

SOCIETY NEWS

D. A. R. Members Meet for Luncheon

The daughters of the American Revolution met at the home of Mrs. H. G. Smith on Sat. N. evening yesterday afternoon at 1:12. A luncheon was served by a committee consisting of Mrs. Smith, Mrs. Lynn Hollenback, Mrs. William Miller, and Mrs. O. E. Moran.

The home was decorated in the bachelorette style which is the national flower of the D. A. R.

During the short business meeting Mrs. Grace Husey was presented her rotating regent pin. The presentation was made by Mrs. East Reynolds, the new regent.

It was decided that the D. A. R. would decorate a float to appear in the American Legion parade during the coming convention in July.

New Officers of W. B. A. Elected

The regular meeting of the W. B. A. took place last evening with Commander Bertha Bramwell in the chair. During the evening election of officers was held. The following officers were elected to fill the vacancies: Amy Brown, junior commander; Hazel Jensen, lieutenant; and Nora Mackey, or bearer. Six candidates were nominated. They were Genova, Lenora and Lois Ledbetter, Edith McAnally, Myrtle Crawford and Amy Brown.

Miss Adelaide Parkard, district deputy, was present at the meeting. She gave an interesting talk on matters concerning the order. Miss Parkard is working in this field today and will go to Bend later in the week.

During the meeting it was decided that the Westway club, a social auxiliary of the order, would go to Coos Bay Friday for a picnic. Further announcement of it will be made later.

At the close of the evening refreshments were served.

Members of the Oliver Morton Relief Corps living in the south side entertained the members of the north side at a benefit tea at the home of Mrs. August Nelson on N. avenue Tuesday afternoon.

The guests were met at the door by Miss Winifred Dunn as George Washington and Miss Marion Nelson at Butte Ross. On the right hand of each guest was tied a paper bag which was to be removed by the tea urn. An interesting program in observance of Flag day was given. The National Emblem march was played. A reading, "The American Flag," was given by Frances Kelli Wallace, who also responded with an encore. Mrs. B. M. Kitchin sang "Columbia the Gem of the Ocean." Mrs. John Hultung gave two readings and Misses Pauline and Ruth Wackerling sang two numbers. Mrs. Winifred Dunn, Mrs. George Anderson and Mrs. J. E. Parry sang three numbers accompanied by Mrs. Bulling Green and Mrs. George Anderson was followed by a patriotic tableau, "How the American Flag Was Made." These taking part in the tableaux were Miss Winifred Dunn as George Washington and Marion Nelson as Betsy Ross. Misses Pauline and Ruth Wackerling sang the song, "The Star Spangled Banner" and repeated the flag salute. Following this Mrs. Bulling Green followed the "Star Spangled Banner."

The Nelson home was decorated in red, white and blue flags which carried on the patriotic color scheme.

The June church night of the Christian church will be held Friday evening, June 17th, at 8:30 o'clock. Supper will be served at that hour. A program which will consist of readings will follow the supper. There will be talks by L. C. Harber, J. J. Hawley and Dr. J. L. Macpherson. The music will be arranged by Mrs. Dallas Green and J. P. Caldwell. The members and friends of the church are invited. Those who come are asked to bring dinner for themselves.

The marriage of Miss Edna Gillison and Charles Harold Fisher, both of North Powder, was solemnized yesterday afternoon at 4:30 o'clock at the Christian parsonage, the Rev. C. V. Dunn performing the ceremony.

They were accompanied by the bride's mother, Mrs. Margaret Gillison.

They expect to make their home in Red Bluff, Cal.

Announcements

The Woman's Society of the Baptist church will meet Friday afternoon at 2:30 o'clock at the church. Mrs. Fred Johnson will be the leader. The second chapter of the book, "A Straight Way Towards Tomorrow" will be studied.

