

Home Recipes THE MODERN WOMAN Styles Society

Nervousness And Ulcers

By
DR. JAMES W. BARTON
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A BUSINESS MAN found himself becoming very irritable about the office—nothing was right. When driving his car, every other driver was at fault. He noticed also that about two hours after he ate a meal he had a pain in the stomach which was relieved only when he took some baking soda, drank some milk or ate some food.

When he consulted his physician and gave him the above history the physician told him he thought it was a stomach ulcer, which the X-ray proved was correct. The physician ordered a soft diet and prescribed alkaline medicines, which gave relief; he told the patient, however, that there were likely two things causing the ulcer, one of which was his own high-strung, nervous disposition and the other some infection—likely the teeth. An X-ray of the teeth showed the roots of two teeth so badly infected that they had to be removed.

Causes Symptoms of Ulcer.
Rest, soft food, removal of infected teeth, brought about the cure at this time, but his physician told him that if he didn't learn to control himself, to take things a little more easily, to relax more, any little infection in his system, added to his tense disposition, would likely "grow" another ulcer.

However, this nervous, tense disposition, even when no infection is present, can cause symptoms closely resembling ulcer of the stomach. I have spoken before of the patient whose symptoms closely resembled ulcer, but X-ray showed that, while no ulcer was present, the rhythm or regularity of the stomach movements (churning the food) was greatly upset in that the movements would occur in rapid succession for a few minutes, then stop altogether for a time, perhaps become regular and normal, and then occur rapidly and irregularly again. A straight questioning by the physician revealed the fact that the patient was trying to handle a difficult domestic problem. When this problem was solved or settled, the symptoms disappeared entirely.

Pain in the Forehead.
When pain occurs in the forehead there is always the question as to its exact cause.
If the pain is anywhere near or above the eye, it is naturally blamed on the eye and many will visit their oculist or optometrist with a request to have their eyes tested. And in a number of these cases the trouble is really due to eye strain. The pain in these cases is usually directly above the eye and even with or below the eyebrow.

However, indigestion and gas-pressure can cause pain just above the eye but it is usually just above the eyebrow.
Another common pain in the forehead above and between the eyes is due to inflammation of the sinus (frontal), a cavity or hollow space in the lower part of the forehead. This hollow space is connected with the nose and forms with the other sinuses, the "sounding box" for the voice. The lining of this hollow space or cavity is covered with tiny cells which manufacture a fluid which flows down into the nose. When these cells get inflamed they, of course, manufacture much more juice, just as do other cells when they are irritated. It is the juice from this frontal or the other sinuses that we blow from the nose when we have a "head cold."

When this irritation or inflammation becomes severe we speak of it as sinusitis, among the symptoms of which is this severe headache in the forehead due to pressure of the fluid in the bony space. This headache is worse in the morning because there is not as good "drainage" when we are lying down as when standing up. There is thus some relief from this headache during the day; whereas in headache due to eye-strain the pain is not so severe in the morning after the night's rest, but becomes more severe as the eyes are used or strained during the day.

House Guest—
Mrs. May Taylor of Boise was a house guest of Mrs. W. H. Dean from Thursday until Sunday. On Sunday her daughter and family Mr. and Mrs. Olaf Eglund and their three children drove over for the day and all returned to Boise that evening.



SOCIETY

THURSDAY BRIDGE

The Thursday bridge club was entertained by Mrs. Eldon Jensen on Wednesday with Mrs. Leslie McClure playing as substitute. High score was won by Mrs. Harry Miner, second by Mrs. Deane Johnson and low by Mrs. Herbert Fisher.

WEDNESDAY EVENING CONTRACT

Mrs. B. B. Lienkaemper was hostess to the Wednesday evening contract club and Mrs. George Mitchell and Mrs. Kenneth Christ were guest players. High score for the evening went to Mrs. R. G. Whitaker and second to Mrs. William E. Schireman.

TUESDAY BRIDGE CLUB

The Tuesday bridge club was entertained by Mrs. Sidney Burbridge at the home of Mrs. Dewey Ray on Monday afternoon. Invited guests were Mrs. Kenneth Cottle, Mrs. Bert Lienkaemper and Mrs. John Young. Mrs. Lienkaemper made high score and Mrs. Dewey Ray second.

