

Classified Advertising

The Ideal Way To Buy, Sell, Rent, Find, or Hire. Big Results at a very low cost. One trial will convince. RATES: One cent per word for each issue. Minimum cash in advance is 25c.

MISCELLANEOUS

ORDER CHRISTMAS Cards now. Beautiful assortment of 20 cards, with your name imprinted for only \$1. Phyllis Schireman, phone 61-R.

WANTED—All your welding jobs. We promise good work and fair prices. Pruyn Auto Repair. Phone 56W.

BRAKE WORK—Let us put your car or truck brakes in first class condition. Special equipment and trained men at your service. Pruyn Auto Repair. Phone 56W.

KALSOMINE, PAINT at competitive prices. First class quality. Nyssa Lbr. Co., Goode Ave. and Highway 201, Phone 108. 16Mtf

FOR PLUMBER call J. C. Smith. Phone 78J. tfe.

Consult us on your wiring needs and meter set-ups. Work guaranteed to meet State requirements.

Prices right Information free NYSSA ELECTRIC SHOP 18Atfc

Local and Long Distance HAULING Phone 72W Lawrence and Barnett 4Mtf

Nyssa Steam Laundry Nyssa's Own & Nyssa Owned — Seventh & Park Streets — Phone 146

W. L. LANE Auctioneer Farm and Ranch Sales, Purebred Livestock 22 Years Experience in the Auction Business "For the Best Prices—Sell It at Auction" Res. Ph. 25W P. O. Box 425 Nyssa, Oregon

For Sale POULTRY

LEGHORN HENS, two dozen. G. Stam. 90-2-xc

MATED TRIOS of 2-year old geese, \$7 per trio if taken at once. Mrs. Glen Suiter, Nyssa Heights. 90-2-xp

For Sale MACHINERY

JOHN DEERE Model "A," 1940 tractor. Rubber, lights, starter, 10 inch integral plow, 6 row cultivator. Tommy Russell. 90-2-xc

Professional Cards

DR. J. C. BOWMAN Veterinarian

Phone 39W

J. R. CUNDALL Dentist Phone 56-J Sarazin Clinic NYSSA OREGON

NYSSA LIBRARY Open each week day from 2 p. m. to 6 p. m. Saturday, 2 p. m. to 8 p. m. ALL PATRONS WELCOME Librarian Mrs. S. B. Davis

OPTOMETRIST "See McFall and See Better" DR. J. A. McFALL



EYESIGHT SPECIALIST ONTARIO OREGON

WYCKOFF JEWELRY STORE

Official Time Inspector for Union Pacific ONTARIO OREGON

WANTED

CUSTOM HAY Chopping, Frank Ray One-half mile north, 1/4 mile west of Adrian 2 O 9xp

PAINTING, KALSOMINING, paper cleaning, Andy McGinnis, Phone 59M. 24Atfc.

WANTED—Highest prices paid for hides, wools, pelts, metals, furniture. The Nyssa Trader, main highway north.

MISCELLANEOUS For Sale

FOR SALE TWO DUCK Pin Bowling alleys, complete with balls. Ready to load. Mrs. R. Cornell. 21 A tfe.

FOR SALE MISC. 20 CHRISTMAS CARDS With your name printed on, packed in attractive box, for only \$1. See Phyllis Schireman or phone 61-t 4 SNC

1000 checks, printed, numbered and bound in books for only \$3.50. Call Nyssa Journal, phone 19. 4 Snc.

FARM LANDS For Rent

DAIRY AND STOCK Farm near Parma, silo, artesian well, excellent beet ground. Tractor equipment required. November 1. Mrs. C. T. Andrews, 1914 Cleveland Blvd., Phone 873-W, Caldwell, Idaho. 25s tfe.

