

SOCIETY NEWS

Ladies' Aid Plans Chapel Sociable

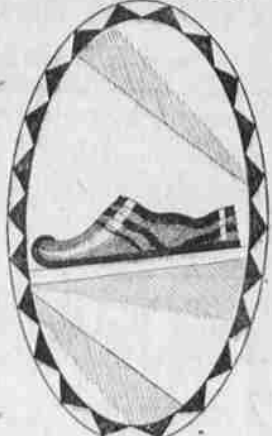
The Riverside Ladies' Aid society is planning an ice cream sociable to be given at Lane chapel Thursday evening, Aug. 11, for the benefit of the chapel.

Miss Brown Weds William H. Deal

To the surprise of their many La Grande friends, the marriage of Miss Mattie Brown, daughter of Mr. and Mrs. H. E. Brown, of this city, and William H. Deal, also of La Grande, was announced today.

Mrs. Brown and Mr. Deal were married at Baker July 4, but the ceremony was not made public until today. They will make their home in this city for the present.

Modernistic



A modernistic boudoir slipper of Oriental inspiration with its turned-up toe, is a new arrival from Paris. Of bright blue kid with a black half-inch sole and three degrade bands of patent leather.

HEALTH

SUNLIGHT IN CORRECT DOSES BRINGS HEALTH By Charles M. Williams, M. D., New York City Member Gorges Memorial Institute

The danger of excessive sunlight has been known for centuries; the old Romans counted it a greater feat of endurance to march bare-footed in the sun than to have the head uncovered in winter.

All, or almost all, the bad effects of sunburn come from too much sunlight, too quickly administered to a susceptible person. Suppose the dose of sunlight is given for a short time only and to a small part of the body, and the dose is gradually increased, what then?

The results are entirely different and some of the most brilliant results in modern medicine have been secured by means of sunlight, carefully used.

Of all the diseases which afflict mankind, tuberculosis is one of the most dreaded. We are apt to think of it as always coming in the form of consumption, tuberculosis of the lungs, but this is a mistake.

Anyone who has seen the almost miraculous cures of tuberculous of the bones and of the lymph nodes, under the action of sunlight, must acknowledge that it is an agent of enormous power, for good.

Nobody knows how sunlight acts. It is a powerful disinfectant, to be sure, but it does not penetrate far enough into the skin to kill any germs there, and yet the sick people get well. The light seems to make the patient stronger, to make him able, somehow or other, to throw off the disease himself.

DURING VACATION BE SURE YOUR DRINKING WATER IS PURE

Member Gorges Memorial Inst. The highways are flooded with pleasure-seekers taking advantage of the automobile as a means of transportation. Many traveling overlook every their baggage for camping while cities and towns provide camp sites to accommodate the traveler.

Many who travel through the mountainous countries think of the streams flowing through the valleys and in the mountains as a source of purity. This is erroneous. The penetration of rain deep into the forest-to-fore hills of only wild beasts of the forest has all too often carried pollution into these streams.

OUT OUR WAY



HEROES ARE MADE - NOT BORN.

By Williams

It is the duty of each one of us to inspect himself in the source of water supply and the system by which the sewage is carried away from our community.

A certain city of 15,000 population had a typhoid epidemic. Investigation showed that the main sewer of the city emptied into the river about one hundred yards from the intake of the water supply to the city.

A brief discussion of typhoid fever may be helpful in assisting the individual to broaden his interest in hygiene. Typhoid is perhaps the most common of water-borne diseases. When we say "water-borne" it is necessary for us to remember that typhoid may be carried in food stuffs like oysters, celery, and other foods coming into contact with polluted water or carried by flies or infected fingers of individuals caring for typhoid patients.

Typhoid fever is very common in many parts of the United States in the spring and fall. It is due to a germ known as the Typhoid Bacillus, which organism must be ingested, or eaten by the individual in order for infection to occur. The course of the disease runs for a period of from six to eight weeks, and sometimes much longer. It carries a death rate of from seven to fourteen per cent, and often leaves those who recover with permanent lesions.

A COURT BEAUTY



France is a republic, but it is not without its court beauties. This new portrait of Didi Vinske is proof. Little box is called the outstanding woman beauty size of France.

HILGARD PERSONALS

HILGARD, Ore. (Special)—Among those who went to the Cove swimming pool Sunday were Eva Wilms, Verna and Steel Welton, John Thornbrue and Rex Brown.

Paul Gettle of La Grande visited at the home of Miss Donna Scott Sunday.

Among the Hilgard people who visited in La Grande Sunday evening were Marie Sanford, Eva Thornbrue, Donna Scott, Rex Brown, John Price, Leonard Ferguson and Arthur Cantrell.

Miss Eva Thornbrue who has been visiting with Marie Sanford for a few days returned to her home Monday.

John Thornbrue was a La Grande visitor Monday.

Morris and Knutson Construction camps are moving to Pendleton.

Rue's sheep company sent a load of sheep to Chicago Tuesday. Walter Dudley of La Grande, was a visitor of Donat Scott's Tuesday.

Mrs. P. V. Young was a La Grande visitor Wednesday of last week.

Mrs. Frank Sanford and children visited friends in Perry last Thursday.

