

# COMMON SENSE REDUCES HEAT OF NYSSA'S SUMMER

## Owyhee

Sergeant Kenneth Kygar spent several days visiting relatives here before returning to his California army base.

Mark Nesbit and Dan Hogan of Salt Lake City who have been visiting the Charles Bradley family for six weeks, returned home. Mr Nesbit is Mr Bradley's nephew.

Mr and Mrs Hollis Mitchell of Uteville, Colorado are here visiting at the parental J. B. Mitchell home.

Those attending the Colorado picnic, which was held at the C.C.C. camp Sunday, from Owyhee were the Earl and Frank Crocker, J. B. Mitchell and Charles Cubertson families. The time was spent in playing games and contests, in charge of Mrs Hollis Mitchell. A dinner was served at noon.

Mrs. Martha Klingback and Doris and Freddie visited Mrs Frank DeBord in Payette Saturday. Mrs Mildred Irwin, of Olympia, Washington, Mrs DeBord's daughter, was also a guest. Mrs Irwin was

en-route home from a visit with her husband who is in the army at Shepherd Field, Texas.

Mrs William and Mrs Werner Peutz were business visitors in Payette Monday.

The Owyhee Community club will meet August 20 with Mrs C. Van de Wall with Doris Klingback as assistant hostess.

## Big Bend

Mr and Mrs W. J. Gibson received word from their son Bob, that he had completed his course at Chicago hospital and was sent to the United States naval hospital at Pensacola, Florida.

Mrs Floyd Higgins and children left for a three-week visit with relatives and friends at their old home in Colorado.

Mrs Della Bunnell is visiting her mother, Mrs P. B. Anderson, this month. She spent the past year working in Caldwell.

Buddy La Rue of Wallowa arrived Thursday for a visit with his sister,

Mrs Arch Parker, and family. Mrs Ada Grimmett and Mrs Agnes Kerr and daughters of Caldwell spent Thursday visiting Mr and Mrs Drye Roberts and family.

Mrs O. P. Packwood is recovering rapidly from a goiter operation which was performed in the Caldwell hospital.

Mr and Mrs Arch Parker and Caroline and Buddy La Rue were guests of Mrs Earl Sparks in Adrian Sunday.

Mrs James Maginnis and children of Adrian are visiting Mrs McGinnis' parents, Mr and Mrs H. R. Hatch, while Mr McGinnis is working at Eden.

B. G. Roberts and Mrs Dyrre Roberts and children were guests of Mrs Clyde Riggs in Parma Monday.

## VITAMINS VALUE SUBJECT OF TALK

Mrs. Nell Hoffman of Ontario met with the White Settlement Red Cross Nutrition class July 30, at the home of Mrs. Herbert Beckdollar. The subject of the evening's lesson was vitamins and their importance in the diet, in proportion to the infinitesimal quantities required for maintenance of good health.

The nutrition council's white rat display showing the results of the lack of one essential daily food need, milk, was also presented at this meeting.

Mrs. Hoffman, in explaining the

characteristics and functions of the various vitamins in promoting health.

"The advantages of buying the right foods are lost if they are improperly cooked", Mrs. Hoffman cautioned the class. Vitamins C and B, particularly are destroyed by long heating and lost in the cooking water, unless it is saved and used in sauces and soups. Vegetables should be cooked in as small amounts of water as possible and just until tender. Soda should never be added.

The lesson on vitamins concluded the nutrition course started this spring under the direction of Lillian Anliker.

## NORTH NYSSA HEIGHTS

Mr and Mrs Alfred Evans and daughter, Jean, and Leo Cox of Homedale spent Sunday and Monday at Mr Cox' ranch at Jamison.

Mrs Harold Anderson and infant son, Flynn, returned Sunday from the Brittingham maternity home, to the home of her parents, Mr and Mrs Glen Suter.

Mrs. Glen Suter entertained the Chatterbox club at her home Wednesday afternoon.

Mr. and Mrs. H. V. Maw and children were Sunday afternoon visitors at the Glen Suter home.

Return From Visit—Mr. and Mrs. Emil Paulus have returned home from a visit in Portland.

## Dress Lightly And Eat Little Urged

By Cliff Lange  
Don't let the heat get you down! Don't let it keep you from working, or eating or enjoying your spare time. Don't let it keep you from sleeping and getting that so necessary rest.

Science and 1942 ingenuity have gone a long way helping you combat the heat waves. Combine this with the basic aid of forgetting the temperature, and you'll be well on the way to whipping those red hot, "mid-summer blues".

True, you can't do much about lowering the sizzling temperature. You can do a number of things to help keep yourself cool as you go through your daily routine. For instance, the first thing to remember to do is to "dress cool". Don't wear heavy, tight fitting clothing.

