

SOCIETY NEWS

Married Here This Morning

At 9 o'clock this morning Miss Myrtle Griffith and Carl R. Ittiff, both of this city, were quietly married at the George Richardson home on Second street. The Rev. George A. Pollard, of the First Baptist church, performed the ceremony. The happy couple were accompanied by Miss Irene Griffith and Eugene T. Moon, also of this city.

Mr. and Mrs. Ittiff left soon after the ceremony for a short honeymoon trip. They will return to La Grande to make their home.

Three Weddings Solemnized Here

Three weddings of interest to people here were solemnized by H. W. Parker, pastor of the First Methodist Episcopal church, at the parsonage of the church over the week end. The first marriage was that of Miss Florence White and James Louis Kleinfelder, which took place Saturday at noon. The happy couple were accompanied by Mr. and Mrs. H. R. Ledbetter, both Miss White and Mr. Kleinfelder are from North Powder, where they will make their future home.

On the same day at 5 o'clock in the afternoon Miss Elizabeth Allen, of Cottage Grove, was united in marriage to James A. Osborn, of Summerville, by the Rev. Mr. Parker. Mrs. Effie Rommavell, sister of the groom and Mrs. H. W. Parker witnessed the ring ceremony. Both Miss Allen and Mr. Osborn have many friends here. She has been teaching school at Cottage Grove for some time. They will make their home at Summerville where Mr. Osborn is engaged in farming.

On Sunday afternoon at 1 o'clock Miss Francis J. Johnson, of Spokane, Wash., and Thomas E. Ratcliff, of Enterprise, were joined in marriage. They were accompanied by Mr. and Mrs. C. F. Westfall. Mr. and Mrs. Ratcliff will make their home at Enterprise where he has a position with the Ford agency.

Campfire Girls Enjoy Outing

Several members of the Sonnetta campfire girls organization here enjoyed a meeting at the cabin of Mr. and Mrs. George Birnie in Mill canyon Friday night. The girls spent the night at the cabin holding their meeting in the evening. Suggestions were made for a symbol for the local campfire girls group. Plans are to enlist several new members to the organization.

In the morning the girls enjoyed a horseback ride and honors were given for saddling and leading the horses. Dorothy Brownton and Lenore Ely won honors in this work. Jean Williams and Elton Biehey helped Miss Brownton and Miss Ely in cooking the breakfast over hot stones. The girls fried bacon and eggs on the stones and toasted buns over the hot coals. Mrs. H. R. Brownton drove to the camping place with the girls and they biked back.

The next meeting of the campfire chapter will be at the home of Miss Dorothy Brownton next Friday, when something special is promised the members. They are also planning a swimming party at Cove Wednesday, September 1, when the girls will earn honors for

Minerva Says---

We received Saturday, Aug. 28 a new shipment of Tweedie new Fall Slippers and Oxford—patent, reptile trimmed in high and low heel. Also a new Oxford in open work front, color, hazelwood, and reptile trim, Cuban heel, latest novelties. A few broken sizes in our July shipment at \$1.95. These are snappy slippers, if you can get your size.

Chiffon Silk Hose, 75c per pair.

THE BOOTERY

Where the price is inviting.

Just Received!

Shipment of Aluminum ware—any utensil you may need.

Also some swell fancy Glass Ware.

F. L. LILLY Hardware

Main 85

In Four States



The prettiest girl in four states is Miss Sarah Neumann of Evansville, Ind. She won at a contest in Indianapolis over beauties from Indiana, Ohio, Kentucky and Illinois. And instead of going to the Atlantic City pageant she'll go to Hollywood, where she has been offered a movie contract.

minutes. Remove from fire and let peaches stand in the syrup until cold. Drain and roll in coconut. Serve with plain cream and some of the peach syrup.

