

LaGrande Evening Observer

(Incorporated)
An Independent Newspaper

FRANK R. APPELBY, Editor and Publisher
HARVEY F. MATTHEWS, Business Manager

Published evenings, except Sunday, at 1416 Adams Avenue, La Grande, Oregon. The Observer-Star published every Friday. Entered at the Postoffice at La Grande, Oregon, as Second Class Mail Matter under act of March 2, 1879.

OFFICIAL PAPER OF UNION COUNTY AND THE CITY OF LA GRANDE

MEMBER ASSOCIATED PRESS

The Associated Press is exclusively entitled to use for publication of all news dispatches credited to it or not otherwise credited if published therein. All rights of republication of special dispatches in this paper, and also the local news herein, are also reserved.

SUBSCRIPTION RATES

By Carrier
Daily, per month in advance.....75c
Daily, per six months in advance.....\$4.50
Daily, single copy.....6c
By Mail
Daily, per month in advance.....50c
Daily, per six months in advance.....\$2.50
Daily, per year in advance.....\$5.00
Weekly Observer-Star, per year.....\$2.00

ADVERTISING RATES

Display, foreign, per column inch.....42c
Display, local, per column inch.....40c
Time contract rates on application.



GOD'S PEOPLE KNOW—"Ye know in all your hearts and in all your souls, that not one thing hath failed of all the good things which the Lord your God spake concerning you." Job, 23:14.

WALKING AID TO PERFECT HEALTH

By DR. FREDERICK STRICKER

In order that the human body may be in perfect health as to its circulation, digestion, nervous system and muscular system, exercise is absolutely necessary. More ill are caused by disordered activity in organs as a result of errors in diet, rest, and exercise than are caused by actual disease processes. The various physiological processes of the body depend for their proper performance on activity. The lungs will not function properly if the chest is not well expanded. Indigestion will result if there is an inactivity in the stomach and intestines. The heart structure will fail in its efficiency if an excess of fat accumulates in and around its muscular walls, or increases its work by a disproportionate deposit of fat through the body generally. The nervous system is prone to certain functional disorders such as irritability, insomnia, etc., resulting from the prolonged irritation by poison created by the body's inactivity.

Some form of exercise is necessary to keep the body in perfect health. The most universal and beneficial exercise is walking, for the amount, the rate, and the type, are each easily regulated to the particular needs of the individual. Walking is a pleasant form of exercise, easily obtainable and means while an abundance of fresh air and sunlight are possible. Almost two-thirds of the muscles of the body are involved in walking; this exercises the larger portion of the body muscles. The nervous system, the circulatory, the digestive apparatus, are all stimulated by walking.

Right Attire Necessary

To get the greatest benefits from walking, one must have in mind proper attire. Properly fitted shoes are essential; they should not be too wide and they should be long enough so that the top of the foot does not touch the ends of the shoe, and yet at the same time big enough to allow the wearing of wool hose. In summer or winter, the use of wool socks covering the feet makes for comfort in walking. The rest of the clothing will be indicated by the season, though wool of different weight is to be preferred. Walk with the weight carried on the outer side of the foot, placing the feet on the ground parallel to each other. The chest should be carried well forward and the arms should swing easily at the sides. The stride and rhythm are important because unless there is a free swinging of the arms which is accompanied by a slight turning of the body with each step, a very valuable exercise of the body becomes a loss. Walking in the manner described exercises practically every muscle in the body, keeps you physically fit, and gives you an added zest and enjoyment in the day's work. Do not consider walking a serious task. Walking should be more than a means of progression—it should be a real joy.

HOBS TO GROW?

HEALTHY. LADY.—During the winter season modern German physicians will tell their bobbed hair grew somewhat longer than during the summer. In the opinion of Hermann Vogels, tonsorial adviser-in-chief to many of Berlin's film stars and prima donnas. "During the summer most of my clients preferred the 'Eton cut.' Herr Vogels says, 'which gives a woman a decidedly mannish appearance. However becoming this may be in connection with sporting and outing suits, it does not go well with gala evening toilettes. I already find that with the approach of autumn, my clients are letting their hair grow several inches longer. The permanent wave, too, will again be in vogue.'"

Japan has caste, as well as India. The caste consists of 2,000,000 to 3,000,000 persons who are untouchables, or perhaps tainted not by disease but by the misfortune of having been born into the lowest caste.

