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Then said Jesus, if ye continue in my word, then are ye yet my disciples indeed; and ye shall know the truth, and the truth shall make you free.—John 8:31, 32.

HOW TO BE HEALTHY

A comfortable income is a fair passport to happiness, but only when there is good health to complement it. To a greater extent than any other factor good health is the key to an enjoyable existence. Next to the weather, health—or the lack of it—is man's most popular topic of conversation.

Much illness, doctors assert, is man's own fault; due to the lack of sensible exercise. There is a general indictment to the effect that most Americans are too ready to watch others play, and too indifferent to the need of exercise for their own health and pleasure.

Now that the out-of-doors days are here again, this is a subject worth pondering. It is strange, indeed, that the boys who play baseball on the vacant lot, who engage in hiking, tennis, and swimming, and who put all their energy into track, football or basketball at school, are willing to abandon such healthful pursuits upon reaching maturity, and henceforth take their "exercise" behind the steering wheels of automobiles.

Educational institutions are commonly criticized for emphasizing group sports which individuals can no longer pursue when the groups become scattered upon leaving school, and for failing to encourage the athletics which one or a couple may undertake anywhere. This criticism may be justified, but a graduate of such an educational institution ought to be capable of applying the remedy in his own case.

The greatest corrective of adult ill health is adult amateur athletics. Men should not be content to watch others play. The active youth cannot understand the gloomy periods experienced by the man who worries about his stomach, or his liver, his eyes, or his heart. Yet within a decade, if he deserts his open-air medicine, he too will begin to think twice about what he eats, and to visit doctor's offices frequently.

The national adult health could be vastly improved if everyone could be induced to resume, in the proper degree, the athletics of younger life. There is merit equally in the modest hike and in the more intellectually studied game of golf, in the good old-fashioned swim or in the swift and more exacting tennis match. But "The play's the thing!"

THE MONTH OF BEAUTY

Now comes May—usually one of the most pleasant months of the year. Winter has gone, the sudden showers of April are past, the heat of summer has not yet come, and vegetation prepares to spread with lavish hand its beauty all about us.

The origins of the names of most months are easy to trace; but not so with May. It is commonly believed that it was named for Maia, the Roman goddess of spring, but there is also a theory that May is the abbreviated form of Majores, and that the month was so called because it was held sacred to older men just as June was dedicated to Juniores, or younger men.

Originally May was the third month, but it became fifth when the Romans placed January and February at the beginning of the year. It always has had 31 days. Its special flower is hawthorne, and its gem the emerald.

Since earliest times the first of May has been marked by outdoor festivities, and through many centuries children have danced about the maypole on that day.

Today many schools have May-day festivals in which gay costumes, beautiful flowers, and graceful dances combine to form a most colorful picture. May is the season of gladness, renewed hope, and increased activity.

In Washington

By Herbert Plummer
WASHINGTON—President Hoover's assistant secretary of the navy—Ernest Lee Jahncke of New Orleans—usually expresses his opinion on various subjects in blunt fashion.

All along the Gulf coast, where he has sailed his yacht and boats, they call him "Commodore." He likes the title. And as second in command of Uncle Sam's navy, he delights in the ceremony of being called "Commodore" when he appears in official capacity.

So, the other night when he went on the air to talk about politics, with particular reference to southern politics, Jahncke spoke his mind in sailor-like fashion. He was there apparently to strengthen the position of Republican leaders who have been seeking to bring the south into the Republican fold.

"The appeal to reason which lies in every private and public act of President Hoover," he said, "shook the traditional complacency of the country to its foundations in 1928

gold braid that is brought out when he comes around as assistant secretary of the navy.
But with it all, he is quite human. Newspaper men assigned to the navy in Washington know that his door is open at all times to them, that he enjoys having them come in for a smoke and chat.

He is a yachting enthusiast. Frequently he motors over to the naval academy at Annapolis, procures a sail boat and sails for hours on the Severn river and out into Chesapeake bay.

On such excursions he declines aid from the academy. He insists that he command and sail his own boat. His only companion on such cruises is his son, a midshipman at the academy.

