



Watch for our Bakery Specials for the week end. You will find some exceptional values.

Extra Special for Sat.

Honey Almond Coffee Cake Regular 25c. Special for Saturday only,

2 for 25c

- French Doughnuts, doz. 30c
Layer Cakes of Assorted flavors 25c
Angel Food, white or chocolate icing 30c
Genuine Danish Pastry, 2 for 15c

DUTCH TREAT

- Our Scrumptious Cake Doughnuts, doz. 15c
Coconut Jumble Cookies, 3 doz. for 25c
Our Delicious Fruit Cake, per lb. 60c
Butter-Nut Bread always a treat.

"WIND UP AT THE WINDMILL"



PROMISE EWES ARE SHIPPED TO PORTLAND

By Mrs. Bertha Carper (Observer Correspondent) PROMISE, Ore. (Special)—Mr. Gorbett delivered about 40 old ewes to Wallawa for shipment to Portland. One Swarzinon hauled them out in his truck.

suffering from blood poisoning in her foot caused by a splinter. She is recovering and hopes to return home in a few days. Walter Carper sold his hated hay to Jim Crowley and One Swarzinon and was delivering the hay to Crowley's camp at Cougar creek last week. Mrs. Bertha Carper visited Thursday night and Friday at William Sammars. Vesper Henderson, I. S. McDonald and John Dond made a trip

to Enterprise Thursday. Clarence Holby who has been working in Idaho for the last year returned home Monday and is helping John Carper saw logs this week. Mr. and Mrs. D. Moore are staying at the Charles Moore home and Mr. Moore is helping his brother saw timber at Crowley's camp. Mr. and Mrs. John Lyons and son, Clarence visited Mrs. Lyons' parents, Mr. and Mrs. W. I. Sammar Sunday. Mrs. Sammar who has

been quite ill is able to be up again. Boyd Carper left for Caldwell, Idaho, Sunday to accompany his wife home. Mrs. Carper is recovering nicely from her recent operation and is able to see quite well. She had been nearly blind for some time from a cataract over her eye. Jarrett Kenworthy spent Sunday and Sunday night with Ralph Carper.

Mrs. Edna Kenworthy returned to her home Friday. After spending two weeks at the Wallawa hospital she has fully recovered from her recent illness. Mr. and Mrs. T. H. Paulson spent the weekend with Mrs. Paulson's mother, Mrs. Alice Knuth. They took their two children back with them. They had been staying with their grandparents for some time. Fred Trump has been sawing wood for Uncle Billy Sammar and Monday some of his friends met and hunted and split the wood and started it in the wood shed. There was about 20 tons of wood. Those who helped were Fred Trump and Charles Carper who hunted the wood with their teams, John Dond and Bill Carper did the splitting, P. G. Potter and U. I. Sammar did the stacking of the wood in the shed. Mrs. Lulu Trump and Mrs. Nellie Fishman and Lola Gorbett prepared dinner for the men.

MRS. W. PIERCE SPEAKER AT COVE MEETING

By Mrs. A. G. Conklin (Observer Correspondent) COVE, Ore. (Special)—The Woman's club had a delightful meeting at the L. D. S. community hall Tuesday. After the business meeting the evening hour was occupied by two very interesting speakers. Mrs. Donald M. Payne, of La Grande, gave a very pleasing reading of a one-act play entitled "In the Florists Shop." Mrs. Walter M. Pierce, of Island City, then gave a very interesting lecture on "Oregon History." The pupils of the fifth, sixth, seventh and eighth grades with their teacher came in to hear the talk on Oregon history. Miss Janet McVilvie, who is a guest of Mrs. Pierce, was present at the club meeting.

Mrs. Lillian Allen and daughter, Eva June, and her brother, Ward Paulse, left Monday for a trip to Portland, Eugene and Medford. Mrs. Allen is the teacher at Frosty but she was given the entire week instead of the usual two days in order that she might make the trip. Mrs. Lou Payne left Tuesday for Walla Walla where she will visit over Thanksgiving with her son, E. Payne. Mrs. Juliet P. Dougherty is on the sick list. W. E. Reynolds is quite seriously ill at his home here.

Mrs. Frank Nizer, who is now living in Baker spent a couple of days here this week. Bertha Nizer who has continued in school here since the family moved to Baker a few weeks ago, will now enter the Baker school. W. B. Wagner, manager of the Cooperative Creamery of Payette, and James Kessgard, of Emmett, representative of a butter association, of Los Angeles, were speakers at a meeting of the Troop and a Creamery association at Cove Tuesday. These men are working in the interest of establishing a branch creamery in Union county. A similar meeting was held at Summerville. The annual meeting of the Cooperative Creamery association will be held at Union, Dec. 11, for the election of officers and transacting other business.

Tropical Nut

Cashew nuts are not real nuts in the manner of speaking. They are the seeds of the cashew fruit, but unlike the seeds of most fruit with which we are familiar, which are in the center of the fruit, the cashew nuts form the end of the fruit. The fruit itself is delicious. It is used in the tropical countries for the making of beverages, preserves, etc., or may be eaten raw.

Divergent Ideas

John Wesley said: "I throw money out of my hands, lest it find its way into my heart." Wesley differs in opinion from the old barber who advised a novice at the bar as follows: "First, young man, get on; second, get honor; third, get honest."—Oklahoma Methodist.

