

Build Sand Adobes and Beautiful Arches While Lolling on the Beach



JANET BLAIR: Digs in the sand to beautify her legs.

BUILD SAND See how with cut...
By **ALICIA HART**
NEA Staff Writer

You run less risk of damaging your skin when you exercise in the sun than when you dawdle under its rays. When you are active, sweat and oil glands are kept busy throwing off toxins. If you'll aim exercise at figure improvement, you can stake out extra beauty claims while you prospect for the sun's riches. Exercise to take? Walk barefooted on grass or sand. Heels come down to the level of toes so seldom that habitually contracted tendons in legs will be grateful to a barefoot girl for pull and stretch.

Feet? Use them to build jobs of sand. Some of the handsomest arches in Hollywood—one pair belongs to Janet Blair—owe their aristocratic curves and steel-blade resilience to sand-dredging. Janet says she builds real sandpiles on the beach—imaginary ones on the grass—by using the outer borders of her feet and toes to dig until she erects a sizable mound between her feet.

Slims Midriff
Spotlighted tummy? An exercise to make yours as flat as a tea tile can be taken while you lie on your back. Stretch arms out at sides, pull knees to chest, straighten out your legs, and

Trimmings Give Cue to Jewelry

MARIA MONTEZ: Harmonious By **ALICIA HART**
NEA Staff Writer

Any bright bauble that's nailed down to a dress must serve as a color cue to the jewelry that you wear, if you want to be a stickler to the rule which says that glitter touches should harmonize. Girls who ignore the ornaments on clothes when they clasp on necklace or earrings are scolded by fashion-wise Maria ("Queen of the Nile") Montez, for overlooking one of the nicest points of taste—color harmony in dress.

With her pet-black gown, lit up by gold paillettes, Maria wears gold jewelry. A silver belt buckle on a tailored dress lays down the law, she says, for a silver shield which she pins on her handbag. "Even the tiniest pearl buttons on a blouse," Maria reminds you, "bid for jewelry companions which make them look their best—pearl earrings and a necklace to match."

RATION CALENDAR

Meat, Butter, Cheese — Red stamps:

Book 4—Q2 through U2 valid through Aug. 31. V2 through Z2 through Sept. 30. A1 through E1 through Oct. 31. F1 through K1 through Nov. 30.

Sugar:
Book 4—Sugar stamp 36 valid through Aug. 31. Endorse canning sugar coupons with ration book 4 number and your name.

Shoes:
Loose stamps invalid. Book 3 airplane stamps 1-2-3-4 now valid.

Stoves:
Apply local board for oil stove certificates.

Wood, Coal, Sawdust: Order now. Dealers determine delivery priority from consumer's annual needs and quantity on hand.

Waste Paper and Cans: Bundled waste paper and prepared tin cans may be left at the salvage depot, 1106 Jefferson street.

DRS. BIGGS & BIGGS
CHIROPRACTORS
Palmer Graduates
X-Ray - Neurocalometer Ser.
2019 1st St., Both Phones 651
Baker, Ore.

Annual 'Hen Party' Trip Will Start Next Sunday

Plans are now being made for the annual six-women "hen party" trip up the Wallowa country. The trip, which starts Sunday, will last for 10 days.

The women, Mrs. Julie Gilstrap, Mrs. Mina McGuire, Miss Jean Williams, Mrs. Jean Birnie, all of La Grande, and Mrs. Gerda Brownton, and Mrs. Martha Reece, both of Portland, will take sleeping bags and bed-rolls, sleeping in the open and cooking by campfire. The "hen party," as its name infers, is strictly for women, and has been an annual affair for approximately 20 years.

Hospital Notes

Grande Ronde Hospital—
Admitted: R. Peterson, Delmar Stuart, Cinda Pouch, La Grande, surgery; Larry T. Staley, La Grande, Robert W. Baxter, Union, Robert Wheeler, Long Island, N. Y., medical.

Dismissed: Otis Veal, Mrs. Kayn, La Grande.

St. Joseph's Hospital—
Admitted: Mrs. Ronald Dyke, La Grande, surgery; Joy Reed, La Grande, Robert Chrisman, Wallowa, Elmo Clegg, Baker, medical.

Dismissed: Cecil Millinger, John Combs, George Rivard, Mrs. George Rivard and daughter, La Grande; Larry Burford, Union, Mrs. Clarence Wheeler, Elgin; Mrs. Laurence Herman, Hamilton; Mrs. Arthur Behren, Summerville.

