

# Society News

## Enjoyable Dancing Party Given Last Night At Hotel

One of the prettiest dancing parties given in La Grande for some time, was that on last evening in the ball room at the La Grande hotel when Mr. and Mrs. Audmer Playle and Mr. and Mrs. Warren K. Gilbert entertained about fifty couples of their friends from this city and Dr. and Mrs. George Hoffmann of Union, as guests from out of the city. The ball room looked very beautiful, cheerful and attractive. The pastel shades had been used in the decorations of the stage and about the room, and from the ceiling were suspended just quantities of brightly colored balloons. The music was excellent and the hours of dancing thoroughly enjoyed. During the evening French was served by Miss Jacqueline O'Brien and Miss Ethel Harrington and at the close light refreshments were served buffet style. A pretty feature dance was given during the party by the Misses Jane Stange and Sally Siegrist.

## Mrs. Hanna To Give Tea on Saturday

Mrs. Herbert B. Hanna has issued invitations for a tea to be given at her home, 1002 B avenue Saturday afternoon.

## Announcements

There will be a special called meeting of the Neighbors of the Woodcraft Friday evening with Mrs. W. L. Devine, 1415 Y avenue. All members are urged to come.

Friday evening will be another "Church Night" at the Methodist Episcopal church. The members of the Martha class will act as the hostesses at this time and all who attend are asked to bring small change to cover the expense of the refreshments which are to be very cleverly served. A thrilling program is in the process of preparation.

The Island City P. T. A. will meet at the school house on Friday evening at 8 o'clock for a call meeting. All those interested are welcome.

## MENUS

**By Sister Mary**  
One of the best habits a housewife can establish in her family is that of eating raw fruits and vegetables. Children especially should be encouraged in this, for aside from the benefits received in the general health this sort of food helps to develop the teeth.

There are certain foods which are admirably suited for use in their natural state, but even these must be carefully washed. Lettuce, celery, radishes, new onions, cabbage, tomatoes, the endives, romaine, cress, sweet peppers, all the fruits and nuts contain nothing particularly disturbing to digestion when eaten uncooked. The so-called "starchy" vegetables require cooking to make them easily digested.

Heat destroys vitamin C—that substance so effective in preventing scurvy and so necessary for health and growth. The shorter the cooking time the less the loss. But since these vegetables and fruits are so palatable and can give their full value uncooked, why spend time and effort in cooking them and making them less useful?

Grated raw vegetables make excellent salads and sandwiches for children. Raw carrots, turnips and beets make a delightful colorful salad.

Although the raw fruits and vegetables have little value as sources of energy, they contain certain mineral salts which are quite effective in the processes of elimination.

Nuts are a nutritious food supplying some fuel value and when added to a fruit or vegetable salad do much to increase its nutritive value. Since they are protected by a shell they are exceptionally clean and suitable for eating raw.

Mary Swartz Rose tells us that the body cannot store vitamin C, hence daily supplies are needed. "Finely chopped raw vegetables are desirable even for small children and as the children grow older they should have them at least once a day."

All the fruits and vegetables which can be eaten raw play an important part in efficient nutrition and should be used regularly regardless of their comparatively high cost.

Some combinations for raw vegetable...

## OUT OUR WAY



SMALL CHANGE. J.P. WILLIAMS. REG. U.S. PAT. OFF. © 1928 BY NEA SERVICE, INC.

table salads may suggest others to you. Fruit salads are so widely used that recipes seem unnecessary.

**Raw Vegetable Salads**  
Finely minced raw carrot, apple, celery with mayonnaise and a sprinkling of nuts.

Chopped cabbage and celery with French dressing made with lemon juice.

Nuts added if wanted.

Minced cabbage, carrot and green pepper with French dressing. Fresh shredded pineapple is good added to this combination.

Tomatoes with cabbage and cucumber shredded and moistened with mayonnaise.

Tomato, banana and pineapple with mayonnaise.

rowing, operation is indicated, regardless of age. There is little benefit to be derived in allowing a child of from one to two years of age to carry a pair of enlarged or diseased tonsils, and adenoids that are causing mouth breathing with its bad secondary effects or constantly undermining the general health because you are waiting until the child is 5 or 6 or 7 or any other arbitrary age that you may have heard mentioned.

I have spoken mostly of tonsils and adenoids in children, first, because disease and enlargement of tonsils and adenoids are more common in the young, and secondly,

because the trend of modern medicine is preventive. We hope to prevent all the serious manifestations if possible, and to have more children attain manhood and womanhood without the handicap of some deformity or disease that could have been arrested or eliminated in their youth.

