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THE REIGN OF OFFENSE—But whose shall offend one of these little ones which believe in me, it were better for him that a millstone were hung about his neck, and that he were drowned in the depth of the sea.—Matthew 18:6.



Triple and double slayings by jilted suitors. Clandestine love affairs culminating a murder. Gang warfare. Bootleg wars. Tong feuds. Blackhand bombings and shootings. Banditry. Prosperous, civilized, enlightened, peaceful and industrial America ought to be relatively free of such violence and barbarity. That it has more than its share of them every edition of the newspapers will attest. There are the "pickings" so rich—temptation and opportunity being the twin mothers of crime. In the United States can be found every race and nationality and the forms of crime peculiar to each. Combined they form a formidable whole. The laws of no two nations being the same, a fair comparison between countries as to their degree of lawlessness cannot be drawn, but the fact remains that there are too many men and women in the United States who have not reached that high state of civilization to which crime and violence are alien.

President Hoover's week-end visits to his Virginia fishing camp corroborate an old saying to the effect that the only way a president can escape affairs of state is by dying. He is getting away from Washington, but not away from work. One week-end he goes to camp with the heads of the war department and the army for a conference on reduction of military expenses. The next week-end he goes into camp with the tariff question and the congressmen who are closest to it. Either because Mr. Hoover has not the time or because the other conferees find it inconvenient the work of each week cannot be crowded into five working days. Here is one advantage the wage earner has over the president. As a king is the slave of his crown so is the president the slave of his job. And as the wealth, position and power of the nation grow the more does it enslave its chief executive. Although the nation is at peace, Mr. Hoover's job is comparable to that of war presidents prior to the present century. And each year increases the strain this business of being president imposes.

WHICH UNIVERSITY?

The school of hard knocks is better for some boys and girls than the university or the college. School teachers lament the fact that so many common school and high school pupils fail to go to the university. But leading educators say, "don't forget that the classroom is not the only means of education." In his annual report, President A. Lawrence Lowell of Harvard University, stresses this point. "A youth may get more intellectual and moral training from practical work that he likes than from formal lessons that he loathes," says he.

All true education is self-education, President Lowell says, and even intimates that forcing young people into course of higher education may have effects quite the opposite of those sought. "To force a boy, beyond a certain point, to remain in school doing set tasks in which he takes no interest," he says, "may stultify his mind and wreck his character."

One of the most important functions of the institution of higher learning, President Lowell thinks, is to distinguish between those pupils who will benefit by advanced schooling and those who should go at once into the larger school of an active career in the work of the community.

If such opinions are to prevail among those in charge of the higher institutions of learning, the job looks big for the elementary schools to do their work well. It will take new discrimination to guide youngsters toward opportunities for the maximum of "self-education" in the University of Hard Knocks, and to guard those who might profit by a college education against the delusion that a present job at \$15 a week is preferable to sticking in school.

CELEBRATION CLOSURES WITH NIGHT EVENTS

(Continued from Page 1)

The labor queen, Miss Lena Looch, and her five companions dressed in sunnier frocks.

Following this came the Labor union floats with several very interesting and amusing exhibitions. A pretty outdoor float, that smelted of the forests, and was loaded with large logs, led the way for a group of lumber men, carrying their axes on their shoulders.

Another unusual float was the train and engine construction of the U. of L. and E. and the U. of L. This miniature train was in charge of a crew of little folks, perhaps the engineers and conductors of tomorrow.

The float the kiddies enjoyed most, it seemed, was the one of the Butcher's Local 349 on which the butchers made their own winners by continually putting a small black dog in their grinder, and when the winners were made they threw them far and wide to the eager children.

The fraternal organizations came next. One was a miniature in tan of the U. O. O. E. home mounted on a truck.

"The drum corps" people exclaimed, and down the street marched the American Legion drum and bugle corps in their golden uniforms. Behind them followed a clever little float in yellow and orange fringed paper with a tiny yellow chick on top, entered by the Moss Creek Chick hatchery.

Next came a procession of many of the new cars in La Grande. Scarcely an engine was heard as they passed slowly along.

The Chief Joseph American Legion post No. 18 from Enterprise in light tan uniforms with shining "tin hats" ended the array of some of the most attractive floats ever entered in La Grande parade.

One of the most spectacular events of the day was the demonstration staged by the La Grande fire department at 6 o'clock in the evening at the W. H. Holcomb company building. Just one minute and 12 seconds after the bell, firemen were playing a stream of water from the top of the four-story structure, from hose attached to the standpipe. Both trucks answered the call. At the conclusion of this one of the firemen "rescued" a mate from the third floor, carrying the inert figure down the side of the building.

