

The Gate City Journal

KLASS V. POWELL - - - - - Editor and Publisher

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ATTITUDE ON INFLATION IS REALLY ENCOURAGING

Another note encouraging to those who are fearful of inflation in this country was sounded last week-end when a senate war investigating committee criticized John L. Lewis' attitude in asserting that his no-strike promise was not "necessarily binding".

"Labor has come of age and the country expects these leaders to recognize that labor has duties as well as rights", the committee spokesman told the president of the United Mine Workers. "No citizen has the right to jeopardize the nation's existence in war-time."

"The obligation which rests upon Lewis is an obligation to the United States arising out of the war emergency. It is based upon his duty as a citizen to a country which enabled him to exchange the sweat and physical toil of a miner for the comforts and privileges of a labor executive."

The exchange of words came in a discussion over Lewis' refusal to abandon his fight for a \$2 a day wage increase for bituminous coal miners. The committee said "The danger of inflation is real" and the government and labor alike should consider wage increases in a judicial and realistic manner.

The committee's statement shows that government officials are aware of the danger of inflation and are doing everything in their power to avoid it. In this emergency, neither John L. Lewis nor anyone else should feel conscientiously free to do anything that would tend to bring inflation upon us.

Millions are suffering financially as a result of the war and Lewis and his miners can take their medicine along with the rest of us. The coal miners must not be suffering too much, because their leaders have never been backward in asserting their rights and demands for plenty of money.

Adrian

Howard Hatch returned Sunday from a business trip to Portland. Members of the senior class accompanied by Mr. and Mrs. Robert Boak made their annual "sneak day" trip to Boise Monday. They visited the state penitentiary. Some of the class talked with the governor. The rest of the school took advantage of the seniors' absence and had a "clean-up" Monday afternoon.

The Kingman Colony P.T.A. executive committee met Friday afternoon. Plans were made for the May meeting which will be held May 12 at the high school. Mrs. McPartland will speak on the state P.T.A. meeting held in Portland this month. With this meeting the 4-H clubs under the direction of Mrs. Elliott, will present their annual spring style show.

Dorothy Hamilton was forced to give up her clerking at Holly's store, due to ill health. Mrs. Hinton is taking her place.

The D. W. Patch family were Tuesday dinner guests at the Percy home.

Members of the United Presbyterian church attended the Presbyterial meeting at Nampa Thursday. The Adrian women had

more readers for the book report than any other church in the district. Officers for the coming year include Mrs. John Nevin, president; Mrs. M. Kurtz, secretary, and Mrs. Dennis Patch, secretary of the young women's work.

Donna Ashcraft of Nampa was home over the week-end.

Dennis Patch attended the meeting of county school leaders to discuss the employment situation at Ontario Wednesday evening.

The McNaulty family of Vale were Sunday visitors at the John Hinton home.

The Adrian baseball team lost to Ontario Friday.

Mrs. Ray Perry recently sold her place.

The junior class will present "Crooks for a Month" at the high school Friday evening. The leading parts are taken by Virginia Jarvis and Dudley Kurtz. Mrs. Watts is coaching the play.

Arcadia

Mr. and Mrs. Vernon Reed of Ontario visited Mrs. Reed's parents, Mr. and Mrs. Charles Rogers, Sunday.

Mrs. I. V. Strey, who spent the winter in Milton-Freewater, arrived last week for a visit with her

daughter, Mrs. Cecil Houston, and family.

Mr. and Mrs. Kenneth Vanderpool and family visited at the Vern Butler home Sunday evening.

There were 29 at Sunday school Sunday. Sunday school will be held at 2 p. m. next Sunday. Rev. Daniels of Ontario will give a message at 3 p. m. Everyone is invited to attend.

Mr. and Mrs. Forrest Sayers of Lincoln visited at the G. F. Garren home last Sunday.

Mr. and Mrs. Clyde Bowers and son were dinner guests at the Clyde Hale home at Newell Heights Sunday.

