

Rains Benefit Farms At Cove; Harness Stolen

By Mrs. J. R. Price
(Observer Correspondent)
COVE (Special)—The rain at this time is very acceptable to the farmers. It is reported, for in spite of the heavy snow there was not enough moisture in the ground to insure good spring crops. Continued fair weather with late spring rains would delay the planting season, making the growing season too short, it is said.

Two sets of heavy work harness valued at \$100 were taken out of a barn on the E. E. Miller farm recently. The harness was stored in a bin during the winter and had been seen there within a few weeks, but when wanted for the spring work it was missing. No clue to their whereabouts has been found.

Mrs. Ray Fackler was taken to Hot Lake Monday where she was operated for appendicitis.

The Ven. Sidney Cressy and Mrs. Cressy will be in Cove Friday. They will be with the Rev. and Mrs. P. F. Sturges during their stay.

Mr. and Mrs. Dick Tapp are now permanently located at the power plant. Mr. and Mrs. Tapp have been employees of the Eastern Oregon Light and Power company for some time. They are taking the place of Carl Burdick who is ill. Jack Hunter is working for E. E. Miller during the spring planting season. He went to the Miller farm Monday.

At the Tuesday evening camp fire meeting a program was outlined for a council fire to be held April second. Three of the members of Nissaki group are preparing to take the wood gatherer's rank at this time.

A meeting of the history club is scheduled for Friday evening. The monthly meetings of the club had to be postponed during January and February because of weather conditions. The club will meet with Mr. Springer.

Members of the Junior class are putting in considerable time practicing for their vaudeville which is to be given in the near future. It will be under the direction of Principal C. G. Springer.

At a daughters of the King meeting held at the rectory Wednesday, Mrs. L. I. Barker, president of the order, was elected a delegate for the convocation which will convene at Baker, April 21. The meeting boasted the best attendance of any so far, only one member being absent and that through illness.

HEALTH

EATING FOR HEALTH

By Dr. Frederick Stricker
Eating is stimulated by the hunger instinct. Individuals tend to rely on it, and eat when hungry what they want at that time. One instinctively feels that this is right. Actually it is not for several reasons. Appetite may be a safe guide for a perfectly well person, but it is not always so. The sensation of hunger is caused by the contraction of an empty stomach. This is usually associated with the need of the body cells for nourishment. Unusual conditions may cause the stomach to contract and cause a feeling of hunger when the body cells are sufficiently nourished. The opposite of this may be the case. The stomach may be prevented from contracting as usual, and no sensation of hunger will appear, even though the body cells are much in need of food.

The reliability of appetite is in proportion to the food functioning of the body. An appetite that does not attract attention by being noticeably more exacting than usual may be allowed to choose a general mixed diet. It is safer to follow appetite than to adopt food fads of any sort. However, an appetite that is in any way peculiar should be investigated. Lack of appetite, an inordinate appetite and a craving for certain articles of food to the omission of others may be due to numerous causes.

The needs of the diet should be understood in order to be able to satisfy both it and body demands at the same time. Since eating is a voluntary matter, although usually suggested by demands of appetite, it should be possible to provide the digestive tract with food which it can take care of successfully. If too much food is eaten the best that can be hoped for is that the alimentary tract will reject the excess before attempting to deal with it. The worst that can happen is a gradual impairment of health due to cumulative effects of the ingestion of an excess of food. It is thought that the degenerative diseases have some relation to total excess of food.

Indigestion may result from eating certain articles of food. Too much fat or sweets is more likely to cause symptoms than too much protein. The meal containing proper proportions of the food elements is not only desirable for nutrition, but for the satisfactory working of the digestive tract. Indigestion may result from eating the wrong kind of foods, even though they contain adequate nutrition. The eating of too concentrated food with little bulk, is the commonest error of this sort. It leads to imperfect elimination and constipation which is a common cause of symptoms of indigestion. An equally serious dietary error is the eating of too much irritating food. A meal of brain, for example, is not safe, although brain is often desirable in the diet since it gives bulk.

