

SOCIETY NEWS

OUT OUR WAY

By Williams

Music Students' Recital Heard By Large Crowd

New Silk Frocks for Spring Correct in Style and Color Price 17.50

PUTMAN'S

The Garden

BORDER PLANNING AND PLANTING

Mr. Average Everyday Citizen's garden is not of large dimensions. The fifty-foot lot is in an enormous majority in most of our cities and towns. On the small place, the most natural and convenient decorative planting is a border. The arrangement of the border on the lot, the walks and out-buildings usually is such that the available space lends itself to little else for flower planting.

PUGILIST SUICIDE SUSPENDED BY BOARD

Being required to account for the present status of all men licensed to box in California, the state athletic commission listed as permanent suspension a fighter who had committed suicide. The deceased pugilist was included in the last report among 248 disciplined for violating the commission's rules and regulations.

Mrs. Theisen Is Hostess at Two Bridge Parties

Two of the most attractive parties of the spring season were Tuesday and Wednesday of this week when Mrs. John Theisen was hostess at her home on O avenue.

Patriotic Tea to Be Given Feb. 22

Plans were made for a patriotic tea Feb. 22 yesterday afternoon when the Daughters of the American Revolution met at the home of Mrs. Ray Williams.

Members of the Helonina Bridge Club were guests at a prettily appointed St. Valentine's party yesterday afternoon when Mrs. Gertrude McVey was hostess to the club at her home on Sixth street.

Green huckleberry and large red poppies were used to decorate the rooms, and served as a centerpiece for the luncheon table, where 12 covers were laid and marked with valentine place cards.

Following luncheon three tables of bridge were at play with Mrs. Giles Harnden winning high score. The consolation prize went to Mrs. Sherrell Ewin and the guest prize to Mrs. Mayberry.

The Carnation club of the Degree of Honor Protective association met last evening at the home of Mrs. Everett Kowen, with Mrs. Harold Lyman assisting as hostess.

After a short business meeting, presided over by the president, Mrs. Nolan Skiff, cards made up the evening's entertainment.

Six tables were at play with Mrs. Owens making high score. Mrs. Parley Price, second, and Mrs. W. D. Warner receiving the consolation prize.

The idea of St. Valentine's day was cleverly carried out in the decorations of the rooms and the two-course luncheon which was served late in the evening.

At the next meeting of the club Mrs. D. H. Mosby and Mrs. Owens will entertain at the lodge room at Eagles' hall.

Miss Isabelle Miller was hostess at a valentine party last evening at the home of her parents, Mr. and Mrs. Charles B. Miller, when she entertained eight of her girl friends.

Bridge was the diversion of the evening at two tables. Miss Madeline Barbeau winning the prize. Decorations appropriate for a St. Valentine's party were used and the same idea was carried out in the two-course luncheon which followed the games.

RED FEATHER BRILLIANTINE

An ideal hair dressing, neither greasy or sticky. Keep the hair combed and looking its best. 50c

Moon Drug Co.

Where do you girls get all of those square-toed Sport Oxfords? By jove, they are very clever looking. I got mine at The Bootery and only \$5.95 and \$6.15 and Oh, boy! they do wear, too. Well, do you know that I get more wear out of Tweedie shoes than shoes that I have paid two dollars a pair more for. You can't beat them for the price. The pretty patterns they have look like most \$8.00 and \$10.00 shoes I've seen.

The BOOTERY

White Rose Club Is Entertained

Members of the White Rose club were entertained last evening at the home of Mrs. C. E. Happersett, 17 members being present.

Various games were played during the evening, among them being a valentine contest, when each club present made a valentine. Because the judges couldn't decide which valentine was the best, the prize, along with all of the valentines were mailed to the club president, Mrs. John Courtney, who is recovering from an operation at St. Vincent's hospital in Portland.

The hostess served refreshments late in the evening. Mrs. John Askiria and Mrs. Minna Larson will be the next hostesses to the club, Wednesday, March 2.

IMBRIER (Special)—The Pythian Sisters held their regular meeting Wednesday evening when an old-time dance was planned for Saturday night at the country club. The women will wear aprons and the men overalls. Two prizes will be given away during the evening. The proceeds will go toward the children's unit of the lodge.

The Women's Missionary society of the Presbyterian church will meet tomorrow afternoon, Feb. 11, at the home of Mrs. C. M. Humphreys, 1806 Oak street. Mrs. L. L. Buser will have charge of the program.

The Sacajawea Campfire girl group will meet Saturday afternoon at 2 o'clock in the Lutheran church annex to plan for the parents party on St. Valentine's day.

The Mutual Improvement association is planning for a party to be given tomorrow evening following the basketball game at the M. I. A. hall.

A social item yesterday said that Mrs. J. R. Oliver, Mrs. Alvah Crowley, Mrs. James Ouel and Mrs. H. L. Leonard were hostesses to the Wake-elita Bridge club the preceding day. The four women were hostesses at the luncheon only and Mrs. Crowley

Announcements

Smart Bag

Nailhead trimming on bands of blue lizard applied on black calf make a smart envelope bag.



butter, salt and pepper. Mix well and add milk to make moist. Shape in the form of frankfurters; roll in crumbs, brush over with melted butter and brown in a hot oven.