Winners of the men's and women's races were published in yesterday's Observer, along with the log rolling contest and other events of the morning.

The celebration yesterday was staged by the Central Labor council with Louis Evans as general chairman, assisted by a large group of competent workers.

Misplaced Charity

There are too many people on this earth administering their medicines to the strong and healthy.—American Magazine



'No Parking Here'

This dashing young man will have to look around some more before he can saunter out on the street.

Which just goes to show that something is always taking the joy out of life! A restriction here and an accident there—and another good day is ruined.

Well, we often think that something should be done about this parking problem—either folding cars or expanding streets. Did you ever try to find a parking place on Saturday nights on Adams?

The young man doesn't have to worry about collision or liability insurance, for example. And that helps some—Jack Ferris jerked on his trail—and now he is safe.

"INSURE IN SURE INSURANCE"

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Health Talks

Eat and Live Abundantly
By Miss Annala Lantz,
University of Chicago, Ill.

Vitality, poise, energy, steady nerves, a good disposition, endurance, pep are a boon not only to the individual, but to all the people with whom the individual comes in contact. These qualities, typical of health, are necessary, as never before, in the rapid pace of modern American life. Is it any wonder that health, as a basis for abundant living, is increasingly stressed?

Our bodies are flexible, intricate, highly geared machines, capable of an amazing output of energy in work and play. It is obvious that any machine must be built of the best materials and receive sufficient energy in the form of electricity, oil, gas, coal, or other suitable fuel to do efficient work.

While there are many factors which contribute to human health, such as sleep, air, exercise, work, mental attitude, inheritance, and so on, there is one fundamental thing which builds our bodies and supplies us with the energy to run them. That fundamental thing is food.

To know what to eat in order to build a strong body, we must first be sure of what the body is made. Our muscles are made of protein, water, fat, and minerals. The right size of bones and teeth is due to calcium and phosphorus. Blood is largely made of water, together with protein, fat, sugar, and minerals, of which iron is exceedingly important, for it is essential to the carrying of the oxygen we breathe from our lungs to all our body cells. Minerals in general throughout the body regulate various functions.

We also have the vitamins, necessary also for proper growth and for disease prevention.

In addition to the actual materials composing our bodies, we must take in our food sufficient of the right kind of fuel to provide the energy for our countless bodily activities. For this purpose, we include in our diets carbohydrates and fats which together with protein in burning produce the energy we need. This energy we measure in calories.

A third point of importance to consider in planning the diet is the regulation of the digestive tract. To insure normal gastro-intestinal functioning, we plan to eat our meals at regular intervals, eat meat foods at the end, instead of before or between meals and make a point of including enough bulk in our diet to produce regular bowel movements.

Thanking the nutrition authorities a simple plan to insure the inclusion of all the necessary food constituents, protein, minerals, vitamins, fats, and carbohydrates, has been worked out. The diet should have in it each day:

1. A quart of milk for all children and young women, and preferably all adults.
2. At least one serving of a leafy salad, such as lettuce or raw cabbage.
3. At least one vegetable in addition to potato.

4. At least two fruits, of which one should be citrus fruit or its juice, for which tomatoes may be substituted.

5. A serving of meat or fish, preferably sea fish if this can be secured.

6. An egg, egg yolk, or serving of liver or other organ.

7. At least one serving of coarse bread or coarse cereal.

8. Starchy foods, as potatoes, breads, and cereals, and also fats and oils, and last of all sugars and sweets; to keep the body neither thin nor fat.

9. At least 6 glasses of cups of fluids.

It is, indeed, worth while to check our daily food according to this simple plan, for while all foods, except sugar and pure starches, fats, and oils are composed of several food constituents each food on the list makes a special contribution to the diet. So milk insures sufficiently large amounts of calcium and phosphorus, eggs and meat raise the iron content, and sea food is rich in iodine, while all these animal foods are high in protein value. Salads, citrus fruits, and tomatoes are especially rich in vitamin C, while milk, vegetables, and fruits in general, as well as cereals, are high in both mineral and vitamin content. Further, the fruits, vegetables, and coarse cereals supply the bulk necessary to insure proper intestinal action. Starchy foods together with fats and oils are added to the diet to furnish adequate calories. The sweets are used to satiate appetite and finish off a meal when all the other more important foods have been included. Fluids supply the water needed for body construction and regulation.

It has been proved by experience that an adequate, well-balanced, regular diet containing what the body requires in building material and fuel will promote health, and so efficiency, happiness, and general well-being. Only with good health can we endure and meet effectively the many demands that come to us day by day. Let us invest in the nutritional aspects of our daily food at once! The investment will pay large dividends of abundant life and vitality.

