

Home Recipes THE MODERN WOMAN Styles Society

**Causes of Rheumatism**

By **DR. JAMES W. BARTON**  
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YOU miss seeing a friend or acquaintance for some time and when you next see him he tells you that he has had "another attack of rheumatism." The question then naturally arises as to whether the attack is just the "old" attack that has returned or whether it is an entirely "new" attack.



While there is much that remains unknown about the cause or causes of rheumatism, the medical profession is coming back more to the idea that some special or specific organism is to blame. The special organism causing rheumatism may be always in the system of certain individuals and at times when the individual's resistance is lowered these organisms get the upper hand and an attack of rheumatism occurs.

Now if the attack was just a slight inflammation of the lining of a joint, or the fibrous part of the muscles, it would be bad enough, but unfortunately with each attack of rheumatism there may be also an inflammation of the lining of the heart and blood vessels.

Dr. E. I. Tsukershteyn, in Clinical Medicine, Moscow, states that of 300 cases admitted to his clinic, 82 per cent gave a history of recurrent or repeated attacks.

**To Prevent Attacks.**  
How can attacks of rheumatism be prevented or made less serious? As the cause in most cases is some special organism—in infected teeth, tonsils, gall bladder, or intestine—the first thought is an immediate visit, and a visit every six months or a year afterwards, to the dentist and physician. The second thought is to keep the body strong and disease-resisting by not eating too much food and taking more exercise.

Even under the care of physician and dentist, and care in eating and the taking of exercise, there may be attacks because you may be "sensitive" to certain organisms, but the above care should lessen the chances of permanent disability to heart, blood vessels, joints, or other organs.

**Overweight an Ailment.**  
As our insurance companies give their reports to the public it is now an established fact that overweight is a serious liability to health and to life. When we remember that carrying 25 to 50 pounds of excess fat upon the body is just the same as if that weight were iron or lead, some idea of the extra work done by the body every day can be realized. This extra work is not too much for the body to handle when we are in our twenties or thirties, but when exercise which holds and builds strength becomes less, then more fat accumulates and the burden becomes greater with less strength with which to carry this excess fat.

Generally speaking, all that is necessary to remove a good part of this excess fat is to cut down on all starches, fats, and liquids, and practically all overweights can do this up to a certain point. In fact, even those whose overweight is due to a gland disturbance—thyroid, pituitary, or others—are able to remove some of this excess fat by cutting down on these foods.

However, the important point about weight reduction is that every case should be considered by itself. Thus living habits should be studied. There is the housewife who works hard in the home all day, bakes, cooks, sweeps, looks after the children, and there is the other housewife with plenty of help, who does no physical work whatever. Naturally the one doing all the work should not have her food reduced at as fast a rate as the idle.

Similarly with men. Some overweights are on their feet much of the day whilst others sit at a desk. Rest, more rest than should be taken, is as big a factor in putting on fat as is food.

In addition to considering the work or exercise done daily, there is also the fact that some cases have just a little less gland juice than normal, whilst others lack a considerable amount of the necessary thyroid or pituitary juice. The overweight who lacks a large amount of gland juice will, in addition to cutting down on food, require also some of this gland juice or extract in order to get down to normal weight. The overweight who lacks but a small amount of the necessary gland juice may be able to attain normal weight by simply cutting down on the amount of food eaten.

Use Journal Want Ads.

**SOCIETY**

**STAM-LUNDY**  
On Sunday Miss Delma Lundy became the bride of John Stam.

The ceremony was performed before the immediate families with Jake Groot and Miss Marene Molyneux acting as brides maid and best man, at the home of the bride's sister in Twin Falls.

The bride's dress was of blue lace and her bouquet was made of roses. Following the ceremony a wedding dinner was served and the bridal party left for Nyssa.

Mrs. Stam has been employed at Ruth's Beauty Nook for several months and has made many friends in her short stay.

The bridegroom is the son of Dirk Stam and is recognized as a successful rancher in the community. He has purchased the Garman ranch adjoining his father's and is remodeling the house there as the future home for his bride. At present the young couple are living at the Dirk Stams.

**BLACK-WIMP**  
Flora Mae Wimp became the bride of Charles Black at a quiet ceremony performed in Payette on Monday. Mrs. Black is better known as "Jimmy" Wimp to her many friends here in Nyssa and is the youngest daughter of Mr. and Mrs. E. A. Wimp who own the Nyssa Electric shop and live just north of town on the highway.

"Jimmy" graduated from the Nyssa high school in 1937 and has assisted her parents in their business since, and was one of the most popular girls in the community.

**SURPRISE PARTY**  
On Friday Mrs. Garrison and Vera gave a surprise party complimenting Mr. Garrison on his birthday anniversary. Their guests included Mr. and Mrs. Clyde Walker.

