

SOCIETY NOTES

Miss Bess Duke, Society Editor Telephone Main 500 Until 9:30 a. m.

Mrs. Alfred Cook Entertains Saturday Afternoon at Luncheon Complimenting Sister, Mrs. Clara Stewart, of Corvallis

Out-of-town visitors have been the inspiration for many charming afternoon and evening events during the entire summer...

Enjoy Horseback Trip to Aneroid

Miss Mildred Hawksworth organized a horseback trip to Aneroid lake yesterday for the pleasure of her house guests...

Regular Bi-Weekly Meetings Planned

The first of the regular bi-weekly meetings which have been planned by the Women's Relief Corps will be held on Sept. 3 at the Knights of Pythias hall...

Miss Williams Is Honored at Dinner

Miss Hazel Williams, one of the interesting visitors of the summer, was the inspiration for a dinner party at which her host and hostess, Mr. and Mrs. E. E. Beatty, entertained on Saturday evening at their home...

Forward Rosell Body to Stayton, Ore., For Burial

By Mrs. C. A. Hunter (Observer Correspondent) WALLAHA (Special)—L. Rosell, familiarly known as "Dick", was found by Hugh Daugherty in an unconscious condition at 5 o'clock Thursday morning on the Daugherty ranch...

Mrs. Laura Rhodes Receives Office

Mrs. Laura B. Rhodes, of La Grande, has been appointed as clerk helper in the department of the Daughters of the Union Veterans of the Civil War...

Mrs. Lzicar Will Be Guest of Honor

Mrs. Henry Lzicar, who expects to leave soon with Mr. Lzicar to make her home in Portland, will be the guest of honor at a reception at which the Ladies Aid of the Methodist church will entertain on Wednesday afternoon at 2:30 in the church parlors...

SOCIAL CALENDAR

- Tuesday, Aug. 23 8:00 Women's Benefit association, at the Sacajawea Inn. Wednesday, Aug. 24 2:30 Reception, M. E. Ladies Aid, at the Methodist church parlors. Thursday, August 25 2:00 Past Guardian Neighbors club of N. O. W., with Mrs. Belle Devine. 2:00 Lutheran Ladies Aid, at Riverside park. 8:00 Fifty-Fifty club, with Mrs. Effie Young. Friday, Aug. 27 7:30 Women of the Moose card party, with Mrs. Julia Sittler.

Madame Ollie SCIENTIFIC PALMIST

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Chats With Parents

MOTHER'S EXAMPLE By Alice Judson Peale Betty throws a tantrum if she is made to wear a play suit instead of a dainty dress. She wants her hair kept curled and does not play roughly lest her frock become soiled or wrinkled.

Major Leagues Dig Up Rich Pay Dirt In Dixie Circuit

ATLANTA (AP)—The Southern major-league hasn't given the major leagues any high priced rookies this season, but fully three-score regulars in the big time now received their training in the Dixie class A loop. Little Rock and New Orleans have shipped the largest number of players to the American and National leagues, but every club in the circuit has at least four former stars playing the big show.

OMAHA SHEEP

OMAHA, Aug. 22 (AP)—(U. S. D. A.)—Sheep 17,000; lambs 25 cents lower; sheep and feeders steady; native and range lambs \$5.00; ewes down from \$1.75; range feeding lambs \$4.20 @ \$4.40.

LIVERPOOL WHEAT

LIVERPOOL, Aug. 22 (AP)—Wheat close: Oct. 56; Dec. 55 1/2; March 57. Exchange \$3.46.

Menus of the Day

By Mrs. Alexander George A PICNIC MENU (Cooked over campfire) Kabobs Pickled Beets Escalloped Potatoes Buttered Rolls Currant Jam Oranges Cocoanut Jumbles Coffee

5 long skewers, 12 pieces beef round, 12 thin slices onions, Select metal skewers or long thin sticks. Have meat cut into one inch slices. Alternate meat and onions on sticks. Broil over camp fire, turning to allow even cooking. The meat can be eaten directly from sticks or removed and used as filling for buttered rolls.

PICKLED BEETS 4 cups sliced cooked beets, 1/2 cup vinegar, 1/2 cup sugar, 1/2 cup water, 1 teaspoon salt, 1/4 teaspoon pepper, 1/4 cup cinnamon bark, 12 whole cloves. Mix sugar, vinegar, water and spices. Boil five minutes in covered pan. Remove spices. Add beets, salt and pepper. Cook two minutes. Cool and pour into sterilized jar. Cover and carry to picnic.

COCOANUT JUMBLES 1/2 cup fat, 1 1/2 cups sugar, 1 cup sour cream, 1 teaspoon lemon extract, 1 teaspoon vanilla, 1/4 teaspoon salt, 2 eggs, 1/2 cup cocoanut, 3 1/2 cups flour, 2 teaspoons baking powder, 1/2 teaspoon soda. Cream fat and sugar. Add cream, extracts, salt and eggs. Beat two minutes. Add rest of ingredients. Drop portions from end of spoon onto greased baking sheets. Bake 12 minutes in moderate oven.

ANOTHER PICNIC MENU Chopped Meat Cakes Corn on Cob Vegetable Salad Buttered Rolls Plum Jelly Potato Chips Watermelon Coffee

Health

EPHEDRINE The history of drugs is ever a fascinating topic. The vegetable drugs particularly have records behind them of a most fantastic and wonder-evoking kind.

The drug ephedrine, which has come into common use only recently, illustrates this. Ephedrine has been employed by the Chinese for many centuries. Native Chinese drugs and medicinal remedies do not, however, have a very high reputation for scientific worth, and so little attention was paid to ma huang, as the drug was called in Chinese.

Some 30 years ago, however, the drug was experimented with in European and American laboratories. In the early work, ephedrine was found to have marked toxic effects, and in consequence it was held that the drug would not prove of any substantial value in medicine.

Dr. Chiessie, a Chinese physician, however, demonstrated that ephedrine did, on the contrary, have certain very interesting characteristics and a large promise of usefulness. Ephedrine resembles an extract from the suprarenal glands known as adrenalin. In suitable doses, it raises the blood pressure, increases heart activity, relieves spasms of the bronchi, dilates the pupils and may act both as a stimulant and as inhibitor of the gastro-intestinal tract.

Doctors Banting and Best, the developers of insulin. However, behind their work stands the equally monumental work of a number of other men, among them Prof. Minkowski, who in 1884 discovered the presence of an acid substance in the urine of diabetic patients. He drew from this discovery the correct conclusions that the deep state of unconsciousness seen in a certain number of serious cases of diabetes is due to an acid intoxication of the blood. Later on, he discovered, too, the part played by the pancreas in causing diabetes. Through animal experimentation he came to the conclusion that the pancreas is essential to the proper utilization of sugar in the body, and that when its function is seriously impaired, sugar is excreted through the urine. It was Prof. Minkowski's experiments that formed the basis of the complex work on the metabolism of sugars and starches which eventually led to the discovery of insulin. But even behind Minkowski stands another gigantic figure, that of Claude Bernard, the great French physiologist, who first demonstrated the existence of glands of internal secretion. More than that, his experiments suggested the complex function of the pancreas, which is both an internal and external secreting gland. The pancreas secretes into the small intestines digestive juices which break down the ingested food, and secretes insulin into the blood.



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