MENUS

By Sister Mary BREAKFAST - Baked apples, cereal, thin cream, crisp broiled bacon, fried cornmeal mush, strup, milk, coffee.

LUNCHEON - Mock sausages, creamed celery, new onions, rye bread, sliced oranges, coconut cookies, milk, tea.

DINNER - Boiled fish with egg sauce, plain boiled potatoes, 19-minute cabbage, head lettuce with Thousand Island dressing, bran rolls, open apricot pie, milk, coffee.

Stewed dried apricots are rubbed through a colander to remove the skins. Orange juice and sugar are added "to taste" and the mixture is used to fill a baked pie shell. Whipped cream is piled over the top and delicious dessert results.

Mock Sausages One-half cup dried lima beans, 1 cup fine dried bread crumbs, 1/2 cup chopped nut meats, 3 tablespoons melted butter, 1 egg, 1/2 teaspoon salt, 1/2 teaspoon pepper. Soak beans in cold water to more than cover for three hours. Drain. Cook in boiling water to which 1/2 teaspoon soda has been added for 10 minutes. Drain and rinse in cold water. Return to sauce pan and pour over boiling water to cover. Simmer until tender. Drain and rub beans through a strainer. Add crumbs, nuts, egg slightly beaten, melted

Snow Is Two Feet Deep Near Wallowa

WALLOWA, Ore., Feb. 10. (Special) - The snow has reached a depth of nearly two feet in many parts of the hill farming sections, and is crusted hard. The chinook of last week slightly reduced the depth, by causing the snow to settle considerably while wet. Much feeding is being done in all parts of the country, as practically no grass is available in the bunchgrass pastures at this time. There has been considerable demand for straw during the past several weeks, however, the supply is quite limited due to the fact that the bulk of harvesting in the dry farming areas is done with combines, and but few farmers try to gather much of the straw.

A large amount of ice has been stored here during the past two weeks, the ice has reached a very good thickness, being about a foot in thickness, the Wallowa Creamery company was busy storing a large supply last week.

PARROT 126 PLUS LONDON-Pete, a bald parrot, is talking more than ever at the age of 126 years plus. He has been owned by Colonel W. B. Ferris for 55 years, and records show he was captured by a British soldier in India in 1804.

A young woman in Nottingham, England, recovered from a transitory illness more than two years.

HEALTH

HOW TO KEEP FIT By Alfred Karsted, M. D. Butte, Mont.

Member Gargas Memorial Institute In the every day life of an individual it is the rule that little attention is paid to one's health. The struggle for existence, the hurriedness of daily living often take up the greater part of man's energies so that no thought is given to health.

Yet it is true that one must keep the body in the best physical condition in order to perform work satisfactorily. First of all men, women, and children must have sufficient sleep. During sleep the worn out organs recuperate and are then ready for the next day's activities. During this time the nervous system has had its rest and the brain is then capable of controlling the various movements and actions required. Therefore sleep and rest are essential to one's well being and health.

I should next put down correct diet as the chief requisite for good health. Much ill health and sickness are due to the eating of improper food and to the irregularity and quantity of food eaten at one time. A variety of food is the best, as it furnishes all the ingredients necessary; that is, a proper proportion of proteins, carbohydrates and fats.

Meals should be taken at regular intervals. Eating too much food at any one time is harmful. Over-eating in the every day life of an individual should be avoided. If done without active exercise it often predisposes to certain diseases. Eat slowly and thoroughly. "Masticate your food" is a rule which should be adhered to. Avoid constipation. A great many ill effects are produced by this condition. If it tends to be chronic, so

The Neighborhood club rooms were filled to overflowing last evening, some of the audience having to stand up when the first student recital of the year was given. Mrs. Lee Reynolds and Florence Lynch Miller presenting their piano, voice and violin pupils.

The young musicians gave their numbers exceptionally well and the entire program was much appreciated by the interested listeners.

The piano students of Mrs. Lee Reynolds made up the first part of the program. Robert Eakin Jr., playing "March" by Martin and "Song of Cavalier" by Schmal and Katherine Wissler playing "Winter Morning" by Tschalkowsky and "Dolls Dream" by Austin.

Violin Solo The next number was a violin solo "Country Dance" by Macklin, by Glenn Henderson, Mrs. Miller's student. Then followed a piano group by Glenn Fox, pupil of Mrs. E. L. Evans.

A vocal group by Miss Bethel Trill, "Blue Bird" by Crist and "The Star" by Rogers, was the next number. Later in the program a second vocal group, "She Never Told Her Love" by Haydn and "A Brown Bird Singing" by Wood, was given by Miss Juanita Spencer.