THURSDAY BRIDGE

The Thursday bridge club was entertained by Mrs. E. D. Norcott last week and guests were invited to complete three tables. First prize was won by Mrs. Frank Morgan for the club members and for the guests Mrs. William E. Schireman was high.

DINNER PARTY

Mr. and Mrs. J. C. Beam entertained at a Sunday dinner, Mr. and Mrs. F. F. Taylor and Mr. and Mrs. O. F. Eglund and sons Milton, LeRoy and Riley of Boise. Mr. and Mrs. Roy Pounds and their two children of Nyssa.

SUNDAY DINNER

Mr. and Mrs. Herbert Fisher entertained at a Sunday dinner for Mr. and Mrs. John Eubank and their daughter of Homedale.

ENTERTAIN FOR GRAND DAUGHTER

Celebrating the birthday of their granddaughter Betty Lou Newbill of Kingman Colony, Mr. and Mrs. Charles Garrison entertained at a family dinner party on Sunday. Their guests included Mr. and Mrs. Louis Garrison of San Francisco, Mr. and Mrs. Charles Newbill and family of Kingman Colony, and Mr. and Mrs. Ray Garrison and their son from Jamieson.

BIRTHDAY ANNIVERSARY

At the home of Mr. and Mrs. S. D. Goshert seventeen little girls gathered on last Thursday to celebrate with Darlene Sales her eighth birthday. Lawn games were played during the afternoon and at the close refreshments and a huge birthday cake were served by Mrs. Goshert and Mrs. Sales.

SUNDAY SCHOOL PICNIC

The picnic held for the members of the Episcopal Sunday school at Caldwell on Sunday was a gala affair and attended by about 50 of the children and their parents. After a lunch in Memorial park a swim was enjoyed in the pool.

Week End Guests—

Mrs. P. A. Currey of Los Angeles and her mother Mrs. Eliza Pierson of Baker visited the week end with the H. E. Curreys.

W. C. T. U.

Meets September 6 at Mrs. Emkins will have charge of the devotional. Election of Officers. All members urged to be present.

Return to Kansas—

Mr. and Mrs. Glen Rickey of Leoti, Kas., stopped for a days visit with Mr. and Mrs. E. J. Hobson the first of the week, while enroute to their home from a trip to the coast.

Day In Vale—

Monday Mrs. H. E. Currey with her house guests Mrs. P. A. Currey and Mrs. Pierson motored to Vale where they spent the day with friends.

Motor to Grand Coulee—

Mrs. Les Ernest and Miss Georgia Dennis returned on Thursday from a two weeks motor trip through Oregon and Washington. Most of their time was spent at Grand Coulee dam where they visited with friends.

MITCHELL BUTTE

Mr. and Mrs. J. P. Dunaway and son returned home last Friday from Hood River where they have been visiting with their daughter.

Lois McGinnis is staying several days with Virginia Mae Jarvis of Adrian.

Tom Lowe and Clyde Mitchell were business visitors in Caldwell Friday.

Mrs. Allen Husher and children of Preston were visitors at the Tom Lowe home Wednesday.

W. A. Mettlen, Russell Talbot, Ernie

LOCAL NEWS

Son Visits—

Mr. and Mrs. Louis Garrison of San Francisco are visiting at the Charles Garrison home for a week.

From Payette—

Mr. and Mrs. J. J. Whalen of Payette were business visitors in Nyssa on Tuesday and visited at the Les Ernest home.

Visiting From Nampa—

Mrs. E. McCollen and her daughter of Nampa spent from Friday until Tuesday visiting with her sister Miss Georgia Dennis.

Daughter Visits—

Ruby Boersma visited at the Chas Fiegel home in Ontario last week and while there attended the swimming classes sponsored by the Red Cross at the pool and came away with a hundred per cent rating.

Sister Visits—

Mr. and Mrs. P. J. Decker of Yakima are visiting with the family of her brother Andrew Boersma. Mr. Van Lynden of Chicago accompanied them but left on Monday by train for his home.

Visiting Brother—

Mr. and Mrs. Charles Bingham and their son, and Mr. and Mrs. Spencer Bingham with their son and daughter all of Burley, Idaho visited this week at the home of Mr. and Mrs. Joseph H. Bingham. The three men are brothers.

