

SOCIETY NEWS

Clubwomen Hear Speeches by Two On Diet, Health

Although the attendance was small yesterday afternoon at the regular meeting of the Neighborhood club because of the cold weather, an interesting and instructive program was given. The community service and the American home departments were in charge and the program subject was "The Community and the Home."

Dr. Ray Murphy gave a constructive talk on "Diet," explaining the relation of diet to good teeth. Poor diet takes effect in the teeth sooner than in any other part of the body, he said. He explained that the trouble with most persons is that they eat too much food and not enough alkaline food, the body being three-fourths alkaline and only one-fourth acid. He stressed the value of eating natural foods, such as the natural unpolished rice, whole grains, and others.

Dr. Lewa Wilks, who is new to many La Grande people, being associated with Dr. Lee Bouy here, addressed a group of La Grande people for the first time yesterday, speaking on "The Common Cold," telling how many more serious diseases may be confused with it, including diphtheria, scarlet fever and several other contagious. She also explained the after effects of a cold as the most serious part of it, saying that rheumatism and heart trouble were often caused from disordered teeth and tonsils.

Dr. Wilks recommended that children be inoculated to prevent contagious diseases. The danger is not in the school children, she said, but more in the children of pre-school age. The school children are examined at intervals by the county health nurse and a record kept of their health. Dr. Wilks urged that the clubwomen cooperate with the health nurse in the work she is doing in the city and county.

Preceding Dr. Wilks' talk, Mrs. C. S. Moore sang two numbers, which were very well received. One of her selections was "Electric" by Massenet and the other was "I Bring You Heart Ease." Mrs. J. D. Meyers accompanied her at the piano.

A short business meeting preceded the program, presided over by the club president, Mrs. Robert S. Kakin. After the business session Mrs. Julius Rosch, who has just returned to her home here after a trip around the world with her husband and son, told of a few of the interesting places visited.

Mrs. Kakin announced the last meeting of the club which will be Jan. 4, when the Rev. Oliver Wiley will lecture on art. She also reminded the clubwomen of the Cadman recital, which will be Jan. 19, and asked that everyone reserve this date. Dr. Marguerite Ingie will be chairman of the committee to have charge of the ticket sale.

The women of the Missionary society of the Central Church of Christ gave a banquet for the young people of the church last evening for the purpose of increasing the membership of the Young People's Missionary circle, each member of the missionary society being asked to bring a

new member for the organization. The banquet was served at 6:30 o'clock in the church dining room with places laid for 25 young people, their circle mother, Mrs. C. W. Muntzing, Mrs. Gertrude Beatty, circle superintendent; the Rev. C. V. Dunn, pastor of the church; Mrs. Dunn, chairman of the evening's program; and Mrs. R. J. Kitchen, president of the Women's Missionary society.

The tables were decorated in keeping with the holiday season. Mrs. George Rochester was chairman in charge of the serving committee. The program started with the singing of the doxology, followed by prayer by the pastor, Mrs. R. J. Kitchen welcomed the guests and introduced Mrs. Dunn as program chairman, who responded with a few appropriate remarks, telling the purpose of the meeting. After everyone present sang "Joy to the World," a Christmas feature was given. After each verse of "Silent Night" was given, Christmas in other lands was explained. Miss Gladys Church telling of Christmas in Spain; Miss Elita Belle Kitchen, Christmas in Russia, and Miss Nedra Bradshaw, Christmas in Italy.

Mrs. Dunn read a letter from the Eugene Missionary circle to the local organization. John Rumborg gave a missionary scripture reading, after which Miss Blanche Fleishman gave the first chapter of the study book "Our Templed Hills." Mr. Dunn spoke on church missions and Mrs. Dunn introduced the missionary work in Congo.

Miss Edith Ebell spoke on the subject "Breaking the Wilderness for Christ," and "The Spirit of the Great Physician of World" was discussed by Max Cullen. "The Three It's and More in Africa" was the subject given by Miss Florence Nelson. Mrs. Ernest Langley talked about the last missionary station opened in Africa, called Wema. "Brunettes Are Preferred" was her subject.

Mrs. John Rumborg closed the program with a talk on "Christmas Consecration Service," after which Mrs. Beatty passed pledges which were signed by eight new members.

Christmas Dinner Party Is Enjoyed

An attractive Christmas dinner party was given last evening at the Holmes home on M avenue, when Mr. and Mrs. Edward L. Holmes and Mr. and Mrs. H. J. Zarbyck entertained 24 guests. Covers were laid at six small tables, which were decorated with holly and red Christmas candles. Place cards were also in red and green.

