

Good Gifts for Graduates

The giving of commencement gifts is now an almost universal custom.

Commencement is one of the red-letter days of life and the faithful student deserves some token of appreciation. The gift should be one that will give long pleasure and remain a reminder of the giver.

The various lines we carry afford the most desirable gifts and a wide selection at any price you care to pay.

Newlin Book and Stationery Company



Whether it be a time-worn chair or a table, saved more for sentiment than for appearance sake, it can be brought back to its original lustre by one coat of B-H Lustrelac.

Mahogany, walnut, cherry, oak—whatever the style and whatever the finish, there is a Lustrelac shade to match it. Lustrelac imparts a brilliant, durable and lasting finish. An old piece of furniture retouched with Lustrelac can hardly be told from new. Eight shades and colorless.

Made by the BASS-HUETER PAINT CO. San Francisco

Lustrelac

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O. F. COOLIDGE

MILK AS FOOD FOR CHILDREN

INVESTIGATIONS AMONG PORTLAND SCHOOL CHILDREN

Find That Many Are Getting None of This Important Food and Others But Little

D. A. Groot, superintendent of the public schools of the city of Portland, has completed a survey of the schools in which he has ascertained that out of the 27,989 children covered in the report, 5,702 children are getting no milk in their diet, 12,817 get a pint or more daily and 20,497 children get some milk. Among the districts where the use of milk is least are: Albina Home-stead, 856 in school and 291 of these without milk in their diet; Clinton Kelly, 748 in school with 244 on milkless diet; Davis, 356 enrolled, 129 without milk; Joseph Kellog, 498 children, 157 without milk; Lenton, 675 pupils, 226 lacking milk; Linton, 186 children, 53, no milk; Sellwood, 706 children and 261 of these get no milk; Shattuck, 875 children, 296 having no milk in daily diet; Thompson with 829 children shows 218 on the list of those without milk. Laurelhurst has a clean record with all its 620 children getting the food that nature meant them to have. In some of the districts where the population is lacking in this world's wealth it is noticed the children nevertheless are well cared for in that a large percentage are given milk daily for their meals. So, it is not all a matter of price. Milk today is one of the cheapest foods for the value it contains. The lime value alone, nourishing and building and strengthening the teeth and bones should be argument enough to make everyone appreciate milk. Its value in butterfat is too well known to need explanation. According to Dr. E. V. McCollum, of Johns Hopkins university, who experimented in foods for many years before giving out his conclusions, there is no substitute for this food element.

The fact that nearly 28,000 children in Portland went home and said "Mother, how much milk do I use a

day; teacher wants to know" will cause many a parent to realize the value of milk. Scores of teachers in the recent health crusade found their pupils in large proportions drinking coffee and not touching milk. Making the survey they just completed was a certain amount of trouble to the superintendent, principals, teachers and office force of the schools, but they did it gladly for they had the interest of the children at heart.

How does La Grande rank? Why not make a survey here? The survey in Portland was made at the request of the Oregon Dairy Council, an educational organization endorsed by the clubs and Congress of Mothers of which Mrs. F. G. Schilke of La Grande is president. The council has some members in La Grande.

GREEKS TO USE AMERICAN LEGS

Instructions Given in Manufacture of Artificial Limbs by Red Cross Commission

ATHENS, (Correspondence of the Associated Press)—The Balkan commission of the American Red Cross has brought to Athens an American superintendent and assistants with supplies in the rough for making artificial legs. At a Greek workmanship in Athens, American workmen are making American artificial limbs and are instructing Greek workmen in the art.

The American workmen have taken temporary charge of the school for the mutilated of the Greek army until a Greek superintendent and Greek workmen can be trained to take over the plant. The artificial legs will be fitted and given to Greek soldiers. It is the intention of the Greek government to see that every soldier who needs one is provided with an American artificial leg.

An artificial limb weighing only four pounds are now being supplied to hundreds of mutilated soldiers who formerly had crude peg legs and cumbersome twenty-pound artificial limbs of another pattern. The joy of these men at being able ones more to move around easily is daily expressed in the American Red Cross workshops by dancing about on their new limbs with expressions of gratitude which, if it were not so pitiful, would be amusing.