Ten Day Vacation—

Bishop and Mrs. Luther Fife and their family have returned from a ten days vacation trip which took them through Yellowstone park and Utah. They visited relatives enroute and stopped at Salt Lake for a short stay.

Journal Recipes

By FRANCES LEE BARTON

RECIPES for coffee cakes are legion! There are family coffee cakes—second best coffee cakes—all the way up to very de luxe coffee cakes dressed up with nuts or raisins or candied cherries and other delectable ingredients. This particular coffee cake is coffee cake all dressed up in its "Sunday-morning" best and worthy of any occasion.

Cherry and Almond Ring
2½ cups sifted cake flour, 2½ teaspoons double-acting baking powder, 1 teaspoon salt, 4 tablespoons sugar, 5 tablespoons butter or other shortening, 1 egg, slightly beaten, 7 tablespoons milk.

Melted butter; 4 tablespoons sugar, 1 teaspoon cinnamon, ½ cup chopped blanched almonds, candied or maraschino cherries, cut in rings. Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening Combine egg and milk, add all at once to flour mixture and stir until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out on slightly floured board and knead 30 seconds. Roll into oblong sheet, ½ inch thick, brush with melted butter and sprinkle with mixture of sugar and cinnamon, almonds, and cherries. Roll as for jelly roll, bring edges together to form ring and place on ungreased baking sheet. With scissors, cut ½-inch slices, almost through ring, turning each slice cut-side up and pointing outer edge. Brush with melted butter and place a whole cherry on every other slice. Bake in hot oven (400° F.) 25 minutes, or until done.



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NYSSA BAKERY

PHONE 20

Smith and son were visitors in Nampa Friday.

The Mitchell Butte Sunday school is doing very well for beginners the attendance Sunday was 35.

Mr. and Mrs. W. A. Mettlen, Mr. and Mrs. Ernie Smith and children were Sunday dinner guests at the Marion Chard home in Nyssa.

Mr. and Mrs. Loyd Adams and Mildred and Mr. and Mrs. Gardner of Oregon Trail visited at the Harold Fivecoat home Sunday.

Leo Chard has started clearing his homestead.

Mr. and Mrs. Carl Quackenbush of Spokane visited with her parents Mr. and Mrs. Tom Lowe from Friday until Sunday.

ODD FELLOWS AND REBEKAHS MEET

Tentative plans were discussed by a delegation of five Rebekahs, headed by Noble Grand Blanche McClure, and a group of members in attendance at the Nyssa Odd Fellows lodge meeting Tuesday of a commodious hall for the two orders in time to provide accommodations for those present at the Rebekah district convention to be held here during October. The building, it is planned, will be erected on lots owned by the Rebekahs which face on Goode avenue, between Fifth and Sixth streets.

Discussion of the building plans took place during a recess shortly before Noble Grand M. F. Solomon closed the meeting. Visiting Odd Fellows included T. F. Kingrey, formerly a resident of Getz, Neb., but now of Nyssa, and Art Conner, special district deputy, Earle Weaver.

For better Glasses and a Scientific examination at reasonable prices, in two payments, see Dr. Alfred E. Jones Hotel Owyhee, Thursday, September 8th.
For quick repairs mail glasses direct to Dr. Alfred E. Jones, Box 1255 Boise.

er, Charley Croghan, Wallace Wayt and Harold Warren, all of the Ontario lodge. During his remarks Mr. Conner told of receiving a letter recently from Grand Master Joe Eckley of Portland in which he stated he would be in Nyssa about October 11 or 12.

A lunch of ice cream and cake was served by the visiting Rebekahs to those present in the American Legion hall basement after the lodge meeting.

AUNT ALICE suggests
TRY A LUSCIOUS ROAST PORK LOIN FOR DINNER TONIGHT TASTY MEAT DISHES PLEASE THE WHOLE FAMILY

ROAST PORK LOIN
Season and place fat side up, rib-bones down, in open roasting pan. Place in slow oven (300°-350° F.) and roast until well done. This requires 30 to 35 minutes per pound.

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Mr. Martin wishes to send his personal message announcing the VANITY CLEANERS & DYERS now open for business.

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Mr. Martin will be more than glad to call at your home and give you an estimate on your drapes, fancy curtains, or anything in the cleaning line.

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MRS. MANN WILL GET THE \$2.50 IN TRADE OFFERED FOR THE BEST NAME