

Insufficient Liver

By
DR. JAMES W. BARTON
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SOME months ago in discussing the importance of the liver it was pointed out that a congress of physicians from all over the world was meeting at Vichy, the European health resort, and would spend three days on the one subject, "The Insufficient Liver." The congress met, and 1,600 physicians were in attendance. A part of the program is reported in the Journal of the American Medical Association.

The various tests to learn how well the liver was doing its work were discussed and how the insufficient liver could interfere with the condition of the blood, and this in turn could cause certain skin eruptions and irritations. Thus a liver that is not doing its work properly was shown to be the direct cause of pruritis (itching), urticaria (hives), eczema, and that other common skin ailment—impetigo. In impetigo there are little blisters on the skin which will leave yellowish scabs. There is no redness about these scabs and they "look as if they were stuck on the skin with gum."



Dr. Barton

It was pointed out that these skin ailments can, in turn, give rise to serious liver disturbances. In such diseases as bronze diabetes, the skin and liver changes go hand in hand.

Other Disturbances.

Another body disturbance due to an "insufficient" liver is oedema, or swelling, this swelling being due to the liver not removing certain poisons from the blood.

Another disturbance caused by the insufficient liver is in the nervous system. It upsets the proper balance and many of the changes in the disposition and actions of our friends and acquaintances may be due to the fact that they are "liverish."

Altogether, abstracts of 130 papers on this one subject—the insufficient liver—were presented during the three-day session.

Thus as we think of the liver—the king of the organs—and of all the different kinds of work it has to do—store sugar, make bile, filter the blood, help to supply materials for the blood—we are not surprised that it does not always work properly.

It fails to work properly in most cases because we eat too much at one time of fat and starch foods, and take little or no exercise to stimulate the circulation of the blood through the liver.

REGISTRATION
CLOSES APRIL 18



SHOULDER OF LAMB WITH CARROTS

Have lamb shoulder boned and rolled at the market. Sprinkle with salt and pepper. Place, fat side up, on a rack in an open roasting pan. Place in a moderate oven (300-325° F.) until done. It will require thirty to forty minutes per pound for roasting. Serve with sliced carrots.

MEAT

The Best Foundation
for Any Meal

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SOCIETY

SOCIETY SUNDAY PICNIC

Mr. and Mrs. Ernest McClure and Mr. and Mrs. Robert Thompson and their children made up a picnic party and drove to Succor Creek where they hunted rocks for their gardens.

SNUDAY DINNER GUESTS

On Sunday Mr. and Mrs. E. A. Stoker entertained Mr. and Mrs. R. G. Whitaker at dinner and in the afternoon all drove to the dam.

THURSDAY BRIDGE CLUB

The Thursday bridge club was entertained by Mrs. Frank Morgan at her new home on the highway. High score for the afternoon went to Mrs. Artie Robertson.

TUESDAY BRIDGE CLUB

Mrs. Frank Morgan was hostess to the Tuesday evening bridge club, and high score was won by Mrs. Leo

YOUR NEW BLOUSE By CHERIE NICHOLAS



Your new spring blouse will be different, in that it will give the softly bloused silhouette so important this season. Owing to the emphasis placed on suits this spring you are supposed to start out not with just a single blouse or two but a collection of 'em, and the models here shown convey an idea of the newest trends in blouses that are made of gay silks, as so many of them are this season. The soft bloused effect is maintained in the model shown at the top, the gathered neckline being a special feature. The balloon blouse of circ stripe triple silk sheer pictured below has shirred sleeve tops and brilliant buttons. It is worn with bakou sombrero with wood bead bandeau.

Hollenberg and second by Mrs. Ethel Crawford.

SUPPER CLUB

Mr. and Mrs. Herbert Fisher were hosts to the Supper club on Sunday night. Mr. and Mrs. W. F. McLang of Emmett were out of town members who attended and high score for the evening were made by Mr. McLang and Mrs. Louis P. Thomas.

