

Home Recipes THE MODERN WOMAN Styles Society

Treatment For Anemia

By DR. JAMES W. BARTON

WHEN an individual is said to be anemic—has thin blood—the first thought for a great many years was to give "iron" pills, because anemia really means lack of iron. And even today the anemic individual is still given iron pills, iron tablets, iron capsules and even iron injections. These methods of giving iron are all helpful in anemia.

Then when Drs. Minot and Murphy, Boston, were able to show the medical profession the wonderful results of feeding liver to patients with the formerly fatal type of anemia—pernicious anemia—liver in some form became the common method of treating all cases of anemia. Later extract of hog's stomach instead of liver began to be used with the same success.

While this treatment by iron, liver or liver extract and hog's stomach helps most patients, it does not prevent the patient, or, in cases where the patient is under treatment, the patient's physician, from finding out the cause of the anemia and trying to correct it.

Prevention and Cure.
Dr. H. K. Speed Sayre, in Oklahoma State Medical Association Journal, mentions dental sepsis—poisoning from the teeth—and anemia due to lack of vitamins and minerals in the food eaten.

"The treatment of anemia may be divided into three divisions: Prevention, the general treatment of anemia and treatment by specific or special remedies."

Prevention of anemia would include a general examination by the physician and dentist so that any slow infection that may be destroying the red corpuscles or reducing the iron in them would be readily discovered.

General treatment includes bed rest, rich, nutritious foods, especially meats, green vegetables and fruits.

Special or specific treatment would be the use of liver, liver extract, extract of hog's stomach and, in certain cases, the transfusion of rich blood from a healthy individual.

The Falling Heart.
The heart was meant to do a certain amount of work, according to the size of the body. However, if infection in the body affects the lining or valves of the heart, or affects the power of the heart walls (which pump the blood), it would then not be able to do its "normal" amount of work. It could, however, do half (or even more) as much work as it was able to do before it was damaged.

The point then for those with heart disease—a falling heart—to remember, is, that having such a heart does not mean that they are doomed to early and sudden death. It means rather that they will have to learn just what "load" their heart will carry without putting extra strain on it. It is the extra strain that undermines the heart's strength (uses up its reserve).

Not getting enough rest, taking more exercise or doing more work than the heart can stand are some causes of strain.

An important cause of strain is the eating of large, heavy meals. Emotional disturbances also put much extra strain on the heart.

Thrift Sales to Start—
The ladies of St. Pauls Episcopal church are sponsoring a series of thrift sales which will be held each Monday and Saturday at the Parish hall from 10 a. m. until the stock on hand is sold. The first sale will be on Saturday, October 22 at 10 o'clock, and everyone is invited to take advantage of this opportunity to buy good used articles of all descriptions at substantial savings.

Society

TUESDAY BRIDGE
Mrs. Denny Hogue was hostess for the Tuesday bridge club this week and invited Mrs. E. J. Powell and Mrs. Carl Coad as guests.

High score for the afternoon was won by Mrs. Dewey Ray and second was cut for by Mrs. Taylor Gudmundsen and Mrs. Bernard Frost.

GUILD ENTERTAINED
On Wednesday afternoon at the home of Mrs. Leo Hollenberg, Mrs. Hollenberg and Mrs. A. H. Boydell entertained the ladies of St. Pauls Episcopal guild.

After the regular meeting tea and conversation were enjoyed by those present.

BOX SOCIAL
The Epworth League of the Methodist church is giving a box social at the W. W. Foster home on Friday evening beginning at 8 o'clock and to which they are inviting every one to attend.

ALPHA RHO
Members of the Alpha Rho of Delphian Society will meet next Wednesday, Oct. 19 in the women's club house at 9:45 a. m. The lesson is on German and Slavic expressionism. Part V pages 619-645. All members are urged to be present.

CIVIC CLUB TO MEET
Civic club will meet on next Wednesday, October 19 at the Parish hall, which all new residents in Nyssa are most cordially invited to attend.

The program for the afternoon will be under the leadership of Mrs. J. J. Sarazin who has arranged for a most interesting talk and demonstration of basketry and basket weaving.

STORK SHOWER
Mrs. Herschel Thompson and Miss Eunice Cochran entertained at the home of the former with a stork shower honoring Mrs. Cal Tucker.

The guests were those who some years ago belonged to the splinters club, The Jolly Janes.