Prizes were the diversion following dinner at 7 o'clock. Mr. and Mrs. Hal Hohnenbump made high score at cards and low score went to Dr. and Mrs. A. L. Richardson.

Three tables of bridge were in play yesterday afternoon at the Sinden home on North Second street, when Mrs. Sinden was hostess to the members of the Wakefield Bridge club.

High score for the afternoon went to Mrs. Andrew Shannon and Mrs. J. V. Lloyd received consolation.

Yesterday was the last meeting of the club until after Christmas.

Announcements

Chapter I. P. E. O., will meet at the home of Mrs. L. B. Moe at 2:30 o'clock Friday afternoon. Mrs. Hall K. Wallis, of Island City, will be assistant hostess.

PRINCESS ASTRID'S DILEMMA. (RUSSELLS AP)—Princess Astrid is working hard at the two languages of her new husband, which is bi-lingual—French and Flemish.

French she already speaks a little, although she is more sure of her English, and prefers to use that in talking to her husband, Crown Prince Leopold, who has no Swedish, which is his wife's mother tongue.

Flemish was new to Astrid, and she did not understand a word of a welcoming address which was read to her when she landed at Antwerp, the seat of Flemish culture.

Herman Teitelbach, a noted Flemish literature, has been appointed to teach the princess.

Leather tan-o-shanters in varying colors, topped by a bright silk tassel are new creations, not for the fancy dress party, but for men spectators at football games.

Collegiate

Tight wool hose with the college name embroidered in the college colors with pennants are a new novelty.

OUT OUR WAY



THE BROKEN UNIT.

By Williams

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Sister Mary Says:

BREAKFAST—Stewed prunes, cereal, thin cream, creamed eggs on toast, pop-overs, milk, coffee.

LUNCHEON—Scalloped oysters and macaroni, cabbage and apple salad, graham bread, milk, tea.

DINNER—Cream of tomato soup, veal timbales with creamed peas, baked potatoes, stuffed celery, fig pudding, rice bread, milk, coffee.

The veal timbales are made from bits of veal left from the roast suggested for the immediately previous dinner. There are always tiny scraps of tender meat not suitable to serve cold that must be used in some way and delicate steamed timbales provide an ideal way of saving these scraps.

Fig Pudding. One-fourth pound figs, 1-3 cup chopped suet, 1/2 cup sugar, 1/2 cup raisins, 1/2 cup bread crumbs, 1/2 teaspoon salt, 1 tablespoon milk, 1 scant teaspoon baking powder.

Put figs through food chopper. Work suet until creamy and add figs and sugar. Beat egg until light and add to first mixture. Add bread crumbs and salt and mix thoroughly. Dissolve baking powder in milk and stir into mixture. Turn into a buttered mold and steam three hours. Serve with orange sauce or whipped cream.

Suet puddings must be thoroughly cooked, a longer time being allowed than for an ordinary steamed pudding.

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FRACTURES SKULL

EUGENE, Ore., Dec. 15 (AP)—Lola Hutchins, a student of the Eugene bible university, is in a serious condition at a local hospital as a result of a fall from the front porch of her home yesterday. She suffered a fractured skull and Eugene bible university, is in a severe cut about the face.

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Milton Depot Is Now Being Used; Opened Saturday

MILTON-FREEWATER, Dec. 15 (Special)—Milton-Freewater's new Union Pacific depot is now in use following dedicatory ceremonies of an informal nature held here Saturday, and attended by nearly 2,000, including many from Walla Walla.

The new depot cost around \$50,000 and is complete in every respect with commodious waiting, office and baggage rooms. The opening ceremonies consisted of a flag-

raising, general inspection of the depot by the people during the day and the serving of coffee and sandwiches, made on one of the company's private dining cars brought for the occasion with the party of Portland officials and the U. P. band, which furnished music.

Among officials here from Portland were: F. M. Finch, general superintendent; C. J. Collins, general passenger agent; H. B. Lonsberry, general freight agent; Miss Avis Lobdell of the women's welfare department. General Superintendent Connolly of Spokane was also present. V. B. Walker is local agent for the Union Pacific system.

SALEM, Ore., Dec. 15 (AP)—Governor-elect Patterson was an honor guest at a banquet of Lonsberry's club No. 5 of Salem last night. Patterson, who is more than six feet tall, is an honorary member of the club.

SALEM, Ore., Dec. 15 (AP)—Carl B. Webb, an undertaker, was elected King Bing of the Salem Cherrians at the annual election last night. He succeeds H. O. White, who appointed a committee to arrange for the annual banquet and entertainment.

"I was bothered with a hard persistent cough, and tried other medicines, but none were so good and so relieving as Foley's Honey and Tar Compound."

E. Bogges, Pomona, Calif.

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