

Home Recipes THE MODERN WOMAN Styles Society

Sensitiveness to Foods

By DR. JAMES W. BARTON  
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IT IS hard to understand why foods that you have been eating for years now seem to disagree with you, causing headache, belching of gas, diarrhea, vomiting. As you think it over your common sense tells you that the food or foods are the same, so the trouble must be with yourself.

Drs. Walter C. Alvarez and H. Corwin Hinshaw of the Mayo clinic state that the diet may cause upsets in the stomach and intestine in a number of ways: Chemical irritation by certain parts of a food (the laxative parts in rhubarb and prunes); delay in the emptying time of the stomach; such fat foods as butter, cream, egg yolks, which stay in the stomach until all the rest of the food has been emptied from the stomach into the small intestine; emetic (tendency to vomit) action from melons, cucumbers, tomatoes; temperature irritations (as from cold drinks), or, finally, allergy or sensitiveness to certain parts of foods.

Then there are the stomach and intestinal disturbances which are caused, not because of the food itself, but because, as mentioned above, of your own physical condition when you eat the food—tiredness, emotional upsets.

Two Points to Consider. The first point then is that there are many people who are sensitive to or upset by certain foods when they are rested and free from any emotional disturbance. This is true allergy and such excellent foods as eggs and wheat are examples of this class. Skin and other tests are used to find these offending foods.

The second point is that certain foods are laxative or slow in leaving the stomach or cause belching or vomiting. In this type of disturbance the individual leaves out certain foods in his diet and thus finally finds the particular food or foods causing the symptoms.

Overweight Shortens Life. It is rather difficult to convince a man of forty years, whose height is 5 feet 7 inches and weight 180 pounds that he is really 15 per cent overweight and that men of his age with this excess weight shorten their life span or life expectancy, by about five years. If they are 30 per cent overweight, that is, with a weight of 205 pounds in this case, the life span is shortened not less than 20 years. He says he feels well, and knows he is stronger and enjoys life more than some of the "skinny" friends of his own age.

These same facts apply to women but fortunately, for the sake of appearance and comfort, most overweight women make some effort to keep their overweight within reasonable limits.

Of course, when the overweight is due to some gland disturbance—thyroid, pituitary, sex—special treatment with gland extracts is necessary to get complete or satisfactory reduction in weight. But, when, as in most cases, the overweight is due to simply eating more food than is necessary these individuals are really shortening their lives by overeating.

This common type of overweight caused by eating too much food and not taking enough exercise is commonly complicated by other results of this overeating and under-exercising, as well as by the results of excessive fat accumulation in the body.

The following disorders are commonly met as complications: heart disease, disorders of the kidneys, disorders of the blood vessels, especially high blood pressure, and hardening of the arteries, gall bladder, dyspepsia or indigestion, diabetes, constipation, and breathlessness.

Returns From Hospital—Kuno E. Schultz who has been a patient at the Veterans hospital in Boise for the past week has returned to Nyssa again.

SOCIETY

BECKHAM-BOYDELL

To the strains of the Lohengrin wedding march Ethel Mary Boydell on the arm of her father walked through the flower banked living room to an improvised altar where she pledged her troth to J. Benjamín Beckham before members of her family and old friends of the family on Sunday afternoon at two o'clock.

The impressive Episcopal ring service was read by the Rev. Stanley Moore of Ontario.

Miss Marie Pabst of Portland was maid of honor, Helen Boydell sister of the bride was brides maid and Howard Beckham of Tigard brother of the bridegroom was best man.

The bride was particularly lovely in her white organdie gown cut long with princess lines and her dark hair topped by the soft folds of the flowing veil.

The maid of honor was gowned in pink and the brides maid in blue, each trimmed in the opposite color. The ceremony was started when Miss Marlene Hollenberg accompanied by June Wilson sang "I Love You Truly." Miss Wilson then played the wedding march.

After the ceremony was over Mr. and Mrs. Boydell entertained the guests at a reception and the wedding cake was cut and the young couple left for Portland where they will start their new home.

Mrs. Beckham is the eldest daughter of Mr. and Mrs. Arthur Boydell and was born in Nyssa where she attended public schools and then entered the state university.

Her family has been for many years active in the civic and business life of this community.

Mr. Beckham is the eldest son of Mr. and Mrs. J. B. Beckham Sr., of Tigard and it was while both were attending the state university that he met his bride.

ADKESON-BELKNAP  
On Tuesday, June 14 Doratha Pauline Belknap became the bride of Omer J. Adkeson at a quiet wedding in the parsonage of the first Presbyterian church in Walla Walla, with the Rev. George Schofield reading the service.

The day following Mr. and Mrs. Adkeson visited his family in Pilot Rock and then left for Nyssa and are now living at the Swan apartments.

Average Venetian Gondola  
The average Venetian gondola is about 30 feet long and 4 feet wide.

The BUSINESSMAN says  
A THICK JUICY STEAK  
MAN-THAT IS REAL EATING!