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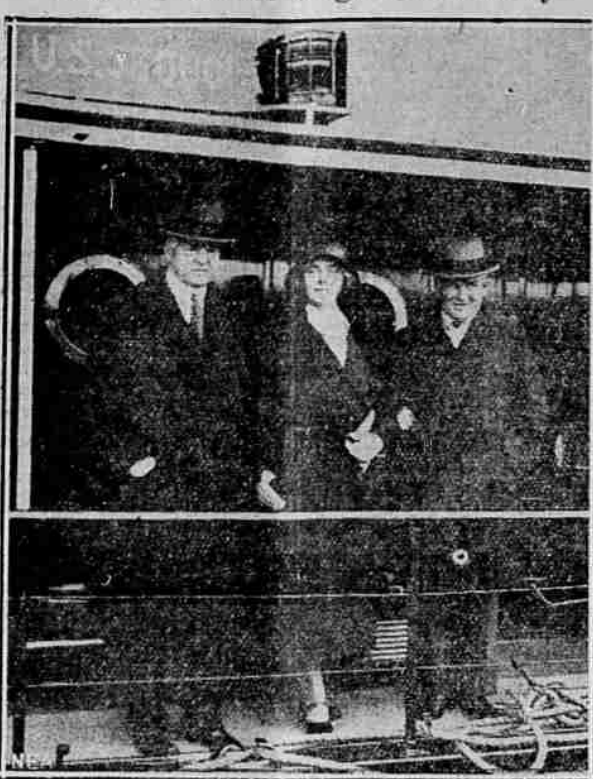
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Hoovers Off for Virginia Ceremony



It was in the rather cramped quarters of the 104-foot inspection boat at Sequoia, attached to the department of commerce, that President and Mrs. Hoover made a weekend cruise down the Potomac river to attend ceremonies at Cape Henry commemorating the landing of the first English colonists on Virginia soil. Here the chief executive and the first lady are shown, at left, as they left Washington. Presidents in other years sailed on the more elaborate yacht Mayflower, which President Hoover caused to be commissioned as "a wasteful luxury" soon after assuming office.

"BELLED BUZZARD" FOUND AT LAST



Traditional stories of a mysterious "belled buzzard," a bird allied to the vulture, which in some manner acquired a small bell firmly attached to its neck, appeared to be verified when an automobile owned by Rufus Turner of Springfield, Ind., struck and killed such a bird near that city. A small bell, indicated by the arrow in the above picture, was buckled to the buzzard's neck by a strap. How the bell got there, Turner makes no pretense of knowing. However, the mysterious tinkling sound from the sky that has been reported from time to time for years in many states, may have been real.

ONE RECORD SURPASSED IN PRELIMS

(Continued from Page One)

times, although Nowland, Kidder and Bery both his heats in the 100 and 220, leading in 11 flat and 24.6 seconds. Miller won his heats in 11 flat and 24.4 seconds.

Hoffman, one of the 1930 champions, was somewhat of a disappointment, barely qualifying in the 220, and failing to press the leaders in the 100-yard heats.

The three high qualifiers in the 100-yard dash were: Kidder, of Pendleton, and DeLong, of La Grande, scored throws of 108 feet 11 inches, 108 feet 7 inches and 108 feet 6 inches, respectively. Five men qualified in the broad jump at 19 feet, three of them Tigers: Knapp, Walker, Torrence and Nowland, all of La Grande, qualified in the high jump.

The qualifiers: 120-yard high hurdles: first heat—Kidder, P. Stroble, P. Gibbons, M. H. Time 18.4. Second heat: Nowland, L. Torrence, L. Time 17.2.

