

SOCIETY NEWS

Episcopal Guild Year Book Adopted At Hotel Meeting

At the meeting of St. Peter's Episcopal Guild yesterday afternoon at the La Grande hotel, the year book as planned by the executive committee was adopted. A silver tea to be given at the home of Mrs. Ashby Darling tonight was planned.

The devotional was led by the Rev. Oliver Higgs.

After the business meeting a social hour was enjoyed. The hostesses, Mrs. Fred Cross, Mrs. Ross Eaton, Mrs. George T. Cochran and Mrs. Lee Warnick, served light refreshments.

Hostesses for the next meeting will be Mrs. Milne, Mrs. Frank Wylie, Mrs. Wells and Mrs. L. E. Hays.

The Presbyterian Ladies Aid met yesterday afternoon in the community room of the church. Mrs. Charles Davis presiding in the absence of the president, Mrs. Helen R. Eberhard.

Mrs. H. P. Lewis was in charge of the devotional and Mrs. W. E. Buchanan was chairman of the social committee for the afternoon.

At the next meeting of the aid annual election of officers will be held, it was announced.

The Women's Missionary society of the Christian church met at the home of Mrs. W. A. Bunting yesterday afternoon. The meeting was opened with a prayer by the Rev. R. J. Putnam. Announcement was made of national prayer day to be held Feb. 15. Possibility of giving a patient that day was discussed. It was announced that the March meeting will be held in the evening and at that time the younger girls of the church and their mothers will be entertained.

Mrs. G. L. Anderson was in charge of the program which included a devotional by Mrs. George Rochester, a prayer by Mrs. R. L. Putnam, a paper on "Mexico," by Mrs. Anderson, a trio, "The Lord Is My Shepherd," by Mrs. Anderson, Mrs. Walter Price and Mrs. Purdy, a paper on "Argentina and Paraguay," by Mrs. Harry Sandor, a paper on "Inhabited Woman," by Mrs. C. E. McPherson and the story of "Jargeline Lavigne," told by Mrs. Price.

The hostesses for the afternoon meeting Mrs. Bunting were: Mrs. J. H. Shogren and Mrs. Oma Lapham.

Fifty members of the Crystal Rebekah lodge met last night for the regular session of the lodge. After the meeting the evening was spent socially.

The committee to plan for the meeting in two weeks includes: Mrs. Ruth Richardson, Miss Viola Benham, Mrs. Olive Chadwick, James Moss and Frank Saydam.

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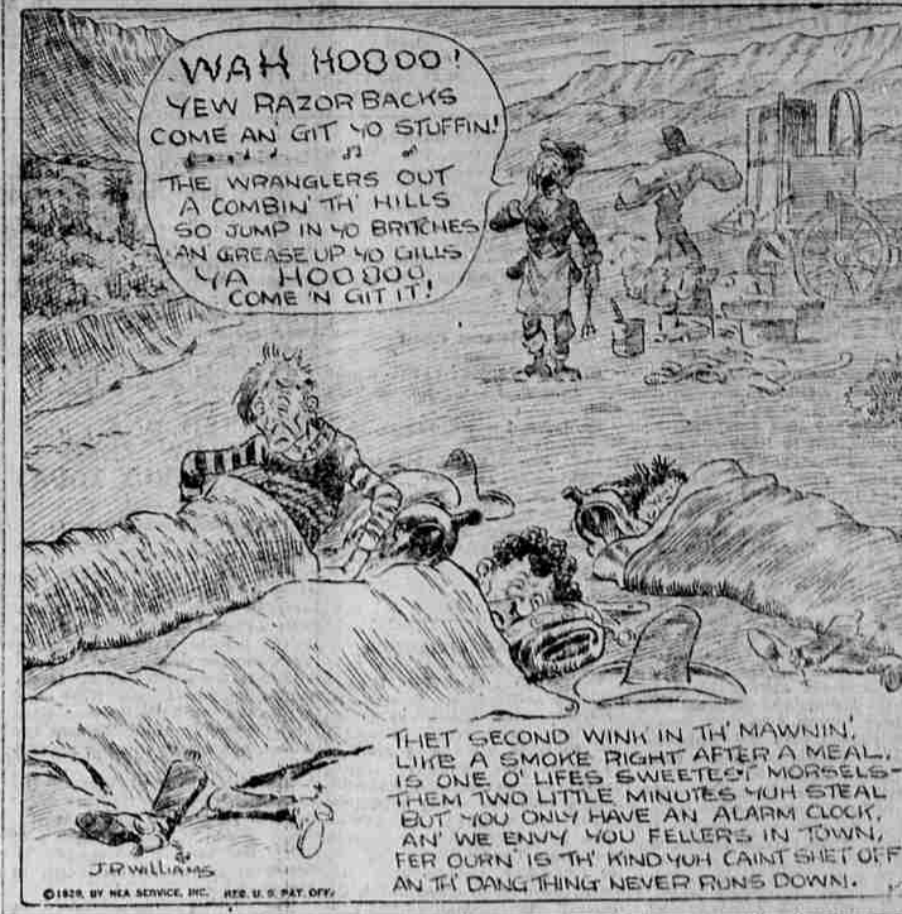
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- May Belle Prints, very fine quality; new patterns; fast colors; 32 in. wide—**39c**
- Blossom Chintz Prints, light and dark colors; yd. wide—**19c**
- Ladies and growing girls Galoshes, high and low heel, in rose beige, black and tan—**Only \$1.98**
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- Amoskeng Daisy Cloth, heavy weight, 27 inches wide—**17c**
- J. & P. Coats Spool Cotton Sewing Thread, 100-yd. spool—**4c**
- New Spring Curtains—panel curtains in rayon and ruffled curtains trimmed in pink, green, yellow and blue—**98c - \$1.23 - \$1.69**
- Stonewall Overalls for boys, 220 weight blue denim, double stitched—Ages 4 to 16 yrs.—**69c pair**
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Bayly Underhill Overall—**\$1.29**

