Portland Hunter Accident Victim

PORTLAND, Dec. 14 (AP)—Elbert D. Brown was in a serious condition in a hospital today suffering from gunshot wounds received yesterday by accidental discharge of a shotgun in the hands of a hunting companion, who slipped and fell.

The shot struck Brown in the head and left hand. He walked a mile to his brother's house and was taken to a hospital.

"Rich, Kills Wife and Self," says a headline in a Chicago newspaper. At last something that wasn't blamed on the stock market.

Health Talks

WHAT ABOUT CANDY?

By Samuel J. Crumbine, M. D., General Executive, American Child Health Association.

"Sugar produces energy," says a Mother in defensive explanation of the candy her child is eating between meals. She is expounding eagerly the knowledge she has gained from the latest glowing advertisement, and goes on to her next proof: "My children are intensely active and spend their energy so violently. That's why I think good, pure candy is good for them. Besides, I think a craving for candy is natural."

"Of course, dear Madam, your children are active and it's perfectly true that they spend more energy than you or most adults do. Your children wouldn't be normal if they didn't. But, nevertheless, you haven't come to the right conclusions about candy between meals."

"Do you really think it's bad for them to have candy? Wouldn't you give them any?"

"Yes," I tell her, "I'd give them a little now and then as a treat, just as parents have always given it, but not very much.

"You made three particular points in defense of candy. First you said that candy produces energy. Second you said that your active children spend a great deal of energy. And third, you said that a craving for sweets is natural. Well, the natural craving for sweets of which you speak is a craving for them as they are found in natural foods, in fruits, in the juices of many vegetables and in the sap of certain trees."

"But what is the difference between that kind of sweet and any other?"

"The difference is great and important. These juices of fruits and vegetables contain mineral elements and vitamins, and it is these contents that make the food valuable. Their sweetness is really just an added attractiveness."

"But what about the energy sugar produces? Why isn't that a good thing for children who spend so much energy?"

"Candy or sweet things spoil a child's appetite. You don't need me to tell you that, for you've certainly found it out by experiment. And you would not want to supply your growing children with energy at the expense of feeding them foods which build bones, teeth and muscles—in short all the tissues of the body. These are the foods which provide for growth and for the repair of the waste that is very great in normal active children.

"These building and repairing foods are called proteins, fats, carbohydrates, mineral elements, and vitamins. Every one of these is necessary and your children will actually suffer if there is a deficiency of any one of them. That is why it is dangerous for a mother to let her child eat too much sweets which destroy their appetites and take the place of more important needs."

"Well," says the Mother, "how shall I satisfy my children's love of sweet things?"

"A moderate amount of jam will be good for them. They will like it and the fruit content will serve a valuable purpose in their diet. Ice cream is good for them. It is one way of feeding them extra milk which is by far the most important of the protective foods. As for sugar and candy, my advice to you is to use them with great care and to use them sparingly."

"Yes," says the Mother, "I do know you are right. I wish you would tell this to the other Mothers."

So, other Mothers I have given you a few of the important reasons why sweets cannot be given lavishly to children.

OUT OUR WAY

By Williams

TRADE SECRETS

Mrs. Shopper: "I want a package of Aunt Jerusha's Rolled Wheat."

The Grocer: "Here it is, madam."

Mrs. Shopper: "This isn't what I want. This is Uncle Josh's Cereal Food."

The Grocer: "Yes, Ma'am. It's exactly the same thing. Uncle Josh is Aunt Jerusha's other name."

Mrs. Shopper: "Who is Aunt Jerusha, anyhow?"

The Grocer: "Aunt Jerusha is a couple of old millionaire bachelors in Michigan."

* * *

Seeing the way she can make a man stand round we are doubtful that a woman is as much afraid of a mouse as she pretends.

BEFORE the MIKE

TUESDAY PROGRAMS

The National Broadcasting company program for Tuesday follows: 8, Happy Time; 9:45, Home service talk; 10:30, Woman's Magazine; 5:30 to 6, Around World feature; 6 to 7, musical program; 7, Eskimos; 7:30, vaudeville; 8:30, Amos and Andy; 8:45, John and Ned, concert; 10, Spotlight review; 11 to 12, Musical Musketeers.

