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OUR FATHER'S CARE—Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows.—Matthew 10:29, 30, 31.

Scientific Method Need in Government

Perils to Democracy Pointed Out by Noted Statesman in Address to Graduates of University of Oregon

This article is the fourth of a series of six which will be published in this paper. The address was given at the University of Oregon, La Grande, Oregon, at the graduation exercises of the University of Oregon at the annual commencement this year.

By FRANK O. LOWDEN
Former Governor of Illinois

erated, as we are told by the advertisers themselves, a new psychology among the people. Not only does this new psychology frequently counterbalance the cheapened cost in production, but it too is constantly transferring aspects of use from the list of luxuries to that of necessities. While the per capita income of our people has increased in recent years, that increase has not kept pace, so far as we can judge, with the new wants created by mass selling.

Another by-product of the machine age—all the world is rapidly becoming industrialized. Governments are more and more interesting themselves in finding foreign outlets for exportable goods. We are told that nations are facing the severest struggle in history for domination in trade. Under modern conditions it is the coming of a new era of economic life in our nation.

With the enormous production for which this machine age is responsible, how shall we contrive to prevent this increasing rivalry for markets from growing into a clash of arms?

With the tremendous emphasis that has been put upon the production of goods, we tend more and more to measure life in material terms. We tend to honor the man who amasses himself all the riches which the machine has made possible, and we forget even the basic needs of our people. How shall we restore the sense of proportion between the achievements of the hand? How shall we keep our sense of spiritual and moral values from being swept away by this mighty avalanche of material goods?

I have suggested a few, and only a few, of the questions that arise as a result of this machine age—questions we must answer if civilization is to endure. These questions all have to do with human relationships. A heavy burden is thus laid upon the shoulders of our people. We are told by the economists that all wealth comes primarily from the earth. It furnishes food and shelter for mankind. It supplies all the raw materials upon which our marvelous industrial system is based. When we contemplate the wondrous methods by which we mine our coal, our fact disappearing reserves of copper and iron, the rapid depletion of our forests, and above all, the diminishing fertility of our soils, we must, I think, challenge the estimate of our national wealth which the census gives. Other nations in the past equally have deluded themselves as to their growth wealth, to find that it was but ephemeral after all. Vladimir G. Sokolovitch, professor of economic history in Columbia University, tells us of this:

"Go to the ruins of ancient and rich civilizations in Asia Minor, northern Africa or elsewhere. Look at the unpopulated valleys, at the dead and buried cities, and you can decipher there the promise and progress that the law of soil exhaustion held in store for all of us. It is but the story of an abandoned farm on a gigantic scale. Depleted of humus by constant cropping, land could no longer reward labor and support life; so the people abandoned it. Deserted, it became a desert; the light soil was washed by the rain and blown around by shifting winds."

Today it is agreed on every hand that our farm population is in distress. And all economists are of a single mind that unprofitable agriculture means rapid soil deterioration.

The progress and security of a nation depend largely upon the kind of people who live in the country. The cities may be more splendid and brilliant. They are more likely to attract the notice of visitors from foreign lands. They may have a more conspicuous place in the histories which men write. He, however, who would measure the soundness of a nation and predict its future will go out into the open country to learn what manner of men are there will find. A city may burn from ashes and a more splendid one arise upon its ruins. But when the soil from out of which the greatness of the city springs is once impoverished, or the people living upon it reduced to poverty, the city will vanish from the map of the world. History records a long line of great, splendid metropolises which enjoyed their brief day—brief as history measures time—and then disappeared forever because they neglected the countryside which had nourished them. This may have come about by the exhaustion of the soil. It may have been by the gradual impoverishment of those who till the soil. It does not matter. For the maintenance of the soil and the well-being of those who cultivate it are equally vital to any nation that would endure.

(The next article will follow in an early issue.)

Health Talks

Many Cases of Whooping Cough Not Typical Special Diagnostic Measures Available

By Benjamin Tappan, M. D.,
Medical Director,
Babies Milk Fund Association,
Baltimore, Maryland

It is probable that about one-half of the cases of whooping cough are never diagnosed. This is due to the fact that many cases vary from what is commonly recognized as a typical case. That means that in order to protect children who have not had the disease, we should suspect the possibility of whooping cough whenever a child coughs for two weeks or longer without any fever or without any signs of being ill, particularly if there is a tendency for this cough to come in spells.

In doubtful cases, there are various measures that the physician may employ in diagnosis. The examination of the blood, for instance, shows certain changes when what one finds in normal children, which may suggest whooping cough. Very often a typical spell of coughing can be brought by tickling the back of the throat with a feather or a tongue depressor and frequently the same result can be obtained by pressing the windpipe gently from the outside with the finger.

There are a number of complications that may be associated with whooping cough. If the spells are very severe, there may be hemorrhages under the covering of the eye-ball or severe nose bleeds or, rarely, hemorrhages of the brain. Abscessed ears accompany whooping cough very frequently. The most common severe complication is bronchial pneumonia, which is the cause of most of the deaths in whooping cough. This is less liable to occur when the disease is contracted in the summer months than during the winter months.

After the acute stage is over, the child is by no means out of danger, for he has usually lost considerable weight and his health is so impaired that he is an easy mark for some other infection, particularly for tuberculosis which frequently follows whooping cough.

For this reason, a child who has had whooping cough should be very carefully watched for months after he seems to be fairly well again. He should be given as much fresh air and sunlight as possible and should be on a regular routine as regards meals and particularly should be get an abundance of rest and sleep. If this were done in every case, the number who contract tuberculosis would be considerably reduced. After a very severe case, a change to a mild, sunny climate is advisable, in case the family budget permits.