FRIDAY BRIDGE PARTY

On Friday Mrs. Louis P. Thomas entertained with a dessert bridge party. High scores were made by Mrs. Sidney Burbridge and Mrs. George Mitchell.

MONDAY EVENING PARTY

Mr. and Mrs. Claude Willson were hosts at a Monday evening party and their guests included Mr. and Mrs. Adolph Schneider, Mrs. W. W. Smith and Mr. Marvin Penrod. The time was spent in playing games and visiting.

SUNDAY SCHOOL CLASS HIKE

On Friday Mr. Reece Bryam took his Sunday school class of boys on a motor trip to the base of Malheur Butte and from there they hiked up to the top of the butte. Afterward a camp fire dinner was enjoyed.

MyFavoriteRecipes

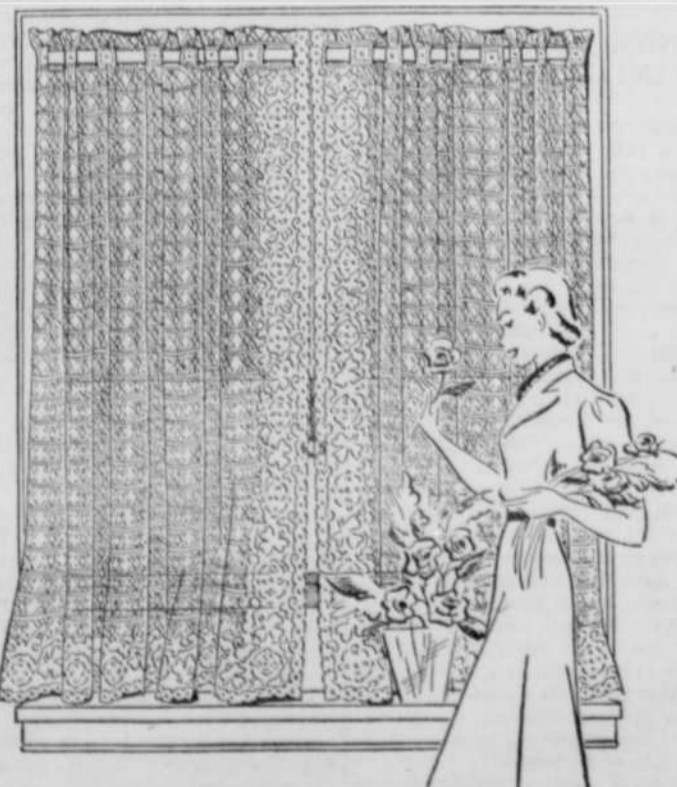
Frances Lee Barton says:

THE art of planning a meal has writing a play or a book—the climax is reserved for the last act or the last chapter. In this case the climax belongs to the dessert. And of all the climax desserts, nothing compares to the soufflé—no wonder it is a dessert beloved of chefs. But don't let that frighten you. You, too, can make a soufflé which any chef would be proud to claim! Follow this recipe carefully—and note the addition of a small quantity of quick-cooking tapioca! That is why your soufflé won't collapse in the oven or while it is being served.

Lemon Soufflé

1½ cups water; ½ cup quick-cooking tapioca; ½ cup sugar; ¼ teaspoon salt; 2 tablespoons butter; ½ cup lemon juice; 1 teaspoon lemon rind; 3 egg yolks, beaten until thick and lemon-colored; 3 egg whites, stiffly beaten. Place water in top of double boiler and bring to a boil over direct heat. Combine tapioca, sugar, and salt; add gradually to water and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook 5 minutes, stirring occasionally. Add butter, lemon juice and rind. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 50 to 60 minutes, or until soufflé is firm. Serves 8.