The Columbia Broadcasting system program for Tuesday follows: 6 to 7, Paul Whiteman hour.

Portland

KGW (620kc) 8 a. m. NBC news features; 5:30, NBC.

KEX (1180kc) 6 p. m. musical features; 10, dance music.

Tacoma

KVI (920kc) 4, two-piano team; 4:30, Sicilians; 5:30, children's program; 6, CBS; 7, symphonists; 7:30, Christmas program; 8, orchestra; 10:10, dance music.

Seattle

KOMO (970kc) 5:15, studio; 8, NBC; 9, studio; 10, little symphony; 11, news; 11:15, NBC; 12, organ recital.

Spokane

KGA (1470kc) 6, musical programs; 8, Argentines; 10, request; 11, vaudeville.

KHQ (590kc) 8 a. m. NBC news features; 11:30, farmers hour; 12, music; 5:30, NBC features.

Los Angeles

KNX (1050kc) 6, organ; 7, science talk; 8, features; 10 to 1, dance music.

KHJ (900kc) 6, CBS; 7, features; 10, news; 10:05, dance music; 12, organ.

KFI (640kc) 6, NBC features; 11, news.

San Francisco

KFRC (610kc) 6, CBS; 7, features; 10:10 to 12, dance music.

KPO (680kc) 6, salon orchestra; 7, popular concert; 8, features and NBC programs.

CLASSIFIED ADS: The Market Place Of Union and Wallowa Counties

NEW TODAY

FOR SALE—Registered big type Poland China boar. Frank McKennon, Imbler. 12-16-6 tp.

FOR RENT — Partly furnished apartment. Phone Main 84 or 294-W. 12-16-3t.

WANTED — Good cow, fresh or soon to be fresh. Write E. H. B. c-o Observer. 12-16-2 tp.

FOR RENT OR SALE—6 room house and double garage, on paved street, Island City. Phone Main 39. 12-16-1t.

FOR RENT—Light housekeeping room. Call 224-W, or 1206 O avenue. 12-16-1t.

FOR RENT — 4 room partly furnished house, 806 Penn. 12-16-2 tp.

FOR SALE—10 tube Zenith radio at half price. It's worth your while to hear this set—a real one with automatic tuning. Jack Allen Supply Co. 12-16-1t.

FOR SALE —$165 Orthophonic Victrola, very slightly used, $110. Eastern Oregon Music Co. 12-16-3t.

FOR SALE—Range in A-1 condition. 1405 N ave. Ph. 424-J. 12-16-2t.

STRAYED—To my place, 2-year-old white heifer, branded H-bar on right hip with crop and under bit on right ear. Owner may have same by paying for ad and keep of cow. J. T. Beem, Imbler. 12-16-6 tp.

FOR SALE OR TRADE

FOR SALE—Used garage equip.—1-30 battery GB constant potential charge complete, 1-7 cu. ft. U. S. air compressor complete, used two months. 2 nine foot sections wood and glass display counters. Enquire X c-o Observer. 12-14-2 tp.

FOR SALE — Phonograph with records $3. Ph. 148-M. 12-14-3t.

FOR SALE—Modern rock stucco, six room house near normal. Fireplace, furnace, garage, sun room, three bedrooms, electric range, built in kitchen with refrigerator, cement basement. Ideal location for one to keep teachers or students, price will sell quick, might consider as part payment small home on south side. Call 441-J. 12-14-3t.

WANT TO TRADE—Irrigated land for house from owner. Geo. Hendrick, Irrigon, Ore. 12-12-5 tp.

FOR SALE—Animal traps, No. 1s to No. 4s, cheap; also the finest trapping boat in valley; single barrel shotgun, 20-gauge, new, nice Christmas present for boy, $5; baby's crib bed, $2.50. A. Searles, 1704 Willow. 12-13-3t

Observer Want Ad Rates

(Count five average words to the line.)

