

SOCIETY NEWS

Swimming Pools Lure La Granders Over the Week End

With the warm weather of the past week picnic and swimming parties have been the diversion of La Grand: people. Yesterday found crowds at all of the swimming pools surrounding La Grande, the tank at Cove, Radium Springs and Pine Cone all having a large number, besides several going swimming in the river.

All of the picnic spots at the various places were taken early in the day. Nearly streams were lined with autos of picnic parties and fishermen.

Mrs. Jack Hiatt entertained at dinner yesterday in honor of her son, Jack's twenty-first birthday anniversary. A three-course dinner was served at about 4 o'clock, covers being laid for 10. Guests, besides the family were Miss Wilma Gaskill and Mr. and Mrs. Ralph Webb.

A bouquet of lavender and pink sweetpeas served as a centerpiece for the dinner table. The honor guest cut the birthday cake.

A sociable was enjoyed following dinner.

Campfire Group Back from Hike

Eight girls of the Sacajawea campfire girl group and their guardian, Mrs. L. E. Awoa, and Mrs. Fred Johnson, returned to their homes here Saturday after an overnight trip to Mt. Emily.

The group left here Friday afternoon and hiked as far as Pitt's cabin, where they built their beds of fir boughs and spent the night. Supper and breakfast was cooked by the girls on a campfire.

The girls going were: Helen Hughes, Katie Keller, Edna Johnson, Helen Jensen, Opal Smith, Natalie Ernst, Vera McLane and Genevieve Nelson.

Five of the eight girls making the trip have only one more point to make before they will be expert hikers. The group is now planning a trip to Morgan lake when the girls expect to be able to make the point.

The group will meet tomorrow afternoon for a sociable and business meeting at the home of Miss Natalie Ernst.

The Oscho campfire girls met at the home of Evelyn Bruce on Saturday afternoon. A business meeting was conducted and officers were elected. The new officers are: secretary, Dorothy Stewart; scribe, Barbara Guye; treasurer, Beverly Guye; program committee, Evelyn Bruce, chairman, and Wilma Smith, assistant; ways and means committee, Helen Sargent, chairman.

After the business meeting refreshments were served by the hostess, assisted by her mother, Mrs. S. Bruce.

The regular meeting of the Woman's Benefit association will be held tomorrow night at 7:20 o'clock at the Knights of Pythias hall. Plans will be completed for representation in the parade during the American Legion convention here here. There will be initiation. All members are urged to be present.

The Allied Ladies' aid will meet at the home of Mrs. Everett Willinger Thursday afternoon, July 14, at 2 o'clock.

A special meeting of the Ladies' auxiliary to the Brotherhood of Railway Trainmen has been called for this evening at 7:30 o'clock at the home of Mrs. W. D. McCarthy, 1204 Spring street. All members are urged to be present.


HOUSTON'S DESCENDANT UNVEILS HIS MEMORIAL
TIMBER RIDGE, Va., (AP)—Unveiling memorials to General Sam Houston is almost a "family job" for Charlotte Gaynes Williams, of Houston, Texas.

She is the great granddaughter of the man who was the hero of San Jacinto, governor of Tennessee and Texas, and for many years senator from the Lone Star state.

Her latest unveiling was that of a little bronze marker here which proclaims that Houston was a Virginian, born in a log hut, March 2, 1793.

According to a leading insurance authority the majority of cars stolen are taken by young lovers who cannot afford to buy cars to take their sweethearts riding.

"Be a Lowbrow"



If you'd succeed as a dancer, be a lowbrow, advises Margaret Harney of E. St. Louis, Ill., dance instructor and member of the National Institute of Social Dancing. Highbrow conversation bores dance partners, she says.

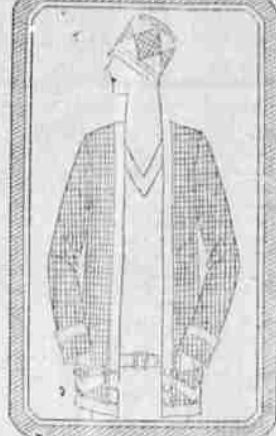
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Checked Mates



A hat of white linen with appliques of mauve checked linen completes a sports costume consisting of a white linen frock with jacket of the contrasting material.