Airy Lace Net Curtains Cheer Up the Windows



SUNNY days are here again and homes get into fresh, cool costumes. Slipcovers on the chairs and couches, lightweight rugs on the floor, and up at the windows, go breezy lace net curtains. There's one American beauty after another in the new curtains this season, everyone ready to give windows a full measure of good fashion along with cool prettiness. Through their open meshes, both

light and air can come into the home. Even indoor gardens will get plenty of sunlight through the curtains, although the sun's glare will be toned down enough for comfort. Good news, too—the curtains are washable, easy to keep spic and span all the year round. Just hang them up and let them fall in soft, full folds over the window panes. They bring good cheer to every room in the house.

ENTERTAIN AT DINNER

Mr. and Mrs. Ode Ashcraft of Kingman Colony entertained Miss Dillah Lenager of Nyssa and Mr. Leslie Schafer of the Colony at dinner on Sunday.

LADIES AID

The Ladies Aid of the Methodist church was entertained at the home of Mrs. J. T. Taylor, on April 7, with Mrs. John Poage as assistant hostess and Mrs. Hazel Gildea in charge of the devotionals.

At the regular business meeting Mrs. C. Klinkenberg tendered her resignation as treasurer and Mrs. Kenneth Cochran was elected in her place.

The next meeting will be at the home of Mrs. O. Z. Mathews with Mrs. Sidney Smith assisting and Mrs. W. W. Foster in charge of devotionals.

MOTHER VISITING

Mrs. Emma Glasgow of Salinas, California is visiting her son Mr. Hugh Glasgow and his family for the next few weeks.

SOCIETY BIRTHDAY PARTY

Celebrating her fourth birthday little Miss Donna Jean Nussler entertained seven of her small friends at a party on Tuesday afternoon.

After opening her gifts and playing games the birthday cake was lighted and cut and served with other appropriate refreshments. Those enjoying Donna Jean's hos-

pitality were Mabel and Rosalee Toombs, Anita and Joyce Fagan, Joy Gann, Barbara Greer and Tommie Foster.

LOCAL NEWS

Girl Scouts Plan Banquet—At their last meeting the Girl Scouts completed plans to hold a Fathers and Daughters banquet on Father's day which will fall this year on the nineteenth of June.

Visits in Midvale—On Thursday Mrs. Chas Paradis and her children visited in Midvale with relatives.

Motor to Caldwell—On Sunday Mrs. Chas Paradis motored to Caldwell where she visited with her sisters for the day.

Easter Cake Sale—The Ladies of the V. F. W. Auxiliary are planning a cake and cooked food sale to be held at the Nyssa Realty Company on Saturday, April sixteenth.

Guild Meets—The Guild of St. Pauls Episcopal church was entertained at the home of Mrs. Dick Tensen on Wednesday with Mrs. Deane Smith as co-hostess.

The Francis' Return—Mr. and Mrs. H. Francis of Depoe Bay have returned to Nyssa for several weeks stay while they look after property interests.

Eastern Star—The regular meeting of the Eastern Star will be held on Monday at eight p. m.

Callers From Weiser—On Tuesday Mrs. E. J. Cravill and her daughter Ernestine of Weiser called on Mrs. Mary Morris and Mrs. E. J. Powell.

Advice To The Road-Worn

E. W. PRUYN, Auto Repairing,
Nyssa, Oregon.

I notice the Nyssa mayor has proclaimed a clean-up week. Boy, that's just what I've been waiting for. If there's anybody I'd like to clean up on it's that new 16-cylinder-worm-drive imported French car that's been passing me up on the highway for the last month.

I'll take that boat to pieces. And here's my chance—I heard the old man say he was going to take the owner of that car on a fishing trip. That's right down my alley.

First, however, I want you to give me the once-over, to make sure I won't crack under the strain. The car might have been made in Europe, but if it has never been in your garage it won't stand a chance against me.

Yours truly,
W. P. Spindlebolt.

Dear Mr. Spindlebolt: Fixing cars for fishing trips is our dish. You're right, we wouldn't touch that French car—it'd try to beat us out of the bill.

Yours,
E. W. PRUYN.

E. W. Pruyne
Auto Repair



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HEALTH ENERGY
see that he gets plenty
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**CLEAN WHOLE-
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