

# NEWS of SOCIETY

## Churches to Observe Lent

Washington (Special)—Throughout America hundreds of thousands of Christians will join in three-minute daily Bible readings during the Lenten season, which begins today. It will be the greatest concerted effort along these lines in the history of the country, according to Dr. Charles L. Gombell, secretary of the Commission on Evangelism and Life Service of the Federal Council of Churches which is behind the plan.

The concerted reading will come to a climax on Easter. During Holy Week, concerted evangelistic services will be held in thousands of churches.

This is the sixth year that churches in America have worked together along these lines. Each year there has been a marked increase in the number of those taking part. Information received at the office of the Commission on Evangelism and Life Service indicates a still greater increase this year.

The Bible readings will consist of an average of ten verses from St. Matthew's Gospel a day. In addition, many of those taking part will follow a general plan of concerted meditation and prayer. The Bible readings were prepared by Dr. Frederick L. Fagley with the

assistance of other members of the commission.

The daily readings for the first seven days of Lent and the Sunday which comes during the period are as follows:

- March 3, The Temptation and Decision of Jesus. Mt. 4:1-11.
- March 5, Call of Men to Decision. Mt. 16:21-28.
- March 7, The Christian Life. Mt. 22:24-30.
- March 9, Belief in Jesus. Mt. 7:21-29.
- March 9, Knowing God as Father through Prayer. Mt. 6:5-11.
- March 10, Unselfish Prayer. Mt. 5:18-48.
- March 11, God Longs to Respond to Prayer. Mt. 7:1-12.

Mrs. L. Williamson was hostess to the Westminster Guild Monday evening and a very interesting meeting took place. Mrs. L. C. Bowser was in charge of the program and the work on "The Life of Christ" was resumed. Mrs. Geo. Vohrs was in charge of the Devotional and made this part of the program very interesting and Miss Ruth After favored those present with two beautiful instrumental solos, which were very much enjoyed by everyone present.

Before adjournment delicious refreshments were served by the charming hostess and a pleasant social hour spent.

Mrs. Annie Gardner has been enjoying a happy reunion with a friend of early school days, Mrs. Jeanette Turle, of Indian, Union county, Oregon, whom she has been entertaining at her home, 543 Sixth street. The two friends attended school together in Sumner-

ville, Oregon, more than 50 years ago.

Mrs. Gardner has visited Mrs. Tuttle twice in Oregon and this is the second time in three years that Mrs. Tuttle has been here for a visit while in Southern California. She leaves today for home by way of Salt Lake City, where she will make a visit. —San Bernardino Sun.

The purchase of the Baptist church was the scene of a beautiful wedding last evening at eight o'clock, when Miss Helen Karls was united in marriage to Fred J. Baasdon, both of Joseph, the impressive ring ceremony being held. Mr. and Mrs. Baasdon, who of Joseph, and aunt and uncle of the bride, witnessed the marriage.

Mr. Baasdon is a farmer of the Joseph vicinity and young couple will make their future home at that place.

When Mrs. L. W. Weeks received the beautiful bouquet at the Chamber of Commerce dinner last evening those present did not know that yesterday was Mr. and Mrs. Weeks' twenty-first wedding anniversary, but such was the case and today Mrs. Weeks is receiving congratulations for being so fortunate.

Mrs. George S. Birnie has returned to her home after visiting at Eugene and other Willamette valley points.

Mrs. Bee Zweifel of La Grande, left last evening en route for Portland and San Francisco, where she will visit.

The W. C. T. U. will meet tomorrow afternoon, March 6, at 2:30 o'clock at the home of Mrs. R. W. Edgerton, 1137 Cedar street. A good program is prepared, refreshments will be served and a good time is desired. All interested are cordially invited.

## Hints for the Housewife

### FAT FOODS SUPPLY THE BODY WITH ENERGY AND VITALITY

(By Helen Harrington Downing)

To most of us "frying" means cooking food in fat, whether it be a small quantity or a large amount. But to be accurate, it only a little fat is used in a shallow pan and the food is browned on first one side, then the other, the process is called "sauteing."

When the food is cooked in a deep kettle or sauce pan containing enough fat to completely submerge or cover the food and brown it all over at once, the process is called "frying" or "deep fat frying."

Many foods are sauteed because it saves the quickest method and takes less fat, but foods fried in deep fat are less apt to soak fat (if they are properly prepared, that is, given a fat proof coating)—and as a result are more easily digested.

Although it may seem that a large amount of fat is required for deep fat frying, it is not wasteful, for the same fat can be used over and over again.

Here are some interesting facts, which few people realize.

No other food supplies our bodies with the drive, pep or vigor which fat gives, and possibly no other food has been given as little study.

Fats contain more than twice the energy or fuel value of either carbohydrates or protein foods. The fats of commerce are very similar in their pure state, if not identical to the fats of milk, meat, etc., so there is no question as to their wholesomeness. They all have practically the same fuel value.

Fats are absolutely necessary in the body—supplying the energy in the most concentrated form—pure 100 per cent fats are easily assimilated by the body after they have been taken care of by the pancreatic juice, which works on all the fats in the process of digestion.

Fannie Merritt Farmer in her "Food and Cookery for the Sick and Convalescent" states—"In the diet of children, at least, a deficiency of fat cannot be replaced by an excess of carbohydrates," and that fat seems to play some part in the formation of young teeth, which cannot be undertaken by any other constituent of food.