As a corollary part of this work, the American Red Cross also is supporting a school for the re-education of the mutilated. At this school the disabled are being taught tailoring, shoemaking, carpentering, useful trades of all kinds including metal working, basketry, and stenography and typing. For this latter work, a large number of American typewriters with Greek characters are needed.

Arrangements have been made for the erection of a \$10,000 dormitory on the campus of the girls' college of the Eugene Bible university.



There can't be any such word as "FAIL"

—where America is concerned

There is no such word as "Fail" in the vocabulary of the real American.

Our boys have proved a thousand times that they never heard of it.

And, where the Victory Loan is concerned, it's not to be dreamed of. The Loan is going over and going over BIG. Make certain that you have a part in its success!

Buy to your limit.

Victory Liberty Loan Committee



This space contributed by

STANDARD OIL COMPANY

(California.)

Rene Cropp, driving a tractor near Forest Grove Monday, was crushed to death under the machine when it turned over backward on a steep hillside on the J. F. Forbis farm.

AUTO OWNERS NOTICE.
Vulcanize your tires without removing. D. M. & C. K. Welder, can be seen at La Grande Investment Co. Gen. Harnden. 5-5-19p

Do you know that you get fresh strawberry sundaes with whipped cream regularly at Silverthorn's fountain. 5-4-19

Silverthorn's
FAMILY DRUG STORE
LA GRANDE, OREGON.

A WANT AD will do it

Observer advertising pays. Batter Wrappers.

A HOT SPOT Chalmers flattens the hills

A GREAT many persons enjoy the rare luxury of fooling themselves about the hill-climbing ability of their prized cars.

If you put enough power underneath the bonnet you'll get over any hill this side of the Alps.

But big engines don't make the best hill-climbers any more than a bear can climb a tree faster than a cat.

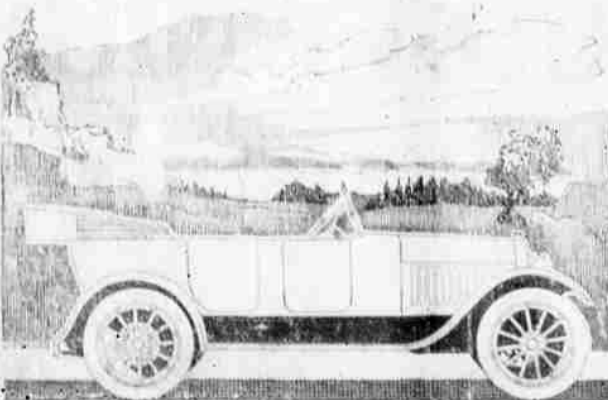
Take the Hot Spot Chalmers. You don't have to make up your mind a quarter of a mile away to turn loose the power for a fast run up the hill.

You can slow down and take it at a slow speed. For it "hangs on" and goes over without a whimper. That is the real test of a hill-climbing car. Try it.

Just why a Chalmers flattens the hills is explained in three major words: Hot Spot and Ram's-horn. These simple little devices mean that for every pint of gas that goes into the engine out comes every bit of power that Mother Nature stored away in that pint.

It means you're getting more for your money every time the engine "turns over" than with any other car.

Which ought to make anyone buying a car now take a look at this present day Hot Spot Chalmers.



JOHN E. ANDERSON, Distributor

Maxwell Station

Jefferson Ave.

There is a world of interest in reading advertisements

Your daily newspaper is far brighter and more interesting for the advertisements it contains. You get information from them. You learn all about many little things that are of so much personal importance in your life. They keep you posted. They tell you what is new and desirable.

Sometimes they keep you from making an unwise purchase by pointing out just the reasons why one article suits your needs better than another.

Reading advertisements helps you to economize. You know that economy is not alone a matter of saving money, but of spending money to advantage. Advertising identifies goods of unquestioned value.

When a store or manufacturer puts a name on goods and tells you about them you may be sure they are worth while because it does not pay to advertise merchandise that is not good.

Make a practice of reading advertisements. Read them as news from the business world, published for your benefit. They will help you to live better and dress better and make more of your income in every way.