

# LaGrande Evening Observer

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An Independent Newspaper

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SPIRITUAL RELATIONSHIPS—Whoever shall do the will of my Father which is in heaven, the same is my brother, my sister, and mother.—Matthew 12:50.

## The Town Doctor (The Doctor of Towns) Says

You Are Just as "Big as You Think and Do"

There is only one obstacle to the progress of any community that is definitely fatal, and that is lack of civic spirit and team work on the part of its citizens.

A few years ago a small town was in the sticks; today the only towns or communities in the sticks are made up of sticks and a "stick" is one who refuses to do anything himself or get together with those who will.

A town is just as big as the people in it. The trouble is that it is easier to be little than big, and nature, left alone, does not improve without aid.

A big job requires big people, and in this day of keen competition "putting your town over" is no little undertaking, and if there is an over-abundance of "little" people in any community, it won't be done. "Little" people are those who say it can't be done. "Big" people are those who interrupt those who say it can't be done, by doing it.

Thinking La Grande is the best place on earth isn't enough. It helps, but thinking so doesn't make

it so, unless you follow up thinking with doing.

You say, "I think La Grande should do this," or "We should have that." You read those editorials and say, "That's a good idea," or "I think that's right," etc., etc., but what do you do about it?

As you read this you say: "I have no-and-on-see this. It hits him right on the head, he is always talking a lot, but never does anything," and you may be right, but how about yourself? Maybe you don't even talk, and when you do talk, do you talk your town "up" or "down"?

If you are big, you will talk it up; otherwise, you will say to yourself, "Oh, let the Chamber of Commerce, the Lions Club, or somebody else do it."

To be "big" you do not have to be a merchant, a doctor, a lawyer or a banker. If you think you are little potatoes, you will be little potatoes. No matter who you are or what you do, you are just as big as you think and do.

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This "Town Doctor" article is published by The Observer in cooperation with the Lions club.

tain efficiency and longer life.

And so it is with another type of engine, to which very little thought is given—muscle, nerves, and heart is the human heart.

The causes of heart trouble have been studied and are well known. Measures can be applied for their prevention and adjustments made in the individual's mode of living, if the derangement cannot be eliminated. Unfortunately, defects in this engine cannot be eliminated because no spare parts are available; nevertheless, proper treatment will add to one's comfort and prolong life.

Given a normal heart at birth, the hygiene of infancy and childhood; the prevention of contagious and infectious diseases by proven preventives; will do much to lessen the occurrence of heart disease.

The knowledge that so-called "growing pains" in children may be the forerunner of rheumatic fever, which frequently produces irreparable damage to the heart valves, will cause parents to seek expert advice at once.

The knowledge that many illnesses, particularly those associated with prolonged fevers, always produce varying degrees of heart weakness, will curb the individual's desire to hurry the period of convalescence because of business or other obligations, and thus prevent permanent damage to the heart muscle.

The knowledge that fresh wholesome food, in moderation, especially after the age of forty, fresh air, sunlight, personal cleanliness and sufficient rest are of the greatest importance in promoting good health, in which the heart shares in no small degree, should make all eager to incorporate these measures in their daily routine. This applies to the modern business man whose ceaseless activities drive his heart to dangerous over-stimulation.

The knowledge that shortness of breath, dizziness, faintness, palpitation, cough, pain in the region of the heart, indigestion, swelling of the feet and general weakness may mean a damaged heart, should urge one to seek an examination to determine their significance.

In the presence of these disturbances self-medication is worthless and extremely dangerous. The physician, skilled by training and experience, offers the only hope of intelligent management. In that he is the only one equipped to make the proper examination or suggest rational treatment.

## LARGE LOG IS BROUGHT HERE TO BE SAWED

By E. H. Miles (Observer Correspondent)

—One log containing 2400 feet of lumber was brought down by truck from the timber on the Hill ranch last week and taken to La Grande where it was sawed into lumber.

Mr. Mitchell Sr. met with what might have been a very serious accident last Saturday, while moving a wagon load of farm implements to the farm recently purchased by his son Ellis, when a truck struck the loaded wagon, throwing Mr. Mitchell to the ground, badly bruising him and cutting an ugly gash over his eye. Fortunately he seems to be recovering nicely. Fortunately the team stopped as soon as the truck stopped the wagon or Mr. Mitchell would probably have been killed as he was thrown under the horses. The wagon was damaged considerably.