Social Calendar

THURSDAY
8 p. m. Eagles auxiliary regular meeting in lodge hall.

SATURDAY
2 p. m. Women's Relief corps, I. O. O. F. hall.
8 p. m. Ladies auxiliary to Veterans of Foreign Wars, initiation, K. P. Hall.

WEDNESDAY
Catholic women's day to provide food for the Do-Nut Hut.
Automobile accidents in the United States, in 1941, killed 40,000 persons and injured almost 1,500,000 others.

The Dalles Ordered To Accept Petition

OREGON CITY, Aug. 16 (UP)—Circuit Judge Earl C. Latourette of Clackamas county has issued a peremptory writ of mandamus to The Dalles city recorder to accept a PUD petition for an election Sept. 18 on the matter of adopting an ordinance authorizing the PUD to erect an electric power line distribution system in The Dalles.

The writ was issued after a hearing in The Dalles. Stay of the writ could be enacted on an appeal or demurrer to the judge's action. It was pointed out. Checking of names and sufficient number of legal voters as signers would not be held in abeyance during the appeal period.

Churchill Foresaw Loss of Million Men

LONDON, Aug. 16 (UP)—The two atomic bombs that forced Japan to surrender enabled the allies to call off a gigantic offensive that would have cost 1,000,000 American and 250,000 British lives, Winston Churchill revealed in a Commons today.

In his first major speech as leader of the opposition, the former prime minister said the offensive was planned at Potsdam and that he and President Truman already had given the order to set in motion what might have proved the bloodiest campaign in history.

Society and Clubs

News and Activities
Engagements... Weddings
Social Events

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Country Club Will Have Foursomes, Supper Sunday

Plans for Sunday at the Country club were announced today by Mrs. Charles H. Reynolds, chairman of the arrangements for the day. First there will be a two ball foursome for members of the club. Following that, there will be a supper at the club at 7 p. m. Each member attending is asked to bring one red point. Reservations should be made by Friday with Mrs. John Larison.

Shafer Family to Have Reunion Here At Park Sunday

Reunion of the Shafer families of the Grande Ronde valley will be held at the Riverside park next Sunday, it was announced today by Mrs. Floyd Berry, secretary treasurer of the family organization. Most of the members of the family live on farms and ranches over the valley. Early members of the family in Union county came here 70 or 75 years ago or more. Mrs. Berry is a descendant of Isaac Shafer, who came out from Iowa.

"Scrounge," famous British army word, comes from the north country "sringe," meaning to glean, rummage, or pilfer.

Restriction in the use of steel in war model ice boxes save an average of 79 pounds of steel per ice box.

SOCIETY BRIEFS

Mr. and Mrs. W. E. Wilkins and son, Bob, have gone to Portland on a business trip and expect to return here about next Monday.

Mrs. Anderson of Seattle and daughter, Thelma, visited last week with Mrs. Anderson's sister, Mrs. Minnie Miller.

Mr. and Mrs. John Nelson and daughter, Lois, and son, Cpl. Bob Nelson, all from Enterprise, visited recently at the home of Mrs. Nelson's mother, Mrs. Minnie Miller. Corporal Nelson has just finished a 30-day leave after coming back from Germany, and reported today at Fort Lewis, Wash.

Lt. and Mrs. John Jones arrived Tuesday for a visit with Mrs. Jones' mother, Mrs. Edward D. Jasper, 1304 M avenue. Lieutenant Jones, a fighter photographer pilot in the marine air corps, is scheduled to report to San Diego, Calif., Sept. 1 for reassignment. Mrs. Jones is the former Edna Jasper.

Mrs. Howard Fisk of Coquille was guest of honor at the annual pollock picnic of St. Anne's guild which was held Tuesday evening at Riverside park. Approximately 12 members of the guild were present.

Miss Marjorie Graham visited in Walla Walla yesterday.

Lt. and Mrs. Elwin Houle arrived last night for a visit with Lieutenant Houle's parents, Mr. and Mrs. Amos Houle, 1306 M avenue. Lieutenant Houle is now stationed at Mountain Home air field, Ida.

Ladies Society to Brotherhood of Locomotive Fireman and Enginemen will meet at 2 p. m. Friday in the Neighborhood club.

Horace J. Nelson
LIFE - FIRE - AUTO
Quality Insurance Service
Tel. 351-W 703 K Ave.
La Grande, Ore.