220-yard low hurdles (six qualifiers by agreement): Kidder, U. M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

220-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

400-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

800-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

1600-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

3200-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

6400-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

12800-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

25600-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

Wheat Cereal and Cream
Buttered Toast Broiled Bacon
Coffee
Luncheon
Escalloped Tuna and Peas
Broad Beans Plum Jelly
Fruit Cookies Tea

Dinner
Broiled Veal Chops
Buttered New Potatoes
Crowned Beans
Bread Peach Jam
Head Lettuce and Relish Dressing
Strawberry Angel Food Cake Dessert
Coffee

Escalloped Tuna and Peas
(Serving 6)
1 1/2 cups tuna.
1 1/2 cups cooked peas.
3 tablespoons chopped pimientos.
5 tablespoons butter.
6 tablespoons flour.
3 cups milk.
1 teaspoon salt.
1 teaspoon celery salt.
1 teaspoon paprika.
3 tablespoons butter, melted.
1 cup rolled bread or cracker crumbs.

Melt 5 tablespoons of butter and add the flour. When blended, add the milk, salt, celery salt and paprika. Cook until creamy sauce forms. Stir constantly. Add the tuna, peas and pimientos. Pour into shallow buttered baking dish. Mix the melted butter and crumbs. Sprinkle over top of the tuna mixture. Bake 30 minutes in moderate oven.

Fruit Cookies
1 cup fat.

Broad jump: Torrence, L. Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

400-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

800-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

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12800-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

25600-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

51200-yard dash: first heat: Miller, M. H. Time 14.1. Second heat: Bery, L. G. Markham, M. H. Time 13.1.

2 cups sugar (light brown).
4 tablespoons cream.
1 cup chopped raisins.
1 cup chopped figs.
1/2 cup chopped nuts.
2 teaspoons cinnamon.
1 teaspoon cloves.
1/2 teaspoon salt.
3 1/2 cups flour.
1 teaspoon soda.
Cream the fat and sugar. Add the eggs and cream. Beat. Add remaining ingredients. Chill dough. Cut off slices and bake.

Angel Food Cake
12 egg whites, beaten.
1 1/2 cups sugar.
1/4 cup pastry flour.
1 teaspoon cream of tartar.
1/2 teaspoon salt.
1 teaspoon vanilla.
1 teaspoon almond extract.

Beat the egg whites until stiff. Add the sugar slowly. Beat until creamy. Fold in the flour and cream of tartar which have been sifted three times. Add rest of ingredients. Mix lightly. Bake 50 minutes in slow oven.

For the dessert, cover slices of the cake with berries and whipped cream. To remove gum from furniture, sponge with kerosene.

FIND IT HERE

Copy for this Column must be in by 8 a. m.

LAWN MOWERS
See ours first, before purchasing. We have just what you want at the right price at Melville's. 5-1-2 t.

BUY
Your garden hose at Melville's. 5-2-1 t.

WE DON'T ASK
For all your cleaning business, just remember us once in a while. Prices just as low. Next to Green Parrot. Zweig's Cleaning. 4-30-6 t.

CARD OF THANKS
We wish to express our sincere appreciation to our friends for their messages of sympathy and beautiful floral offerings during our recent bereavement. We also wish to thank the B. P. O. E. No. 433 for their worthy assistance and beautiful floral tribute.

Mrs. T. J. Snider.
Mrs. Edna Klossner and family.
Herbert Speckhart and family.
Mr. and Mrs. A. J. Gover. 5-2-1 tp.

From May 4 to 9th, with each car wash we will recharge your battery, clean cables, grease, tighten and test all terminals. Also clean and wash out radiator.

HILL'S SERVICE
Junction Oregon Trail & Wallowa Highway. 5-1-2 t.

MOTHER O' MINE
Always the light of love in your eyes. Always a smile for me. Always a tender, cheering word. Always ready sympathy. Always the same, O' Mother of Mine. So dear, so good, so true. Though I searched the wide world over I'd not find another like you. Take advantage of the Special Gift Service offered to you by Richardson's Art and Gift Shop and make the selection of your Mother's Day Gift a most pleasant and easy task. 5-2-1 t.

From May 4 to 9th, with each car wash we will recharge your battery, clean cables, grease, tighten and test all terminals. Also clean and wash out radiator.

HILL'S SERVICE
Junction Oregon Trail & Wallowa Highway. 5-1-2 t.

