

Of Interest to Women

WHEAT SAVING BREADS FOR YOUR BREAKFAST

Cereal Muffins

1 1/2 cups flour;
4 teaspoons baking powder;
1-2 teaspoon salt;
1 cup cooked oatmeal;
1-2 cup milk;
1 egg;
1 tablespoon vegetable oil;
Sift together the dry ingredients. Add the milk, beaten egg and melted fat to the cooked oatmeal. Beat in thoroughly. Finally add the sifted dry ingredients. Mix well. Bake in greased muffin pans about 20 minutes in a moderately hot oven.
Other cooked cereals, mashed potatoes or squash may be used in this recipe. If the dough is too soft add a little more flour.

Baked Honey Custard With Raisin Cakes.

Beat three eggs slightly, taking care not to make them foamy. Add slowly 1-4 cup of honey, 2 cups scalded milk, 1-8 teaspoon powdered cinnamon and 1-4 teaspoon of salt. Bake in cups set in a pan of water.

Indian Pudding.

4 cups milk;
1-4 cup cornmeal;
1-3 cup molasses;
3-4 teaspoon salt;
3-4 teaspoon ginger;
Cook the milk and meal in a dou-

ble boiler 20 minutes; add the molasses, salt and ginger. Pour into a greased pudding dish and bake two hours in a slow oven. Serve with top milk.

Spoon Bread.

2 cups water;
1 cup skim milk;
1 cup cornmeal;
1 tablespoon fat;
2 eggs;
2 teaspoons salt;
Mix water and cornmeal and bring to the boiling point and cook 5 minutes. Beat eggs well and add with the other ingredients to the mush. Beat well and bake in a well-greased pan for 25 minutes in a hot oven. Serve from the same dish with a spoon. This recipe makes enough for six.

Buckwheat Muffins.

2 cups buckwheat;
4 teaspoons baking powder;
3-4 teaspoon salt;
1-2-4 cups milk;
1 egg;
1 tablespoon melted shortening;
2 tablespoons molasses;
Sift together the dry ingredients. Combine the milk, beaten egg, melted fat and molasses. Add the liquid to the dry ingredients. Mix well and bake 25 to 30 minutes in a moderately hot oven.
Rye flour or 1 cup of barley meal and 1 cup of wheat flour may be used in this recipe if the liquid is reduced to 1 to 1 1/4 cups.

Margaret Mason's Fashion Letter

(Written for the United Press)

He put his head beneath the quilt
Because his nose was nearly friz
She put a quilt upon her head
Because the latest style it is.

NEW YORK, Jan. 18.—This is just the freezing season of the year when folks all want to keep under cover and draw the quilt well up over their heads. Quilts have doubtless been worn over the head in this fashion ever since the first quilting bee.

No doubt the comfort derived from such a procedure inspired our ancestors of Revolutionary days to evolve the snug and close fitting quilted hoods and bonnets that they tied beneath their dimple chins on days of frosty chill.

Madame La Mode, ever on the lookout for novel ideas, has pounced on this old quilt head covering habit and as a result all the feminine swell heads at Palm Beach, Coronado and the other winter resorts are to be worn under quilts this season.

Behold then the quilted hat, the evolution of our grand dames' quilted bonnet. All the Fifth Avenue windows dressed in their Palm Beach clothes have a quilted hat or two as their crowning glory.

The quilted hats come in all forms and shapes and fancies. If you choose a close fitting cocky little chapeau it is yours all hand quilted over the top of the crown and brim in taffeta or cotton material in any desirable hue. If perforce you think a picturesque hat suits better your type of beauty the wide brimmed common or garden variety is yours for the buying either quilted over the top or straw on top with the brim faced underneath in shell pink silk, hand quilted. Indeed there are great possibilities and unlimited fascination in the quilted hats and rare will be the woman averse to sticking her head under a quilt like one of these.

For sheer originality and audacity a little hat of turquoise taffeta has the quilted novelties almost in a state of collapse. Its trimming consists of a half finished knitted band of turquoise wool part way around the crown while right in front the

"Who Will Win This Battle?"

Your kidneys are the filters of the body. If they become inactive and fail to eliminate the waste matter, they are apt to throw the whole mechanism of the body out of order, thus toxic poisons can accumulate in the system and be as deadly as snake venom.

Besides causing the minor ailments of rheumatism, sciatica, lumbago and backache, neglect of the kidneys is apt to develop into more serious diseases, such as diabetes or stone in the bladder.

But the body of toxic poisons—clean the bladder and kidneys and cure the twinges of rheumatism with An-u-ric and you win the battle of life.

Anuric was first discovered by Dr. Pierce, and has benefited thousands of sufferers as well as appressed and eliminated the ravages of the more serious kidney diseases. Now procurable at any good drug store, or send direct to Dr. V. M. Pierce, Buffalo, N. Y., 19 cents for trial package.

Mrs. B. G. COHEN says: "When I commenced the treatment of Anuric I was in bad shape. My back ached all the time and oh! how my back would ache at night until I would have to get up. I could never sleep all night. But since I have taken the Anuric Tablets my backache is all gone and I can lie down and sleep good and sound all night. Oh! how much better I do feel—no one knows but myself. My advice to all sufferers of kidney troubles is to give Anuric a trial and they will find relief from their trouble."



waist line over the hips half way or all the way of the skirts are popular skirt touches and embroidered panels hanging the entire front of a gown from the neck line to the hem is a distinct new feature of oyster and ivory white pongee, tussor and the rough weave Japanese and Chinese silks are the cool looking suits with loose fitting coats slash girdled with tasseled ends.

