

Society News

Charming Dance Event of Friday Night At E. O. N.

A charming semi-formal dance honoring the graduates of the fall quarter of the Eastern Oregon Normal school took place last evening in the auditorium with the Star Novelty orchestra playing. This affair has been long anticipated by the students.

Attractive decorations in the Christmas motif featured green Christmas trees, red flowers and bright holly wreaths. A clever feature dance was presented by Miss Gilda Ashby and Allen Carden.

Members of the refreshment committee served dainty refreshments. The flowers and Christmas trees were donated through the courtesy of local merchants.

Society Meets At E. P. Mosman Home

A very interesting meeting of the Women's Missionary society was held yesterday afternoon at the home of Mrs. E. P. Mosman.

Mrs. W. B. Pickens was in charge of the lesson which told of the near east. The devotional was blended with a series of pictures.

In a Christmas theme, Christmas stories were read from the scriptures, and the corresponding pictures were shown.

Christmas carols were sung by the group with Mrs. S. B. Moran accompanying them. Hostesses for the afternoon were: Mrs. Mossman, Mrs. J. George Walz, Miss Charlotte Kuhl, Mrs. Hal Bohnenkamp, and Mrs. Lee Reynolds. Dainty refreshments were served.

P.-T. Meeting Of Unusual Interest

A program of unusual interest was given Friday evening at the regular monthly meeting of the Greenwood Parent-Teacher association. The program was opened with two selections by members from the three grade school orchestras directed by Mrs. Clem Green, music supervisor of the elementary grades. The numbers were "The Mantle" by Alfred Gray, and "Atilla" by Gendro Karoly; those who played were: violin; Norma Hanks, Genevieve Flexer, Andrea Atsworth, Catherine Scully, Walter Dahl, Frank Wilcox, Sammy Southall, Blanche May, Opal Rimbe, Fern Robertson, Edward Elliot; trumpets: Avery Millering and George Wilcox; piano accompanist, Melba Shepherd. A vocal solo was given by La Faun

Boyle, accompanied by Mrs. Thomas Maxwell. Miss Evelyn Masten played a piano number, "Arabian" by Davis. Directed by Miss Frances Ingels a group of eighth grade girls sang three-part songs "Bluebird" by Mary Stanhope, "Music of the Hills" by Stanley Martin, and "Kentucky Home" by Stephen Foster. The girls singing were: Genevieve Flexer, Ruth Seward, Blanche May, Andrea Atsworth, Opal Rimbe, Muriel Webb, Yvonne Victor, Louise Lilly, Katie Zupan, Violet Burgess, Amelia Asla, Catherine Edwards, Ruth Saling, Othella Thompson, Lula Moore.

A play called "Santa Claus Workshop" was given by Miss Myrtle Hoyt's third grade children. The characters were: Santa Claus, Harold Curry; Mrs. Santa Claus, Margaret Ferdinandsen; dolls, Elizabeth Hendrickson, Evelyn McClain, Charlotte Burnett; candy cane, Violet Elliott; policeman, George Roush; Captain Kidd, Billy Cantrel; picture book, Darlene Miller; Dinah, Cleo Campbell; Raggedy Ann, Araby O'Neill; Horns, Lorrain Hendrickson, Clara Johnson; dog, Harry Buchanan; cat, Edith Hopkins; teddy bear, Mae Belle Wilson; drum, James Smith; clowns, Jack Matott; Rex Gayman, Melvin Allen; balloon, Helen King; tin soldier, Francis Victor; checkerboard, Lola Koford; brownie, Norman Allen.

Miss Evelyn Pieper played a piano solo, "Edelweiss Gilda Walz" by Vanderbeck, which was followed by historical scenes of Revolutionary Days. These scenes grew out of regular seventh grade history classwork under Miss Hulda Anderson, and were entirely original.

An historical prelude was given by Blanche McPherson and Emily Beery. Scene I, a sewing bee at the home of Mrs. Robert Morris in Boston, featured colonial ladies in costume, the parts being taken by Faye Walker, Neva Stein, Edna Dockweller, Audna Winburn, Pauline Edwards, Emily Roe, Elma Amos, Blanche McPherson, Colleen Plummer, Mildred Howard, Anna Ocheltree. Scene II, showed the signing of the declaration of independence in 1776 with the members of the colonial congress represented by Lavon Price, Guy McClain, Sam Southall, Leland Wilson, William Gibson, Merrill Parker, Willard Hutwell, Harold Horne, Cecil Hale, George Anderson, Gilbert Stein, Richard Burgess. Miss Clea Harvey played one of McDowell's piano numbers called "A Scotch Poem."

The next meeting will be with Mrs. Young, January 10.

Tea Honors Women Students at E. O. N.