**The WORKING MAN says**  
**SURE I EAT MEAT EVERYBODY NEEDS IT-TS CORNED BEEF AND CABBAGE TONIGHT-M-M-M-BOY!**



**Meat IS THE MUSCLE BUILDER**

**Nyssa Packing Co.**  
PHONE 6

**Points to Consider**  
When you visit our Fountain be assured . . .

That it is clean and Sanitary  
With freshly frozen Ice Cream  
And Ice Cold drinks  
Located in a cool building

Refresh yourself  
You will be treated courteously  
and served promptly

**Owyhee Drug Co.**  
"The Thrift Store"  
PHONE 29  
Next to Idaho Power Company

Wylene and Marilyn, of Corvallis. Mr. and Mrs. Dale Garrison and family, Mr. and Mrs. Chas. Newbill and family and Mr. and Mrs. Ray Garrison and Lennie from Jamie-son.

**EVENING PARTY**  
Mr. and Mrs. William E. Schireman were hosts at a party on Friday evening. Their house guest Mrs. Walter Jones of Weiser and Mrs. Clara M. Brown of Boise were out of town guests.

**THURSDAY BRIDGE CLUB**  
Mrs. Arthur Boydell entertained the members of the Thursday afternoon bridge club last week and invited guests to make up three tables.

High score for the guests was made by Mrs. Taylor Gudmundsen and for the members Mrs. Dewey Ray. Mrs. Andrew Boersma won the traveling prize.

**PICNIC SUPPER**  
On Sunday Mr. and Mrs. Buel Clement entertained, the Elmer Stradley, the John Molenars, the Hugh Glascoos and Lonnie Ward at a picnic supper. Afterwards lawn games were enjoyed.

**CIVIC CLUB**  
It was an unusually large Civic club attendance with several new members present which met at the C. W. Barrett country home for their annual meeting in Mrs. Barrett's garden. No particular business was taken up but a flower and farm produce show was discussed with no definite decisions being made.

Tea was served by Mrs. C. L. McCoy, Mrs. Charles Garrison and Mrs. George Mitchell.

**THEATRE PARTY**  
On Friday about thirty of the younger set met for a theatre party and afterwards drove to the Butler grove for a Weiner roast.

**BRIDAL SHOWER**  
On Wednesday evening Mrs. Andrew Boersma entertained about twenty of the young people at a shower complimenting Mr. and Mrs. John Stam. Their friends went together and presented them with a pottery table service which was given at that time.

**MONDAY LUNCHEON**  
On Monday Mrs. Frank Morgan entertained Mrs. Earl Reed of Omaha, Mrs. Willard Jackson and Miss Helen Busecriz at a luncheon.

**PICNIC SUPPER**  
Mr. and Mrs. Perle Richards celebrated their eleventh wedding anniversary last Wednesday with a picnic supper to which was invited twenty of their relatives and friends.

**WEDNESDAY NIGHT BRIDGE**  
Mrs. James Daehouzen entertained the Wednesday night contract club inviting Mrs. Frank Christ and Mrs. Willard Jackson as guest players.

High score was made by Mrs. Malcolm Crawford, second by Mrs. Christ and a traveling prize was won by Mrs. R. A. Whitaker.

**From Twin Falls—**  
Mrs. Howard Larson of Twin Falls is a house guest of Mr. and Mrs. Artis Robertson and is visiting her son Warren.

**The Electric Sewing Machine Is a Real Household Necessity**



Sewing is easy and convenient when the machine is electrically operated.

By **IRA MILLER**  
**Rural Electrification Bureau**  
IN THESE days of universal ready-to-wear clothing, it may surprise many farm wives to learn that the sewing machine still is considered almost a household necessity by practically three out of every four families living in rural areas.

According to preliminary results of a nation-wide study of consumer purchases being conducted by the U. S. Bureau of Home Economics and the Bureau of Labor Statistics, from 65 to 70 per cent of village families own sewing machines, the proportion differing little in various sections of the country.

The reasons for the continued popularity of this century-old household appliance are not difficult to determine. Both from the need for economy and because of a desire for individual styling and design, many farm women still do a large part of the family sewing.

The Government study previously mentioned also showed that, of the sewing machines owned, 41 to 56 per cent were foot powered and 10 to 30 per cent were electrically driven. A foot-operated machine is tiresome to run and this reduces the amount of sewing which can be done in a given time. Also, because of its necessarily irregular operation, such a machine seldom produces articles as perfectly finished as does one driven by electricity.

Although the majority of new sewing machines may be purchased with motor drive, the farm wife need not wait until her present machine is worn out to enjoy the advantages of electric power. A small motor can be added with very little trouble and expense, and will give entirely satisfactory service.

Power requirements are so small that energy consumption seldom will exceed one kw.-hr. per month (usually less) even when much sewing is done. At the average domestic rate, this is less than five cents—surely a small sum to pay for so much ease and convenience.

**Visitor from Ontario—**  
Mrs. Wm. Sherman of Ontario is spending this week at the home of her sister Mrs. R. Bunn.

**Dixon Home—**  
Mrs. Russell Talbot who was a patient at the Dixon Nursing Home under the care of Dr. Sarazin last week has been discharged much improved.

**Baby Born—**  
A seven and a half pound girl was born to Mr. and Mrs. Earl Gray managers of the Farmers Co-op at the Brittingham home in Ontario on Saturday morning. So far the infant has not been named but mother and babe are reported to be doing nicely.

