

# NEWS of SOCIETY

## Callers Compliment Recent Bride

A postnuptial compliment was paid Mrs. H. Ralph Clark, a bride of last month, when Mrs. Robert Clark, her mother-in-law, and Miss Blanche Clark, sister-in-law of the honoree, received about 60 callers at their home, 2002 Oak street, between the hours of 2 and 5 o'clock this afternoon.

## Smart Coiffure



For the growing bob and the girl who does not wish to wear a transformation.

## Aid Society Enjoys Afternoon

Seven visitors were among the 16 women present when the Ladies Aid society of the Zion Lutheran church met for a social afternoon at the annex of the church Thursday, Mrs. N. Nelson, president, presided. After a program of piano and vocal numbers by Miss Emma Warren, a luncheon was served by the hostesses, Mrs. W. P. Moore and Mrs. J. Schilling.

Mrs. Nelson has invited the society to her home on Oak street for a social meeting July 22.

## Campfire Girls Meet At Lindgren Home

The Soangetaha Campfire Girls organized in La Grande about a month ago, met at the home of their guardian, Mrs. L. V. Lindgren, Thursday afternoon and talked over plans for a possible two-weeks outing at Wallowa lake later in the summer.

Miss Dorothy Brownston is president of the new group of Campfire Girls, which succeeds a unit that expired about a year ago. Other officers are Miss Ellen Hiechy, vice president; Miss Lucille Metcalf, secretary; Miss Mildred Bradshaw, treasurer; Miss Lenore Ely, scribe, and Miss Jean Williams, countkeeper.

The name Soangetaha, which the girls have chosen as their title, means "stronghearted," they explain.

A program of activities is to be outlined soon by a committee to which Miss Ely and Miss Bradshaw were appointed yesterday. The girls have already enjoyed a swim and a hike, and plan to go to Cove again next Thursday.

Miss Metcalf and Miss Williams have been placed in charge of the membership expansion.

At yesterday's meeting, the girls decided to hold a candy sale the evening of the historical pageant on the athletic grounds. Miss Williams was instructed to select a suitable location for the stand, and Miss Ely was chosen to plan the decorations.

The girls will meet each Thursday afternoon.

## WHITE FLANNELS POPULAR

NEW YORK, July 9. (AP)—Red flannels have gone out, and white flannels have come in.

Tennis jerseys of thin, soft white flannel, resembling nothing so much as a good substantial mid-winter undershirt, come out into the summer sun as the last word in this season's smart woman's sport apparel. The price alone makes wide the distinction between overshirt and undershirt.

## FIRE FIGHTERS RECRUITED

VISALIA, Cal.—Fifty forest fire fighters were recruited here last night to fight a new brush and timber fire on Salt Ridge back of Three Rivers. The fire was started by lightning Sunday but broke bounds yesterday. It threatened Sequoia national park and wooden power flume of the California Edison company.

## SHOTS FOLLOW GABBLE

SACRAMENTO—Thomas Hanley, 50, felt he couldn't listen to another word of the life story Charles McKay, 45, insisted on keeping him awake in jail, so he shot McKay and asked a friend to call an ambulance. Police are looking for Hanley and the story teller is in a hospital.

## Pillow Bag



For the summer traveler is this "pillow" bag. It is of soft, grained material, padded to pillow proportions, with four pockets inside and a zipper fastening.

## Microscope Prolongs Life of Man of Today

EUGENE, Ore., July 9. (AP)—Microscopic research is prolonging the life of man, and he may yet attain three score and ten years promised in the Scriptures, according to Dr. Wm. J. Mayo, co-founder of the Mayo Institute at Rochester, Minn., who was the guest of the Lane County Medical society at a dinner given here last evening.

Since the use of the microscope, the average life of a individual has been extended from 42 to 58 years, Dr. Mayo said. Cancer is the one great question before the medical world now, he said.

## PARK PERSONALS

THE PARK, Ore. (Special)—Rosco Furman, of Imbler, and Ida Hunter, of Catherine creek forks, were callers at the Clarence Vanorder home recently.

