

Home Recipes THE MODERN WOMAN Styles Society

Painful and Weak Feet

By DR. JAMES W. BARTON

DURING examination of recruits for the war the number of cases of flat feet, hammer toe (no movement in the joint of the toe), bunions and other foot defects was very large. While some of these cases were due to "pointed" and narrow shoes, a great many were due to "weakness" of the foot, either inherited or from standing too long in one position—as in the cases of mortormen, policemen, clerks—or from infection of the joints of the foot from diseased teeth or tonsils.

Today, fortunately, shoes are sensibly built for both men and women, and there is less trouble with the toes, arches and soles of the feet.

There are, however, a great many foot sufferers who try various makes of shoes, get all kinds of foot "aids" and yet have no comfort with their feet.

In discussing the treatment of foot disorders in the Journal of the American Medical Association, Dr. Dudley J. Morton of New York states that the first thought is to remove pain and establish good working ability in the foot. The three causes of pain and loss of good working ability are: (1) irritation, (2) deep injury or changes due to inflammation, (3) disordered mechanics, where the bones of the foot are not being held together or up in their proper places by the ligaments and the muscles.

The "irritations" are corns, calluses, warts, which should be removed by surgery, chemical preparations or X-ray. Naturally the shoes should be properly fitted. The "injured" foot due to wrong standing, to some infective process—teeth, tonsils, or poor circulation, requires rest, removal of infection, and stimulation of the circulation by hot and cold applications, and light exercise such as working the toes and trying to grasp a small object with the toes.

In cases of "disordered mechanics"—flat forward arch or flat middle arch (the common flat foot), properly fitted insoles (adjusted from time to time) give splendid results under the supervision of an orthopedic physician or surgeon.

Strengthening the Sick.

Less than fifteen years ago patients with almost any illness were not allowed to eat solid foods, and very little liquid foods. There was the feeling that foods would create waste products which would get into the blood and be carried to all parts of the body. The bowel was also flushed out daily to prevent accumulation of wastes. In other words food—nourishment and building up the body's strength—to resist the ailment was put in the background. Similarly when a patient was being prepared for operation, he was given small amounts of soft or liquid foods, his intestine flushed out, and often an enema used also to make sure there were absolutely no "wastes" in the lower bowel.

As we think of it now we can understand why so many patients were slow in recovering and why surgical patients remained in hospital about a week longer than at present. It just took this extra week or ten days for the patient to make up for the weakness caused by lack of sufficient food and perhaps also too much purging.

It is also in the last ten or fifteen years only that research physicians have been investigating foods thoroughly, their fuel or food value, the need of minerals, the action of vitamins.

In speaking of the great advance made in the study of foods by research physicians in well-equipped laboratories, Dr. J. S. McLester, one of America's outstanding food experts, states in the Journal of the American Medical Association: "Nutrition was formerly the step-child of medicine. . . today medical men are keenly alive to the vastly important part which nutrition plays in the prevention and treatment of disease."

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Society

WEDDING ANNIVERSARY

On Sunday, May 29, Mr. and Mrs. Thomas Welsh will celebrate their Golden Wedding anniversary at Big Bend park hall and will hold a reception from 2:30 until 4 o'clock and would be pleased to have all their friends present.

The Welshs are pioneers and have always taken an active part in school, church, civic and social affairs and have many friends in Malheur and Canyon counties.

BIRTHDAY DINNER

Honoring the birthday of her husband Mark Robertson and that of her sister Mrs. Harry Monday of Huntington, Mrs. Robertson entertained at a dinner party on Sunday besides the honor guests covers were laid for Mr. Monday, Mr. and Mrs. Les Ernest, Mr. and Mrs. Sid Burbridge, Mrs. F. Williams and Mr. and Mrs. Dewey Ray and their children.

SUNDAY DINNER GUESTS

Mr. and Mrs. W. H. Parker, Mr. and Mrs. Leo Henderson and Mr. and Mrs. Robert Nelson of Ontario were dinner guests of Mr. and Mrs. A. M. Highsmith on Sunday.

DINNER PARTY

On Monday evening Mr. and Mrs. Bob Thompson entertained Mr. and Mrs. Ernest McClure, Dr. and Mrs. George Burton at a dinner party.