MENUS

By Sister Mary
BREAKFAST—Stewed figs, oatmeal, cream, spragueus cereal, pop-over, milk, coffee.
LUNCHEON—Casserole of spring vegetables, brown bread, cottage cheese, drop cake, milk, tea.
DINNER—English mutton chops, baked potatoes in cream sauce, ten-minute cabbage, lettuce and tomato salad, cherry pie, milk, coffee.

English mutton chops are cut about two inches thick. They can be pan broiled or broiled under or over the broiler heat.

Casserole of Spring Vegetables
 Three tablespoons butter, 1 small head lettuce, 2 cups new peas, bunch new carrots, 1 bunch spragueus, 1 teaspoon sugar, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1 1/2 cups chicken stock.

Melt butter in casserole. Add lettuce trimmed and cut in thin slices. Stir with a fork until thoroughly blended with butter. Add peas and spragueus cut in inch lengths. Season with salt, sugar and pepper and add chicken stock. Cover and cook in a moderate oven for one hour.

If the stock is heated to the boiling point before using, the dish will cook in less time.

FATHERS FUGHT, SONS READY

WESTPOINT, N. Y.—Their fathers fought for Uncle Sam and they are ready themselves. Among next second lieutenants just graduated from the military academy are Frederick Foust Jr., and the sons of Major General John E. Hines, formerly chief of staff, and of Major General Fox Connor, formerly deputy chief of staff, also William J. Glasgow Jr., beau of Princess Diana on her visit to the Point.

Tulle Bandeau

Rhinestones applied on a band of tulle the color of one's hair make a close-fitting and youthful bandeau.

OUT OUR WAY



HEALTH

HOW BAD TEETH AND TONSILS CAUSE HEART DISEASE
 By E. Rodney Fike, M. D., New York City.

Member Gurgas Memorial Inst. The object of this great project, the Gurgas Memorial, involves every avenue of approach to the prevention of disease and degenerative processes and must include a study of such measures as are possible in the prevention of every organic disease and infirmity, therefore, diseases of the heart and blood vessels. This may seem an impossible achievement but is a very practical possibility. One can realize it better by a brief study of the various groups of heart disease, which have been classified as follows:

Rheumatic, comprising 44 per cent.
 Hardening of the arteries, 27 per cent.
 Syphilis, 12 per cent.
 Gout, 6 per cent.
 Coronary, 1 per cent.

Rheumatic heart disease results from infections generally classified under the term streptococci. Do not shy from that word, because it is a dangerous one. Dr. Cabot, of Boston, calls the streptococcus the worst enemy of mankind. There are many varieties of this form of bacterium but some carry a special faculty of attacking the heart and blood vessels, producing our group of rheumatic heart disease.

A diseased mouth, infected gums and teeth diseased and infected tonsils are the principal ports of entry into the body of these germs. Other infection sources such as the nasal passages and sinuses, may also permit the passage of these bacteria and their products into the blood stream and thence to the heart and blood vessels. The result of such blood stream infection is an active inflammation involving first the lining membrane of the heart, and later its muscle structure.

The answer then for protection is a vigorous, early and constant care of the mouth and throat.

The rheumatic heart diseases occur in the early decades of life when contagious diseases of streptococcal origin are more prone to occur, so that the young group especially from 10 to 25 years of age.

Many of these cases could have been prevented if diseased teeth, gums and tonsils had been properly cared for. Tonsils are the worst offenders and should be removed with any positive evidence of infection. A clean throat usually means a clean heart.

Joint inflammation or rheumatism must not be neglected. It is a disease of streptococcal origin and is frequently passed on to the heart. Children should avoid physical strain in convalescing from acute infectious diseases in order to avoid heart complications. This responsibility rests upon the parents.

TELOCASSET PERSONALS

TELOCASSET (Special)—Mr. and Mrs. G. V. Wilkinson and son, Warren, and Mr. and Mrs. J. C. Anderson left Sunday morning for Portland and Corvallis where they will attend the state grange convention in Corvallis.