80 ACRES, 40 in red clover, 15 in alfalfa, 5 in grain. Deep well and house on island. Take possession immediately. Will take late model truck or car on rent. Call Journal. 9 O 2-xp

LOST

ONE PAIR DARK COLORED glasses. Return to Journal. 16O1xp

RED, seven foot, gasoline powered model airplane. Last seen heading south from railroad. Reward. Notify Vance Smith, P. O. Box 497. 16O1xp

SPOTTEDHOLSTEIN BULL CALF, month old, between Nyssa Heights and Owyhee school. Reward. D. O. Bylee. Phone 05J3. O16-1xp

For Sale FARM PRODUCE

JONATHANS, ROMES, WINESAPS. Get your wintersupply at Highsmith's orchard. Will have none in storage this winter. 16O1xp

DELICIOUS & ROME BEAUTIES two miles south Fruitland on highway No. 30 or 1/2 mile north of Y on highway No. 30 entering Fruitland. M. J. O'Leary. 16O2xc

In the East—L. B. Landreth, who left for the east two weeks ago for medical treatment, is reported to be doing satisfactorily and is expected home soon.

For Sale STOCK

ONE WORK MARE and one saddle horse. Cheap. Ellis Walters, Rte. 1, Nyssa. One mile west, 1/2 north of Owyhee school. 90-2-xc

YOUNG SADDLE HORSE, H. Terra, Rt. 2, Nyssa. Sunset Dist. 16O1xp SPUDS, BLISS TRIUMPHS, some extra good. By the sack, 60c. Pur-nishyour sack. Gerrit Stam, Rt. 2, Nyssa. 16O1tfc

CITY PROPERTY For Rent

TWO ROOM and SCREEN PORCH, partly furnished house. Water in kitchen. Call Journal. nc LOST

For TRADE

EQUITY in 1940 coupe for pickup or truck. Call Journal. 9 O 2xp

CARD OF THANKS

We wish to thank our many neighbors and friends for their kindness and sympathy to us during the illness and death of our beloved wife and mother. Also for the beautiful floral offerings received.

Rock Shelton and Maxine. Also Mr. and Mrs. Wm. Miller, Sam Miller, Mr. and Mrs. John Hammock.

Washington Snapshots by JAMES PRESTON

More billions for lease-lend program. Soaring prices to be held down. Neutrality act revision. Overhauling of priorities system. Congress and the Administration have a couple of things to attend to these days. But a good many of the key New Dealers — yes, they're still around—have little spare time for planning. This nevertheless managed to eke out a time they're planning about the industrial system and its rearrangement after the war.

Cartels for control of big industry—like automobiles, steel, and the others. "Balanced abundance"—the phrase belongs to Vice President Wallace — is the keynote, and of course nobody is against that. Coated with such titles, many of the planners think industry will continue to take in big doses the regimentation which it has accepted as a necessary evil of war economy.

Some of the planners envision the extraordinary power of the Supply Priorities and Allocation Board as a part of our permanent economy when the war emergency is history. Take a look at these powers, which are revolutionizing our industrial set-up. In fact take two looks—once from the viewpoint of the present "unlimited national emergency," and again from the viewpoint of the post emergency days to come. Acceptance of defense orders is mandatory. Simplification and standardization of industrial products are being requested. Allocation of raw materials for civilian as well as defense industries is planned, so that the government for practical purposes controls inventories of private industry.

Industry, concerned with viewpoint No. 1, has been in the forefront of those asking for centralized defense planning. But as a return for industry's wholehearted cooperation, and back-breaking effort, the planners are scheming to take full advantage of the regimentation madenecessary by the emergency and accepted by industry as part of the whole series of sacrifices defense is asking of everyone.

The planned economy boys feel that the critical times have given a rebirth to over-all economic planning that they just can't afford to let go. Not so long ago their schemes were to a large extent discredited by the failure of the staggering spending programs to provide incentive for employment and new enterprise. In a year they have seen more centralization take place than they were able to obtain in eight years of

Build Up Your Family's Health

SOME of us eat simply because we are hungry and others because we relish our food as a connoisseur of art enjoys a fine painting. In either case, it is wise for all of us to know something about these foods and why they are important to our diet.

