

SOCIETY NEWS

Piano Pupils Of Mrs. R. J. Green In Recital Sunday

The piano pupils of Mrs. R. J. Green gave a class recital last Sunday afternoon at the Sacajawea Inn where the mothers of the pupils were invited guests.

Those who played were: Bobby Hunter, Edna Towery, Ruth MacAllister, Margaret MacAllister, Doris Warner, Frederick Hingaman, Gwendolyn Linton, Marie Ploberg, Evelyn Masten, Nancy Guild, Gladys Harvey, Jane Stange, David Thatt, Merrill Amosworth.

Election of officers was the main work at the meeting of the Order of Rainbow for Girls held Saturday night. The officers elected follow: Vivian Kuhn, worthy advisor; Lois Hannel, worthy associate advisor; Margaret Anthony, sister of charity; Mildred Claxton, sister of hope; Charlene Paus, sister of faith; June Coolidge, recorder; Wilma Hannel, treasurer.

The appointive officers will be named during the next week by the new worthy advisor and installation of all officers will be an event of Jan. 26. At that time Mrs. Steincamp, past worthy matron of the Order of Eastern Star, and member of the advisory board, will be installing officer.

W. C. T. U. Members Begin New Year

The first 1929 meeting of the W. C. T. U. was held last Saturday afternoon in the annex of the Central Church of Christ with a large attendance. At the business meeting a discussion was held as to the advisability of celebrating locally the ninth anniversary of prohibition. It was decided since the time until the date, Jan. 16, is so short, that no program be held.

Selections from the speech made by Mrs. Bonte, national president of the W. C. T. U. at the national convention this fall in Boston, were read. Mrs. Hulise gave a reading entitled "Gone with a Handsome Man." Mrs. Plank also gave a reading.

Cornelia Day was guest of honor at a dinner party given last night at the La Grande hotel celebrating her 14th birthday anniversary.

Places were laid for 11 at the table in the main dining room of the hotel. The long table was attractive with decorations following a blue color scheme. A large bouquet of sweet peas formed the centerpiece. On either side of the flowers were tall candles. Place cards were at the individual places.

A white birthday cake with candles was part of the dessert. Concealed in the cake was a wedding ring which went to Mildred Miller, a trinket going to Judy Siegrist and money to Clara Norris.

After the dinner the guests spent an enjoyable time around the fireplaces in the lobby of the hotel, where they unwrapped birthday gifts. The rest of the evening was spent playing games in the gold room of the hotel.

The guests were: Judy Siegrist, Genevieve Speth, Mildred Miller, Orveline MacWilliams, Winnifred Scott, Janet Binger, Clara Norris, Jean Devine, Olla Mae Hough and Dorothy Wall.

Mrs. Edyth Dean was enjoyably surprised on the occasion of her



doctors warn AGAINST standardizing weight

May result in dangerous loss of fat in the tissues

The American dieting craze that seeks to reduce all fat in the tissues is dangerous. Eminent medical authorities are alarmed and they point out that it is suicidal to try to standardize human weight.

"We are not machines," says one famous doctor, "but complex living bodies; we can never be standardized." He goes on to say that "What is a normal weight for one individual is an abnormal weight for another. The proper weight and degree of muscularity for any person . . . is that at which he is most capable and productive." Extreme dieting may result in permanent injuries. Without a reserve of fat we become a prey to diseases.

It is time for common sense, supported by medical warnings, to end the fad of extreme thinness. One error in dieting is to think that only sugar is fattening. Any food that nourishes fattens, and sugar is a pure, cheap, nourishing food. Sugar's greatest blessing is mankind, however, is its use in making other foods palatable and enjoyable. Serve beautiful baked apples or pears, apple sauce or stewed dried fruits for breakfast. A little of it makes the meal complete. The Sugar Institute.

Announcements

Mr. and Mrs. Frank Melotte were host and hostess to Mr. and Mrs. Dean, Mr. and Mrs. Jack Miller and Burton Whitted yesterday at a dinner at their home at Ladd Canyon. The inspiration for the party was the birthday anniversary of Mrs. Dean.