The first step in the digestion of fats is its melting. Some fats melt at a lower point than body temperature. When that is the case the digestive juices easily mix with the fat and work more efficiently.

A good definition of deep fat frying is cooking by means of immersion in deep fat raised to a temperature of from 350° to 400° F.

Great care must be taken in frying, that the fat is at the right temperature. If too low, the food will soak the fat—if too high the food becomes brown too quickly and will be under-done.

Too much should not be fried in the kettle at one time, as it will lower the temperature of the frying medium, and may cause it to bubble over the sides of the kettle. It is not the fat that boils, however, but the moisture which the fat has taken up from the food being fried which causes the so-called bubbling.

When doughnuts or crullers are made the dough is prepared in much the same way as cake. The dough must be stiff enough to handle and roll out, though care must be taken not to mix in too much flour to make the doughnuts tough.

It is not necessary to roll out the dough with a rolling pin. It may be patted into the desired thickness, about 1/2 inch—in this way it is less apt to stick to the board.

**Doughnuts.**  
 4 cups flour  
 4 level teaspoons baking powder  
 1/2 level teaspoon salt  
 1 cup sugar  
 2 eggs, beaten together  
 2 tablespoons melted butter  
 1 cup milk

Sift flour, then measure, add baking powder and salt and sift three times, rub sugar and butter together, add well beaten eggs, then flour and milk, alternately. Turn out on a well floured board and roll out 1/2 inch thick. Cut with doughnut cutter. Let stand five minutes and fry in a kettle of hot fat. The temperature 340° to 370° F. Nutmeg or cinnamon may be added.

**Plain Fritter Batter.**  
 1 cup flour  
 2 level teaspoons baking powder  
 1 egg  
 1/2 cup milk  
 1/2 level teaspoon salt.

Add 2 tablespoons sugar if sweet batter is desired. Sift dry ingredients together. Add beaten eggs and milk and beat until smooth. Fry until golden brown in hot, deep fat at a temperature of 350-360° F.

**Apple Fritters.**  
 4 large apples  
 2 tablespoons powdered sugar  
 1 tablespoon lemon juice

Peel and core apples and cut in slices; add sugar and lemon juice. Dip each slice into plain fritter batter. Fry light brown in deep fat, at 365° F. Drain and sprinkle with powdered sugar.

Don't put off filing your Federal income tax return. Do it early and avoid the last minute rush which always precedes the final date for filing, March 15.

## POWDER CLUB NOW FORMED

North Powder Commercial Club Added to the County's Civic Organizations.

**NORTH POWDER.**—(Special)—North Powder Commercial Club is the name given to the civic organization which was organized at North Powder a short time ago. The officers that were nominated at the last meeting have been elected to their offices and A. G. Appel, A. C. Hess and Chris Peterson were added to the board of directors. A membership fee of \$2.00 was decided upon.

Frank Edwell and G. J. Senner, box were appointed on a committee to look after the roads. Meetings are to be held every second and fourth Monday of each month and the city hall was designated as the meeting place.

**Attended Anniversary.**  
 Mr. Hulsebon has returned from a business and pleasure trip to Salem, where he also attended the 25th wedding anniversary of his parents.

W. A. Hulsebon who has raised the hard Federation Wheat on his farm is going to sell a part of his crop to the International Harvesting Company who will plant on their experimental farm in South Dakota.

Jaet Gorham has sold some wheat to parties in the same section. Mr. Gorham raised about ten acres of wheat last year and it averaged forty bushels per acre. He feels that it is the wheat for the spring season for this part of Oregon as the growing season is short and this wheat matures in a short time in comparison to other spring varieties of wheat grown here.

A car of lambs shipped by James Wilson brought top price in the Portland Markets. The lambs sold at 14 cents per pound. John McPhee also shipped two cars of cattle and received a good price for them.

The ladies card club was entertained at the Gyllenberg residence by Mrs. Lee Gyllenberg and Mrs. Ben Evans. Many members of the club were present and some time was spent in playing cards. Mrs. C. J. Forestrom winning high honor and Mrs. Campbell winning the consolation prize. Before adjournment a delicious luncheon was served.

A number of local people attended the hard time party given by the Haines Ryebekah lodge last week. Arthur Olson received the prize for the best hard time character among the gentlemen and before the party adjourned a splendid lunch was served and all reported a good time.

Mr. and Mrs. Oscar Pileher and daughters, of Huntington, are visiting with friends and relatives. Mrs. John McPhee and little daughter, Leona, have been quite sick for the past several days.

Cleve Mercer spent the weekend with the home folks last week. He is teaching school at Weston, Oregon.

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They also inform us that the sudden change from soft sole to hard sole shoes is one of the initial causes of fallen arches and other foot troubles that come later in life. The infants' tender muscles are unable to bend the hard soles which does not permit the muscles of the arch to develop properly, causing them to sag or break down completely.

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## COVE GRANGE MEET IS HELD

**COVE.** (Special)—Mt. Fannie Grange held their regular meeting March 1, with a good attendance. They will entertain the Union County Pomona Grange on March 22. The basket social given February 23 by the Grange was a success and was enjoyed by all present.

Mrs. E. T. Howell returned Saturday from a short visit with relatives in Union and La Grande.

S. W. Koger has been moving building this week. A. L. Becker and family were business visitors to La Grande Friday.

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