

SOCIETY NEWS

Four Weddings Take Place On Christmas Day

Several weddings took place in La Grande Christmas day, the first one being that of Miss Garnet Hovory and Tom Truckman at their new home at N avenue and Walnut street, which has just been completed. The ceremony was performed in the morning at 9 o'clock.

Only the families and a few intimate friends were present for the ring ceremony, which was conducted by the Rev. C. V. Dunn, pastor of the Central Church of Christ.

Miss Ruth Brown accompanied the bride as maid of honor, and Ray Lynch acted as best man. The bride wore a lovely dress of blue georgette, and carried a bouquet of roses and sweet-peas. Her maid of honor wore pink and had a corsage of pink roses.

The bride is the daughter of Mr. and Mrs. J. M. Bowers, of Island City, and his parents are Mr. and Mrs. D. B. Ruckman, of Imbler. Both the bride and bridegroom are graduates of the local high school. She graduated with the class of 1924 and he finished in 1923. Last year she attended the Oregon normal school at Monmouth and this year she has been teaching school at Fruitdale. He is employed in the United States National bank here.

Christmas night Mr. and Mrs. Ruckman left for Portland on a short honeymoon trip. They will be at home to their many friends at their new home after Tuesday of next week.

Miss Bonnie Oliver, daughter of Mr. and Mrs. C. W. Oliver, and Ellis Bean, son of Mrs. Mary Bean, were also united in marriage on Christmas day, the ceremony taking place at 5 o'clock in the afternoon at the home of the bride's parents at Third street. Bishop Grant Bean, brother of the bridegroom, performed the ceremony.

The bride's sister and brother, Miss Luven and Dewey Oliver, were bridesmaid and best man. Twenty-four guests, relatives of the two families, witnessed the ceremony.

Following the wedding there was a reception for the happy couple, after which they left on the early evening train on a short honeymoon trip. They will return to La Grande in a few days to make their home.

Miss Lorena True, daughter of Mr. and Mrs. W. True, and Carl Stoop, were married at 2:30 o'clock Christmas day at the home of the bride's parents at 4111 W. avenue. Bishop Grant Bean performed the ceremony.

Only members of the family were present.

Mr. and Mrs. Stoop will make La Grande their home.

Miss Mary Zaugg and Lee Stockdale, both of Union, were united in marriage Christmas morning at 11 o'clock by Bishop Grant Bean at his home on U avenue.

Immediately following the ceremony Mr. and Mrs. Stockdale left for California points on a honeymoon trip. They will be away about six or eight weeks. Mr. Stockdale having business interests there.

They will return to La Grande to make their home. Mr. Stock-

Entertains At Birthday Party

Miss Catherine Humphreys celebrated her sixteenth birthday anniversary Thursday evening when she entertained 14 of her friends at the home of her parents, Mr. and Mrs. C. M. Humphreys, on Oak street.

Dancing was the diversion of the evening, after which the guests were seated around a prettily decorated table and refreshments were served. A birthday cake with 16 lighted candles served as a centerpiece for the table and favors were candy canes, which were under the cake with ribbons going to each place.

The honoree received many gifts. Those present were Mary Vaughn Hendrickson, Ruth Durwin, Margaret Douhan, Barbara Lavey, Jane Ruvenkeroff, Dorothy Harrison, Phyllis Dunn and Catherine Humphreys; Lanie Chipley, Willard Hendrickson, Alfred Zwiefel, Joe Sayre, Bill Leeley, Cleveland Walsinger, Jack Dunsland and Wilson Smart.

A birthday party was given last Wednesday evening by Mr. and Mrs. J. M. Smith honoring their daughter, Opal, at the Bowman-Hicks' boarding house. The rooms were decorated in Christmas colors. Dancing and games were enjoyed during the evening.

At a late hour lunch was served by Mrs. Smith, assisted by Mrs. William Harlow.

Those present were Misses Helen and Edna Johnson, Helen Hughes, Vera McLane, Letha Brizler, Katie Keller, Virginia Smith, Emogene French, Edith Smith, Bert Hansen, Oswald McMarven, Raymond Osborn, Glen Hotsack, Cleveland Jennings, Orval Anderson, Hugh Haddock, Paul Wilson, Tom Doyle and William Harlow.

O. A. C. Dance To Be Held Tonight

The eighth annual Oregon Agricultural college holiday dance in La Grande will be held in the Elks' hall, starting at 9 o'clock. All high school and college students, prospective students, alumni and friends are invited to attend. The dance will be informal. A six-piece orchestra will play.

Members of the committee in charge are Miss Frieda Klopffenstein, Dallas Jacobson, Francis Snodgrass, George Barbeau and Ray Lunn.

Other dances are also planned for early this week. Tomorrow night the DeMolay members will be hosts at a dancing party at the Elks' temple and the American Legion will give their first annual "Silver Thaw" dance at Zuber hall. On Wednesday evening there will be a University of Oregon dance at the Elks' temple.

