

SOCIETY NEWS

Sextet Presents Musical Program in Library Rooms

The library auditorium was filled to capacity yesterday afternoon when the Neighborhood club sextet, of which Mrs. Karl Stoddard is leader, was presented in one of the finest programs of the club year.

These six women have been singing together for some little time, and yesterday's performance was probably the best in which they have ever appeared.

The program was given in two parts, the first part opening with two numbers by the sextet, "To Spring" by Grieg and "Out of the Dark to You" by Dorothy Lee. As an encore to this group they sang "The Little Old Garden" by Thomas Hewitt.

Other numbers of the first part of the program were: a spring dance by Mrs. James Stanger in song and solo, "Flames" by Horace Johnson, by Mrs. James McNamee and a piano group by Mrs. E. L. Holmes, "Chair De Lune" by DeLussy and "Arietta" by Leonardo Leo.

The second part of the program was a cantata, "The Three Springs" by Paul Bliss, and in this the sextet was assisted by Jane Stange, Sally Siegert, Judith Siegert, Ruth Stoddard, Barbara Stoddard and Patsy Jesse, who gave interpretative dances of the cantata numbers.

Seven scenes composed the cantata, the first one being "High on the Mountainside." In this Miss Stange and Sally and Judith Siegert, represented the three springs, one wearing blue, the other white and the third gold. Members of the sextet were costumed in the same colors, two wearing blue, two white and two gold.

The second scene was in the "Little Limpid Pool," where the three springs listen to the butterfly flies notice to the ambitious fly. In this little Ann Stoddard was the fly and Louise Marie Williams and Patsy Jesse were the butterflies.

Then down "The Brook," the springs go, until they come to "The Three Falls," where it is rough and dark, but cool. They then go down the sluggish, slow-moving river, hearing the song of the powers, and then shoot over the "Great Water Fall." And at last from the tip of a wave out on the ocean, they are drawn back to their home on the mountain-side.

Solos and duets were handled in an excellent manner by the sextet members.

The personnel is: sopranos, Mrs. T. R. Maxwell and Mrs. James McNamee; second sopranos, Mrs. Paul Stoddard and Mrs. E. L. Holmes; alto, Mrs. Vernon Almsworth and Mrs. A. W. Nelson; Mrs. E. L. Holmes is the piano accompanist.

The sextet has already been requested to repeat the cantata in the evening, which they will do sometime in the very near future.

During the club business meeting, preceding the program, Mrs. Sherwood Williams led in community singing, after which Mrs. Robert S. Eakin, the club president, said a few words concerning campfire work in La Grande, telling of the need for guardians, many of the present guardians being school teachers who will leave La Grande at the end of the school year. She also discussed the transportation of campfire girls to the summer camps and asked that all who could take a girl to the summer camp this year.

Mrs. Lynn Wright announced the Whittman gift club concert here Monday night, sponsored by the American Legion.

W. C. T. U. Meeting at Local Church

The Woman's Christian Temperance union met in regular session yesterday afternoon at the Zion English Lutheran church and a very interesting program was given.

Miss Alice Marquardt gave a talk on "The Function and Purpose of the County Health Nurse," and Mrs. Leo Warnick gave a talk entitled "Overlapping in Philanthropic Work."

Miss Helbol Trill rendered a group of songs, and Miss Frances Keith Wallace played a piano solo. The meeting adjourned to meet again at the South Methodist Episcopal church April 12.

Announcements

Chapter 1 of P. E. O. will meet Friday afternoon at the home of Mrs. H. S. Brownston, with Mrs. Lee Warnick as assistant hostess.

The Women of Mooseheart lodge will meet at the home of Mrs. Helen Lovell on Madison avenue Friday evening, with Mrs. Peterson assisting as hostess.

The Riveria Parent-Teacher association will meet at Lane chapel Friday evening at 7:30 o'clock. The Tapawingo campfire girls of Riveria school will have a special ceremonial at that time.

The Past Matrons' club will meet this evening at the Masonic hall.

The Baptist Woman's society will meet at the home of Mrs. Grant Wilson, 2602 North Birch street, Friday afternoon. This annual election of officers will take place. All members are urged to be there.

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MENUS

By Sister Mary
BREAKFAST — Stewed dried peaches, cooked cereal, thin cream, codfish balls, crisp rye toast, milk, coffee.

LUNCHEON — Vegetable soup, raisin bread and butter sandwiches, fig tapioca pudding, milk, tea.

DINNER — Broiled porterhouse steak, mashed potatoes, French fried onions, stuffed pear salad, whole wheat rolls, banana cream pie, milk, coffee.

The vegetable soup planned for luncheon is made very hearty with all sorts of vegetables cut in small neat dice. Beef broth is used and onions, potatoes, carrots, tomatoes, turnips and finely shredded cabbage are added. The vegetables requiring the longest period for cooking are put into the broth first, the others added according to the time needed to cook them.