Character

It is not what a man gets, but what a man is, that he should think of. He should first think of his character, and then of his condition. He that has character need have no fear of his condition. Character will draw condition after it.—Henry Ward Beecher.

Quick, the Broom!

The exercise you get from sweeping is just as good a circulation stimulant as a beauty treatment, and lots cheaper.—Farm and Fire site.

A radio song helped a sick boy, says a newspaper story. Some of those songs would get anybody out of bed.

Health Talks

THE EYE IN CHILDREN by George M. Truitt, M. D. Santa Ana, Calif.

Parents often say to me—"Doctor, I do not want to put glasses on my child, unless it is absolutely necessary."

My answer is: "I heartily agree with you. Glasses are a nuisance to wear—I do not like to wear them myself—and unless the benefit to be derived by your child from wearing glasses will outweigh the expense and inconvenience, I will certainly not recommend them."

Glasses are quite limited in what they accomplish. If the eyeball is too large or too small in relation to its refractive media, or if some part of the refractive media is not perfectly accurate in shape, then glasses may be able to bring the

rays of light to a sharp focus and thus improve the vision and relieve the eye strain.

Glasses do not cure diseases of the eye. They may assist by relieving eye strain, and are therefore only one of the many means, or agents used in treating and correcting errors and diseases of the eye. Other remedies are often of much more importance than are glasses.

It is a safe rule to have your child's eyes examined every year or so, in order to forestall trouble. It should be taken to a good oculist for a thorough examination, and if any defect is found the proper means for correction should be employed. Childhood is the time of growth and development, and the eye should grow and develop along with the rest of the body.

A defective eye may be so corrected as to become normal, or to improve very much as the child grows. I have seen many children whose eyesight was so defective at the first examination that it was possible to read only the largest letter on the test card, but after a few years of proper care the normal line could be read. Had these children been neglected and been permitted to reach maturity before having their eyes examined, such results would have been impossible, and their eyes would have remained defective through life.

PREVENTION OF THE DIFFERENT DISEASES OF KIDNEYS There are many diseases of the kidneys and the majority of them are due to an infection in some other part of the body. This infection, reaching the kidneys by way of the blood vessels, attacks

in two ways. If either forms abscesses, or causes an acute inflammation of the entire organ. The former condition is known as carbuncle of the kidney or surgical kidney; the latter is known as Bright's disease. The most common causes of kidney trouble are due to exposure to cold or wet or to germs from some other part of the body.

It is therefore of the utmost importance to keep the entire body free from all infections. If there are pus pockets in the tonsils or acute tonsillitis, they should be removed. If a tooth has its root balled in pus it should be extracted. If the gums are infected they should be attended to. Boils on the skin, no matter where they occur, should not be treated lightly. Suppurating them until the matter flows out is very bad, as by this method the wall which nature builds around the boil to prevent it from spreading is broken down and the germs are given a good chance to enter into the blood stream. Early care by a physician of any one having a rash over the entire body may do a great deal to prevent Bright's disease from being of a severe type by recognizing the condition early and giving the proper treatment immediately.

Women who were perfectly well before, may have an attack of Bright's disease while pregnant. It may come on rather suddenly. The only warning is an increase in blood pressure and the presence of albumin in the urine. Every expectant mother should place herself under a physician's care as

soon as she knows that pregnancy has occurred, and the blood pressure should be taken and the urine examined regularly and frequently by the doctor. Headaches and chronic discharges from the back of the throat or from the nose, are indicative of infection of the hollow bones of the face or head. This can be proven by an X-ray examination. If it is present, one should go to a competent nose and throat specialist in order to have the infection removed. Chronic constipation or chronic disease of the gall bladder may infect the kidneys by the constant irritation due to the germs themselves or the poison liberated by them. This in time will produce a chronic Bright's disease.

By keeping our bodies fit, avoiding undue exposure to cold or wet, eliminating all sources of infection and letting the family doctor keep an annual check on us, we can do a great deal to prevent many diseases of the kidneys.



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- City Grocery and Market Main 75-50
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BETTER FOODS

The food we eat and the conditions under which we live, largely determine our state of health and physical development. Why be satisfied with anything but the best?

You may rest assured that our prices are never high for the quality we furnish.

- Sugar: C & H Cane 10 lb. bags Cash 59c
School Boy Peanut Butter 2 Pound 45c
Monarch Peas: Fancy quality, No. 2 tins, 3 for 49c
Citrus Powder: For laundry and dish washing. Large package Airplane Free—It Flies. 29c
Monarch Pineapple: Full slices in syrup, 2 1/2 tins, 2 for 53c
Berries: Monarch Brand Strawberries, Raspberries, Loganberries and Blackberries, one each—4 for 98c
Monarch Preserves: Assorted flavors, 16 oz. jars, 2 for 49c
Snow Flake Crackers: Guaranteed fresh, family size. 1 Snowflake 1 Graham—2 for 79c
New Navel Oranges: 216 size Per dozen 49c

MEAT DEPARTMENT

- Hams: Mt. Emily, sugar cured, half or whole, pound 28c
Picnic Hams: Mt. Emily sugar cured, Pound 20c
Back Bacon: Mild sugar cured, Pound 26c
Collage Butts: Mt. Emily Brand, Pound 25c