Jack Horner is confined at the Lloyd Orris home with the mumps. Mrs. Jim Wallace and father and Mrs. Ruth Haley of White Settlement visited at the J. M. Wagner home last week.

Mrs. Ellis Warner's Sunday school class met at her home Wednesday evening to practice a song for Easter.

The Arcadia Sunshine club will meet April 15, at the school house instead of at the John Zittercob home as previously stated. Mrs. Oris Bullard, Mrs. Theo Matherly and Mrs. John Zittercob will be hostesses.

Wilmar Hipp, who left in February to enter the army, is training in North Carolina, and Van Ure is in a camp in Texas.

Mr. and Mrs. Earl Farmer and Mr. and Mrs. Martin Farmer have purchased ranches in the Black Canyon project and will move there soon.

Big Bend

April first was celebrated by Lower Bend school. Mrs. Clare Baker and pupils of the upper grades enjoyed an outdoor lunch of weiners, potato chips and angel food cake, served picnic style in the school yard, while Mrs. Harriet Brumbach took her pupils to Big Bend park where chocolates and pink pop corn balls were served as a special treat with the children's lunch. Mrs. Jack Jones

made the popcorn balls. The Women's Christian Temperance Union met Tuesday at the home of Mrs. Boyce Van de Water. Mrs. Lee Baldrige had charge of the lesson.

The Jolly Janes will hold an all-day meeting Thursday at the home of Helen Hatch.

Mrs. Della Bunnell, who spent the past year in Nampa, arrived Thursday at the home of her mother, Mrs. P. B. Anderson, who has

PRACTICAL HEALTH HINTS

Will Vitamins Prevent Colds?

By Dr. James A. Tobey

THAT pestiferous disease, the common cold, afflicts the strong and weak. It assaults the rich and the poor, doctors and the laity, in fact everybody.

Colds vary, however, in severity and frequency. The healthy, well-nourished person generally suffers less severely from colds than the emaciated run-down individual whose diet is poor or defective. There are, of course, exceptions even to this rule.

In order to be fortified against the ravages of colds by being properly nourished, you must partake of a daily diet that supplies adequate food-energy, body-building proteins, necessary food-minerals, and a galaxy of vitamins, the spark-plugs of human nutrition.

Vitamins alone will not directly prevent, control, or cure the common cold. They will not do so, whether consumed as they should be in natural foods, or taken in the form of the more expensive pills, tablets, and elixirs.

Confirmation of this statement occurs in the report of a recent scientific investigation of several

hundred college students in Minnesota. Under competent medical direction, 120 students were given two vitamin capsules a day throughout the winter when colds are prevalent. These capsules contained proper amounts of vitamins A, B, C, and D.

A similar number of students served as the controls in the experiment, receiving no extra vitamins. The students in both groups were considered to be reasonably well-nourished.

What was the result? Those who received extra vitamins suffered from almost exactly the same number of colds as those who did not get the vitamin capsules.

Vitamins are, of course, of tremendous importance in nutrition, but they should not be overrated or their effects exaggerated. They are only one part of the story of a well-balanced daily diet.

The common cold is a contagious disease, spread from the sick to the well. Most of us probably carry the cold virus around with us, and succumb to it only when our resistance becomes low. This unhappy condition may occur when we are overtired or the body is chilled.

If we are properly nourished and otherwise in good health, our chances of escaping colds or of having only mild attacks are greatly improved.

been sick. Mr. Stiener is also reported quite ill.

Thomas Wilson, who lived in Lower Bend, is moving to B. G. Robert's 20-acre ranch which he bought. Mr. Nielsen bought the ranch he vacated.

Mrs. Edna Farris of Vale, county nurse, visited both schools Thursday, checking health conditions.

Mrs. Jesse Higgins and three daughters were last Sunday guests

in the C. H. Higgins home in Apple Valley.