Regularity with respect to meal-time is quite important, for the rhythmic action of the intestinal tract, at certain hours every day, is a valuable adjunct to digestion. It is better to eat at one's regular hour, even if a little is taken, than to occasionally omit meals entirely. Finally, digestion may be aided by maintaining the activity of the circulation, so that it will supply quickly all the needs of the time.

OUT OUR WAY



REG. U. S. PAT. OFF.

SHELL SHOCK.

J.R. WILLIAMS

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ROADS ARE IN FAIR SHAPE IN PROMISE AREA

By Mrs. Bertha Carper
(Observer Correspondent)
PROMISE, Ore., (Special)—The snow is going rapidly and the roads are better than usual when the snow first disappears. Mr. Fisher, the Maxville stage driver, drives his car as far as the Cox place. Ralph Carper returned to Promise Wednesday after a few days

tioning digestive organs. It is largely by doing this that exercise and good posture improve the general nutrition.

visit in La Grande. Miss Alice Chenoweth came in Thursday for a few days vacation with her parents. Mr. and Mrs. Vesper Henderson. Alice is attending normal school at Monmouth.

Mr. and Mrs. Howard Carper went to Trowlwa Wednesday where they expect to work for West McGinnis. West met them at the bottom of the canyon with saddle horses.

Mrs. Stella Poulson visited Mrs. Charlie Moore Thursday night. Mr. and Mrs. Fisher Lively, of Maxville, went to Hot Lake Saturday to consult a physician about Mrs. Lively's health.

Ralph and Edd Carper butchered a hog for Mrs. Roby Thursday. Mrs. Fred Trump was visiting

Mrs. Lucy Trump at Maxville Saturday.

C. P. Carper visited Mr. Potter Wednesday evening.

Charles Moore captured a coyote and a skunk Wednesday. Chester Garbett made a business trip to Wallawa the middle of the week.

I. C. McDonald was quite ill the first of the week but is able to out again.

Mr. Carper made a trip to Maxville Tuesday. He says this is going to be his last trip this spring with a sled.

Sam Kennel was over to the post office Wednesday getting his mail and also getting a nice barred Plymouth rock rooster which he had purchased from C. P. Carper. Owing to the bad roads, Sam does

By Williams

THE GARDEN

TREES ADD VALUE TO PROPERTY

Trees are not planted in the home grounds for financial reasons, perhaps, but the investment value of well chosen and well-placed trees should not be underrated.

They are so easily obtained; there is so much fun in planting them and nursing them in their early months when they need care and water. We enjoy working with them, and we enjoy the beauty which they add to the home grounds.

As the tree grows this beauty increases. If it has been chosen with care and placed with careful consideration both of its usefulness for shade and storm protection, and its picturesque value in the landscape, we soon recognize that besides being beautiful in itself it adds beauty to its surroundings. In one place it may frame the house picture; in another provide background for the home. It may accent a garden view or extend a sheltering canopy above a terrace.

It pays dividends in beauty, and the market value of beauty is recognized universally nowadays. But there is something more than this. The tree has actual material, financial value.

Mature trees have a replacement cost which may be calculated by estimating the cost of planting a tree of equal size in the same place. This is recognized by appraisers in fixing the value of property. In case you wish to sell, this value can be added to the price. You can obtain insurance on it to protect you in case of accidental destruction, or you can collect damages in case your tree is injured willfully or by carelessness of others. Damages up to one thousand dollars have been awarded by courts for injury to fine specimens. Very large trees have a value which can hardly be estimated since it is impossible to replace them with any of equal size.

But it must be remembered that the value of trees will be greatly influenced by the care with which they are chosen and placed. They can be crowded so that they never have a chance to develop fully; they can be placed in positions not get out often.

John Carper and son, Fred and Edd, went to Wallawa Tuesday. The boys returned Wednesday, but John remained to work a few days splitting some posts.

Charles Moore went to Wallawa Friday. He made the trip on horse back.