Mr. and Mrs. Sisson, of Look-out Mountain, spent July 4th with their daughter, Mrs. Robert Miller, and her family.

Joe Lay and son Laurel were La Grande business visitors Monday.

Miss Clara Lay attended the July 4th celebration at Cove. She is visiting Ruth Baxter, of Union, at present.

Oswald Volkswinger, of Island City, spent several days visiting with Mr. and Mrs. J. B. Hunter, at Catherine creek forks.

Robert Hillier, of Look-out Mountain, spent the Fourth of July with his sister Mrs. Robert Miller.

Mrs. Bert Vandevanter and children celebrated Independence day at Cove with her sister, Mrs. Mary Daron.

Mr. and Mrs. Bert Vandevanter visited her mother, Mrs. Franklin Miller, near Baker recently.

Mr. and Mrs. Urdell Lay and Mrs. Joe Lay and children spent the Fourth of July with Mr. and Mrs. George Baxter, of Union.

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## HEALTH

### Danger Signals in the Mental Life of the Child

(By E. Bosworth McCready, M. D. (Pittsburgh, Pa.)

Member Gorgas Memorial Institute

Of every 1,000 children who survive the dangers of birth, infancy and early childhood, 10 are definitely feeble-minded, 40 will become insane, 80 will enter prisons and other correctional institutions, and an incalculable number of others are destined to become nervous invalids, cranks, eccentrics, dependents, and misfits of various kinds. Upon the more normal remainder depends the preservation of civilization and the support of the less fortunate.

The Gorgas Memorial Institute realizes that much of this burden of misery is avoidable through early recognition of the signs of abnormality and the institution of proper prevention and remedial measures.

The abnormal child can sometimes be recognized by his physical appearance alone. Thus his head may be out of proportion with the rest of his body, overlarge or too small. A protruding, swollen tongue, dry wrinkled skin and unusual distribution of fat characterizes a condition of defective mental and physical development due to absence or deficiency of the thyroid gland. In these children cure may follow proper treatment.

Extreme and persistent irritability and fretfulness even in babyhood indicate an unstable nervous system, often including mental defect. On the other hand, the extremely good baby who lies quietly all day long without interest in his surroundings may, by this inertia, show his deficiency.

Every year 50,000 individuals enter our state hospitals for the insane. Fifty thousand in one year, one million in twenty years while an untold number remain outside who, while perhaps not actually insane, are a burden and a vexation to themselves, a worry and a source of sorrow to their families and friends.

Of this multitude of people, in one generation, destined to lose so much of the fullness of life, many can be saved through early recognition of their tendencies followed by proper measures.

Habitual perversity, the tendency to do always the opposite thing, and to resist simple and sensible directions is significant. Bullying and its opposite of self-deprecation and self-consciousness both have their origin in a sense of inferiority, a mental state which presents serious dangers to mental equilibrium.

Tantrums are of serious import. Violent like and dislikes, strange fears, a constant craving for excitement, disregard for the rights and feelings of others, lack of proper affections, sleep-walking, night-terrors, pining, persistent and useless lying and cruelty, are all conditions which require attention.

A lively imagination is a valuable asset, but when the child loses his sense of reality in his imaginings and occupies himself either in exclusive day-dreaming or in useless and fantastic fabrication, the problem is a serious one.

It is just as important that symptoms of mental and nervous abnormality receive the attention of a physician who understands their import as that proper medical advice be sought in scarlet fever, tuberculosis, appendicitis, or any other serious disease.

A naval reserve consisting of 675 acres of public land in Louisiana, set aside in 1820 for the live oak timber upon it to be used for wooden naval vessels has been restored to the public domain. Preference in entry is being given to war veterans.

# JUST ALMOST STARVED HERSELF FROM DIETING

## Portland Woman Suffered Agony Day And Night, But Karnak Worked Almost Like Magic in Her Case And Now She Is in Splendid Health Again.

"I simply suffered five years of agony before I got Karnak and I can never praise this medicine enough for putting me in such splendid health again," declares Mrs. J. Schmitt, Route No. 7, Box 395, Portland, Ore.

