SOCIETY NEWS

Clio Club Meets At Home Of Dr. and Mrs. Murphy

The Clio club resumed activities for the year last evening with Dr. and Mrs. R. F. Murphy as host and hostess at their home on O avenue. Six tables of bridge were at play during the evening. Garden flowers were used attractively about the rooms of the Murphy home. Honors at bridge went to Mrs. Lee Bouvy and Dr. J. T. Ingle. Following bridge the hostess served refreshments.

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Mrs. W. S. Harer was hostess yesterday afternoon to the Thursday Bridge club. A three-course luncheon was served at the Sommer hotel with covers laid for 12. Following luncheon the guests went to Mrs. Harer's home on Cedar street where three tables of bridge were formed. Fall flowers were effectively arranged about the home. Honors went to Mrs. Chester Newlin.

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The Mother's Self Culture club met yesterday afternoon at the home of Mrs. R. H. Coburn. A well prepared paper on "Home—the First School of Character", was read by Mrs. Robert Westenhaver. A discussion on the "Practical Value of Humane Education" followed. Members report an interesting and worthwhile study hour.

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The high school graduates Sunday school class of the Presbyterian church met last evening with Miss Hulda Anderson at her home on Adams avenue. The evening was spent in conversation and games, with a short business meeting following the social hour. Miss Lillian Sims, president of the class, presided at the session during which plans for the season were discussed. Many of the girls present last evening will leave soon, either to enter or to resume classes at the various universities and last evening's party was a farewell for them. Miss Anderson served refreshments at the close of the business meeting.

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Plans were discussed for the organization of an intermediate Christian Endeavor society at a meeting held Wednesday evening at the Presbyterian church. Initial plans were made and it was decided that actual organization would take place this coming Sunday. At the close of the business meeting a social hour was enjoyed with the Misses Mary Nolan, Seville Pratt, Mary Struthers, Dorothy Higgins, and Peggy Bohnenkamp comprising the refreshment committee. The new organization will include eighth grade and freshmen students.

* * *

Audubon Society Plans Year's Work

The Audubon society met last evening at the home of Mr. and Mrs. H. R. Hanna. Preceding the evening's program a business meeting was held at which the president, William Miller, presided. Plans for the coming year were discussed. Monthly meetings are to be held throughout the season, with several special meetings at which outside speakers of note will be present. A special effort will be made at these meetings to stimulate the interest of the general public.

The program for the year includes speakers of national authority on the subject of birds and nature. Following the business meeting, Mr. Hanna displayed his large collection of bird eggs, explaining something of the habits and characteristics of each bird in connection. Mr. Hanna, with his brothers, began the collection many years ago and now has an unusually splendid one, representative of many types of birds. Mrs. Hanna assisted by her daughters, Genevieve, Miriam and LaNette, served refreshments at the close of the program.

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The first A. G. S. party since the opening of the new school term was held Wednesday afternoon after school in the gymnasium of the high school. Miss Martina Sans was in charge of the affair. Dancing and games were enjoyed during the afternoon. Each girl was served a candy bar at the close of the social hour.

* * *

The Women's Benefit association met at the K. of P. hall Tuesday evening, with President Bernice Bramwell in the chair. Plans for a potluck supper were made. The date was set at Sept. 27. Mrs. E. B. Sitzinger was appointed to work for the trip to Europe in 1929. This is given to members attaining the qualifications by the supreme lodge in that year.

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The Wawokiye campfire group met Wednesday at the Neighborhood club room. A short musical program was enjoyed after the regular business session.

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A mock wedding, in honor of Mr. and Mrs. Byron F. Underwood's 12th wedding anniversary, was a feature of the meeting last night of the Eagles lodge and the Ladies' auxiliary. Following this a wedding supper was served with about 100 present and dancing completed the evening's entertainment.

Mrs. Lawrence Burnett was the minister, Mrs. John Smith was the bride, Mrs. Jay Lunday the bridegroom, Mrs. Frank Anderson the best man, Mrs. Guy Smith the bridesmaid, Mrs. Stella Barnes the mother and Mrs. Patt the father, Mrs. Walter Cockran held the veil and Mrs. Arthur Huff was the tramp. The bride carried a bouquet of sunflowers tied with red bunting. Many useful gifts were received by Mr. and Mrs. Underwood.

Announcements

The Rebekahs will celebrate the 74th anniversary at the I. O. O. F. temple next Wednesday evening, Sept. 21, with a lodge session. It will be followed by a program at 9 o'clock.

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The yearly encampment of the daughters of the Utah pioneers to have been held at Union tomorrow has been postponed indefinitely.