The Bible Searchers' class of the Presbyterian church will meet with Mrs. Turner at 1762 Washington avenue, Wednesday afternoon, 2 o'clock with Mrs. Nye and Mrs. Loria Miller assistant hostesses.

The L. S. to B. of L. F. and E. will hold a regular meeting and installation of officers Tuesday evening at 7:30 o'clock at the Knights of Pythias hall. All members are urged to be present.

The Community Women's Bible class following the holiday vacation will resume its sessions tomorrow afternoon at 2 p. m. at the home of Mrs. Harold G. Dow at 902 Main street. Study of the Lord's Prayer and reading and discussion of E. Stanley Jones' book "Christ of the Round Table" will be continued. Members are urged to take note of the changed hour.

Owing to the serious illness in the home of Mrs. Joe Oliver the silver tea to have been given to-night by the Supreme Forest Woodman circle will be postponed.

Women's clothes express their sentiments, says a novelist. Most of the ladies we've seen lately seem pretty vague.

MENUS

By Sister Mary
BREAKFAST—Orange juice, cereal cooked with chopped figs, buckwheat waffles, sirup, milk, coffee.

LUNCHEON—Scalloped lamb, rice, bread, currant jelly, hearts of celery, cookies, milk tea.

DINNER—New England boiled dinner, asparagus and egg salad, deep dish apple pie, milk, coffee.

The luncheon dish of lamb is made from the fragments of meat left from the roast of the preceding dinner. The scalloped dish is nourishing and is a sort of "three-in-one" combination.

Scalloped Lamb
One to two cups chopped cooked lamb, 2 cups cooked rice, 1 1/2 cups tomato sauce, buttered crumbe.

Put a layer of rice in a well buttered baking dish, add a layer of meat and continue layer for layer until all is used. Pour over tomato sauce and cover with buttered crumbe. Bake in a moderately hot oven until browned on top.

To make the tomato sauce rub 2 cups canned tomatoes through a coarse sieve. Melt 2 tablespoons butter and add one small onion cut in several gashes and stuck with five or six cloves. Simmer 10 minutes over a low fire and remove onion. Stir in 1 scant tablespoon flour. When smooth season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add sifted tomato and bring to the boiling point, stirring constantly. Boil two minutes.

Gilda Grey And Husband Divorced

WAUKESHA, Wis., Jan. 14—(AP)—Gilda Grey, dancer and movie actress, today was granted a divorce from her husband, Gil Roag, of New York, by Judge C. M. Davison in circuit court here.

I. O. O. F., Rebekah Lodges At Cove Install Officers

By Mrs. Leona Price (Observer Correspondent)
COVE, Ore., (Special)—The members of the Odd Fellows and Rebekah lodges installed the officers for this year Thursday evening.

Dinner was served at 7 o'clock to about 75 persons, after which the hall was opened to the public during installation. The officers installed were as follows:

- Odd Fellows: Noble Grand, C. W. Clark; Vice Grand, Everett Lloid; Chaplain, Hiram Luferece; Warden, H. H. Little; Inside Guardian, John Richards; Outside Guardian, Arlie Richardson; Rt. Supt., to N. G., Dave Lloid; Lt. Supt., to N. G., W. L. Richards; Rt. Supt., to V. G., Jo Gardner; Lt. Supt., to V. G., Art Hancock; Secretary, Charles Conner; Pearl Richards, Treasurer.
- Rebekah's: Eva Millman; Ruth Baker; Mr. Adams, of Helix, and Mr. Holmes, of Pendleton, were overnight guests at the home of Mr. and Mrs. Joe Fisher Wednesday.

Four new members joined the clog dancing class which is directed by E. E. Miller, making a class of seven. A great deal of interest is shown by all the pupils. Mr. Miller is preparing to open a class at Union also.

The Daughters of the King held their monthly meeting Wednesday evening at the rectory. Two probationers, Mrs. Rosalind Sturges and Mrs. Harriet Thomas will be taken into the order in the near future.

