



The present you make "Her" should express your esteem, be a compliment to her character and as lasting as your friendship.

**GIFTS OF REFINEMENT**

Diamond Rings \$250 up. Diamond Necklaces \$5 up. Diamond Ear Rings \$10 up. Diamond Brooches \$7 up. Diamonds sold on easy terms. See our line of Bracelet Watches that are different. Genuine Parisian Ivory at reasonable prices. Monte Wood Gift Suggestions, grown and made in Oregon. Hawkes Cut Glass pieces. Several new lines of Silver Tableware and hollow ware.

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THE Jeweler  
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**Daily Chats With the Housewife**

War gardeners, plan to plant potatoes during the coming year for they form an important part of a well-balanced "war ration" that contains nutrients necessary for wholesome nutrition during a period of twenty-four hours, says a bulletin issued by the National Emergency Food Garden Commission at Washington. This information is supplied by Prof. Fredrick E. Brethart, the professor of food chemistry of the College of the City of New York, who is lecturing this winter at various public schools on food values. At these lectures he is distributing the food conservation publications, issued by the Commission. This data will be sent to anyone who will write the Commission at Washington for it and enclose a two cent stamp to pay postage.

Prof. Brethart says it is possible to maintain perfect health, both of body and of mind, by using an induction, kidney and liver disease, as well as absolute immunity to gout by observing the following dietary:

Graham bread ..... 4 pound  
Potatoes ..... 2 pounds  
Butter or other fat ..... 1-2 pound  
Apples ..... 1 pint  
Milk ..... 1 pint

The potatoes, which are at the basis of this diet, it has been shown recently, contain protein of the highest grade, and they are available at present at comparatively low prices. Furthermore, potatoes yield an alkaline ash, which has a highly solvent power over uric acid, and therefore the results enumerated above with regard to kidney and liver disease, gout, etc.

Prof. Brethart also announced that the very latest results which have just been received from England, as reported by Prof. Halburton, show that oleomargarine made from beef fat especially that part of it made as oleo oil, is a completely adequate substitute, especially when viewed from the standpoint of the chemistry of growth.

Prof. Brethart gives the following eight rules for saving and safety which embody the recommendations of Prof. Graham Lusk of the Cornell Medical Institute of Pathology:

1. Let no family of five persons buy meat until it has bought three quarts of milk, the cheapest protein food.
2. Save the cream and butter and eat oleomargarine and vegetable oils. Olive oil or cottonseed oil taken with cabbage, lettuce or beet tops is excellent food, in many ways imitating milk.
3. Eat more sparingly, rich and poor, laborer and indigent alike. Meat does not increase the muscular power. When a person is exposed to great cold meat may be recommended, for it warms the body more than other food. In hot weather, for the same reason, it causes increased sweating and discomfort. In general, twice as much meat is used as is right.
4. Eat corn bread. It saved our New England ancestors from starvation. If we eat it we can send wheat to France. Eat oatmeal.
5. Drink no alcohol. In many families 10 per cent of the income is spent for drink, or a sum which, if spent for other food, would greatly improve the welfare of the family.
6. Eat syrup on cereals or on corn bread. It will spare the sugar. Eat raisins in rice pudding, for raisins contain sugar.
7. Eat fresh fish.
8. Eat fruit and vegetables.

Cheese is one of the very best concentrated foods which is even richer in meat value than porterhouse steak. Cheese can be used in many combinations and can be purchased in many forms.

The bulletin today deals with peanuts and cheese.

**BUSY, HARD-WORKED MEN AND WOMEN**

Will find that the sarsaparilla, pepsin, mix and iron treatment comprised in Hood's Sarsaparilla and Peptiron will give brain and nerve force, relieve the nervous strain incident to "too much to do in too little time," characteristic of life today.

These blood and nerve medicines seem to lift the nervous and overworked into new life, enabling them to accomplish easily the things that have fretted them and have seemed to bring them to a standstill.