Dr. J. M. Canse to Be President of College

PORTLAND, Ore., Aug. 29 (AP)—Dr. J. M. Canse will be president of Kimball school of theology on the campus of Willamette University, succeeding Dr. E. C. Hickman, who resigned after the trustees had declined to move the school from Salem to Seattle. It was said here Saturday.



JENNY BOUNCE AND HER RIDER, MISS MARY BEARD, clear the poles in the Tuxedo Junior horse show at Tuxedo Park, New York. The cameraman caught the horse just as her fore feet touched the ground. Note position of tail and hind.



OFFICE CAT

VARIETY IS THE VICE OF LIFE.

It is eighty-five years since the first time-table was produced. All the trains mentioned in that volume are in by now!

This country had a streak of luck when Florida and California were put two thousand miles apart.

Two years ago everybody was talking about MaJone and now they are all talking about Ma Ferguson.

"What would your father say if he saw you out at this time of night?" "He'd say, 'don't tell me.'"

MOTHER GOOSE UP TO DATE Jack and Jill— Sped up a hill— A curve up there was sharp, The car upset— Jack's rolling yet— Jill's playing on a harp.

How To Requite: Push away from the table three times a day.

Adam and Eve had to believe in love at first sight or none.

Having a choice between starvation and a profane school teachers choose both.

Nevertheless it could be worse. Suppose Vice-President Dawes had an official spokesman.

We like 'em better sweet and harmless than brilliant and crafty.

Short dresses make men more pliant. You seldom see a man get on a street car ahead of one.

Hard (in the street car): "Why in the mischief don't you put your feet where they belong?" "Hilled: 'If I did, you wouldn't be able to sit down for a month.'"

Customer (to head waiter): Just for a point of information, did the waiter who took my order leave my family?

If a man is down in his collar the chances are he is out.

Let Kansas Beat This One



Kansas is supposed to be the sunflower state. But California boosters think their state can beat 'em all, and maybe they're right. This shows Miss Gladys Kenyon holding a sunflower grown at Hayward, Calif. It's 17 inches in diameter and weighs 16 pounds, nine ounces.

HEALTH

HOW TO LIVE WITH HIGH BLOOD PRESSURE (By Walter J. Wilson, M. D., Detroit, Michigan)

Member Gorgas Memorial Institute

People with very high blood pressure may live for years, provided they have inherited a good arterial system, eat the proper diet, and do not undertake too strenuous physical exercise. A great many premature deaths are prevented by the physician who discovers high blood pressure and advises the patient how to live with it.

High blood pressure may be a symptom of heart disease in which the valve affected is the one that prevents, normally, the return of blood to the heart after it has been left. When this valve does not work properly, the heart has to work harder in order to maintain a sufficient flow of blood. With this increased effort the blood pressure rises. This defect may be caused by either rheumatism or venereal disease, proper treatment of which will in many cases, lower blood pressure.

Another important cause of increased blood pressure is kidney disease, such as scarlet fever, tonsillitis, rheumatism, the excess formations around the teeth. Careful treatment is necessary when these diseases are present, to prevent development of kidney disease and, with it, later development of high blood pressure.

Another cause of increase in blood pressure is arterial disease. This may be caused by the infectious diseases previously mentioned and requires the same preventive measures. It is especially important in all these cases to keep the blood in circulation, in as bland and unstimulating form as possible. For this reason, all irritating substances, such as the various seasoning agents, mustard, horse-radish, pepper, and vinegar, also alcohol, should be sparingly used.

Reduction in the salt intake will very often lower blood pressure markedly. Tobacco also has an ef-

fect of contracting the blood vessels and should be omitted or used in very moderation. Physical exercise should still be carried out in order that complete transformation of food may take place, preventing increase in the poisonous substances which irritate both the blood vessels and the kidneys.

High blood pressure and hardening of the arteries do not necessarily accompany each other. A pipe-stem artery may be accompanied by low blood pressure, and arteries which may feel normal may still be subject to high blood pressure.

