

SOCIETY NEWS

Legion Auxiliary Members Select Mrs. Rena Palmer

Mrs. Rena Palmer was elected president of the Legion auxiliary to the La Grande post of the American Legion last night, when the last regular meeting of the auxiliary this year was held at the K. P. hall. Mrs. Palmer takes the place of Mrs. Raymond O. Williams, who has been at the head of the auxiliary's work during the past year.

Mrs. J. T. Richardson is the new vice president; Mrs. Beatrice Young was elected second vice president, and Mrs. Harley Richardson, secretary-treasurer.

The new officers will be installed when the auxiliary meets the first Wednesday in January.

A membership drive was started last night and will continue until the first of the new year. The members have been divided into two teams for this purpose, one under the leadership of Mrs. Hugh E. Brady and the other with Mrs. J. T. Richardson as its chairman. During the evening it was voted to send Christmas checks to the child welfare chairman and the hospitalization chairman of the American Legion auxiliary in Portland. The money will be used in giving the children of ex-service men and the ex-soldiers in the hospital in Portland a happy Christmas.

About 50 persons enjoyed the last meeting of St. Peter's Episcopal Guild this year, which was held last evening at Honan hall. A short business session, presided over by Mrs. H. A. Zurbick, president, was followed by a musical program.

The husbands were invited to join the guild members during the program and social part of the evening.

George Birnie sang "Rolling Down to Rio" by Edward Gorman, accompanied by Mrs. Birnie at the piano. Miss Edna Gekeler played "To Spring" by Grieg and "Chopin's" "Waltz in F Sharp Minor." Miss Betty Cochran sang "A Lullaby" by Roth and "Little Boy Blue" by Joyce, with Miss Gekeler as her accompanist.

A two-course luncheon was served by a committee headed by Mrs. Fred Cross, following the program. Other members of the committee were: Mrs. Ross Eaton, Mrs. C. J. Edenhelm, Mrs. L. E. Condit, Mrs. S. B. Gassett, Mrs. J. A. Russell, Mrs. Henry Hill and Mrs. C. H. Gassett.

Presbyterian Aid Society Meets

With one of the largest attendance this year the Ladies Aid society of the First Presbyterian church met yesterday afternoon in the community room of the church.

Mrs. W. S. Snook led in the devotional for the afternoon, after which the regular business meeting was called to order by the president, Mrs. John Theisen.

Reports of the chairmen of all committees for the Christmas bazaar were enthusiastically received by the society members. The president thanked all of the committee members and others who helped in making the bazaar a success and the members gave Mrs. Theisen a rising vote of thanks in appreciation of her leadership in

staging the bazaar. Special mention was made of Mrs. T. A. McKinstry, who gave to the bazaar, even though she was ill at home, and of Mrs. Ray Neel, for her assistance in the bazaar.

After the business meeting a social was enjoyed when the following, under the leadership of Mrs. A. T. Hill, served refreshments: Mrs. R. R. Perry, Mrs. J. McKinzie, Mrs. Norman Freese, Mrs. Lawrence Evans, Mrs. E. H. Reiland, Mrs. O. E. Silverthorn, Mrs. C. H. Hyatt, Mrs. H. Bradshaw, Mrs. H. G. Avery, Mrs. Herbert Patterson, Mrs. L. F. Dunn and Mrs. W. S. Snook.

An interesting program has been arranged for Friday afternoon, when the parent-teacher association of Willow school will hold an evening meeting, beginning at 8 o'clock, at the school.

Among those who will take part in the program are Dr. Ray Murphy and Miss Alice Marquardt, county health nurse. Each will give an instructive talk.

Miss Jane Stange will dance and a Scotch reading will be given by Mrs. Young. Refreshments will be served following the program. All interested are invited to attend.

The Melody Eight orchestra will furnish music tomorrow evening during the serving of the chicken dinner at the First Methodist Episcopal Ladies Aid bazaar in the church dining room, and a pleasing program has been arranged.

The orchestra will play selections from Faust, "A Perfect Day," "Old Time Melodies," and other popular numbers.

The young men who comprise this musical organization are: Eldridge Huffman, leader; Walter Nittel, Henry Culp, Golan Epling, Raymond Scott, Cecil Young, Frank Young and Robert Parker. Dinner will begin at 8:30 o'clock and continue until about 11:30.

Hunters, Dolans Entertain at '500'

Six tables of "500" were at play last evening when Mr. and Mrs. Gilbert Hunter and Mr. and Mrs. I. M. Dolan entertained the members of the Island City card club at the Hunter farm home.

High score among the women players was made by Mrs. L. M. Hoyt and Albert Wardell received the men's prize. A two-course luncheon was enjoyed following the card games.

The next meeting of the club will be Friday, Dec. 10, when Mr. and Mrs. August Moser and Mr. and Mrs. Ray Patten will entertain at the Moser home.

