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FELLOWSHIP WITH GOD—Add it came to pass in those days, that Jesus went out into a mountain to pray, and continued all night in prayer to God.—Luke 6:12.

Abe Martin



"Why, if you dropped a lighted cigarette in here you'd burn up quickers," the Smith Brothers, said Eric Marshall Os Grub, in order to Elmer Small to move his tailor shop. Mrs. Leonard Parry's famous millinery, much is visiting here and he's as easy to approach as a whisky warehouse watchman.

Nichols, returning home Sunday. George Wilson is handling mail just to the Five Point station where he is helping Mr. Weimer put up his. Guy Thornburn and Frank Sanford made a business trip to La Grande Tuesday. Miss Martin dismissed her upper grade pupils two mornings so they could listen to the representatives of the Armament conference over the radio. The program came in loud and clear and could be easily understood.

MENUS

By Sister Mary
When strict economy must be practiced in planning meals, dried fruits will be found an ever present help.

Raisins are an excellent source of natural sugars, their sweetness decreasing the amount of sugar usually called for in a recipe. They add much to the diet in other ways, increasing the palatability of many plain dishes and furnishing food to a high degree. Their caloric value—being almost 100 calories per ounce—is important.

Try adding a few raisins to Hamburg steak. Chop the raisins finely and work well with the meat. The flavor of the dish is vastly improved. Although the protein content of raisins is much lower than that of beef, their iron content compares favorably and they are inexpensive and highly nutritious.

Raisins added to the sauce served with hot boiled beefs add nourishment. The small seedless raisins are delicious in either a lemon or orange sauce.

Seedless raisins sprinkled over a slice of ham while baking add much to the meat. Any boiled meat such as tongue, stuffed beef or liver is made more appetizing if served with a raisin sauce. Many plain puddings gain popularity if served with a raisin sauce.

Raisin Sauce for Meats.
Two tablespoons butter, 1-2 tablespoons flour, 1-2 cup seedless raisins, 1 tablespoon lemon juice, 1 cup stock or water, 1-2 teaspoon salt, 1-2 teaspoon paprika, 1-4 teaspoon nutmeg.

Melt butter, stir in flour and add raisins. When thoroughly blended stir in lemon juice and water. Season with salt, paprika and nutmeg and cook until thick and smooth, stirring constantly. Serve hot in a sauce boat or pour around meat.

Raisin Sauce for Puddings.
One cup raisins, 1-1/2 cups boiling water, 1-2 cup sugar, 2 tablespoons flour, 1 tablespoon butter, 2 tablespoons lemon juice, 1-2 teaspoon cinnamon.

Soak and chop raisins. Simmer in the boiling water for ten minutes. Add sugar and flour mixed and stirred. Add butter and bring to the boiling point, stirring constantly. Cook until thick. Remove from fire and stir in cinnamon and lemon juice. Serve warm.

Lightweights Fight Tonight
NEW YORK, Jan. 31 (AP)—Lightweights held sway in Madison Square Garden tonight as Al Singer, 125-pounder from the Bronx, takes on regional Stanislaus Savage of Chile in a ten round bout.

Noted by some critics as the man most likely to remove the light crown from Sammy Mandell's head Singer has been established a 2 to 1 favorite over Leary.

Confessing a Fault
None but the well-to-do man knows how to confess a fault or acknowledge himself in error.—Franklin.

Health Talks

DO CHILLS CAUSE COLDS?
It has been aptly said that it isn't the engine drivers and firemen of trains that catch colds, but the passengers in the stuffy carriages.

A common fallacy is that drafts and chilling are the specific causes of colds. Chills may lead to colds, but colds are caused by germs. Chilling the body tends to lower its resistance.

Microorganisms are always to be found in the nose and throat. Ordinarily they are inactive, or if active, the body's resistance is

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Pique-Waffle Cloth 49c yd. **Belmont Percales** 19c yd.

Sparkling new fabrics and patterns of materials that are the choice of leading designers for the spring season—guaranteed color fast.

36 inches wide this popular fabric will meet the most exacting need of a wash fabric in pattern as well as quality and guaranteed color fast.

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LET the Colonial Dames Specialist from Hollywood give you new and instructive **BEAUTY HINTS**

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PHONE MAIN 5

New SPRING Pictorial Review Patterns Are Now in.

Pictorial Review printed patterns are so easy to sew with — all numbered and explained — so that sewing is made simple for the home dress-maker.

Seven Smart New Styles in ENNA JETTICK SHOES Have Just Arrived

You need no longer be told that you have an expensive foot!

This jaunty strap style with dainty instep buckle and Cuban heel is featured in patent leather, black and brown kid at **\$6**

A host of compliments marks the economic conference this year as the best ever. The attendance was excellent and the program more specifically constructive than in any previous year. Those responsible for its success deserve much commendation.

