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For Men, 25c, 50c, 75c, \$1.00



We are headquarters for Men's Furnishings. You will find here anything you desire in Shirts, Ties, Collars, Hosiery, at reasonable prices.

## Hills Department Store

### SHERRY'S

WOULD YOU "LEND ME YOUR NAME?" TODAY?

"Lend me your name?" No this is not a leap year marriage proposal at all. In this case one man lends another his name. The Earl of Gilleigh finds a burglar in his room and both realize that they are the double of the other. Both of these men are played by Harold Lockwood in a fascinating screen play, one of his Meira All-Star Series, "Lend Me Your Name," which will be exhibited at the Sherry Theater, last showing today. The Earl trades identities with the intruder so as to escape his unruly wife and a chain of complications arise which furnished scene after scene of fun for the audience.

Twenty girls, led by Pauline Curley and Peggy Prevost present a delightful exhibition of nature dancing in "Lend Me Your Name." These charming girls, who are pupils of a school of fine arts, dance bare-footed on the spacious lawns of a California estate and their performance is a most pleasing feature of this unusual screen play.

Also on the same program, Bill Hart in "The Marked Deck," a great two-reeler.

### ARCADE

"LOVE ME."

A fascinating story of a breezy Western girl who, after a long struggle, captivates the hearts of her husband's exclusive and very wealthy family, who at first had refused to receive her, is "Love Me," the latest Dorothy Dalton-Paramount picture, now showing at the Arcade Theater. Always winsome, Miss Dalton is more than ever adorable in her new role and some of the gowns she wears, as well as those of her socially correct "in-laws" caused gasps of pleasure from the feminine contingent of the audiences. William Conklin plays the "villain" as usual in Miss Dalton's pictures, while Robert McKim ably assists him in his machinations and clever young Jack Holt is the husband. There is another "woman in the case" too, played by Dorcas Matthews, while Ellnor Hancock makes a stunning mother. Roy William Neill, under the supervision of Thomas H. Ince himself, directed the picture.

#### PERSHING'S CRUSADERS.

A picture which, for more than one reason, will arouse public enthusiasm will be shown for two days at the Arcade Theater, beginning Wednesday, July 31st, with two performances daily thereafter. This is "Pershing's Crusaders," the first film put out under government management and control. It is produced for the purpose of showing in a dramatic manner to the American people just what has been accomplished by the government with the money which, from the contributions of the millionaire to the "widow's mite," have been poured into the fund to be used by us in doing our part in carrying on the battle for humanity's freedom.

"Pershing's Crusaders" is the first of a series of pictures to be prepared by the government, under the direction of the Division of Films of the Committee on Public Information. This production carries us from the discovery of spies in our country to our declaration of war, and on to the present time. In it all enterprises connected with the pursuit of modern warfare, from the building of a ship to the making of an American soldier, are

#### CAUSE AND CURE OF CRAMPS

Too High Blood Pressure Frequently Brings Them On—Removed by Vigorous Rubbing.

In this article we shall discuss only the local muscular spasms that affect most commonly the calves of the legs, but that sometimes occur in the thighs, the arms or the wall of the abdomen. Internal cramps, or colic, swimmer's cramp and writer's cramp are affections of an entirely different nature.

A cramp, in this restricted sense, is a sudden, painful and very strong contraction of a small part of a muscle; it does not usually cause any movement in the affected limb, for to do that a contraction of nearly the entire muscle is necessary, and then we have what is called a spasm, or a convulsion.

The contraction is involuntary, although persons who are subject to cramps sometimes bring them on by a voluntary movement, such as stretching. The early-morning cramp is often brought on by the stretching to which one is prone on awaking. Very commonly the cramp comes on during sleep, and the intense pain awakens the sufferer with a start. The affected part of the muscle forms a hard knot, and if a large part of the muscle is involved the limb may be drawn up.

