

# HENRY FORD HITS AT RAILWAY RATES

### Leave Prohibition Alone and Do Something Constructive, is His Idea.

By BEN SAPPER  
(Associated Press Staff Writer)  
FORT MYERS, Fla., March 6.—If Congress wishes to do constructive work, let its members leave the prohibition law alone—that is the conviction of Henry Ford.

Mr. Ford's impression and the suggestion are founded on "many months' study of the rate situation. He made his ideas known during an interview as he sat in a comfortable chair in the tiny office building at his Fort Myers winter estate.

"Rates are too high everywhere," he said. "Railroad officials every so often appear with a plan that they are entitled to fair return on their investment. I believe that the present rate structure gives the carriers a handsome, but none the less unjust and exorbitant profit."

"Invoys of trucks everywhere are beating down the railroads, because of cheaper carrying rates."

Mr. Ford commented upon the fact that automobiles manufactured by his company are being delivered in Florida and in Michigan by truck because, he said, of a saving in comparison with railroad rates.

"Can you explain why rates on fruit are higher from Florida than from California, as far as most markets of the country are concerned?" he was asked.

"No more than I can explain why they are high on everything else. It looks, however, like something has been levied against Florida all the way through."

"Do you have any idea why a number of Florida banks closed their doors during the summer?"

"No, but it might have been because of railroad rates. I don't know much about banks and would not like to say definitely."

Mr. Ford spoke from personal experience as far as operation of common carriers is concerned. The company recently owned a railroad.

"The automobile builder was emphatic in expressing his belief that structure of the present prohibition law is satisfactory."

"So is the enforcement of the law," came an afterthought.

"We've had no trouble from drunkenness in our plant at Dearborn and we're right on the border," he pointed out.

The seller and the buyer of illicit liquor should be punished, Mr. Ford believes, inasmuch as he sees one as guilty of violation of the law as the other.

"It won't do any good to stir up

the present situation," he responded. In answer to a question as to his opinion of recent conferences at Washington, and in other cities on the subject.

"If they stir it up they'll only get in trouble."

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## MENUS

**IS SISTER MARY**  
The effect of cooking on vegetables has been thoroughly studied by a number of investigators in nutrition and the results are definite and of much value to housekeepers.

The method of cooking, the amount of surface exposed during cooking, the care observed in cooking and serving and the manner in which vegetables are cut or cooked, as well as the amount of water used, have much to do with the loss of flavor, minerals and food value in the cooking of vegetables.

It has been found that the mineral loss for vegetables classed among "roots and tubers" is less than for those known as "stems and leaves." Cabbage, celery, beet greens and onions are the heaviest losers of minerals during cooking. While spinach loses none of its calcium, it does lose much of its iron content unless properly cooked. Practically all the minerals lost from vegetables remains in the water in which they were cooked.

**How To Preserve Minerals**  
Baking is the best method of cooking to preserve all the minerals. Next comes steaming or pressure cooking. The method which takes the skill of the cook is the one of cooking in as small amount of water as is possible to prevent burning until the vegetable is tender and letting the water cook away until only enough is left to moisten the vegetable for serving. This method closely parallels steaming, for most of the extracted nutrients cling to the vegetable.

Both flavor and mineral content are retained if vegetables are cooked whole and in the "jerk-

**Vegetables Mustn't Soak**  
If vegetables are allowed to "soak" in water for some time before cooking, both flavor and minerals are lost. Putting vegetables on to cook in cold water also is detrimental.

The custom of adding soda to preserve the color of vegetables is not wise, for its presence has a destructive effect on the vitamins—particularly vitamin C—and it tends to break the cells of vegetables, making them mushy and causing loss of food value.

A campaign to popularize the potato is under way. We offer, free of charge, the slogan, "The Eyes Have It."

Health is wealth, but it pays no dividends to the family doctor.

## FIND IT HERE

Copy for this column must be in U. S. M.

