

SOCIETY NEWS

Make Plans For All-Day Picnic

The Oliver P. Morton Bell Corps No. 27 held a regular business meeting yesterday afternoon at the K. P. hall. During the afternoon plans were made for an all-day picnic which will be held at Riverside park on August 21, with members of the W. R. C., G. A. R. and Sons and Daughters of Union Civil War Veterans as honor guests.

Members of the relief corps are to bring lunches for the noon picnic. Coffee, cream and sugar will be served without charge by the organization. In the afternoon a special program will be given. Mrs. Jessie Nelson was appointed chairman of the picnic committee, while Mrs. Laura Davis and Mrs. Ben Hammett were selected to complete the committee.

About 12 members were present at yesterday's meeting.

Members of the Neighbors of Woodcraft and their families enjoyed a picnic Sunday at Riverside park. Dinner was served between 12 and 1 o'clock to the 45 members and guests who were present.

In the afternoon the children enjoyed a swim in the river and riding contests, while the adults visited. Supper was served in the evening.

Furry 'Kerchief



A new novelty in evening handkerchiefs is the use of a narrow edge of white fur on a large white handkerchief of georgette bordered with lace.

HEALTH

THIRD BRAIN NEEDS SLEEP WHICH CITY LIFE IS CUTTING SHORT

By Rowland H. Harris, M. D., Battle Creek, Mich.

How many people do you know who complain that they can't sleep? The number is probably great, yet the cause of one's sleeplessness will almost certainly be found in one's environment, habits, and physical condition are systematically investigated by a physician. It is better to discover and correct the cause of wakefulness than to become dependent upon sleep-producing drugs.

Darkness and quiet at night are favorable to sleep, but habit and fatigue are more sure to produce sleep. A nap in the day is often more restful than a like amount of sleep at night, and such a nap should be taken when the night's sleep has been insufficient.

City life tends to shorten the hours of rest. The anxieties of life and the present increase pace of living unduly tire the nervous centers of the brain which can be repaired only by sleep. Social activities, the theater, and radio programs speed up the mental machinery at night and often make relaxation difficult. In the same way the reading of exciting fiction at bedtime might interfere with sleep.

The ability to sleep soundly without dreaming should be cultivated. Try building air castles when you go to bed instead of thinking over your daily worries, continual hurry, worry, and excitement should be avoided, for they produce a mental state unfavorable to sleep.

Those who follow arduous mental work all day should have intervals of rest. Regularity of work and rest, simple living, and attention to personal hygiene are important aids to sleep.

With some people it is found that tea and coffee often interfere with sleep, and alcohol and tobacco can produce abnormal nervous irritability and sleeplessness. To work hard each day at something worth while should be good sleep at night, especially if one is at peace with the world.

Hearing is the last sense to sink into sleep and the first to awaken. Experiments on the intensity of sound necessary to awaken a sleeper have shown that sleep is deepest in the first three hours and

OUT OUR WAY



GRATITUDE.

By Williams

Who Gets Her?



Custody of this eight-year-old film star, Priscilla Moran, is the subject of a three-cornered legal battle in Los Angeles. Five persons are involved in suit for guardianship, in which it is charged that the girl's father, the late Leo Moran, "haggard and battered" with screen notables for her guardianship.

entered in this contest, Cove showing that their honors were well earned as the troupe has only 18 members instead of the full 30. Their leader, Rev. William M. Bradner, has given them some real hiking and other work to do, training them for scouting.

Rev. and Mrs. Schuyler Pratt, of Hood River, are spending a month in the Ascession park at Cove.

Rev. and Mrs. William M. Bradner and Billy Jr., arrived home Friday after a two-month vacation with their parents and friends in Providence, R. I., and other eastern cities.

Clarice Conklin, of Walla Walla, who has been a house guest of Mrs. Lou Payne for the past two weeks left Sunday for La Grande, where she will visit at the home of Mr. and Mrs. J. E. Stearns for a week before returning to her home.

Mr. and Mrs. B. F. Bell and Mr. and Mrs. Roy Bell drove to Freewater Friday returning early Saturday morning.