Mrs. Walter Young and children, of La Grande, visited at Lee Young's home Tuesday.

Earl Hill returned home Wednesday after spending a week visiting relatives at Elsie.

Those who attended the stock show were Lawrence Baxter, Mr. and Mrs. Glen Hill, Mr. and Mrs. C. A. Hill and family and Mr. and Mrs. G. V. Wilkinson and children. Fred Hubber drove to Pullman, Wash. to get his daughter, Miss Louisa, where she has been attending school for the past year.

Ray Young left for Astoria, Tuesday evening where he will attend the training camp of the national guard.

Miss Violet Wilkinson was the guest of Miss Erma Packard, of Dayton during the week show.

Mr. and Mrs. Jim Anson, of La Grande, are taking care of J. C. Allison's place while they are attending the state grange convention at Corvallis.

The Misses Amelia, Pauline, Rose and Freda Anson, daughters of Mr. and Mrs. John Anson, returned home from Pendleton where they have been attending high school for the past term.

Mrs. Georgia Baker's two children are visiting her from Westport.

The Garden

VEGETABLES FOR NEXT WINTER

Perennials and winter plant or sibs, must go into the ground now for next spring's crop. It is about the last day for planting these two root crops that we can go out and dig now that all winter if we care to ward a piece to do it. They are at their best after frost has sweetened them.

A row of turnips and a row of oxeye plant put in where the early radishes and lettuce have come out will give good roots next spring.

The main thing to see that they are thinned to six inches apart as soon as the seeds have germinated and to give them good cultivation to make up for the lost time in planting. With this care they will catch up and make a good showing in comparison with the April planted seed, although they will not make as large roots.

These vegetables, which come at a time in early spring when fresh vegetables are most welcome, are too much neglected. They are easy to grow, taking care of them since after being given a good start it is surprising that more gardeners do not put them in. These with kale, which will give outdoor greens all winter, make the vegetable garden give year-round service and it might just as well be that as to be allowed to lie idle for any portion of the time. It is now time to get late started and seed may be sown at any time. This is a relative of the cabbage and like the same conditions.

The leaves are highly nutritious, being curled and filled with protein and there are some fancy varieties in which brilliant colors add to the attraction, so it is possible to be

ALICEL PERSONALS

ALICEL (Special)—Mr. and Mrs. Otto Corber, of La Grande, spent Sunday at the Ruth McKernon home.

Mr. and Mrs. Ray Fuller and son Dick, Mr. and Mrs. Carl Fuller and son Charles, returned to Hadium Springs Sunday where they were joined by Mr. and Mrs. Earl Himmelman, of Hildreth, Arthur Plyke and wife, Bertha Wahlgren and Arthur Plyke and wife, of La Grande. After a week in the country, enjoyed a picnic dinner in honor of Charles Plyke's birthday anniversary.

Word has been received here telling of the marriage of Minnie Watson to a fellow plant in midwinter.

A planting of parsnips, oxeye plant and kohlrabi gives an all winter garden. It is a novelty to many gardeners and well worth the experiment. If a row of French endive is sown and given frequent cultivation it will reach sufficient size to go into the cellar next fall and add to the all-winter garden produce by giving a fine supply of French salad material to be cut as needed.

WIFE DIRECTS SAVING OF HUSBAND



If Mrs. Harold Perrinore had not been director of the Richmond, Cal., health center, she might not have known what to do when the lungs of her husband suffered from pneumonia, but she called the fire department, and more than 100 hours of forced breathing of oxygen through an inhalator brought another breathing hero to the sick man, who is hope for recovery. The picture shows Eric Chief William P. Cooper operating the instrument, and (right) Mr. and Mrs. Perrinore.

Vacation Apparel

Vacation Togs That Give a Maximum of Cost

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At All Grocers!

Tulle Bandeau

Rhinestones applied on a band of tulle the color of one's hair make a close-fitting and youthful bandeau.