Members of the Wakefield Bridge club were entertained yesterday afternoon at the home of Mrs. W. E. McClure. Four tables of bridge were at play, with Mrs. Andrew Shannon receiving high score. The consolation prize went to Mrs. Lydia O'Neil.

The hostess served luncheon after the games.

The club has set Tuesday of each week as its regular meeting time and Mrs. J. R. Oliver has been elected president.

The meeting next Tuesday will be at the home of Mrs. Lou Harris.

Announcements

The senior class of the high school is planning a "get-together" for all senior mothers tomorrow afternoon at 2:15 o'clock at the high school. All mothers are cordially invited to attend.

Chapter I of P. E. O. will meet tomorrow afternoon at 2:30 o'clock at the home of Mrs. George Currey.

The Baptist Women's society will meet tomorrow afternoon at the church with Mrs. A. F. Marx as hostess.

The home department of the Presbyterian church will meet at the home of Mrs. J. F. Heasty, 303 Spring street, Friday afternoon at 2:30 o'clock. All members are requested to be present.

The Monday Musical chorus will meet at the Neighborhood club rooms at 7:15 tonight.

There will be a dancing party at the M. I. A. hall Friday evening, Dec. 3, to which all members and friends of the Mutual Improvement association are invited.

Sturdy Trimming



One of the smart new details in gloves is thong leather trimming, as shown in this swaggar model of Arabian skin.

OUT OUR WAY



THE TURNING POINT.

By Williams

Sister Mary Says:

BREAKFAST — California oranges, cereal, thin cream, corn-beef hash, corn bread, milk, coffee.

LUNCHEON — Cauliflower in mushroom sauce, Boston brown bread, cranberry and prune pie, milk, tea.

DINNER — Salisbury steak, mashed potatoes, creamed onions, endive salad with French dressing, crackers and cheese, whole wheat rolls, jelly, canned peaches, coconut cake, milk, coffee.

While the juice of oranges must be served to babies and small children, adults and older children should be served whole oranges occasionally. California or naval oranges are delicious peeled and pulled into sections. The inner skin separating the sections is so thin that it need not be removed. In fact it's considered quite beneficial in that it adds bulk to the diet. If Florida oranges are used, cut them in half across the sections, like grapefruit—and serve with a spoon.

Cranberry and Prune Pie — Two cups cranberries, 1 cup prunes, 1/2 cup sugar, 1 tablespoon flour, 2 tablespoons butter, 1/2 teaspoon cinnamon.

Wash prunes well, cover with 1 cup cold water and let stand overnight. Simmer in the same water until stones can be removed, about 20 minutes. Remove stones and cut prunes in pieces. Cut cranberries in halves and add to prunes and juice. Simmer 10 minutes and add sugar, flour and cinnamon, mixed and sifted. Turn into a pie dish lined with pastry, dot with bits of butter and cover with a top crust. Put into a hot oven for five minutes to "set" the crust, then reduce heat and bake 25 minutes in a moderate oven. (Copyright, 1926, NEA Service, Inc.)

HEALTH

WHAT NERVOUS MEN SHOULD KNOW
By Edward Livingston Hunt, M. D.
New York City
Member Gorgas Memorial Institute

Every man who is nervous should know the laws of health, both physical and mental. The laws of health from a physical standpoint include eating, drinking, sleeping and exercising. The laws of health from a mental standpoint include working and playing, and the management and control of one's thoughts and time.

Every nervous man should eat in moderation, slowly, regularly and sensibly. He should avoid fried and greasy foods. Pastry and cakes are not beneficial. Meat should be taken only once a day. The best foods are fish, vegetables, fruits and dairy products. Drink water. Alcohol is poison to the nerves. It irritates and stimulates. It destroys brain tissue. It depresses. Tea and coffee are less harmful but never beneficial. Aerated waters are full of gases and disturb digestion. Man would not feed alcohol, tea or coffee to his animals but he gives it to himself. The best tonic is water inside, outside and on the side.

Every man should find out just what dose of sleep his nervous system requires and then abide by it. Nervous men require an hour more than others—about 8 or 9 hours. Sleep rests and therefore refreshes nerves. It is the greatest of all antidotes to worry. Once every week a nervous man should go to bed at 9 and rest.

Exercise is probably the most abused of all tonics. Everyone needs it, but systematically and in reason. The man who plays 26 holes of golf on Sunday and rides to and from his office every day is doing himself harm. A daily walk with an occasional swim and then 15 holes of golf is far better. Daily light exercise is better than

weekly severe exercise.

Every nervous man should work. If he remains idle he worries and wears his nerves to a frazzle. He then thinks about himself, which is fatal. The best of all prescriptions for a nervous man is work, physical and mental.

