

Grange Master Of State Visits Promise Group

By Mrs. Bertha Carper (Observer-Contributor)
PROMISE, Ore. (Special)—The Grange Master of the State visited the Promise group here Wednesday forenoon and in the afternoon there was a short literary program, after which W. B. Gekeler and P. O. Potter spoke, State Master George A. Palmer also spoke, telling about the beginning of the grange, its growth and mentioning some of the laws and advantages the farmers enjoy. Due largely to the Grange and also outlining some of the measures that would be put before the people at the coming election. There was a beautiful lunch served at noon, but owing to the very busy season, the attendance was not as large as usual. This was State Master Palmer's first trip to Promise and those who attended the meeting were very much impressed with his talk.

Mrs. Emma Lindsay and three sons have returned to their home in La Grande after a two weeks visit with her parents, Mr. and Mrs. C. P. Carper.

Mrs. C. T. Lindsey and Mrs. Halie Roberts and three children of La Grande, were weekend guests at the home of Mr. and Mrs. C. P. Carper.

Mr. Gorbett drove out 56 fat cows and his son, Duane, drove a fat hog Tuesday and Wednesday to Wallawa where they expected to ship them to Portland.

Mrs. Alice Smith is working for Mrs. Lena Trump.

Fred Monkhous and Mr. Barry, of La Grande, were fishing on the Grande Ronde river below C. P. Carper's Saturday evening and Sunday.

Mrs. Fisher lived on at the Wallawa hospital Friday evening and is reported to be getting along nicely.

Fred Trump took his wife and her brother, Mrs. Julia Sanner to Wallawa Monday evening for medical treatment.

Mr. and Mrs. C. P. Carper and three children and Mr. and Mrs. Arthur Wallace, visited Sunday at the John Carper home.

C. P. Carper sold his small band of sheep to Charles Johnson Jr. and delivered them 15 Wallawa some time ago. The consideration was \$25.00 per head for the old ewes and \$40.00 for the balance. Mr. Johnson shipped about 1100 lambs to Chicago starting Saturday, July 27.

John Dand is helping V. R. Henderson put up hay.

Mr. and Mrs. Ben Wheeler, who have been living in La Grande for the last two months, spent the weekend with Mrs. Wheeler's parents, Mr. and Mrs. V. R. Henderson. They left Sunday evening for Spokane and other Washington points. This being their first trip home since their wedding, their friends met them Saturday evening and serenaded them after which they spent the evening visiting and playing games. Mrs. Maude Henderson served the guests with ice cream and cake.

Mrs. Alice Chonoworth and Ray Henderson spent the weekend with their parents, Mr. and Mrs. V. R. Henderson.

Mr. and Mrs. Tom Barton and Edgar Barton, of Mud Springs visited Sunday evening at John Carper's.

Ernest Trump and Lillian Carper were picking raspberries at Bill Carper's Friday. Bill has a large patch of the red raspberries which are yielding a large crop of extra fine fruit.

Ingenious Texans found an effective way to stop the menace of cotton cushion moths. It imported indignant beetles, which at the moths and then exterminated themselves.

News of the Churches

Local Churches In The Midst Of Vacation Period

A number of interesting church services are in store for La Grande worshippers Sunday, despite the fact that some of the churches are either enjoying a vacation period or are holding only part of the usual services. Due to the heat of the summer and because many of the members of the congregations are out-of-town on trips.

The Presbyterian church is having a vacation, although the Sunday school is still meeting at its regular time. The Lutheran church is also observing a vacation period.

Programs announced by the various churches for Sunday follow:

Christian Church
 Regular services in the morning, including Bible school and the communion services, will be followed by an evening service at 7:30 o'clock which will be in charge of the young people in the presence of the pastor, the Rev. R. L. Putnam.

M. E. Church South
 "God's Call from Abroad" will be the subject of the sermon Sunday morning at 11:00 o'clock by the pastor, the Rev. Frank Hopkins, at the M. E. Church, South on North Fir Street. "The Voice is Heard from our Streets" will be the subject Sunday evening at 7:00 o'clock. The Sunday School will be conducted at 9:00 o'clock a. m. by the superintendent, William Elam. The League will meet at 7:00 o'clock p. m. Tuesday night the board of stewards will meet at the parsonage, and prayer meeting at the church Wednesday night. A cordial welcome is extended to all.

St. Peter's Episcopal Church
 Morning prayer begins at 11 o'clock at the Episcopal church. Sunday the sermon subject will be "God Among Our Memories." Music at the organ will be furnished by Miss Barnes.

First M. E. Church
 Sunday school will open at 9:45 o'clock at the First M. E. church and morning worship is at 11. The theme of the morning hour is "An Ideal That Made a Nation Great." Epworth League convenes at 7 p. m.

There will be no preaching service Sunday night.

First Church of Christ, Scientist
 Services will be held Sunday at 11 o'clock at First Church of Christ, Scientist at corner of First and Washington streets.

"Spirit" will be the subject of the Lesson-Sermon in all Churches of Christ, Scientist, on Sunday, August 11.

The Golden Text will be, "I will pour water upon him that is thirsty, and floods upon the dry ground; I will pour my spirit upon the seed, and my blessing upon the sowing." (Isa. 44:3).

Among the citations which will comprise the Lesson-Sermon will be the following from the Bible: "The fruit of the Spirit is love, joy, peace, longanimity, gentleness, goodness, faith, meekness, temperance" (Gal. 5:22, 23).

The Lesson-Sermon will also include the following passage from the Christian Science textbook, "Science and Health with Key to the Scriptures, by Mary Baker Eddy: 'The spiritual man's consciousness and individuality are reflections of God. They are the emanations of Him who is Life, Truth, and Love.'" (p. 336).