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PUTMAN'S
A COOL PLACE TO SHOP
La Grande's Exclusive Ready-to-Wear and Millinery

water Friday returning early Saturday morning.
Mr. and Mrs. A. A. Antles, Ar-
chie Antles, Mrs. Mary Sharp, a
guest at the Antles home and Mr.
and Mrs. T. H. Conklin left Satur-
day for Yakima, Wash., where
they will visit at the homes of Mr.
and Mrs. Clifford Kall and Mr. and
Mrs. D. Antles.
Mrs. Nettie Sontner, Mrs. J. W.
Lugan, Mrs. R. S. French, and
Mrs. T. M. Laird were Pendleton
visitors early in the week.
Mrs. A. W. Metcalf, of Almo, is
spending the week here among
her old friends.
Mr. and Mrs. Frank Miller and
P. B. Kelly are camping on the
Minam. Miss Bess Kelly is at-
tending the drug store and con-
fessionary during Mr. Kelly's ab-
sence.
Mr. and Mrs. J. E. Stearns and
Miss Mae Stearns of La Grande
were guests at the home of Mrs.
Lou Payne, Sunday.
Mrs. Eckerley, who was taken to
the Hot Lake Sanatorium, two
weeks ago, came home Saturday.
She was attended by her daughter,
Harriet Eckerley. Miss Nellie
Eckerley accompanied by her
niece, Mildred Conklin, of Port-
land, arrived Sunday to spend a
few weeks with relatives. Miss
Conklin is a student of the U. of
O. but has been in Portland since
the close of school. Her home is
in Ontario.

The Time
to prepare hot breakfast
now 2 1/2 to 5 minutes

QUICK QUAKER, savory and
delicious, takes less time to pre-
pare than plain toast. Thus provides
a hot and nourishing breakfast in a
hurry.
That is how every day should be
started.
Started with the ideal food balance
of protein, carbohydrates and vita-
mines—plus the "bulk" to make laxa-
tives less often needed—that leading
dietary authorities now so widely urge.
Start your days and your children's
in that way. No need now, simply to
save time, to deny them the supreme
strength food of the world.
Your grocer has Quick Quaker—
also Quaker Oats as you have always
known them.

When a woman hits her cunning
against a man's sentimentality a
wedding always results.



TEA ENJOYMENT EVERY WOMAN'S RIGHT

Tea enjoyment—delicious re-
freshment that comes from the
delicate aroma and flavor of the
world's finest tea—is every
woman's right. Nothing less
than perfection will satisfy the
appetite when it says "Tea
Time". Tree tea is the world's
finest tea—though by no means
the world's most expensive.
That's why you should always
insist on getting

TREE TEA
Orange Pekoe

For those who prefer Green tea, there's Tree Tea Japan

Announcements

The Ladies' auxiliary to the Brotherhood of Railroad Trainmen will meet this evening at 7:30 o'clock at Eagles hall. All members are urged to be present.

The Women's Missionary society of the Christian church will meet Wednesday afternoon at 2:30 at the home of Mrs. L. M. Parker at 1164 N. Avenue. Mrs. Parker will be assisted by Mrs. William Day, Mrs. Clyde Zimmerman and Mrs. Sylvia. Mrs. Ida French will be leader for the day. All members are urged to attend. This will be the first meeting of the new year.

The "Aired Ladies' Aid will meet with the Ladies All societies of Imbler and Sunnyside Thursday afternoon, Aug. 4, at the Grove near the Dry Creek school house. The meeting will be in the form of a picnic and will take the place of the regular monthly social. All members are invited to attend.

MENUS

By Sister Mary
BREAKFAST, Blackberries, cere-
real, cream, sour cream waffles,
syrup, milk, coffee.

LUNCHEON—Stuffed eggs,
whole wheat bread and butter,
sandwiches, rice pudding with
cherry sauce, milk, tea.

DINNER—Stuffed steak, kohlrabi
in cream sauce, combination
salad, fresh fruit in custard
sauce, milk, coffee.

Hard cooked eggs are cut in
halves and the whites filled with
a mixture of crab meat and celery.
The yolks are rubbed to a smooth
paste with French mustard and
the mixture used to mask the
white eggs arranged on a bed of
lettuce. Stuffed oysters are used
for the garnish and mayonnaise
served with the dish.

Combination Salad.
Two tomatoes, 16 cantaloupe
balls, 1 green pepper, lettuce,
French dressing.

Peel tomatoes and cut in halves.
Cut small cantaloupe balls with a
vegetable cutter. Let stand in
French dressing for one hour on
ice. Arrange tomatoes on a bed
of lettuce and place four balls of
cantaloupe on each slice of tom-
ato. Garnish with strips of green
pepper and serve with French
dressing.

If a vegetable cutter is not at
hand the melon can be cut in
small, neat cubes.

SHIRT FRONT 300 GUINEAS

POLKSTONE, Eng.—A white
shirt front bearing the signature
of Chappin and other celebrated
artists who appeared at a concert
in connection with British Mude
Trades Convention, was sold at
auction five times and realized 300
guineas. The shirt front was auto-
graphed by the artists while being
worn by a member of the conven-
tion.

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 dis-
ease.

Moon Drug Co.
Agents For
The Owl Drug Co.

Ask for a free Agmel lit-
erature.

Ma Buzz gets it in the neck

MOSQUITOES—a torture day
or night! Kill them at once,
with Flit.

