

# LORETTA WINS DISTINCTION

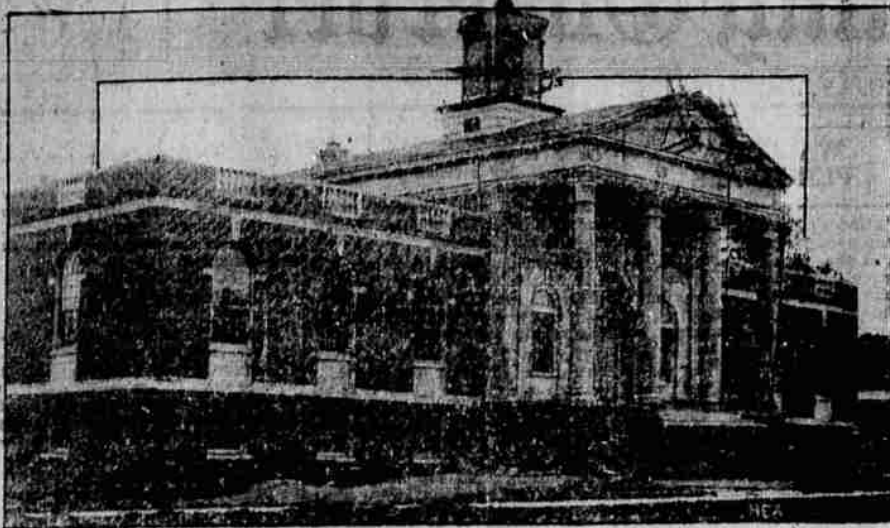
UNION, Ore., June 11. (Special)—If horses could talk, undoubtedly no animal on the stock show grounds could interest listeners with many personal reminiscences of political life and dignitaries as could Loretta D., the black mare on which Robert Withycombe circulates the grounds.

Loretta, soon to enter her twenty-second year, was Governor James Withycombe's private and favorite horse. She was purchased in 1915 in time for him to lead the Portland Rose Festival parade on her back, and was immediately expressed to Union that she might lead the entries in the Union stock show parade.

Every year since Loretta has taken a prominent part in stock show activities. Her part in the 1924 show is fitting of her age and past experience. She has led the parade both days, ridden Wednesday by H. J. Taylor, of Pendleton and yesterday by Governor Walter Pierce.

To prevent its destruction by moths, Paganini's famous violin has been removed from the glass case in which it has been kept since

# A Wonderful Church and No Congregation



A magnificent \$200,000 church is just being finished at Leary, Ill., which will have no congregation at all when its doors are thrown open. One J. T. Crambaugh, rich land owner, who died in 1905, left a \$200,000 tract of land to build and support a Spiritualist church, and he will be recently sustained by the supreme court after extended litigation. There is not a Spiritualist within miles of the church now.

his death in 1840, and is to be used more frequently.

Tired of the darkness and gloom of London's thick fogs, six resi-

dents of that city chartered an airplane for an hour's ride high in the air where they could see the sun.

The biggest piece of mica ever found was taken not long ago from a North Carolina mine. It weighed 2322 pounds and was worth approximately \$5000.

# President's Summer Neighbors Hardy Folk

PAUL SMITH'S, N. Y., June 11. (AP)—President Coolidge's neighbors at White Pine camp on Lake Umbagog this summer will represent the two extremes of the social scale.

Contrasted with the millionaires whose cottages and camps dot the shores of the many lakes in the Adirondacks are the mountain people who for generations have been wrestling a living from a reluctant wilderness.

These hardy North Country folk, as New York State likes to call them, are the descendants of the pioneers who blazed their own trails into the hills many decades ago, conquering every step of the way with a stubborn nature. Years or toll in a country where winter sits in the saddle for virtually eight months of every year have made them rugged in body and spirit, fearless yet God-fearing, silent and retiring.

The advance of civilization's practices, more evident each year as the state highways penetrate heretofore inaccessible parts of the hills, has brought to this country comforts and the simpler luxuries which the last generation never knew. There are still, however, many regions of magnificent views and beautiful waters where modern life has not yet been introduced. As President and Mrs. Coolidge motor among the mountains they will find folk who live in rude log cabins, farmers whose horses shy at automobiles and youngsters who run when they see a stranger.

such serious consequences the mother's tissues are loaded with effete matter and she is not so able as she should be to accomplish the effort of birth. It is wise, therefore, to limit protein foods, particularly meat and eggs, in the last three months and during the last weeks it is well to without them entirely.

One other dietary precaution. The woman should be careful about eating too heartily of any article of food that strikes her fancy or of over indulging at any meal. Trouble has resulted, following a holiday feast, or after gratifying the naturally capricious appetite. The watchword should be moderation in all eating. Precautions such as these although very simple are often of the utmost importance.

The ambition of the average man now is to build a home that will be as magnificent as a filling station.

NOTHING TO FUSS OVER.  
ROCHESTER, N. Y.—Jared Hill believes that a man's 50th birthday is nothing "to make a fuss over." "Being alive is happiness enough for one man," he says. He usually takes a four week vacation on his birthday "to get away from the people who come to see me on a show."