Hood's Sarsaparilla and Peptiron are very effectively supplemented by Hood's Pills, in cases where a laxative is needed. These three preparations are all sold by your druggist. Get them today.

**PEANUT PONDUE**

1 cupful peanuts, shelled.  
1 cupful bread crumbs, soft.  
1 2-3 cupful milk.  
1 egg.  
1 1-2 teaspoonful salt.  
Pepper.

Grind peanuts in a meat grinder. Mix all ingredients except the white of egg, then beat the white stiff and fold it in. Turn into a buttered pudding dish and bake in a moderate oven 20 to 25 minutes.

If there is inefficiency in the war and busy departments the country wants it known, not covered up. It could not be concealed from the enemy.

**How to Prevent Croup**

In a child that is subject to attacks of croup, the first indication of the disease is hoarseness. Give Chamberlain's Cough Remedy as soon as the child becomes hoarse and the attack may be warded off and all danger and anxiety avoided.—Adv.

**INTERESTING NEWS OF HERMISTON RESIDENTS**

(Special to the East Oregonian)  
HERMISTON, Ore., Dec. 17.—Mrs. C. S. McNaught, entertained for her mother, Mrs. P. J. Taylor, recently. Cards and snitting were the principal diversion, accompanied by a light luncheon. Among those present were, Madames Thomas Campbell, J. E. McNaught, H. T. Fraser, Atkinson, R. C. Todd, Bryant, Horning, P. J. Taylor and C. S. McNaught. The Red Cross Auxiliary will meet with Mrs. R. C. Todd tomorrow afternoon for the purpose of completing four dozen comfort kits and knitting. The auxiliary is busily engaged in completing the arrangements for the drive for increase in membership which is to begin the seventeenth of the month.

Mrs. H. T. Fraser and Mrs. C. S. McNaught, have returned from a visit of several days in Walla Walla.

Mrs. Elmer P. Todd was a Pendleton visitor this week, with her parents, Mr. and Mrs. E. Alexander.

Mrs. Bert Heatt left this afternoon for Dayton, Washington, to remain during the absence of Mr. Heatt, who has recently enlisted in the army aviation corps.

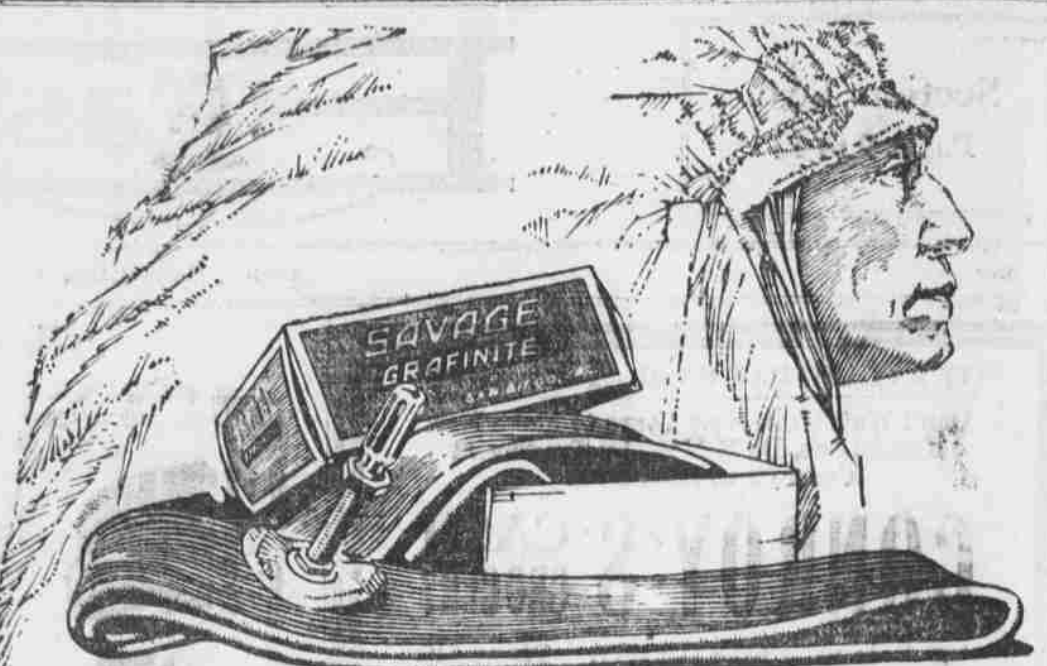
J. J. Hamley of Pendleton was one of a number of sportsmen from the county seat duck hunting in this vicinity Friday. He had a splendid bag, as a testimony of a successful day.