HEALTH

DYSPEPSIA
By Robert T. Morris, M. D., New York City
Member Gorgas Memorial

There is a saying in the medical profession which is paradoxical to the ear of the layman: that when one has stomach trouble, it is not stomach trouble that one has.

This is a half truth which carries the whole truth by implication. What is the other half of the truth? It is this: dyspepsia is nothing more than a symptom, like a headache for example, or like a cough or a sneeze. When a patient has dyspepsia or a headache or a cough it is a signal to the doctor to find out what is really the matter.

Why should the stomach speak up so loudly in a case of dyspepsia very much as the brain does when it cries out with a headache? The reason is briefly that the stomach is closely in touch with very large nerve centers.

Nerves are telephone wires which carry messages from all parts of the body to central nerve stations, the main one of which is the brain. There are many others but a very large one is known as the solar plexus, and is located near the stomach.

What does this mean? It means for example that if a man has a painful corn on his foot, messages of an irritating nature may be sent to the solar plexus or central station near the stomach. The stomach listens-in on the message because the stomach is on a party line and obliged to hear the message that is sent from the painful spot in the foot to the solar plexus. The solar plexus is in such close contact with the stomach that whatever irritation goes to the one commonly goes to the other.

Perhaps we may get a better picture of chronic dyspepsia by turning for a moment to the subject of acute indigestion. This is a popular term for various conditions suddenly involving the solar plexus. The stomach makes a sympathetic and feeling response to illness elsewhere. Acute indigestion may mean that the patient, due to hard arteries, has had a crisis in heart action or perhaps a blood vessel in the brain broken. Violent infection of the appendix causes "acute indigestion." In other words when we read in our favorite newspaper that a man has died from acute indigestion we are to understand off-hand that there was nothing at all the matter with his stomach.

In very many people the muscles of the two eyes are not evenly balanced because of some ordinary defect. If the muscles of one eye are obliged to keep tugging away in an attempt to make that eye focus evenly with the other eye, the tugging muscles become tired when one is engaged in reading fine print or doing needlework calling for close attention. One or both brains may "talk back." The head brain may respond with a headache and the stomach brain may respond with digestive disturbance. The patient says that he has dyspepsia. The doctor on the other hand says that the eye muscles are tired. Comfort may be given and cure of the dyspepsia may result from proper adjustment of glasses to rest the overworked eye muscles.

Irritating messages go to the solar plexus from many directions. Eye strain, anger, fatigue, and almost any or all abdominal ailments send them in and cause reaction by the stomach, popularly known as dyspepsia. This is a partial list of the causes for dyspepsia. A complete outline of the subject would make a volume almost like an outline of science or an outline of history. My object is to impress people with the idea that if they attempt home treatment for dyspepsia they will find it largely futile, because dyspepsia is merely a symptom which occurs from a wide variety of causes.

Velvet and Felt

The smart fall combination of velvet and felt are carried out charmingly in this Agnes hat of brown felt with the brim cut at the front and an inset of copper velvet.

MENUS

By SISTER MARY

Breakfast—Orange juice, cereal, cream, potato omelet, crisp oven toast, marmalade, milk, coffee.

Luncheon—Baked macaroni and onions, sliced tomatoes, raisin graham bread, caramel custard, milk, tea.

Dinner—Broiled halibut steak, mashed sweet potatoes, baked cauliflower, compote of fruit, children's sponge cake, milk, coffee.

Garnish the fish platter with slices of lemon and sprinkle every other slice with minced parsley. The dish will be more attractive and the fish more palatable since a slice of lemon should accompany each serving.

Potato Omelet

Two cups diced boiled potatoes, 4 thin slices bacon, ½ teaspoon salt, ⅛ teaspoon pepper, 4 eggs, 4 tablespoons milk.

Cut bacon in inch squares and fry in a hot spider until crisp. Drain off all but 1 tablespoon bacon fat. Add potatoes, season with salt and pepper and shake pan until each potato cube is coated with fat. Cover pan and cook over a low fire until potatoes are very hot. Beat eggs with milk, season slightly with salt and pepper and pour over potatoes. The pan should be very hot when eggs are added. Reduce heat and cook until eggs are set. Fold and serve on a hot platter.

FANNIE LIKES CHICAGO

NEW YORK— Advice to the unhappily married by Fannie Brice: "Why go to Paris for six weeks? I got a divorce in Chicago in 48 hours."

BORIS SEEKING QUEEN?

BALMORAL CASTLE, Scotland —King Boris of Bulgaria, who is the guest of King George and Queen Mary, is supposed to be on tour in search of a queen. The only tangible result so far recorded is that he has taken keen enjoyment motoring in the region described in Sir Walter Scott's "Lady of the Lake."