Although the real purpose of the present London conference is to reach some agreement on competitive cruiser building, the attention given the subject of battleships is not wasted. If battleships could be scrapped for all time, we would save some forty-two million dollars a year in this country on operation alone. And then when these battleships are ditched for good we eliminate the necessity of building new ones at some future time—at a cost of a hundred million or more each. Let everybody agree to get rid of the battleship and then consider the cruiser. Maybe some day they'll get down to row boats—and no admiral would want to fight a war with such equipment.

Charles A. Lindbergh discusses air transport in the current issue of the Saturday Evening Post, saying that people should not think of air accidents when traveling by passenger plane any more than they think of the loss of fishing boats when they start across the Atlantic on the Leviathan. Maybe so, but the Colonel forgets that only the experienced ocean traveler boards a big liner with safety taken as a matter of course. People who have never been on a big boat and a big body of water imagine all kinds of possible disasters. And there are still to be found a few retiring souls who have never ridden in an automobile nor on a train—and who are quite frank in their fear of them. Air transport is growing and will continue to grow rapidly, but the increase comes only after those who have never "been up" conquer natural fear with an initial flight.

BRIDGES

Many civilizations, leaving behind bridges as lasting memorials, have gone down in history as bridge-builders. When the story of the present generation is written it may also claim the title.

Roman bridges were celebrated, even though many of their arched structures were aqueducts which would have fallen into ruins centuries ago had they been subjected to the pounding of traffic above and the rush of waters below. The spans of Venice and Paris, of the Incas and of Kashmir, have played their parts in art and literature as well as in transportation, world conquest and war.

Great has been the influence of bridges. The bridgeless Severn may have decided the fate of England in the days of Margaret of Anjou. What would have been the lot of Richmond in the Civil War had General McClellan found ampler crossings over the Chickahominy? At least one historian attributes the importance of London to the early construction of a bridge there.

America is the greatest of bridge-building nations, and this is the greatest bridge-building age in America. Under the impulse of growing highway traffic there has come a new era of bridge construction. Bigger and better spans are being dedicated almost every day. Within the last five years monumental bridges have spanned rivers and bays and have linked the United States with Canada and the mainland with outlying islands.

Against the modern American bridge cannot be brought the charge that it is for utility only. In a day's motor trip in almost any section of the country the tourist will be thrilled by one or more beautiful and imposing stone or concrete arches in alluring settings.

SEVEN ATTEND SCHOOL WITH REMAINDER ILL

By Verne Weimer (Observer Correspondent)
HILGARD, Ore., (Special)—School opened Monday morning with only seven pupils present. Mary and Nellie Thornburn, Howard Weimer, Gerald Santard, Gerald Foster, Donald and Eugene Patterson, Howard and Raymond Halnes, Harold and Thelma Wilson were absent on account of illness.

Young Ed Sattin, L. G. White and the business Mrs. Weimer was absent visiting and sewing. Lately the teachers were worried.

Mr. and Mrs. Wainack, of Mt. Emory camp returned recently from an extended trip, visiting in Chicago, Kansas City and Salt Lake. They say they are glad to be back. Mr. Wainack will continue his work at the camp at Baker.

Mr. and Mrs. Vern Thompson drove out from camp Sunday. They report they would be one for this time of year.

Mr. and Mrs. John Price and daughter, Louann, of La Grande were visiting in Hilgard Sunday.

Due to stud and some many sick have been called back to the high L. G. White. Those present were Mesdames Frank Sanford, Nancy Ferguson, J. R. Weimer, Fred Ross, W. S. Patterson, Guy Thornburn, L. Halnes spent Friday and Saturday S. Williams, Howard Street, P. Y. at the Deer Ridge ranch with the

adequate to keep them in check. When, however, the resistance is lowered, the germs may become aggressive, and disease follows.

Chilling lowers vitality by causing a contraction of the minute blood vessels, called capillaries, which cover the body surface, both inside and outside. There is usually a drop in body temperature.

It has been shown that during such periods there is an increase in the number of bacteria to be found on the tonsils, palate, and pharynx. Self or auto-infection follows.

Chilling affects people in various ways. It causes diarrhea in some; neuralgic or muscular pains in others. It may also lead to inflammation of the kidneys.

The dangers involved in sudden chills can, to an extent, be minimized by training the body to quickly respond to temperature changes. Cold baths help in this direction. However, the best safeguard against chills and colds is good personal hygiene.

What has been said of chills is equally true of drafts. While in themselves they are incapable of producing colds, they may predispose to or aggravate colds, especially in infants, the aged, and the feeble.

FUNERAL FOR JAMES R. FULP HELD AT COVE

By Mrs. A. G. Conklin (Observer Correspondent)
COVE, Ore., (Special)—Funeral services for the late James R. Fulp were to be held at the Methodist Episcopal church in Cove, at 1:30 today. There was a slight error in the account of his life published yesterday. He was born in Winton, La Fayette county, Wisconsin, June 1831, making him 78 years of age.

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