Clothing has been devised from the time when animal pelts were the style both for man, woman and grown-up children—as a protection from the elements whether sun, rain, snow, sleet or biting wind. Don't use winter style of dressing for the summertime. Shed some of those clothes!

You ladies who are handy with the scissors, needle and thread can whip together some dandy summer work, play or "visiting" dresses easily enough these days. There is still plenty of dress material to be had.

Ready-made dresses are also plentiful, and reasonably priced, too. Take a look at your favorite store. You'll see both plenty of dresses, and material to make them.

There is no reason, either, why the men, young and old, shouldn't be dressed to combat the heat. Many men, when asked why they are dressed so "hot" in the summertime, usually given an answer which seems to suggest they "hadn't" thought about it" or "were too busy" to do anything about it. Meanwhile they continue working with the sweat rolling down their temples.

Men are slow in changing to new, even a more comfortable style of clothing. Those that aren't so conservative aren't getting shoved around by the heat this year like their more backward brethren are. They were more willing—i. e., to see their daughters going around in shorts, rather than themselves. When really it was the men, not the women that needed them!

Maybe, when shortages in cloth, dress goods begins to appear, which it hasn't, as yet, it will be the usual thing for the men to be wearing. What difference does it make whether they are worn driving the tractor, working in a factory, or rolling a truck down the highway.

Like clothing, food in the summertime has much to do about keeping one from being knocked out, figuratively or actually.

Don't eat so much "heavy" food even though you do have to eat plenty of food, either because of your job, or your nature. "Eat but little, but often" holds more true for summertime than any time of the year.

That "little, but often" holds for the so-called light foods which you see advertised in your grocery, meat shop, fruit store and delicatessen.

In the summertime is when "acid conditions" get you quicker than any other season. It is such a condition which affects you both in your ability to work, and capabilities of enjoying your activities during the heat of the day.

This is one of the nation's favorite ways of cooling off. It doesn't make any difference whether you swim in a private pool, a park, river, pond lake or sea—it does the trick.

The summer sun, in seeming retaliation, shows its resentment on thousands of swimmers every day by giving them a severe case of sunburn, or blistering.

Enjoy your swim, but don't take too much of the sun at one time. Many times in the desire to cool off there were long trips to distant pools, or "favorite" spots on lakes and rivers. Today, when rationing has stopped that there is no reason why the shower equipment at home shouldn't be given an extra good workout.

You know, just because it used to be only the kids who had a good time with the outdoor shower is no reason why you couldn't enjoy one, too. Of course if you dislike the idea of imitating the kids and enjoying the whirling spray, why not rig up an outfit for you and the rest of the older persona.

Such an outfit could be dropped from one of the trees in the yard, or attached to a post used for the washline.

This war has brought the people of the nation more closely together than at any time since the advent of the automobile. This year there'll be more local entertaining, visiting, and genuine social life than ever before.

Common sense will take care of most of the heat's oppressiveness. That which can't be taken care of

should be treated as a matter of fact. A matter of, "Well, this is the summertime. It should be hot".

This summer has seen, and will continue seeing until the days cool off, plenty of local picnics in which various successful means to combat the heat have been achieved.

You can do more about taking care of the heat by actually doing something to counteract the effects of it. Talking about the weather, about "how hot it is" isn't doing you any good, nor the person saying it.

You got to help yourself, and those not able to help themselves, if you want to let Mr. Sun continue working while you do.

## WISDOM AND WIT

By Notsodumb Dora

When you stoop to take a bow, don't forget you are exposing yourself to a kick in the pants.

Hating some one, hurts you worse than it does the other guy.

Heard at a Literary meeting, "The Dictionary is a nice book, a great

book, but theres not much of a plot to it, but the authors vocabulary was wonderful".

The only way to get the best of an argument is to avoid it.

It is better to be though a fool, than to open your mouth and remove all doubt.

The stockings worn by Alice Fae in the movie version of the Great Lillian Russell, cost \$2,500.00

Duty—soon tires; Love—goes all the way.

The Sea Gull monument in the Salt Lake City Temple Square, is said to be the only monument erected in honor of a bird.

The depth of your desire for anything is measured by your willingness to work for it.

When you feel like "Telling some one off" or writing that angry letter, write it down, put it under your pillow, sleep on it, read it again the next day, if you still feel like sending it burn it up.

On the third day you will be glad you did not send it.

Here's our formula for keeping cool—Drink an

## Ice Cream Soda

Bring the whole family by for a refreshing ice cream soda or just any COLD fountain drink.

Ice Cream in all flavors that make staying at home a pleasure. Take home a quart and have one of those good old family get-togethers.