MENUS

By Sister Mary
BREAKFAST—Cantaloupe, crisp toast, milk, coffee.

LUNCHEON—Scalloped spinach, brown bread, sliced bananas and raspberries with sugar and cream, cookies, milk, tea.

DINNER—Broiled mock filet mignon, fried potatoes, creamed carrots, new cabbage and celery salad, frozen custard, whole wheat rolls, milk, coffee.

If the "mock filet mignon" is served on the best platter, carefully arranged and garnished with parsley, the family will be less conscious of the makeshift.

Scalloped Spinach
Two cups steamed spinach, 2 tablespoons butter, 1 tablespoon flour, 1 cup milk, 1 cup chopped cooked ham, 2 hard-boiled eggs, 1/2 teaspoon salt, 1/4 teaspoon pepper, 2 tablespoons grated cheese, 4 tablespoons buttered crumbs.

Melt butter, stir in flour and slowly add milk, stirring constantly. Bring to the boiling point and stir in ham. Season with salt and pepper. Put a layer of spinach in a well-buttered baking dish, cover with slices of egg and add a layer of sauce. Continue layer for layer until all is used making the last layer of spinach and sauce. Sprinkle with buttered crumbs. Cover with grated cheese and bake 20 minutes in a moderate oven.

Breakfast—Stewed prunes, cereal, cream, baked French toast, milk, coffee.

LUNCHEON—Green pea bisque, toast sticks, tomato sandwiches, bread pudding, lemonade.

DINNER—Baked lamb cut steaks, lemon butter, baked potatoes, green beans in cream, cucumber salad, strawberry mousse, milk, coffee.

When eggs are cheap use two or three for the batter for the French toast. The more eggs the more nourishment.

Strawberry Mousse
One quart strawberries, 1/4 cup sugar, 1 tablespoon granulated gelatin, 4 tablespoons cold water, 2 1/2 cups whipping cream.

Wash, hull and drain berries. Sprinkle with sugar and let stand one hour. Press through a coarse sieve for ten minutes. Dissolve gelatin in cold water and stir into berries. Let stand until mixture begins to thicken. Fold in cream whipped until firm. Turn into mold and pack in ice and salt. Let stand four hours. Use six cups of finely crushed ice to one cup of ice cream salt and do not stir while freezing.

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OUT OUR WAY



WHY MOTHERS GET GRAY. BY J. WILLIAMS. CREDIT BY NEA SERVICE, INC.

HEALTH

ALL HUMANS FALL INTO THREE POSTURE ROUPS EACH GROUP SUSCEPTIBLE TO VARIOUS DISEASES

By Paul P. Sweet, M. D., Hartford, Conn.

Member, Gorges Memorial Inst.

It has long been known that a healthy body helps to form a healthy mind, and a healthy spirit, and one of the most important factors in producing health of body is the development of a good posture in every child. It would be idle to say that good body posture will prevent all of the ills of the flesh, but it is true that good body mechanics help to prevent those ills, and further, they help to remedy such ills as are acquired.

Human beings are divided into three posture groups: The tall and slender type; the short broad type; the medium or in-between type. The tall, slender type of individual has a long back bone with narrow spinal bones, forward sloping ribs, a flattened chest, a flat abdomen, round shoulders, long legs and arms, and rather thin muscles. This type is referred to as the canine, or carnivorous type, not because these people are meat eaters, but because they resemble, in their structure, animals that are meat eating, such as the lion, the tiger, the dog and the cat.

Quite in contrast is the short, broad type with broad back, wide spinal bones, ribs that run nearly straight, a full chest, a prominent abdomen, square shoulders, short legs, and arms, and rather thick muscles. This type is often called the bovine or herbivorous type, because it looks a little like such animals as the cow, which is a strict vegetarian.

Of course, these two types represent the extremes of the picture, and the in-between group is a combination of the two with characteristics of one or the other predominating.

The tall thin group is liable to disease that are accompanied by deficient nutrition, such as chronic indigestion, constipation, anemia, tuberculosis. This group is liable to be delicate in childhood and youth, but to be tough and wiry, and it brought safely past the age of thirty, has a longer life expectancy than the short broad type.

