

SOCIETY NEWS

SOCIETY "DEADLINE." Social news, in order to appear in the society columns, must be in the hands of the society editor each morning before 10 o'clock...

Bridge-Luncheon Enjoyed Yesterday

At a delightful bridge-luncheon, Mrs. Otis Palmer was hostess to her club yesterday afternoon at her home. Potted plants formed an attractive decoration.

P. E. O. Celebrates Day With Luncheon

Celebrating Founders day, members of P. E. O. enjoyed a charming luncheon yesterday at the La Grande hotel. A delightful program supervised by Mrs. H. S. Brown was presented.

Me-Way-A-Tum Club Entertained

The Me-Way-A-Tum club met yesterday afternoon at the home of Mrs. H. W. Peobler when two tables of bridge were enjoyed.

Lodge Plans For Program for 1930

The Women of Mooseheart Legion met in regular session last evening at the Moose temple, with the new officers in charge. Plans for this year's work were discussed and arranged.

Episcopal Guild Honors Mrs. Polack

Among other affairs for which she has been the inspiration, Mrs. Anna Polack who will make her future home in California, was complimented last evening by the St. Peter's Episcopal Guild when it entertained in her honor at the home of Mrs. J. A. Russell.

Missionary Play Entertains Group

About 20 members were in attendance at the meeting of the Baptist Ladies Missionary society yesterday afternoon in the parsonage when an entertaining missionary play was presented.

Announcements

Announcements must be in the hands of the society editor not later than 10 a. m. in order to appear on the society page.

MENUS

By Sister Mary Old-world housekeepers have recipes and ways of doing things that we who strive for efficiency and economy might well copy.

MEASURES

The Parkdale club will meet Wednesday, Jan. 22 at the home of Mrs. Victor Eckley with Mrs. Frank Oweley acting.

MEASURES

Monday evening in the gold room of the La Grande hotel, the Neighborhood Literature club will meet when Mrs. R. S. Fleming will give a review of Southey's "Life of Lord Nelson."



ONCE UPON A TIME Harrison Williams, called the greatest present-day power in the utilities world, whose fortune is estimated at \$50,000,000, was a failure as a bicycle manufacturer in Elyria, O. That was 25 years ago.

stantial part of the family meal. The dumplings or "quenelles" the French and English put in their soups have great food value and are very different from our own sort of really forcemeat mixtures poached in hot soup and are made large or small according to the mission of the dish.

Liver Balls made quite good sized and poached in beef stock would be ideal for the children's luncheon, needing little more than shredded lettuce or cabbage and a simple fruit dessert to complete the meal.

One-half pound veal liver, 2 eggs, 1 cup dried bread crumbs, 1 tablespoon flour, 1-2 teaspoon salt, 1-4 teaspoon nutmeg, 1-8 teaspoon pepper, few gratings lemon rind.

Parboil liver in boiling water. Put through fine knife of food chopper. Add bread crumbs, flour and seasonings. Mix well and add eggs well beaten. If not moist enough to hold together, add a little milk. Drop from top of spoon into boiling stock. Cover and simmer 20 minutes. Vigorously hollow when the balls are first put in night break them. Serve in plates of soup.

The steak should be well seasoned and strained through cheese cloth. If cooled and with fat removed the dish is more attractive. When wanted, it must be reheated and brought to the boiling point before the quenelles can be added.

CRICKET FLAT

By Lois Witherspoon (Home Correspondent) "CRICKET FLAT" (Special)—The Rev. and Mrs. B. Gervais were Sunday visitors at the home of Mr. and Mrs. Louisa Boem.

Mr. and Mrs. Homer Bechtel and daughter, Clarice, Mr. and Mrs. Charlie Johnson and son, Wayne, Mr. and Mrs. Jay Johnson and daughter, Geneva, all of Willowa, were visitors at the home of Mr. and Mrs. E. W. Witty Wednesday.

T. E. Parks, of Medford, arrived in Elgin Saturday to visit for a few days. He was a visitor at the home of Mr. and Mrs. J. E. Witherspoon Monday.

Mr. and Mrs. Emil Miller and Mrs. M. E. Breen visited Mrs. Jonathan Greene, who is at the Grande Ronde hospital receiving medical treatment, Wednesday.

Elmer Scott visited at the home of Mr. and Mrs. J. E. Witherspoon Sunday.

Mr. and Mrs. Raymond Waelty and daughter, Zetta, and Davy Buckner visited Mrs. Waelty's father, Mr. Buckner, of Island City, Sunday.

