

Home Recipes THE MODERN WOMAN Styles Society



SOCIETY

VANSCOY-SCHWEIZER

On Saturday morning at a quiet wedding in Caldwell Miss Nellie Jean Schweizer became the bride of D. A. Vanscoy, with only the immediate members of the family present.

Mrs. Vanscoy is one of Nyssa's most popular young ladies and is a member of one of the counties well known pioneer families. The young couple will make their home in Nyssa.

SILVER TEA

The next meeting of the Civic club which will be held at the Parish hall on January 18th gives promise of being an unusually delightful and entertaining affair.

And all ladies groups and book clubs as well as any one interested in the development and activity of the community are invited to attend.

The program committee has arranged for the well known Idaho poetess Beth Foster Smith to speak to the group and she will also read some of her own poems from her two latest publications "The Checkered Table Cloth" and "Sunlit Peaks".

Following the program there will be a silver tea and social hour.

PINOCHLE PARTY

On Monday evening Mr. and Mrs. Owen Gandy entertained sixteen guests at a pinochle party.

MR. AND MRS. CLUB

Mr. and Mrs. Leo Hollenberg entertained the members of the Mr. and Mrs. club with a dinner and the usual games of contract on Wednesday evening.

Miss Eva Boydell was a guest player and high scores for the evening were made by Frank Morgan and Arthur Boydell.

FAMILY DINNER

Mr. and Mrs. Dell Taylor entertained the Jesse Thompsons and Robert Thompsons at a dinner on New Years day.

DINNER AT JAMIESON

Mr. and Mrs. Charles Garrison and Miss Vera were Sunday evening dinner guests of Mr. and Mrs. Ray Garrison of Jamieson who returned from a week's visit to the coast on Friday.

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HOUSE PARTY

Mr. and Mrs. Willard C. Jackson entertained fifteen guests at a house party on New Years eve. A buffet supper at midnight followed a delightful evening of games and stunts.

NEW YEARS PARTY

Mr. and Mrs. Louis P. Thomas entertained at a dinner and bridge party on New Years evening. Mrs. M. Brown of Boise was an out of town guest.

NEW YEAR EVE GUESTS

Mr. and Mrs. Arthur Boydell and Mr. and Mrs. William E. Schireman were New Years eve guests of Mr. and Mrs. William Feinen at their home near Nyssa.

NEW YEARS DINNER

Mr. and Mrs. George Simons and family of Ontario and Mr. and Mrs. John Krier and family of Nyssa were guests at a 3 o'clock New Years dinner Sunday of Mr. and Mrs. W. A. Fox.

Reducing and Goiter By DR. JAMES W. BARTON

ONE of the tragic results of reducing weight too rapidly either by reducing the amount of food eaten or by taking one or more of the "obesity cures" is to find that when the desired weight has been reached the loss of weight continues. With this continuous loss of weight appear alarming symptoms appear—loss of appetite, nervousness, trembling of the limbs, sleeplessness and rapid heart beat, until finally the severe form of goiter—exophthalmic goiter or Grave's disease—develops.



Dr. Barton

Some years ago research in the Lahey clinic, Boston, reported a number of cases in which Grave's disease resulted from the use of thyroid extract to reduce weight.

Dr. J. H. Means, president of the American College of Physicians, Boston, and his associates, Drs. S. Heltz and J. Lerman, in the Annals of Internal Medicine, record 35 cases of goiter following loss of weight. In 14 of these cases the loss of weight before the goiter symptoms occurred was due to the reducing cures.

Symptoms and Diet. Dr. Means and his associates warn physicians and patients against too vigorous reducing cures for overweight. And in cases where operation for goiter is found necessary that the patient be built up as much as possible before operation.

The general symptoms of this loss of weight are general weakness, loss of muscle tissue, thinning of the blood, weakening of the heart muscle and loss of morale or ambition.

To correct the condition the following diet suggestions should be followed: (a) Plenty of starch foods—bread, potatoes, sugar; (b) plenty of foods rich in vitamins and minerals—milk, cream, butter, cheese, leafy vegetables, tomatoes, oranges; (c) plenty of fat foods—butter, cream, egg yolk.