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# HEALTH

## DIETARY PRECAUTIONS FOR THE EXPECTANT MOTHER

(By SCOTT C. RUNCLES, M. D., Cleveland)  
Member Gorgas Memorial Institute  
"What shall I eat?"  
That is one of the most frequent questions asked by the woman approaching maternity. The idea is commonly held that by certain types of diet the child can be affected in various ways—particularly that if certain foods are omitted the baby will be small and the birth easy. As sometimes happens, traditions here leads to a well advised measure, but does so from a fallacious motive.

The expectant mother needs careful oversight. Diet is one of the items that must be watched in order that possible troubles may be averted. An obstetrician should be consulted early for his advice is not only helpful in overcoming nausea and other attending discomforts, but more particularly because he can usually prevent the development of conditions that might prove serious. Guidance regarding diet is an illustration in point.

Expectant mothers ordinarily eat without thought of any possible danger resulting, and usually there is no apparent injury. Nevertheless, instances are too frequent when a mother becomes seriously ill and loses her life or that of her baby because of dietary indiscretions. And there are numerous cases of discomfort and organic injury caused by lesser degrees of toxemia which might have been prevented by dietary care.

The belief, however, that the baby can be influenced by regulating the diet, that it can be made smaller or have different characteristics developed, is absolutely disproved. The child takes from its mother what it needs regardless of her desire or ability to spare it. Witness the mother's decaying teeth.

The debt of the United States government at the end of 1925 was four per cent less than at the end of 1924, according to department of commerce figures.

If there be a lime lack, or the plump baby of the mother rapidly wasting with tuberculosis. If the mother undernourishes herself the injury is her own as the baby draws on her reserves.

It is important that the protein foods be limited as to quantity. There is a tendency on nature's part to store certain materials derived largely from protein, in the latter months, and, if nature is allowed free rein, these stored materials may pass the safety mark and become toxic.

An expectant mother should be carefully watched for this accumulation and kept within safe bounds by proper elimination and limitation. If toxins accumulate there is danger to both mother and child. The unborn child may die without apparent trouble on the mother's part; or convulsions may develop which are often fatal to either or both.

In similar cases that do not have

# Banking

There are times when our service is other than taking care of your deposits.

A little good advice, if we can give it, is sometimes part of our business.



Skaggs Stores carry a wide variety of lunch goods and foods for the camper—the sort that go fine with fried trout or—without them. Some of these are featured today at prices which will save you enough to go a long ways toward paying for the trip.

# All Week Feature Prices

IN EFFECT UNTIL FRIDAY, JUNE 18TH

FRUITS AND VEGETABLES	LUNCH GOODS
New Potatoes—Fancy grade.....4 lbs. 25c	Norwegian Sardines—Fancy .....8 cans \$1.00
Bananas—Golden Fruit.....2 lbs. 25c	Fancy Chinook Salmon—1/2-lb. tins .....2 for 45c
Lettuce—Firm, crisp heads, ea. 10c	Baked Beans, "Heinz"—Medium tins .....3 for 43c
White Wax Onions—15 lbs. \$1.00	Olives—Green or stuffed—2 bottles 35c
Oranges—Medium size...2 doz. 65c	Olives—Ripe, large fruit can 30c
Old Potatoes—Netted Gems 100 lbs. \$2.75	Potato Chips—Fresh and crisp, 3 for 29c

CEREALS AND FLOUR

Shredded Wheat.....3 for 35c	Corn Flakes or Post Toasties.....3 for 29c
Cream of Wheat.....3 for 73c	Kerr's Rolled Oats.....Large pkg. 29c
Kerr's Hotcake Flour.....2 pkgs. 55c	Flour—"Oregon Beauty".....49 lbs. \$2.19
Flour—"Oregon Beauty".....1 barrel \$8.69	Flour—"None-To-Equal".....49 lbs. \$2.13
Flour—"None-To-Equal".....1 barrel \$8.49	Germea or Farina.....10 lb. bags 54c
Rolled Oats.....10 lb. bags 55c	Puffed Wheat.....3 pkgs. 43c
Swadown Cake Flour.....pkg. 40c	Grape Nuts.....3 for 50c

CANNED GOODS

Peas—Standard grade.....8 cans \$1.00	Peas—Fancy sifted sweet.....2 cans 45c
Corn—Country Gentleman.....4 cans 89c	Corn—Whole Grain Sugar Corn.....Can 10c
Tomatoes—Best Solid Pack.....6 cans \$1.00	Tomatoes—With puree.....8 cans \$1.00
Pineapple—No. 2 1/2 tins, best broken slice—4 cans 89c; Case (24) \$5.15	Peaches—Good fruit in a medium syrup—4 cans 89c; Case (24) \$5.15
Honey—Fancy light strained—5 lb. tins 75c; 10 lb. tins \$1.49	Syrup—Skaggs Pure Cane & Maple—2 1/2 lb tins 53c; 5 lb. tins 89c; 10 lb. tins \$1.59

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