

Home Recipes THE MODERN WOMAN Styles Society

HIGH BLOOD PRESSURE

By DR. JAMES W. BARTON

High Blood Pressure.
There was a time when an operation—usually the removal of the appendix—was a favorite, if not the favorite, topic of conversation among middle-aged men and women. Today, if it is not about the heart—angina, coronary thrombosis, leaking valves—it is about the blood pressure.

What is blood pressure?
Blood pressure is the pressure made against the walls of the blood vessels as it circulates throughout the body. The physician measures this pressure against a column of mercury—just as we read the pressure of the atmosphere on the barometer.

Now the average individual has learned that if this pressure of the blood is too great against the blood vessel wall it may break through the wall and cause bleeding—hemorrhage—which bleeding will cause damage in the brain, heart or elsewhere according to where the lesion occurs.

The average individual also thinks that it is because the walls of the blood vessels have lost their elastic tissue—hardening of the arteries—that the pressure becomes so high, and this is often true. However, if the individual is excited or upset at the time of, or because of, the examination, or has just eaten a heavy meal, his blood pressure may be up as high as 20 to 30 points. A little quiet reassuring chat by the physician will often bring the pressure down to normal within a few minutes.

Sometimes, of course, the pressure has to be taken a number of times; in the morning before breakfast is a favorable time.

Even when the blood pressure is "always" high, if the individual goes about his regular affairs or duties in life with ordinary care—no heavy work, light meals even if more meals are eaten, acquiring calmness or poise—he may never have the slightest symptom of high blood pressure and live just as long as if his blood pressure had been normal.

Dr. David Riesman, Philadelphia, in Annals of Internal Medicine, makes this statement: "An individual can live to eighty or even one hundred years with high systolic (blood being forced against vessel walls) blood pressure."

MOTHERS CAKE SALE

There will be a sale of decorated cakes at the Nyssa Realty office, Saturday, May 17, by the W. C. T. U. to help promote the continuance of the successful National five point program.

Return From Portland

On Sunday Art and Dr. E. D. Norcott returned from Portland where they had been at the bedside of their mother for the past week. Mrs. E. O. Norcott remained in Portland for a few days longer, longer.

From Arook

Mr. and Mrs. Robert Long of Arook are visiting at the J. T. Long home this week.

On Saturday morning Mrs. Mildred Vaughn, her son Jerry of Vancouver, Mrs. Oscar Golden of Lebanon, daughters of Mr. and Mrs. J. T. Long and Mrs. Ralph Beutler of Salem, daughter of Mr. and Mrs. A. R. Thopson left by motor for their homes.

Society

BRIDAL RECEPTION

Complimenting their daughter and son in law, Mr. and Mrs. Arthur Blaine Ballah Jr., Mr. and Mrs. Frank Morgan entertained about 75 of their friends at a reception on Tuesday evening. Mrs. Ballah was particularly lovely in a girlish frock of pink net over taffeta which was belted with a wide girdele of deft blue satin at the natural waistline. Receiving the guests also were Mr. and Mrs. Arthur Blaine Ballah Sr. of Denver, parents of the bridegroom.

SURPRISE SHOWER

Wednesday evening of last week Mrs. Robert Thompson entertained twelve friends at a surprise shower honoring Mrs. Delbert Taylor.

After the gifts were presented and opened the evening was spent in playing buncle. High score was won by Mrs. Golden, low fell to Mrs. Thompson and a traveling prize was won by Mrs. Beutler.

Out of town guests included Mrs. Oscar Golden, Mrs. Ralph Beutler and Mrs. Vaughn from the coast, Mrs. Charles Thompson of Emmett, Mrs. J. Daniels, Mrs. M. Forbes, Mrs. J. Jackson all of Payette.

DINNER PARTY

On Wednesday Mr. and Mrs. George Mitchell were hosts at a dinner party. Guests were Mr. and Mrs. W. W. Howell of Boise, Mr. and Mrs. Glen Howell of Lowman and Mr. and Mrs. Robert Howell of Fruitland.

KINGMAN BOOK CLUB

Mrs. C. C. Hunt and Mrs. Frank Morgan were hostesses to the Kingman Colony Book club at their last meeting, at the home of Mrs. Morgan.

Guests included Mrs. J. P. Dunnaway and Mrs. C. P. Peck of Boise, both old members of the club. Mrs. Maurice Judd reviewed the Odyssey of a Country Doctor, which was greatly enjoyed.

DINNER GUESTS

Mr. and Mrs. Les Ernest entertained Mrs. Leona Bingman, Miss Georgia Dennis and Don McClennen of Nampa at dinner on Friday.