Meat and white of eggs—animal proteins—are not considered advisable, as they "speed up" the body processes and may prevent gain in weight.

Need for Exercise. Years ago when it was found that rest, fresh air, and rich nutritious food would halt the progress of tuberculosis, it was not unusual to see these patients return to their homes, plump, with a good color, and apparently perfectly well. In a few months or even weeks it was noticed that this weight was gradually being lost, that the appetite was poor, and the cough was returning. Another stay in the sanatorium then became necessary.

The loss of weight and strength in many of these cases was due to the fact that the individual did not follow the method of living taught him in the sanatorium; he became careless about his rest periods, food, and the outdoors. In the majority of cases the loss of weight and strength and the return of the symptoms of tuberculosis were due to the fact that the patient had rested almost entirely at the sanatorium and had taken no exercise whatever. Thus when he returned home and attempted to do some physical work, there was no strength in muscles, heart, and lungs, and the relapse followed.

LOCALS

In Ontario—Mrs. Leona Bingman and Dale were business visitors in Ontario Friday.

Returns to Buhl—Arnold Svancara, brother of Lamir Svancara of the Nyssa implement company, left yesterday for Buhl, after a week's visit.

New Years Dinner—Dr. and Mrs. E. D. Norcott had as their New Years day dinner guests Mr. and Mrs. Arthur Boydell and Mr. and Mrs. Wm. Feinen.

New Years in Boise—Dr. and Mrs. J. J. Sarazin and family and Pauline Foegel of Milton were among those who enjoyed New Years eve in Boise.

Returns Home—Earl Warren who spent the holidays with his parents, Mr. and Mrs. P. W. Warren returned to California Thursday.

Pre-School Group—The pre-school group of Kingman Colony will meet at the home of Mrs. David Mitchell in the Colony January 12 at 2 o'clock.

Returns to School—Miss Vera Garrison left on Monday for Corvallis to resume her classes at O. A. C. where she will finish her senior year in June.

Returns to Duties—Chas. Paradis who spent the holiday week with his family left on Tuesday to resume his duties with the re-employment bureau.

Firm Presents Mirror—The Globe Furniture Company has presented a mirror to the city for use in the ladies dressing room in the new city hall.

Marshals Entertain—Mr. and Mrs. Lloyd Marshall entertained at a New Years dinner for their house guest, Pauline Foegel of Milton, Jim Wayne, Judge W. J. Williams and Mr. and Mrs. Max Goldman of Boise.

Guild Dinner—There will be a pot luck dinner at 7 o'clock at the Parish hall next Wednesday evening, Jan. 11, for the members of St. Pauls Episcopal congregation, the guild and their friends.

Fisher Entertain—Mr. and Mrs. Herbert H. Fisher were hosts at a New Years dinner at which Mr. and Mrs. J. Eubank and their daughter Irene of Home-dale and Mr. and Mrs. Ed Frost were guests.

Child Ill—Nadine, young daughter of Mr. and Mrs. Dwight Seward underwent a mastoid operation at the Nazarene hospital in Nampa last Saturday. Her condition is reported as satisfactory.

Employee to Leave—Mrs. George Ann Malmé who has been in the employ of the sugar company since its opening will leave them this week to accept a position as second deputy to Ray Wilson of Weiser who was elected county clerk at the last election.

Families Visit—Mrs. Ida Stenberg and her children of Payette visited with her son and wife, Mr. and Mrs. Carlos Buchner Sunday and Monday Mrs. Buchner's parents, the Rev and Mrs. E. P. Lawrence and her niece Belle Pasley of Caldwell were their guests.

Valley View—Mr. and Mrs. C. C. Wyckoff and daughter called at the Bratton home Wednesday.

Mr. Smith and Mira Noah visited at the A. A. Bratton home Wednesday.

Mrs. L. Huber has been quite ill but is improving now.

