



For Little Folks Milder Ills

—when the food disagrees, the play has been too strenuous, or the dreaded colds are taking hold—the housewife of experience has a tried remedy at hand. It has proved her helper for many years, and she knows its value.

Peruna Tablets Are A Quick Aid

They regulate the disturbed digestion, free the overloaded stomach, overcome the cold, remove the catarrhal conditions and rebuild the strength.

Peruna Is A Reliable Family Remedy

It has proved that in innumerable households from Maine to California, and in foreign countries, it is the chief reliance in the American home for all catarrhal trouble and wherever a tonic is needed, in convalescence and as a preventive. In tablet form it is ever-ready-to-take, a real life insurance. If you haven't used it in this form, get a box today.

THE PERUNA COMPANY
Columbus, Ohio



DORIS KEANE WEDS ENGLISH ACTOR



DORIS KEANE

Doris Keane, an American stage favorite, has just become the bride of Basil Sydney, an English actor. The marriage took place in London.

MUST SIGN UP BY FEB. 12

This is the Last Day for Soldiers and Sailors, Taking Insurance.

WASHINGTON, Jan. 12.—More than \$3,000,000,000 worth of Government insurance has been bought by American soldiers and sailors, Secretary McAdoo announced in a statement urging upon the men the necessity for filing applications for policies before the expiration of the time limit set by law. Men who joined the colors before last October 15 must apply for insurance before February 12, 1918, and those joining after October 15 must make application for insurance within 120 days after entering the service.

Soldiers and sailors who are depending on the automatic insurance provided by the Government until February 12, 1918, are warned that this is only partial and limited protection. It represents only slightly more than \$4000 of insurance and is payable only to a wife, child or widowed mother, whereas the insurance bought can go as high as \$10,000 and is payable to a wife, husband, child, grandchild, parent, brother or sister. The automatic insurance will not be in force after February 12.

NOTICE!

Estrayed to my place October 1, one 2-year-old roan heifer, dehorned, no ear marks visible. Branded O on right hip. Owner can have animal by paying costs.

Everything in the line of office supplies and blank books at Newlin's Book and Stationery Co. 1-4-4f.

Society

The Neighborhood Club met at the club rooms for the regular meeting, Tuesday, January 8, with Mrs. O. E. Silverthorn presiding. After the routine of business the club enjoyed a delightful musical program which included the following numbers: Piano duet, "Italy" (Moskowsky) Mrs. Berry and Mrs. Given. Piano duet, "Elfin March, Mendelssohn" Mrs. Birnie and Mrs. Given. Vocal solo: "Joy of the Morning," (Harriet Ware) by Mrs. Scroggin. Piano solo: "Wedding Day (Grieg)" Miss Anthony. Piano solo: Oriental Dance (Harriet Cady) by Miss Anthony. Vocal solo: "A Spirit Flower," Vocal solo: "Roses After Rain" Mrs. A. L. Richardson. Each number was extremely well rendered and equally well received. The day was the annual social day and after the program a social hour was enjoyed and light refreshments served. Many guests were in attendance.

The G. I. A. of the B. of L. E. held their installation of officers Thursday afternoon in the K. P. hall and later at 5 o'clock they had a Hooverized dinner at which only the engineers and their families were present. After dinner the evening was spent in dancing and cards and games for the children. The lodge presented Mrs. G. M. Curtis, president, with a beautiful cut glass fern dish.

Mrs. H. C. Grady reports the following from the chain of parties given for the benefit of the Red Cross: Mrs. Ed Tuckey, \$5.00; Mrs. Groselos, \$5.00; Mrs. Arno Voetz, \$5.00; Mrs. L. A. McAllister, \$5.00; Mrs. Fred Kiddle, \$5.00; Mrs. Kiddle sent her's here from Iowa where she is visiting.

The social committee of the Elks' lodge have just completed arrangements for a big dancing party to be given Monday night at the Elks' hall. This will perhaps be the biggest event of the season and all Elks' are cordially invited to be present.

Mrs. B. W. Van Tress, of Lower Cove, who has been at the Grande Ronde hospital for the past few days with an injured foot, returned to her home this morning.

Mrs. James E. Clark and Mrs. F. Ahles returned from Portland after a week's visit there with friends.

Mrs. W. M. Furman, of Imbler, and sister, Mrs. J. M. Travis, of Baker, are spending the day here visiting. Mrs. Travis leaves tonight for California where she expects to make her future home.

