

Society News

Chapter I. P. E. O. Entertained At Eberhard Home

Mrs. Colon R. Eberhard and Mrs. William Miller were hostesses to Chapter I. P. E. O., at a delightful 1 o'clock luncheon yesterday at the Eberhard home. Spring flowers were attractively arranged about the rooms.

After a short business meeting an interesting book review of "The Bellman" was given by Mrs. Clyde Selts.

Mrs. William Siegrist entertained the Alpha club at a delightful bridge luncheon at the La Grande hotel Thursday afternoon. Mrs. Charles Blinger received high score prize.

The Friday Bridge club was delightfully entertained yesterday afternoon by Mrs. E. R. Guy at her home, which was attractively decorated with bouquets of double daffodils.

Bridge was played. Mrs. Claude L. Lynch received first and Mrs. Fred Speth second prizes.

Mrs. Lena Ostland entertained the Westway club at her home at 2004 Adams avenue last night. Edna Towery, entertained with piano numbers and refreshments were served. Games were enjoyed.

The Helomela club was entertained by Mrs. J. H. Oliver at three tables of bridge Wednesday afternoon. Mrs. James Omeel received high score prize and second went to Mrs. Della Harnden.

A two-course luncheon was served by the hostess. The house was decorated with potted plants.

Carrie M. Knight, of Eugene, grand chief of the Pythian Sisters of Oregon, was in La Grande last night, visiting the local lodge here as honor guest. A discussion of plans for the convention to be held at Union May 7 was held during the business meeting.

Refreshments were served by Mrs. Ray Oliver, Mrs. Lida Omeel and Mrs. Briggs.

The Baptist Ladies Aid met at the home of Mrs. E. O. Hess yesterday afternoon. Mrs. Kendrick was leader of the lesson. A light luncheon was served by Mrs. Hess and Mrs. Briggs.

With decorations of pink and yellow carried out in a Maypole and bouquets of daffodils bespeaking the May day motif, the Riverside Ladies Aid met for their regular monthly meeting in Lane chapel Thursday afternoon with Mrs. George Hilyard and Mrs. Hale hostesses.

The La Grande Parent-Teacher council will meet Monday at Riverin school at 2:45 o'clock. It will be the last meeting of the season and election of officers will be held. A large attendance is urged.

The Art Research club will meet with Mrs. W. T. Pity at Hot Lake Monday at 2:15 o'clock.

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Mrs. Walter Pierce Addresses Women At Hotel Dinner

That women must keep their minds vigorous and informed no matter in what walk of life they find themselves and that women's clubs can help to achieve that alertness of living as well as community betterment were the theme of the informal talks given last night by Mrs. Walter M. Pierce, of La Grande, former state librarian of Oregon, and Mrs. G. J. Frankel, of Portland, president of the Oregon State Federation of Women's clubs who were honor guests at a dinner at the La Grande hotel at which the La Grande Neighborhood club was hostess.

Mrs. Frankel cited experiences she has had in her work among club women, telling of the many ingenious systems the smaller clubs of the state are using to "teach" themselves or to raise money to do their part in furthering the scholarship loan fund, county libraries, public health and the other services which the state federation sponsors.

Buying a box car from the railroad company, cleaning, painting and furnishing it, was the way one small club solved the problem of a club house. In another town the women's club bought a building which had been the first school-house in that vicinity and renovated it for a club house.

The value of art in the lives of youth was also stressed by Mrs. Frankel.

"Of all bonds which tie women together one of the strongest is that of common study," said Mrs. Pierce, who stressed the importance of an interesting study program for women's club as being as important as civic and public work. "I believe it very essential that every woman should be a student."

The importance of history was stressed by Mrs. Pierce as necessary to an intelligent understanding of current events in scientific discovery and other news and progress of the day.

A vigorous exercise of the mind by women individually and collectively makes living more interesting, she said.

A hobby of Mrs. Pierce's is county libraries. She approves of their hearty because of the service they give to rural communities and sections of the state away from the library centers. "I was sorry when the county library here was discontinued," she commented.