The regular meeting of the Dorcas society was held at the home of Mrs. Al Puckett Thursday afternoon, with 17 members present.

The election of officers, which to heretofore has been held the first meeting in January has been postponed until April so as to correspond with the general state elec-

Idaho Woman Kills Drunken Husband

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Mrs. Moore was held without charge pending the outcome of a coroner's inquest.

FIRE DESTROYS WAREHOUSE
CHILOQUIN, Ore., Jan. 14—(AP)—Loss estimated at \$25,000 resulted late Saturday when fire of undetermined origin destroyed the lumber warehouse of the Brysmill White Pine company near here. The building contained more than 700,000 feet of pine box shooks ready for shipping.

Babies catch everything, it is said, but did you ever hear of one getting sleeping sickness?

FALL FATAL TO SCOUT
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Putman's
Clearance Sale Continues
on
Coats, Dresses & Hats.
Buy Now And Save

Look Over Our Want Ads for Bargains



FRANKLIN
National Thrift Week Starts with the Celebration of Benjamin Franklin's Birthday, January 17

"SAVE AND HAVE" For Success and Happiness

Benjamin Franklin . . . statesman, philosopher, sage counsellor of Thrift! As his birthday nears and the nation prepares to pay tribute to his memory, it is well and only appropriate that we recall one or two of the maxims he left to guide the destiny of generations to come. . . . brilliantly worded creations of his master mind that Time will never relegate to a forgotten past.

Of the many accredited to him on the subject of Economy, probably none is more to the point than his simple quotation . . . "Save and Have!" Three little words but they speak a volume of Truthful Advice! It is not what you earn . . . what financial remuneration the world pays you for your labor and skill . . . that counts. It's what you SAVE . . . how much of the fruit of your efforts you reserve for the future . . . that brings you the blessings of Success and Happiness!

A substantial accumulation of money gives you the confidence and courage to forge ahead to your aims in Life . . . to realize your fondest ambitions! With it, you don't have to wait for Opportunity to knock . . . you have the power to MAKE your own Opportunity! And, best of all, it's the material that builds for a happy, contented old age. . . . free of all worries!

So during National Thrift Week, Jan. 16 to 22, . . . a movement in keeping with Franklin's teachings, we urge you visit our Bank and open a Savings Account. We'll gladly help you to "Save and Have!"

La Grande National Bank

Member Federal Reserve - Resources Over 2 Million.
"Forty-first Year of Friendly Service"

---the AFTER effects of FLU More dangerous than Flu itself!

Although on the wane in this section, the Flu Epidemic has left thousands more susceptible than ever to colds, bronchitis, sinus-trouble and pneumonia. Doctors warn local people to take every precaution to prevent serious complications and even a second, and more severe, epidemic.

How to avoid serious after effects

- 1. If You Have Had Flu**
One of the greatest dangers is the temptation to over-tax the weakened system too soon after an attack of Flu. Doctors advise those who have had Flu to take extra care for several weeks after the active stage of the disease has passed. Flu saps the vitality and leaves the body easy prey to fresh colds, pneumonia and other serious complications.
- 2. If Fresh Colds Come**
It is especially important to check every cold at the very first sign—use Vicks for even the slightest "sniffle" or tickle in the throat.
If possible, go home and go to bed. Take a laxative and a hot lemonade. Apply hot wet towels over throat and chest until the skin is thoroughly reddened. Then rub vigorously with Vicks. Spread on thickly and cover with warm flannel. Leave the bedcovering loose, so that the vapors, released by the body-warmth, may be freely inhaled. At the same time, Vicks acts through the skin like a poultice.
- 3. Second Flu Wave Threatens**
Already health authorities are warning the nation against a second, and more severe, Flu epidemic. It is, therefore, more important than ever to check every little cold promptly.
As a preventive: several times a day, insert Vicks up the nostrils. Also melt a little night and morning in a bowl of boiling water and inhale the steaming medicated vapors. This helps to ward off germ-infection.



375,000 jars every 24 hours