Bunco was the game of the evening at which Mrs. John Ray made high score, Mrs. Deane Smith low.

POPULAR SUNSET COUPLE WED
On Thursday, Oct. 6 at 3:30 p. m. Edna Lucille Warren, daughter of Mr. and Mrs. Roy Warren and Lloyd Burrell Landreth, son of Mr. and Mrs. L. B. Landreth were quietly married at the Methodist parsonage in Caldwell, with the Rev. Geo. G. Rosebury officiating.

They are at home to their many friends at the parental Landreth home.

WEDNESDAY BRIDGE
Mrs. R. G. Whitaker entertained the members of the Wednesday evening contract club at her home.

Mrs. B. B. Lienkaemper won high score, Mrs. E. J. Powell second and Mrs. Burnall Brown the traveling prize.

W. C. T.—
W. C. T. U. will have a meeting at the Community church Tuesday night at 8 o'clock. In making this change to an evening service it will enable more to attend. A Frances Willard program will be given. The public is invited.

CHATTERBOX CLUB
Chatterbox club met Oct. 5 at the Goodell home in Beuna Vista with a program on Fall Flowers in charge of Mrs. Day. The next regular meeting will be Oct. 19 at the home of Mrs. McGee. Each member is to bring some article for a potluck refreshments. Members are urged to have their bazaar articles by the next meeting.

After the business meeting delicious doughnuts, pumpkin pie and coffee were served to Mrs. Murphy Naomi Wyckoff and daughter, Barbara, Amy Topliff, Nettie Bennett, Effie Nielson, Jewell Redd, Rosie Terhune, Caroline Gardner, Jessie Blukosky, Alma Day, Rebecca Allen, Laura Choate, Myrtle Bartholoma, Katherine McGee and daughter Lois, Iva Adams, Mel Sulter, Fern Kessler, Gertrude Ford and Orma Goodell.

LOCAL NEWS

Visits Here—
E. C. S. Brainard of Payette and G. B. Brainard of Honolulu called at the Sherwood home Friday.

Arrives From Medford—
Mrs. Hazel Rinehart was an arrival from Medford, Ore., last Saturday and began work as a waitress at "The Hut."

Attend Funeral—
Mr. and Mrs. H. R. Sherwood and Frank attended the funeral of a cousin of Mrs. E. C. S. Brainard in Payette Sunday.

Correction—
The Episcopal Sunday school and church services are both held each Sunday in the parish hall at 9:30 a. m. Communion and guild as usual.

Leaves For Nebraska—
Dale Dixon, father of A. Dixon, and Nels Rask, who arrived last week from Scott Bluff, Neb., left for their Nebraska home Wednesday morning.

Father Called—
On Wednesday evening Harry Gardner who has been employed near Adrian was called to the bedside of his daughter, Marzene who is critically ill of pneumonia at the family home in Pendleton. The Gardners were residents of Nyssa until the past three years.

Joint Meeting—
There will be a joint parish meeting and pot luck dinner held at St. Mathews parish hall in Ontario on Tuesday, October 18, for the Vale, Ontario and Nyssa congregations of the Episcopal church.

At which Rev. Spence Dunbar of Spokane will speak. The meeting will begin at 7 o'clock.

Library Board Meets—
On Tuesday the members of the library committee consisting of Mrs. C. C. Hunt, Mrs. Dick Tensen, Mrs. A. V. Pruyn, Mrs. H. R. Sherwood, Mrs. Willard C. Jackson and Mrs. W. E. Schireman met at the city hall to consider the library needs for the coming year. And have outlined a plan and work to take effect soon.

V. F. W. Picnic—
State Commander and Mrs. Williams of Portland, Mrs. Mary Hays, and Mrs. Emma Kohler, state department auditor, all of Portland were among the large crowd of V. F. W. and auxiliary members at the state meeting and picnic of the organization held Sunday at the Big Bend park. Visiting delegations included those from Pendleton, Huntington, Burns, Payette, Ontario and Parma.

Francis Willard Program—
The Francis Willard program sponsored by the Nyssa unit of the W. C. T. U. and held at the Community church on Tuesday, Oct. 18 at 8 p. m. is as follows:

Rev. White, community singing; Arlene Seward, pianist; Ethel Wilde prayer; Rev. Martin, devotionals; special singing, Nazarene young people; instrumental, Pearl and Irene Herring and Vivian Highy; Rev. White, Life of Frances Willard special singing, Methodist young people; Rev. Herring, benediction; social hour in basement of church. Refreshments.