Per line, 1st insertion 10c
Per line, each added consecutive insertion 7c
Minimum charge on one order 25c

RATES BY MONTH

2 lines, per month $2.50
3 lines, per month $3.25
4 lines, per month $4.00
5 lines, per month $4.75

Each additional line over five charged at 50c per line per month.

CASH IN ADVANCE is required on all Classified orders to earn these rates. Higher rates charged on all credit insertions.

Copy for all Classified orders must be in this office by 10 A. M. DAY OF INSERTION. Stop orders on ad inserted until further notice must be received by these use hour or extra insertion will be charged.

Telephone orders solicited. Cash rates may be earned on phone orders by payment on or before date of last insertion.

PHONE MAIN 9.

"An Observer Want Ad Will Do It"

FOR SALE—Royal vacuum cleaner with attachments, in first-class condition, $20. Call at 1807 Walnut. 12-13-2t

FOR SALE—Pedigreed Boston bull terriers. 1811 E. Penn. 12-13-3tp

FOR SALE—Close-out prices on all glassware, aluminum ware and dinner ware. Some very high grade pieces that would be suitable for Christmas gifts. The Dalles Furniture Store. 12-12-5t

FOR SALE—Used cars: 1927 Chevrolet coach, 1927 Chevrolet sedan, 1928 Olds coupe. Olds-Studebaker Used Car Lot. 12-10-5t

FOR DELICIOUS APPLES phone 289-W, $1.25 or $1.50 per box, delivered. Berger's grocery. Everything cheaper. 11-27-tf

FOR SALE—5 passenger Hupmobile sedan, $475. Series "11" Franklin 5 passenger sedan, $975. See Harry Waggoner, 806 Adams Ave. 11-20-1m.

FOR SALE—Choice lot, improvements all paid; also 2 houses; terms, only small down payment required. See Earl Zundel, La Grande Nat. Bank. 11-19-1m

FOR SALE—Used electric washers. Maytag Shop, Main 639. 7-31-1m.

FOR SALE—All kinds of heaters. Hetrolas from $32.50 up. Other heaters as low as $5.00. The Dalles Furniture Store. 10-17-1m

MISCELLANEOUS

BOARD AND ROOM for normal students. Call Observer. 12-14-3 tp.

CHRISTMAS TREES—Ph. 326-W. 301 Penn. Ave. 12-14-2t tp.

GOOD OPPORTUNITY for two men with cars. Call Main 639 for interview. 12-14-4 tp

GIVE LIVE PRESENTS. Boston puppies for sale. Reasonable. Ph. 354-W after 6:00. 12-14-3 tp

NOTICE—Get your trash hauled before bad weather. Ph. 227-W. 11-28-1m

ROOFING WORK—Repairs, any kind of a new roof. Call Chas. Hildebrand, 626-W. 11-4-1mp

SOMMER HOTEL — Inquire for very special winter rates; also modern apartments. 11-4-1mp

LA GRANDE MATTRESS & Upholstering & Rug Cleaning Works. Phone 424-W. Chas. Edwards, Prop. 12-1-1m.

MONEY TO LOAN—We are representatives for the Prudential Insurance Co., and can make farm or city loans at attractive rates of interest. Chas. H. Reynolds, insurance, loans and bonds.

EASTERN OREGON School of Music, violin, piano, voice. Credits. I. O. O. F. temple, 447-J. 9-24-1 m.

MONEY TO LOAN on improved city property, straight loans or installment plan. Lowest rates. United States Investment Co. Phone Main 33. 8-16-1m

FOR RENT

FOR RENT—Furnished desirable home. Garage. Close in. Phone 145-W. 12-14-tf.

FOR RENT—4 room partly furnished house. Call after Mon. at 806 Penn. 12-14-1 tp

FOR RENT — Partially furnished house. W. H. Bohnenkamp. 12-14-3t.

FOR RENT — Furnished steam-heated apts. Waverly apt. 12-14-1 mp

FOR RENT—Modern 5-room furnished house. Call Main 712. 12-13-3tp

FOR RENT—5-room modern furnished house. Ph. 219-W. 12-13-tf

FOR RENT — Furnished apt. 1101 O. 12-12-6t.