**Returns From California—**  
H. F. Brown who has spent the last six months in California returned to Nyssa on Wednesday. Mr. Brown says that although California has much to offer he feels for an all-round comfortable place to live Nyssa is hard to beat.

**Journal Recipes**  
By **FRANCES LEE BARTON**  
WHAT woman is there who doesn't stop now and then to envy a chef's art, which with a touch of this and a dash of that can transform mere food into something resembling an artistic creation? But just such opportunities lie at the disposal of every housewife with ambition and imagination.

A good recipe for a chocolate sauce and filling is the open sesame to many a culinary miracle. It can transform a plain pudding into something quite handsome—while plain cup cakes will blush to find themselves praised to the skies when they are filled with

**Luscious Chocolate Cream**  
(Filling or sauce)  
½ cup sifted confectioners' sugar, 1 egg white, stiffly beaten, 1 square unsweetened chocolate, melted and cooled, 1 egg yolk, slightly beaten, dash of salt, ½ teaspoon vanilla, ½ cup cream, whipped.  
Fold sugar gradually into egg white; fold in chocolate, then egg yolk, salt, vanilla, and cream. Makes 1½ cups filling or sauce.

**The MILK The Doctor Ordered**  
Here is the perfect milk for baby and the whole family, milk that's richer, purer and fresher. It has a better flavor that children and grown-ups prefer, too!  
**GATE CITY DAIRY**  
PHONE 104  
Morning and Evening Delivery. At Your Grocers Too!

**Son Visiting—**  
Mr. and Mrs. Robert Pfeiler of Oxnard, Cal., are visiting at the Albert Pfeiler home on the new land for the next two weeks. On Tuesday he and his brother Paul left for a fishing trip into the Lake country.

**Short Stay—**  
Mr and Mrs K C Barr of Oxnard spent Wednesday and Thursday with the Albert Pfeilers.  
Other recent visitors at he Pfeilers from Oxnard included Mr. and Mrs. R. D. Snively who spent two days at their home.

**Ramsey's Market**  
Phone 3 Free Delivery  
Special Values for Fri. and Sat.—August 19-20

Dash	Washing Powder Giant Size	45c
Coffee	Golden West 2 lb. glass jar	53c
Crackers	Large 2 lb. box	18c
Oranges	Sweet Juicy med. size 2 doz.	25c
Lemons	Fancy Large size per doz.	25c
Bananas	Firm Ripe fruit 3 lbs.	19c

**ANNUAL FINANCIAL REPORT**  
**NYSSA-ARCADIA DRAINAGE DISTRICT**  
August 6, 1938  
TRIAL BALANCE

	DR.	CR.
Bonds outstanding	\$ 40.00	\$ 28,500.00
Bills receivable	80,533.00	
Bond coupons paid	1,316.10	
Bond and interest Fund	2,742.49	
Bond and interest taxes receivable for 1934	675.28	
Bond and interest taxes receivable for 1935	1,446.02	
Bond and interest taxes receivable for 1937	713.98	
Bond and interest taxes receivable for 1938	2,369.87	
County of Malheur	12,876.99	
Delinquent tax certificates	2,423.71	
Drainage Tax Record		246,789.80
Drainage System	88,163.76	
Drainage well No. 1	1,392.11	
Drainage well No. 2	688.05	
Drainage well No. 3	814.28	
Interest and Discount	4,016.84	
Kingman Colony Drainage District warrant	178.64	
O & M taxes receivable for 1934	474.31	
O & M taxes receivable for 1935	819.63	
O & M taxes receivable for 1936	896.66	
O & M taxes receivable for 1937	1,004.33	
O & M taxes receivable for 1938	1,428.17	
Operation and maintenance	69,926.52	
Osborn real estate	53.80	
Operation and Maintenance Fund	293.26	
	\$275,289.80	\$275,289.80

  

RECEIPTS	
August 7, 1937, Cash in bank	\$ 1,817.47
Taxes paid	4,033.10
Land sales	1,130.80
Delinquent tax certificates	210.53
Kingman Colony Drainage District warrant	30.81
Total receipts	\$ 7,222.71

  

EXPENDITURES	
Bonds paid	\$ 1,000.00
Bond coupons paid	330.00
Bond interest	1,742.50
Operation and Maintenance	2,540.85
Total expenditures	\$ 5,613.35

  

DISTRIBUTION OF CASH	
Bond and Interest Fund	\$ 1,316.10
Operation and Maintenance Fund	294.26
August 6, 1938, total cash in bank	\$ 1,609.36
Total expenditures and cash in bank	\$ 7,222.71

Respectfully submitted,  
P. TENSEN  
H. R. SPRWOOD  
GERRIT GROOT  
Auditing Committee

CORRECT ATTEST:  
FRANK D. HALL,  
Secretary-treasurer.

**SPECIAL CLEARANCE SALE**  
Best Quality Floor Lamps  
Your Choice  
1-3 to 1-2 Off  
August 20 to August 27 Only

**IDAHO POWER**  
Electricity Does So MUCH—Costs So LITTLE!