Broiled Steak  
Preheat broiling pan with regulated burner "high". Place steak in rack. Broil 3 inches from source of heat. When browned, see, see, see and finish cooking on second side.

MEAT MAKES THE MEAL!

Nyssa Packing Co.  
PHONE 6

Apples in Canada Since 1635  
Apples have been grown in Canada since the days of early settlement, as far back as 1635, and the industry originally intended to provide apple cider and vinegar for home consumption has developed to such an extent that the value of commercial production averages about \$10,000,000 annually. The principal apple-growing areas of Canada are the Annapolis and Cornwallis valleys in Nova Scotia, the valley of the St. John river in New Brunswick, large districts in southern Quebec and Ontario, and the warm interior valleys of British Columbia.

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LAWRENCE-WINTERS

On Thursday afternoon at 4 o'clock at the Methodist parsonage in Nyssa Alda Lawrence and Dee Winter, both of Caldwell, were united in marriage by Rev. Floyd White, who read the single ring ceremony. Arthur Feltwell and Vivian Pidgeon were the witnesses. Mr. and Mrs. Winters will make their home in Caldwell.

ENTERTAIN AT SHOWER  
On Tuesday afternoon Mrs. C. M. Drewitz and Mrs. Ralph Lawrence were hostesses at a shower complimenting Mrs. Eldon Jensen.

Three tables of luncheon were played with prizes going to Mrs. Melvin Davison for first, second to Mrs. Kenneth Cockrum and traveling to Mrs. John Ray.

FATHER'S DAY GUESTS  
Celebrating Father's Day, Mr. and Mrs. Herschel Curry had as Sunday dinner guests Mr. and Mrs. M. E. Heath of Portland, Mr. and Mrs. H. H. Heath and sons Willard and Harold Jr., of Boise, Mr. and Mrs. Walter Haskell, their son Charles and daughters, Marjorie, Evelyn, and Vivian of Baker, Eugene and Glenn Curry.

ALPHA RHO  
The Alpha Rho chapter of the Delphian club held its last meeting of the season at the country home of Mrs. Frank Bailey, where an out door lunch was enjoyed.

Special topics on art were discussed by Mrs. R. D. Lytle, of Vale, Mrs. George Henley and Mrs. Frank Hall of Ontario and Mrs. Willard Jackson of Nyssa.

The ladies present also expressed their appreciation and thanks to Mrs. C. W. Wyckoff who had at the previous meeting spoken so instructively and entertainingly.

The next meeting of the club will not be until September.

DESSERT BRIDGE  
On Friday afternoon Mrs. Arthur V. Cook and Mrs. Charles Paradis were hostesses at a dessert bridge at the home of Mrs. Cook. Guests for six tables were invited. Mrs. Dewey Ray made high score, Mrs. Artie Robertson second and Mrs. Bert Lienkaemper won traveling prize.

SUNSHINE CLUB  
The Sunshine club of the Ladies of the Rebekahs will meet this week on Friday, June 24 at Mrs. Bettie Forbes.

WEDNESDAY CONTRACT  
Mrs. James Daelhausen entertained the Wednesday evening contract club with Mrs. Harry Minor and Mrs. Bernard Frost playing as substitutes. High score was made by Mrs. E. J. Powell and second by Mrs. William Schireman.

DINNER DANCE  
Miss Ethel Mary Boydell and Lt. Ben Beckham were guests of honor at a dinner dance at the Sarazin home Wednesday evening, June 15. Twenty-five young people enjoyed the dinner followed by dancing.

Hostesses were Mrs. J. J. Sarazin and Miss Eva Boydell. The honor guests were presented with a gift by their friends.

Mr. Clare Peterson of Scobey, Mont., house guest of the Sarazins, was an out-of-town guest.

BIRTHDAY DINNER  
On Tuesday evening Mr. and Mrs. Charles Garrison and Vera entertained at a birthday dinner honoring Charles and Donald Newbill of Kingman Colony.

After dinner the party went to the theatre. Those present were Mr. and Mrs. Charles Newbill, Billy and Donald, Mr. and Mrs. Dale Garrison and Jo Ann.

BOX SUPPER  
On Tuesday evening the members of the Epworth League gave a box social at the Seburn home, with about fifty guests present. Twenty-two boxes were auctioned off to the highest bidder and after their contents were eaten games and a general social hour followed.

Brother Visits—Harry Shelton of Boise was a week end guest of his brother Rock Shelton.

Cooking in Hot Weather Made Easy With an Electric Roaster



All kinds of foods are "cooked to a turn" in an electric roaster.

By IRA MILLER  
Rural Electrification Bureau

UNLESS she has an electric range, the farmer's wife probably looks with dread to the arrival of the hot days of summer and fall. For they mean long hours in a hot kitchen preparing dinner and supper for the men folk of the family and, frequently during harvest, for many extra hands as well. However, if she has one of the newer electrical appliances—a roaster—she can avoid most if not all of the discomfort of hot-weather cooking.