Children and the aged suffer more often with cramps than do persons in middle life. In children the cause is usually violent exercise, such as running and jumping, but in the elderly a tendency to cramps is often caused by incipient hardening of the arteries. When the blood pressure is high, cramps often occur, but they cease to trouble if the pressure is reduced. Persons who are rheumatic and gouty are especially liable to be attacked by cramps—very likely because hardening of the arteries accompanies their constitutional disposition.

The treatment of a single cramp of the calf is very simple: stand on tip-toe in such a way as to stretch the calf muscle and at the same time rub the place where the contraction has occurred. That will put an end to the attack promptly. If the attacks recur frequently, there is probably some constitutional fault that needs correction, and the sufferer should consult his physician.—Youth's Companion.

#### MAZAMAS RETURN.

Mountain Climbers Ascend The Lofty Peaks Near Joseph.

The 25th annual mountain climbing expedition of the Mazamas, of Portland, passed into history Saturday evening, as they stopped over in La Grande, waiting for the midnight train for Portland.

Jan Kool, who acted as spokesman for his fellow Mazamas, said that their outing had passed off without one single accident, and the women of the party, clad in natty mountain costume, went over every obstacle encountered, as easily as did the men.

"The day of our arrival in Joseph, the Commercial Club members and their ladies set us down to a banquet and gave us a hearty welcome.

"We selected for our camp a beautiful place in the woods some eight miles out from Joseph, and about a mile and a half above Wal-lowa Lake.

"When we got ready to make a start for the mountains, these Joseph people drove us as far as they could in their own machines.

"Most of us, including the ladies of our party, made three different ascents, on different peaks, or on parts of the same mountain, and when our records are fully written of this outing they will add much to the fame of Eastern Oregon and its thousand and one beauty spots.

"Among the mountain peaks we ascended—going far above the snow lines, were the celebrated 'Pete's Peak,' about 9,100 feet in altitude; 'Eagle Cap' (Roman style), 9,675 feet high; and other smaller mountain peaks.

"We visited Aneroid Lake, Ice Lake, and other fine bodies of crystal clear water.

"We had with us on this outing a charter member of the organization, Mr. Adolf Aschett, who although well past 70 years of age, was, in reality, the youngest member of the lot, as well as being the strongest."

Following is the personnel of this party of Mazamas:

- Martha Nilssen.
- Jean Richardson
- Miss Pennell.
- Edith Jones.
- Cecil Pendleton.
- George Thompson.
- Warren D. Smith.
- Edward Peterson.
- Agnes Lawson.
- Margaret A. Griffin.
- Mary L. Knapp.
- Crislie Young.
- Jessie Miller (Enterprise.)
- Charlotte Kress.
- Agnes Plummer.
- Oiga Hollingsby.
- Robert E. Hitch.
- Roland O. Prentys.
- Jan Kool.
- Roy W. Ayer.
- Roy W. Ayer Jr.
- Dr. David Kerr.
- Charles Meiten.
- Charles
- Adolf Aschhoff.

Sailors, value \$3.50 and \$5.00, reduced to 75c. The Toggery. 7-29-31

#### Cause of Despondency.

Despondency is often caused by indigestion and constipation, and quickly disappears when Chamberlain's Tablets are taken. These tablets strengthen the digestion and move the bowels.—Adv.

#### Something Different for Late Summer



When July inaugurates the season for vacations and women buy the last of their summer millinery, experience proves that they turn their backs on flowers and summery straws. Heretofore they have bought light felt hats, or the heavier straws, like milan, with white trimming, or have even anticipated the natural season for velvet and chosen to wear it out of season.

For several summers considerable black velvet has been worn in August. But this anticipation of the season for velvet spoiled their zest for it when fall really arrived.