About 30 members of the Epworth League society of the First Methodist Episcopal church enjoyed a progressive sleighing party last Wednesday evening, which was given in honor of the league members who are home for the Christmas holidays.

The party started from the First Methodist Episcopal church basement, where hot soup was served by the committee in charge. After sleighing for some time they went to the home of Miss Jean Williams, where games were enjoyed, followed by refreshments.

Miss Ellen Hickey, fourth vice president of the society, was chairman in charge.

COUNTESS A SHOT-PUTTER

BERLIN (AP)—The ranks of German sportsmen have received a distinguished recruit in the person of Countess Irene von Einstelel, whose grandfather was Prince Bismarck, the renowned "Iron Chancellor."

Countess von Einstelel, who is in her thirties, has always led an active outdoor life, but not until recently has she got down to training for competitions. She is specializing in the shot-put, and her showing in this field event was so good at a recent trial that the German Sports club awarded her its silver sports medal.

Mexicans, before a recent election, carried banners reading "We Don't Want American Assistance." We wish some other countries we know would follow that example.

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We have Zippers now. Bright color, the kind all the women seem to want.

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Dress Slippers and Oxfords for the ladies; many styles to choose from.

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The BOOTERY

Silk Scarf



Vionnet sponsors a triangle of heavy surah silk such as is used for men's mufflers. It is checked in brown and gold, tied closely around the throat with the ends in back.

OUT OUR WAY



By Williams

MENUS

BREAKFAST—Stewed dried peaches, boiled rice, thin cream, broiled salt codfish, corn bread, milk, coffee.

LUNCHEON—Bunny-Hug hearts of celery, baked apple dumplings, milk, tea.

DINNER—Oyster cocktails, ham baked in milk, buttered cauliflower, spinach salad, canned sweet cherries, apple-cake, whole wheat rolls, milk, coffee.

Apple-cake is a delicious fruit cake without eggs. It keeps unusually well and is worth keeping on hand in lieu of real fruit cake. Or it can be baked in two small pans and put together with the filling suggested.

Applesauce Cake
One and one-half cups applesauce, 1 cup light brown sugar, 2 cup butter, 3 cups flour, 2 teaspoons soda, 1 tablespoon lemon juice, 1/2 teaspoon salt, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/2 teaspoon cloves, 1/2 teaspoon vanilla, 2 cups seeded raisins, 1 cup broken nut meats.

Cream butter and slowly beat in sugar. Sift 1 cup of flour over raisins and nuts and mix thoroughly. Mix and sift remaining flour with soda, spices and salt. Add about 1/2 cup to creamed butter and sugar and stir until perfectly blended. Add applesauce, lemon juice and vanilla and mix thoroughly. Add remaining flour. Mix thoroughly and add prepared fruit and nuts. Turn into layer cake pans and bake 20 to 40 minutes in a moderate oven. The length of time required for baking depends on the thickness of the batter in the pans. Put together with Mocha filling.

Mocha Filling.
One cup powdered sugar, 1/2 cup butter, 1 egg yolk, 3 tablespoons strong cold coffee.

Cream butter and beat in half the sugar. Beat in egg yolk and remaining sugar. Beat hard and slowly add coffee, beating constantly. Beat until mixture is smooth and creamy and spread on cake. The cake can be slightly warm, but if too warm will melt the butter and make the mixture separate. (Copyright, 1926; NEA Service, Inc.)

HEALTH

OVERWEIGHT MENACES HEALTH OF MIDDLE-AGED PEOPLE
By William A. Hackett, M. D., Detroit, Mich.

Member Gorgas Memorial Inst.

It is only since the beginning of this century that physicians have paid any attention to obesity. Fat men have too often been ridiculed instead of pitied. Some cases are due to eating and drinking too much; some to hereditary tendencies; and others to a defective glandular action.

Each individual has a normal weight which he tends to maintain under varying conditions. Excessive exercise may cause a loss of 4 or 5 pounds due to profuse sweating. A rapid reduction in weight may also result from a prolonged dieting.

Fat is deposited whenever the energy intake of the food exceeds the energy requirements of the body. Overeating and indolence are recognized causes of obesity.

Gilman Thompson says, "the chief danger in fat people is that the heart muscle may become affected. A woman weighing 120 pounds at 25 years of age and 240 pounds at 40 years has the same size heart to maintain the circulation that she had at 25 years, but she has more work to do. Every time she walks or climbs a flight of stairs she raises the additional 120 pounds of dead weight."

Dr. S. Weir Mitchell, many years ago, was engaged in determining the weight, height, and girth of all the members of the Philadelphia police force. The first examination was made in April and repeated in October and it was found that a large majority of the

men had lost weight during the summer.

The formation of fat is usually increased by the daily drinking of alcohol, especially malt liquors. It will be interesting to watch the effect prohibition will have on the American people in reducing their weight.

