



"How best can I trade in my present car for a new car?"

WHEN you are ready to trade in your present car for a new car, you naturally want full value for your present car. But most of all you want full new car value.

It will therefore pay you to consider varying trade-in allowance offers in the light of these basic facts:

- 1 Your present car has only one fundamental basis of value: i.e., what the dealer who accepts it in trade can get for it in the used car market.
- 2 Your present car has seemingly different values because competitive dealers are bidding to sell you a new car.
- 3 The largest allowance offered is not necessarily the best deal for you. Sometimes it is; sometimes it is not.
- 4 An excessive allowance may mean that you are paying an excessive price for the new car in comparison with its real value.
- 5 First judge the merits of the new car in comparison with its price, including all delivery and finance charges. Then weigh any difference in allowance offered on your present car.
- 6 Remember that you are making a purchase—not a sale. You are buying a new car and simply using your present car as a credit against the new car's purchase price.

WE publish this message, believing that the public is entitled to have all the facts. And we invite you to send for the facts about General Motors products by using the coupon below.

GENERAL MOTORS

CLIP THE COUPON

GENERAL MOTORS (Dept. A), Detroit, Mich.

CHEVROLET Please send, without obligation to me, illustrated literature describing the General Motors product I have checked—together with your booklet describing General Motors Proving Ground.

PONTIAC

OLDSMOBILE

OAKLAND Name _____

BUICK Address _____

LASALLE

CADILLAC

FRIGIDAIRE Electric Refrigerator DELCO-LIGHT Electric Plants

Lewiston Nears End of Harvest As Sun Shines

LEWISTON, Ida., Oct. 21—With another week of fair weather, like the one which the central Idaho region has just experienced, will witness the completion of the grain harvest, except for a few late fields along Craig mountains.

In the Gifford country combines are working two 16-hour shifts in an effort to get the grain harvested, the moonlight providing light for night work. A full 24-hour shift is represented by the dew which falls during early morning hours.

Bean farmers of the region are busy stacking their crop, few, if any, taking chances in leaving them out. Normally they thresh them from shocks in the fields, but it is likely that all beans in this district will be stacked. All of the wheat is wet and there has been some damage from sprouting, but with prospects of saving the crop, farmers have been going forward, despite the danger of heating. It seems likely that the majority of the remaining fields of wheat will be saved with little loss. Grain men say the dockage will run from 10 cents a bushel for the wheat saved in good condition to as much as 25 cents for sprouted wheat or grain that is good only for feed.

HEALTH

CARBOHYDRATES AS A FACTOR IN DIET

By R. R. KING, M. D., Orlando, Fla.

Member Gargus Memorial Carbohydrates and fats supply heat and power for work, while proteins supply material for building and repairing the body. If each is not taken in proper amount and proper proportion, inefficiency and disease result. Carbohydrates include sugar, starch, and cellulose. They should form about 60 per cent of food calories consumed each day.

A marked deficiency in the carbohydrates in daily diet disturbs metabolism and if long continued frequently leads to acidosis. If the diet is deficient in carbohydrates and fats, the body must make up the deficiency from proteins, if possible, and that is injurious and leads to disease. In heavy workers or in cases of sudden demands for increased energy the carbohydrates are used first, then the fats, to supply the demand.

A sufficient amount of carbohydrates in diet is essential to good health, but an excess long continued produces fermentation, disturbs the bowels, and adds toxic elements which must be eliminated. Some of the carbohydrates contain proteins which must be considered in making up a well-balanced diet. The proteins in cereals and vegetables are difficult to digest and assimilate and are not quite all utilized in the body, hence the necessity for milk, eggs or meat to supply the demand for proteins.

The carbohydrates from sugar, syrup, honey and some well-cooked bread, cereals, and potatoes usually, more easily and quickly appropriated and meet the sudden or prolonged demand for energy and hard work.