Strictly speaking, this appliance should be called a portable oven instead of an electric roaster—for the latter name implies uses chiefly for meat, whereas it actually has over 100 uses from baking bread to canning fruit. Undoubtedly, its name is one of the principal reasons why the electric roaster—so common in city and suburban homes—has as yet not come into widespread use on the farm. For it is moderate in price (about the same as one of the cheaper vacuum cleaners), attractive in appearance, easy to use and to clean, has a long life and requires no more current to operate for an hour than does an electric iron.

Although the electric roaster will do perfectly every oven job that comes within its size, it must not be assumed that it will entirely replace the range. But, by doing the heavy baking and cooking in the regular oven early in the morning of a hot day, and with a little careful planning, it is possible to complete the day's cooking with the roaster, in comfort.

Electric roasters come in either oblong or oval shapes, each having its particular advantages. Several makes have a removable unit that can be inserted in the cover or top plate for broiling. For ease in cleaning, inside the roaster is a close-fitting pan, called the well, which holds three or seven people, the smaller ones holding vegetables for an equal number. If the inserted pans are taken out, a 20-pound roast and vegetables—or even a 15-pound turkey—can be cooked. The roasters also are provided with racks for baking, as well as automatic heat control.

One of the questions most commonly asked by those who are getting high-line electricity for the first time is, "What equipment should we buy first?" The electric roaster should be high on the list because of its economy as well as the comfort and convenience it brings.

SUNDAY CALLERS  
Sunday callers at the J. T. Long home included Mr. O. F. Bacon of Boise, Mr. Earl Quinley of California, Mrs. Anna Dail, Mr. John Zilt-erob, Mrs. Edward Wolfe and Mr. and Mrs. Al Thompson.

Mrs. Long has been ill the past few weeks but is feeling somewhat improved again.

ANNUAL BOOK CLUB PICNIC  
The Kingman Colony Book club held its annual Fathers day picnic at the Tom Lowe ranch at Mitchell Butte. Besides the members present, county librarian Mrs. Hofstetter and her daughter of Ontario were there.

Relatives Visit—Mr. and Mrs. Charles Hopland of McEwen are spending the summer with Mr. and Mrs. Rock Shelton and helping with the work at the dairy.

Childs Eye Not Lost—Last advice from Mrs. Robert Long concerning Evelyn's eye injury was that there would be no permanent injury. The eye ball was badly contused and an internal hemorrhage had resulted but this is clearing now and her sight will not be impaired.

Mrs. Long and Evelyn returned from Boise on Tuesday and will leave for their home at Ironside the last of the week. While here they are at the J. T. Long home.

Guests From Boise—Mr. and Mrs. W. W. Howell of Boise were week end guests of Mr. and Mrs. George Mitchell.

April Salad  
1 package lemon-flavored gelatin;  
1 pint hot water; 1 tablespoon vinegar; ¼ teaspoon salt; dash of cayenne; 1 pimiento, cut in strips; 2 hard-cooked eggs, coarsely cut; 1 cup chopped celery; ½ cup chopped olives; 1½ teaspoons chopped chives, or 1 teaspoon scraped onion.

Dissolve gelatin in hot water. Add vinegar, ¼ teaspoon salt, and cayenne. Call until slightly thickened. Arrange pimiento strips in individual molds. Season eggs and celery with ¼ teaspoon salt; add remaining ingredients. Fold into slightly thickened gelatin. Turn into individual molds and chill until firm. Unmold on crisp lettuce. Garnish with mayonnaise. Serves 6.

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BELT AND "HANKIE"

By CHERIE NICHOLAS



It is fashion's decree that the dress, suit or coat be held in utmost simplicity, depending upon striking accessories to stylize it. You must carry a stunning bag, be gloved dramatically, belted smartly and wield a flirtatious "hankie." "My name is Mary," says the gay little handkerchief which the young woman at the top in the picture flourishes so daintily—a novel and charming idea by Burmel is this, carried out in petit-point embroidery on sheer Irish linen. This "hankie" makes a perky accessory to a modish ensemble of rayon weave coupled with a silk roll-rim hat trimmed with long veiling. Below in the picture a dashing, colorful gloveskin "bow-ler" belt encircles the waistline and culminates in a center bow. Comes in new colors such as rose-berry, dusty pink, copper, purple, and it scores in three lively shades of blue (dell, navy and forget-me-not).

Leaves for California—Hale Jones and Mr. and Mrs. McNall and their family of Oregon trail left this last week for California where they expected to remain permanently.

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Sunday Fishers—Mr. and Mrs. Ernest McClure and Mr. and Mrs. Robert Thompson fished over the week end on the little Malheur and on Willow creek and came home with a fine catch.

Picnic Postponed—The annual picnic of St. Pauls Episcopal Sunday school has been postponed until a later date. Sunday school however has been discontinued for the summer vacation.

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