There is a new order of things this year. Designers appreciated that women wanted for late summer something different from the hats that had gone before and bought velvet because little else was offered them. They have produced some lovely hats of fabrics that are to serve for late summer and between seasons wear and they have proved immediately successful. These hats are made of taffeta or ribbon or georgette crepe or felt veiled with georgette. Their trimmings are odd, flat ornaments, made of materials in the workroom, or embroidery with chenille or silk or braiding with soutache. Navy blue, black and white are the best looking models of this kind. Navy blue taffeta either embroidered, or machine stitched or braided in white, is a great favorite. The third hat is of white yedda braid trimmed with a wide feather band and three small white wings that are an extension of the band. This hat will have ended its service with the last day of August, but the others will last through September or longer.

Julie Bottomley

#### Cleaning Leather.

Leather-covered furniture may be washed with castile soap and lukewarm water and will look like new, the oil in the soap preserving the leather and helping to keep it soft.

GIVE FAREWELL RECEPTION The ladies of St. Peter's Guild will give a farewell reception to Rev. and Mrs. Upton H. Gibbs at Honan Hall, Tuesday evening, July 30, at 8 o'clock. All friends and acquaintances of Mr. and Mrs. Gibbs are most cordially invited to be present.

The new drink for five cents—Atlicols—at Silverthorn's fountain. 7-29-18

Silverthorn's FAMILY DRUG STORE LA GRANDE, OREGON.

## ARCADE THEATRE

Thomas H. Ince presents

# Dorothy Dalton

Directed by William Neill in "Love Me" Photographed by John Stumar By C. Gardner Sullivan Supervision of Thomas H. Ince



A Paramount Picture

Wednesday and Thursday

## "Pershing's Crusaders"

EVENINGS, Adults 50c Children 25c MATINEES, Adults 25c Children 15c

### JUST IN --- FIRST CAR OF

## Watermelons

Our line of Fruits and Vegetables is complete.

Order Blackberries NOW for Canning.

- String Beans
- Cucumbers
- Tomatoes
- Lettuce
- Cabbage
- New Potatoes
- Dry Onions
- Cantaloupes
- Bananas
- Oranges
- Peaches
- Plums
- Apricots
- Apples

Phone Your Grocery Orders Early.

## Harris' Grocery

Phone, Main 70 and 77; Farmers, Black 192  
408 NORTH FIR STREET ACROSS THE TRACK  
"United States Food Administration License No. G50255."

### "ECONOMY"

DON'T SELL THAT OLD SUIT to the rag man, because it looks old—it has a lot of life in it, and needs only **Cleaning and Pressing** to make it last another season—TRY IT.

Zwiefel Tailoring, A. B. Rogers  
Foley Hotel Building, Adams Avenue.

## THE FIRST CAR LOAD OF Watermelons

JUST IN

We Have Blackberries and Red Raspberries Peaches, Apricots, Plumes Fresh Home Grown Green Corn on the cob

## City Grocery and Bakery

The Home of Fancy Groceries. E. Polack, Prop. Phone Main 75

### Mr. Grain Farmer:

Are you prepared to handle your grain in bulk? Do not wait until Spring and Summer when you are buried with work and worried with labor shortage, but build your granaries now.

You can buy the lumber and roofing paper for a first-class 1000 bushel portable granary for \$54.58 and it will last for years. Sacks for the same amount of grain will cost you \$125.00 and this would be a dead loss against this year's crop.

A granary of this size can be moved anywhere and can be filled directly from the thresher, doing away with high priced labor handling and sewing sacks.

The boys in the trenches need the sacks for sand bags for the protection of their very lives and perhaps your boy is among them.

Spend your money in your own valley by buying lumber manufactured at home. When you buy sacks part of the money goes to India.

#### BUILD YOUR GRANARIES NOW

Be prepared by building them before the farming season opens up. Be sure to get good lumber, well seasoned, as low grade lumber will give you trouble in a few seasons. Don't use green lumber.

Save money—keep what you spend at home—prevent loss and damage from exposure to weather—leave the sacks for our boys in the trenches help win the war by building granaries now.

Portable granaries of this type are universally used in other sections. One trip with a good team will haul the material for one granary. For particulars as well as prices on Union County lumber for all farm purposes, see

The George Palmer Lumber Co.  
LA GRANDE, OREGON