Mrs. H. E. Inlow was hostess yesterday afternoon at her home for a charming 4 o'clock tea honoring the women students at the Eastern Oregon Normal school who are graduating this term.

Her daughter, Alice, assisted her as hostess.

Lovely decorations were of chrysanthemums and ferns, and a gay bouquet of holly brightened the window.

Pioneer Program Monday Evening

"Pioneer Days," a La Grande Neighborhood club program, will be given Monday evening, Dec. 16, at 7:45 in the La Grande hotel, with La Grande teachers and their families as special guests. Club members and their families are all urged to attend and assist the hospitality and social committee.

The hospitality committee includes: Mrs. Chase Bohnenkamp, chairman; Mrs. Carrie Stulncamp, Mrs. A. J. Stange, Mrs. J. J. Foley, Mrs. E. N. Jensen, Mrs. C. E. Anderson, Mrs. W. B. Pickens, Mrs. Howard Miller, Mrs. C. E. Stung, Miss Imogen Russell, Mrs. N. K. West, Mrs. H. A. Zurbick, Mrs. Ellen Stoddard, Mrs. Fred Henning, Mrs. Stella Ingle, Mrs. G. E. Moore. Those on the social committee are: Mrs. Clyde Zimmerman, chairman; Mrs. Julius Roesch, Mrs. Charles Roehm, Mrs. William Miller, Mrs. Harvey Matthews, Mrs. Lynn Bohnenkamp, Mrs. W. H. Bohnenkamp, Sr., Mrs. Robert Clark, Mrs. Ray Buell, Mrs. E. Russell Scott, Mrs. Garrett Blokland, Mrs. C. W. Chandler, Mrs. Harriet McDonald, Mrs. Eva Wissler, Mrs. J. E. Cuniff, Miss Hulda Anthony.

Wool Head



Fitted by extensive experience in wool and other farm problems, L. B. Palmer of Pataaska Ohio, has been elected president of the National Wool Marketing Association, an organization sponsored by the Federal Farm Board. Palmer has been president of the Ohio Farm Bureau Federation, president of the Ohio Wool Growing Co-operative Association and director of the American Farm Bureau Federation, Ohio district.

son's rooms tied for second place. Principal R. A. Wilkerson presented a very unusual favor to the association. It was made from wood taken from the white house last year, and has served most of the presidents of the United States.

Mrs. Warnock Is Hostess to Club

A delightful afternoon was enjoyed yesterday at the home of Mrs. Oscar Warnock when she was hostess to three tables of the Junior Bridge club. Mrs. E. L. Knight won the award for high tally. Consolation prize was awarded to Mrs. L. A. Young. Mrs. Forrest Scroggin was presented with a guest prize.

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Mrs. Erickson Is Elected President

Mrs. Nellie Charlton was hostess to the Westway club of the W. H. A. at a pleasant afternoon yesterday at her home with about 25 members present.

Mrs. Laura Erickson was elected president of the club. Other officers elected were: Mrs. Lena Hillman, vice president; Mrs. Eleanor Carr, treasurer; Mrs. Edith Mel-drum, secretary; Mrs. Arlie Cooper, musician; Mrs. Jessie Damerell, press correspondent. Mrs. Ade Goeck installed the new officers.

Following the business meeting refreshments were served.

Mrs. Mitchell Is Hostess at Bridge

A pleasant afternoon of cards was enjoyed yesterday when the Island City Bridge club met at the home of Mrs. D. Mitchell with three tables at play. Mrs. August Moser was awarded honors for high tally.

Following bridge dainty refreshments were served. The next meeting will be at the home of Mrs. Homer Wilson, in two weeks.

Pythian Sisters Planning Social

Members of the Pythian Sisters met last evening in regular session at the K. P. hall. Next Friday a social meeting will be enjoyed and the following committee was appointed to make arrangements: Mrs. James Oneal, chairman; Mrs. W. E. McClure, and Mrs. Harley Rowling.

Motion Picture At P.-T. A. Meeting

The new movie machine at the Central school operated yesterday afternoon for the first time, showing "America Goes Over," for the Parent-Teacher association in their meeting in the school building. Mrs. E. A. McEachern had charge of the machine.

Mrs. Norman Press gave a very interesting report of the regional institute that was held last Monday, saying that the inspiration and instruction given were very valuable.

The attendance record was won by Miss Imogen Russell's room with 75 per cent of the mother's present.

The school rooms are especially attractive with a very festive air in their decorations prior to jolly Christmas programs and parties.

Lutheran Aid To Meet New Year's

Members of the Lutheran Ladies Aid met at the home of Mrs. Frank Hansen Thursday afternoon for a well attended and interesting meeting. Mrs. Walter Pohrman president and had charge of the devotional.

