

SOCIETY NEWS

Presbyterian Aid To Adjourn Until Autumn Season

The Presbyterian Ladies' Aid society held the final meeting of this season, with a large attendance, Wednesday afternoon.

During the business hour the president, Mrs. John Thibodeau, thanked all the officers and all those who helped to make the year successful. One of the worthwhile things accomplished by the society was the carrying out of plans for carpeting the church.

Mr. and Mrs. Harry Richardson, of the Richardson Art and Gift Shop, have also furnished the church with a pair of touziers.

Mrs. J. F. Ravenscroft had charge of the afternoon's program, Miss Jane Ravenscroft playing two piano solos, "Hendevon" by Abtler and "Hedding" by Grieg; Miss Ann Stage sang two numbers, "A Dusky Lullaby" by Gilberte and "When Song Is Sweet" by Mrs. H. C. Richardson accompanied by Mrs. J. F. Ravenscroft.

During the social hour refreshments were served by the following committee: Mrs. Charles Payne, Mrs. William Miller, Mrs. A. J. Stage, Mrs. G. R. Chaycomb, Mrs. Jennie Thompson, Mrs. Charles Tolbertson, Mrs. Robert Miller, Mrs. E. Jacobson, Mrs. Frank Appleby, Mrs. Ward Fowler, Mrs. A. V. Lindgren, Mrs. Walter Gaud, Mrs. E. W. Ely and Mrs. H. G. Smith.

The Ladies' Aid society of the First Methodist Episcopal church met yesterday afternoon at the home of Mrs. Fred Smith with about 20 members in attendance. Mrs. L. V. Duncan led in the devotional and Mrs. Sherwood Williams, president, presided over the business session.

It was decided to discontinue the meetings of the society during the months of July and August. Committee chairman for the autumn bazaar were appointed, as follows: aprons, Mrs. S. C. Smith and Mrs. R. H. Smith; novelty, Mrs. S. G. Coleman and Mrs. Walter Perry; fancy work, Mrs. C. E. King and Mrs. Kochenberger; baby, Mrs. Melvin Galloway, Mrs. Will Adler and Mrs. H. S. Brown.

The afternoon's program was in observance of Children's day and was given by a group of children under the leadership of Mrs. G. M. Pierce. Miss Juanita Stutzinger played a violin solo, accompanied by Miss Clara Clark at the piano. Little Miss Dorothy Pierce sang a solo, accompanied by Mrs. William Gable. Miss Edna Tovey played a piano solo and Miss Fred Dunbar gave a recitation.

Refreshments were served by Mrs. Smith, assisted by Mrs. Oscar Eley, Mrs. Wheatley and Mrs. E. V. Johnson.

Organizations To Observe Vacation

An interesting meeting of St. Peter's Episcopal Guild was held last evening at Home hall, when the guild members gathered for the last time this season in regular session.

Mrs. H. A. Zurbach presided over the business meeting. Mrs. Ross Eaton was appointed treasurer to succeed Mrs. E. L. Holmes, who will leave La Grande soon, and Mrs. Charles Boehm was appointed general chairman of the Kiltan bazaar, which will also be left vacant by Mrs. Holmes' departure.

Plans were made for the annual guild picnic scheduled for the first meeting in September. The Fourth of July celebration at the church grounds at Cove was also discussed. All of the Episcopal churches of the Eastern Oregon diocese will meet at Cove then.

A sociable was enjoyed following the business session, when the hostesses, Mrs. Ross Eaton, Mrs. Anna Tollock, Mrs. S. D. Crow and Mrs. George S. Blinn served refreshments.

The last meeting of the Missionary society of the Christian church this season was held yesterday afternoon in the church annex with Mrs. C. W. Bunting and Mrs. Harry Myers as hostesses.

Mrs. B. J. Kitchen, president, was in charge of the business session when officers for the new year were elected. Mrs. Kitchen was re-elected president; Mrs. Arno Vozel was elected vice president; Mrs. A. P. Nelson, secretary; Mrs. H. L. Purdy, treasurer, and Mrs. Frank Hardesty, corresponding secretary.

Mrs. Hardesty had charge of the

Reports To Club On State Meeting

The Parkside club met at the home of Mrs. Henry Young in May Park yesterday afternoon with Mrs. Nell Thibodeau assisting as hostess.

The new president, Mrs. Emma Bickland, was unable to attend because of illness and the meeting was presided over by the new vice president, Mrs. Ely Shaeffer.