"Stomach trouble just kept me in torture day and night," continues Mrs. Schmitt. "I almost starved myself dying. Then came an operation, and later on another operation, but I kept getting worse all the time."

"The least noise would put my nerves on edge, and I was so weak and trembly I shook like a leaf, palpitation and gas pains just kept me weak and worried sick. I lost weight till I had no color, and I was just forced to see my housework go undone. Why, I wasn't worth a cent as far as

work was concerned, and I was too weak to stay on my feet fifteen minutes at a time.

"I had sharp shooting pains through my back and sides, and I could never get any restful sleep. I would just lie awake in misery, and wonder if there was any medicine or treatment that could ever give me any relief."

"But one day my husband brought me home two bottles of Karnak and I will always bless the day he did. Why, this medicine just worked almost like magic in my case and since taking four bottles I now eat meat, potatoes and just anything else I want without it ever hurting me one bit afterward."

All those aches and pains are gone. I sleep like a child at night, and mornings I just feel as fresh as a daisy. I can do my housework without it even tiring me now, and I just feel the good of Karnak to my fingertips now. My husband is now taking Karnak with splendid results, and we wouldn't be without it. We call it our family medicine."

Karnak is sold in La Grande by the L. & L. Drug Co., and leading drugstores everywhere.—Adv.

## Sister Mary Says:

Breakfast—Raspberries, cereal, thin cream, crisp graham toast, milk, coffee.

Luncheon—Scalloped spinach, whole wheat bread, ginger bread, milk, tea.

Dinner—Salisbury steak with baked bananas, buttered rice, creamed green beans, jellied cabbage, huckleberry roly-poly, rye bread, milk, coffee.

If shredded cabbage is added to a tart lemon jelly and the mixture placed in the ice-box to chill and become firm a simple delicious

salad is the result. You can use your favorite brand of prepared jelly or gelatine and add lemon juice to suit your taste. To make the salad a bit more festive, coarsely chopped nuts can be sprinkled over just before serving. Nuts lose their crispness if allowed to stand in a gelatine mixture.

Scalloped Spinach.

Two cups chopped cooked spinach, 1/2 teaspoon salt, 1/4 teaspoon pepper, 3 hard cooked eggs, 1 cup finely chopped cooked ham, 1 cup white sauce, 4 tablespoons grated cheese, 4 tablespoons butter.

Season spinach with salt, pepper and butter. Put half of it into a well-buttered baking dish. Cover with a layer of ham. Pour over white sauce and add eggs cut in thin slices. Cover with remaining



Of course you can bake with any kind of baking powder, but when you bake fine things, nothing ever takes the place of a cream of tartar baking powder.

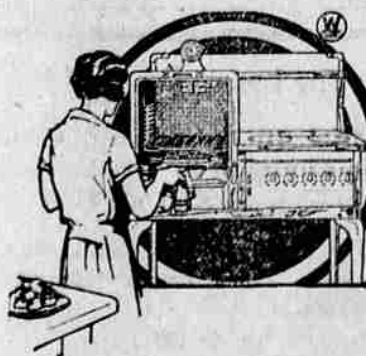
# Schilling Baking Powder



[comes in full pound (16 oz.) tins]

# Special Offer June 10 to July 10

MAKE YOUR OWN TERMS



Westinghouse Electric Ranges Eastern Oregon Light & Power Company

"Cook by Wire"

spinach. Sprinkle with grated cheese and cover with buttered crumbs and thoroughly heat the mixture.—(Copyright, 1926, NEA Service, Inc.)

## Women Thank

Science for this new hygienic pad that discards easily as tissue — no laundry

THERE is now an exquisite successor to the old-time "sanitary pad." A new way that offers far greater protection. A way that ends the old problem of disposal.

Eight in 10 better-class women now use "KOTEX."

Discards as easily as a piece of tissue. No laundry. No embarrassment.

Five times as absorbent as ordinary cotton pads.

Deodorizes, thus ending ALL danger of offending.

Obtainable at all drug and department stores simply by saying "KOTEX." You ask for it without hesitancy.