Here's the Quick, Easy Way to Make Marvellous PEACH JAM

4 Cups Ground Peaches
8 Cups Sugar
1/4 Cup Lemon Juice
1 Package M.C.P. Pectin

Wash, peel, and remove pits from 4 pounds fully ripe peaches; grind the fruit. Measure exactly 4 cups of the ground peaches (add water to fill out last cup, if necessary) in a large kettle. Add the M.C.P. Pectin and lemon juice, stir well and bring to a boil, stirring constantly. NOW, add the sugar (which has been previously measured), continue stirring, and bring to a full rolling boil. BOIL EXACTLY 4 MINUTES. Remove from fire, let boil subside, stir and skim by turns for 5 minutes. Pour into sterilized jars, allowing 1/4-inch for sealing with fresh paraffin.

JAM and JELLY MAKERS—
Save SUGAR
Save FRUIT
Save TIME
Save WORK
with M.C.P. PECTIN

TESTED RECIPES for ALL POPULAR FRUITS and BERRIES



SAFEWAY Guaranteed Values

What puts zest into Summer breakfasts?

Variety! And ready-to-serve cereals not only provide the energy needed for warm days, but have that taste-appeal that perks up lazy appetites. The suggestions below are just a beginning...

- SUNDAY BREAKFAST**
Melon Sections Topped with Berries
Fluffy Omelet with Baked Tomato Halves
Upside Down Marmalade
Bran Muffins
Coffee or Milk
- UPSIDE-DOWN MARMALADE BRAN MUFFINS**
1 egg 2 tbsps. sugar
3/4 cup milk 2 1/2 tbsps. baking powder
1 cup bran or bran powder flakes 1/2 tsp. salt
1 cup all-purpose flour 2 tbsps. shortening
1/2 cup marmalade 1/2 cup melted ing.

Beat egg in bowl; add milk; stir in bran and let soak while preparing other ingredients. Sift and measure flour; sift again with sugar, baking powder and salt. Add melted shortening to soaked bran. Add flour mixture and stir until just combined. Grease muffin tin well and place 1 teaspoonful marmalade in bottom of each pan. Drop batter in pans, filling 3/4 full and bake in moderately hot oven (425° F.) 20 minutes or until done. Makes 12 muffins.

HURRY-UP BREAKFAST
Sliced Chilled Peaches on Choice of Dry Cereal With Top Milk or Cream
*Honey Nut Toast
Coffee or Milk

HONEY NUT TOAST
Blend together equal amounts of warm honey and softened butter or margarine. Spread on dry toast; sprinkle lightly with finely chopped nuts.

Safeway
Homemakers' Bureau
JULIA LEE WRIGHT, Director

When you think of breakfast one of the first things you picture is delicious golden toast... and it takes quality bread to make good toast. Tomorrow, when you shop at Safeway you'll find bread of satiny smooth texture and the full, rich taste of quality. You can be sure it makes the toast you like!

Mrs. Wright's BREAD 1 1/2-lb. 13c
Loaf
Lb. -oa: 9c

- Healthful cereals**
- Nabisco Shredded Wheat pkg. 12c
 - Post Toasties 11-oz. pkg. 8c
 - Post Bran Flakes 14-oz. pkg. 14c
 - Kellogg's Rice Krispies 5 1/2 oz. 12c
 - Kellogg's Pep WHEAT CEREAL 8-oz. pkg. 9c
 - Grape Nuts, an old favorite, pkg. 14c
 - Muffets, "Quaker" Cereal, pkg. 10c
 - Ruskets CRISPY CRUNCHY, GOOD! pkg. 13c
 - Shredded Ralston 12-oz. pkg. 11c
 - Sperry Wheat Hearts 28-oz. pkg. 22c
 - Cream of Wheat 28-oz. pkg. 22c
 - Morning Glory Oats 3-lb. pkg. 26c
 - Suzanna PANCAKE FLOUR 20-oz. pkg. 9c
 - Cinch Cornbread Mix lb. okn. 18c

- Breakfast Juices (Point Free)**
- Grapefruit Juice No. 2 13c
 - Town House (No points)
 - Blended Juice 46-oz. can 42c
 - Blend o' Gold (No points)
 - Tomato Juice No. 2 10c
 - Sunny Down (No points)

- Miscellaneous**
- Baking Powder 2-lb. can 23c
 - Del Maiz Niblets Corn 12-oz. can 14c
 - Jolly Time Pop Corn, 10-oz. can 17c
 - Walnut Meats 1/2-lb. pkg. 55c
 - Cane Sugar 5-lb. bag 33c 10-lb. 64c
 - Powdered or Brown Sugar lb. pkg. 8c
 - Aunt Dinah Molasses, 16-oz. jar 13c
 - Cider Vinegar, Old Mill, gal. jug 52c
 - Heinz White Vinegar gal. jug 47c
 - Pickling Spice 1/2-lb. cello. pkg. 23c
 - Morton's Table Salt, 10-lb. bag 25c

Large Oranges are Scarce

Small Oranges are Just as Good!