Loran has found that when one lives solely on plant food 28.25 per cent of the food is eliminated unused, but if a proper amount of animal protein is eaten only 8.88 per cent is lost.

Carbohydrates increase sugar in the urine and blood in diabetes and should be eliminated to a great extent or materially lessened in their diet. Persons much overweight should lessen the amount of carbohydrates in food eaten, avoid food fats and advertised fat reducers, and place themselves under the care of a physician for advice as to food and exercise.

Any person with marked increase in the amount of uric acid passed and with a tendency to diabetes should have the uric acid and possibly the blood examined for the amount of sugar present and secure competent medical advice as to diet and treatment.



There is a real floating island in Lake Orion in the State of Michigan.

And in every town or hamlet in America there is a more impressive sight. The sight of people exchanging a folded piece of paper for insurance money to rebuild dwellings or factories destroyed or damaged by the elements. Insurance policies issued through this agency are valuable pieces of paper because they stand for Real Protection.

Union Mortgage & Investment Company
REAL ESTATE
LOAN SERVICE
New Foley Bldg., La Grande Oregon.

TWINS? NO, DOUBLES! AND LISTEN—



(NEA Service, New York Bureau)
Max Gottlieb (left) was awaiting in the jail at Mineola, Long Island, for a life sentence to Sing Sing as a fourth offender. Max, the police said, had too often sold glass for diamonds and green paper for currency. Even Max's friends produced his double, Sam Schwartz (right). Schwartz confessed that he was guilty of two of the crimes of which Max had been convicted. So Max went home rejoicing—and Sam took Max's cell.

Apple Rate Cut Is Foreseen By Wenatchee Men

WENATCHEE, Wash., Oct. 21—Local growers and shippers of apples, as well as representatives of the state department of public works, are greatly interested in the objection filed by the Great Northern, Northern Pacific and Milwaukee railroads to the recent decision of the interstate commerce commission reducing the transcontinental freight rates on deciduous fruits from California. It was learned.

One feature of the decision grants the California shipper the right to route his shipments via the northern roads and if this is done the protesting carriers de-

clare that they would be compelled to carry fruit from California through such fruit growing sections as Wenatchee and Yakima at a lower rate than they now charge for fruit grown in Wenatchee and Yakima to similar eastern destinations.

This protest is regarded as a virtual admission that if the California rate reduction stands a similar cut will have to be made in rates from the Pacific northwest fruit producing areas.

To make a lower rate from California through the fruit growing sections of the northwest than is in effect from those sections would be a violation, it is held, of the long and short haul provision of the interstate commerce commission act. Local shippers believe that this objection in the part of the railroads materially strengthens their case, which is now being prepared.

Threshing Crew Near Baker, Ore. Works All Night

BAKER, Ore., Oct. 21—In order to avoid any more delay before another rainstorm strikes the valley, Ira McCollough and his crew started threshing on J. H. B. Harrington's ranch in the Pocaterra district Monday afternoon at 5 o'clock and worked all night. Mrs. H. G. Alexander served dinner at midnight and breakfast at 2 o'clock the next morning. One thousand bushels of wheat was threshed during the night.

The rains of the past few weeks have delayed threshing considerably and farmers of this county are now leading every effort to get the grain in the stacks before it is a total loss.

For Economical Transportation

CHEVROLET

USED CARS

with an OK that counts

This Car has been carefully checked and reconditioned where necessary

- ✓ Motor
- ✓ Radiator
- ✓ Rear Axle
- ✓ Transmission
- ✓ Starting
- ✓ Lighting
- ✓ Ignition
- ✓ Battery
- ✓ Tires
- ✓ Upholstery
- ✓ Top
- ✓ Fenders
- ✓ Finish

OK

A Liberal Plan For the Purchase of Dependable Used Cars

You can buy an O.K.'d reconditioned car from us on the General Motors Payment Plan on remarkably easy terms. You can pay down as low as one-third the purchase price—financing the balance through the General Motors Acceptance Corporation, with a very low financing charge. If you expect to purchase a used car, come to our salesroom. Our red "O.K." tag is your guarantee of quality—and our low prices are your assurance of value.