The short broad type generally acquires the diseases that go with an over abundance of nutrition—such diseases as obesity, rheumatism, diabetes, apoplexy, high blood pressure. This group is likely to be robust and vigorous in childhood and youth, but to be an easy prey to serious ills in middle life. It is more certain to reach the age of thirty, but after that age its life expectancy is less than for the tall and thin group.

As far as posture is concerned, it must be understood that the tall thin group hasn't the sort of carriage of the short broad type. It is quite normal for a tall thin type of child to stand with slightly sloping shoulders, but they must not slope too far. If they do, we should attempt to correct them, and in making the attempt we must realize the fact that this type is often poorly nourished.

Hence, your tall thin child, may require rest instead of exercise. Nothing is more out of order than to force exercise upon a tall thin type of child to improve his posture when he begins to limp too much. It is possible that such a child is already tired, or underweight, and that he needs to be rested half an hour before and after meals, by lying down on the floor with arms outstretched above his head, and with an pillow. This position lifts up the head and chest and flattens the abdomen, and allows the stomach to come higher up in the abdomen where it can digest the food and empty itself more quickly.

Show Fall Dresses In Midsummer Heat

PARIS (AP)—In the heat of midsummer, mannequins are modeling the styles of fall and winter.

The dress salons are busy places where buyers from all over the world are gathered for a peep at Paris' latest fashions.

Jean Worth, one of the most conservative of the gray and black in his collection for winter. He shows much velvet for evening, particularly in black and white. Many of Worth's models show woolsens with small geometrical patterns woven in metal thread.

WORKING GIRL RULES PARIS SUMMER FETE

PARIS (AP)—Mlle. Aline Louage was the central figure in the recent spring fete which ushered in Paris' summer season. She rode in a "Cheroula coach" of white and gold drawn by six white horses from the Bois de Boulogne to the Hotel de Ville.

On that occasion she was called "Parlette Premiere" and represented the working girls of Paris. She works in a workshop run by her father and is paid to be called a barmaid.

Like the average French girl, "Parlette" makes many of her own clothes. She knows fashions better than vintage and considers it a woman's first duty to always look her best.

LINDY GIRL SHY HASBROUCK HEIGHTS, N. J.

Lindy is so girl shy that names and telephone numbers galore have been written all over the shirt of St. Louis. A coat of silver paint is to obliterate them all, except one that was carved with a knife on the stock observer. Lots of boys looking over the plane before it was locked up copied some of the names.

LADY ASTOR RESTS BY PLAYING TENNIS

TAPLOW, England (AP)—Lady Astor, the American born member of Britain's parliament, finds a hard name of tennis affords great relaxation from her political duties.

At her country seat, Clevedon, Taplow, Buckinghamshire, she has two excellent hard courts, set in ideal sylvan surroundings, in which her residence is situated. She is an exceptionally good player, and prefers the hard surface to grass, which is not fast enough for her.

A New Style in Necklaces, Girls



Simply braid the hair and wind it around the neck, girls, fastening it in the back with hairpins and setting it off with a decorative pin in front. That's Dolores Del Rio's new style hint. The Mexican film beauty's fad has become popular in Hollywood, even though the weather's warm.

BEFORE THE MIKE

TUESDAY'S PROGRAMS

The National Broadcasting company program for Tuesday night from 8 to 10 will be "Hits and Hits by Irving Berlin" broadcast over KGW, KIQ, KFI, KOMO, KGO, KPD, KPFA.

KGO—Oakland (384.4m-780kc) 8, The Pilgrims, 10, entertainment; 10:30, surprise broadcast; 10:45, Western Music-Trade convention.

KJR—Seattle (354.6m-560kc) 8, studio program.

KFI—Los Angeles (468.5m-640kc) 8, program; 10, dance orchestra.

KFO—San Francisco (422.3m-716kc) 8, freestyle hours; 10 to 11, dance music.

KGW—Portland (491m-616kc) 8, educational program; 10 to 12, dance music.

KOA—Denver (325.9m-924kc) 7 to 9, dance orchestra.

