

SOCIETY NEWS

Chapter I, P. E. O. Is Entertained at Appleby Home

Members of Chapter I of P. E. O. were guests at an attractive luncheon yesterday afternoon, when Mrs. Frank B. Appleby and Mrs. George S. Birnie were hostesses to the chapter at the Appleby home on First street.

Luncheon was served at 1:15 o'clock, with covers laid for about 25 at six small tables, which were prettily decorated with bouquets of the season's flowers. Favors consisted of a single marigold found with each place card.

During the business meeting two vacant offices were filled. Mrs. Lucy Stanfield was elected vice president, the office formerly held by Mrs. A. L. Richardson, who took the presidency, which was left vacant when Mrs. Hall K. Wallis moved to Enterprise to make her home. Mrs. E. A. Epling was elected recording secretary, the office having formerly been held by Mrs. L. L. Burton, who has moved to Portland.

Mrs. L. H. Moo had the afternoon's program and she gave a review of the book "How To Listen to Music," by Krehbiel.

The Mother's Self Culture club met Thursday afternoon at the home of Mrs. Dick Lindsay with a large attendance. Mrs. Roy Williams had charge of the afternoon's study, which concerned geography and nature study for children.

The next meeting of the club will be Thursday, Oct. 20, at the home of Mrs. Roy McNeek.

Guild Plans for Supper October 23

Plans were made for a Sunday night supper Oct. 23, when Bishop and Mrs. W. P. Remington will visit the La Grande, when St. Peter's Episcopal guild will at Honan hall, with Mrs. G. L. Larson, Mrs. D. W. Jesse and Mrs. Donald Pogue as hostesses.

The supper is being arranged by the guild and will be in honor of Bishop and Mrs. Remington and a number of other Pendleton people, who will be here at that time. The Wayfarers' Guild of the local Episcopal church will entertain the young people of Baker church on that day, and will also take part in the supper, which will be held at Honan hall.

The business meeting was presided over by Mrs. H. A. Zurbrick, president of the guild, and Mrs. Charles Rowlin, general chairman called upon the various committee chairmen for reports.

About 45 women were present for the meeting. During the social, which followed the business session, the hostesses served a buffet lunch.

The Hamlet Art club will resume activities Monday, when the first meeting this season will be held at the home of Mrs. O. E. Ellverthorn.

It being the first meeting, officers for the new year will be elected. Mrs. E. B. Appleby is president of the club at present.

Eighteen friends and members of the Home department of the First Presbyterian church met Thursday afternoon at the home of Mrs. A. S. Anderson on Adams avenue.

Mrs. H. P. Lewis led in the devotional exercises, after which a short business meeting was held. This was followed by a social, when the hostesses served refreshments.

School Teachers Honor Dr. Gentle

A number of school teachers of Union county, former students of the Oregon Normal school at Monmouth, entertained at a luncheon yesterday afternoon at the Sommer hotel in honor of Thomas H. Gentle, from the training department of the normal school, who was in La Grande for the annual teachers' institute, which closed yesterday afternoon.

About 40 were present for the luncheon. Songs were enjoyed and several short talks were given.

An aid meeting of the Women's society of the First Baptist church was held yesterday afternoon at the church with 18 members and two visitors in attendance. The business meeting was presided over by Mrs. William Shade, when plans were made for the next session, which will be a mission study meeting and will be held at the home

of Mrs. W. P. McAdory. Members of the executive board were hostesses for the afternoon. Following the business hour refreshments were served.

Mrs. R. H. Smith was hostess at a delightful party yesterday afternoon at her home on First street when she entertained at four tables of pinocle.

Mrs. August Erickson made high scores during the afternoon's play and the second prize went to Mrs. W. H. Safford. A guest prize was presented to Mrs. Louis Standley.

Bouquets of asters were attractively arranged about the room. Following the card games the hostesses served a two-course luncheon.

Twelve girls of the Soangetaha campfire girl group met at the home of Mrs. George S. Birnie, their assistant guardian, on Fourth street Thursday evening.

The girls wore gypsy costumes, and after a pattern supper a short business meeting was held, followed by an hour of dancing. During the evening the girls learned how to fence.

The next meeting of the group will be at the home of Miss Dorothy Brownlow.

Announcements

Mrs. Frank Wood and Mrs. Ed Eckley will entertain the Parkdale club Wednesday afternoon at the home of Mrs. Wood in Fruitdale.

MENUS

By Sister Mary
BREAKFAST—Grapes, cereal, cream, whole wheat waffles, syrup, milk, coffee.

LUNCHEON—Potato and cheese soup, toast sticks, Broth-er Jonathan, milk, tea.

DINNER—Pork tenderloin, twice baked sweet potatoes, tomato and cabbage salad, peach spider cake, milk, coffee.

Peach Spider Cake
Four or six peaches, 1 cup brown sugar, 2 tablespoons butter, 1-4 cup broken walnut meats, 1-4 cup seeded raisins, 2 eggs, 3-4 cup sugar, 3-8 cup hot water, 7-8 cup flour, 1-8 teaspoon salt, 1-2 teaspoon vanilla, 1 1-2 teaspoons baking powder.