Mrs. Carl Evans (Ruth Gaskill) is expected to arrive home today from Burlington, Vermont. Mrs. Evans' home has been in Vermont since a year ago last October. She will visit here with relatives and friends several weeks.

The many friends of Mrs. Claudia Conley will be glad to learn that Mrs. Conley is able to return to her home after a successful operation at the Grande Ronde hospital.

The Camp Fire girls met yesterday afternoon at the home of Miss Marjory Beebe. The afternoon was spent doing Red Cross work.

Margaret Corbett left for Portland and Tacoma last night where she will visit with her brother, James, who is stationed at Camp Lewis.

Miss Marcia Becker, of Summerville, is spending the week-end here with her sister who is in training at the Grande Ronde hospital.

Mrs. E. E. Kirtley left last night for Chehalis, Wash., where she will visit for a couple of weeks with her father.

Miss Helen Johns left this morning for Pendleton where she will spend the week-end with her parents.

Mrs. F. H. DeAtley returned to her home in Enterprise after spending the week here with friends.

Cecile Aleskina, of White Pine, formerly of La Grande, is spending the week-end here with friends.

Mrs. Clarence Hahn, of Elgin, is visiting at the home of Mrs. W. J. Hopper.

Mrs. Carl Roe was a morning passenger for her home in Enterprise.

Mrs. G. S. Birnie was a morning passenger for Elgin.

Flour Shortage Likely.
WASHINGTON, D. C., Jan. 12.—(Special)—Ship losses and crop failures abroad have brought about such a serious food situation in the allied countries that the United States is planning to release for export an additional 90,000,000 bushels of wheat, although the country's export surplus had been shipped in mid-December.

The American people will be asked by the Food Administration to cut their consumption to make up the amount to be exported. Unless they do this the Nation is threatened with a flour shortage in May before the crop is harvested in June.

The Food Administration is considering legislation to make the saving of wheat compulsory and has approved a bill drawn by Representative Leever, author of the food control bill, to enforce wheatless days.

Mayor Gill Disbarred.
SEATTLE, Jan. 12.—(Special)—Declared guilty of unprofessional conduct by the State Board of Law Examiners, Mayor H. C. Gill, and two members of the law firm bearing his name—H. B. Hoyt and H. F. Frye, were Thursday disbarred from practice in the state of Washington for one year.

News of the Churches

PRESBYTERIAN CHURCH
Sixth and Washington Streets
Sunday school, 9:45 a. m.
Morning service, 11:00 a. m.
Subject: "The Branch That Sweets." Christian endeavor, 6:30 p. m.
Evening service, 7:30 p. m.
Subject: "A World in Darkness."
REV. CHAS. A. PHIPPS,
Res. Y.M.C.A. Acting Pastor.

FIRST METHODIST-EPISCOPAL CHURCH
Geo. H. Feese, pastor.
Geo. H. Curry, superintendent.
Sunday school, 9:45 a. m.
Services for worship, 11:00 a. m. and 7:30 p. m.
Epworth league, 6:30 p. m. Miss Gladys Winters, president.

CHRISTIAN CHURCH
Corner Spring and Seventh Streets.
Sunday school, 9:45 a. m.
Morning service, 11:00 a. m.
Subject: "The Old and the New."
There will be baptisms at the close of morning service.
Christian endeavor, 6:30 p. m.
Evening service, 7:30 p. m.
Special sermon.
Prayer meeting, Thursday, 7:30 p. m.
H. L. Ford, pastor.

ZION LUTHERAN CHURCH
M Street.
F. W. Hunsard, pastor.
Sunday school, 10:00 a. m.
Morning service, 11:00 a. m.

LATTER-DAY SAINTS
Tabernacle Fourth and 6 Streets.
Chas. J. Black, bishop.
M. I. A. meet Tuesday evening, 7:30; social hour after class work.
Primary every Tuesday, 4:00 p. m.
Religious class, Thursday, 4:00 p. m.
Relief society, Thursday, 2:00 p. m.
Choir practice, Sunday, 7:00 p. m.

FIRST BAPTIST CHURCH
Corner Sixth and Pennsylvania.
Sunday school, 9:45 a. m.
Mrs. Maguire, superintendent.
Morning service, 11:00 a. m.
B. Y. P. U., 6:30 p. m.
Evening service, 7:30 p. m.
Prayer meeting, Thursday, 7:30 p. m.
Rev. Lapham, of Portland, will speak both morning and evening.