"The county library and the lending book service by mail are needed all over the state from the library at Salem was a unique contribution we made to the state," Mrs. Pierce said. "La Grande has always had a good library and good librarians."

At the dinner, Mrs. F. L. Meyers, president of the Neighborhood club, presided, introducing the guests with gracious words. They responded, thanking the La Grande club for its cordiality and the delightful occasion.

Out-of-town guests were Mrs. Weston Shields and Mrs. George W. Cherry, from the Enterprise Women's club.

P-T. Association Meets At School

The Willow Parent-Teacher association met last night at the school house with the president, Mrs. John Bates, presiding. The Lord's prayer, repeated by the members, began the session.

"The Oregon Trail" was sung by the school children followed by a recitation, "Trees," by Stella Kube and a piano duet by Segrid and Vernon. Stories about the Flanders poppy were given by Marjorie Walker, first grade; Benetta Briggs, second; Virginia Rahn, third; Frances Smith, fourth; Marjorie La Bonte, fifth; Henry Weatherhead, sixth; Georgeanna Lockwood, Camp Fire girls.

A song, "Playmates," was sung by Lorene Robertson and La Veda Miller. A piano solo was played by Kay Andrews followed by a recitation by Virginia Wylie.

Irma Klinghammer entertained with a piano number. All the children joined in singing the Oregon state song. Picture study stories were given by La Veda Miller, sixth grade; Henry Stoddard, fifth, and Talbert Bennett, fourth.

Mrs. Joe Anson gave a reading, "Meeting Parents."

"Living pictures" were presented by the children of the first, second and third grades. "Grandmother," was acted by Dorothy Crader, all of the first grade. In the second grade "The Age of Innocence" was given by Betty Chadwick, and "Boy With a Habit," by Vernon Stelling. "Catching Shells," was acted by Lorena Smith of the third grade. A song was sung by Betty and Aladine Chadwick.

A short business meeting was held when it was announced that all parents having children who will enter school in the fall are urged to attend the summer round-up at the school the first Monday in June.

The prize picture for the month went to Miss Sarah Williams' room for the best attendance of parents. Installation of officers was held with Mrs. Robert Alexander in charge.

A bill introduced in the Missouri legislature would require farmers' wives to serve hot biscuits twice a day. There ought to be a clause in there providing exemption for those who have not yet been farmers' wives at least one year.

MENUS

With the fashion experts telling us that "femininity" is in again many a woman is longing for a suggestion of a curve or a dimple. Of course, she who has kept herself "sophisticated" by means of rigid dieting will have little difficulty in adding her pounds as she will, but the girl who is just naturally too thin has a different problem.

Underweight is seldom altogether a problem of diet, although the other causes usually go hand in hand with faulty food habits of some sort.

The person who is underweight from some obscure physical cause, mental conflict or overwork faces a different problem than the one who is thin because of faulty food habits.

The underweight who has no appetite should select foods which will stimulate a desire for food. Lack of appetite and small consumption of food usually goes with small stomach capacity. As the appetite increases and the amount of food eaten each meal increases the capacity of the stomach for food increases with the inevitable reaction of a natural desire for food.

The person who is thin due to an inordinate amount of activity in proportion to his physical ability to hold food to maintain the activity and at the same time gain in weight must increase his sleep and rest periods.

Then there are underweights who have the appetite and the desire to gain but who do not eat the right foods.

The following suggestions are specific and will form a working basis for those underweights whom the dietitian cannot help.

Fruits, succulent vegetables, yeast breads and meat broths stimulate the appetite. These foods make for perfect elimination which is essential for good health before a gaining diet can be considered.

Plenty of good wholesome food normally required by everybody must be supplied before adding the so-called "fattening" foods. The excessive use of weight-gaining foods alone would do more harm than good. This general menu for a day should be kept in mind:

BREAKFAST—Fruit, cereal with cream, eggs, toast, coffee.

LUNCHEON—Cream vegetable soup, croutons, fresh fruit or vegetable salad, bread or rolls with butter, rice pudding, tea.

DINNER—Consomme, meat, potato, cooked vegetable, raw vegetable or salad, bread, dessert.