Blue Mountain Garage

M. A. HARRISON, Mgr. Opposite Postoffice

QUALITY AT LOW COST

SKAGGS SAFEWAY STORES

Distribution Without Waste

Send Your Child to Safeway

Let Billy or Betty do the little shopping errands that crop up between regular shopping days. Sending them to Safeway is much safer than allowing them to go where they will have to wait on themselves or may receive indifferent attention. At Safeway Stores they will have the personal attention of the highly trained Safeway Man and you can depend upon their getting exactly what you sent them for. Learn to rely on the Safeway Man and let your children save you many steps.

Suggestions for Your Sunday Dinner

Grapes Flame Tokays, Oregon grown. Fine flavor and color. 3 Lbs. 29c	Butter Safeway Brand. Only the highest grade sweet cream is used in the manufacture of Safeway Butter. 2 Lbs. 89c
Lady Fingers. The most popular variety of table grapes. Extra sweet and thin skinned. 2 Lbs. 29c	Sweet Potatoes No. 1 California Jerseys. All clean stock. Medium size. 5 Lbs. 15c
Coffee Hills Bros. Red Can Lb. 49c	Coffee Royal Club Lb. 49c
Coffee M. J. B. Lb. 49c	Lettuce Iced lettuce. Solid heads. Good size. 3 Heads 19c
Celery Large bunches. Oregon grown. Well bleached. 2 Bunches 15c	

Three Days of Extra Values

Last evening we covered La Grande and Union county with handbills. The prices quoted on these bills are extra values even for Safeway Stores. If you did not receive one at your door or mail box we have extra copies in the stores. Prices effective Friday—Saturday and Monday.

Store No. 65 Phone Main 690
Store No. 359 Phone Main 711

DANGER!

rushes at you through rain and fog!

An Automatic Windshield Wiper assures CLEAR VISION

FOREWARNED is fore-greatly increases the safety of wet weather driving.

The winter season is at hand... fog, drizzle, rain and snow hold constant menace to motorists. We, each of us, owe it to ourselves and others, to take every precaution. "Western Auto" in a timely contribution to the cause of safety, offers these two guaranteed Automatic Windshield Wipers at greatly reduced prices... Grasp this opportunity to "play safe" at a saving!

Two Big Timely Specials

Sale ends Saturday, Oct. 29

Western Auto Service
A feature that saves you money... Service connections maintained in all cities where we have stores, so that goods purchased from us may be properly inspected and promptly installed at a very low flat rate... in many instances... free of all costs.

This Guaranteed Automatic Windshield Wiper Reduced to \$1.59

Big Savings
...We sell thousands of these wipers each season, and they prove their own best advertisement. Typical "Western Auto" value, and in every respect worthy of our iron-clad guarantee of satisfactory service. 6 feet of new rubber tubing included... Operates from intake manifold or vacuum tank. Wonderful value at our regular low price... and an even greater bargain at our reduced sale price of \$1.

Other Values—in Windshield Wipers
... at our regular low prices.
Automatic Vacuum Operated Wipers... \$2.15
Electrically Operated Wipers... \$10.00 and \$7.50
Hand Operated Wipers... single and double bladed... priced low from \$1.55 to 38c

\$3.35 Value Reduced this week to \$2.48

A Nationally advertised Automatic Wiper... well known to car owners, and popular because of its rugged, compact reliability. Complete with 6 feet of high grade rubber hose. Operates from intake manifold or vacuum tank.

The World's largest retailers of Auto Supplies... Service the motorist since 1909... Complete lines of guaranteed Accessories... Tires, Camp Goods, Radio.

Open Saturdays—More than 150 Stores in the West—

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