- Fabric Gloves**
For women, washable, made in U.S.A. Perfectly comfortable, elegant cuffs. Newest shades in mode and brown—**79c and 98c**
- Rayon Bedspreads**
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OUT OUR WAY



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Miss McKellar Is Guardians' Guest

A screen, a toothbrush, some paint, a bit of cloth, some originality, and there you have it—a beautiful spatter paint handkerchief—and it doesn't take very long. Making spatter prints is what the Camp Fire girls of La Grande learned last night under the tutelage of Miss Janet McKellar, of New York, national associate field worker for the Camp Fire girls.

While they made the handkerchiefs, Miss McKellar talked to them about the theory of handkerchiefs which in Camp Fire language is expressed in two words, "useful" and "beautiful". In the words of the Camp Fire law a handkerchief must live up to the code to "beek beauty" and to "give service."

Miss McKellar, whose Camp Fire name is Wabkita, meaning on the hill top, and whose symbol is the mountain, also discussed nature lore and ways to interest and help Camp Fire girls in the outdoors.

At 10:30 o'clock yesterday morning Miss McKellar spoke to 600 La Grande high school and sixth, seventh and eighth grade girls, in the L. D. S. Recreational hall. She told them something of what it means to be a Camp Fire girl and what a girl must do if she is a Camp Fire girl.

The A. O. club was entertained Tuesday night at the home of Mrs. Nellie Spencer. Three tables of bridge were at play. Mrs. John Groulich and Mrs. Henry Hill were special guests of the club. Mrs. Hill received first prize and Mrs. Groulich second.

The hostesses served a luncheon at the close of the cards playing. The next meeting will be held at the home of Mrs. J. E. Siles on Second street Feb. 12.

Honoring Mr. and Mrs. Wray McIntyre, of Quincy, Ill., Mr. and Mrs. Horbert Speckhart entertained Tuesday night at their farm home.

The evening was spent playing cards and games with prizes going to Mr. and Mrs. McIntyre. The hostesses served refreshments.

Mr. and Mrs. McIntyre are on a honeymoon trip. They will leave Sunday for California and from there will go by automobile back to their home. They are cousins of the Speckharts.

Many Useful Cuts Of Beef Now Overlooked

SAN FRANCISCO, Feb. 7 (AP)—A nation-wide series of demonstrations for the purpose of showing housewives that there are many useful cuts of beef now overlooked in the search for meat for the dinner table, was proposed by O. M. Plummer, general manager of the Pacific International Livestock Exchange, at the annual convention of the American National Livestock association here.

Such demonstrations, Plummer said, would stabilize the value of beef products, level the market prices through the retail markets and provide for larger uses of beef, thus putting the livestock business on a more stable footing.

"Few housewives have a general knowledge of the foreground cuts of beef," Mr. Plummer said. "There are many useful cuts from the less known fore-quarters, and it is established that in many cases the palatability and tenderness is equal to that of the best known cuts of the hind quarter."

"It is my opinion that the work that could be done by well-trained demonstrators in all parts of the country could have no other effect than increasing the sale of beef and particularly in bringing more closely together the values of the entire carcass, and perhaps, in this way, while maintaining the same price for beef on the hoof, result in a leveling of meat prices through the retail markets, which should result in larger uses of beef."

"It is generally conceded," Mr. Plummer said, "that the wholesale people, the packers and exporters, are operating at a very small margin and if there is to be any reduction in price, it must be brought about by larger volume being handled by markets."

BEFORE MIDNIGHT

Keeping you free from colds. Though colds and cold weather go together, cold weather or low temperature is not the cause of colds. Exposure to low temperature will, however, reduce vitality and thus pave the way for the development of a cold. Adequate protection against cold, therefore, is an obvious requirement.

Keeping the feet warm and dry is equally important. Cold drafts, especially when the body is moist and fatigued, always favor the development of a cold.

Resistance to colds may be developed by stimulating the skin to quick and effective reaction by cold shower baths. These should not be undertaken, however, without first getting your doctor's advice. Unless such showers, which should be brief at all events, are followed by a prompt warm glow of the skin, they are liable to do harm.