SUNSHINE CLUB

The Sunshine club of the ladies of the Rebekahs held a joint covered dish luncheon at the home of Mrs. A. V. Cook on Friday. Those attending were the clubs from Vale, Ontario and Payette.

LADIES AID MEETS

On Friday, April 21 the Ladies aid met at the home of Mrs. O. Z. Mathews with Mrs. Sidney Smith as assistant hostess and Mrs. Floyd White leading devotionals.

The next meeting will be at the home of Mrs. Carl Seburn with Mrs. Dave Beers assisting and Mrs. Earl Carpenter leading the devotionals.

It will be a covered dish luncheon beginning at 12:30 but for those who are unable to be there at that time there will be transportation at the church at 2 o'clock to take them to the Seburn home.

PICNIC

Mr. and Mrs. Charles Garrison, Mr. and Mrs. Dale Garrison and Jo Ann, Mr. and Mrs. Charles Newbill with their children, Mr. and Mrs. Clifford Hawkins, and Mrs. Hill and Ellen Gorman of Los Angeles made up a party and picnicked at the dam on Sunday.

DINNER PARTY

On Sunday Mr. and Mrs. Roy Pounds entertained Mrs. W. J. Mer-gorden, her daughter and grandchild from Ballah, Washington, Mr. and Mrs. L. C. Pounds and Mr. and Mrs. Bryon Pounds and their family from Caldwell.

BRIDGE CLUB

Mrs. Leo Hollenbeck entertained the Wednesday evening contract club this week and invited Mrs. Ballah, Miss Eva Boydell, Mrs. Willard Jackson, Mrs. Dick Tensen and Mrs. Louis P. Thomas as substitute guests. High score was made by Miss Boydell and second by Mrs. Ballah.

WEDNESDAY NIGHT CLUB

Mrs. Malcolm Crewford was hostess to the Wednesday Night club this week and invited Mrs. Harry Miner to complete two tables at contract. High score was won by Mrs. William Schreman and second by Mrs. Leslie McClure.

DINNER GUESTS

Mr. and Mrs. H. L. Francis were dinner guests Friday night at the Sherwood home.

SUNDAY PICNIC

Mr. and Mrs. H. L. Francis, Mr. and Mrs. C. Klinkenberg, Mrs. Fannie Felton, Mr. and Mrs. H. R. Sherwood and Frank made up a picnic party that went to the dam Sunday.

MARRIAGE ANNOUNCED

Cards have been received in Nyssa announcing the marriage of Miss Clara Canhan, formerly of Nyssa, to Captain Walter Scott Strange, April 16 at Detroit, Mich.

APPLE VALLEY

By MISS NORMA STOUT

Mr. and Mrs. James Correll Jr., of New Meadows were dinner guests at the home of Mr. and Mrs. Jim Correll, Sunday.

Mr. and Mrs. Rex Fox and son of Emmett were callers at the home of Mr. and Mrs. Leo Woods, Sunday.

Walter and John Iiams of Caldwell and Miss Eleanor Cowin of Nampa were dinner guests at the home of Mr. and Mrs. Walter Iiams Sunday.

Gene Vertrees was a week end guest at the home of Mr. and Mrs. E. Kennamon of Fruitland.

Mr. and Mrs. Jim Correll attended a V. F. W. meeting in Payette Saturday evening.

Mrs. Charles McFarland underwent an operation for appendicitis at the Memorial Park hospital in Caldwell this week.

Mr. and Mrs. George Bailey were business visitors in Weiser Monday.

Mr. and Mrs. Hal Nash and family were supper guests at the home of Mr. and Mrs. O. L. Turner Sunday.

Mr. and Mrs. Roberts and Mr. and Mrs. Greeley of Adrian enjoyed a picnic dinner at the home of Mr. and Mrs. Jesse Baker Sunday.

Mary Louise Wise was an overnight guest at the home of Betty Carrell, Saturday.

The Apple Valley ball team entered the tournament at Caldwell, Saturday. The boys' team defeated Weiser 13 to 3. The girls' team was defeated by Greenhurst 24 to 12, and were eliminated from the tournament.

Mrs. Forrest Reed of Parma called at the home of Mrs. Gene Reed, Thursday afternoon.

Irene Sparks who has been quite ill the past week with a light case of pneumonia, is reported to be improving.

SUNSET VALLEY

MRS. L. E. NEWGEN

The Ladies Civic and Social club met Thursday at the home of Mrs. Cecelia Ransom with 15 ladies answering roll call. Naming of roads was discussed and committees appointed for same. The ladies decided to have a cooked food sale in Nyssa on Saturday, May 14. Mrs. Ransom displayed home-grown lettuce in her refreshments which was very nice. The next meeting will be with Mrs. Lucie Case, May 5.

