

Home Recipes THE MODERN WOMAN Styles Society

Liver and Gall Bladder

By DR. JAMES W. BARTON
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I BELIEVE that most physicians, including myself, when there are abdominal and stomach symptoms that are not acute and there are no definite symptoms of ulcer, cancer or appendicitis, are likely to blame a sluggish liver and gall bladder.

As two of every three individuals of middle age really have some liver and gall bladder disturbance anyway—inflammation or gall stones—the physician is likely to be right two out of three times. The symptoms are discomfort, nausea, gas pressure, clay-colored stools.

If the adult is in good health, exercises to squeeze the liver, such as long deep breaths or bending exercises, keeping the knees straight, are used.

About the only medicine given may be small doses of Epsom salts daily for one week in each month.

Diet the Chief Thing.

The principal part of the treatment is by diet and so every book on diet now has a diet for liver and gall bladder disturbances. Thus "Practical Dietetics," Dr. Sanford Blum, gives the following suggestions:

May take: Vegetables, especially green ones; limited quantity of boiled, mashed or baked potatoes; farinaceous foods—rice, farina, barley, arrowroot, cornstarch, oatmeal, cooked breakfast foods; water, mineral water, tea, milk, buttermilk; fresh meat or white fish or game or poultry once a day; eggs in moderation; cottage cheese; limited amount of butter; toast, bread, zwieback; plain cake and puddings; fresh fruit—apples, grapes, pears, peaches, figs, oranges, grapefruit, pineapple juice; salads of fresh green vegetables, raw or cooked. Should avoid: Salt, canned, preserved and spiced meats and fish; herring, salmon, sardines in oil, mackerel; stews, goose, domestic duck, oysters and shellfish; old cheese, American cheese, Swiss cheese, cream cheese, except cottage cheese; dry beans, corn, sprouts cold slaw, cabbage, cauliflower, sauerkraut, onions, garlic; rich soups; berries, preserves; gravies; nuts, sweets, pies; pastry, fats and oils; alcoholics.

Infection and Insanity. Some years ago I wrote of a New Jersey state hospital in which the "cure" of a young woman occurred within two months after some infected teeth were removed. She had been an inmate of the institution for over two years. This so impressed the superintendent that immediately dentists, nose, throat, eye and other specialists were called in to clear up or remove any infection in teeth, tonsils, sinuses or elsewhere, with the result that about 40 per cent of the inmates were able to return home.

Today practically every mental institution has a dentist giving his entire time to the patients, and other specialists—gynecologists, dermatologists, general surgeons—hold clinics at regular intervals. Thus many of those whose mental symptoms depend mostly upon some organic trouble in the body are enabled to become normal again.

Now there are many of us who do not do such foolish or unusual things that we are considered "mental," yet we come so near this at times that our friends and we, ourselves, begin to wonder if we are just quite sane.

We may undergo a severe shock or other emotional upsetment and our reactions to this—loss of ambition, laziness, change in behavior—is blamed on the shock or emotional disturbance. In a great many cases the emotional disturbance causes the above symptoms because all the other body processes have been "hurt" for the time being.

However, when the average sane man or woman, whether or not he or she has undergone a shock or emotional disturbance, begins to act "differently," then a thorough search for infection by physician and dentist should be made.

Visitors From Boise—

Mr. and Mrs. Oliver Chambers of Boise were week end guests at the Johnny Lackey home.

Attend Ball Game—

Among those attending the ball game at Baker on Sunday were Miss Lucille Rinehart, Miss Anna Johnson, Pete Boydell, Herschel Currey and Glen, Raymond Graham, Adolph Jaenke and Mr. and Mrs. Louis P. Thomas.

SOCIETY

GORDEN-BRADLEY

Miss Alta Mae Bradley, daughter of Mr. and Mrs. Chas. Bradley of Owyhee district and William Peter Gordon, stockman of Malheur and Harney counties were married at the home of the brides parents, Tuesday, June 21, at 5 p. m. Rev. Honeyford, Baptist minister of Ontario officiating. Only near relatives were present. The bride was gowned in a long dress of white silk organdy and carried a bouquet of pink roses and fern. A six o'clock dinner was served immediately following the ceremony. Covers were laid for 14. The table was candle lighted with a three tier wedding cake surrounded with pink roses as a center piece. They left that evening by train for the eastern states planning to visit several of the larger cities enroute to New York City where June 29 they will board the Aquitania for Europe for a 3 months tour spent mostly in Scotland and England visiting relatives of the bridegroom.

Mrs. Gordon is well and favorably known here, and was born and has lived most of the time at their ranch home. She is a graduate of the high school in Ontario. Mr. Gordon is a successful stock raiser and has spent several winters in this neighborhood feeding sheep.

The very best wishes of a host of friends go with Mr. and Mrs. Gordon for an enjoyable trip abroad and a successful and happy trip together through life.

ALBERT-GORDON

On Sunday at six o'clock Miss Irene Gordon became the bride of Paul Albert at the home of her parents.

The Rev. Floyd White read the services and only members of the family and close friends were present.