MENUS

- By Sister Mary**
- BREAKFAST**—California grapes, cereal, cream, scrambled eggs with bacon, crisp toast, milk, coffee.
- LUNCHEON**—Parsnip chowder, orange salad, date bread, rice pudding, milk, tea.
- DINNER**—English mutton chops, potato marbles in parsley butter, creamed turnips, spinach and egg salad, peach spider cake, milk, coffee.
- Date bread is delicious to serve with tea in the afternoon or will be popular in the school lunch box. Cream cheese makes an excellent filling for sandwiches and omelets.
- Date Bread**
One cup stoned and chopped dates, 1 cup bread flour, 1 1/2 cups graham flour, 1/2 cup sugar, 1 teaspoon salt, 1/2 teaspoon vanilla, 5 teaspoons baking powder, 2 tablespoons melted butter, 1 cup milk.
Mix flour, sugar, salt and baking powder. Add milk and vanilla and beat well. Add dates and melted butter and mix thoroughly. Turn into an oiled bread pan and let stand in a warm place for 20 minutes. Bake one hour in a moderate oven.
- This rule is particularly good during the winter months when eggs are high and sour milk is not always on hand.

FRIDAY PROGRAMS

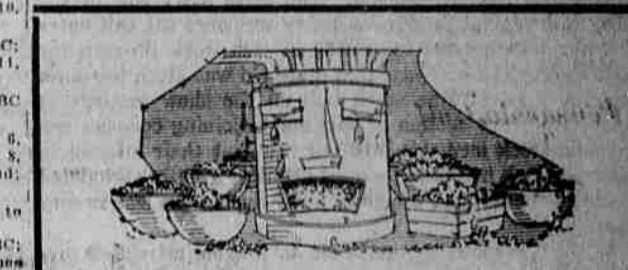
- The National Broadcasting company program for Friday night follows: 6, Wrigley review; 6:30, Philco program; 7, Challengers; 8 to 9, RCA "University of Air"; 9:30 to 10, Moon Music; 10 to 12, dance music.
- The American Broadcasting company program for Friday night follows: 6, dinner music; 6:30, Carillo program; 7, musical marathons; 7:30, artists trio; 8, Neapolitan nights; 9, Kenton capers; 10, popular dance numbers.
- KOIN**—Portland (940kc) 6, dinner music; 7:30, studio; 8, Beth Israel services; 9, studio; 10 to 11:30, dance music.
- KLN**—Oakland (880kc) 6, trio, news, quintet; 9, piano, studio; 10, orchestra.
- KGO**—Oakland (750kc) 6, NBC; 9, "Foot's Gold"; 10, concert; 11, orchestra.
- KJII**—Seattle (876kc) 6, ABC program.
- KPO**—San Francisco (680kc) 6, NBC; 7:30, Tommy and Bob; 8, NBC; 9, quartet; 10, dance band; 11, NBC.
- KJXN**—Portland (1180kc) 6 to 12, ABC; 12, news, weather.
- KOA**—Denver (530kc) 6, NBC; 7:35, Solitaire cowboys; 8:05, dance music; 9 to 10, music album and string trio.
- KGW**—Portland (620kc) 6, NBC; 7:30, Melody boys, NBC, studio; 9:30, concert; 10:30 to 12, Foot, OWB.
- KPRC**—San Francisco (610kc) 6, organ, sports, studio; 7:30, Cecil and 8, Boy Scout unit; 8:05, Great Ladies; 8:30, orchestra; 9, songs and Andy; 10:10 to 12:10, dance music.
- KHX**—Spokane (690kc) 6, NBC; 9, news, sports, music; 11 to 11:30, happy caravan.
- KPM**—Santa Monica (780kc) 12 to 1, Cotton club.
- KFI**—Los Angeles (640kc) 6, NBC; 9, concert; 10, NBC.
- KOMO**—Seattle (520kc) 6, NBC;



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HEALTH

COLDS, INFLUENZA, MAY BE PERMANENTLY DAMAGING
By George C. Ruhland, M. D., Syracuse, New York

Because colds do not usually cause immediate death, they are commonly regarded as of little importance. It is rather unfortunate that colds are regarded so lightly because not only may they become the beginning of serious and fatal illness, but even when these consequences do not immediately follow, colds may do definite and permanent harm, especially when they are of frequent occurrence.

It has been truly said that age depends not so much upon the years that pass over one's head as upon the number of colds that pass through one's head.

Colds are infections, with symptoms especially of the respiratory tract. They can and should be avoided. If colds are so common, it is because the majority of us are unfortunately indifferent about them.

The development of a cold depends essentially upon two factors: First, contact with an infected individual or the disease germs; and secondly, body resistance.

To avoid colds you should, therefore, avoid contact with persons who have colds. If this cannot be done, then make certain that your hands, which have come in contact with the infected person, are washed before you use them to carry food to your mouth. Avoid using things in common with the person who has a cold.

Body resistance, the other factor in avoiding colds, means sane and hygienic living. This means avoidance of undue fatigue or anything that will lower vitality.

Doing your "daily dozen" with plenty of fresh air, at least eight hours of sleep with windows open, plain food well chewed, avoidance of overeating and of constipation, the use of plenty of water, avoidance of the overheated room, and avoidance of all excesses—such a regime will go a long way in

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