

Gate City Journal Supplement

NYSSA, OREGON, OCTOBER 22, 1926

Rebekahs Meet in Annual Convention

The 14th annual convention of District 25 of the Rebekah Assembly of Oregon met in Nyssa October 16, 1926, at which time Miss Dora Sexton, president, paid her official visit.

Many Vale and Ontario Rebekahs were in attendance; also two members from other states. Officers elected for the following meeting:

Nellie Jacobs, chairman, Vale.

Harriet Sears, vice chairman, Ontario.

Lucy Johnson, Sec. Treas, Vale
Vernena Beam, chaplain, Nyssa.

Effie Williams, marshal, Vale.

Effie Davis, conductor, Ontario.

Annie MacEndree, I. G., Ontario.

Daisy Johnson, O. G., Vale.

Pres. Rebekah Assembly, R.S.C.

Minnie Wroten, L. S. C., Jordan Valley.

Emma Eldridge, R. S. V. C., Vale.

Angie Cook, L. S. V. C. Nyssa

A lunch at noon and a banquet at 6:30 was served by the hostess lodge.

"Good Literature" Hour

The following program will be given at the M. E. Community church Sunday, October 24, 11 to 12 a. m.:

Mrs. Fred Marshall, Our Town Library
Mrs. W. W. Foster, Books for Girls
Verna Thompson, Fanny Crosby, Song
Miss Lucile Stephens

Our School Library
Music

Mrs. J. E. Smith, Books for Boys
Miss Gladys Garrison

How I Read a Book
J. H. Forbes, Good Books
Music

Most of the talks will be short, four-

minute speeches. If time permits, we will be glad to hear from others on good literature—newspapers, magazines, books, etc. Mrs. R. A. Thompson will have charge of the music.

All are invited to come and an opportunity will be given to anyone who wishes to talk. Committee.

Candy as a Food

The time has long since passed when candy is to be regarded as a mere luxury. It is real food. Candy is composed of sugar of different kinds, chocolate, nuts, fruits, flavorings and colorings. Each of these has its own particular value, appealing to the sense of taste or the sense of sight, or supplying the need of the body for nourishment.

Sugar undergoes little change during digestion. As glucose it is carried by the blood through the body and unites with oxygen breathed in from the air, forming carbon dioxide gas and water, in which form it leaves the body. During this change energy is produced and used for muscular work. Sugar is more rapidly oxidized than any other kind of food stuff and makes a very desirable quick fuel food.

Chocolate is obtained from cocoa beans, cleaned, roasted, and finely ground. It contains much nourishment in a concentrated form—fat, protein and carbohydrates being present, with very little water. Cocoa is also used in candies, as part of the fondant, or in fudge, and is prepared from cocoa beans by the removal of a portion of the fat, sugar and flavorings being added.

Almost all kinds of edible nuts are used in candy making. They are excellent forms of energy. In many candies the digestibility of the nuts is increased because they are finely chopped or ground.

Milk, cream and butter enter into the composition of many candies, also eggs, and so you see there is additional nourishment. Food is required to furnish energy and heat to the body, material for growth and repair, and for the regulation of body processes. Heat and energy are found in sugar, fat and protein. Material for repair and growth is furnished by protein foods. The list of materials used in

good candy shows that it can supply all of these constituents and must, therefore, be classed as food.

Children burn up so much energy in their play that they eat quite a bit of pure candy to advantage—always as a part of the meal. You will find that most women who consider candy not good for children arrive at that conclusion because they have allowed it between meals and have seen the children refuse their other food. Let them have it a few places at a time as a desert, and they will see a most rapid improvement in the little ones.

Candy may be used in all sorts of ways in the house besides just being eaten "as is." Dissolve peppermint or wintergreen drops in fruit cocktail, and it gives them a most delicious flavor. Stuff apples, pears and peaches with little red cinnamon candies and bake them. This gives a lovely color and makes a mighty fine syrup for the fruit. Use candies—chocolate creams or soft fondant—as a filling between warm cake layers. A box of candy is mighty convenient to have on hand to pass around during the evening, or to place in small dishes on the card table when several friends drop in for bridge.

A box of candy is always welcome as a gift, and don't you admire the man or woman who remembers your favorites?

School Notes

The Nyssa gridiron warriors won their first football game last Friday against the strong Roswell eleven, the score being 7 to 6. The Nyssa eleven showed great improvement in both defensive and offensive playing. The Nyssaites passing worked well and the line which has been weak all season was a stone wall.

Eugene Pratt came out of a slump to do some beautiful tackling, while Newby and Green starred as ball carriers. The outstanding play was when H. Dunaway intercepted a Roswell pass and ran the ball back for a 35 yard gain.

The Nyssa boys will invade Kuna Friday, October 22.

The second patrol of the Nyssa Girl Scouts put on a basket social at the school house Monday night and an enjoyable time was given to all. It was a success in every way, the girls realizing about \$25 for the night. An enjoyable dialogue was put on by some members of the Scouts.

The H. S. is going to put on some dandy plays. Watch for the advertisements.