She became a famous woman 1839 centenary 1939.

KINGMAN KOLONY

C. M. Beaumont and Miss May Beaumont left for Wisconsin Saturday, it has been 15 years since Mr. Beaumont has visited his old home and seven years since Miss Beaumont came to Oregon.

The Kingman grange met in regular session Monday evening. Mr. and Mrs. Wykle of Ontario were visitors.

Saturday afternoon Mrs. Jim Lane entertained for her son Ross at her birthday.

At the business meeting of the Kingman church Saturday evening Mrs. Pinkston was elected to act as deaconess and Mr. Kurtz as deacon.

With clover hulling, haying and beet digging the farmers of the Kolony are pretty busy.

Conrad Martin has rented his farm and about the middle of November will hold a sale of all livestock and machinery.

Miss Agnes Nichols and Miss Jeannette Martin spent the week end at their homes in the Kolony.

RICHLAND

The young people of the Nazarene church had a watermelon feed at the home of F. A. Powell Friday evening.

Ether Sweany stayed all night with Velma McDermott Wednesday. Mrs. Tom Johnson called on Mrs. Catherine McGee Friday afternoon.

Mr. and Mrs. Nick Leuck returned to town Friday after a visit with their daughter Mrs. Tom Johnson.

The Wilcox family who have been staying with Mrs. Chase left for Alaska to bring their goods as they have bought a place here.

Mr. and Mrs. Carl Meredith of Harper called at the home of their daughter Mrs. H. V. Maw Saturday afternoon.

Many of the farmers have been cutting and stacking their third and fourth cutting of alfalfa.

Luella Leuck stayed over the week end with Ann and Jean Johnson.

Mrs. Chase had a card party Friday evening. Madeline, Idaleen, Aloha Maw and Jean Johnson called on Mrs. Chase Friday evening.

Jimmy Jo Corbett stayed over the week end with Tommy Ritter.

Jean Ann Johnson, Luella Leuck Idaleen and Madeline Maw had a weiner roast on the Tom Johnson place.

Will Nielson and son of Portland have been visiting with Ed Nielson.

Mr. and Mrs. Clifton Nielson made a trip to Boise Sunday visiting relatives on the way.

Del Marshal is visiting his brother Cahley Marshall.

Mr. and Mrs. Ross and family went to California to spend the winter. Mrs. Jim Pierce and son got back Saturday from a visit in Texas.

Mr. Maw called at the home of his son A. V. Maw Monday.

Mr. and Mrs. Carl Seburn and family and Mrs. Grace Foster were dinner guests Sunday at the DeGross home.

Sunday dinner guests at the Pat Bennett home were Mr. and Mrs. Chadwick and son.

Mr. Pfeiler is threshing his beans.

TEN DAVIS

Mrs. Clara Pugsley was hostess to the Social Circle last Wednesday afternoon with Mrs. Sue Robar assisting. Nineteen members were present.

Gayle and Tom Payne enroute to their home at Huntley, Nebraska from Washington spent last Thursday in the Willard Bartles home.

Mr. and Mrs. Herman Weick and family spent Saturday evening in the Otto Weick home at Notus.

Mrs. Abner Nichols and daughter spent from Monday until Wednesday with Mrs. Nichols parents, Mr. and Mrs. S. H. Goodson.

Bill Sabin of Weiser spent from Friday until Sunday in the home of his daughter and son-in-law Mr. and Mrs. Charles Hermo.

Mr. and Mrs. Charles Gullickson spent last week visiting in the home of their daughter and son in law Mr. and Mrs. Jay Starkey at Meridian.

Mrs. Maude Welsh of Parma spent Saturday night and Sunday with Mrs. S. G. Tucker.

Mr. and Mrs. Milo G. Sonners of Wilder were Saturday visitors at the Orville Hartman home.

Mrs. Tina Bedell of Boise spent last week visiting at the Fred and Charles Hermo homes.

Mrs. Mary Gahley accompanied Mrs. Rae Glasby of Huntington to Caldwell last Sunday.

Mr. and Mrs. Lyle Winans and daughter of Buhl spent Tuesday with Mr. and Mrs. S. H. Goodson.

Erma Maxim of Parma was a Sunday dinner guest of Gladys Weick.

Mr. and Mrs. Carl Seburn and family and Mrs. Grace Foster were dinner guests Sunday at the DeGross home.

