

SOCIETY NEWS

Mrs. Playle Is Hostess to Club Friday Afternoon

At a charming afternoon of bridge, Mrs. Audmer Playle was hostess to her afternoon club yesterday at her home. A bouquet of sweet peas and spring flowers were a decoration.

Mrs. William Houghan won high honors, with fourth award presented to Mrs. Leal Russell. Mrs. Doyle Zimmerman received great prize.

Dainty refreshments were served following cards.

Women to Observe Better Homes Week

To La Grande, Neighborhood club will meet in the La Grande hotel Tuesday afternoon, March 4 at 2 o'clock. "Art in the Garden" is the general subject to be given by Mrs. E. P. Mossman, program chairman for this session, which will be in observance of Better Homes week, and a forerunner of art week which is the first week in April.

Mrs. Mossman will show slides of homes and gardens in the state of Washington which are being sent by the Washington Federation of Women's clubs. These slides will be helpful to those on the flower show and highway beautification committees and of interest to the entire membership.

The national office of Better Homes in America in Washington, D. C. has announced that Miss Mary Jane Spurrin, of Portland, has been appointed chairman of the Oregon Better Homes committee. President Hoover is honorary chairman of the board of directors of the organization, headed by Dr. Hay Lyman Wilbur, secretary of the interior. The department is studying conditions and planning activities which will effect a wholesome type of home and community life. Under the direction of Dr. James Ford is conducting a nation-wide campaign of research and education.

The Oregon committee is attempting to adapt the national educational program to local needs. Members of the state committee are men and women of outstanding

Home Missionary Society In Meet

The Women's Home Missionary society of the Methodist Episcopal church met at the home of Mrs. A. Hinesdorf in the Danford apartments. The president, Mrs. Hekox, had charge of the meeting which was held Wednesday.

During a short business session, committees were appointed for the jubilee banquet to take place in March. Mrs. Pierson had the lesson topic, "Remaking the City."

Delicious refreshments were served during the close of the afternoon. The March meeting will be with Mrs. L. S. Hanford.

Benefit Party At C. L. Mackey Home

Last night at the home of Mrs. Claude Mackey, the Westway club of the W. R. A. held a benefit party with eleven tables at play. Decorations were carnations and potted plants.

Prizes were received by Mrs. Della Harnden, first; Mrs. W. C. Hoppel, second; Miss Gladys Owen, consolation. A dainty luncheon was served later in the evening.

Miss Edith Ebell Hostess at Bridge

At a delightful evening of bridge Miss Edith Ebell was hostess at her home last night, when two tables of cards were enjoyed. Miss Margaret Baker won the award for high tally. Consolation was presented to Miss Lucille Millerling. Dainty refreshments were served following bridge. Clusters of spring blossoms were attractively arranged.

Me-Way-a-Tum Club Is Entertained

Members of the Me-Way-a-Tum club were pleasant entertained at the home of Mrs. A. E. Proeber with three tables of bridge Thursday afternoon.

Mrs. Frank Poole was awarded high honors with second award presented to Mrs. Laurance Drum-

mond. Mrs. Harry Hansen received guest prize. Later in the afternoon a two-course luncheon was served.

Mrs. H. W. Proeber will be hostess to the club March 12.

Entertainment To Be Given In March

The Daughters of Union Veterans met last night in regular session at the Moose hall with Mrs. J. R. Rhodes presiding at the business meeting, when several topics were discussed and plans made for an entertainment to be given sometime in the latter part of March.

The next meeting will be March 14 at the Moose hall.

Mr. Walz Speaker At School Affair

An interesting and one of the most intellectual meetings of the Aekerman Training school yet to be held, took place Thursday night in the Eastern Oregon Normal school.

The Rev. J. George Walz spoke on "Homeship" illustrating his points with quotations from literature. Robert Kalkin spoke on the good influence on young people of the reading of biographies. His observations showed him to be a thoughtful reader of world affairs.

Mrs. Caroline Stevenson, teacher of the sixth grade in the training school, explained the purpose of the citizenship cards that will accompany the children's next report cards.

Miss Mary Vaughn Hendrickson gave three clever readings: "Encouragement" and "How March is This Breeze With" in Negro dialect and "Two Loves" in Italian dialect.

This is not mere academic distinction. It is essential to the understanding of the heart disease problem, and to its successful solution.

The principal causes of disease are and saving of lives.

of the heart are rheumatic fever, syphilis, and degeneration of the heart musculature and of the blood vessels.

These three groups of disease causation predominate respectively in three different age groups.

Rheumatic disease is responsible for most of the heart damage in young people.

Syphilis takes its toll from those of more mature years, while arteriosclerosis (hardening of the arteries) and the degenerative processes of the heart affect mainly those in the oldest age group.

Importance of the heart disease problem, however, cannot be completely measured in terms of deaths. Disability from an impaired heart that is the amount of sickness and invalidism which forecloses death is of great personal and social importance. And millions of the heart usually tend to cripple the sufferer for a long period, often reducing his productivity and placing upon him, his family, or the state, the heavy economic burdens of medical, nursing and hospital care.

In the United States it is estimated that two out of every hundred persons have heart disease. Three out of every hundred men drafted during the world war were rejected on account of heart disease.

More than 200,000 children of

school age are victims of heart disease.

Many cases of heart disease can be prevented. Most cases of heart disease can be so managed that the handicapped will have a prolonged life and usefulness, and be relieved from suffering.