Dixie G. O. P. Boss Sees President



Organization of the republican party in the newly won southern states was discussed in a conference between President Hoover and Col. Horace A. Mann of Tennessee, Col. Mann, pictured above as he left the White House, is credited with having swung parts of the "solid south" into the Hoover column last fall.

where each year they become more undesirable until finally they must be cut down. Varieties may be selected which are unsuited to your purpose and which prove a disap-

pointment. Tree planting is important enough to receive your careful attention. Seek the best advice obtainable and do not allow a small initial expenditure to prevent your realizing in full the values which should be yours in a few years' time.

Meals are better



with
TREE TEA
Orange Pekoe

SKAGGS SAFEWAY STORES

Distribution Without Waste

Being "human"

is a trait of your Safeway Man

"My Safeway Man is so 'human', a customer said the other day. 'I can believe he is sincere in what he says and his suggestions are always informative and helpful.'

Apparently, the Safeway Man, busy in developing his store into the clean, attractive, satisfactory food center it is, stands out as a person of marked appeal to food shoppers. It is his aim to be helpful, for that is the only way his store can become a growing need in his neighborhood.



There's a Limit to the Amount of

Fudge



You could cook without scorching

What's true in cooking fudge is true in roasting coffee. That's why Hills Bros roast their coffee a few pounds at a time by a continuous process—never in bulk

CANDY, above all things, demands perfect control in cooking. And a little can be handled much more exactly than a large quantity.

The exactness of Hills Bros.' process of Controlled Roasting produces a uniform flavor such as no other coffee has. For this continuous process which roasts only a few pounds at a time is Hills Bros.' exclusively.

When you buy Hills Bros. Coffee you get every bit of the wonderful aroma and flavor created by Controlled Roasting. The vacuum can seals in this goodness so none can escape.

Ask for Hills Bros. Coffee by name and look for the Arab—the trade-mark—on the can.

HILLS BROS COFFEE

Fresh from the original vacuum pack. Easily opened with the key.



Oyster Shell
Eastern White. Very best grade.
100-LB. BAG \$1.49

Super Suds
For soaking and washing your clothes it can't be beat.
3 LGE. PKGS. 29c

Classic White Laundry Soap
10 BARS 37c

Peet's Granulated Soap
Large package.
2 PKGS. 79c

Get your card for 3 bars Crystal White soap free.

Pancrust
Shortening. A pure vegetable product.
4-LB. 4 PAIL 85c

Sugar
Pure C. & H. Cane
100-LB. BAG \$5.79

IN OUR FRUIT AND VEGETABLE DEPT.

Oranges
Rose Brand. Medium small.
2 DOZ. 45c

Grape Fruit
Florida Sweets
6 FOR 45c

Butter
Safeway Brand. Made in La Grande from Grande Ronde Valley cream.
2-LB. 87c
2 ROLL 87c

Rice
Blue Rose Head
10-LB. BAG 65c

Beans
Red Mexicans. Real clean stock.
10 LBS. 79c

Royal Baking Powder
12-oz. CANS 43c

Raisins
Maximum Brand. Seedless.
4 PKGS. 35c

Flour
Oregon Beauty
49-LB. BAG \$1.75
1 BAGS \$6.89 (1 Bbl.)

Peaches
Maximum Brand. Gloria Halves. You will enjoy this high quality brand. Large No. 2 1/2 size.
2 CANS 49c
6 CANS \$1.43

Strawberries
Maximum Brand. If you like strawberries you will surely like this brand. Large No. 2 can.
2 CANS 49c

Candy Easter Eggs
Marshmallow centers. All sizes.
2 LBS. 49c

Syrup
Amazo Brand. Butterscotch flavor.
10-LB. 10 PAIL 79c

Pancake Flour
Oregon Beauty brand. Self-rising. Large size bags.
Each 55c

Lettuce
Large firm heads.
2 HEADS 19c

Spinach
Nice clean and crisp.
3 LBS. 19c

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