Gay plaid, striped and polka dotted parasols and vivid hued Oriental necklaces and strings of barbaric beads add the desired touches of color to these white costumes with which of course smart white pumps and hose and a perky white quilted hat are to be worn.

High collared long sleeved bathing suits to be worn with face veils so that no portion of the timid wearer's anatomy may suffer from over exposure to a too ardent sun are among the many sensational innovations to be offered up on the sands of the summer seas but a far more dashing and daring confection is a white satin suit striped vertically and widely in black on the very short skirt and widely and horizontally on the very low necked and sleeveless bodice. There it is in plain black and white—but not too plain—in a Fifth Avenue window for some to see ere it goes to a Summer sea for some more to see.

LA GRANDE BOY IS WOUNDED AND MISSING

(Continued From Page 1.)

Fitzgerald, age 10; George Fitzgerald, age 6.

The young man comes of fighting stock, his grandfather having served as a lieutenant in the Civil War. His father died eight years ago.

One of his last letters and a poem written by the young man follow:

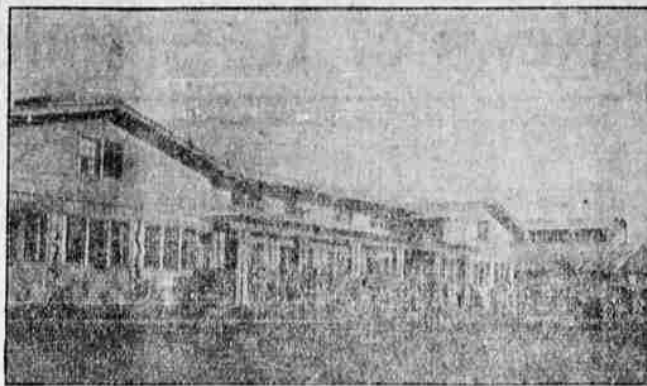
THE FALL OF VIMY RIDGE

The Hun on Vimy Ridge maintained his hold,
And, humlike, in a brazen voice and bold,
Boasted from this place could not be hurled
By all the Canucks of the Western world.

But in the hearts of Canada's brave sons
Was deep contempt for all the race of Huns,
And on the grim appointed day and hour
Made fierce assault upon that vaunted power.

Dull was the dawn upon that famous day,
Close were we massed and eager for the fray.
A whistle sounds—a signal loud and clear
Reaches at last our strained, expectant ear.

And as we rise the signal to obey.



ONE OF THE Y. W. C. A. HOSTESSES' HOUSES AT CAMP LEWIS

All heaven and earth are rent beneath the way
Of mighty guns, belching their thunderous doom,
Blasting the Huns beyond their endless tomb.
By
CREIGHTON DEWEY FITZGERALD
17 years old.
Private, 7th Infantry Battalion,
Canadian Contingent,
Somewhere in France.

France, Oct. 29, 1917.
Dearest Mother:
I received your letter today and was so glad to hear from you.

Well, I would be glad to receive socks, gloves, etc.; you know the neck scarfs are very cumbersome things to have when one has lots of marching to do.

I have received an answer from the American Embassy to the effect that I have to secure my discharge from the British army and then proceed to Paris and enlist in the American army.

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The ideal soldier shoe, why not the ideal civilian shoe?

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so at that you see I can't come home as I had hoped, but never mind that, mother, as this war will soon be over and then I can come home to stay.

It sure is getting cold here, white frost every night when it isn't raining. That isn't very cheerful, but we have to make the best of it. I am sending under separate cover a German officer's haversack for you to keep for me. Don't give it away for I got it in the last engagement I was in.

Well, I will close, hoping to hear from you soon.

Your loving son,
CREIGHTON.
P. S. Bonne Chance.

New Patriotic Pledge.

SPOKANE, Wash., Jan 17.—A new form of patriotic pledge which it is believed will result in a large increase of agricultural products has been adopted by the Farmers Union of Douglas county, Wash., and is being urged at grange and farmers union gatherings throughout Eastern

Washington. The pledge reads:
Realizing the fact that it is my patriotic duty to make a special effort to increase the agricultural production of the country, so that by so doing I can help my country win the war, I hereby agree to plant, cultivate and harvest IN ADDITION TO MY CUSTOMARY CROPS the following:
Corn.....acres.....acres
Beans.....acres.....acres
(Signed)

The point made by advocates of the agreement is that many farmers who otherwise might not give the matter of increased production much thought will be induced to take on a share of the work. The signing of the pledge puts the grower upon his honor and usually he will help to spread the propaganda besides.

Florence—Contract signed for Siuslaw road. Government and state will expend \$46,000 each. Lane county to expend \$20,000.

The Most Economical Breakfast

With Aunt Jemima Pancake or Buckwheat you can give each member of your family a nourishing breakfast for less than three cents a piece. Either one of these packages sells for

3 FOR 50 CENTS

Wesson Oil makes a wholesome frying fat. Now getting a fine quality of Imperial Valley Head Lettuce.

Juicy, healthful Sunkist Oranges, 45c, 50c, 60c and 70c a dozen.

15c buys a package of Cluster Raisins. Florida Grapefruit at 45c each. Log Cabin Maple Syrup—makes most any dish a treat.

New Italian Prunes, large fruit, at 15c a pound. Something unusually good—Heinz Spaghetti. The new Rye Flour is here.

We carry Heinz Mince Meat in Bulk, 25c a pound. All the new War Breads fresh every morning.

PHONE MAIN 80

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