The draft examinations showed a large proportion of our young men to be under-nourished. Investigators found that a great many of these cases were caused mainly by an ignorance of the basic essentials of a well-balanced diet.

The body requires three types of material, in addition to vitamins and minerals, to provide it with nourishment—protein, fat and carbohydrate and these materials are variously distributed throughout the foods we eat. The body's use of each food material is interlocked, one with the other, and eliminating any one will upset the normal functioning.

Proteins Essential

Proteins are the great body-building material. The substance or tissue of the muscles, the hair and skin consists almost entirely of protein. When the diet is lacking in protein, the body cells waste away, and this particular substance is necessary to build up the body and muscle tissue and repair those that are worn down by the wear and tear of our daily lives.

Reserve supplies of protein are not stored up in the body, and so it is necessary to replenish the body with the necessary amount every day. It is hard for anyone to judge down to the last gram or calorie just exactly how much protein or fuel he will need because our activities vary. For this reason, it is generally considered desirable to allow a certain surplus of protein above what may be the bare necessity. If we don't, this factor must come from some other source such as the body proteins (muscles, etc.) themselves. When the body starts burning itself, then we become tired and feel run down.

Vegetable foods are the original source of protein, and we find the largest amounts in peas, beans, lentils, nuts, and cereals, such as oats, wheat and corn. Most of us,

however, get our main source of this substance from foods such as meat, fish, eggs, gelatine, milk, etc. The animals eat the vegetable proteins and convert them into animal proteins which is the way we obtain them.

Definition

The word protein itself means primary or first. In foods, it is a term used to indicate a large number of related substances, all made by the chemical union of simpler substances containing nitrogen, called amino acids. There are some twenty-three different parts of protein, or amino acids, that have been identified to date. The best way to describe them is to consider them as letters of the alphabet. Different combinations are used to build up the various body proteins. Some of the "letters" are more essential than others, and their absence from the diet has injurious effects.

Various foods supply different kinds of these materials. Few contain all the twenty-three amino acids. Most of our foods supplement each other, and in this way we obtain the proper amounts of the various "letters." For instance, plain gelatine is a pure protein and makes an excellent supplement to the proteins in cereal grains which are lacking in some of the essential ones that gelatine contains. Its use as a supplement for beans and peas is another example. These types are all inexpensive sources of proteins and easily within the reach of the ordinary purse.

Health Rules

We have all been reading a great deal lately about vitamins, which are extremely vital items in our diet. We must not, however, lose sight of the basic rules for good health that must be followed every day. Without them, all the vitamins in the world will not keep the normal person fit.

Remember then—plenty of fresh air, eight hours of good sleep, avoid constipation, several glasses of water and a good variety of the protective protein, vitamin and mineral foods every day. Particularly watch the amount of protein foods you serve your family and be sure they are receiving the proper amount and variety.

Cow Hollow

By The Happy Farmer

Everybody sure is busy now. Last week could not even get time to write the news and when am too busy to gossip am sure busy indeed.

You have helped someone and expect help back for it. The thrashing machine comes and you go after help. "Oh, I am sorry but am in the midst of a haying job at Jake's now and just can't get off I owe him work too."

But we are getting it done anyway. The thrashing machine came in for most a week and thrashed for Russel Howell. His clover turned out fine. For Elza Niccum. His Alsack clover was not so hot but his Ladino clover was fine and he thrashed around three or four hundred bushel of grain. With all his hogs any amount of grain is fine.

The machine thrashed for Jim Trummel, Dude Parker, Doc Rafterington, Clarence Niccum, Dale Limbaugh and Chuck Share. Some's crop was good and more was not so good.

This is the first crop Dude had to thrash in Cow Hollow and he says "I don't care if I never have another to thrash." "I'll just stay with the stock." Dude has stood by

raising cattle and hogs. Mostly hogs. Clarence Niccum hauled a wagon load of Ladino over to Elza's to thrash to see if it was worth thrashing. Got a full seamless seed-sack of seed (pretty dirty) from one load. Had about five more loads so called the machine over and never got that much seed off all the rest.

