

SOCIETY NEWS

W. W. G. Members Entertained At Miss Fox's Home

Reports of the World Wide guild home party held at McMinville the first part of July were given yesterday afternoon when the local guild of the First Baptist church met at the home of Miss Mildred Fox, on Second street, with Miss Mildred Fox, Mrs. Wayne C. Taylor and Miss Mildred Malhotra as hostesses.

Miss Marjorie Maguire, the president, presided over the meeting and the minutes were read and the point standard system was reported upon.

Miss Maguire, Miss Lucien Olive and Miss Ida Frances French each reported on different phases of the home party.

Mrs. Bonnie Bean and Miss Ethel Brown told something of last year's home party, and Miss Cornelia Hansen spoke briefly about the first home party, which was attended by a delegation from the local guild three years ago. For the past two years the La Grande guild has been successful in winning the northwestern district trophy in the point competition.

A new study book, "The Open Gate to Prayer," was started. Miss Marjorie Maguire reviewed the first chapter.

The girls started work on quilt blocks, which will be made up and sold.

Miss Florence Nelson gave a report on missions, which was followed by a devotional service.

Several communications were read, including a letter from Mrs. G. A. Pollard, formerly of this city.

A socialite followed the program, when refreshments were served by the hostesses. Favors were all-day smokers dressed in crepe paper to represent quilt gifts.

Announcements

The home department of the First Presbyterian church will meet at Riverside park Tuesday afternoon at 2:30 o'clock, with Mrs. Ray Rust and Mrs. Ada Clark as hostesses. All members are urged to be present.

MENUS

BREAKFAST — Orange juice, cereal, cream, eggs, poached in milk on Graham toast, milk, coffee.

LUNCHEON — Stuffed baked tomatoes, steamed brown bread, cottage cheese, cherry preserves, milk, tea.

DINNER — Smothered veal steak, rice, potatoes, steamed summer squash in cheese sauce, head lettuce with hard cooked egg dressing, chilled watermelon, milk, coffee.

Cottage cheese is known as one of the "protective foods." Made from sour milk it contains many of the lactic bacteria and will have the same effect to a certain extent that sour milk has and is more palatable. The lactic acid organism in sour milk is extremely beneficial to the whole system and makes for good health.

Stuffed Baked Tomatoes — One-half pound green beans, 4 smooth tomatoes, 2 tablespoons butter, 1/2 teaspoon salt, 1/2 teaspoon sugar, few grains nutmeg, 1 sweet green pepper.

Remove tops and tails from beans and cut through the center lengthwise. Cut in diamond shaped pieces and cook in boiling water to cover for 20 minutes. The water cook away and add pepper cut in shreds, butter, salt, sugar and nutmeg. Cut a slice from the top of each tomato and scoop out the seeds. Fill with beans and place on a buttered shallow pan. Bake 30 minutes in a moderately hot oven.

Farewell Dinner Party Is Given

A farewell dinner party was given in honor of Carl Cochran and Ed Sumner Thursday evening at the Provost home on Second street by the Misses Gladys Waldrott and Rebecca Provost.

Mr. Cochran and Mr. Sumner have completed the interior decorating at the new apartment house here at the corner of Third street and Washington avenue, and have returned to their homes in Portland.

Expert In Fish Tells Secrets Of The Seafood

LONDON (AP)—How does the prawn manage to get into polite society while the shrimp is taboo? There are fashions in fish just as there are styles in ladies' gowns, and E. G. Boulenger, director of the London Zoo aquarium, discusses them in a book he has just published, "A Naturalist at the Dinner Table."

Boulenger reveals many secrets of the restaurant keeper. Fish dishes often are not what they seem, he tells, and high-sounding names often conceal the humblest creatures of the deep.

Whitebait, which is regarded as a luxury in England, is a combination of all sorts of little fish. Even hake sometimes get mixed with pipefish, sprat and herrings in this fried mixture of small fish, so the naturalist says. In winter whitebait is chiefly sprat and in summer it is mostly herrings.

Boulenger says tinned crab is sometimes the flesh of the octopus, often shark or dogfish and "rock salmon" has no claim on the salmon tribe. It is often wolf fish. Sometimes it is angler fish. Fried sole is often fried witch, or fried negritin.