Mr. and Mrs. Clarence Witty and children, of Willowa, were visitors at the home of Mr. and Mrs. J. E. Witherspoon Thursday.

Mr. and Mrs. Joe Bechtel and daughter, Dorothea Lea, Mr. and Mrs. Everett Bechtel were visitors at the home of Mr. and Mrs. J. E. Witherspoon Monday.

at the home of Mrs. Phyllo Bechtel Sunday. Mrs. Jonathan Greene received serving the dinner. This plan has when the car in which she was riding overturned on the highway about two and a half miles from Elgin Sunday afternoon.

Cricket Flat grange held its regular meeting Saturday. There was a large crowd present and a very interesting meeting was held. The lecturer was not present so there was no literary program outlined.

The Presbyterian Christian Endeavor society gave a party at the church Friday evening. Refreshments were served. Those present were Misses Loretta Cason, Geneva Crum, Dorothy Gettings, Joyce Williams, Bernice Bunnard, Annabelle Terpany, LaRosa Harris, Marie Harris, Avera Stewart, Lorraine Thompson, Wilona Stewart, Lois Witherspoon and Messrs. Ralph Cummins, Ronald Seebus, Dick Adams, August Cummins, Perry Witherspoon, Roy McCall, Roy Scott and the Rev. Mr. Williams.

Ill Fortune And Mystery Dog Them GRANTS PASS, Ore., (AP)—Mystery and ill fortune seem to be dogging the steps of the L. E. McDaniels family here.

Jack McDaniels, a son, who went to Casper, Wyoming, to fill an engagement to sing over the radio, was found unconscious on the doorsteps of the Casper hospital. Two weeks later he had not regained consciousness enough to tell his parents what became of his money and watch.

Dashing to his bedside his father ran into a heavy snowstorm and had to desert his automobile. Before the father could return home with the unconscious youth word was received from another son aboard the airplane tender Saratoga that he was being taken to a hospital. The message came sharply on the heels of word that two had been killed in a fire on the ship. The message contained no other additional information.

Whitman Defeats Puget Sound, 55-33 TACOMA, Jan. 18 (AP)—Whitman college basketball quintet made it two straight over College of Puget Sound, taking the second game of the series, 55 to 33, here last night.

Dick Shikat Wins From Kirilenko ST. LOUIS, Jan. 18 (AP)—Dick Shikat, recognized in several states as a heavyweight wrestling champion, tossed Matros Kirilenko, Russian threat, in 52 minutes in the main event of a wrestling card here last night.

Grants Pass In City Water Fight GRANTS PASS, Ore., (AP)—Grants Pass' fight for adequate water facilities, which started here 18 years ago, will enter another angle at a public hearing to be held here by the state utilities commission February 6.

Pleads Guilty To Larceny of \$1227 SALEM, Ore., Jan. 18 (AP)—Felix A. English, until recently employed in the office of the secretary of state, pleaded guilty in circuit court yesterday to the larceny of \$1227 in state funds.

Health Talks WHAT'S A CALORY? The Latin term for heat is calor. A calory (sometimes written calories) is a unit of heat.

Mooring Mast on Tallest Building Newest architectural mammoth on the Manhattan skyline, the 1100-foot Empire State Building—to be tallest and largest in the world—is shown above in an architect's drawing. The huge skyscraper is now under construction.

SEATTLE, Wash., Jan. 18 (AP)—Portland and Vancouver still were deadlocked for first place in the Pacific coast ice hockey league today as the result of the Buckaroos 1 to 0 victory over Seattle here last night and the Lions' 4 to 3 win over Victoria at Vancouver.

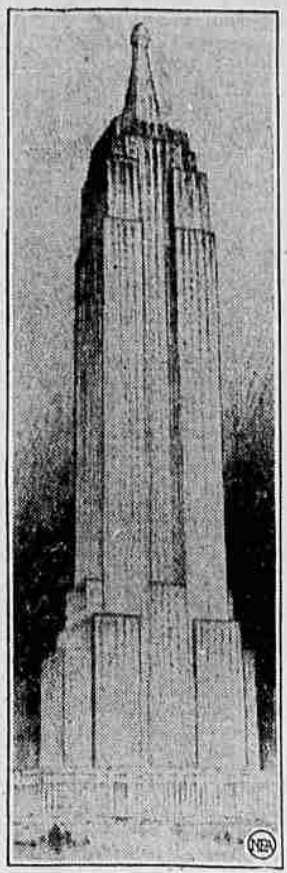
OFFICE CAT By Junius Freddie, four, was out walking with his mother when for the first time he saw a woman wearing a well. He looked at her with curiosity. "Then he asked: 'Mummy, how does she get her food thru the wire netting?'"