TUESDAY BRIDGE

Mrs. Dewey Ray was hostess for the Tuesday afternoon bridge club an invited Mrs. E. J. Powell, Mrs. R. G. Whitaker and Mrs. Deah Smith as guest players. High score went to Mrs. George Mitchell and second to Mrs. Smith.

W. C. T. U. MEETS

W. C. T. U. met at the home of Mrs. Chad Graves Tuesday with seven members present and two visitors. Mrs. Emma Hawkins led devotional.

The union expressed their appreciation to the donor of the business window where we sold the Mother's day cakes.

The meeting was a profitable one and the members are expecting a good attendance to the county meeting May 24 at Kingman Colony.

The departments to be presented are religious education by Mrs. Abbott. Temperance and missions by Mrs. Dutton of Kingman Colony and child welfare from Ontario.

LOCAL NEWS

Week End Guests—

Mr. and Mrs. R. C. Leedorn of Twin Falls visited at the Bert Newton home over the week end. The two ladies are sisters.

Visits in Nampa—

Miss Georgia Dennis spent Sunday with the Elmon McClennon family in Nampa.

Business Visitor—

Albert Vail of Caldwell was a business visitor in Nyssa on Monday.

Mother Visiting—

Mrs. Clara M. Brown of Boise and San Francisco is a house guest of Mr. and Mrs. Louis P. Thomas.

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Mayor on Business Trip—

Mayor Graham left on Monday evening on a business trip to Morro and is not expected back before the end of the week.

Week End in Jordan Valley—

Mr. and Mrs. Virgil Johnson spent the week end in Jordan Valley where they visited with her family, and attended the graduation exercises and dance.

Leave for Grand Lodge—

Mrs. Arthur V. Cook left on Sunday for Pendleton where she will attend the Grand Lodge of the Rebekahs as delegate from the local chapter. Mrs. W. J. Beam accompanied her on the trip.

Designer Features

NOVEL SUEDE IDEAS

By **CHERIE NICHOLAS**
Draped dresses in the Grecian manner are featured in the suede collection displayed by Voris of Hollywood, America's suede designer, whose suede garments and accessories are pasted and not stitched. The dresses include a copy of a white wedding dress designed for a California socialite.

Daytime dresses with boleros and a draped long dinner dress approve all-round utility of suede. An unusual bolero group consists of abbreviated boleros to be worn for daytime or evening wear. A stunning dawn blue bolero is lined with red silk. Padded shoulders with new tucked and square lines are shown.

Suede shirts to be worn with skirts or slacks are treated with both feminine and mannish details. Oddly placed pockets are on the shirts for utility and ornamental purposes. Gored skirts have raw edges to eliminate bottom bulk. The popular suede slacks are in the new short length with wide bottoms and the regular lengths with mannish trouser details.

Bewitching Spring Hats

Lift Spirits of Wearers

Charming hats, which are harbingers of spring, are doing great work in uplifting the spirits of their wearers.

Kettle-brimmed sailors in straw fabrics with candy-striped veils are liked, along with soft felts with chiffon scarf trimming.

Many of the nicest hats are posed to one side to give nice profiles a chance. A charming little hat of block felt is trimmed with a large four-leaf clover in green velvet. A sailor of black picot has a large red apple in front.

My Favorite Recipes

Frances Lee Barton says:

GINGERBREAD has as many rôles in the household as an actor in a stock company. Sometimes gingerbread is a "company fixin'"—and sometimes it is a between-meal filler-upper for the children.

With a dish of apple sauce and a glass of milk, hot gingerbread makes a grand, satisfying lunch. Here's yet another recipe for gingerbread—and how good it is!

Hot Gingerbread Cakes

2 cups sifted cake flour; 2 teaspoons double-acting baking powder; 2 teaspoons ginger; 1 teaspoon cinnamon; 1/2 teaspoon salt; 1/2 cup butter or other shortening; 1/2 cup sugar; 1 egg, unbeaten; 1/2 cup molasses; 1/2 cup milk.

Sift flour once, measure, add baking powder, spices, and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well; then molasses. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Turn into greased cup-cake pans, filling them 2/3 full. Bake in moderate oven (375° F.) 20 minutes, or until done. Serve with whipped cream or apple sauce. Makes 2 dozen cup cakes.