L. W. Pomeroy, a teacher in the Buhl schools, who has property here, motored over Friday night, arriving in time for breakfast with the New-gen family. He was accompanied by Louis Wagner. They report that our crops are far ahead of those in the Twin Falls county. Mr. Pomeroy was well pleased with his clover and alfalfa which he seeded last year.

Mr. and Mrs. Grover Vest and Mr. and Mrs. Bob Vest, of Arcadia were Sunday guests at the A. R. Roberts home.

Harry Russel, brother of Mrs. Oce Schweizer was admitted to the Veterans hospital in Boise last week for treatment. Mr. Schweizer is reported to be getting along fine.

Mr. and Mrs. Dee Hillis, Mr. and Mrs. Walter Hillis and three children, Mr. and Mrs. Manon Hillis and Mr. and Mrs. Markham of Ontario made a trip to the Owyhee dam Sunday.

Mrs. Elmer Cloninger was away last week on a nursing case.

The Lester Kendall family visited at the Ralph Gee home in Apple Valley.

Bob Morrison accompanied Mr. Laursen on a trip to Twin Falls last week.

Mr. and Mrs. L. E. Newgen and children were Sunday dinner guests at the Henry Terra home.

Claus Stam of Oregon Trail called at the Terra home Sunday.

Mrs. John Case, Mrs. Leslie Ditty, Mrs. Boyd Query and Miss Tressa Ditty attended the Ontario convention of the Assembly of God on Thursday.

Mrs. Chas Wilson has been busy painting their new house the past week and has really done a good job.

Mr. and Mrs. Hugh Glenn were Sunday guests of Mr. and Mrs. Chas Schweizer.

Twenty members of the Music club met Sunday night at the New-gen home. They will meet Saturday night at the Chet Sage home. Everybody welcome. We're going to have a good time.

Mr. and Mrs. John Case were Sunday guests of Mr. and Mrs. Chet Graves Sunday.

Mr. and Mrs. Boyd Query returned to Nampa Friday after a three weeks visit at the parental Ditty home.

Water was in the canal last week though not sufficient for irrigation. Most everybody irrigated their garden or yard. We expect to have plenty of water this week.

BIG BEND NEWS

By MRS. E. H. BRUMBACH

Mrs. H. R. Hatch and Mrs. Lora Pillsbury attended the Health meeting held in Ontario last Wednesday.

Mrs. Della Bunnell is staying at the Robertson home in Roswell while Mr. and Mrs. Dale Robertson are in Salem.

Word was received in this vicinity Wednesday of the death of Eldon Birch which occurred Tuesday

My Favorite Recipes

Frances Lee Barton says:

Blackbirds Pie
THE famous four and twenty blackbirds pie of nursery rhyme fame isn't the only pie that's fit to set before a king. Probably the runner-up for that distinction is an oyster pie—a savory, steaming oyster filling hidden beneath a tender pie crust. The very dish to make weary bread winners on a cold winter night whistle with conviction that grand old air, "Home Sweet Home!"

Oyster Pie

2 cups sifted flour, 2 teaspoons double-acting baking powder, ¼ teaspoon salt, 5 tablespoons butter or other shortening, ½ cup milk (about), 2 cups drained oysters, ½ teaspoon salt, dash of cayenne 4 tablespoons melted butter
Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually, stirring until soft dough is formed. Turn out on slightly floured board and knead 30 seconds, or enough to shape. Roll ½ of dough ¼ inch thick. Line a 9-inch pie plate, allowing dough to extend ½ inch beyond edge of plate. Fold inward even with rim of plate. Fill with oysters, sprinkle with salt, cayenne, and butter. Roll other half of dough ¼ inch thick, with sharp knife make slits to permit escape of steam. Fit over oysters, pressing edges together with floured fork. Bake in hot oven (450° F.) 30 minutes. Serves 8.



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turned to her home in Boise after a visit with her grandparents, Mr. and Mrs. A. C. Lee.

Deputy Sheriff Leavitt was a business visitor here Thursday. Mr. and Mrs. John Logan of Portland were inspecting the work being done on the I-O-N Thursday.

Miss Evelyn Maher of Boise is visiting her parents, Mr. and Mrs. Ed Maher.

Mrs. Wm. Loveland of Cliffs came in Friday for medical treatment.

Louis Wturri returned Wednesday from a short visit in Boise. Mrs. James Mills and daughter returned with him.

Louis Azunaga of Boise was a business visitor here Friday.

Purl Hardisty of Meridian was visiting friends here Sunday.

School opened at Cliffs last Monday. Miss Lois Personette of Parma is the teacher.

E. R. Cheeseman of Ontario was a business visitor here Saturday.

Monday in Nampa—Mrs. George Schweitzer and Nelly Jean spent Monday in Nampa.

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