The selection "Radiant Personality" from the book of stewardship, was given by Mrs. L. J. Ebert. By a unanimous vote it was decided to have a potluck supper New Years eve in the annex of the church.

During the social hour refreshments were served.

Announcements

The Art Research club will meet at the home of Mrs. H. G. Smith Monday, Dec. 16 for a regular meeting. Roll call will be "Flowers in Art." The program follows: "Buddhism," Mrs. R. S. Fleming; "Japanese Dress," Mrs. L. P. Dunn; Mrs. L. Pierce; "Color Prints," Mrs. H. G. Smith, by "Tokyo"; Mrs. A. T. Hill. A beautiful collection of Japanese books and pictures sent from the state library will be on display at Monday's meeting.

The Parkdale club will meet Wednesday, Dec. 18 for a 12 o'clock potluck luncheon at the home of Mrs. R. A. Wilkerson.

The L. S. of B. of L. P. and E. will meet Tuesday evening at 6 o'clock in the K. P. hall when the losing side in the attendance contest will serve the winners. Mrs. Ida Child will be in charge for the winning side, and Mrs. J. G. Sittinger for the losers.

The Town Doctor (The Doctor of Towns) Says

CHRISTMAS IS COMING

For the sake of those who have stood behind the counter from early morning till late at night trying to please you, satisfy and serve you well, I hope you did your shopping early.

I hope there isn't a toy left in all your stores, however they are, and every girl will find their stockings full to overflowing—that you will see to it that every boy and girl does have a Christmas.

May everybody in La Grande be happy, and merry this Christmas, and when the family circle gathers 'round the dinner table, may every heart be glad.

No doubt there will be those with you this year who haven't been back to the old home town for months and months—perhaps years. There may be, too, those among you who never have been in La Grande before. While they are "home," light of heart and gay, meeting old acquaintances and making new, show them La Grande as it is today. Tell them what hopes you have for future growth, and ask them, when occasion arises to say a good word for this city.

"Sell" them on the place where you live, work, play and make your money, so that wherever they go they will be embarking on a winning prestige, good will, and who can tell, perhaps a new industry, new people, may come of it.

"Sell" them, yes; but do not overdo it. Avoid dangerous optimism and superlatives. Remember there is no such thing as a "best" town. When a town is worst, it's bound to become better, but the community that is best could be no better, and there is no habit that could not be improved.

Again, I say, may La Grande have a most joyful Christmas.

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

MENUS

By Sister Mary

With the "cold" season upon us many mothers are wondering if it really matters what the small child-eater eats.

As soon as a cold appears in a child, the temperature should be determined. This definitely informs a mother just how "hard" his cold is and she can choose his diet with the necessary care. Keep in mind that when the temperature is above normal, the diet should be liquid.

A liquid diet includes broths and clear soups of various kinds—cereals, gruels, milk, raw eggs in combination with milk, fruit juices, cocoa or other liquid and cream soups of various kinds.

If there is no temperature, a light, easily digested diet is advisable. Children of school age require nourishing food, but no meat should be eaten and very little

May Be Senator



Nellie T. Ross, above, former governor of Wyoming, is being mentioned as a possible candidate for the seat in the upper house of Congress left vacant by the death of Senator Francis E. Warren. Mrs. Ross would be the first woman to hold office in the Senate. The term expires March 4, 1931.

sugar allowed. Vegetables, fruits, eggs and milk provide a varied and adequate diet for a day or two.

Diet for the Cougher

When there is a cough, dry foods should be avoided. All the semi-solid foods that "slip down easily" are suitable and have no tendency to irritate the throat and cause coughing.

When the cold is "broken," a diet of higher-than-ordinary value should be supplied to aid the body in repair and growth. Easily digested fats are especially desirable at this time. Butter, cream, bacon and olive oil with the continued generous use of milk, eggs and fruit seem the ideal fuel foods. This building-up diet should continue until all traces of the cold are gone. It will do much to insure complete and quick recovery and prevent serious after effects.

The following light menu for a day may help you in planning others.

BREAKFAST—Stewed prunes with plenty of juice, crisp toast, milk.

LUNCHEON—Beef broth, lettuce with French dressing, whole wheat bread, butter, baked apples, milk.

DINNER—Clear soup, baked potato, buttered spinach, poached egg, creamed celery, orange and grape salad, milk.

The French dressing for the luncheon lettuce should be made with lemon juice and olive oil.

Fruit sherbets, ice cream, custards, gelatin and whips can be included in menus planned for the "light, easily digested diet."

Health Talks

THE USE AND ABUSE OF TOBACCO

By Horace W. Soper, M. D., St. Louis, Mo.

There are some simple truths worth telling about the use of tobacco. This is particularly true now that women and girls have taken up the habit of smoking cigarettes. Smoking is like everything else connected with the human body and with health—it requires intelligent information.