Agmel

—the concentrated sap of the Maguey plant obtained in Mexico, has been giving wonderful results in the treatment of high blood pressure, diabetes, stomach troubles and Bright's disease.

Moon Drug Co.

Ask for some Agmel literature.

DANCE TONIGHT

Dean Richmond's Arcadians

Harmony—
Comedy—
Rhythm—

ZUBER HALL

Exotic Straps



Exotic leathers continue to decorate our costumes. A narrow strap of snakeskin is used to fasten a gray suede glove at the wrist.

HEALTH

IN SPITE OF HEART DISEASE POSSIBLE TO LIVE USEFUL LIFE

By M. J. Seiffert, M. D., Chicago

Member Gorgas Memorial Inst.

Normally the blood constitutes about one-third of the body weight of an individual. A hundred and thirty-pound person, therefore, would have about ten pounds of blood circulating in his body. A powerful mechanism, the heart, pumps this blood to make it reach every part of the body, excepting the hair, the nails, and the outermost layers of skin.

The stupendous amount of work done by the heart of a healthy adult working man, in 24 hours is equivalent to raising a ton about eighty feet. Muscular activities, respiratory motions, and other factors aid in promoting the normal progress of the blood through its cycles of travel.

When one considers the heart's daily work, the fact that the heart is attacked more or less by disease and accidents, and suffers from the faulty habits of its owner, the wisdom of conserving the strength of this organ is apparent.

It is difficult to recognize early diseases that make their appearance without pain, without loss of appetite, without loss of weight, without change of color, without mechanical disturbances, without impairment of muscular strength and endurance, and without diminution of mental faculties. Frequently it is impossible to recognize such disease without employing the most modern methods of diagnosis, such as physical, chemical, electrical, biologic, x-ray, microscopic, and other examinations.

Unfortunately, high blood pressure and early heart and blood vessel changes generally come under this classification. It is common experience, in examining an applicant for life insurance, for the physician to discover heart and blood vessel diseases, blood diseases, Bright's disease, diabetes or even cancer and other malignancies, without the slightest conception on the part of the individual examined of being afflicted with any illness whatsoever.

As we are dealing primarily with heart and blood vessel diseases, the first and most important message to those so afflicted, is to place themselves under observation of experienced physicians who will prescribe and direct the proper treatment. By so doing it is possible for the patient to attain old age in spite of his unfortunate heart and blood vessel diseases.

No man of middle age should join a physical culture class without first having a thorough physical examination in order that the physician may advise as to the safety and extent of such exercise. Without this examination most physical culture classes for the middle-aged health seeker do more harm than good. Repeated pressure exerted upon weak or diseased vessels may first weaken, then dilate their walls, and finally, at an unusual exertion, rupture vessels that could easily have been saved.

Hardened arteries will not dilate, but will break under pressure. Unfortunately this often happens in blood vessels located in the brain. The blood clot may be largely absorbed, after first or even second and third attacks, resulting in the recovery of normal, muscular control; but the first attack may cause instant death.

IMBLER PERSONALS

IMBLER, Ore. (Special)—Mr. and Mrs. Albert Keefe met with quite a loss last week. They discovered their two bird dogs killed about 50 fryers. This incident caused the two dogs to be shot next morning.

Mrs. John Lloyd was in La Grande Friday on business.

H. A. Newbill has bought a new truck and will haul lumber for Columbus Fisher. This calls for a ten-mile haul and the lumber goes to Kign.

Mr. and Mrs. George Marshall and daughter Janet who had started for Yakima last Tuesday, were called back on business. They expect to leave Friday.

Halbert Rollins has purchased another truck and he has engaged for the grain hauling of several

Girl, Caught In Pistol Battle, Gets Assistance

BALTIMORE (AP)—Being caught in the cross fire of pistols during an attempted escape of two prisoners from the Maryland penitentiary "was nothing" to Mary E. Sullivan, prison telephone operator.

Miss Sullivan said that the experience was no more exciting than being caught between a barrage of angry voices at the switchboard.

Charles P. (Country) Carey, a "lifer" and Benjamin F. Sprague, convicted burglar, were headed for escape when they encountered two guards not far from her switchboard. Pistols barked and one of the guards fell mortally wounded.