After this diet has been provided the reinforcements can be brought in. However, in the zeal to add fats and carbohydrates to one's diet, care must be taken to prevent stomach upsets. One of the safest ways to add fats is in the seasonings of vegetables, serving cream with the breakfast cereal, using desserts which combine cream with fruit and using extra bread and butter. Milk and eggs are fattening and if plenty of fresh vegetables are used, can be included in a gaining diet in abundance. A quart of milk a day for an adult in place of his usual pint, an extra egg, cheese, salted nuts, a piece of candy after luncheon or dinner, these together with larger portions of food generally will effect an appreciable gain in weight for the too-thin person.

Exercise in the fresh air and plenty of sleep will insure good healthy flesh under a clean complexion if the background of a correct diet has been provided.

BARGE FOUNDERS

SAULT ST. MARIE, Mich., May 4 (AP)—The wreckage sighted yesterday off Thunder Bay in Lake Huron by the steamer Renovo, was that of the motorized barge C. E. Parks, of Sault St. Marie.

This became known today when the wife of Captain Sam Shields in charge of the barge received a radio message from him at Thunder Bay Island, saying the vessel had foundered but that the crew of 12 men and himself had been taken off by the coast guard.

Judging by proceedings in the special farm relief session so far, relieving the farmer seems to be mostly a matter of prohibition.

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News of the Churches

Music Week To Be Observed In Local Churches

Many Interesting Services Outlined—Out-of-Town Speakers Will Be in Two Pulpits.

Out-of-town speakers, observance of music week, and advancing of the time of the evening meetings from 7:30 to 8 o'clock in two of the churches will feature the Sunday services in La Grande churches.

Services at the Baptist church Sunday morning at 11 a. m., preceded by Sunday school at 9:45 a. m., will be interspersed with singing and a short history of the old songs will be given in observance of music week. A special number will be given by Mrs. Hymus and Mrs. Moore.

The following songs will be sung: "Holy, Holy, Holy," composed by the Rev. R. Heber, bishop in California; "Majestic Sweetness Sit Enthroned," by the Rev. Samuel Stennett, a Baptist of England; "All Hail the Power of Jesus' Name," by Edward Perronet, a dissenter of England; "Jesus, Lover of My Soul," by Charles Wesley (this will be a duet).

The pastor will speak on "The Two-Fold Blessing of Music."

In the evening at 8 o'clock (note the change in time from 7:30 to 8:00 o'clock) the pastor will again bring a message. Monthly communion services will be held. All are invited to attend these services.

Island City Community Church. Special services will be held at the Island City church Sunday morning at 11 o'clock when Hans J. Roan, a layman of Boise, Ida., will occupy the pulpit. He is an excellent speaker and has a very interesting message to give on "China."

A potluck dinner is a special feature which will be enjoyed immediately after the morning service. Everybody is invited to come and meet Mr. Roan and the congregation, as well as worship and eat together.

In the evening at 7 o'clock, the Rev. Ira H. Aldrich will be the speaker at the Epworth League meeting.

Sunday school meets at 10 a. m. First M. E. Church. The Sunday school contest is continued and hopes are held to make tomorrow's attendance the largest so far. Sunday school begins at 9:45 o'clock.

The Rev. Fred Knauts, who is home on a furlough from the foreign fields, will tell of Christian work in New Guinea, a field where thrilling adventure is still the order of the day in missionary activities. Mr. Knauts is well known in La Grande. He speaks at 11 a. m. The choir will render music appropriate to music week.

The Epworth League will be host to the young people of Elgin at 5 p. m. The pastor will preach a sermon to young people at 7:30, the subject to be "Five Smooth Stones Plus."

Nazarene Church. Tomorrow being the first Sunday in the month, it will be observed as Missionary Day at the Church of the Nazarene. The morning message will be on "Missions." In the evening the Rev. and Mrs. Clarence Bartram, pastors of the Baker church, will be present. Visitors are welcome.

The services follow: Sunday church school 9:45, preaching 11, N. Y. P. S. 6:30, preaching 7:30. Midweek prayer meeting will be held Wednesday at 7:30 o'clock.