METHODIST-EPISCOPAL CHURCH SOUTH
Corner Fir and Jackson Streets.
W. B. Smith, pastor.
Residence, 2163 North Fir street.
Preaching, 11:00 a. m.
Sunday school, 9:45 a. m.
Junior league, 3:00 p. m.
Epworth league, 6:30 p. m.
Evening service, 7:30 p. m.
Prayer meeting, Thursday, 7:30 p. m.
Missionary society, first Thursday in each month, 2:30 p. m.

SPIRITUALIST
The First Spiritualist Church of La Grande will meet over Harris Grocery

SALVATION ARMY
Jefferson Street.
Florence E. Poppe, ensign.
Capt. Mae Flack, assistant.
Holiness meeting, 11:00 a. m.
Sunday school, 2:00 p. m.
Y. P. L., 6:15 p. m.
Salvation service, 8:00 p. m.

ST. PETER'S CHURCH
Holy Communion (except first Sunday in month) 8:00 A. M.
Sunday school, 10:00 a. m.
Morning service, 11:00 a. m.
Evening service, 8:00 p. m.
Thursday service of intercession and choir practice, 7:45 p. m.
UPTON H. GIBBS, Pastor.
Residence, 1502 Fifth street.

CHURCH OF OUR LADY OF THE VALLEY
Low mass, 8:00 a. m.
High mass, 10:30 a. m.
Rosary and Benediction, 4:00 p. m.
P. J. DRISCOLL, Rector.
Residence, Sixth and K.
Phone Main 9.

CHRISTIAN SCIENCE CHURCH
(Corner First and Washington)
Sunday school at 10:00 a. m.
Sunday service at 11:00 a. m.
Wednesday evening meetings at 8 p. m.
Reading rooms open Monday, Wednesday and Saturday mornings from 2 to 5 p. m., corner First and Washington.

Of Interest to Women

BREAKFAST IS READY
"Breakfast is ready!" Does that find you snuggled in bed, or hands in pockets, on the alert, waiting—smelling those delicious corn cakes and ready to start a food riot to get one of them? And the best of it is, you're helping our cause against the Kaiser by eating them.

- Breakfast I.**
 - Oranges
 - Corn Cakes
 - Maple Syrup
 - Coffee, MILK
- Breakfast II.**
 - Baked Apples
 - Cornmeal Griddle Cakes
 - Broiled Liver
 - Coffee
- Breakfast III.**
 - Oatmeal with Dates
 - Golden Corn Cakes
 - Corn Syrup
 - MILK

Recipe for Corn Cakes, Cornmeal Griddle Cakes or Golden Corn Cakes.
1 cup corn meal;
1 cup boiling milk;
1-2 teaspoon salt;
1 tablespoon drippings;
1 tablespoon molasses;
1 teaspoon baking powder;
2 EGGS;
Put corn meal in bowl, cover with boiling milk; add the salt, fat and molasses, and when cold the baking powder and eggs which have been beaten until light. Mix all well together and bake on a hot griddle.

FOOD AND MORAL SUASION
Early in the month of August, 1917, the Food Administration came into official being. Late in that same month the ministers of every denomination in the country were in Washington offering to do whatever they could to help.

Their offers were gladly accepted and they returned home three days later armed with inspiration, a reinforced eagerness and a very definite campaign program.

If there was any church member who did not know why and how to save food, it was his own fault and not that of the minister, for if ever a sermon was wisely and sincerely preached this one certainly was.

And the ministers asked of their congregations even more than merely to save food; they asked them to keep a weekly record of the food saved. These reports were most intricate and detailed and asked for a record of the different foods consumed, not as a whole and by the week, but each as a separate food and meal by meal, and person by person. To get an absolutely accurate account of foods used, saved and wasted is practically impossible, but these reports come as near as possible to doing it, and furthermore they come from substantial, representative American homes.

During the first three months 20,000 churches took part in this "Food Will Win the War; Don't Waste It" campaign, and for the last two months a check was kept on the results accomplished.

very poor, but in the main well to do, well employed, sturdy, average American citizens, patriotic, law abiding, and mostly small property owners.

Study this three weeks report and draw your own conclusions:
Week end'g Nov. 10th 17th 24th
Families reports 261 300 305
Wheatless meals 1992 2540 2604
Meatless meals 3507 4081 4123
Wasteless meals 5294 5931 6271

This report tells us quite definitely two encouraging facts: the number of people in this congregation cooperating has steadily increased; and the number of wheatless and meatless days has more than proportionately increased. A wasteless meal is merely a matter of opinion, but the psychological effect alone saves food.