Package of 12 costs only a few cents. Proves old ways a needless risk. In fairness to yourself, try it.

## KOTEX

No laundry—discard like tissue

Protection Against Summer-Colds

# SCOTT'S EMULSION

Rich in Cod-Liver Oil Vitamins Pleasant To Take

Scott & Bown, Boston, U.S.A.

## July Clearance

Pacific Package Stamped Goods

# 1/3 to 1/2 Off

## PUTMAN'S

Ready-To-Wear and Millinery

## Start Every Day with

# Quick Quaker

Food that "stands by" you

—an excellently balanced food in protein, carbohydrates, minerals and vitamins —plus the "bulk" that helps make laxatives seldom needed.

Cooks in 3 to 5 minutes—That's faster than plain toast!

## What A Disappointment.

Did you ever want to call a friend by telephone quickly and find that he had no telephone? You know what a disappointment it was.

A telephone is not only an invaluable aid to you in your home or business but it makes it more pleasant for your friends.

## Home Independent Telephone Co.

LOOK OVER OUR WANT ADS FOR BARGAINS

## What Is The Value of Money?

IF ITS VALUE IS DETERMINED by its purchasing power, then give it an opportunity to do its best for you by Trading at STONE'S CASH STORES.

LA GRANDE'S LOWEST PRICED FOOD STORE Some Values You Will Readily Recognize—Compare the Price.

Swansdown Cake Flour Regular size, per package .....35c	New Potatoes Best grade, 10 pounds.....29c 50 Pounds .....\$1.45 100 Pounds .....\$2.85
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Oval Sardines Large size, assorted Tomato or Mustard, 2 for.....25c	Certo Lay in your supply now, 3 bottles for.....89c
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Guaranteed—SPERRY'S HARD WHEAT FLOUR—It Satisfies

49 Pound sack.....\$2.15	Per Barrel (4 sacks).....\$8.45
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CANNING SUPPLIES—RIGHT PRICE—BUY NOW

Kerr Mason Jars Quarts .....97c Pints .....87c 1/2 Gallons .....\$1.42	Jar Caps Economy, 2 doz.....55c Ideal (glass top), 2 doz.....55c Kerr Mason, 2 doz.....55c	Jar Rings Red Double Lip, 4 doz.....25c Tex Wax, per lb.....14c
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Mother's Oats Regular size package, Aluminum, each .....29c	Post Toasties Regular size, 3 packages for.....25c
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P. & G. Laundry Soap, 10 bars for.....39c	Raspberries Choice, for canning, Crate .....\$2.50
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Karo Syrup At a Big Saving No. 10 Blue .....69c No. 10 Red .....75c No. 5 Red .....38c No. 5 Blue .....35c	Amaizo Oil 1/2 Gallons .....98c Quarts .....49c Pints .....25c A Stone Value
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Complete Assortment of the Finest of Fruits and Vegetables in Season.

# STONE'S Cash Stores

Orders Over \$2.50 Delivered Free. Located next to Arcade Theater, La Grande, Ore.

Free. Use Your Telephone—Any Order Over \$2.50 Delivered

PAY CASH AT STONE'S AND PAY LESS.

"...in the quick and cool way to chase thirst away"

# TREE TEA

ORANGE PEKOE

Iced

## Minerva Says---

Just received—an all patent 2 eyelet Oxford with open-work on vamp, good, conservative Cuban heel, alligator trim on toe. This is one of our new patterns and very dressy for all occasions. Priced at \$7.50. All sizes, 21 to 9.

Silk Spuntex Hosiery for ladies at \$1.00, \$1.25 and \$1.50. New styles and shades.

## THE BOOTERY

"Pay Cash and Pay Less." No credit.

## "Then I'll Be Happy"

Don't settle into smug happiness until you have attained your heart's desire.

If, as a progressive housewife, yours is a beautiful Electric Range, do not be satisfied until you have installed one of our

## Universal Electric Ranges

Then You'll Be Happy

## La Grande Electric Co.

1412 Adams Ave.

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