A Smart Bird



The chickadee is a wise little bird that can't be stumped. As an experiment a Pacific coast bird lover took this chickadee's nest out and suspended it from a pole in a net. This picture shows the courageous mother bird feeding her young through the netting. And then the little birds were restored to the old nest.

A Rich "Nun"



Eleanor Patterson, daughter of Joseph Merrill Patterson, Chicago newspaper publisher, has been dubbed "the millionaire nun" by Gorman. She is playing the Madama in "The Miracle." Miss Patterson arrived at LaGrande with two limousines, 21 trunk and a train of servants as she took an bedroom suite at the hotel.

HEALTH

FAIR, FAT AND FORTY— BUT WHY FAT?

(By Mark L. Emerson, M. D., Oakland, Cal.)
Member Gorgias Memorial Institute

Like President Roosevelt's cowboy who after visiting the circus, and viewing the giraffe, said, "There ain't any such animal!" you can't be beautiful and fat, no more than you can be healthy and fat.

Life insurance companies won't insure you if you are too fat and movie companies won't employ you if you are over-weight, unless you are taken on as a burlesque.

Even out of the movie fat people are the source of much amusement and the butt of many good-natured jokes. It is probably because they look so funny; but sooner or later it is a serious matter to be over-weight.

When you are building a house you pile up bricks and mortar until the house is built, and when it is finished you do not pile on more bricks and mortar just to make it look bigger, distorting your lines of symmetry and beauty.

When building up our stature, we force the feeding to make a strong structure, but after becoming mature and the structure of our body is complete, we should not keep on adding food and fat until we are loading out all over. We should be about normal weight at 40 years of age, also at 50, and at every other time of life.

The reason so many people get fat about 40 years of age is because they keep on accumulating all kinds of foods, principally starches, fats and sweets, bread and butter, hot cakes, sweet cakes, pie, waffles, oat and cream. If you wish to be attractive at 40, and you certainly should be attractive at this age, then keep your weight normal and do not be a nut.

Fair at forty, certainly try and be so, for that is the best time of life. But to be good looking and fat is as impossible as it is to be fat and in the best of health. If you are over-weight, do not commence taking some peculiar diet or special cure of which you know nothing, but go to see your family doctor so that you may be fair at 40—without the fat.

The nice thing about a felt hat is you don't feel ashamed of yourself when you pass a cow.

NOTICE!

We Are Now La Grande Agents For The Idaho Daily Statesman Seattle Post Intelligence Portland News ALSO SELL The Oregonian The Oregon Journal The La Grande Evening Observer AND All Popular Magazines.

MOON DRUG CO.

Everything for the Sick Room Phone Main 68



OFFICE CAT
By JESSIE

Jack: You should have seen Helen run that quarter-mile.
Debert: What did she run it in?
Jack: I'll be darned if I know what you call 'em.

Douglas Fairbanks is considering the possibility of making a picture with Swiss mountains as a background. The native goats are said to be practicing more daring leaps from crag to crag so as not to be outdone by the athlete Douglas.

THE CONCERTED THING! "The bride's brain was borne by two tiny pages," Midway (la.) Examiner.

Stepping into a hardware store in a Florida town, a South Carolina real estate victim said: "I want to get one of those thermometers like the chamber of commerce here uses," he announced.
"And what kind it that?" asked the clerk.
"It's one that won't go above fifty in the summer nor below fifty in the winter."

Jack—"Will you give me just one little kiss?" Just one?
She—"I'll say I won't. You asked for a match just now and ended by filling your pockets full of Dad's best cigars."

THAT'S DIFFERENT— You think it's cute to have her slip her hand into your pocket—until after you marry her.
Pity the poor film star—she never knows where her next husband is coming from.

Teacher: Tommy, do you know why the Fourth of July is a national holiday?
Tommy: Yessum, it's in memory of the days when our forefathers could shoot firecrackers.

LADY BALFOUR ON "FAMILY"— LONDON (AP)— Lady Frances Balfour refuses let "scandal-mongers" alarm her with their prediction that the family will disappear as an institution in modern society.

"It is not the family that is disintegrating," says Lady Frances, "but the provincial life of the community, due to a great extent to the vast improvement of locomotion."

She declares the "helpless female dependents" have "disintegrated" to their own great advantage, as they have been given an education and are reckoned citizens on equality with their brethren.

You can't always tell how young a woman is from the amount of giggling she does.

