymns, reading from the scriptures, and the taking up of an offering, or it may be an elaborate Eucharist of High Mass. In both instances the sermon is an adjunct and not strictly speaking an act of worship.

In prayers and praise offered to God, our undivided attention is required. It is not only a duty, but an act of love, and we must love the Lord our God, with all our hearts, strength and minds. We cannot worship aright unless we concentrate all our efforts on it. We must worship with the understanding, with the spirit, and with the body, by means of reverent behavior and suitable bodily positions, such as kneeling for prayer, standing for praise and sitting, not loitering, when the Word of God is read or preached. If we worship aright we shall not be able to think of anything else.

But if the sermon be not strictly a part of the worship, being an address composed by a man and delivered by a man, would not this alter the case during sermon time? Yes, to a certain extent. But a sermon is for the edification of its hearers, as an instruction in righteousness, based on God's word. The preacher stands in the place of the prophet of old, who began his discourse with a "Thus saith the Lord." His message is entitled to a respectful and at-

tentive hearing, more so than an ordinary lecture.

I know the claim is made that knitting is mostly a mechanical procedure and that women can knit and pay strict attention at the same time. The answer to this is, perhaps an expert knitter can, but the ordinary knitter cannot. And in either case it is safe to predict that they won't. Their neighbor's attention will be distracted and they are sure to compare notes and watch how the other is progressing. Something should be said for the preacher, who has worked hard on his sermon. If it be one which represents a good deal of thought it will demand a good deal of attention on the part of the congregation to take it in. It will be most distracting to and discouraging for him thus to have the attention of his audience interfered with.

If time is so necessary why not knit at the moving picture show? I do not see anyone doing it there. Or, instead of spending two or three hours at cards, during an afternoon or evening why not devote one to knitting? When knitting is done at the theatre and during card or dancing parties, it will be time to consider the appropriateness of knitting at church. Until then, I should say, with apologies for the pun, but it is so apt, "NIT."

UPTON H. GIBBS.

The Mission Band of the Presbyterian church will meet with Miss Anderson, 507 Adams, Saturday, the seventeenth, at 2:30. All members are urged to be present.

### An Old Man's Stomach.

As we grow older and less active, less and less food is required to meet the demands of our bodies. If too much is habitually taken, the stomach will rebel. When a man reaches the advanced age of 85 or 90, you will find that he is a light eater. Be as careful as you will, however, you will occasionally eat more than you should and will feel the need of Chamberlain's Tablets to correct the disorder. These tablets do not contain pepsin, but strengthen the stomach and enable it to perform its functions naturally. They also cause a gentle movement of the bowels.

Adv.

### Coming Events

Dec. 25—Christmas.  
Jan. 6—Third officers' training camps open at various cantonments.  
Nov. 28 and 29—Wallowa County Rod and Gun Club Shoot.

### AMUSEMENTS.

Arcade Theatre—Motion pictures.  
Star Theatre—Motion Pictures and Vaudeville.

### VALLEY VIEW FLOUR MILLS

Rowe & Richardson, Cove, Ore.

WHITE QUARTZ  
Blue Stem Blend

GOLDEN HEART  
Hard Wheat

Graham Flour, I. X. L. Germ  
Bran, Shorts and Mill Feed

### Business Directory

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Phone Main 743

Strictly Modern. Steam Heat  
Hot and Cold Water in All Rooms.

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Stand at the Foley Hotel.

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JUST RECEIVED—NEW CROP LIMA, BAYO, RED MEXICAN, PINK  
AND NAVY BEANS.

A FULL LINE OF TEA GARDEN JELLIES, JAMS, PRESERVES AND  
MARMALADES.

FRESH MEAT LOAF, BOILED HAM AND CHIPPED BEEF.

FANCY CREAM BRICK, TILLAMOOK, LIMBURGER, BLUE HILL  
GREEN CHILE, PIMENTO, MacLAREN'S IMPERIAL, MacLAREN'S  
ROQUEFORT CHEESE.

MAIN 82.



Bevo is a great favorite in the Army Canteens, where none but pure, soft drinks may be sold. After drill or march, you are sure to see a long line of hot and dusty-throated soldier boys making a bee line for Bevo. They know that there lies complete satisfaction, full refreshment and pure wholesomeness.

At home or abroad—at work or play—between meals or with meals, you will appreciate what we have done for you in making this triumph in soft drinks. You will find Bevo at inns, restaurants, groceries, department and drug stores, picnic grounds, baseball parks, soda fountains, dining cars, in the navy, at cantenets, at mobilization camps and other places where refreshing beverages are sold.

Bevo—the all-year-round soft drink

Guard against substitutes. Have the bottle opened in front of you, fast seeing that the seal is unbroken and that the crown top bears the Fox. Sold in bottles only, and bottled exclusively by

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## Fresh by Express for Your Sunday Dinner

Fancy Head Lettuce  
Nice, Large Celery  
Artichokes  
Brussel's Sprouts  
Egg-Plant

Large White Cauliflower  
Nice Solid Cabbage  
Sweet Potatoes  
Hubbard Squash  
Florida Grape Fruit  
Valencia Oranges  
Ripe Bananas  
Cranberries Pears  
Delicious and Jonathan Apples

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