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George Toporcer (left), new second baseman for the St. Louis Cardinals, and pitcher Lee Meadows (right), of the Phillies, are the only two players in big league baseball who wear spectacles They're near-sighted and, without the glasses, can't read a newspaper further than six inches from their noses. Yet they say they can see the ball in play better than many of their fellow players.

# ADAMS CITIZENS VISIT

(East Oregonian Special.) ADAMS May 7.—At the business meeting at the Baptist church on Mon-

day evening delegates were elected to attend the Baptist convention held i Milton on May 13, 14 and 16. Delegates elected were Mr. and Mrs. J. T. Lieualten, Mr. and Mrs. L. L. Lieualten, Mr. and Mrs. T. A. Lieualten, Mr. and Mrs. Will Boyer and Rev. Luther The Adams Ladies Club met at the borne of Mrs. Charles Donnis at the

home of Mrs. Charles Dupuis at the home ranch near Adams. Those who attended were Mrs. J. T. Lieuallen. Mrs. Carl Christian, Mrs. Harry Laraee, Mrs. Charles Shatz, Mrs. Revella Lieuallen, Mrs. G. O. Richardson, Mrs. Alex McKenzie, Mrs. John Gless, Mrs. ohn Spencer, Mrs. Frank Krebs, Mrs. Bert Kirby and son John, Mrs. Simon-Bert Kirby and son John, Mrs. Schilling, Mrs. T. A. Lieuallen and Mrs. Otas Lieuallen. A dainty lunch was served.
Mrs. Frank Krebs and Mrs. Bert Kirby motored to Pendleton Wednes-

Mrs. Hues of Ione is the guest of her rother John Coffy for the week-end. Emitt Darr and Mrs. Bertha Kemer attened the ball game today be-reen Adams and Weston.

Mrs. Will Boyer and daughters Wil-

Mr. and Mrs. Frank Martin motored o Adams Tuesday and were the guests of Mrs. Ed Wallan,

Mrs. Henry Bunch, Mrs. L. F. Bunch and Mrs. Will Bunch motored to Wal-Walla today. Mrs. Henry Bunch motored to Pen

dleton Wednesday to attend the Red ross meeting.

Cross meeting.

P. M. Whitely, Paul Lieuallen, C. L.
Woodward, Henry Power, Evard McCollem, Ralph Wallan, Birt Kirby, Ed
Wallan, Guy Mayberry, Poete McIntyre and Roy Records motored to Pendleton to attend the Dokkey meet-

Mr. Fields of La Grande came to Pendleton to attend the Dokkey cele-oration Wednesday and is the guest of Mr. and Mrs. Ira Stoll of Adams to-

Lloyd Inman is confined to his home with a bad spell with his heart.
Ora Holdman of Pendleton motored

to Adams today.
Mrs. Jacobs Case and Mrs. Doney

George Bradley motored to Adams Adams and Weston base ball boys played in Adams Thursday. The score

was 16 to 21 in favor of Weston. The Sisters Rebeksh lodge met on their regular meeting night May 5 and elected Brother G. M. Morrison as the delegate for the local lodge to attend the convention at Albany Ore. He is

also the delegate for the I. O. O. F. odge from Adams.
The Adams Rebekahs will meet in he J. O. O. F. ball on May 12th and organize a Ladies R. Club. All are

wited to attend.

Mr. and Mrs. Frank Martin motored

Mrs. Harold Barnett motored to

Mrs. Demont and daughters returnto their home in Portland after pending the past month with her

other, Mrs. John Coffy of Adams, Mrs. Malcom McIntyre and so Laurance of Helix motored to Pendle-ton Saturday and Miss Gwendolyn Mc-Intyre accompanied them home.

#### **DOCTOR GIVES IDEAS** ON CORRECT WALKING

"To walk properly," he said, "the feet should be kept absolutely parallel. The 'quarter to six' attitude is one of the big mistakes of physical training. Three minutes to 12 and three minutes past is what you want when standing.

"A long stride is not good for the feet. A slow, short step is better, for it makes you rise on the toe.
"Never discourage a child who is turning his toes in unless he has an acual deformity of the foot. He is probably trying to cure himself of knock-

knees or weak ankles."
Reasonably high heels are very excellent things, the surgeon said. Low heels are all right for children, or for

"I advise, unhesitatingly." he added. the use of high heels. I do not mean but the silly three-and-a-half to four nch Louis heel with its curved mehanical shape and inefficient support. The height of the heel for remedial surposes should not exceed two and a puarter inches, and in house short hould not be less than one and puarter inches. In cases of overstrain

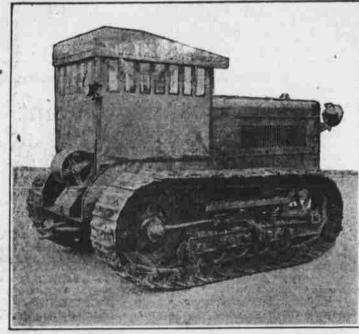
ed feet, slippers must be avoided."

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LONDON, May 7.—(A. P.)—The mothers who train their children to walk with toes pointing outward and counsel their little girls never to wear high heels when they grow up, have been told they were all wrong, by Dr. W. H. Trethowan, orthoepaedic suron, in an address at the institute of

adults with a perfect foot, but unfor-tunately no foot was perfect.



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