

LOCAL BRIEFS

Red Cross Visit—Miss Elizabeth Murray, school superintendent of Columbia county and Miss Winifred Graham, secretary of C. A. Howard, state superintendent of public schools, were in La Grande yesterday and today, while Miss Murray spoke to education classes of the Eastern Oregon Normal school on the aims of Red Cross work. She has brought with her an exhibit of articles made by children of foreign countries, exchanged for similar articles made in the U. S. which makes an interesting display. Such exchange of books and handicraft between the children of the nations, is one way the Junior Red Cross has of striving towards one of its aims, that of world peace. After leaving La Grande, Miss Murray and Miss Graham will go to Ashland, Ore., Tekoa, Sacramento and other California points on the same sort of a tour. They have visited counties in Washington.

From Los Angeles—Mr. and Mrs. T. D. Mann, of Los Angeles, arrived Sunday to visit at the home of Mrs. Mann's brother and sister-in-law, Mr. and Mrs. C. D. Putnam. Mr. and Mrs. Mann have been on an extensive tour of the United States. They have been travelling for five months and have stopped in most of the Eastern and Southern states.

From Bremerton—Lyle Chandler, of Bremerton, is visiting at the home of his parents, Mr. and Mrs. C. S. Chandler, during a vacation.

At Seaside—Mrs. Julia Metzler will be at Seaside to spend the Fourth of July and a few days of vacation. She is an employe at the O-W. offices.

From Milton—Mr. and Mrs. Ben Osborn, of Milton, arrived Sunday evening to spend a week and visiting at the home of their daughter, Mrs. C. D. Putnam.

Passed Through—Alma D. Kates, manager of a life insurance company of Portland, stopped in La Grande Saturday afternoon while passing through.

Returned From Vacation—Miss Frances Menger has returned from a week's vacation to Spokane, Seattle and Portland visiting friends and relatives.

From Weston—Mr. and Mrs. Ray Gordon, of Weston, were week end visitors at the home of Mr. and Mrs. R. L. Reynolds. They returned home Monday afternoon.

In Eagle Valley—Mr. and Mrs. R. H. Turner and son Dewain and Dell Burke are spending a few days in Eagle Valley. They expect to drive home the first of next week.

From Portland—Dr. L. Z. Bachman, of Portland, is stopping in La Grande on business.

Visiting in Union—Miss June Turner is visiting her grandparents, Mr. and Mrs. J. W. Baxter Sr., at Union for several days. She will probably return home the first of the week.

In Portland—J. Millering is in Portland this week where he is a patient at the Veteran's hospital.

From Baker—Mr. and Mrs. Sydney Root and children, of Baker, were in La Grande Sunday visiting his parents, Mr. and Mrs. W. D. Root. He is manager of the Geiser Grand hotel at Baker.

Returned—Miss Imogene Hutchison has returned from Boise where she was called by the serious illness of her father, who is much improved.

From Enterprise—Miss Mabel Swazey, of Enterprise, was in La Grande on business Monday and visiting friends.

New Employe—Charles Walnum is employed at the L and L drug store during Ellis Watkins' vacation.

From Gooding—W. Kellough, of Gooding, Ida., left for home on the morning train after spending the weekend at the F. E. Piper home.

At the Hotels—Among those registered at local hotels are: H. F. Rieden, Pendleton; Mr. and Mrs. W. R. Ewing, Palo Alto, Cal.; F. G. and R. F. Martin, Columbus, O.; and Roy Hewitt, Milton.

Drove to Walla Walla—Mrs. I. D. Smoots and sons, D and George, Melvin Gekeler, and Donald Spencer drove to Walla Walla Sunday.

Returned From Portland—Floyd Baxter has returned from Portland where he went last Wednesday on business.

Returned Home—Mr. and Mrs. Orson J. Brandt have returned from Klamath Falls and Portland, where Mrs. Brandt has been for about six weeks visiting her parents, Mr. and Mrs. Lynn, near Klamath Falls. During his two weeks vacation Mr. Brandt joined his wife in Southern Oregon and they returned home together.