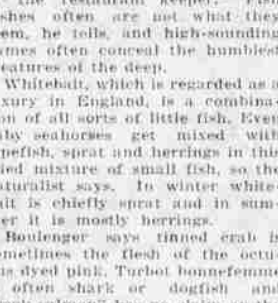
Instead of taking cover Miss Sullivan rushed to an ante-room and remained to passersby for help.

Guard Charles E. Shortz "shot it out" alone with the convicts. He had dropped both of them with bullet wounds in the legs when the warden and the police arrived. Even had the battle ended differently, the authorities said, Miss Sullivan's actions would have prevented a general delivery.

Miss Sullivan disclaimed and credit for her presence of mind.

"I didn't do any more than anyone else would have done," she said. "I ran and cried for help."

Aw! Yes, Monocles Tell 'Em Apart



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PUTMAN'S La Grande's Exclusive Ready-to-Wear and Millinery

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William Wiggins and son Marvin made a business call to Trilber Saturday. Their home is at Lostine. Tom Johnson, A. A. Parson and Sam Brooks were business visitors at Imbler Friday.

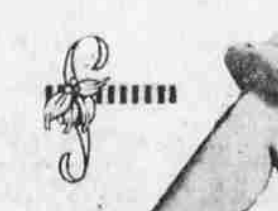
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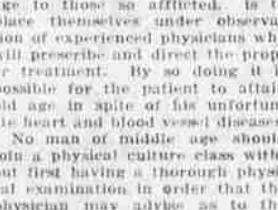
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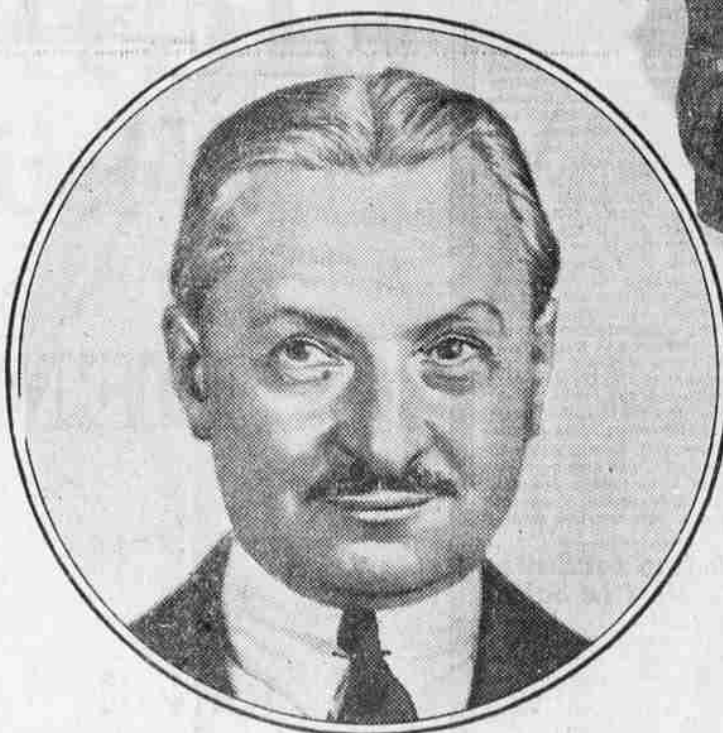
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"I got the idea from Florenz Ziegfeld"

Behind the scenes at the Ziegfeld Theatre Gladys Glad is remarking to Flo Kennedy between acts of the Follies.



Florenz Ziegfeld, famous theatrical producer, writes:

"As the producer of 'The Ziegfeld Follies' I know full well how important it is for my stars to have clear voices at all times. Several years ago, when I first began to smoke Lucky Strikes, I noticed that my voice remained unirritated after a most strenuous time directing rehearsals. I passed this information on to my stars and now we are all agreed: Lucky Strike is a delightful smoke and most assuredly protects the voice, eliminating any coughing, which often interrupts a perfect performance."

You, too, will find that Lucky Strikes are mild and mellow—the finest cigarettes you ever smoked, made of the finest Turkish and domestic tobaccos, properly aged and blended with great skill, and there is an extra process—"It's toasted"—no harshness, not a bit of bite.

"It's toasted"

No Throat Irritation - No Cough.