FOR RENT—housekeeping rooms. 1512 Adams. 12-4-tf.

FOR RENT—Furn. houses and apts., with baths, clean, quiet, low rates. Adults. 1810 Greenwood. 7-10-1m.

WANTED

WANTED — Widow woman wants work by hour or day. 2007 Q. St. 12-12-6 tp.

MENUS

By Sister Mary

When a stew is properly made, it is one of the most satisfying and nourishing foods that can be served to a hungry family. But when unusual flavoring and seasoning, colorful garnishing and inviting serving are added, it is attractive enough to please the most fastidious taste.

Nowadays all sorts of meats are used for stews. Beef, veal, lamb, mutton, pork, ham, fresh and salted fish bring infinite variety to the one-time plebian stew.

Dumplings add distinction to all stews, but particularly to veal stew. Lamb stew gains much from canned peas. A savory combination of onions, canned tomatoes and macaroni makes a stew made from remnants of cold roasts pleasantly appetizing. Carrots provide color when other means of garnishing are not at hand. A few mushrooms give the final touch to any stew that makes a real feast out of plain fare.

The following recipe for veal stew and dumplings is not extravagant in ingredients but is delicious.

* * *

Veal Stew

One and one-half pounds lean veal, 2 medium sized potatoes, 1 cup small whole mushrooms, 1-2 cup sweet green peppers cut in shreds, 2 teaspoons salt, 1 small onion, 1-4 teaspoon pepper, 1-4 teaspoon celery salt, flour, drippings, 2 cups boiling water.

Pare potatoes and cut in quarters. Cut veal into small pieces and roll them in flour. Melt drippings in stewing kettle and add prepared meat, potatoes, pepper, mushrooms and onion finely minced. Brown over the fire, shaking the kettle to brown all sides. Add salt, pepper and celery salt and cook a few minutes longer. The thorough browning at this stage of the cooking insures a deliciously brown finished stew. Add boiling water, cover closely and simmer for two hours. When ready to serve, stir in 1 tablespoon flour stirred to a perfectly smooth creamy consistency with 2 tablespoons cold water. Cook five minutes and serve in a deep platter garnished with parsley and surrounded with dumplings.

* * *

Dumplings

One and one-half cups flour, 2 teaspoons baking powder, 1-2 teaspoon salt, about 3-4 cup top milk.

Mix and sift flour, salt and baking powder. Add milk slowly, cutting it in with a knife. Drop from tip of spoon into boiling stew. Cover closely and cook twelve minutes. The dumpling cooks in the steam and the cover must not be lifted until they are done. Remove to a hot platter and keep warm while making gravy.

OFFICE CAT

TRADE MARK REG.

By Junius

Christmas is just 'round the corner! We like to think that the spirit of Christmas is the spirit of every day in our efforts to amuse our readers.

* * *

Helen: "What's a Grecian urn?"

Charice: "Oh, about $25 a week unless he owns a restaurant."

* * *

Woman may be less efficient than a man, but she can dress without fastening 22 buttons.

* * *

Every woman has a secret desire to write—checks.

* * *

The world was made in seven days—you see, it wasn't necessary to offer a prize for the best plan.

* * *

R. W. T. "Your son is pursuing his studies at college, isn't he?"

H. W. S. "I guess so, he's always behind."

USED CARS
With an OK that counts
Larison Chevrolet Company
Used Car Lot — Phone Main 508
407 Fir St.

Weatherstrips
Numetal Weatherstrips will keep out the drafts. Install NUMETAL on the winodw in your home that lets in the biggest draft, and see what a wonderful difference it makes.
Van Petten Lumber Co.
"Good Service Quick"
Phone Main 733

WISDOM

Wisdom demands that you secure the services of expert morticians who know the science and ethics of their profession and who have demonstrated their capacity and ability.
We Understand
Snodgrass & Zimmerman
Phone Main 62

Used Cars
PERKINS MOTOR CO
Main 500 — 4th and Adams

Professional Directory

This directory is especially handy for the newcomer or for the out-of-town reader who may want the name and address of some professional man. It has been carefully prepared and will prove to be a ready aid to any reader in obtaining prompt professional service.