Spend Summer—Mrs. Rhoda Riggs has returned from Southern California, where she has been during the winter months, to spend the summer in La Grande.

Visiting Here—Mrs. George Pfeifer, of Nampa, who has been visiting for three weeks in Portland, Walla Walla and La Grande is at the home of Mrs. Della Harnden for a few days before returning home.

From Portland—Mrs. Carl Cole, of Portland, a former college chum of Mrs. J. A. Wonderly, visited with her Saturday. Mr. Cole is an electrician for the Union Pacific.

Here for a Few Days—Mr. and Mrs. J. E. Morelock, who have been in Hermiston are visiting for a few days at the home of his parents, Mr. and Mrs. J. P. Morelock. They will be here until after the Fourth when they will go to Huntington, where Mr. Morelock's work is.

Motion Day Thursday—Thursday will be motion day at the circuit court, Judge J. W. Knowles announced today, due to Friday, July 4, being a non-judicial day.

Marriage License—Richard Sumpter and Virginia Burdington, of Metzing, Pa., Wash., secured a marriage license at the county clerk's office this morning.

From Montana—Mrs. R. B. Hartenbower, of Missoula, Mont., formerly of this city, and Mr. Hartenbower's sister, Mrs. Ella Southland, of Caldwell, are visiting in La Grande at the home of Mr. and Mrs. Charles Playle.

Left for Home—Mrs. Ted Stillwell, of Los Angeles, Cal., has left for her home after spending the past two weeks visiting here at the home of Mrs. Leo Hansen.

To Portland—Mr. and Mrs. John Daniels left last night after visiting here with Mrs. Daniels' parents, Mr. and Mrs. Frank Harris, for a week. Miss Marcelle Gardner, of this city, accompanied them to Portland.

Visited Here—Mr. and Mrs. Waverly Anderson, of Spokane, who were married last Saturday, were guests over Sunday and Monday at the home of their grandmother, Mrs. Alice Lindsay and their aunt, Mrs. E. D. Steincamp, of Island City. The young couple left last evening for Puget Sound and other points in the Northwest. Anderson is a representative of an insurance company.

From Union—C. L. Cadwell, of Union, was a business visitor in La Grande this afternoon.

Visiting Here—Mrs. F. Cullen, of Sacramento, Pa., is visiting in La Grande at the home of her daughter, Mrs. J. J. Foley. Mrs. Cullen will spend a good share of the summer in La Grande.

Returned—M. J. Goss is leaving tonight for Portland, where he will spend a few days on business.

Returned—Mr. and Mrs. J. J. Foley, of this city, and Mr. and Mrs. Pat Foley, of The Dalles, have returned from a delightful trip through Yellowstone national park. The trip home was made via Butte, Mont., and Spokane, Wash.

Returned Home—Mrs. Roy Griee and two children have returned home after spending a month in the east visiting Mrs. Griee's parents. They made the trip by car.

From Portland—Mrs. Lucy Graham has her two brothers, William T. Baker and Orville Baker, of Portland, visiting at her home. Their stay here is indefinite.

From Elgin—Mrs. Myron E. Greenough returned Sunday from Elgin where she spent the past two weeks on business.

Skidded in Gravel—Mrs. Lucy Graham had the misfortune to have her car skid in the loose gravel on the Cove highway just the other side of Island City last evening and though the car did not turn over, it ran off into the ditch. Mrs. Graham was cut about the face and it was necessary to have first aid stitches taken by a physician.

Arrived Last Night—Mrs. A. Hamann, of Independence, Ore., arrived in La Grande last evening to spend a month visiting at the home of her daughter, Mrs. C. H. Griffin.

Over the Fourth—Mr. and Mrs. B. C. Hamilton and son, Earl, are planning a trip to Unity, Ore., over the Fourth of July. They will leave Friday morning and return home sometime Sunday.

To California—Mr. and Mrs. C. S. Hamilton and two children and W. H. Hamilton and Miss Lena Look, left by car Sunday for San Francisco. They made the trip down through Klamath Falls and Crater Lake and will return via the coast route, stopping in Portland before coming on to La Grande. They expect to be gone a week.