PLANTS
Wilson's flower and vegetable plants at Mrs. Norris' and MacMarr's on Depot St. 5-2-1 t.

Hemstitching, pleating, button holes, etc. Norton's Kiddy Shop. —Adv.

AUTO OWNERS
When you wish to save both time and money in having your broken glass or windshield refitted, you will do well by taking your car to Richardson's Art and Gift Shop. They specialize in all kinds of glass work. 5-2-1 t.

From May 4 to 9th, with each car wash we will recharge your battery, clean cables, grease, tighten and test all terminals. Also clean and wash out radiator.

HILL'S SERVICE
Junction Oregon Trail & Wallowa Highway. 5-1-2 t.

CARD OF THANKS
It is with the deepest sincerity that we wish to thank our many friends for their kind expressions of sympathy and comforting deeds, during our sad bereavement.

Mr. and Mrs. M. C. Howell.
Mr. and Mrs. Hyrum Allen.
Mrs. I. A. Howell. 5-2-1 tp.

NEW LOCATION
Monday, May 4th, the BOB SHOP will open in the Sacajawea Annex, on Fir St. A cordial invitation is extended to our patrons and the public to visit us at our new address. Phone M. 577. Margaret Freeman, Prop. 5-1-2 t.

Giving Mr. Mellon a Shock?

If you are giving Mr. Mellon a shock this spring, why tell the world about it? Your income tax report is a secret between you and him—but all the world will see your clothes. And the world has little confidence in the man who looks as if he had lost faith in himself.

Perhaps the first step toward a pleasant surprise for yourself and Mr. Mellon next spring is to step into Falk's at your first opportunity and get completely outfitted. You know of course that their clothing is the very best quality that money can buy.

at FALK'S

THE A. & R. ROOT BEER STAND
Is now open for summer business. Hamburgers and root beer. Table or car service. Mr. and Mrs. O. B. Pick. 5-1-6 t.

NOTICE TO CREDITORS
IN THE COUNTY COURT OF THE STATE OF OREGON IN AND FOR THE COUNTY OF UNION.
In the matter of the estate of LAURA E. KENT, Deceased.
NOTICE IS HEREBY GIVEN that T. J. Scroggin of La Grande, Union County, Oregon, was on the 10th day of April, 1931, appointed Executor of the estate of Laura E. Kent, deceased, and has duly qualified as such, and has duly qualified as such, and notice is hereby further given to all creditors and all persons having claims against the estate of said deceased, to present such claims with the proper vouchers, verified according to law, within six months from the date of this notice, to-wit: within six months from the 10th day of April, 1931, the date of the first publication of this notice, to the said Executor at his office, United States National Bank, in La Grande, Oregon. T. J. SCROGGIN, Executor. Apr. 11-18-25, May 2-9.

NOTICE TO CREDITORS
Notice is by this given that the undersigned has been appointed administrator of the estate of Andrew Isaac Matheson, deceased, by the County Court of Union County, Oregon, and has duly qualified as such. All persons having claims against the said estate are notified to present them duly verified at the office of the undersigned in the La Grande National Bank Building, La Grande, Oregon, within six months of the date of this notice. Apr. 11-18-25, May 2-9.

first publication of this notice, which is on the 18th day of April, 1931. J. S. HODGINS, Administrator. La Grande, Oregon. Apr. 18-25, May 2-9.

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at lowest prices at

Trotter's

store-wide

LIQUIDATION SALE

SUITS

Choice one lot men's and young men's regular to \$29.00. Now, each —

\$18.85

DO IT NOW!

Spring Time — Time to have your

Blankets, Rugs, Curtains,

etc., Cleaned.

Your best blankets stretched, renapped, and returned in a moth-proof cedar bag. For summer storage just ask us!

MODERN LAUNDRY

The House of Personal Service

PHONE MAIN 77

FIELD AND GARDEN SEEDS THAT GROW

Fields Seeds

Grass Seed

Vegetable Seeds

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FERTILIZERS

For Your Garden, Flowers & Lawn