I will not go into the details of the treatment of the acute stages of the disease, as this should be outdoors as much as possible in

In regard to medicine, remember that there is probably no disease which has so many good advertisements for it. If you are not sure of your own favorite medicine for whooping cough. Whenever you see a disease for which dozens of cures are advanced you can be very certain that none of them is really a sure cure. A recent writer on the subject listed more than 100 things that are supposed to be of benefit. There are, a few drugs, however, that are of proved worth. The safest thing to do is to follow your physician's advice in regard to medicines, and not to listen to your neighbors. The use of X-ray has proved of definite value in expert hands. Do not try to treat the child yourself. Leave it to those who have been especially trained in such matters.

MENUS

By Sister Mary
Too often the aftermath of a picnic is so unpleasant for children that mothers dread that particular form of entertainment for their small folk.

Excitement usually runs high at such a time and freedom from restraining table manners, as well as the stimulus of fresh air, induces a thoughtless stuffing of foods.



Follow Doctor's Orders!

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apt to be confused and lose their appetites if confronted by an array of different viands. The package picnic is excellent for small children. All articles of food are wrapped separately in individual servings. They are then assembled in a pastry box or on a picnic plate and wrapped in heavy brown paper and firmly tied with stout cord. Each child receives his package when lunch time comes and there is no tedious passing.

Use as much whole wheat bread as possible for sandwiches and choose the fillings with care. Chopped raw vegetables, jelly, cream and cottage cheese, dried fruits and nuts run through the food chopper all make acceptable fillings.

Plain hard-cooked eggs or those stuffed with finely chopped vegetables when vegetable sandwiches are not included, are wholesome and filling. They help to supply the vitamins so often lacking in the average picnic lunch.

A thermos bottle of milk and a small can of home-made chocolate syrup or a can of one of the many good prepared cocoas on the market makes it possible to produce a festive milk shake in the easiest way imaginable.

Even little children should be taught that a picnic is a cooperative affair and should be their share. The responsibility incumbent on every picnicer to be certain that no bit of the camp fire is left burning and that no scraps of paper or food are left about the picnic place should be impressed on children as soon as they are old enough to take part in outings.

Platter Desserts Best
Keep the dessert simple. Well-washed fruit and simple cakes are suitable and adequate.

If hot food is wanted, eggs can be scrambled over a fire and bacon can be frizzled on long sticks by the same fire. Older children may help with the bacon. A soup of stew can be reheated over a small fire quickly and easily.

A well-known Scotch professor, with characteristic thrift, let the fire in the grate go out when his son developed a fever of 104 degrees.

Nothing will arouse the sympathy of the average male quicker than a pretty woman who admits she is unhappily married.

Customer: I would like to see some kid gloves for my eight-year old daughter, please.
Obliging Clerk: Yes, madam. White Kid?
Customer: (nod as wet hen): Why, certainly!

Then there is that long, long story about the girls who go to work in the button department of the shirt factory to sew on and sew on.



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Louis E. Rosen, Resident Manager

If you're on a diet, don't gamble with your health by following it. You can enjoy good food and a strict diet both.

No meat and potatoes allowed? All right, try a combination salad, a la Sacajawea, crisp lettuce, combined with a variety of choice green vegetables. A dressing to suit your taste and diet, a full meal in itself—and a delicious one!

He Whistles!



Ralph Anderson, Milwaukee, 16 months old, can't walk or talk—but how he can whistle! His mother says the baby has been whistling since he was 11 months old and that his warble can be heard all over the house. Here's Ralph all set to do his stuff.

Eddie—Well stop me if you've had this one.

"Hurry up, Jimmy; break the bones in Mr. Williams' chops and put Mr. Smith's ribs in the basket for him!"

"All right, sir, as soon as I have sawed off Mrs. Murphy's legs!"

Snake Breeding
Many snakes by eggs, but most venomous ones and many of the commonest species are viviparous. The young are ready to take care of themselves as soon as they leave the egg, but are usually protected for a time by the mother.

You wouldn't find it

Easy

to French-fry whole potatoes

But what a difference when you fry a few slices at a time. That's the way Hills Bros. roast coffee—a few pounds at a time—never in bulk. And what a difference their continuous process of Controlled Roasting makes in flavor! No bulk-roasting method can produce such rich, uniform goodness.

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Glodys—You men all kiss alike.

Automobiles

Bought And Sold Thru Want Ads

BUYING an automobile? . . . or selling one? Turn to the Want Ad section of our paper. Here is the medium through which the majority of the used car sales in this city are effected.

Buyers have learned that here they will find the best that the used car market has to offer. They have confidence in the authenticity of the car values listed in this paper.

Sellers have found that cars listed for sale in this paper bring a quicker and more interested response than in any other.

Circulation and reader confidence serve to make the Want Ad section of this paper highly productive. Try it yourself. Phone 37.

FALK'S LA GRANDE STORE
Successors to N.K. WEST & CO.

Daniel Green Comfy Slippers
Are exclusive with us in La Grande.
Most Styles — \$3.25.

Negroes in British Empire
There are some negroes in England, but the number there is extremely small. The British empire has within its boundaries lands whose populations consist largely of negroes, as, for instance, in India and Central and South Africa. The natives of such countries are British.

Life's Real Business
Our business in life is not to get ahead of other people, but to get ahead of ourselves. To break our own record, to outstrip yesterday by today, to hear our trials more beautifully than we ever dreamed we could. . . . this is the true idea—to get ahead of ourselves.—Malibu D. Hancock.



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