the same form the patient has lit-

A Nourishing Descert. The dessert made with milk and eggs adds quite as much nourishment to the meal as the "main dish," although the dessert should

always be very dainty and appo-

Never serve a sick person anything that is not perfect in its way, If the custard is over-baked and seems watery don't serve it. Let some well member of the family eat it to "save it." but prepare a fresh one for the invalid.

Use the atmost care in flavoring. Too sweet or too highly thayored descrits will not please an invalid whose sensibilities are unusually acute in every respect.

Custards, junkers, jellied fruits, baked and stewed fruits, 'note ice creams and ices are a.* good descrits for invalids. Prun soutfie is an excellent dessert for the

is an excellent dessert for the

Prime Souffle
The following rule is for an individual partien:

One egg white, 4 tablespoons mashed stewed primes, 1 table-spoon sugar, few grains salt, few grains cream of tartar, 1-8 tea-

winter invalid.

SOCIETY "DEADLINE."
Social news, in order to appear in the society columns, must be in the hands of the society editor cach morning be or 9:30 o'clock, in order to allow for preparation so that it may reach the composing room by 10 o'clock. It is requested that people call as soon after 8 o'clock as possible. The society page is "made up" in the morning, and in order to 20 to press in time in order to go to press in time to catch early afternoon stages that carry the papers to nearby towns, it is necessary to avoid towns, it is any delays.

Club Women Of City Interested In Conference,

Of special interest to club wa-Of special interest to club we men of La Grande and of Union 100 p, m.—Books for children, Gold

100 p, m.—Books for children, Gold

100 p, m.—Problems of child controlled there Tuesday and Wedness to lay of next week at the La Grande hotel. This conference is arranged each year by the agricular tenumittee of the Union county of men were considered to the Commerce.

Also rece Johnson, professors of the Commerce of the Commerce

A. Grace Johnson, professors of household administration, school of home economies, O. S. C. will be specifial visitors to La Grande and while prominent in the conference work. Mrs. Walter M. Pierce will

Mombers of the Art Research

10% of all coughs are caused by ar irritated throat; consequently for most coughs too there is nothing better than this famous prescrip-tion—it goes direct to the internal

The remarkable thing about Thoxine is that while it relieves almost instantly, it gentains nothing harmfal, is pleasant tasting and safe for the whole family. Ask for Thoxine 35c, 60c, and \$1.09 bottonic structures of the brides parents for a while before moving to a home of the brides parents for a while before moving to a home of the brides parents.

STATE THEATRE

LAST TIMES TODAY



STARTING WEDNESDAY





Tuesday:

10:20 a. m. — Management of family finances by A. Grace Johnson, professor of household administration, school of home econom—

The total value of the gold, silve

Miss Turner And

their own.

Collegians From La Grande Active

At the Kwama tea given last week at the University of Oregon honoring all freshman women in the alumni hall of the Gerlinger building, two sophomores from La Grande took active part. They are Miss Anne Stange and Miss Lois the program.

It is appear on the society page.

Hope chapter No. 13, of the Oregon and these heavity concoccions for everyday fave, overly fave overly fav Grande took active part. They are Rainbow Girls Miss Anne Stange and Miss Lois the program. Nelson, who are both prominent in

ampus events. campus events.
Freshmen of the University gave
their first dance Saturday evening,
January 15 in McArthur and the
committees on arrangements enthusiastically prepared for this socini event.

Miss Jane Stange, La Grande girl, was chairman of the patrons and patronesses committee and an-nounced the following to be in-cluded in the list:

cluded in the list:
Governor and Mrs. A. L. Norblad,
President and Mrs. Arnold Hennett
Hall, Vice President and Mrs. Burt
Brown Barker.
Johnny Robinson's (also of La

Grande) Varsity Vagabonds fur-nished the muss: for the dancing, Thirgiars stole thousand of dol-lars worth of radio sets in a raid on a factory the other day. There is some consolation in that, how-

ver; probably people would have ought them and tuned in.

Still More Millions Treat Colds Direct

Round-About Method of "Dosing" Gives Way to Modern Vaporizing Salve

More and more people each year are giving up the slow, indirect way of treating colds by "dosing" with internal medicines, and are adopting the modern DIRECT treatment—Vicks VapoRub.
Vicks goes DIRECT to the affected parts and checks the cold in two ways—its medicated vapors, released by the heat of the body, are inhaled direct to the inflamed airpassages; at the same time it gots direct through the skin like a poultice or plaster, "drawing out"

direct through the skin like a poultice or plaster, "drawing out"
tightness and soreness.

Vicks is especially appreciated by
mothers because it is just rubbed
on, and therefore, cannot upper
children's delicate stomachs as
"dosing" is so apt to do. Today the
whole trend of medical practice is
away from needless "dosing."