The bride is the daughter of Mr. and Mrs. Harry E. Gordon who live

The DOCTOR says

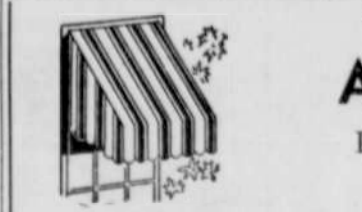
MEAT HELPS KEEP YOU FIT. IT FURNISHES THE FOOD ELEMENTS YOUR BODY NEEDS



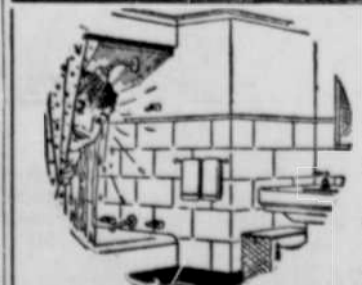
GRASED LIVER
Season chunky pieces of liver—beef, pork or lamb. Place in baking-dish. Lay slices of bacon over top. Add 1/2 cup of water, cover, and cook in moderate oven (350° F.) for 1 1/2 hours.

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APPLE VALLEY

J. U. Norris of Broken Arrow, Okla., arrived Thursday evening for a visit at the home of his daughter, Mrs. Cecil Scott and family.

Miss Mary Boston attended a meeting of the Myra Tella club in Caldwell, Sunday.

Ladies Aid will meet at the home of Mrs. J. N. Meador Jr., next Thursday, July 7.

Mr. and Mrs. Jerry Miller and son Bob and Mr. and Mrs. Art Sevoss of Nyssa went on a fishing trip to Little Malheur Sunday. They returned late that evening and reported a fair catch.

R. A. Scott and R. N. Sample left Sunday morning for Halfway, Ore., where they have several weeks work in the hay.

Mr. and Mrs. Oland Reed and family were dinner guests at the home of Mrs. Ida McCullum Sunday.

The Sunday school board met at the home of Mrs. Waldo Smalley, Wednesday evening.

Mr. and Mrs. G. G. Ray and daughter Lucille, and Mrs. Jerry Miller and sons were shopping in Payette Saturday evening.

Mrs. J. L. Sparks is visiting at the Tom Sparks home in Big Bend, this week.

Mr. and Mrs. William Matzen and W. S. Adams enjoyed a drive to the Sarazin ranch on the other side of Nyssa Sunday.

The Silver Moon Sunday school class had a picnic on the lawn at the Apple Valley school house Sunday.

Mr. and Mrs. Howard Rogers and daughter Barbara were guests at the home of Mr. and Mrs. J. I. Boston Sunday.

Grandma Barker has been very ill the past week but at this writing she is improving.

Mr. and Mrs. Melvin Hathaway were visitors at the home of Mr. and Mrs. George Bailey Sunday afternoon.

Boman Vertrees of Caldwell spent the week end at the home of his parents, Mr. and Mrs. C. D. Vertrees.

Epworth League will meet on Wednesday evenings at 8 o'clock instead of Sunday. The reason for the change is that many desire to attend other services Sunday evening.

Those from the League planning to attend the conference at Wallowa are Mona Gee, Jean and Charlotte Nash, and Irene Sparks.

Mr. and Mrs. Leo Wood and family were dinner guests at the home of Mr. and Mrs. Sherman Wilson Sunday.

Mr. and Mrs. Dwight Wilson of Nampa were guests at the home of her mother, Mrs. Mollie Nelson Sunday.

SUNSET VALLEY

Mrs. L. E. Newgen, who has been staying with her daughter at the Holy Rosary hospital in Ontario spent the week end at home. Bonnie Mae is very much improved.

Bob Newgen was a Sunday night guest of Jack Reffett.

Mrs. Chas Ditty and son Leslie were business visitors in Caldwell Monday.

Rev. and Mrs. E. C. Knull and Lillie Mae of Nyssa were Wednesday afternoon callers in this neighborhood.

Mr. and Mrs. Cash Turner and Paul Gilbert went to Boise Friday where Paul continued the trip to California to visit his brothers. Mrs. Jay Howard and baby of Boise returned with her parents for a weeks visit.

Mrs. Art Atkeson, Jack Bonnte, Alice, Wanda Lee and friend Helen Foster of Dillon, Mont., called at the Jim Atkeson home Monday. In the afternoon they motored to Boise to visit Mrs. Atheson's daughter Elizabeth who is attending Link's Business college in that city.

Mr. and Mrs. L. E. Newgen and Bob were business visitors in Parma Monday afternoon they returned by way of Nyssa where Mrs. Newgen boarded the train returning to Ontario to be with her daughter at the hospital.

The deluge of rain last Tuesday evening did no serious damage here but lots of ditches and dikes were broken. Most of the crops are looking better since.

Mrs. Don Linville and two sons visited her mother, Mrs. McGinnis Sunday.

Jim Atkeson is working in town for his father for a few days.

Don Linville is putting up hay at the Jim Langton ranch this week.