Melt butter in an eight-inch iron frying pan. Cover with a smooth even layer of brown sugar and put over a low fire until the sugar begins to melt. Pare and halve peaches. Remove stones and arrange hollow side down, over sugar. The peaches should cover the spider. Sprinkle with nuts and raisins, filling spaces between fruits. Beat yolks of eggs until thick and slowly beat in half the granulated sugar. Beat in boiling water and remaining sugar. Mix and sift flour, salt and baking powder. Add to first mixture and stir until smooth. Add vanilla and fold in whites of eggs beaten until stiff. Pour over peaches in spider and bake in a moderate oven for 25 minutes. Remove from oven and invert on a serving plate. Garnish with whipped cream and serve warm.

Use half the rule and a small spider if wanted for a small family.

The Garden

Winter Gardening in a Cold Frame
Those who have cold frames—and every gardener should have one—may provide themselves with plants of unusual interest and beauty and excellent material for early spring cutting by planting the poppy anemones, known botanically as Anemone coronata. The finest strain available is of Irish origin, and known as the St. Bridgid anemone. It comes in double, semi-double and single form.

These anemones grow from particularly dried up looking tubers, which should be planted in cold frames, as they are not completely hardy, but winter easily in a frame and start blooming early in April. The main difficulty is in determining which is the top of the tuber. It is indicated by a slight depression with a few points in it. Another method is to look for the old tuber on the under side.

The anemones want rich soil. Give them a liberal application of pulverized steely manure when planting and put them about two inches underground. If in doubt as to the top of the tuber, plant it edgewise.

They have foliage resembling parsley, from which numerous stems arise to a height of about a

Fastener



(Courtesy Drach-Weiss) A rich, black, wide-leg has what appears to be a charming crystal fastener. In reality, it is an intriguing compact, with perfume in one end and lipstick and powder in the other.

OUT OUR WAY



KNOWLEDGE BUMPS.

foot, bearing flowers two or three inches in diameter in various shades of scarlet, blue and rose with central contrasting coloring. They last well when cut. They are of very easy culture.

The Mariposa tulips, the butterfly and globe tulips of California, may be grown in a frame very easily and bloom in late May. Their markings are unusual on white, yellow or lavender ground, resembling the eyes on butterfly wings. Plant them two inches deep. They sometimes winter outside with a mulch of leaves, but are short lived under these conditions, while they thrive in a cold frame.

The gorgeous ranunculus may also be grown in a frame giving stout double buttercups in orange, scarlet and yellow. These are a pressed into the soil with the claws down on a bed of sand and about two inches deep. They are not as reliable as the anemones, but well worth the trouble. A cold frame

stacked with these plants will yield an amazing display of color in early spring, lasting until about the first of June. They need considerable moisture and the frame should not be allowed to dry out.

HEALTH

BALANCED DIET FOR HEALTH
By R. E. Kime, M. D., Orlando, Fla.
Member Gorgas Memorial

The body needs food for nutrition, growth, energy, and repair to preserve health. As a rule, protein food provides for growth and repair of tissue while fats and carbohydrates provide energy. Neither can function normally without vitamins and minerals. Excessive protein diet of meat and eggs produces putrefaction and an active growth of putrefactive bacteria in the intestine that generate acid toxins

which must be neutralized or eliminated by the liver, kidneys and bowels. A long continued excessive protein diet overtaxes the liver and kidneys, and if the bowels are constipated the absorption of toxic material is increased. This cripples the liver and kidney functions, and disease results. Usually the first symptom to develop is a mild toxic condition, a coated tongue, lessened vigor, disturbed nervous system, disturbed digestion, and later increased blood-pressure, disease of kidneys, hardened arteries, and at times apoplexy.

To prevent these conditions, one must eat only the necessary amount of protein food to meet the physiological demands of the body—about 10 per cent of the calories—and if living an inactive life it is important that the protein be from such foods as milk and the lighter forms of meat and eggs. Not only should the protein be the normal amount but more alkaline ash-forming

foods should be eaten, such as vegetables, fruits and milk. The latter contains proteins, fats, carbohydrates, vitamins and minerals. In fact, milk is almost an essential in diet for good health.

Milk and glucose produce fermentation and lactic acid-forming organisms in the intestine. If the acidophilus bacillus is present, putrefaction in the intestine is lessened and the colon bacillus inhibited or destroyed, thus preventing toxine absorption and disease.

All dairy products, vegetables, most all fruits, most nuts, honey, molasses, and maple and brown sugar when digested, assimilated and metabolized in the body, produce an alkaline-ash which neutralizes or lessens acid condition in the tissues and aids in preventing acidosis.

Meats, excess of bread and cereals, plums, prunes, and cranberries from an acid basis which if very much increased tends to lessen the normal alkaline condition of the food and favors the development of acidosis.

These basic facts emphasize the necessity of a properly balanced diet to attain health and vigor. The general dietetic rule is: Proteins, 10 per cent; fats, 30 per cent; carbohydrates, 60 per cent. The proportions are 1 to 3 to 6. Included in this should be milk, leafy vegetables, and fruits in proper

amounts. This will supply all the essential foods in a well balanced diet, including vitamins and minerals, to build up the tissues, supply energy, and keep the body in good health.

After Richard Griffith of Baltimore, Maryland, rolled from his bed out of a third-story window, he awoke in mid-air to find himself clutching a pillow. Using it to protect his head when landing, he suffered only slight cuts.

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