The chief danger in high blood pressure is rupture of the blood vessels, which is especially likely to take place on some sudden increase in physical exercise, such as climbing many flights of stairs or a hill—or under undue excitement caused by unusual anger or joy. Nervous tension is one of the contributory causes of high blood pressure. It is therefore necessary in all these cases to modify the person's manner of living so that the tension which usually accompanies business activity may be avoided.

To prevent high blood pressure, prevent infectious diseases or, if contracted, take a long convalescent period, eat proper food, see



SPEND LABOR DAY IN PORTLAND
Special Coach

Excursion to PORTLAND

Saturday, September 4th
Returning Monday, Sept. 6th
ROUND TRIP
\$6 From La Grande

Lv. La Grande 8:20 P. M. Saturday
Ar. Portland 7:20 A. M. Sunday
Lv. Portland 8:00 P. M. Monday

The low fare adds an extra inducement to spend a wonderful week-end over Labor Day in Portland. Visit the Parks, Dance Pavilions, Amusement Parks. Enjoy the Pacific Coast League Baseball Games (doubleheader Monday), and see Portland's new million dollar movie.

For further information and tickets, see Local Agent at Depot.

UNION PACIFIC

New Windsor Crepe de Chine Ties

In plain and figured patterns. Moderately priced.

PUTMAN'S

Ladies' Ready-To-Wear and Millinery

Radio

TUESDAY, AUGUST 31
Mountain Standard Time Stations
CNRR, Regina, Can. (312.3m-060ke), 8 p. m., McQuarrie's concert orchestra; Pragnall trio.
KOA, Denver, Colo. (322.4m-030ke), 6:30 p. m., Brown Palace string orchestra.
Pacific Standard Time Stations
KPWB, Hollywood, Cal. (230m-190ke), 7-8 p. m., program; Morris and company; 8-10, studio program; 10-11, Warner Brothers' orchestra.
KJH, Los Angeles, Cal. (405.2m-740ke), 6:30-7:30 p. m., weekly visit of Queen Titania and the Sandman; 8-10, de luxe studio program; 10-11, L. A. City dance orchestra.
KNX, Hollywood, Cal. (330.0m-800ke), 7-7:45 p. m., program, John A. Vaughn corp.; 7:45, health talk; 8-9, Builders' Finance association program; 9-10, Western Auto Supply Co. program; 10-11, Edgewater club dance orchestra; 11-1 a. m., Ambassador hotel dance orchestra.

Most Women

Have stopped old hygienic methods to assure real immaculacy. NEW way gives true protection—discards like tissue

FEW modern women but employ a new and different way in hygiene. A way that supplants the old-time "sanitary pad" with true protection.

Wear filmy frocks and light things... any time. Dance, motor for hours without doubt or fear.

It is called "KOTEX"... five times as absorbent as the ordinary cotton pad!

Thoroughly deodorizes... thus ending ALL fear of offending.

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

You ask for it without hesitancy at any drug or department store simply by saying "KOTEX." Costs only a few cents. Proves old ways an unnecessary risk.

KOTEX

No laundry—discard like tissue

Mattresses - Rugs

Cleaned - Rebuilt
Feather Mattresses Made
Fluff Rugs Made from
old carpets.
Furniture Repaired and
Recovered.

La Grande Mattress & Weaving Works

Licensed Fumigator
PHONE 431-W
Chas. Edwards, Prop.

LINOLEUM REMNANTS

Inlaid Print and Felt Base Floor Coverings
At Reduced Prices.

Your Credit **CARR'S** Is Good

TRY

The Oregon Hardware

FIRST

School Days

IT will soon be time for the youngsters to be going back to school. Make sure that they are healthy by giving them plenty of pure milk and cream. Pasteurization of our milk assures its being absolutely pure.

BLUE MOUNTAIN CREAMERY

R. F. TYLER, Prop.
Telephone Main 60 1109 Washington Ave.