BERLIN (AP)—Some 54,000 veterans of the two "unification wars" of 1864 and 1866 and of the Franco-Prussian war of 1870-71 draw pensions from the German government. It is estimated that 64,000 German participants in those conflicts are still alive.

## HEALTH

### DISEASE PRODUCING TONSILS MAY SHOW NO EVIDENCE IN SORE THROATS OR TONSILLITIS

By W. Raymond McKenzie, M. D., Baltimore, Maryland.

You can have very badly infected tonsils which may cause all sorts of trouble for you, without having sore throats or tonsillitis. Hundreds of people are suffering from the evil effects of diseased tonsils, made invalids or cripples for life by rheumatism and heart disease, simply because they do not suffer with sore throats and their attention is not attracted to the source of the trouble.

A number of diseases are caused by diseased tonsils, such as rheumatism, chorea or St. Vitus dance, and various types of heart and kidney diseases. These are the most common ones and may occur at any age or time, during or following the first attack of tonsillitis, or late in life after repeated attacks of sore throats and tonsillitis.

What is the best treatment for diseased or enlarged tonsils and adenoid? Complete surgical removal is the only satisfactory method of treatment. Internal medication, local applications of various drugs, or exposure to the X-ray or radium give temporary relief but do not give us the ideal results, which are the correction of existing disease and deformity and the prevention of future complications.

It has been demonstrated that the only effect of X-ray and radium on tonsils and adenoids is some reduction in their size, having little if any effect on the infection present. Do not be misled into believing that the tonsils can be "burned out" by drugs, X-ray or radium, or by electric needles, or other means, just because you wish to avoid an operation.

To date there has been nothing to show that complete surgical removal of the tonsils and adenoid cause evil effects, whereas there is much evidence to show that good results follow.

The question may now be asked, At what age should the tonsils and adenoids be removed? My answer is that whenever the tonsils and adenoids are definitely diseased, or are so large as to cause obstruction to breathing or swal-


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Women's Black Patent Black Kid or French Beige, high heel, straps and pumps.

**\$5.90**  
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### Men's Silk Underwear

Men's Rayon Silk Union — up button shoulder or button athletic style, pink, peach, blue or white.

**98c to \$1.69**

### Men's Straw Hats

Genuine Italian Florentine Straw Hats for Men. Soft, flexible brim, wide fancy bands, new styles in grey, tan and blue.

**\$1.95**  
Others **98c to \$3.95**

### DRESS SOCKS For Men

Men's Fancy Rayon Silk Dress Sock, novelty plaids and stripes, figures, good looking, long wearing sox.

**3 pairs \$1.00**

### Men's Dress Oxfords

An extremely well made oxford built for real wear—Composition sole and rubber heel. Black or tan.

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### Dress Shirts For Men

Dress Shirts of fancy broadcloth, collar attached. Our famous "No Fade" shirts. Past colors.

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### Boy's Dress Oxfords

In black or tan calf oxfords, welt soles, rubber heel, leather lined.

**8 1-2 to 11 1-2 \$2.98**  
**12 to 2 \$3.25**  
**2 1-2 to 6 \$3.50**

## The New Things for Midsummer Wear Are Here

One of these gay, dashing little frocks will simply transform your outlook on life!

The uneven hemmed printed chiffon, the sleeveless sport frock in flat crepe or pique—dainty georgettes in light or dark colors.



**SPRING COAT SALE CONTINUES 1-4 to 1-3 Off**

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### Incubation Long Known

Artificial incubation was successfully practiced in very ancient times in Egypt and China, and probably other countries. Reanimator, the eminent French physician, used successfully a very crude form of incubator. The first application for a patent on an incubator in the United States was in 1847. Practical success with modern incubators may be said to date from the Paris exposition of 1877, at which Rouillier and Arnould exhibited a hydro-incubator.

### Gypsy Trails

The romance of the road is irresistible to most healthy, vigorous people. Walled up within most hearts is the desire to travel. Whenever man is happy he wants to travel. His deepest emotions move him to go where he hasn't been. The gypsy is the irresistible youth of the world; he has in his language no word for "duty" and none for "possession"—he is the one man who is free, says American Magazine.

LETHBRIDGE, Alberta (AP) — Shanghai has ordered a carload of macaroni from Canadian wheat before adding it to the lemon juice, the sugar will not be wasted by settling to the bottom.

1927 Ford logging truck with 1 1/2 ton Kingman trailer, 32x6 Heavy Duty Tires in Perfect Condition.

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