**Rummage and White Elephant Sale.** Store room La Grande Hotel, Friday and Saturday. 3-5-31

Mar. 10 last day to pay your water rent without a penalty. 3-6-31

**DANCE DANCE DANCE**  
at Zuber hall every Saturday. Special attraction this Saturday, Miss La Rue, violinist, being featured. Don't miss this. 3-7-21

**Stitching, pleating, button holes, etc.** Norton's Kiddy Shop. Adv.

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La Grande Lodge No. 11, A. F. & A. M. Regular Communication this Friday, Work in F. C. degree. By order W. M. 3-6-31

O. W. WARNOCK, Sec.

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**CARD OF THANKS**  
We wish to thank the Moose lodge, and the many friends for their help and kindness during the sickness of our departed father, son and brother, James H. See. We are also thankful for the many floral offerings during both his sickness and death.  
E. R. SEE,  
H. V. SEE,  
REN E. SEE and Family. 3-7-11p

**AN ANNOUNCEMENT**  
This year, as never before, there will be a demand for new and different things in the way of Christmas cards. Richardson's Art & Gift Shop has just received the most distinctive and unusual Personal Engraved Line in America, as well as one of the new Imported English lines. The samples will be in by the first of June and will have cards of every price and style to suit your wishes in Christmas Cards this year. You will enjoy seeing these new lines before you select your cards for the coming Christmas. When you think of your Christmas Cards think of Richardson's Art & Gift Shop. 3-6-11

**LADIES' HATS**  
Why throw away the last year's hat because it is faded or because the color does not match the new dress. Take it to Richardson's Art & Gift Shop where it will be made over for you like new, in any color and at a small cost. 3-7-11

**NOTICE OF SHERIFF'S SALE**  
NOTICE IS HEREBY GIVEN, That under and by virtue of a Writ of Execution and Order of Sale, duly and regularly issued out of the Circuit Court of the State of Oregon for Union County, by the Clerk of said Court, and directed to me as Sheriff, on the 27th day of February, 1929, in that certain suit in said Circuit Court, wherein BAKER FINANCE COMPANY, a corporation, was plaintiff and G. S. LEVY and GERTRUDE LEVY were defendants, and which execution and order of sale directed me as Sheriff to satisfy a deficiency judgment in favor of said plaintiff and against said defendants, and each thereof in the amount of \$2,788.21 with interest thereon at the rate of 8% per annum from February 13, 1929, together with accruing costs, which deficiency judgment arises out of a certain judgment duly given, made and entered by the said Court on the 6th day of February, 1929.

NOW THEREFORE, in pursuance of said execution and order of sale, I will, on Saturday, the 29th day of March, 1930, at the hour of 10:30 in the forenoon of said day and date in front of the Court House door in the City of La Grande, State of Oregon, at the North entrance thereof, sell at public auction to the highest bidder for cash in hand, all of the right, title, estate and interest of the

above named defendants and either and all thereof in and to the following described real property situate in Union County, Oregon, to-wit:

East fifty (50) feet of Lot Two (2) or Block Sixty-seven (67) Chaplin's Addition to the City of La Grande, Union County, Oregon.

Together with all and singular the tenements, hereditaments and appurtenances there to, belonging or in anywise appertaining.

as so much thereof as may be necessary to satisfy said judgment and decree, together with the costs which has or may accrue under

and by virtue of said sale. (Signed) JESSE BIRSHBAUM, Sheriff of Union County, Oregon. Feb. 28, Mar. 7, 14, 21, 28, to-wit:

**PRACTICAL GIFTS**  
For both the lady and the man will be found in the new Leather Line which has just been received by Richardson's Art & Gift Shop. You will enjoy especially the new creations in Venetian Hand Decorated Leather. Dozens of new and useful articles will be found in this line in prices to suit everyone. Visit Richardson's Art & Gift Shop and enjoy this new leather goods. 3-7-11

What should be added to this recipe for

# Pumpkin Pie?

Mash fine 2 cups cooked pumpkin. Add 1 1/2 cups milk. Beat 3 eggs and to them add a pinch of salt, 1 teaspoon cinnamon, 1/2 teaspoon cloves, 1/2 teaspoon nutmeg. Stir this into pumpkin mixture and then fill baked pie-crust with it. Bake until custard has set and crust is done.

Now that you've read it—what's missing? Sugar! And if you include one-half cup with the beaten eggs you can proceed to make a fine pumpkin pie.