Fined \$15—Neomi Hogatt was fined \$15 in municipal court last night on a charge of drunkenness.

Visiting Here—Mrs. Vernon Kelly, of Seattle, is visiting in La Grande at the home of her sister, Mrs. C. E. Gibson. Mrs. Kelly will return to her home, after July 4.

To Portland—Miss Marcelle Gardner left last evening for Portland, where she will spend her summer vacation visiting with her aunt and uncle, Mr. and Mrs. John Daniels.

From Klamath Falls—Mrs. Myrtle Duffey, former resident of La Grande but now of Klamath Falls is visiting here for a couple of weeks at the home of her mother, Mrs. John Harvey.

Called to Arkansas—Garfield Simmons left this morning for Combs, Ark., where he was called by the serious illness of his father, James Simmons.

To Mt. Vernon—Miss Bessie Barry, normal school student, will spend the Fourth visiting at her home in Mt. Vernon, Oregon.

From Portland—Mrs. W. Hankins expects Mr. and Mrs. C. Pescka, of Portland, to arrive here tomorrow to spend a week visiting. Mrs. Pescka is Mrs. Hankins' niece. Mrs. Hankins will accompany them on their return to Portland.

To Walla Walla—Mr. and Mrs. H. B. Hanna and daughter, Miriam, are planning to drive to Walla Walla over the Fourth to visit their daughter and sister, Mrs. Lloyd Berry, who live there. Their other daughter, Miss Lavelle, is at Walla Walla at present and may return to La Grande with her parents.

Fined—E. A. Bolling paid a fine of \$2.50 in municipal court on a charge of a traffic violation.

LATEST FILM COLONY ROMANCE



Edmund R. Gibson, known on the screen as Hoot Gibson, hero of the westerns, and Sally Eilers, 21, film actress, are the most recent to fall under the barrage of love darts fired into Hollywood film colony.

- Beef Relish Sandwiches**
2-3 cup chopped cooked meat.
1 teaspoon salt.
2 tablespoons butter.
Blend sugar, flour, nutmeg and salt. Add cherries and pour into pie crust that has been fitted into deep pie pan. Dot with butter. Cover with more crust and make 5 holes in top to allow steam to escape during baking and bake 30 minutes in moderate oven.
- Summer Refreshments**
Sugar Waters
Chilled Fruit Beverage
Salted Nuts
- There is an old clever but grossly exaggerated saying, which runs "There's death in the pot."** Common experience has taught people that the gourmand (lover of the food pot) "digs his grave with his teeth."
- Modern statistical studies bear out this old impression. Insurance companies know the obese person to be a bad risk.
- Excess overweight, particularly in those over 35 years of age, tends to wear down the body and result in a shortened life.
- Gluttony results in the over-development of the digestive apparatus, in enlargement of the liver, in the deposition of fat in the various tissues of the body, followed by destructive changes in a number of vital organs.
- Over-eating is believed to favor the development of high blood pressure and arteriosclerosis. Diabetes is also more common in the obese than in the slender.

However, not all obesity is due to over-eating. Much of it is rather due to an improper choice of foods, to bad living habits, to lack of adequate exercise, and to disturbances in metabolism. Heredity also plays an important part in determining body weight.

The foregoing would appear to indicate the importance of avoiding obesity and over weight, and might sound like a special appeal for reduction.

It is not meant quite in that spirit for it is hazardous and often quite dangerous to attempt a reduction of body weight through the common means of diet and exercise without first being subjected to a careful physical examination.

Health Talks

ICE WATER
Practically all nationalities have what might be called "kitchen peculiarities."
It is no trick at all to guess the

LOCAL TAXES ARE COMPARED WITH OTHERS

(Continued from Page One)

basis, Union county ranks 20 from the top; a few of the figures following:

County	Taxes	Act'l	Equal'd
Baker	\$ 438,802	21.90	26.06
Clatsop	818,987	43.39	58.59
Columbia	669,624	45.39	48.23
Grant	258,877	39.30	36.52
Lincoln	588,985	59.24	81.51
Malheur	370,591	35.30	35.13
Umatilla	1,049,199	23.29	27.54
Wallowa	304,467	33.32	36.78
Union	457,591	26.65	31.87

group famous for its chile con carne, for example.