Henry Hill is out again, after being confined to his home for several days by a badly injured mouth.

Mrs. F. J. Taylor of Polo Alto Cal. is the guest of Mrs. J. E. McNaught. Repairs on the Municipal water system are in progress. A concrete floor in the reservoir on the hill together with the building of the walls, it is hoped will end the severe leakage of water which has heretofore existed.

The girls high school basketball team was defeated by the "Tual" team with the score standing at the close of the contest, eight to six. The teams were listed, High school, Casperly, Smith, Waterman, Shotwell and Graham. "Town" team, Epperson, Moffitt, Scott, Sullivan and Todd.

The boys high school team defeated the boys "town" team by a score of thirty five to seventeen. The high school team were, Brandt, Durfee, Garner, Weinheimer, Murchie, the "town" were, Phelps, Akers, Hall, Waterman and Madden.



**The only tube!**

that has graphite vulcanized into the surface. Greatly lengthens its life. Eliminates the use of soap-stone and absolutely prevents friction, sticking, and heating. Protects the tube from light.

A laminated tube, built up layer upon layer of the finest rubber obtainable.

A generous, sturdy valve base that eliminates trouble here.

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Also Carnations, Violets, etc.

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Florist.  
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**BIG PRE-HOLIDAY DANCE**  
FRIDAY, DEC. 21  
MOOSE HALL

Special Holiday Decorations.

Novel Unique  
Anderson Orchestra  
Admission 50c.

If its hard to decide what to give,  
**Give Hardware**



"SHE" Would Like a  
**Majestic or Round Oak Range**

A present that the wife would use three times a day. A lasting gift that would show true affection of the giver. A present that would be appreciated in EVERY home for the pleasure and convenience it would add to the kitchen.

This is no time for extravagance and useless trills or knock-knacks. They are gone and forgotten in a few days, or just when the receiver begins to REALLY ENJOY THE USEFUL XMAS PRESENT THAT WAS PURCHASED HERE.

**LOOK!**

Any of the following articles are appropriate for presents and our stock is now complete in all of these lines:

Silverware	Pocket Cutlery
Carvers	Chafing Dishes
Razors	Majestic Ranges
Roasters	Boys' Wagons
Aluminum Ware	Perfection Oil
Percolators	Heaters
Guns	

See Our Windows  
**W. J. Clarke**  
211 E. Court Telephone 21

**HAVE YOUR CHRISTMAS PHOTOS TAKEN LIKE THIS—LATEST THING IN FADS.**



Have taken this way girls, if you don't wish to appear foggy and old-fashioned.

This is the latest fad in the way of Christmas gift-photographs. Gladys Brockwell posed for this one. The lighting effect is simple—light in a white bowl. Sure, a wash-bowl will do.

**Children Cry for Fletcher's CASTORIA**

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

**What is CASTORIA**

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**  
Bears the Signature of  
*Chas. H. Fletcher*  
In Use For Over 30 Years  
The Kind You Have Always Bought

**BETTER AND SOFTER LIGHT**



Is assured by the use of some of these beautiful fixtures of ours. They give a light that illuminates the room perfectly, but that does not tire or strain the eyes. They are not expensive considering their extra efficiency and extra beauty. Why not at least see them?

**J. L. VAUGHAN**