East Side M. E. Church. Services at the East Side Methodist church will begin tomorrow with Sunday school at 9:45 o'clock, followed by morning worship at 11 o'clock. The pastor's subject will be "Regeneration."

Epworth League meets at 6:30 p. m.

At 7:30 p. m. evening services will be held and the sermon will be on the subject "Our Lord's Second Coming."

Prayer meeting is held on Wednesday evening at 7:30 o'clock. First Presbyterian Church. In recognition of "Music Week" special thought will be given to the charms of music. The sermon by the pastor, the Rev. J. George Wals, will deal with the value of music in the service of the church, and in the Christian life, using for his topic "Sanctified Worship."

Mrs. Harley Richardson at the organ console will play the service, rendering as the prelude number "Morning Serenade" by Lemare. The Ladies' Guild choir, Mrs. Alfred L. Richardson, director, will sing two numbers, "He Shall be Great" by Mansfield, and "The Heavens are Telling" from The Creation, by Haydn.

In the evening at 8:00 o'clock (note the change in time from 7:30 to 8:00 o'clock) the pastor will speak on "Shoreless Ocean of Mercy." Miss Gladys Miller will preside at the organ console and play the service.

Sunday Bible school 9:45 a. m. Junior Christian Endeavor 11:00 a. m. Other C. E. departments meet at 7:00 p. m.

First Church of Christ, Scientist. Services will be held tomorrow morning at 11 o'clock at First Church of Christ, Scientist, corner of First and Washington. The subject will be "Overcoming Punishment." Golden text: Psalms 146:29. The Lord preserveth the strangers; he releeveth the fatherless and widow; but the way of the wicked he turneth upside down.

Sunday school will hold every Sunday morning at 9:45 o'clock. Meetings are held each Wednesday night at 8 o'clock which include testimonies of healing.

The reading room in the West Jacobson building is open every day except Sundays and legal holidays from 12 to 4:30 o'clock.

Zion English Lutheran Church. At the morning worship, beginning at 11 o'clock, the pastor will deliver the sermon on the subject "Religion that Works." There will be special singing by the choir.

The church school meets at 9:45 a. m. for worship and instruction. Following the Sunday school hour the Intermediate and Junior Lutheran leagues will meet.

Church of God. Sunday school being at 10 a. m. with Mrs. Miller superintendent at the Church of God. At 11 o'clock morning services will be held and Mrs. E. H. Ahrendt will speak on "Choosing the Better Part."

The Young People's service is at 6:30 p. m. and an hour later the evening service begins. The Rev. Mr. Ahrendt will speak. This will be his last service in La Grande for several weeks.

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WINNOWINGS

Hans J. Roan, of Boise, Ida., will speak at the Island City Community church Sunday morning at 11 a. m., using as his subject "China." This will be followed by a potluck dinner.

The Rev. Fred Knauts, of New Guinea, will speak at 11 o'clock Sunday morning at the First M. E. church.

The Rev. G. E. Sharo, with Mrs. C. E. Everett, are among those in attendance at a Woman's Missionary convention at Enterprise. Mr. and Mrs. Lester Long, of Elgin, joined them at the convention. These rallies are held in this zone every quarter.

Made week will be observed in the First Presbyterian church Sunday morning. Incidentally, the evening service will begin at 8 o'clock instead of 7:30.

Another church that will pay particular attention to music tomorrow will be the First Baptist church, which has prepared a program for Sunday. The Baptist church also will begin its evening meeting at 8 o'clock.

The First M. E. church Epworth League will be host to the Elgin young people at 5 p. m.

The Rev. Ira H. Aldrich will speak at the young people's meeting Sunday night at Island City.

The Church of the Nazarene will observe Sunday as Missionary day.

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If it is desired to have a continuous supply, if the leaves are cut off the chard will obligingly put out more and more of them. Plant chard now. It is a hardy crop and will not mind a little frost. The sooner it is in the sooner will the big crinkly leaves be ready for the better the soil and the faster the culture the larger and faster will the huge leaves be produced.

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