Codfish Balls
 One cup shredded salad codfish, 2 1/2 cups potatoes cut in dice, 1 tablespoon butter 1 egg, 1/4 teaspoon pepper.

Soak fish, skin side up, in cold water over night. In the morning, drain and pile in half-inch pieces, removing skin and bones. Measure fish. Pare potatoes and cut in inch dice. Put fish and potatoes into sauce pan and pour over enough boiling water to barely cover. Boil 20 minutes. Drain and shake over the fire. Mash fish and potatoes together in the hot sauce pan. Mash until the mixture is perfectly smooth. Season with pepper and butter and beat in egg well beaten. Shape between 2 tablespoons into rough balls and drop into deep hot fat. The fat should be hot enough to brown a piece of bread in 40 seconds or between 365 and 375 degrees Fahrenheit. (Copyright, 1927, NEA Service, Inc.)

OUT OUR WAY



LOCAL INTERFERENCE

By Williams

WALLOWA PERSONALS

WALLOWA PERS.—WALLOWA, Ore., (Special)—The public sale held at the D. E. Fitchel place on the city farm on Bear creek Saturday, Mar. 12 was attended by a large crowd from all sections of the valley. A number of milk cows were sold at prices ranging from \$72 to \$124 each. Two brood sows with pigs, sold for \$41.75 and \$78 each. A considerable amount of machinery and other articles were disposed of at very satisfactory prices. Reports from other sales which have been held in the county this spring, tell of very attractive prices which have been received for good milk cows and stock horses.

T. O. Fongine was in town recently from his home in the timbered sections about 15 miles north-east of here. He brought in a fine Canadian lynx fur and left it on exhibition at the Thrift Grocers. Mr. Fongine reports the snow quite deep in the timbered sections yet, and that roads are very muddy a part of the distance toward town.

Ernie Fisher, of Leup, has been busy recently constructing a brooder house at his farm, for a large shipment of white leghorn chicks which will arrive here the latter part of the month. A number of other persons are also expecting shipments of 100 and larger lots within the next few weeks.

Miss Ethel Couch returned here from La Grande the first of the week, where she underwent a tonsil operation.

Joseph Sanders, local barber at the Fisher shop, left Saturday afternoon by auto for Willamette valley, being called there by the serious illness of one of his daughters.

Road conditions are quite bad on all roads in this section except on the highway and market roads. Stormy weather is frequent enough to keep the surface of the ground muddy nearly all the time. On roads where heavy hauling has been done recently, some very deep ruts have been cut, making travel over them difficult. The road a part of the way toward Maxville is reported to be in a bad condition.

Charles Klinghammer, of Leup, was a business visitor here during the past week.

Mrs. Guy Oliver, of Lower Valley, who has been seriously ill for the past several days, is reported to be somewhat improved at this time.

James Weaver and wife, who have been staying at the E. A. Downing home in the Leap section the past two weeks, returned to their home at Enterprise the first of the week.

F. A. Downing, G. F. Harman, Fred Hearing and other farmers of the Leap section attended a meeting at the Chapman school house Thursday night at which time matters relative to the new road projects were discussed.

Ed Bell and family, of Whiskey creek, were visitors in town the latter part of the week.

Many farmers are repairing fences and setting other small jobs out of the way before the start of busy spring work.

A regular meeting of Wallowa grange will be held here Saturday, Mar. 19.

Ernie Fisher was a LaGrande business visitor the last of the week.

Roy Gastin was a business visitor here recently.

There is a considerable amount of sickness in town and over the surrounding country, mostly colds and grip.

E. K. Hunter has recently had a four-unit milking machine installed at his dairy a few miles east of town. The machine will be operated by electric motor from the power line which runs near the farm. Mr. Hunter states he is milking 35 cows. Several other dairymen in this end of the valley who are milking a large number of cows are considering the matter of having milking machines installed this spring.



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PUTMAN'S
 AND MILLINERY

Prince of Wales Quits Society to Mingle With People of Limehouse

LONDON, Mar. 16. (AP)—The Prince of Wales has lately quite forsaken the drawing rooms of Mayfair and Belgrave to seek a wider knowledge of the "other half" of his future subjects among the Limehouse "pubs," fish shops and coffee stalls.

Already more East Enders than West Enders can boast that they have met the Prince face to face. For in the West End, His Royal Highness is cut off his future subjects by an almost insurmountable wall of royal reserve but in the East End he can, and does, speak to and shake hands with Tom, Dick and Harry.

Mothers of families have been considerably flustered when the prince, with a local clergyman acting as master of ceremonies, suddenly dropped in upon them, with the "wash" hanging out to dry and little Joey peering about in his little shirt, but the prince's presence is a boon to the poor.