Sunday dinner guests at the Pat Bennett home were Mr. and Mrs. Chadwick and son.

Mr. Pfeiler is threshing his beans.

Mrs. Clara Pugsley was hostess to the Social Circle last Wednesday afternoon with Mrs. Sue Robar assisting. Nineteen members were present.

Gayle and Tom Payne enroute to their home at Huntley, Nebraska from Washington spent last Thursday in the Willard Bartles home.

Mr. and Mrs. Carl Seburn and family and Mrs. Grace Foster were dinner guests Sunday at the DeGross home.

Sunday dinner guests at the Pat Bennett home were Mr. and Mrs. Chadwick and son.

Mr. Pfeiler is threshing his beans.

Mrs. Clara Pugsley was hostess to the Social Circle last Wednesday afternoon with Mrs. Sue Robar assisting. Nineteen members were present.

Gayle and Tom Payne enroute to their home at Huntley, Nebraska from Washington spent last Thursday in the Willard Bartles home.

Mr. and Mrs. Herman Weick and family spent Saturday evening in the Otto Weick home at Notus.

Mrs. Abner Nichols and daughter spent from Monday until Wednesday with Mrs. Nichols parents, Mr. and Mrs. S. H. Goodson.

Bill Sabin of Weiser spent from Friday until Sunday in the home of his daughter and son-in-law Mr. and Mrs. Charles Hermo.

Mr. and Mrs. Charles Gullickson spent last week visiting in the home of their daughter and son in law Mr. and Mrs. Jay Starkey at Meridian.

Mrs. Maude Welsh of Parma spent Saturday night and Sunday with Mrs. S. G. Tucker.

Mr. and Mrs. Milo G. Sonners of Wilder were Saturday visitors at the Orville Hartman home.

Mrs. Tina Bedell of Boise spent last week visiting at the Fred and Charles Hermo homes.

Mrs. Mary Gahley accompanied Mrs. Rae Glasby of Huntington to Caldwell last Sunday.

Mr. and Mrs. Lyle Winans and daughter of Buhl spent Tuesday with Mr. and Mrs. S. H. Goodson.

Erma Maxim of Parma was a Sunday dinner guest of Gladys Weick.

Mr. and Mrs. Carl Seburn and family and Mrs. Grace Foster were dinner guests Sunday at the DeGross home.

Sunday dinner guests at the Pat Bennett home were Mr. and Mrs. Chadwick and son.

Mr. Pfeiler is threshing his beans.

Mrs. Clara Pugsley was hostess to the Social Circle last Wednesday afternoon with Mrs. Sue Robar assisting. Nineteen members were present.

GUARANTEED AUTO REPAIRING
Hudson, Terraplane and Buick Service
S. E. "SID" SMITH
Across from the New Journal Office

FOR HEALTH DRINK MILK
You'll Find Real Energy and Health in Gate City Dairy Milk
Delivered Morning or Evening
PHONE 104W
GATE CITY DAIRY
—At Your Grocers Too—

SCHOOL DAYS CALL FOR MORE ENERGY!
Energetic study and play demands a well-balanced, substantial menu. By including plenty of McClure's bread in your child's menu you're giving him the extra energy he needs. Order a loaf from your grocer today!

McCLURE DELUXE BREAD IS A NYSSA PRODUCT

Ask Your Local Grocer

NYSSA BAKERY
PHONE 20

"Now you'll see something!"

NEW BEAUTY. . NEW LUXURY . . THAT NO OTHER LOW-PRICED CAR MAY BOAST . . as well as a host of engineering features exclusive to Chevrolet

NEW 1939 CHEVROLET

ON DISPLAY AT ALL CHEVROLET DEALERS

OCT. 22

Get Your **FALL SUITS CLEANED NOW**
Scientifically Cleaned Expertly Pressed
NYSSA TAILOR SHOP
Phone 74
Free Delivery

Our Prophecy: WE SEE—
Cold drafty rooms—excessive fuel costs in poorly insulated homes—cold leaking in around the windows and doors—a leaking roof—colds, sickness and ill health.

UNLESS—
Storm doors and sash has been installed—the home has been weatherstripped—the roof has been checked for leaks—the furnace has been put in perfect working order.

NYSSA LUMBER COMPANY
JOHN E. OSTROM, Prop.
Goode Ave. & Hiway 201 Phone 115

SEE US ABOUT WINTER-PROOFING YOUR HOME