BIG AND LITTLE TIGERS

It requires no extraordinary imagination to appreciate how a tiger might claw and bite a man and thereby injure or destroy him.

It is also fairly common knowledge that there are certain poisonous snakes whose venom, if injected into the human being, can severely injure and sometimes cause death.

It is, however, a great deal more difficult for the average person to appreciate how these infinitesimally small tigers and snakes, the pathogenic (disease-producing) bacteria, might do the same.

Their incredible smallness and the fact that the average person has never seen a germ, renders belief in their destructive powers difficult.

And yet, the fact that certain germs produce toxins which can severely injure the human body, and that there are germs which, though mouthless and toothless, may be as destructive as tigers, is daily demonstrated in clinics, hospitals and medical laboratories.

Germs cause diseases in a variety of ways. Their very presence in the human body can produce illness and particularly so when in addition they give off toxins; that is, poisonous substances.

The parallel drawn between the poisons (venoms) of snakes and the poisons (toxins) of germs, is a warranted one. Where science has a remedy for both these poisons, that is, an anti-venom or an antitoxin, they are produced in similar if not identical manners.

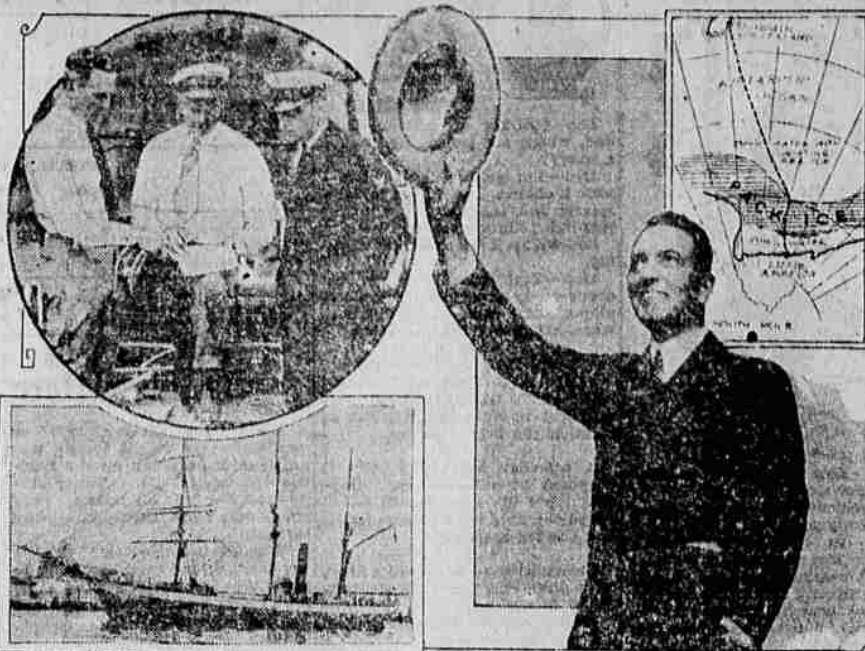
In each instance, the poisonous substance is secured from the snake or germ culture, is injected in minute quantities into susceptible animals, and the anti-substance, that is, the substance which acts in a fashion to prevent the poison from completing its destruction in the animal's body, is withdrawn from the blood of the laboratory animal.

There are, of course, some people with whom certain foods "don't agree." When this is discovered, it is well to avoid those foods.

The "Acid Paradox"

One fallacy that is quite commonly encountered is the one that acid foods produce acidity in the system. The taste of food is no

BYRD HOMEWARD BOUND FROM SOUTH POLE



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PUTMAN'S

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guide to its final reaction in the body, for it is only after the system has made use of its fuel that the nature of the ash can be determined. Some foods, after being digested and utilized by the body, have an acid reaction in the blood and others an alkaline reaction. Although lemons and oranges are acid foods, they have an alkaline reaction, while meat, eggs, and grain products have an acid reaction.

In order to maintain a balanced diet, it is important that foods having an acid reaction are adequately offset by those having an alkaline reaction. Generally speaking, fruits and vegetables leave an alkaline ash. Breadstuffs and all cereals, meat, fish, eggs, wheat and peanuts, leave an acid ash.

A Milk Benefit

Milk leaves an alkaline ash, so when plenty of milk is used with a cereal, the acid reaction is balanced by the alkaline reaction. It's rather interesting to know that among the "miscellaneous" foods, almonds, chestnuts, coconuts, molasses and mushrooms have an alkaline reaction.

Both flavor and food values may be lost by careless cooking, so that only a knowledge of the foods necessary for daily meals but ability to apply the knowledge is essential.

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METRO'S LATEST MOVIE TONE NEWS

Health Talks

HEART TROUBLES

Heart disease is the leading cause of death in the United States. And yet this is not a single disease. In this grouping are included several disease-producing agents affecting the single organ.

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More than 200,000 children of

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HE was a good man, a generous man, but he pinch pennied on shoes. He tried them all; \$5 shoes, \$6 shoes, \$8 shoes, \$10 shoes. But he never found one that fit his foot or suited his taste.

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The Spring Nettletons have arrived.

Trotter's

QUALITY CLOTHING SHOP

Spending Greater Sum on Building Work This Year

WASHINGTON, Mar. 1 (AP)—Matthew S. Sloan, chairman of the special committee on expedition of public utility construction to assist employment, reported to President Hoover Friday that a recent canvass showed that expenditures for new construction and expansion during 1929 will exceed \$1,000,000,000.

"Information completed yesterday," Sloan reported, "indicates that the total expenditures for new construction already made this

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