## Nyssa Pharmacy

Day Phone 14

Night Phone 71

**SPECTACLE BEYOND COMPARE!**  
with the greatest cast ever assembled!

**JOHN WAYNE**  
**RAY MILLAND**  
**PAULETTE GODDARD**  
**RAYMOND MASSEY**  
**LYNNE OVERMAN**  
**ROBERT PRESTON**  
**SUSAN HAYWARD**

**TEMPESTUOUS ROMANCE!**  
**UNDERWATER BATTLE!**

**Cecil B. DeMille's GREATEST SPECTACLE!**  
**"REAP THE WILD WIND"**  
IN TECHNICOLOR!  
with Charles Bickford - Walter Hampden  
Martha O'Driscoll - Janet Beecher  
Produced and Directed by Cecil B. DeMille

**SHIPWRECK!**

Screen Play by Alan Ladd, Charles Bennett and Jesse Lasky, Jr. Based on a Saturday Evening Post Story by Thomas Strickland - A Paramount Picture

Wed. and Thur., Aug., 19-20. Two shows daily, starting at 7 and 9:30 p. m. Note Special Admission: Children 15c Adults 55c

## Nyssa Theatre

## HOT TIRES

CAN ADD PLENTY DISCOMFORT IN THIS AWFUL HOT WEATHER

Naturally you're not driving your car as much as usual but the driving you do must be with care.

### IF YOU'RE CAREFUL

Tires will rot by just sitting still but that's no reason you should not be careful.

If you drive slowly, have tires changed from one wheel to another, properly inflated by people who know how, you will have tires to drive MUCH LONGER while other people are walking.

### IF YOU'RE CARELESS

When you drive like mad, turn corners on two wheels, pay no attention to reason, your tires wear out in no time at all.

When you neglect to have tires changed from one wheel to another, and allow them to go several weeks without being checked, well, don't worry, you'll be walking while other people are riding.

## Thompson Oil Co.

Nyssa,

Oregon

## A Cold Lunch To Keep Cool These Hot Days

A FEW SUGGESTIONS HOW ABOUT A COLD MEAT SUPPER?

Choose your meats from our large selection and serve with refreshing soft drinks that are easy to make.

A COLD LUNCH MAY BE JUST WHAT YOU WANT

A combination of spiced cold meats with any kind of cheese you wish, sliced ready to serve with iced tea or coffee.

## FOX'S Drive-in

WHY NOT DRINK A GLASS OF

## Good Cold Milk?

There is nothing more refreshing than a glass of good cold milk.

Keep plenty of cold milk in the refrigerator these hot days. Why bother to cook so much when you have milk?

You can throw a cold sandwich together in no time and feed the family in a jiffy when you have plenty of milk.

THERE IS NOTHING BETTER THAN GOOD COLD BUTTERMILK. . . ORDER A QUART OR SO EVERY DAY.

## GATE CITY DAIRY

## Protect Your Family

While the members of your family are sitting in the yard protected from the sun by your fine shade trees you should be preparing to protect them from the cold this winter by repairing that leaky roof with our roofing materials.

If your roof is not in too bad condition a coat of paint will probably be sufficient.

## STUNZ LUMBER CO.

## One Way To Keep Cool Is To Make Sure You Have Clean Clothes

Maybe you wouldn't be so uncomfortable if your clothes were cleaned just a little more often this hot weather.

You're perspiring more, more dust and grime from the air will naturally make your clothing warmer. Clean clothes are more comfortable. . . and they last longer.

## Nyssa Cleaners

## GET OUT OF THAT HOT KITCHEN

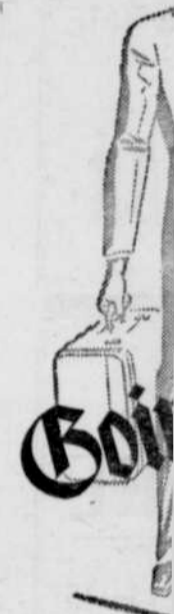
There is no use in staying in that hot kitchen for hours just to serve a few meals.

Bring the family down for that evening meal.

They'll enjoy it and they'd much rather see you comfortable and smiling than perspiring and scowling.

## BROWNIE'S CAFE

L.D.S. by T. C. LARGE AUDI RETURNED! On Sunday eve 8 p. m. a large cr... tire chapel of tl... listened to exper... teachings given b... ionary who had... vania for the pas... Willard A. Asto... conducted the r... ing began with... singing "Come... Invocation was... Poulson. A piano... by Mrs. Wanda... "Come Oh Thou... was sung by tl... by Mrs. Nelda... was then turned... While in the... prisons, in high... clubs, even in va... besides on the st... jous churches. W



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## The UNIO

Here's Protect meat of market, meats Victory

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