AUTHENTIC GAGE CRATIONS

-fresh from their wrappings

The Pinnacle of Style for Fall

The public, final arbiter of fashion, has passed judgment on the many modes presented for the season. A splendidly smart and complete collection of accepted modes is going on display in our millinery department as fast as it can be unpacked.

To see it is to know the final word of the great style creators.

N. K. West & Co. Inc.

La Grande's Leading Store For 25ars

Black-lour, plainly tailored on audacious extreme lines. What a to emphasize striking personality!

Dioegenes, famed for centuries as the searcher after truth, has come down to our generation under the shadow of a lie, modern researchers declare. He never lived in a tub at all. The allusion was made by a biographer, who remarked that a man so crabbed "ought to live in a tub, like a dog."

Get friendly with some coal dealer now and avoid the rush.

Don't ask for crackers - say SNOW FLAKES

Now is the time to prepare your roof for the fall rains.

Extra Star-A-Star No. 2 Perfectrons and Perfects Shingles

besides a complete line of Roofing Products.

VAN PETTEN LUMBER CO.

Phone Main 732 for service

part the Month Right— With a New **HOTPOINT IRON** the original electrical labor-saver. We have them in all sizes.

La Grande Electric Co.

1412 Adams Ave. "Everything Electrical"

RUSSIA'S HYDRO

The fact that an American syndicate is willing to spend \$55,000,000 on water-electric power on the Dnieper river is of almost untold importance not only to Russia and to America but to the whole world. The powers of some of the eastern countries seem definitely on the wane, their best having come and gone ages ago, though they may see much new and good yet. But Russia is a child with its growth and life all before it.

When one considers what electric power has done for America, in the way of industrial and cultural development, the possibilities afforded by a great hydro development for Russia make one gasp. Light to work by, light to read by, power to make wheels go around, releasing human energy from sodden drudgery to skilled labor—that is the prospect in store for Russia. The old folks may resist the new things, may never understand what is going on. But their children will take the new power as a matter of course, build their lives in it, grow, think, find happiness.

Says the New York World: "To bring the Russian people into contact with the rest of the world through the medium of an expanding commerce will prove the most effective antidote to the fantastic teachings of the Bolshevik leaders." And as a matter of fact, the extreme teachings of bolshevism have already given way before the needs of commerce. The government is settling down into a surprising stability.

If this American hydro project goes through, it means an enormous gain in all directions for Russia. And it means that there will be more and more American engineering projects there with their accompanying benefits. More than all else it means the awakening of the peasant to the modern world.

Travel by Motor Stage

Safety Comfortably

TRAVEL BY MOTOR STAGE

Leave La Grande for Joseph	9:00 A. M. - 4:00 P. M.
" Baker and Boise	9:25 A. M. - 1:25 P. M.
" Baker only	5:30 P. M.
" Pendleton	11:00 A. M. - 3:30 P. M. - 6:15 P. M.

Connection at Pendleton for Walla Walla, Pasco and Portland; at Portland all points South and North.

La Grande Depot Phone 709
All Modern Chair Car Stages.

COATS NEW SHADES AND STYLES

Plaids or Plain with Fur Trim Best Grades Selling at Lowest Prices

Age 1 to 18

Boys' Sport Coats Age 1 to 8, tailored like dad's \$6.49 to \$9.25

Boys' Jersey Suits Age 2 to 7. Button on or Middy styles \$3.19 to \$4.98

BOYS' HATS OR CAPS 49c To \$1.50

GIRLS' FALL HATS 98c To \$2.95

We have a complete stock of Children's Shoes, Oxfords and Slippers selling at lowest prices ever offered for better grade footwear.

NORTON'S KIDDY SHOP

We do Hemstitching, Pleating, Stamp-ing, Make Button Holes and Cover Buttons.

Joe's

Squash 3c pound or 1/4 squash 4c pd
Beets, 2 buncher 15c
Large Heads Calflower ... 25c
2 Large Celery 35c
Lettuce, 2 for 25c
Spinach, 2 lbs. 1 25c
10 lbs. Sweet Sls 55c

SPECIAL SARDAY ONLY

2 Cans P. S. den Bantam Corn	44c
2 Cans Idaho C	24c
P. S. Tiny Kern'orn, 2 for	41c
Powdered Suga lbs.	27c

Chinese Noodl pkg. 10c
Bulk Cocoa, pd 15c
2 lbs. Bulk Mroni, best grade 25c
Lima Beans, pd 15c
Peroxide Soap for 25c
Imported Sares, very small fish, can 20c
Sugar has advcd—Buy at the old price \$6.89