KOMO—Seattle (500m-980kc) 8, musical program; 10:30, news; 10:45 to 11:30, dance orchestra.

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PAIR HUNTS CLEW TO OCEAN STORMS

Will Seek the Origin of Heavy Winds in Ice Caps of Arctic

ANN ARBOR, Mich., (AP)—Amid the darkness of an Arctic winter, two scientists plan a vital on the steppes of Greenland which may smooth the way to safe trans-Atlantic aviation.

They seek to trace the origin of storms which sweep down from the north across the air lanes of the north Atlantic, and to make possible the forecasting of scientific storm warnings which will remove the hazard of uncertain weather from ocean flying.

If they succeed, airmen will no longer have to embark blindly over the ocean into the teeth of storms like those which swallowed up the planes of Hawker and Nungesser and coated with sleet the wings of Lindbergh's ship.

The problem, almost untouched by meteorology, of charting Arctic winds will be undertaken in an anchored hut on the edge of Greenland's vast ice cap by Prof. J. E. Church, director of Mt. Rose Observatory of Nevada, and P. C. O'Connell, New York radio operator.

The real sponsor of the expedition and its theories, Dr. W. C. Hobbs of the University of Michigan, will ferry in the milder climate of the Greenland shore, deemed by his 52 years the physical endurance to make his own observations.

Dr. Hobbs believes the perilous storms of the north Atlantic originate in winds above the Greenland ice plateau, and that science can determine those wind move-

ments, forecast their movement into the air lanes and send radio warnings which will make trans-oceanic aviation lines safe and practicable within five years.

The experimental hut by the ice cap must protect Church and O'Connell from temperatures of 60 degrees below zero. It will be insulated from the "cold" with burlap wool, waterproof canvas and two walls of turf and anchored by cables against the fierce winds.

When summer comes to the Arctic, Dr. Hobbs and other members of the expedition will join the pair to conclude the experiments. Their completion, Dr. Hobbs is convinced, will remove the greatest remaining element of risk from America-to-Europe air travel.


HOW GIRLS LOVE

To keep that ugly shine away with this new wonderful special French Process Face Powder called MELLO-GLO! Prevents large pores—stays on longer—very pure and fine—gives the skin a peachy look. Keep your complexion young and attractive with MELLO-GLO. Get this marvelous new face powder today. Glass Drugs, Inc. —AdV.

JULY CLEARANCE SALE
Continues This Week.
Extra Special Values on
Coats, Dresses, Suits and Hats
PUTMAN'S
Ready-to-Wear and Millinery

CURFEW FOR CATS?
PERRY, N. Y. — A curfew for cats is desired by the Garfield kennel club. It has petitioned the town supervisors, pointing out the dogs must be confined at night while cats wander all day killing birds, then howl at night and keep the dogs awake.

Bread Box Empty?
Tru-Bake Crackers are your Best Bet



HOW GIRLS LOVE
To keep that ugly shine away with this new wonderful special French Process Face Powder called MELLO-GLO! Prevents large pores—stays on longer—very pure and fine—gives the skin a peachy look. Keep your complexion young and attractive with MELLO-GLO. Get this marvelous new face powder today. Glass Drugs, Inc. —AdV.

If You Were Lending Money What Would You Require?

If you had a few thousand or a few hundred dollars to lend, what kind of loans would you seek? Naturally you would not loan your hard-earned money to just anybody who might want it—you'd rather pick and choose a little.

Wouldn't you insist that your loan be made only to someone who possessed something of sufficient value so that you could be protected in an emergency? Someone who had shown his ability to handle money wisely by already accumulating a little money or a little property? Someone who had already proved a reasonable ability to repay you by saving in the past? Someone who had demonstrated the ability to make money and, at the same time, to spend less than he made?

Your requirements would be very much along this line if you were making a loan, we are sure, because you would know that the person who can handle his or her own money well, can probably handle your well, too.

Reasonable loans are always quickly secured by people who have guarded their credit, who have built confidence by handling their money properly, whether it be a \$25 a week income or a million dollar capital. Your credit may be strengthened and increased by friendly counsel with your banker.

La Grande National Bank
Member Federal Reserve ... Resources Over 2 Million
Fortieth Year of Friendly Service