One evening a humble family, all early workers, had been preparing to go to bed when there was a loud rapping at the door. Ma, who tells the story, went to the door, opened it and, taking the presence of a prince to be a mere accident, in case it was an uninvited intruder, and bawled out:

"What d'ye mean making this racket at this time of night?"

The prince, for it was he, apologized profusely for disturbing the family, who were in various states of dress, and retired quickly after shaking hands.

During these excursions, word is passed to the police not to make themselves conspicuous, and thus the prince is enabled to make his calls without being hampered by curious crowds.

LADY LONDONDERRY POLITICAL HOSTESS

LONDON, Mar. 16. (AP)—Lady Londonderry, who entertained for the government on the eve of the opening of parliament, is the wife and daughter of politicians and carries on the traditions of political hospitality handed down by her mother-in-law, who was one of the greatest hostesses of her generation. Londonderry House, her London home, is one of the few famous residences suited to political receptions on a grand scale.

Lady Londonderry has the distinction of being one of the first British women manufacturers. During the war, she inaugurated the plan of training women to replace men as army cooks. She is keenly interested in child welfare work and the status of domestic servants. She also found time to write the memoirs of her father, Lord Cholmondeley, who for 40 years was a member of the House of Commons.

But it all worked out when she found that the bulky diet took their place, and that she actually improved on the change in diet. In two months the swelling and stiffness in both hands was less, and in six months' time Aunt Molly walked one mile to her church. The lesson of correct diet that Aunt Molly learned late in life should be learned early by everybody.

Two raw apples or pears or orange juice at 10 a. m.

Noon: Seasonable vegetables with juices of same retained; baked potatoes; carrots, celery, peas, beans, spinach, Swiss chard, kale, cold-slaw, sauerkraut, or cabbage; noodles, macaroni, or spaghetti, cooked in milk.

Two more raw apples or pears or orange juice at 3 or 4 o'clock.

Evening meal: Small portion of chicken or chop, or chopped beef with an abundance of vegetables to neutralize the acids in the meat; milk pudding, rice puddings, fruit, preferably raw.

Aunt Molly was instructed to drink water between meals, and in season cider and other fruit juices. She made objections to so much fruit, the limitation of meat, and she became excited when the "little liver pills" were discarded.

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HEALTH

THE STORY OF AUNT MOLLY

By William H. Dieffenbach, M. D., New York City
 Member Gargas Memorial Inst.

One of our neighbors in the country each summer is Aunt Molly. She sent for me to prescribe for her chronic rheumatism, and she confessed she had been taking medicine for many months without any noticeable effects.

Her knees were stiff, her feet and ankles were swollen and painful, and her wrists and fingers enlarged at the joints and stiffened.

When I asked what she ate, Aunt Molly really thought it was none of my business. Finally I learned that, for as long as she could remember, she had been living on the following diet:

Morning meal: Ham or bacon, white bread, one or two cups of coffee, with eggs only in the spring when they were cheap.

Noon meal: Soup from a soup pot which Aunt Molly kept simmering on the stove all of the time, bread and butter, and two cups of tea.

Evening meal: More fried ham, a chop or chicken, pie or fried chicken, with white bread and two cups of coffee.

Aunt Molly said that she never took milk or vegetables or fruit, though she sometimes made an apple pie.

No doubt there are millions of city and country inhabitants who live on diets similar to Aunt Molly's, and the object of this short medical history is to call attention to the final harmful results of faulty forms of nourishment.

When her foods for breakfast, noon, and evening meal are analyzed, they are found to be largely nitrogenous, practically all of them acid forming foods. The gradual storing up of acid end products is a matter of certainty and in the city dweller with deficient oxidation, a condition such as Aunt Molly's chronic rheumatism would develop much sooner than in the country in which the people live more out of doors.

Consider the foods enumerated: fried ham; white bread; coffee; eggs; bacon; soup; tea; chops; chicken—a diet which in excess invariably leads to rheumatism, kid-

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Mrs. Claude Berry Bridge Hostess

Members of the Wake-citta Bridge club were entertained yesterday afternoon when Mrs. Claude Berry was hostess at the home of Mrs. J. V. Lloyd on N avenue.

Three tables of bridge were the diversion of the afternoon and high score was won by Mrs. Bert Welsh. Consolation prize went to Mrs. George Clark and the guest prize to Mrs. Walter Jones.

A two-course luncheon, served by Mrs. Chester Koyle, Mrs. George Clark, Mrs. Lloyd and Mrs. Berry, followed the card games.

Mrs. T. R. Maxwell was hostess to the Jolly Bridge club and a few guests Thursday afternoon at her home on Adams avenue.

Four tables of bridge was at

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