To keep pace with the evergrowing demand, the fumous slogan, "17 Million Jars Used Yearly."

growing demand, the Lindon sort an, "17 Million Jars Used Yearly," was raised to "21 Million" a shor-time ago. This figure too has been outgrown, as there are now "Over 26 Million Jars Used Yearly" — 1 states. —Adv

MORE VALUABLE MINERALS MINED

with the assistance of Dean Ava B. Output of Gold, Silver, Copper and Lead \$529,-

PORTLAND, Ore. (Special)
The total value of the gold, silver, copper, and lead produced from ore sold or treated in Oregon in 1828 copper, and lead produced from ore sold or treated in Oregon in 1929 and women, by Mrs. Waiter M. Pierce, 1130 p. m.—The home maker and to preliminary figures prepared by her job, Miss A. Grace Johnson.

1230 p. m.—What the child can contribute in the home, by Mrs. Vera H. Brandon, professor of home-hold administration, school or nome economics.

1030 a. m.—Problems in child behavior, by Mrs. Vera H. Brandon resulted from fewer mines behavior, by Mrs. Vera H. Brans- of commerce. There were increases to the output and value of all metalousehold administration, school or none economics. behavior, by Mrs. Vera H. Brandon, professor of household administration, school of home economies,

11:15 a. m.—The child in the
home of today, Mrs. Vera H. Brandon.

rt Research Club

Studying Japanese

The Superior Leasing three deedges by the Superior Leasing to in Baker county, making three deedges that worked in the state in 1929. These, together with one Studying Japanese

Studying Japanese

Studying Japanese

Copper J. Dell Burk Wed increased from \$58,463 pounds in 1828 to about 710,000 pounds in 1828 to about 710,000 pounds in 1829 and the value from \$5),618 to each the same of an animal's front and in Boughas and Josephine counties for 1930 and Josephine counties were the chief source of the coppaying the same of the coppaging the coppaging the same of the coppaging the same of the coppaging the cop At a quiet wedding ceremony 1525 and the value from \$55,618 to about 710,000 pounds in 1520 and the value from \$55,618 to about \$127,000. Copper ores mined to step coughs and refleve sore throats in 15 minutes or your money will be refunded. Singers and speakers and Mrs. 1t. H. Turner and J. Delt Burk, son of Mr. and Mrs. James 10th Thoxine, very gehalife.

The remarkable thing about Thoxine is that while it refleves almost instantly, it contains nothing the second state of the sec latter part of the year, Increases

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.

'Trigger Woman'





Studying Japanese by the special visitors to La Grande and the problem of the composition of the companion o

MENUS

Nearly every home-maker learns, in time, how difficult it is to enter to an invalid or convales cent who cannot have the food that is prepared for the family. Desperts such as pastries and hot puddings have no place on the sick-room tray, but during the winter months many families de-

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1525 Jefferson St.

dainties should not be considered wasted effort. Variety and the clement of sur-prise are highly important. Meak findes are vertable cases in the monotony of the invalid's day, but if eggs and toost always appear to End of Month Sale

BRINGS FURTHER PRICE REDUCTIONS ON

Dresses Coats Hats

Never before have we offered such values as these-Dresses, individual in style, of flat crepe, georgette, and satin, for stout and afternoon wear, variety of colors to select from. Values to \$25.00 now -\$12.50.

All remaining coats 1/2 price and less. Hats repriced to move them quickly-1.00, 1.95, 2.95.

PUTMAN'S

speen Yanilla.

Wash S or 10 princes and sork
in cold water for 3 or 4 hours.
Cook in the same water until soft.
Remove stones and rub through a
sleve. Add sugar.

Heat white of egg until stiff, into a lightly lattered ensignd cup a moderate oven. S
adding sait, cream of tartar and or small mold. But into a pan'x f
wanilla. Fold in prunes and turn hot water and bake 25 minutes in made with yolk of egg.



It's toasted"

moves impurities but adds to the

flavor and improves the taste.

*Be Moderate! . . . Don't jeopardize the modern form by drastic diets, harmful reducing girdles, fake reducing tablets or other quack "anti-fat" remedies condemned by the Medical profession! Millions of dollars each year are wasted on these ridiculous and dangerous nostrums. Be Sensible! Be Moderate! We do not represent that smoking Lucky Strike Cigarettes will bring modern figures or cause the reduction of flesh. We do declare that when tempted to do yourself too well, if you will "Reach for a Lucky" instead, you will thus avoid over-indulgence in things that cause excess weight and, by avoiding over-indulgence, maintain a modern, graceful form.

TUNE IN-The Lucky Strike Dance Orchestra, every Saturday night, over a coast-to-coast network of the N. B. C.

1930. The American Tobacco Co., Mfrs.