Mrs. Minnie Brown, Hannah and Win, Lee, Lucy and Ina Brown had dinner at the Will Brown home Tuesday.

Elmer Henry chopped hay for Harley Noah last week.

Miss Iva May and Howard Lemmon were married at the Pentecostal church in Ontario, January 1 at 3:30 o'clock. Rev Slaughter officiated. Mr. and Mrs. Lemmon will make their home in Fruitland.

Louis Winder is moving from the Schall ranch to a place one and a half miles southwest of Ontario.

Young Peoples Party—Wednesday evening Miss Betty Osterkamp entertained a number of young people in honor of Miss Irene Weeks who left for Kansas Friday.

The evening was spent in playing Chinese checkers and refreshments were served at a late hour. Those present were Irene Weeks, Jack Brodie, Lola Lee Gaston, Dwight Wyckoff, Alma Westerfield, Edward Topliff, June Webster, Bert Sandy and Don Seward.

New Years Guests—Dr. and Mrs. C. A. Abbott had as their New Years dinner guests Mr. and Mrs. Dave DeGross Mr. and Mrs. A. V. Prun and Mrs. A. J. Fauchier.

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C. E. Rees has been ill with the flu.

Mrs. Clarence Barrett and her sister-in-law from Nyssa were in Vale and Ontario Saturday and stopped at the Bratton home on the way home.

Those who attended the Lemmon-May wedding from this community were T. H. Wilma and Donald Brewer and the Misses Mira Noah, Wilma, Bethel and Elma Brown.

Ruth Bratton came home for the holidays.

The young folks enjoyed a league party New Years eve at the Methodist church in Nyssa.

Mr. Shaw called at the Bert Bratton Saturday.

Eulah Bratton spent Friday afternoon in Ontario.

Arthur Brown visited with Roger Christenson in Ontario Sunday. Roger left on the afternoon train for Corvallis where he is attending Oregon State college.

W. G. Armstrong has been ill the past week.

Mr. and Mrs. Earl Walters visited Mr. and Mrs. Armstrong from Wednesday until Saturday.

Mr. and Mrs. Lee Taylor and children had New Years dinner at the Cazier home.

The government has a man trapping beaver on the Clarence Rees' lower place.

Mr. and Mrs. H. E. Noah and Mira spent Wednesday evening at the Merrick home.

Mr. and Mrs. George Stewart called at the Armstrong home Thursday.

Miss Joy Crummett, daughter of Mr. and Mrs. Bob Crummett of Ontario was married Dec. 23 at Payette to Walter McPartland of Adrian. After their marriage Mr. and Mrs. McPartland went to Seattle Wash., and will be at home to their many friends in Adrian, where they are both employed as teachers.

Wilma and Arthur Brown attended

ed a B. Y. P. U. committee meeting at the home of Dr. and Mrs. Palmer in Ontario Tuesday.

Mr. and Mrs. H. E. Noah and Mira motored to New Plymouth Saturday on business.

Ruth Bratton returned to her school work at Boise Tuesday.

Eulah Bratton attended a shower at the Robert Overstreet home in Kingman Colony for Mrs. Walter McPortland Monday afternoon.

Wilma Brown called on Mira Noah Wednesday afternoon.

Bethel and Elma Brown called on Marian Hunt Wednesday.

Journal Recipes BY FRANCES LEE BARTON

Blessed is the recipe which serves a double purpose! These little tea cakes will endear you to afternoon guests—or if it is far too warm to entertain friends in the afternoon, you can serve these cakes for dessert at dinnertime, either with your favorite foamy sauce or with the old reliable hard sauce.

Blueberry Tea Cakes
½ cups sifted cake flour; 1½ teaspoons double acting baking powder; ½ cup butter or other shortening; 1 cup sugar; 2 eggs, well beaten; ½ cup milk; 1 teaspoon vanilla; 1 cup blueberries, lightly dredged with flour.

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring and blueberries. Pour into greased cupcake pans, filling them ¾ full. Bake in moderate oven (375° F.) 20 minutes, or until done. Makes 2 dozen tea cakes.

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