

BERRIES BRING TWO DOLLARS

UNION, (Special)—Many Union people have been out in the hills during the last few days picking buckberries. The berries have been selling here for about two dollars a gallon.

A number of the lodges here have suspended their regular meetings till September.

Mrs. Dean Hutchinson, wife of the Eastern Oregon Light and Power Company agent here, is enjoying a visit with friends in Spokane, Washington.

Miss Edith Cheney, while attempting to cut some wood with an ax, had the misfortune to cut her foot so severely that the doctor found it necessary to use several stitches in sewing up the wound.

As is their usual custom on the 24th of July, the L. D. S. members held an all day picnic at the Kofford ranch, east of Union. This day is kept as an anniversary of the arrival of the Mormon emigrants at the shore of Salt Lake when they came west from the Mississippi valley. Sports, including an old fashioned picnic dinner, made up the day for the picnickers.

Mr. and Mrs. Charley Davis arrived in Union last Wednesday from their home in Oakland, California. They will visit with relatives and friends here for a short time, then in company with Union friends will go on an extended tour through the country.

Ram Dixon, formerly proprietor of the Turner pool hall and rooming house and restaurant on Main street, has moved to Weiser where he has bought into a similar business.

In honor of the occasion of her sixteenth birthday anniversary, Miss Irene Mickey, entertained about twenty of her friends at the home of her uncle, L. H. West, last Wednesday evening. Games, dancing and a lunch constituted the evening's program.

Miss Margaret Busick, formerly a teacher in the Union public schools, but lately having been attending a training school, has accepted a position in the Baker City schools.

D. A. Van Houten, Union marshal, and Mrs. Van Houten, arrived home Saturday evening from a visit with relatives and friends in Spokane, Portland and other places.

The firm of Harriman and Adams, who recently bought the Eastern Oregon Meat Market, has been dissolved. Mr. Adams is retiring from the business which will be continued by Mr. Harriman.

The Spencer pool hall, belonging to the K. P. lodge, is being improved somewhat, the interior being given coats of kalsomine and white paint.

The entertainers from the Children's Home in Des Moines, Washington, consisting of children of various ages who are all musical, gave an entertainment at the Coy theatre Sunday evening. The band arrived during the day and gave a street concert in the afternoon.

Union Man Very Ill.

Jack Wright, who has been in poor health for about two years, following an attack of the flu, has been growing worse in health both mentally and physically lately, and last Thursday his condition was such that the attending physician recommended that he be taken to Pendleton for treatment. Mrs. Wright was at the time working in Baker and was planning to move the family there in a short time.

Mrs. Annie Hatt and son, Charles, and daughter, Mrs. Ida Towser, arrived in Union last week from Nampa, Idaho, where Mrs. Hatt's husband, Jess Hatt, was recently buried. Mrs. Towser will visit with her mother and brother for a short time.

Ed Hall and John Scarborough, went to Pendleton last Thursday to accompany Jack Wright to the state asylum.

Little Miss Flora Hayden has been visiting with friends here during part of last week. The Haydens, who formerly lived in Union, are now residents of Baker City.

Garters for Men Banned At Western University

SEATTLE, Wash. (AP)—Rainbow-colored garters, some with squares of varied colors, others with polo ponies and mallets, footballs and other sport insignia, are being turned out by an eastern garter company for university men students, in an effort to overthrow a garterless tradition in colleges throughout the nation, according to samples shown recently by a salesman here.

The new masculine hose-supporters are said to "outshine" anything worn by the most dashing of bachelors.

The garterless tradition has been taken up by University of Washington fraternities here this year and has grown popular. The habit of leaving the lower buttons of the vest unfastened and allowing the clothes to become wrinkled and baggy has also been prevalent.

Dittors 40 Years in Business

YAKIMA, Wash.—The Dittor Brothers, Phil A. Dittor and Joseph E. Dittor, dry goods merchants, are observing their fortieth anniversary this week. Starting in business in 1884 at Yakima City they have witnessed every change of the city since engineers of the Northern Pacific railway first made their appearance and have been among the foremost citizens in every community effort for progress. Besides their store here they are interested in the same line in Portland, Ore.

Seventy, But Loved by Two!