It is well known that nicotine is a deadly poison. One or two drops of the pure drug placed on the tongue of a dog will produce instant death. Yet in ordinary moderate smoking very little nicotine is absorbed—far less than alarmists would have us believe.

The physiologic action of tobacco may be summed up as follows—It has a mild sedative effect upon the nervous system, it helps one to relax, aids digestion and contributes to a general feeling of well

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being. After meals is the best time to enjoy a smoke. But it is wrong to pull away at the weed while you are working. Unfortunately tobacco is generally abused. Among the evil effects of excessive smoking are disturbances of the nervous system, palpitation and irregularity of the heart, eye diseases, bronchitis and dyspepsia. The inveterate smoker who always has a pipe, cigar or cigaret in his mouth invites disaster. Pipe smokers' cancer of the lip has long been known. The tissues of the mouth and throat are not built to stand such continuous irritation.

The correct method of smoking is to expel the smoke through the mouth or nostrils. Inhaling the smoke is a pernicious habit. It should never be drawn down into the bronchial tubes. Moreover this habit destroys the fine aroma of the tobacco. Inhaled smoke has a characteristic odor. Cigarettes are not more injurious than the pipe or cigar but because of their mildness they are more easily inhaled. This fact accounts for the prejudice against them. The young person usually learns to smoke from some older schoolmate and is told that he is a sissy if he does not inhale. Once acquired the habit is difficult to break. Young adults should be taught the correct use of tobacco. Remember that your boy and girl are going to learn to smoke. Instead of trying to bribe them or deluding yourself with the fond hope that your children are different, see that they are properly instructed how to use tobacco.

In time I believe that our schools and colleges will be equipped to instruct students in regard to this matter.

Individuals differ in the amount of tobacco they can consume without harmful effects. Therefore learn your own dosage and stick to it. Make that question one for your doctor to think about when you have your annual health audit.

WHY SMOTHER HIM?

Most mothers are perplexed about dressing the baby to take out-of-doors. They look at the thermometer reading and wonder, "Shall I or shall I not bundle him up?" They then proceed to wrap the protesting baby until it looks like an Eskimo child.

The baby's clothing is gradually becoming sensible in design and weight. He is not overburdened with clothing as he once used to be. European homes and the homes of our pioneer fathers were poorly heated and babies had to have woolen clothes of all kinds to keep them warm. But with modern central heating plants the houses and apartments are kept at summer temperature. Therefore the baby does not need heavy clothing any more than do the adult members of the family.

Mothers who persist in clothing the babies with woolen shirts, long petticoats, "belly bands," heavy dresses, flannel diapers and hood cause the little one to sweat. When over the baby needs changing, his body is exposed in a perspiring condition and he "picks up" a cold. Any adult would do the same. Imagine yourself bundled up as most babies are, and then compelled to undress six or seven times a day. Wouldn't you "pick up" a cold too? In high school parlance "I'll say you would."

If your home or apartment is well heated, dress your baby or young child in light clothing. Put on just enough to keep him comfortable. Children never tire of exercise and perspire easily. When you take them out of doors put on

enough clothing to keep them comfortable and no more.

Many mothers put the heavy top all the way down and also put a heavy veil on the baby's face. All this prevents the little one from getting the fresh air he needs so much. There is no hotter place than the coziness of the modern baby carriage with the top pulled down and the windshield tightly adjusted. The idea of taking the baby out in cold weather is to get fresh air and to give him the benefit of the stimulation.

A good bit of advice to remember when in doubt is the following: "If you are cold, the baby is cold; if you are warm the baby is warm."

Famous English Novel

Henry Fielding's novel, "The History of Tom Jones, a Foundling," was published February 28, 1749. In its original form it filled six volumes, containing some 350,000 words. The book has been translated into French, Dutch, German, Spanish, Italian, Polish and Russian, and has probably been reprinted in English 150 times.

Particularly

A magazine writer says a dog fills an empty place in a man's life. This is particularly true of the hot dog.—Cleveland Leader-Republican.



Busy Mrs. Santa Claus heads straight for our shirt section. Knows how to "play safe" when in a hurry. Knows she can spend little or more and be certain of a "gift of quality."

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3.45	3.85	4.85

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\$2.50

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See or Write to JACOB DOBRIN

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of Portland

La Grande National Bank Bldg.

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If this fellow has engine trouble, he may have to walk as far as the next garage. But though that would be inconvenient, it's better than having to walk from now on.

And if he has accident trouble—and no insurance—it might easily cost him his car, his bank account, and his house. Damage suits are mighty ticklish things to take chances with—and they can result from an accident very easily.

Get the Christmas spirit. Be happy, care free. Get covered with auto insurance now—Jack Ferris will do it right—and in a hurry.

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