It would be a little more difficult, however, to pick the peculiar dish of the Americans. Perhaps ham and eggs might serve, or pork and beans. But to the foreigner probably no dietary practice common to us is more puzzling than our ice water, and we may well understand his wonder. When we stop to think it is no less puzzling to ourselves.

By ice water we mean tap water which is chilled by having ice immersed in it. In summertime we consume great quantities of this chilled fluid, and not a few of us suffer therefrom. Extremes of heat and of cold are both injurious to the body and should not be used except under special circumstances.

In inflammatory conditions of the throat both hot and cold fluids (such as hot lemonade and ice cream) may be used to advantage. In certain types of gastritis (inflammatory conditions of the stomach) we may with benefit, use chilled fluids. Ordinary, however, there is no advantage, and often some harm in drinking beverages or eating foods which are too hot or too cold.

It is not necessary to drink water at an insipid temperature; water may

Women Suffering Bladder Irritation

If functional Bladder Irritation disturbs your sleep, or causes Burning or Itching Sensation, Backache, Leg Pains, or muscular aches, making you feel tired, depressed, and discouraged, why not try the Cystex All Hour Test? Don't give up. Get Cystex today. Put it to the test. See for yourself how quickly it works and what it does. Money back if it doesn't bring quick improvement, and satisfy you completely. Try Cystex today. Only 60c. Red Cross Drug Store. —Adv.

HOW MUCH is your time worth an hour?

DEPT. STORES
C.J. Breier Co.
IN THE WEST
Store No. 13 La Grande
FANCY SOX
19c

Fancy rayon mix sox in good looking drop stitch. This is a former 25c value.

STANDARD LAUNDRY CO.
MAIN 56

Direct From First Run, Portland's Paramount Theatre to La Grande

WILLIAM POWELL
IN
'Shadow of the Law'
GRANADA | Starting TODAY
Three Days

Jailed for life! For a crime he did not commit.
Does he make a break for freedom, get away, regain his lost honor?
Is he discovered by the woman who loves him most? You'll gasp at the daring realism, the stirring drama, the triumph of

ALL TALKING ALL THRILLING Plus All Talking Comedy Paramount Sound News

WILLIAM POWELL
IN
'Shadow of the Law'
GRANADA | Starting TODAY
Three Days

ARCADÉ Wednesday Thursday
The BIG PARTY a movietone melodydrama
Directed by JOHN BLYSTONE Presented by WILLIAM FOX
FEATURING
Sue Carol
Dixie Lee
Walter Catell
LAST TIME TODAY
"MAMMY" with Al Jolson

SOUND ADVICE!



When tempted to over-indulge "Reach for a Lucky instead"

"Coming events cast their shadows before"

Bemoderate—bemoderate in all things, even in smoking. Avoid that future shadow* by avoiding over-indulgence, if you would maintain that modern, ever-youthful figure. "Reach for a Lucky instead."

Lucky Strike, the finest Cigarette you ever smoked, made of the finest tobacco—The Cream of the Crop—"IT'S TOASTED."

Lucky Strike has an extra, secret heating process. Everyone knows that heat purifies and so 20,679 physicians say that Luckies are less irritating to your throat.



"It's toasted"
Your Throat Protection—against irritation—against cough.

"I have come to the conclusion," writes Sir Henry Thompson, M. D., F. R. S., "that more than half the disease that embitters human life is due to avoidable errors in diet." 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 and Thursday evening, over N.B.C. networks.

Menus Of The Day

By Mrs. Alexander George
CHERRY PIE FOR DESSERT
Breakfast
Fresh Rhubarb Sauce
Wheat Cereal and Cream
Scrambled Eggs and Bacon
Buttered Toast Coffee
Luncheon