Grim tragedy stalked in the wake of the love of two old men for 70-year-old Ida Hubbell above in the county relief home at San Francisco. Henry Mueller, 75 (below), awaits possible trial for manslaughter after a quarrel with Hugh McCloskey, 71, his rival for Miss Hubbell's favor. "You leave that woman alone," piped one of the old men. Then McCloskey tripped on a cane, toppled down the stairway, and was dead.



Malnutrition Is Found Among 'Healthy' Children

"Do" and "Don't" Specifications of Importance Are Given by Society.

NEW YORK, (AP)—The malnutrition of children in the United States constitutes a serious health problem, according to the New York Association for Improving the Condition of the Poor, which for the last four and a half years has been testing various methods of combating this evil. Some of the facts ascertained from the society's study are included in a statement given out here today.

It is not forth that among 2,181 apparently well children examined in the medical clinics of the society, 636, or 29 per cent, were diagnosed as malnourished. The society is seeking the most effective methods of correcting habits of eating or living which cause malnutrition and has issued a monograph entitled "Food for the Family," containing suggestions for proper feeding as a means of insuring proper nutrition.

This condition of malnutrition is not due to insufficient food, but to constant use of improper, chosen food or the inability of the body to make use of the food eaten because of insufficient air, rest, sunshine or physical defects. If these children were in danger from fire or industrial accidents, the report of the society says, every safety device and preventive measure known would be urged to protect them. Although the effects of malnutrition are much slower, often much more indirect and much less dramatic than those from fire or accidents, they are even more deplorable because of the larger number affected and the lingering misery resulting.

"Many a wage earner is unable to increase his income to the safety level because of health conditions due to poor nutrition. Too many children who apparently show no signs of disease or malnutrition are allowed to drift into the wage-earning period with only a part of their rightful earning capacity developed."

"Malnutrition thus concerns more than the individual or the family in which it occurs. It affects the whole country by reducing the economic production of the individual and thereby increasing the cost of living. Since much of the sickness and lowered vitality in later life is the result of poor nutrition, as physicians have frequently stated, the importance of providing educational guidance in nutrition as well as providing attention for the correction of physical defects is very great."

To ascertain what are the principal causes of malnutrition, the society analyzed the condition of 275 families among those which its nutrition bureau is now assisting. Of that number, 257 families required instruction in the preparation of the proper food; 185 needed assistance in the planning of meals; 46 families had to be helped in marketing, because simple foods, entirely strange to them, were recommended; white, special diets had to be planned for 55 families. Only 27 families needed financial assistance to provide adequate food. Greater economy was found to be necessary in 41 families, while in 60 families assistance took the form of helping them to readjust expenditures. Indifference, women working, and no one at home to look after the children, living conditions too congested, resulting in inadequate rest and improper ventilation; and mother ill, were other problems found to be responsible for malnutrition. A guide to proper nutrition

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Denver	2571	SHIP FOR ANY SALE AFTER AUGUST 1ST, LOAD SO AS TO BE HERE AT LEAST 3 DAYS PRIOR TO SALE. NOTIFY US A WEEK IN ADVANCE WHAT YOU ARE SHIPPING.
St. Louis	1766	
Chicago	827	
Wichita	665	
St. Paul	481	
Kansas City	414	
St. Joseph	267	
Omaha	193	
St. Joe	191	

Opening Fall Sale August 4th and 5th. Every two weeks in August and September. Every Monday thereafter. We solicit your business. Write or wire for information.

Colorado Horse & Mule Commission Company
By A. H. LANZMAN, Mgr.

which the A. I. C. P. will use in its efforts to reduce malnutrition among the tenement districts of this city included, in addition to suggested diets and menus, a "dozen good health rules for children," which reads as follows: Emphatically DO—

1. Use milk—fresh, clean, whole milk for children. Every growing child should have a quart a day, in some form.

2. Eat plenty of vegetables.

3. Be sure that a school child has a good lunch, not candy, pickles and ice cream cones.

4. Eat coarse food, such as oatmeal, bran muffins and vegetables, so that the bowels will not be constipated.

5. Eat slowly and chew food well.

6. Have the meals at the same hours each day.

7. Eat only bread, or crackers and milk, or bread and butter between meals, and only in the middle of the morning or the afternoon.