Flit spray clears the house in a few
minutes of disease-bearing flies,
mosquitoes, bed bugs, roaches,
ants and fleas. It searches out the
cracks where insects hide and
breed, destroying their eggs.

Flit kills moths and their larvae
which eat holes. It will save your
clothing, furs and rugs. Clean and
easy to use. Will not stain.

Flit is the result of exhaustive
laboratory research. It has re-
placed old ineffective methods.
Fatal to insects but harmless to
mankind. Recommended by
Health Officials. Buy Flit and Flit
sprayer today. For sale every-
where.

FLIT

DESTROYS
Flies Mosquitoes Moths
Ants Bed Bugs Roaches

"The yellow can with the black band"

Movie "Twinships" Irk Stars When Camera Finds Two Are Just Alike

By Wade Werner
(Motion Picture Feature Editor)
HOLLYWOOD, Cal. (AP)—In
Hollywood almost everyone looks
like someone else. Some enjoy it
and occasionally make a little
money at it. To others the coinci-
dence of resembling a stranger is
just another one of those un-
pleasant annoyances.

Others whom the camera, in cer-
tain moods at least, seems to clas-
sify as doubles include Walter Goss
and Charles Ray, Eugene O'Brien
and Jack Marshall, and Lawrence
Grey and Harrison Ford. Rudolph
Valentino doubles have been ap-
pearing in Hollywood periodically
ever since that actor's death.

Sometimes the unofficial twins
of Hollywood look alike only on
the screen or in certain photo-
graphs. In other cases the resem-
blance is so strong they are in-
stinctively taken for each other at
social gatherings, where, proud-
fully everyone knows everyone else.
In the latter event the likeness is
more often embarrassing than en-
tertaining.

SMOKING HITS SLUMP

PARKERTON, Wyo.—J. W. Jordan,
in jail charged with the murder
of his wife and two men, must
go lightly on his smoking while he
is awaiting trial. Jordan depended
on the sale of his auto to keep him
in tobacco, but a friend who was
to sell it for him found that thieves
had stripped the car clean.

Secretary Wilbur criticizes the
Pacific flyers for sending out an
SOR that they were about to come
down in the Pacific, and then con-
tinuing their flight which ended
in a tree on Moikoi. There, now,
secretary, there now!

A woman's political party fa-
vors giving the men alimony, too.
Fine, but who are the men to get

COVE PERSONALS

COVE, Ore. (Special)—Cove
charities shipped to New York by
the association will net the grow-
ers 15 cents for Lamberts, 15 cents
for Bings and eight cents for
Royal Annes. The Lamberts, Bings
and Royal Annes bringing \$4.10,
\$2.50 and \$2.55 per box, respec-
tively.

Tolex Prilliman, of Vale, is en-
joying a vacation here with his
mother.

Mrs. J. E. Dean left Saturday for
Portland, where she will spend
the winter.

Allen Mills, Billy Clark and
John Fisher, boy scouts from
Cove, are attending the camp-
ment at Wallawa lake. The boy
scout troop of Cove have proved
their mettle in scouting by winning
the scout flag. Four counties were

Italian Hors d'Oeuvres and an Exclusive Dressing For Them

- HORS D'OEUVRES ITALIAN**
- Sardines
 - Anchovies
 - Sliced salami
 - Olives
 - Radishes or hearts of lettuce
 - Pimientos
 - Cabbage, onion and green pepper chopped together
 - Mazola
 - Karo
 - Tarragon or Italian Vinegar

For each person allow two slices salami, two sardines, one anchovy, one pimiento, a table-spoon of the chopped cabbage mixture, two olives and two radish roses. Put the cabbage in the center, arrange the other ingredients around it and garnish with the olives and radishes. Make a dressing of the Mazola, Karo and vinegar and pour over.

DRESSING FOR HORS D'OEUVRES
Combine one teaspoon Karo, one-half cup Mazola, three tablespoons tarragon or Italian vinegar, one-half teaspoon salt and one-eighth teaspoon pepper. Beat and serve.



THIS recipe from Ida Bailey Allen's New Book (see coupon below) gives you an idea of the unusual recipes it contains. You can have Italian Hors d'Oeuvres at home—just as the exclusive restaurants serve them—with a dressing made with Mazola—the salad oil that is first choice of leading chefs. Once you try Mazola for salad dressings you will never go back to using expensive imported oils.

MAZOLA

SEND ONLY 10c (STAMPS OR COIN)
with this coupon and you will receive a copy of Ida Bailey Allen's wonderful new book, attractively bound, containing 112 pages of unusual recipes. Write Johnson Litho Company, Board of Trade Bldg., Portland, Ore.

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Address _____
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