There is a close relation between diabetes and obesity and the treatment of both these conditions, as regards diet, lies along the same lines.

According to the Association of Insurance Medical Directors there is a steady increase in mortality with increasing weight. Overweight to a moderate degree is not serious in the young, but has a material effect at the middle age.

Prevention is better than cure and when a family tendency toward obesity manifests itself in early life the man or woman should consult a physician and not wait until he or she is between 40 and 50 years of age. Physical measures can be carried out better while young. The appetite must be controlled. Sweets, starches, and fats must be reduced to a minimum.

Most of the anti-fat cures are useless. The U. S. department of agriculture, through its bureau of chemistry, has made tests of various nostrums, advertised by the promoters of fat reducing cures and many have been found worthless and even dangerous. It is regrettable that the names or brands of these dangerous or fraudulent preparations cannot be given out by the department.

"Weight reduction, by following the straight and narrow paths of rational dieting and exercise rather than the devious paths of drugs and tams, is the safe course. Re-

during should, for your own safety, be supervised by your physician."

CONCESSION TO WOMEN
NEW YORK (AP)—Both sexes may travel to Florida and Havana now with all the comforts of a club. A luxurious lounge car on one special train is divided into compartments for each sex, with smokers and shower baths. There is a joint soda fountain. The decorative motif of the woman's smoker is plush, cretonne and stenciling. Another road is starting a refrigerator car service to Miami.

WOMEN RAIL WORKERS
WASHINGTON (AP)—Women railroad workers are increasing. The total is more than 60,000 on trunk lines, in all branches of service, including the running of trains. And the motor bus now surpasses the railroad in mileage.

USE CZAR'S DINER
MOSCOW (AP)—The golden dining car of Czar Nicholas is to be used on the Moscow-Leningrad run. Its grandness will be toned down.

WED 61 YEARS
EUGENE, Ore., Dec. 27. (AP)—Mr. and Mrs. H. R. Godard, celebrated their 61st wedding anniversary at their home in Cottage Grove on Christmas day. A family reunion was held for the occasion. Godard is 86 years of age, and Mrs. Godard is 79.

Well, well, here come the Christmas noelities. Last year did you notice how popular beards became after the holidays?

PRINCE LEAVES HIS COMPANION

PARIS, Dec. 27. (AP)—Maada Lupescu, auburn-haired beauty, for whom Crown Prince Carol, of Rumania, renounced his right of succession to the throne, has apparently passed out of his life.

Those credited with knowing his affairs say the romance which began with flight of the couple from Rumania a year ago has ended. The former crown prince—now plain Carol Caraiman—has left his Neully villa and is believed to be somewhere on the Riviera, leaving his charming companion behind.

Carol's departure gave rise to the report that he was on his way back to Rumania, but this is not given credence in view of King Ferdinand's recovery, the return of Queen Marie from her American trip and the reiterated assertions from Bucharest that Carol's uninvited reappearance there would only cause complications.

Romance Year Old
It was just a year ago this week that Carol and Mme. Lupescu, daughter of a Jewish merchant of Jasny, left Rumania and appeared at a hotel in Milan, Italy. Mme. Lupescu was said to have a husband somewhere in the background and Carol was married to Princess Helen, of Greece. The match with Helen was arranged as a dynastic move after annulment of his morganatic marriage with Zsi Lambrino, who only recently made an unsuccessful attempt through the French court to force him to acknowledge the legitimacy of their son, Mircea.

Upon leaving Rumania Carol re-

PUTMAN'S
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Nequilly. The house is now occupied only by uncommunicative servants and detectives stationed as a guard by the French authorities have been withdrawn pending his return.

Mme. Lupescu is reported to be living about a mile from the villa.

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Remember the Place—
See Our Window Display.

The Paris

INSIDE YOUR HOME

An arrangement of table and books under a light . . . a couch, its cushions, the picture it faces. You know where to find them, what they mean to you. When you read advertisements, you can imagine what the objects they picture would look like in your home; you can know where to find them; what they will mean.

Advertisements put things frankly before you. They show how that radio would make that corner happier. How much more attractive your windows would be with just those sheer glass-curtains. How your mantel needs that mahogany clock or those tall, thin candles. They tell you definitely where you can buy latest good things to increase your pleasure . . . help you know them intimately—as if already in your living-room, bedroom, bureau drawer. They tell of values that won't wear out in a hurry. Honest pleasures you might otherwise miss.

Read the advertisements. With their help you can buy with economy the best you'd like to enjoy.

A Cop—A Fib—A Wedding



Miss Paula Wartzman, 21, Buffalo social service worker, was motoring with Alfred Conn, law student, to a football game at Columbus, Ohio. They were arrested for speeding in Cleveland, and let off when they told the cop they were on their way to get married. Driving on, they decided to make the fib a reality—and when they reached Columbus they hunted up a minister.