Mrs. Charles Gump, past president, gave an interesting account of the Oregon Teachers' Association's 40th annual convention held at Bend, which she attended as a delegate from the Parkside club.

The hostesses served refreshments.

The high school girl graduated Sunday school class of the First Presbyterian church met last evening at the home of Miss Andrew Moore. During the early part of the evening a short business meeting was held, presided over by the vice president, Miss Ella Neiderer, in the absence of the president, Miss Lillian Sims.

Instead of the regular lesson the hostess read a number of Bible stories and the girls present discussed what Bible characters they were.

Games were enjoyed for a while after which refreshments were served.

The class will meet again Thursday, June 5, at the home of Miss Kathryn Moran.

Piano Recital Is Held At Library

Another of a series of recital programs was given last evening when Miss Judith Stodgrass was presented by her teacher, Miss Dorothy Pleasants, at the library auditorium.

The program was well balanced and, with a variety of numbers, it was one of interest from the first selection to the final one. It is reported.

Each selection was played with original interpretation. Her playing was brilliant and displayed excellent technique, especially in her "Sonata in G major" by Beethoven, which she also given an opportunity to display her dramatic ability. It is said.

Placida Hittler Sherwood, soprano, assisted her, singing two well rendered numbers, "Down in the Desert" by Ross and "Vain is the Song" by Whitlow, and responding to the applause with an encore number.

The entire program was enthusiastically received by the large audience.

Both Miss Stodgrass and Mrs. Sherwood received flowers.

The stage setting for the program was the same as the previous evening, when Miss Dorothy Brown was presented, assisted by Miss Ann Stage.

Miss Pleasants left last night for Portland and from there will go to Kearney, Ill., where she makes her home. She does not plan to return to La Grande next season.

A group of piano students of Sacred Heart academy will be pre-

Tulle Scarf



Pink silk tulle embroidered in silver and pastel shades fashions a new evening scarf—charming with a gown of the utmost simplicity.

Presented in recital this evening in the library auditorium. The program will begin at 8 o'clock.

The piano students taking part are Miss Lora McWilliams, Miss Margaret Mieshaugen, Paul Nelson and Vincent Nowlin. Kermit Lagan, tenor, will assist in the program.

A cordial invitation is extended to the public to attend.

MENUS

By Sister Mary
BREAKFAST—Frieded steaks, berries, cereal, cream, scrambled eggs with bacon, oven toast, milk, coffee.

LUNCHEON—Creamed asparagus on toast, cottage cheese salad, frozen rice pudding, milk, tea.

DINNER—Roast chicken, potato potatoes, buttered green beans, grapefruit and pepper salad, stuffed sponge cake, milk, coffee.

Tomato potatoes are very good with veal or chicken and are particularly acceptable just at this time of the year when oil potatoes are not at their best and need extra patis in their preparation.

Pimento Potatoes
Four cups sliced potatoes, 1/2 cup milk, 1 tablespoon butter, 1/2 teaspoon salt, 1 cup canned pimento, 1 egg, 2 tablespoons minced parsley.

It will take about six good-sized potatoes to make 4 cups of sliced potato. Pare potatoes, boil until tender and put through a ricer. Heat milk and add butter and salt. Rub pimentos through a sieve and measure. Add to potatoes with the hot milk and heat well. Beat eggs until light and beat into potato mixture. Turn into a well buttered baking dish and bake 15 or 20 minutes in a moderate oven. Sprinkle with parsley and serve from the baking dish.

With vegetables in full growth the main object of a gardener should be to keep them growing at top speed. Here are two ways to do it, fertilizing and cultivation.

Now is the time to give an application of commercial fertilizer. The balanced fertilizers sold by seed houses are a real boon to the gardener because they are so easy to handle. It is a simple matter to sprinkle the powder along the rows of plants and then gently hoe it or water it in.

Nitrate of soda is a garden

The Garden

stansby as a stimulant of growth. This should be watered in. Sprinkle the nitrate thinly and then turn on the sprinkler. Many of the balanced fertilizers contain chemicals that need to be watered in for best results. A good sprinkler that will give a wide distribution of water sufficient to start the fertilizer into the soil is a very useful garden adjunct and much simpler than holding the hose.

Light dressings of commercial fertilizer two or three weeks apart be much more effective than heavy ones. The plants can take only a limited amount of the food provided for it and if too heavy dressings are given it is a waste of fertilizer. These fertilizers are devised to add to the food already in the soil and to make it more readily available for the plant.