Mrs. Giles Harnden and daughter Ethel, of La Grande, were visitors with Mrs. Jennie Holverson Friday.

Henry Culp, of La Grande, visited friends at Hilgard Friday.

Mr. and Mrs. Norman Edwards were in La Grande Friday for a short visit.

Mrs. O. Edwards spent Friday in La Grande shopping.

John Thornbrue and Winifred Scott were recent Pendleton visitors.

Platinum, employed by jewelers for about thirty years, is now so popular in this country that it was found necessary to import more than \$10,000,000 worth last year.

The most surprising thing about this metal is its weight. A bar of platinum four inches long, one-half inch thick and a foot long weighs 30 pounds and is worth about \$20,000.

Five million dollars a day is expended by the women of the United States in the effort to keep themselves beautiful.

NEW FELT HATS In the most distinctive styles PUTMAN'S La Grande's Exclusive Ready-to-Wear and Millinery

Wins Court Shingle With Her Husband

LITTLE ROCK, Ark., (AP)—If any legal questions arise in the family of Mr. and Mrs. W. E. Beaumont, each side will be prepared to argue points of law.

For after two years of working by day in Little Rock banks and studying law by night, Mr. and Mrs. Beaumont have the distinction of being the first married couple to receive attorney licenses from the Arkansas supreme court. They will practice law in partnership.

"Going to classes six nights a week to years was exacting," they agree, "but never tiring. Thrusting out legal questions together helps us both."

Under Virginia's "epicure" tax plan each home or apartment is allowed one water faucet free of tax. Since with every additional outlet the duties rise apiece, installation of hot and cold water in both kitchen and bathroom is a distinct luxury.

Ask Your Doctor to analyze Tru-Blu Graham as a food for your baby. Our doctor O.K.s them. So will yours. Tru-Blu Graham

SPECIAL ON GARDEN HOSE U. S. Mogul—50 ft. lengths Fully Coupled \$6.95 TRY The Oregon Hardware FIRST

Announcements

The Catawba chapter of the group will meet at the River road grounds Thursday afternoon at 2 o'clock.

The Catawba club will meet at the Y.M.C.A. tonight with Mrs. Orval Hoome, Mrs. K. Lucille Day and Mrs. Louise Harriott as hostesses.

The Ladies' Aid society of the Lutheran church will meet tomorrow afternoon at 2:30 o'clock at the parsonage with Mrs. M. McClellan as hostess.

Members of the Christian church will give a reception in honor of the Rev. and Mrs. C. V. Tunn, who will leave here Monday for Colorado, tomorrow night at the church following the service to be held there. All members and friends of the church are invited to attend.

MENUS

By Sister Mary BREAKFAST—Hot-cold melon, cereal, cream, plain omelet, oven toast, marmalade, milk, coffee.

LUNCHEON—Spinach and egg salad, whole wheat sandwiches filled with cottage cheese, rice pudding with gooseberry sauce, milk, tea.

DINNER—Flounder steamed in milk, potatoes in parsley butter, brocced carrots, cabbage and celery salad, peach custard pie, milk, coffee.

Serve sections of lemon with honey-dew melon when used for the breakfast fruit. The lemon adds a pleasant freshness to the bland flavor of the melon that is quite appetizing.

Flounder Steamed in Milk Roll fillets of flounder in neat rolls and place in top of double boiler. Add sweet milk to cover. 1 tablespoon butter to 1 cup of milk and 1/2 teaspoon salt. Cover boiler and place over boiling water. Cook 20 minutes, keeping the water boiling all the time. Remove fish and chicken milk with butter and flour rubbed together. Season with salt and pepper and pour over fish arranged on a hot-plate platter. Sprinkle with paprika and garnish with tiny sprigs of parsley dropped on the fillets of fish.

Only a very little salt must be used in the milk while cooking the fish. Much salt will make the milk curdle.

Mrs. Schumann-Heink, just back from Europe, is 66 years old. She'll sing with the Metropolitan Opera company this season and plans a tour of 21 concerts. Our only suggestion is that she get Chansey Dewey to help her out with the duets.

The Owl Sunburn Lotion is an excellent preparation for the relief and prevention of tan and sunburn. Non-poisonous, non-greasy—cooling, soothing and healing.

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SALAD SORCERY Such a pretty witch! He is quite willing to be enchanted. He pretends it is a magic potion her white hands prepare for him, but it is really an extremely good French Dressing. It is very easy to look bewitching as you play hostess and mix and blend and combine for your guests' delight. That is probably one reason so many hostesses always dress their salad at the table. French Dressing, of course, and easily mixed. Some like it mild... three parts of Wesson Oil to one of vinegar or lemon juice. Some like it tart... two parts of vinegar or lemon juice. It depends largely on the strength of the vinegar or lemon juice. Salt and pepper and for color, a dash of paprika. Freshly blended, thus, just before it is served, this simple dressing is perfect on any salad. But it is a little more than perfect if you vary it with different condiments. Men usually like a little grated cheese mixed into it or Chili sauce—on green salads, or sometimes currant jelly on fruit salad perhaps or for fish or meat salads add a sweet pepper relish. You must be very critical of your salad oil. Wesson Oil is such a choice oil that it is a highly nutritious food. And it is so delicate in flavor that it makes a perfect French Dressing.