ORANGES 5-lbs. 39c

CANNING PEARS
Yakima 20-lb. \$1.98
Bartlett's, Lug

Potatoes
U. S. 5 lbs. 19c
U. S. 50-lbs. 98c
No. 2 Sack

GRAPES
Thompson Seedless lb. 17c
Red Malagas lb. 17c

LEMONS
SUNKIST 5 lbs. 59c

Peppers Local Beauties lb. 29c
Peaches Northwest Early Variety lb. 13c
Melons Honey Dew lb. 9c
Yams U. S. No. 1 Louisiana 2 lbs. 25c
Limes Kills Thirst Ctn. 6 for 14c
Eggplant Local Crop lb. 19c
Green Beans Blue Lake lb. 10c
Avocados For Fine Salads Northwest Grown lb. 29c
Cantaloupes Firm and Ripe 16-lb. Flat 98c
Tomatoes

ORANGES 5-lbs. 39c (Size 288)

No Points Needed on Canned Fruits and Vegetables!

BUY EM BY THE POUND YOU GET FULL VALUE!

- Seedless Raisins** Plump and Sweet 4-lb. pkg. 45c
Cherub Milk tall cans, 2 for 17c and 3 pts. 27c
Kitchen Craft Flour 27c 10-lb. 49c
Edwards Coffee DRIP OR MELLOW 2-lb. jar 54c
Airway Coffee MELLOW 3-lb. bag 58c
- Nob Hill Coffee** No Better Coffee at any Price 2-Lb. Bag 45c
- Gold Crown Brooms** Strong, Good Sweeping \$1.29
Shinola Shoe Polish, all colors per jar 8c
Old English Paste Wax, 1-lb. size 55c
Jergen's Hand Lotion 1 1/2-oz. 95c Incl. Tax
Cocoon Oil Shampoo Woodbury's bot. 35c

SAFEWAY MEATS

Summertime is lunch-meat time!

Regular Wieners Type 2 (4 pts.) lb. 41c	French Head Cheese (2 pts.) lb. 43c	SPICED HAM (18 pts. or lb.) lb. 55c	Minced Luncheon Loaf (6 pts.) lb. 37c
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Assorted Luncheon Loaves TYPE 2 (3 points) lb. 43c

LIVER SAUSAGE (3 points) lb. 32c

Leg of Lamb 8 lbs. 39c
Rib Lamb Chops 5 lbs. 49c
Loin Lamb Chops 8 lbs. 58c
(Bulk) Pork Sausage 8 lbs. 39c

Sea Food Savings!

- Halibut, sliced, frozen, lb. 40c
- Oysters, Pint 65c
- Salt Mackerel, lb. 32c

- Canterbury Tea** 4-lb. Pkgs. Orange Pekoe for Iced Tea 22c
- Gingerbread Mix** Duff's "Old Fashioned" 14-oz. pkg. 22c
- Libby's Tomato Juice** Big 47-oz. can (No pts.) 24c
- Sweetheart Soap** Regular Size 2 bars 13c
- Snowdrift Shortening** 12 pts. per pound 3-lb. jar 68c
- Canning Needs**
- Jars KERR REG. Pts. 24, Qts. 12, MASON \$1.35 83c
 - Jars KERR ECONOMY Qts. 93c
 - Rings Reg. or Building Top Seal Pkg. 4c
 - Rings WIDE MOUTH BALL 2 pgs. 15c
 - Caps BALL REGULAR Pkg. 21c
 - Clamps KERR ECONOMY 2 pgs. 25c
 - Caps KERR ECONOMY Pkg. 17c
 - Jels-Rite LIQUID PECTIN Per Bot. 10c
 - Parawax JELLY SEAL 2 Pkgs. 25c
 - Pen-Jel POWDERED PECTIN Pkg. 12c
- Grade A Butter** 16-Pound pack lb. 49c