After the commercial fertilizer has been applied and wet into the soil, the garden should be gone over with a hoe or cultivator to stir the soil again. Having been done after rains, particularly after heavy downpours which have the surface water and crusts. The powdering of the soil retains the moisture.

IMBLER PERSONALS

IMBLER, (Special) — Mr. and Mrs. Olive Wilson are the parents of a baby girl born to them Monday at the Grande Rande hospital. The little girl has been named Shirley. She weighed five and one-half pounds. Both mother and baby are doing nicely.

Mr. and Mrs. Jim Osborne are receiving congratulations upon the birth of a baby daughter, Irwin Weckenshaw, born Tuesday, Tuesday.

Mr. and Mrs. Fred Nadine drove to Baker Sunday. Mrs. Nadine will visit there for a few days with her daughter, Mrs. Cassidy.

Marian Nadine left Sunday for Mt. Vernon, where she will visit her brother.

Mrs. H. Vetsberg was taken to Hot Lake Monday for treatment. Her parents, Mr. and Mrs. John Brethfeld, visited her there Tuesday.

Mrs. Bob Farrens, of Prosser, is here this week visiting her parents, Mr. and Mrs. William Furman.

Mrs. Rosa Gorb is here from Bend visiting her daughter, Mrs. Ross Perry, and other relatives.

Mr. and Mrs. Everett Keown and son attended the Memorial day services at Summerville Monday.

Bob Keenan and Albert Keener were fishing on Catherine creek Tuesday.

Mrs. Rita M. Walker attended the Memorial day program at Elgin Sunday. Monday she attended the services at the Summerville cemetery.

Mr. and Mrs. John McKinnis returned Sunday to their home here.

Mr. and Mrs. Otto Buchanan have returned from their vacation trip.

HEALTH

THE IODINE CRAZE
By C. E. de M. Sajous, M. D., Philadelphia, Pa.

Member Gorman Memorial Inst. The widespread use of iodine and iodized table salt has developed in the United States into a craze that is extremely harmful to millions of people, and now known to have been the indirect cause of many deaths.

While iodine to prevent goiter (an enlargement of the thyroid gland in front of the neck), the result of their misuse has been to increase greatly the number of severe cases of the disease, and to diminish markedly the chances of cure, both medical and surgical.

Some barely perceptible goiters, which, particularly in young people, might have retrogressed and disappeared in a few months are converted into toxic goiters, a form which is unless soon mastered, leads to disorders of the heart, nervous system, intestinal tract, etc.

Children, not in the least predisposed to goiter, become weak, lose flesh, acquire an unusually rapid pulse, experience shortness of breath when climbing or running, become irritable with, in some instances, the development of abnormal propensities due to abnormal excitement of the brain, nervous and circulatory systems.

The use of iodized salt is particularly harmful since it means the administration, day in and day out, of a stimulant far more active than alcohol to a system, our body, which in reality contains but a minute quantity of iodine as one of its biochemical constituents.

It is not as food, but a pure stimulant of all body activities which, given in excess, might fittingly be compared to the accelerator of an automobile, when so "stepped on" as to raise the speed to sixty miles an hour.

We see its effects in the disease known as "exophthalmic goiter" due to the excessive secretion of iodine by the thyroid gland, in which the work growth is supplemented by lighting of the eye. The patient's skin is hot, his heart beats are extremely rapid, he is excitable, nervous, sometimes mentally abnormal, emaciated; though his appetite be enormous to replace the food consumed. On the whole, he is the picture of a racing en-

gine—racing to self destruction.

And this is what the injudicious use of iodine, or iodized salt, predisposes to in any woman, man, or child.

How did the iodine craze originate?

Its origin is traceable to the painstaking efforts of two physicians who found that, by giving small doses of a weak preparation of iodine to school children a short time twice a year, they could, in the goiter belts of the Middle West, reduce greatly the incidence of goiter in these particular districts.

Again, surgeons found that by giving iodine in cases about to be operated, their surgical results were greatly improved because of the sustaining effects of the iodine.

Heralded far and wide, this was taken to mean that a "new agent for the prevention and cure of goiter" had been discovered; iodine and iodized table salt, advocated by well-meaning but ignorant people on the one side, and manufacturers on the other, started the craze.

Now, in the vast areas of the United States where no "goiter belts" exist, as well as in goiter districts, where the uncontrolled use of io-

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WANTS MORE LOVE

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AND MILLINERY

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