Man of Proper Training
Give me a man so trained to read that his body is the ready servant of his will, and does with ease and pleasure all the work that, as a mechanism, it is capable of.—Thomas H. Huxley.

Briefly Told
To be a strong hand in the dark to another in time of need, to be a cup of strength to a human soul in a crisis of weakness is to know the glory of life.

THE OPEN COURT

CORRESPONDENTS MUST
SUBMIT THEIR NAMES TO
THE EDITOR IF THEY DESIRE
LETTERS PRINTED.

Dear Editor:

A few months ago, when the state Encampment of the United Spanish War Veterans was held in Roseburg, Oregon, the delegation from this city were impressed by the courtesy and respect shown by those citizens, both young and old, but especially the younger generation, to the flag as it passed in parade.

The actions of the young men and young women, too, as they stood at attention, and either uncovered or saluted as the flag passed, left the impression with the Veterans that they had been taught correctly the respect due their flag. We believe these lessons were taught in the public schools, and rightly there.

We noticed yesterday, when the flag passed in parade, not more than one man, woman or child out of twenty made any move of respect towards THEIR FLAG. Of course we realize it was not a military parade, but nevertheless THEIR FLAG was passing.

We do not believe that the citizens of La Grande are any less patriotic than those of Roseburg. We do not believe that any disrespect is meant. We do believe it is just a matter of educating the younger generation in the proper courtesy and respect due the flag. The older generation will follow the lead of their children, rest assured of that. They would be ashamed to do otherwise.

Why can it not be made compulsory in our public schools, that at least five minutes of each and every school day be set aside in which the children may be taught the proper observance and courtesy due the flag.

This courtesy can be taught and secured as involuntarily as other courtesies we now use, such as tipping the hat to ladies. If you doubt the above statement, watch any man who has served his country, when the flag passes.

Let us all honor OUR FLAG, and show it. It is such a little thing to do and means so much.

Yours sincerely,
James E. Page Camp No. 14, U. S. W. V., by LESLIE R. HALE.

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James E. Page Camp No. 14, U. S. W. V., by LESLIE R. HALE.

MENUS

By Sister Mary

At times the planning of meals three times a day, 365 days a year, becomes monotonous and the cook drops into a rut. Her menus all seem the same and she feels if she could think of something different for one day, even the old favorites would regain their popularity.

The following day's menus are planned to give the housewife her "inspiration" and may suggest other combinations to her.

BREAKFAST—Honeydew melon served with lemon sections, ready-to-serve cereal, cream, plain omelet, oven toast, marmalade, milk, coffee.

LUNCHEON—Spinach and egg salad, whole wheat sandwiches filled with cottage cheese, rice pudding with fruit sauce, milk, tea.

DINNER—Filets of fish steamed in milk, potatoes in parsley butter, browned carrots, cabbage and celery salad, beef pie, milk, coffee.

At this time of year, when bees are sweet and tender, and pie "tim-

ber" in general is rather scarce, a beet pie is novel and delicious.

Beet Pie
Six or eight beets, 3-4 cup granulated sugar, 1 teaspoon grated nutmeg, lemon, 2 tablespoons butter.

Cook beets in boiling water until tender. Dip in cold water and slip off skins. Cut in slices about 1-2 inch thick and measure. There should be four cups. Arrange in a pie dish lined with plain pastry. Mix sugar and nutmeg with grated rind of lemon and sprinkle evenly over beets. Sprinkle with juice of lemon and dot with butter. Cover with top crust and bake 20 minutes in a moderately hot oven.

On a per capita basis an average of 295.4 telephone conversations are held by the people of the United States every year. Believe it or otherwise, that's no cheap talk.

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POLICYHOLDERS NOW OWN OREGON LIFE



On July 12, 1929, the policyholders of the Oregon Life Insurance Company voted to take over all the stock of the company...and to adopt the new name OREGON MUTUAL LIFE INSURANCE COMPANY.

¶ This means that the policyholders now have a direct voice in the affairs of the company and all profits earned belong to them. No dividends will be distributed to anyone except policyholders, because the policyholders will be the sole owners of the company. Present and future policyholders will enjoy life-insurance protection at a low net cost, because the company itself belongs to them and they will share in its earnings. ¶ The generous attitude on the part of the former stockholders is deserving of highest commendation. Twenty-three years ago these men started the Oregon Life Insurance Company with their own capital, and helped it get a sound start and grow into a prosperous institution. Now that their money is no longer needed, they have very graciously withdrawn it on the basis of their original investment, leaving the entire earnings of the future to the policyholders themselves. ¶ Thus an old company adopts a new name...henceforth the Oregon Life Insurance Company will be known as the OREGON MUTUAL LIFE INSURANCE COMPANY—a company of the policyholders, by the policyholders, and for the policyholders.

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