Mrs. Harriet Brumbach went to Ontario Friday evening to visit Miss Margaret Young.

Mrs. Harvey Bennett took her class of 4-H girls on a hike Saturday to the hills west of Snake river.

The Wade P.T.A. held an all-day meeting Friday at the home of Mrs. F. A. Miller with a large number of members present. A covered dish lunch was enjoyed at noon. Mrs. Walter Bishop presented a clever and entertaining program of readings by school children, two skits by P.T.A. members and vocal and instrumental music. New officers elected for the coming year were as follows: President, Mrs. Boyce Van de Water, and secretary-treasurer, Mrs. F. A. Miller. This concluded the regular meetings of the school year. Plans were made to furnish ice cream at a school picnic next month.

Candidate J. P. Brumbach finished basic training at Fort Knox, Kentucky, and is now enrolled in the second engineer regiment at Fort Belvoir, Virginia, about 20 miles from Washington, D. C.

Here's a recipe from one of the last month's meetings.

GINGERBREAD
 3/4 cup shortening
 3 unbeat eggs
 1/2 cup brown sugar
 1 cup baking molasses
 2-3/4 cups sifted enriched all-purpose flour
 1/2 teaspoon salt
 1/2 t. baking powder
 1-1/2 t. baking soda
 2 t. ginger
 1-1/2 t. cinnamon
 1/2 t. cloves
 1/2 t. nutmeg
 1 cup sour milk
 1 cup shortening and sugar. Add eggs, beating well after each addition. Add molasses and blend well. Sift flour with salt, baking powder, soda and spices. Add the first mixture alternately with sour milk. Pour into well greased pan. Bake 50 minutes in 350 degree oven.

VICTORY FOOD HINTS
 Leona Anderson
 Home Service Advisor
 Idaho Power Company
"HEALTH FOR VICTORY CLUBS AND WHAT THEY ARE"
 Have you read of the Health for Victory Clubs which are being organized and which are functioning all over the United States? The current women's magazines have been carrying ads regarding the clubs as they are of vital interest to the homemakers of today in teaching them to feed their families nutritiously while carrying on wartime activities.

The health for Victory Clubs teach the homemaker to cook nutritiously, to save her ration points by buying the right foods and to keep her food budget within the limit of her allowance.

Would you like to attend and be-



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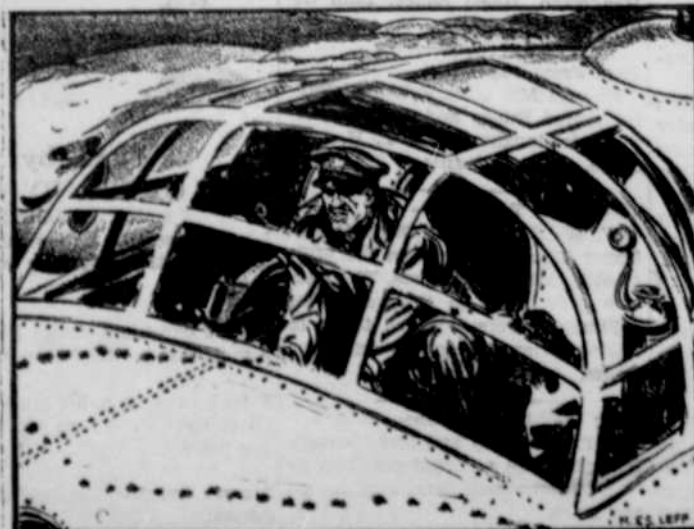
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Phone 15

AMERICAN HEROES

BY LEFF



With the bomber pilot killed, the co-pilot seriously injured, both left motors shot away, left wing on fire and a swarm of Jap Zeros all around Col. L. G. Saunders took over his bomber's controls above Bougainville, escaped the Zeros and saved his seven remaining crew members' lives by a crash landing on the water at 95 miles an hour. Navy craft rescued them. They give their lives—You lend your money. Buy Second War Loan Bonds.