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Any Coffee in our store ..... 50¢ lb.
Nice ripe tomatoes, lb. ..... 5¢
Fancy Sweet Potatoes, 5 lbs. ..... 25¢

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For Less Money

3 to 4 lb. Rhode Island Red Fryers.

WHY--

don't you just go and see what the new APEX Ironer will do—rather than spend the rest of your days getting before your time — — !

Mrs. I. M. Bramwell is demonstrating this ironer at her home at 1612 2nd St. Let her show you what the Apex will do with your own ironing.

Eastern Oregon Light & Power Co.

"Always At Your Service"

WHAT DOES "HE" SAY?

Sometimes men are so very unobserving. Many times a new dress, a new hat receives no comment. But when "He" admires your hair then you know you have effected something worthy.

We know exactly the needs to make it glow with beauty. Phone Main 789 for an appointment.

REYNAUD'S Beauty Shop
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A beautiful hand-turn black patent tie with flowered trim.
Priced at $10.00
Carried in sizes to fit your feet.

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

NEW FACE POWDER POPULAR

MELLO-GLO is a wonderful new shade—youth color. Perspiration hardly affects it and it will not leave the skin dry and drawn. Try this new French Process Face Powder and enjoy its marvelous beautifying qualities. Sticks well, stays on longer and does not clog the pores. You will surely love MELLO-GLO. Glass Drugs, Inc. Adv.

COLLEEN MOORE FACE POWDER

Smooth, adherent — stays on well. Delicately perfumed. Suited to any complexion. We also carry her complete line of toilet goods.

Moon Drug Co.
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Claude C. Pratt Lumber Co.
We Sell For Cash
"The Poor Man's Friend"
Near Foundry. Phone Main 248
No Sunday Business

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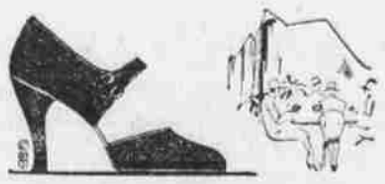
For Madame and Mademoiselle



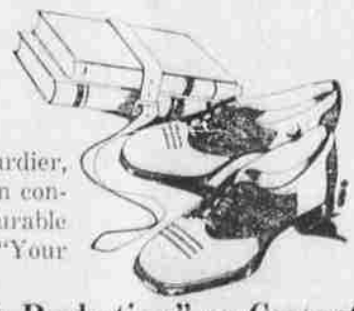
$5.00 to $7.50

Whether you need Footwear for street, afternoon or evening wear here are shoes to carry you smartly every step of the way.
Shoes which pride themselves on their chic new styles, their splendid lines and fine finish. And the prices are exceptionally moderate.

The Bootery

Fall Footwear
For Every Member of the Family

Shoes That Will Stand the Wear and Tear Children Give to Them



School time brings a demand for sturdier, heavier shoes, and parents who have been considering the problem of smart, sensible, durable footwear at a low price can find them at "Your Own Store."

Savings "Worth Pocketing" on Correct Fall Footwear

Why shop around, wearing yourself out, searching for what you think will "look good and feel good" on your feet for Fall? That task, which comes with each new season, is made easy for you here. For, never have we had a wider assortment of models—a more desirable variation of styles, leathers or fabrics—than are included in our present Autumnal display. All our shoes are marked and in the open—You pick out what you want.

Women's Shoes $2.98 $3.98 $4.98

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BUTTER Highest Quality Creamery Every pound guaranteed, 2 lbs. 93c

TOMATOES—No. 2½ large cans, 2 cans 25c
CORN—Standard Grade, No. 2 cans, 2 cans 25c
PEAS—Bullseye Standard, No. 2 cans, 2 cans 25c
RICE—Fancy Blue Rose 10 lbs. 75c
HOMINY—Large No. 2½ cans, Van Camps, 2 cans 25c
SALMON—Tall cans at a saving, 2 cans 35c

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MATCHES—A six-box carton of good matches for 17c
CIGARETTES—Cames, Chesterfields, Luckies, carton $1.19
JAM—15 oz. jars of Kerr's best, 2 for 45c
SOAP—Crystal White Laundry, 10 bars 38c
PIPE TOBACCO—Velvet or Prince Albert, 2 cans 25c
JELLY—15 oz. jars Kerr's best, 2 for 45c

SUGAR Pure cane sugar at a very reasonable price for Saturday, 10 lbs. 65c

ONIONS—Walla Walla large sweets, 9 lbs. 19c
SWEET SPUDS—Large fancy sweets, 6 lbs. 35c
ORANGES—Sweet and juicy medium size, 2 dozen 55c
POTATOES—Local Gems, graded, 50 lbs. 89c
BANANAS—Fancy firm ripe fruit, 3 lbs. 19c
PEACHES—Fancy Elbertas, nice sizes, box $1.39