Sunday school is held at 9:45 o'clock for children up to the age of twenty years.

The Wednesday evening meeting which includes testimonies out hearing is at 8 o'clock.

The public is cordially invited to attend the church services and visit and use the reading room.

Island City Church
 Regular Sunday morning worship will be held at 11 o'clock at the Island City Community church. The subject of the sermon will be "The Nature and Power of Faith." Sunday school is at 10 a. m. and Epworth League meets at 7 o'clock in the evening.

There will be no preaching service Sunday evening at the First Methodist Episcopal church.

The Rev. and Mrs. R. L. Putnam of the Christian church, are attending the International convention of the Disciples of Christ, which is being held in Seattle this week. Tuesday night the board of stewards of the South Methodist church will meet at the parsonage.

The Rev. James E. Corder, Baptist pastor in Robert Lee, Tex., ministers to other than spiritual needs of the town. He also is the town's plumber.

Good food promotes good health

A little sugar is so helpful in making the healthful foods delicious



HEALTH is an indispensable feature in the efficient life of this busy world. If most of us who were born healthy would eat and exercise properly from earliest childhood through adulthood, most of us would be strong, healthy and happy. Good foods, varied foods, balanced foods, are becoming more and more important in the art of keeping well.

Nearly everyone knows that a balanced diet of milk foods, cereals, fruits, vegetables and meats are needed for health. But taste enters in and makes it hard for a great many people to enjoy the things they should eat. That is why sugar is being acclaimed as the world's greatest blessing when it comes to making a varied diet palatable and enjoyable. If people like the proper foods, they are almost sure to eat them.

A group of women cooking experts, working in a kitchen high up in a New York skyscraper, recently rediscovered an old secret that a dash of sugar added to vegetables while they are cooking develops their flavors, improves their color, and makes them fresher and better to the taste. Sprinkle sugar over cereals and watch how much more the children enjoy them. Use sweetened milk desserts and note how much easier it is to get the members of your family to eat the amount of milk they should each day. Use fresh fruit salads with a sprinkling of sugar, and slightly sweetened stewed fruits for health and enjoyment. Remember a few cookies of cakes and ice cream for topping off the meal. A bit of sweet makes the meal complete. The Sugar Institute.

WINNINGS

One of the new members of the La Grande Municipal band is the Rev. M. G. Tennyson, rector of St. Peter's Episcopal church.

The Very Rev. Philemon Sturgis, of St. Paul's Cathedral in Boston, is a distinguished visitor in Eastern Oregon this week. He is at



Its tender, firm flesh and captivating flavor make it the sea's choicest delicacy. Wonderful in salads, cocktails, sandwiches and hot dishes. Rich in phosphorus and iodine, those goiter-resisting elements.

WHITE STAR TUNA

BROTHER, SISTER RACE FOR STRAIGHT "A" GRADES
 TULSA, Okla. (AP)—The University of Tulsa is to be the scene of the final lap in a brother-and-sister race for scholastic perfection.

For six years Doris and Gordon Allen have been in the same classes. Both finished high school this year, their race a tie. Neither made a grade below "A" in any subject.

Doris, 18, will attempt to continue her record with a university major in English. Gordon, two years her junior, aspires for a perfect average in a course specializing in chemistry.

Belgium, with a territory of 11,372 square miles, has passed the 5,000,000 mark in population.

The only drawback about those endurance flights is that the flyers finally come down.

There are nearly 300 proven gas wells in Kansas City's suburban area.

and a Safeway Store!

LOYAL shoppers for their home comforts should always patronize their Safeway Store when visiting the advantages and conveniences of this particular town or community. The modern woman is vitally concerned about the source of her family's food supply and the knowledge that it is a clean, attractive, low-priced Safeway near her future home makes it all the more desirable as a place to live.

Coffee Safeway Blend Our finest coffee, ground fresh to your order. 1 LB. 50c 3 LBS. \$1.45	Sugar Pure C & H Cane The market is advancing and we suggest that you take advantage of this price. 100-LB. BAG \$6.25	Bacon Carsten's or Armour's U. S. inspected, sugar cured. Pound 33c
Pickles Wilson's extra fancy sweet pickles. Qt. 49c	Mayonnaise Best Foods PINT JAR 39c	Crisco A pure vegetable shortening 3-LB. CAN 73c
Ripe Olives Highway Brand. For your picnic lunch. NO. 1 TALL TINS 18c	Ice Tea A wonderful blend specially prepared for iced tea. 1 LB. PKG. 59c	Fruit Jars Kerr Mason, self-sealing. QT. SIZE, DOZ. 93c
Van Camps Pork and Beans Medium sized tins 5 CANS 49c	Rialto Malt Hop flavored A pure high grade malt. 2 LGE. CANS 98c	Baking Powder CALUMET Buy the 10-lb. can which costs you 18 1/2c per pound. 10-LB. CAN \$1.85
Kelloggs Corn Flakes 3 FOR 23c	Toilet Tissue Silko—the best quality 6 ROLLS 48c	Soap White Wonder For all laundry purposes. 30 BARS 99c
Milk Max-I-Mum Brand 3 TALL CANS 25c	Enterprise Swiss Cheese Pound 39c	Ginger Ale Cliquot Club—Pale Dry, 15 1/2 oz. bottles. 2 FOR 35c
Jar Rubbers Max-I-Mum, heavy red lipped rings. 4 DOZ. 19c	New Potatoes The best quality white potatoes. 10 LBS. FOR 25c	Tomatoes Now is the time to buy tomatoes for canning. All ripe and firm. 5 LBS. 25c

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