Mrs. W. E. Fieble attended a meeting of the Women's Relief Corps in La Grande last Saturday. While in the city she called at the home of Mrs. R. J. Cusick and reported on her good health. Miss Eliza Cusick is teaching school in the Clover Creek district.

Kenneth Prather was over from Lead Canyon last Saturday visiting at the home of his uncle, E. H. Miles.

A much needed rain fell Tuesday afternoon, breaking a long spell of dry weather.

## Prayer and Praise

Let praise—I say not merely thanksgiving, but praise—always form an ingredient in our prayers. . . . In praise the thought of self vanishes from and is extinguished in the mind and therefore to be large and fervent in praise counteracts the natural tendency to selfishness which is found in many prayers.—Edward M. Goulburn.

## SPOTLIGHT OF SERIES ON BUSH

Native of Southland Puts Chicago Cubs Back Into the Running.

By Brian Bell (Associated Press Sports Writer)

PHILADELPHIA, Oct. 12 (AP)—The laymen of Mississippi today claimed a place in the world series picture, for Guy T. Bush, native and resident of "ole Miss," sent Chicago back into the series with a brilliant offensive and defensive performance.

Additional returns yesterday included the early forecast of a sweep for the Athletics over the Cubs at least presently. Before the verdict can now be made official results of games today and Monday must be tabulated.

The National League victory, after three weary years of waiting, was hailed with joy by its partisans. "Uncle Wilbert" Robinson, president-manager of Brooklyn, spoke for his fellows as he shipped Captain Charlie Grimm of the Cubs on the back. "That hasn't taste better tonight, eh, Charlie?" said the portly veteran, with the Ozark thicken of a juvenile.

Bush, who is called Joe by his team-mates, after another Bush who made his name in the world series pitting, reached heroic stature in leading the Cubs to a 3 to 1 success over the White Elephants in the third game.

The tall, sallow youth who acted yesterday as though he had had early training as a contortionist and then decided to take up solo dancing, pitched a courageous game. He permitted the men of Mack to nick him for nine hits, but while safeties were fairly plentiful in the early innings, runs were scarce. He was "beating down" at the close and in the final four innings one "blow" was registered by the losers.

The Cubs now are talking about events to transpire when the battle-field is shifted back to Chicago. They must win one of the remaining games here to call for a western trek, but they say they have no fear of their ability to do so.

## Home Stolen in Yain

One of the few thrills in the third game, which was well played but not spectacular, was furnished by Jimmy Dykes, who made a fruitless steal of home. The robust Dykes was safe, but the umpire called a third strike on Earnshaw, the batsman, to nullify his brilliant effort.

For the fourth game today Joe McCarthy will pin his hopes on Charlie Root, the starting pitcher in the first game. Root, the leading pitcher of his league, has had three full days of rest and declared himself ready.

As usual, Connie Mack's plans were known only to Cornelius McGillicuddy. Bob Grove is the logical choice, especially as the day will be cloudy and warm. If the weather man has read his signs right, the difficulty is that Grove is not in the hot of shape.

## MRS. JACKSON VISITS O. E. S. UNION LODGE

By Mrs. L. Z. Terrall (Observer Correspondent)

UNION, Ore. (Special)—One of the most interesting Eastern Star meetings for some time in Union was held at the Masonic hall Thursday evening, when Mrs. Carrie Jackson of Baker, associate grand matron, paid her official visit. There was a general good feeling and the exemplification of the ritualistic work went off in good shape. Miss Doris Wilson of North Powder was initiated into the order and Mrs. Jackson gave many helpful suggestions about the work. At the close of the meeting several, including Mrs. Jackson, gave short talks during the hour for refreshments. Several members came down from North Powder to attend the meeting. They were: Mr. and Mrs. Frank Bidwell, Mr. and Mrs. Herman White, Mrs. Wilson and sister-in-law, Doris Wilson, and Mrs. George Ferguson. Others who attended the meeting from out of town were Mrs. Hazel Graham and Mrs. Ethel Cummings of La Grande, Mrs. Mark Ely of Hot Lake, and Mrs. P. M. Litterer of Meridian.