This batter may be stored in cold place as long as 24 hours before baking. Cover partially filled cup-cake pans with damp cloth, then waxed paper; tie securely and store in refrigerator until cakes are to be baked.



Attend Meeting—

Rev. and Mrs. Ernest C. Knoll are attending an all day meeting of the church of the Assembly of God in Caldwell on Thursday to which all members and their friends were invited.

Mrs. Bowen Ill—

Mrs. J. E. Bowen is critically ill at the hospital in Ontario and under the care of Dr. L. A. Maulding. At last reports her condition seemed slightly improved.

PASTEL TWEED

By **CHERIE NICHOLAS**



Another pastel tweed and another and on and on ad infinitum moves the coat parade across the spring and summer style horizon. The model pictured is in soft, rose shetland wool tweed. Slot seams such as give fashion supremacy to this coat are excitingly decorative this season. Another outstanding detail in current coat styling is the trend of fullness to the back. In this instance a flare-cut achieves the desired full-back silhouette.

Twins Born—

Word was received in Nyssa this past week that on Friday the thirtieth, twin sons were born to Mr. and Mrs. Elmer Higginson at Caldwell and both mother and babies are reported to be doing nicely.

FLASHES FROM PARIS

Latest dresses have dolman sleeves. Ribbon bows on the wrist of short gloves! Pink pearls, pink stockings, it's a pink season.

Milliners are already showing very wide brims. Chic Parisiennes are wearing sheer black with crisp white. Couturier showings reveal wide use of ruche trimmings of self fabric.

For evening slim molded-to-form foundations are veiled with voluminous net.

Car Dealer Ill—

O. L. Gleason of the Gleason Motor company has been ill the past week and unable to leave his home in Caldwell. He is reported some better now.

Brother Marries—

On last Saturday Harry McClure younger brother of Ernest and Leslie McClure of the Nyssa Bakery was married to Miss Helen May Feltner of Boise. Mr. McClure and his bride are living in Caldwell.

Friday Visitors—

Mr. and Mrs. Disf Waggoner from the Nyssa Heights district were visitors of Mr. and Mrs. Les Ernest on Friday. The Waggoners recently purchased a ranch on the new land and moved their home from Marshfield.

Daughter Ill—

Lila, daughter of Bishop and Mrs. Luther Fife is ill with a severe cold and sore throat.

Spend Sunday at Dam—

On Sunday Dr. and Mrs. Kingston and his sister motored to the dam for a picnic and sight seeing trip.

LINCOLN NEWS

By **MRS. ED DUPRE**

The Lincoln eighth grade graduates who will receive their diplomas at the Valley View school house Friday evening are Lee Monce, Leo Monce, Glenn Curry Agnes Redwood, Fern Rookstool, Dale Ledgerwood, from White Settlement Marjorie Hawkes Helen Jordan, Ray Freese, Shirley Dean, Dorothy Wallis, Merle Ray, and George Carson, from Valley View, John Hendricks, Doyne Price, Wilma Hickey, Vera Shelton, Dorothy Lofton, Thelma Price and Sibyl Penn. From Cairo Velma Kolbaba, James Peters, Jack Watanabe, Marian Hunt and Juanita Gibbons.

There will be a program by all four school followed by an address by Rev. Douglas Honeyford of the Ontario Baptist church.

Mr. and Mrs. John Heunnekus of Payette visited Mr. and Mrs. Neilson and family Sunday.

William Ward son of Mr. and Mrs. George Ward has been moved to

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his home from the Ontario hospital

he is slowly improving and will be confined to his bed for several weeks.

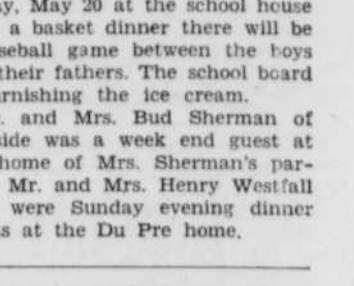
Mrs. Du Pre is recovering from a siege of flu.

The Lincoln school picnic is to be Friday, May 20 at the school house after a basket dinner there will be a baseball game between the boys and their fathers. The school board is furnishing the ice cream.

Mr. and Mrs. Bud Sherman of Ironside was a week end guest at the home of Mrs. Sherman's parents, Mr. and Mrs. Henry Westfall they were Sunday evening dinner guests at the Du Pre home.

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