Blue Monday is usually caused by making Sunday a red letter day for eating and sleeping. An authority says that the average speed of wild ducks and geese is about forty miles an hour. Try to shoot one and you will decide they are going not less than a mile a minute.

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Calories are units extensively used in the science of thermodynamics, a science mainly concerned with the mechanical effects and relations of heat.

To us, however, calories are of interest in relation to diet although strictly speaking, diet may be considered as that special branch of thermodynamics which deals with the heat and energy changes taking place in a special type of machine, the human body, through the burning up of the body's fuel, food.

The expression 'caloric feeding' has become common. It means the measuring of diet in terms of the number of heat units, or calories, which the type and mass of foods eaten represent.

Practically, too, that slice of bread eaten by the individual will, when burnt in his body, make available to him an amount of energy equal to 100 calories.

Work, too, may be measured in terms of calories. Hence, knowing the average amount of work done, in terms of calories, we can calculate the average daily diet in terms of calories and provide that the two should balance.

Life and health are safeguarded in this way. The body's energy output and energy intake, the first in the form of foods, can be made to match.

On this basis it has been calculated that a man doing hard muscular work needs 4,200 calories per day. One doing light muscular work needs only 3,400. The man doing no muscular work gets along best on a daily diet of about 2,500 calories.

REASONABLE MEDALLION The newest in Dinnerware. You will be delighted with it for the following reasons: Rich deep cream body. Modern new shape. Platinum Handles and Lininr. Soft Green and Rose Color scheme.

Guaranteed against crazing. Reasonable price. Just think over these points and you will want to see "Medallion" before choosing a dinnerware pattern and remember, introductory sets at \$16.55 at Richardson's Art & Gift Shop, La Grande's Store of beautiful new dinnerware and glassware, 1-13-15.

NOTICE OF BOND SALE NOTICE IS HEREBY GIVEN that sealed bids will be received at the hour of 7:30 o'clock p. m. on the 29th day of January, 1930, before choosing a dinnerware pattern and remember, introductory sets at \$16.55 at Richardson's Art & Gift Shop, La Grande's Store of beautiful new dinnerware and glassware, 1-13-15.

ALL BIDS MUST BE UNCONDITIONAL and accompanied by a certified check for five hundred dollars (\$500).

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PUTMAN'S La Grande's Exclusive Ready-to-Wear and Millinery

HAVE YOU SEEN IT? Have you seen Medallion Dinnerware. See the window display this week at Richardson's Art & Gift Shop. You will enjoy it. 1-13-15.

MRS. HOUSEWIFE Why suffer with the cold weather on washday when we will do your washing at these very low prices. We have two kinds of service: Rough Dry With the flat work ironed, the wearing apparel dried and also the pieces starched that need it, lb. 9c Minimum Bundle 75c

Economy Family Wash. Flat work ironed, wearing apparel dried and no starch, lb. 7c Minimum Bundle 50c

Modern Laundry Phone Main 77

UTAH ABERDEEN COAL Is the Coal to Burn Nut size \$12.00 per ton Stove size \$13.25 per ton Lump size \$13.75 per ton Sawyer-Holmes Mercantile Co. Phone Main 17

SAFE INVESTMENT. 6% for the Thrifty \$1 STARTS AN ACCOUNT. We furnish a pocket or shelf bank to accumulate your change Guardian Building & Loan Ass'n. of Portland, Oregon La Grande Branch La Grande National Bank Bldg.

Entertain Bridge Club Friday At Heughan Home

At a charming afternoon of bridge, Mrs. William Heughan entertained the Afternoon club at her home yesterday with three tables of play.

Educational Club Elects Officers

Election of officers was held last night at the meeting of the Educational club of the Eastern Oregon Normal school, in the school building. Mr. Miller and Mr. Maibler are faculty advisors for the group.

Edna Williamson was chosen president; Elsie Yeck, vice president; Emily Doust, secretary-treasurer; Evelyn Kraiman, Nell Park and Ethel Swift, executive committee members.

New State THEATRE

Last Time Today



TIFFANY-STAHLL presents PAINTED FACES

A Clown's Vengeance! Thrills Stirred with Laughs and Sobs in a Drama of the Heartache Behind a Painted Smile.

JOE E. BROWN Helen Foster Barton Hepburn Dorothy Gulliver

All-Talking BIG SHOW Starting SUNDAY

MADAME X ALL-TALKING

STEVENSON ENGELEN CO. STORES Seamless All Wool Socks Heavy Weight 3 Pair \$1.00