Suppose these East Orange families contained on an average of five members each. The Food Administration estimates that a family of five consumes approximately one pound of flour a meal. Therefore, it is fair to say that this one New Jersey congregation saved in one week—the week ending November 24, 2,604 pounds of flour, or, allowing 196 pounds of flour to a barrel, almost 14 barrels. Now it takes

4-1-2 bushels of wheat to make a barrel of flour, so this church may be said to have contributed to the cause of the Allies in one week approximately 63 bushels of wheat. If this church alone keeps up that record its saving within the year will be a material help to the Allies.

A similar calculation can hardly be used in figuring the saving of meat, for the reason that it is impossible to tell just how often on an average the American family has meat, probably not three times a day; probably twice is a better average, yet this table does not tell us definitely what the falling off in meat consumption has been.

The churches have shown beyond a doubt that voluntary economy is a possibility. And they for their part can answer "yes" most emphatically to the question, "Has anything been accomplished by moral suasion?"

Save the Ship Three Weeks.
Many of our country comes lagrippe, but they seem to settle in the end, feeling one to ache all over feet, feverish, and chilly, tired, heavy and droop! Mrs. Lizzie Tyles, Henderson, writes: "My daughter had lagrippe for three weeks. I had the doctor and bought medicine and none of it did any good. I gave her Foley's Honey and Tar and now she is all right. I have told all my friends about it." Insist on the genuine Foley's Honey and Tar. Sold everywhere.—Adv.

Some women are hard to fit in corsets; some just think they are.

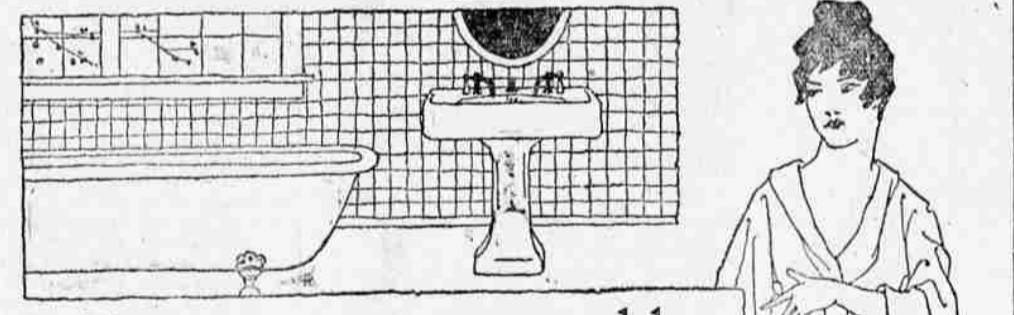
There are certain types of figures, however—full bust and small hips, small bust and large hips, short stout figures—that require special designing in corsets.

For Hard-to-fit Women--

In MODART Front Laced Corsets there are special sizes and models for just such figures. We can give any woman, of whatever size or shape, the kind of style and fit she should have.



MODART CORSETS
Front Laced
PAULINE LEDERLE



Even experts are unable to judge the quality of plumbing fixtures by their appearance.

Only by selecting the ware of a well known brand like PACIFIC Plumbing Fixtures can you make sure that your plumbing fixtures will give you years of satisfactory service.

PACIFIC bath tubs, lavatories, sinks and closets are of beautiful and graceful designs and simple, easy to clean patterns of substantial appearance.

They have a beautiful glossy white surface which they will retain for many years.

Although PACIFIC Plumbing Fixtures are of superior quality, they cost no more than any other reputable brand, and are guaranteed forever against any defects in workmanship or materials.

Remind your plumber and architect to install PACIFIC Plumbing Fixtures.

They will be glad to follow your suggestion, for they know they will give years of satisfactory service.

Before you build or remodel, write for a copy of 'The Book of Bathrooms'. It is a 56 page book brim full of ideas. Free on request of



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Preparedness

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The Front Laced Corset with the JENTLE Back and Front Shield There's a La Camille Style That's Best For You.
All the Latest Models Now on Hand Priced at \$2.00 up.
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HE USED 'PSYCHIC CONTROL' IS CHARGE



"ABOVE," MISS LAURA HANSEN; BELOW, HENRY W. PETRIE, COMPOSER OF "ASLEEP IN THE DEEP."

Hypnotic influence brought to bear to compel her to accompany Henry W. Petrie as his wife on long trips around the country is charged by Laura Hansen, 15-year-old Elmhurst (Ill.) girl. Petrie, composer of "Asleep in the Deep," is held in Chicago on charges of abduction while federal officers are investigating further.