Mrs. P. M. Litterer came in a stage from Meridian, Idaho, Wednesday evening to attend the regular O. E. S. meeting that evening and the special meeting Thursday. She returned home Friday morning.

Mr. and Mrs. Orval Jensen, who moved back to Union recently from the Pandosa section, are occupying one of the cottages at the experiment farm, where Mr. Jensen is employed.

Mr. and Mrs. E. P. Geertsen celebrated their 33rd wedding anniversary and Mrs. Geertsen's birthday with a dinner on Wednesday evening. Mr. and Mrs. J. W. Baxter and Mr. and Mrs. E. J. Halling and daughter Mae were the guests. The evening was very pleasantly spent in visiting and many good wishes were extended to the Geertsens.

Dorothy Monerick returned to her home at Rock Creek after spending a couple of weeks with Luene Hutchinson.

Mrs. George Puckett was left to rest in the Union sanitarium yesterday. Sincere sympathy is extended to Mr. Puckett, Erum and Owen in

this painful separation. Erum will not resume her work in the bank for several days.

## Speaks Words of Comfort At Service

By Mrs. CHARLES SPENCER (Observer Correspondent)

GRANGE HALL—(Special) The Rev. J. George Wad, who was in charge of the funeral service for George Oscar Gekeler, Friday afternoon, said in part:

"Friends, you who mourn because a husband, father, brother is dead, I want to assure you of our deep sympathy with you in this time of great sorrow. I know too well that words cannot comfort you, yet we would express our sympathy in words and in these beautiful flowers.

"George Oscar Gekeler, whom you loved, speedily answered the summons of the dark angel, and quickly went to be with his God. No farewell words could be spoken, yet you know his wonderful love for you and deep interest in you. The new home built just beside the long time home, will ever be a monument of his desire to be kind and generous. He will not occupy it with you, but you will ever have his spirit—and his memory will ever linger with you.

Mr. Gekeler was born of pioneer parents March 6, 1877, in this beautiful valley, and his life was beautiful and fair. His relationships to and with his fellowmen, and especially with you, the members of his family, were such as to portray the traits of his character which you so cherish. You now think kind thoughts, and ever will speak kind words, as you think of and speak of him.

"Mr. Gekeler's parents preceded him, also the eldest son who died in infancy. The sorrowing wife—whose sorrow is only the overflow of the heart of love, and the daughters, Edna and Irma, and the son, Melvin, all need the comfort and cheer that friends and God can give. Brother Charley and sisters, Mrs. W. J. Hughes, Mrs. Doris Smith, Mrs. Ernest DeLong, Mrs. Art McCall and Mrs. Roy Spencer, all feel keenly the loss sustained, and must be upheld by God's own right hand. Mr. Gekeler spent most of his life in farming and stock raising, so he was always in touch with the great out-of-doors where he could think of and commune with his Maker."

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Spread of Civilization Every expansion of civilization makes for peace. In other words, every expansion of a great civilized power makes for law, order and righteousness.—Theodore Roosevelt.

# Notice

We wish to advise all policy holders of the Oregon Fire Relief Association of McMinnville, Ore., that the new new location of the La Grande office will be at

113 Elm Street

in the office of Wm. Miller

After October 5th.

This office can accommodate you with the best of every kind of insurance that is written at the lowest possible cost.

See us first for the best

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With good food as the proper background, with the pleasant and quiet surroundings of the Sacajawea dining room—that's the ideal setting for a business or social talk of the most satisfying nature. The Sacajawea is the ideal meeting place.

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# Adler's Music Co.

### Health Talks

Skilled Mechanic Can Prolong Period of Usefulness  
By J. M. Wicks, M. D.  
Junction, N. Y.

The expression "machine trouble" brings to mind the delays, inconvenience and possible serious consequences arising from some derangement of automobile and airplane engines. However, these difficulties are less frequent than formerly, and the reason is seen in the thorough investigation of the cause, the application of measures to prevent their recurrence, and when trouble does arise, the use of various adjustments to main-

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