Just as you forget golf when you lay aside the driver so should you forget business when you close the office.

Learn to control your thoughts. Every nervous man should direct his brain just as he does his body. Think cheerful thoughts. Think, read and talk about cheerful subjects. Attend the births, not the deaths.

Man should realize that he is undertaking to run a highly organized machine in an environment entirely foreign. Allowances must be made and safeguards taken. Take life calmly. Avoid becoming tense. Tenseness is a torpedo on the track of health. It means an open bridge ahead. If should realize that closed and overheated rooms invite disaster; that certain diseases are contagious and others infectious. He should know that tuberculosis and syphilis are still rampant and destroy thousands every year.

ACTRESS ON WORLD TOUR

PARIS (AP) — Madame Vera Sergine, the famous actress, in the dual role of an artist and French fashion ambassador, is on a world tour. Accompanied by 14 other players, she will appear in 80 cities. She took 71 dresses with her, which she will show in the Near and Far East. She will return to Paris before embarking on her American tour.

"In six months these 71 dresses will be out of style," she explained. "I must return and renew my supplies. You can't fool America's women with six months old dresses."

Little Girl Frocks Come Into Favor

By the Associated Press.
Mayfair is in the grip of a "little girl" cult.

Grown-up society misses are wearing coats and hats which make their friends look twice to see if it is really the grown-up miss or her young sister. The high-waisted little coats look as though their wearers should be out rolling hoops instead of attending dignified social functions.

The new evening frocks reflect the "little girl" influence. One charming frock made of green taffeta was seen with a long pleated skirt attached to a little high-waisted bodice and had tiny, puffed sleeves. A small velvet muff for the wrists served the purpose of a vanity bag.

SHE MANAGES GERMAN FARM
NEUSTREITZ, Germany (AP) — American genius for organization showed by Countess Polt von Voss, new leather Lawrence of New York, has revolutionized one of the richest landed estates in the former grand duchy of Mecklenburg.

Countess Voss, the only American in the little aristocracy of this province, has identified herself with her husband's agrarian interests. The poultry farm and the horticulture of the estate are personally managed by her. Both have been brought up to date and the most modern methods introduced.

It was the countess' idea, too, to provide a market for her own and neighboring products. She organized a sort of producers' cooperative store, from which the products are in turn sold to more distant places.

We all are potential fiction writers, says an eastern professor. He forgot to add that this trait is especially noticeable when the income tax blanks come.

Minerva Says—

We have our Xmas House Slippers on display on tables where you can see all styles and prices in a short time. No trouble to choose when you have them before your eyes. All sizes in Zippers today, another shipment arrived today, both hi-top and low-top. Lots of patterns in Street Shoes on display. Prices to suit your pocket-book. Light Rubbers to fit all shoes. Hi and low heels, also Toe Rubbers.

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LADIES READY-TO-WEAR PUTMAN'S AND MILLINERY

"ARTY" SPORTS COSTUMES

Futurist art is having its heyday in the new British sports costumes. Queer shaped points, zig-zagging down the fronts of dresses and up the sleeves have made their appearance. Kaschi cloth in light beige and warm bright scarlet seem the favorite colors on the London golf links. Designed for wearing with the new sports frocks is an amusing feminized version of the Scots bonnet.

SHE PREFERS AIRPLANE

LONDON (AP) — It is easier to fly an airplane than to drive an automobile, in the opinion of Mrs. Sophie Elliott Lynn, Britain's pilot.

COOKING HINTS

Cranberry Rolly Polly

2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons PANCRUST
3/4 cup milk
1/4 cup pulverized sugar
3/4 cup cold cranberry sauce (well drained)
Cooled butter

MIX FLOUR, salt and baking powder; sift. Cut in PANCRUST with a knife and gradually add milk. Roll out to thickness of 1/8 inch. Spread with cranberry sauce; sprinkle with sugar and nutmeg. Roll up like jelly roll and put in well greased pan. Bake in moderate oven, basting several times with syrup made from 1/2 cup brown sugar and 1/2 cup water. Serve with hot syrup or hard, butter sauce.

PANCRUST IS AN ALL-PURPOSE FAT Use it in your COOKING

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near air woman. Addressing the National Council of Women, Mrs. Lynn stated that because of the ease with which an airplane was operated in good weather many of the cross Channel pilots between London and Paris take books with them to read during the journey.

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CARR'S

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THE new Easy Washer—the most amazing development ever made in washing clothes, is here. The small tub dries a whole batch of clothes—ten single sheets—in three minutes. Meanwhile, the large tub washes a second batch. Twenty sheets handled at once—your washing done in half the time with half the work. No water to lift or carry; not a drop of water wasted. The Easy even empties itself when you are through washing. Let us do a week's washing free in your own home. No cost or obligation. Phone today.

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