While they were thrashing at Elza's were stacking at George Gabriels. Just had to split the crews and both run short handed.

Attend Funeral—Members of the family from out of town who attended the funeral services for Mrs. Rock Shelton on Wednesday of last week included Mr. and Mrs. Howard Diest, Prairie City; Mr. and Mrs. Fred Miller, Wessing, S. D.; Mr. and Mrs. Geo.

Glenn, Redding, Calif.; Mrs. Herschel Hanby, Allice, Ore.; and Mrs. Chas. Holland, McEwen, Ore. Doyle, Burney, Calif.; Mrs. Orville



A STURDY HAND TO HELP YOU

Nyssa Funeral Home's friendly dealings with many families have created a reputation for kindness, integrity and efficiency. Let us help and counsel you in your time of trouble. We can relieve you of so many details. Economy is maintained without the sacrifice of dignity and respect.

THE HOUSE OF DIGNITY

NYSSA FUNERAL HOME Ambulance Service Phone 73W Nyssa



HAY and GRAIN INSURANCE

Don't be sorry-Insure! FRANK T. MORGAN

Phone 97



Listen, Spot! Maybe Mom wouldn't be tickled if we did bring home a bear or a buffalo. What she really sent us for, you know, was a loaf of

SWAN'S BREAD

ASK FOR IT AT YOUR GROCER'S

Swan's Bakery PHONE 20 NYSSA

STYLED TO STAND OUT. BUILT TO STAND UP!

- LIGHTS OUT OF SIGHT except at night! Air-foil Lights are streamlined into the fenders!
- INTERIORS PERSONALIZED! Wide choice of color combinations to match 13 new body colors!
- 115-H.P. ENGINE! New Powermaster adds new zest to driving—its parts are Superfinished!
- FLUID DRIVE with Simpli-Matic Transmission tops all previous "bests" in No-Shift Driving!

TRY DE SOTO'S NEW FLUID DRIVE WITH Simpli-Matic Transmission

*AT MODERATE EXTRA COST



SEE THE NEW DE SOTO JACKSON MOTOR COMPANY 63 Oregon St. Ontario Oregon

IT'S EASY TO TAKE THE AGE LINES OUT OF



CONVENIENT MONTHLY PAYMENTS

Add a new roof to your home. This improvement can take years off the appearance of your house. Our ABC Monthly Payment Plan is what the name implies. No down payment is required. Low monthly payments are easy on your pocketbook. All other repair and remodeling jobs may be handled in the same manner. See us for details.

ABC MONTHLY PAYMENT PLAN

NYSSA Lumber Company GOODE AVE. E. HIGHWAY 201 THE SIGN OF GOOD LUMBER PHONE 118-JOHN E. OSTROM PROP.

STATEMENT OF THE OWNERSHIP AND MANAGEMENT REQUIRED BY THE ACT OF CONGRESS OF AUGUST 24, 1912 AND MARCH 3, 1933 OF The Nyssa Gate City Journal published weekly at Nyssa, Oregon, for October, 1941.

Before me, a Notary Public in and for the State of Oregon and the County of Malheur, personally appeared Winifred Brown Thomas, who, having been duly sworn according to law, deposes and says that she is the owner of the Nyssa Gate City Journal and that the following is, to the best of her knowledge and belief, a true statement of the ownership, and management of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, as amended by the Act of March 3, 1933, embodied in section 537, Postal Laws and Regulations, to wit:

1. That the name and address of the publisher, editor, managing editor, and business manager is: Louis P. Thomas, Box "Q," Nyssa, Oregon
2. That the owner is: Winifred Brown Thomas, Box "Q," Nyssa, Oregon
3. That the known bondholders, mortgages, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are: None.

(signed) Winifred Brown Thomas Sworn and subscribed before me this 14th day of October, 1941. Thaddene Jennings My Commission Expires October 16, 1944