Mrs. Charley Wilson drove to Homedale Monday evening to visit Mrs. Lester Zurcher for a week.

Mrs. Roy Gueck has returned home Tuesday from Emmet where she has been picking cherries.

Mr. and Mrs. Hud Robb and Mrs. Charley Wilson went to Homedale for cherries Saturday.

Mrs. L. B. Landreth is reported not so well since having her teeth pulled last week.

Mrs. Art Atkeson and children Bonnie, Alice, Wanda Lee and Miss Helen Foster of Dillon, Mont., visited with Dittys and Cases Tuesday. Mr. and Mrs. Anderson called at the Leslie Ditty home Tuesday. Mr. and Mrs. Charley Schweizer called on Mr. and Mrs. Tom Lowe at the hot springs Tuesday.

Grandson Visits—

Rodney Estes of Denver is spending his summer vacation with his grandparents, Dr. and Mrs. J. C. Bowman.

Visitors From Fruitland—

Mr. and Mrs. Ed Tannlund of Fruitland were Saturday night guests of Mr. and Mrs. William Schireman and visited the Carnival.

Newly-Weds Visit—

Mr. and Mrs. R. Kiesel of Berkeley, California stopped over the week end for a visit with his brother, Ogden, who is employed at the sugar plant. Mr. and Mrs. Kiesel are on their wedding trip which has taken them all over the northwest.

LARGE BUNCHES OF FLOWERS FOR SUIT

Spring Fashion Calls for Lavish Use of Posies.

By CHERIE NICHOLAS

With spring definitely here, thoughts turn to the gaiety of flowers, above all, the new feminine, flattering corsages for your suits, hats and even shoes. Newest of all for your tailor are corsages made of large bunches of small flowers—snowdrops, violets, heather, cowslips, hawthorn, mimosa—just a few choices from the wider than ever range of flowers which have been adapted to fashion's fancy. Still popular are the single flowers, groups of two or more and the bunches of fruit, but decidedly outstanding in this spring season are the big clusters of tiny flowers.

Adapt these exciting new costume flowers to any mood or whim you may have. Be smartly classic in a man-tailored suit with a triple carnation corsage, or wear one of the clusters of fragile wood violets on your coat. A debutante clips to the band which encircles the back of her head to hold on her hat, two small corsages of bright spring flowers and these were matched with another clipped to her lapel. A smartly dressed woman is seen with the impertinence of tiny bunches of flowers clipped to each opera pump.

And why not develop a new and striking note for yourself? Match a dark vivid lipstick with a corsage of maroon carnations. Wear a corsage on your lapel which carries out the identical flowers of your print blouse. Copy the flowers on your hat with a corsage, or wear flower boutonnieres to match flower printed handkerchiefs.

Journal Recipes

By FRANCES LEE BARTON

Do you remember that childish "Dingle?"

"First's the worst, second's the same."

Last's the best of all the game." In our family, dessert is the big moment of dinner—and that's why I plan my meal backward and put my freshest, most inspired thought on the dessert. And when I want to be very popular with the family I produce for their delectation this dessert:

Chocolate Cream Roll
6 tablespoons sifted cake flour; 6 tablespoons cocoa; 1/2 teaspoon double-acting baking powder; 1/2 teaspoon salt; 3/4 cup sifted sugar; 4 egg whites, stiffly beaten; 4 egg yolks, beaten until thick and lemon-colored; 1 teaspoon vanilla; 1 cup cream, whipped and sweetened.
Sift flour once, measure, add cocoa, baking powder, and salt, and sift together three times. Fold sugar gradually into egg whites. Fold in egg yolks and vanilla. Fold in flour gradually. Turn into 15x10-inch pan which has been greased, lined with paper to within 1/2 inch of edge, and again greased. Bake in hot oven (400° F.) 15 minutes. Quickly cut off crisp edges of cake. Turn out on damp cloth to cool; remove paper. When cold spread with whipped cream. Roll as for jelly roll.



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Flower Time!



FLOWERS blossom indoors and outdoors these days and many a window gets a flower setting for Summer. Real flowers and plants in pots, in window boxes, or in hanging baskets or bowls at the side of the windows are always attractive.

Another way to get this summery atmosphere is to hang up breezy, American style lace net curtains with flowers in their design—such as a graceful border of leaves and blossoms woven into the open meshes of the lace. They're washable, so the windows always can be kept cool looking with lettuce-leaf freshness.

Bride Ill—

Mrs. Paul Albert is confined to her bed with a severe sinus infection.

Visits Here—

Mrs. Hrry Rice of Ontario and her children spent Sunday with Mr. and Mrs. Frank Hall.

Business in Vale—

On Monday Mayor Graham, A. L. Vestal, and Warren Richardson were in Vale regarding local Legion business.

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KOTEX 12's 20c

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55c Lady Esther Powder 39c

50c Pablum Cereal 43c

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Aderika 89c
60c Fasteeth 49c
100 Bile Salt Tb. 89c
25c Ex-Lax 23c

Drene Small 49c Large 79c

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