Through forgetfulness or by heeding some ill-advised person, sugar is often left out of the diet. Desserts are banished. Harsh diets are adhered to unhappily. The dining-table no longer invites you to enjoy food. Such an attitude toward sugar is neither necessary nor in keeping with modern dietetic and medical practice. Use sugar to flavor familiar foods and to make nourishing desserts. Sugar makes eating a joy and when this occurs the system is likely to get all the food values it needs. The Sugar Institute.

"A bit of sweet makes the meal complete"

## JUST A FEW OF MANY BARGAINS

Boys' Navy Blue Coats Age 7 & 8 With Gold Buttons \$1.99

Wool Polo Cloth Coats Age 6 Only Regular \$6.98 Value for \$3.49

Rain Coats Age 4 to 14 at 1/2 Price

Jersey Suits Age 2 to 8

Jersey Dresses Age 2 to 6 Sweaters Size 30 to 36

And Several Other Items At 1/2 Price

### NORTON'S KIDDY SHOP

## Look Over Our Want Ads for Bargains

## TOMORROW — LAST DAY

# Monarch RANGE SALE

Take advantage of the free premiums. Place your order for future or immediate delivery.

W. H. BOHNENKAMP CO.

# Pay'n Takit

When we opened this modern food store in La Grande we made the assertion that we would sell groceries cheaper than any other food store, chain or otherwise. Visit this up-to-date store and judge for yourself.

## Sugar

C & H Pure Cane  
25-Pound Cloth Bag

# Bag \$1.43

## Flour

A good blend of hard & soft wheat. For every purpose.

# 49 lb. Bag \$1.35

## MATCHES

6-Box Carton

Carton . . . . . 17c

## CRISCO

A Good Shortening

3-lb. Tin . . . . . 79c

## MAYONNAISE

Nalley's

In the Full Pint Jar

Jar . . . . . 28c

## YEAST

Magic Yeast Foam old reliable

Pkg. . . . . 5c

## Kellogg's All-Bran

Large Package

Pkg. . . . . 18c

Milk

Tall Cans

Can . . . . . 8c

## DILL PICKLES

Sharpen your appetite with a dill pickel.

Quart (glass jar) . . . . . 22c

Wheat Hearts Sperry's

Healthful grain from the heart of wheat.

Pkg. . . . . 13c

Sweet Chocolate

For All Purposes

2 Lbs. . . . . 35c



## LENTEN SEASON FEATURES

<b>Sardines</b> Spiced Mustard or Tomato Sauce. Large Oval Tins Can . . . . . 10c	<b>Clams</b> Pioneer or Warrington Tall Tins Can . . . . . 28c	<b>Salmon</b> Sunny Point Alaska Pink—Tall Tins Can . . . . . 18c	<b>Cheese</b> Brookfield 1/2-Pound Pkg.—Assorted Pkg. . . . . 20c
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<b>Lettuce</b> Excellent Quality Firm Solid Heads Head . . . . . 5c	<b>Carrots</b> California Fresh Bunches 3 Bunches . . . . . 20c	<b>Spinach</b> Clean, Fresh Stock 3 Lbs. . . . . 19c	<b>Onions</b> New Green California Onions Bunch . . . . . 5c
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# Pay'n Takit

# BEHOLD THE STRANGER!

A STRANGER moves to your neighborhood. You observe him tolerantly, but with no immediate display of interest. You are an established resident, getting along very nicely before he came.

But you do not avoid him. For reasons not entirely unselfish you wait for him to reveal himself. Possibly he may add something to your social and business life. Possibly he will take a highly respected place in the community. He may even become one of your intimates. It is up to him.

So you note his manners, talk with him, and form an opinion. If he comes up to your requirements, you accept him, and often he proves a welcome addition to your group of friends.

It is with exactly the same attitude that the intelligent newspaper reader regards the advertisements of products new to him. These strangers may add something to his civilized enjoyment. They may contribute to his comfort, safety—even his success. In many ways they may prove valuable. Certainly it is wise to give them careful consideration.

Read the advertisements in the daily newspapers. They may be the means of introducing you to products that will take important places in your life. And every day they will give you information that enables you to buy intelligently and

Make your Money go Farther