8. Wash hands and face before eating.

9. Drink plenty of water between meals.

10. Be in bed by nine o'clock or before.

11. Have windows opened in the sleeping room at night.

12. Brush the teeth at least once a day.

Important DON'TS—

Do not let the children eat pork or veal, much meat of any kind, fried foods, rich pies and cakes, strong spice and vinegar, green or spoiled fruit.

Do not let children drink tea, coffee, beer, wine, sodas.

Do not let them eat between meals, except the things named in No. 7 above. Do not let them eat candy, ice cream cones, nuts, cakes and cookies between meals.

Celebrate Golden Wedding

WENATCHEE, Wash.—Mr. and Mrs. George R. Fisher celebrated their golden wedding anniversary. They were married July 27, 1874, in Sanford, Dela.

They have three children and four grandchildren, all of whom are living. Mr. Fisher is city treasurer, having been elected in 1922. He was county treasurer for four years and formerly was connected with the First National bank.

Mr. and Mrs. Fisher received many congratulations from friends in Wenatchee and north central Washington.

Snake River Is Low.

LEWISTON, Ida.—W. W. Thomas, United States weather observer, reported water in Snake river at one-tenth of an inch above zero. In 1915 a registration of seven-tenths of an inch below was recorded.

As the lowest water in August, prediction is made that this year will mark the lowest stage in the Snake river ever known. That view is supported by the fact that advices show that all tributaries have already reached record low marks.

CHURCH GOERS READ WEATHER FORECAST NOW

WASHINGTON, (AP)—A minister using weather forecasts to fit the attendance to the capacity of his church and the services to the mood of the congregation, as affected by the weather, is the latest innovation in utilizing the government's prognostications that has come to the attention of Weather Bureau officials here.

The pastor of a large church in one of the country's large cities whose edifice is unable to hold all that come in "good church weather," but which is not filled in inclement weather or fine outdoor weather, telephoned the forecaster at the local weather bureau office every week for Sunday's weather prospects.

If the forecast indicates weather good enough for church, but not for golf or motoring, publicity through the newspapers is circulated and no attempt is made to increase the attendance, as the church will be crowded to capacity without such efforts. But if stormy or very fine weather is in prospect, special announcements of sermon and attractive musical programs are made in the newspapers and every means is used to arouse interest. A similar course is followed for the Wednesday evening prayer meeting.

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A good 5-room home, not modern, on East Penn Ave. Two lots, garage, city water, lights. This property is good and is priced right. \$599.00 cash, balance at \$25 per month.

Here is a 4-room house connected with sewer on corner lot, 60x50 in good location. Price \$1250.00. Terms, \$250 cash, \$30 per month down to mortgage now on property.

A 5-room comfortable home, large lot, 95x152, a few trees, bushes and shrubs, on East Y Ave. It is a bargain. \$1600.00. Terms, \$500 cash, balance arranged.

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Taste

tells why Borden's Evaporated Milk is used regularly in the homes of particular women everywhere. Once you get to know the taste of Borden's, no other will do. For cooking, especially, you'll prefer it even to bottled milk.

The creamy richness—the wholesome flavor of pure, fresh milk with the cream left in—and the convenience of always having it ready for use, in any strength you want—will soon convince you that you ought to lay in a dozen cans at a time. You will save money—your cooking and baking will taste better.

Try it—wherever the recipe calls for milk. But insist on Borden's!



Made in the Northwest

A Queen And Her Castle

THEY were seated in the living-room—Fred Henderson and his guest from the office—waiting for the dinner gong.

"Nice little home you have here, Fred. Everything so neat and in good taste. What's the recipe?"

"Credit the little woman in there. She's the home manager—art director, purchasing agent and general counsel on what to buy and how to buy."

"She knows! Reads the advertisements! Reasons that advertised goods must be right goods—in style, taste, quality; that they must be truthfully represented, and that they must be worth every penny asked for them. If they were not, the manufacturer making them or the dealer selling them could not long continue in business. Logical, isn't it?"

"Yes, sir, Bill, if I were as well informed on things to eat, clothes to wear and furnishings for the home as Louise, I'd kick up this bally job of mine and become an 'Expert Adviser to People Who Don't Read Advertisements.'"

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