Other piano numbers were given by Miss Peggy Bohnenkamp who played "Arabesque" and "L'Adieu Suppreme" both by Schmal; Miss Helena Moore, "Shadow Dance" by Wright; Miss Miriam Hanna, "An Old Portrait" by Cooke, "Prelude" by Shyevsin and "Russian Dance" by Englemann; Mrs. Clyde Webb, "Pam" by Gaudard and "To Spring" by Greig; and Miss Mildred Spencer, "The Lamb and King Toy" by Fernald, "A Hint" piece by Bartlett and "Prelude" by Bargiel.

Mrs. Georgia Stringham Smith played a violin group "Cradle Song" by Hauser; and "Slavonic Dance" by Bohm. Irvin Zundel was listed on the program but because of an infection in his finger was unable to play.

much the worse for you. Diet, exercise and habits all play an essential role in avoiding constipation. Laxatives, when needed, should be taken on the advice of a physician; otherwise, the poisonous habit of these remedies will form a habit difficult to correct.

Exercise when taken properly and with judgment, is beneficial to the health of an individual. Recreation must of necessity vary with the person. Those leading a sedentary life need different exercise than those doing hard manual labor. Fresh air is essential to health. People who work indoors should strive to be out in the fresh air each day.

Another good rule to follow is to avoid excesses of every kind. Be moderate in all things and you can then feel safe that the organs of your body are not injured by undue excesses. To maintain your health and keep in proper condition one should not overlook the yearly health examination by the family physician. The habit of finding out the condition of the human machine, and following the advice of the doctor will give many added years of life.

The first newspaper interview dates back to 1859 when the New York Herald sent a reporter to see Gerrit Smith, an anti-slavery advocate of Peterboro, New York, believed to be implicated in the John Brown raid. His remarks were published in conversation style.

During 1926 the United States deported 10,504 aliens found to be unlawfully within its limits, while 20,559 were debarred from entering the country.

Beauty Treads the Boards



—NEA, London Bureau Ellen Alden is one of the reasons why the British stage is noted for beauty. In private life she is Alysie Picard, and is a daughter of the assistant commissioner for Canada.

PANCRUST advertisement featuring an image of the product tin and a recipe for Lemon Cake. The recipe includes ingredients like cupful Pancrust, cupful milk, cupfuls sugar, 3 eggs, beaten light, 1/2 teaspoonful salt, 1 cupful flour, 3 teaspoonfuls baking powder, 1 egg, beaten light, 1 lemon, grated rind, and juice. The text describes the cake as 'Cream the Pancrust with the sugar. When fluffy, beat in the eggs and then alternately, the milk, and flour which has been sifted with the baking powder and salt. Beat well. Bake in three layers. To make filling: Cream Pancrust and sugar, beat in egg and add lemon juice and grated rind. Cook and stir in double boiler until mixture thickens. Spread filling between layers and dust powdered sugar on top.'

Covered Wagon Pioneer Quickly Restored to Health

Was So Weak Could Scarcely Use Arms or Legs. Sacramento Resident a Victim of "Flu," Loses Weight and Vitality. Finds Long-Sought Relief and Strength Restored. Praises Tanlac.



Pioneer blood flows in the veins of Frank Rikert, Box 1035, R. R. 10, Sacramento, Calif., a prominent stockman who tramped over through hazardous trails from Illinois in the early sixties. But even his brawn, muscle and splendid health broke under the strain of modern living. "Flu" left its mark and threatened his life. "I didn't care whether I lived or died, I felt so badly," said Mr. Rikert, "when I began taking Tanlac. My strength had vanished, sapped by the 'flu.' My arms and legs were so weak that they were almost useless. I couldn't even turn over in bed without help, so completely undermined was my strength and vitality. "One night my wife saw the Tanlac advertisement in the paper and urged me to try it. I bought a bottle and started taking it, and I felt better right off. In a few weeks I was able to do all my work. Not only did my weakness disappear, but I actually gained twenty pounds, and I have felt fine ever since. "Yes, sir, I firmly believe that Tanlac saved my life. Naturally, I'm so enthusiastic about Tanlac I am telling all my friends it's a great medicine and I'll praise it as long as I live. Tanlac helps conquer ailments and builds up strength in famished bodies. It banishes pain and frees the system of poisons caused by constipation and sluggish liver. It is Nature's own remedy made from roots, bark and herbs according to the famous Tanlac formula. Begin taking Tanlac and enjoy the benefits of strength and golden health. The first bottle usually brings results that will surprise you. Ask your druggist for Tanlac—today! Over 40 million bottles sold.

Selling Out! CARR'S Closing Out! Advertisement for Carr's products.

daylight your KITCHEN advertisement featuring an image of the Daylight Kitchen Unit and a testimonial. The testimonial says: 'What a Difference Since We "Daylighted" Our Kitchen! "When we considered having a Daylight Kitchen Unit installed, my wife finally consented but said—she'd 'Have to be shown.' We had the unit installed and now she declares she would not be without it," one husband reports. Take advantage of our free trial offer to have a Daylight Kitchen Unit installed. If satisfactory pay only 50 cents down and one dollar per month on your electric service bill. Installed complete with Mazda lamp and appliance switch for only \$7.50. EASTERN OREGON LIGHT & POWER CO. "Daylight Your Kitchen"'