Classified for Quick Reference

Physicians & Surgeons

A. L. RICHARDSON, M. D.
Physician and Surgeon.
Office over Glass Drugs. Office phone, Main 15; residence phone, Main 55.

J. A. WONDERLICK, M. D.
Physician and Surgeon
Office and Hospital over the Tiffin
Tel. Main 673

LEE R. BOUYT, M. D.
LEWA WILKES, M. D.
Practice limited to diseases of the Eye, Ear, Nose and Throat
New Foley Building — Telephone Main 16

IDA McMEEKIN
Teacher of
The Barbergeux System
Voice—Dramatics
Melville Apts. — Ph. Main 741

Osteopathic Physicians

J. L. INGLE, D. O.
MARGARET INGLE, D. O.
General practice and the "Post SYSTEM" for fallen arches.
Sommer Building — Telephone Main 196

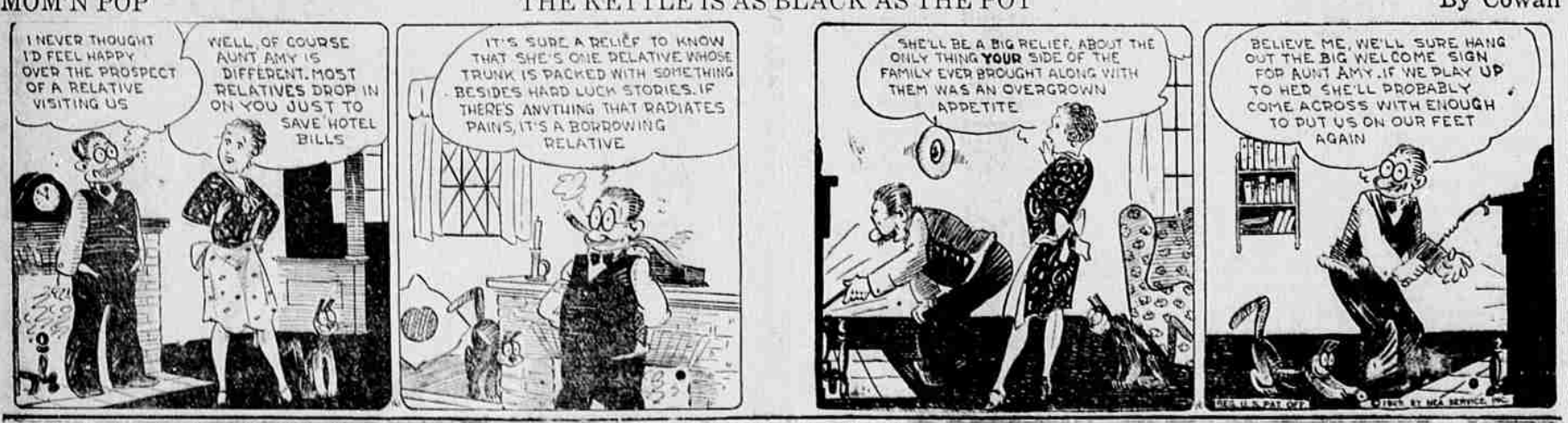
Astrologer
MRS. FREDERICK BALMES
301 N Ave., La Grande, Ore.
Readings daily.
Readings by Mail a Specialty

STAGES LEAVE
From Corner of Elm and Jefferson
Wallowa Valley Coaches
Leave—
La Grande for Joseph 8:45 a. m., 4:00 p. m.
Makes All Main Line Connections.
For information call MAIN 799.
Buy Round-Trip Tickets and Save
Good for 60 Days.

MOM'N POP

THE KETTLE IS AS BLACK AS THE POT

By Cowan



FRECKLES AND HIS FRIENDS

NEW KIND OF HAT!

By Blosser