



Washington, D. C., Aug. 19--Rumor has it that Alvin J. Wirtz, recently appointed by Secretary of the Interior Harold Ickes as a consultant on power matters, will put in considerable time in the northwest, Wirtz, who was an under-secretary of the interior in 1940-41, is a protégé of "Honest" Harold who placed him in charge of the Bonneville power administration during that time. Mr. Ickes believes Mr. Wirtz knows as much as anyone about the electric power situation in Washington and Oregon. Among other things, consultant will make a further report on the contemplated Utahella rapids project, which has been in the blueprint stage for years. Another look-see will also be made of Grand Coulee by Mr. Wirtz.

The story goes that Secretary Ickes is not too well pleased with the progress made in the northwest by the public power advocates, who have been defeated time after time in their attempts to take over the private utilities. The voters in most all such elections have said No. Another source of information says that ex-Congressman Walter Pierce, who during his 10 years as an eastern Oregon representative packed the torch for public power, will join the Bonneville staff. Pierce, who is an experienced campaigner along such lines, also has a wide acquaintance in the northwest and it is understood his talents will be used in that direction.

To the degree that agricultural conditions may be judged by a survey of conditions in 35 counties in various parts of the United States, just completed by the department of agriculture, the American farmer is far more prosperous than the attitude of farm lobbyists and farm bloc congressmen would indicate.

### PRACTICAL HEALTH HINTS Vitamins for the Workman

By Dr. James A. Tobey

YOU can take it as a maxim that the well-fed worker usually is the best worker. A good diet is not, of course, the only factor in health, but it is certainly one of the most important.



Dr. J. A. Tobey

In order to be able to increase production, reduce absences, and step up earning ability, every worker needs a proper diet, with a full quota of vitamins. But he also needs more than vitamins in his daily diet.

As a foundation for these health-giving vitamins, the efficient worker must have an adequate quota of energy-giving foods, such as enriched bread and whole grain cereals, potatoes, and other solid vegetables. These are the sustaining foods.

Along with energy, the worker must have foods that build muscle and brawn, the protein foods that replace and replenish the constant wear and tear on the body tissues. These are foods such as meat, milk, cheese, fish, bread, and beans.

With the vitamins, he must

have food-minerals to keep the bones strong, the blood red, and to aid in various other bodily processes. The sources of these minerals include dairy products, whole grains, enriched bread, fruits, liver, pork, nuts, and green vegetables.

Finally, we come to the vitamins themselves. These he should get from such protective foods as pasteurized milk, eggs, fruits and fruit juices, yellow and red vegetables, meats, and enriched white bread made with milk.

The best place to get vitamins from foods, rather than from pills, capsules, tablets, or elixirs. The best foods for the purpose are natural foods, which contain natural vitamins, rather than special preparations or unusual dietary concoctions.

Persons who are properly nourished will have the health of youth. As pointed out by Dr. F. C. Bing, a well-nourished child has firm flesh on a strong skeleton, with firm muscles, a healthy skin, clear eyes, firm pink gums, teeth free from decay, a tongue pink and uncoated, glossy hair, and a happy disposition.

The adult workman who is well-nourished will exhibit these same characteristics, with freedom from fatigue, and with plenty of ambition and zest for life.

Secretary of the Treasury Morgenthau still insists a steeper income tax is the proper answer to his prayer for \$12 billion more revenue. Tax experts, on the other hand, say any such increase in taxes will fall squarely on the middle income groups, the white collared worker, whose salary has not increased anything like others but whose living costs have. All tax men agree corporations and others in the higher income brackets are now paying the limit, which is from 40 to as high as 90 percent on their incomes. Many members of the house ways and means committee have remained here all during the recess, wrestling with the new tax bill which they hope to have ready for the house hopper, come September 14. However, several key men on the committee are of the opinion by far the larger part of Mr. Morgenthau's additional \$12 billion will have to come from some other source than income taxes. They argue the only out, so to speak, is a sales tax which would raise the additional amount of money needed. These same congressmen are frank to say they doubt very much if the house will accept any bill which has for its purpose heavier income taxes, at least until all other expenditures for additional revenue have been exhausted.

It should be understood, of course, that conditions in 35 counties do not necessarily present a true picture of the nation-wide agricultural situation, but officials in the department of agriculture assert that with a national farm income this year greater than the 1942 record of \$18,628,000,000 there can be no question but that, in a broad way, agriculture is prospering. The old story about the city slicker taking the farmer is working in reverse these days, according to high officials in the department of agriculture. Farm land prices have gone sky high and many framers are unloading at unheard of prices. It is feared a price collapse will result after the war, unless steps are taken

to curb the boom, such as happened after world war No. 1. After the last war flocks of insurance companies, mortgage loan associations, private investors and others were left holding the sack on farm loans from coast to coast, which resulted in serious losses and wrecked many financial institutions. A reputation of the department of agriculture wants of such a happening is the thing to avoid. It is said legislation in some form will be asked by the department by which farm land prices can be controlled.

Secretary of the Treasury Morgenthau still insists a steeper income tax is the proper answer to his prayer for \$12 billion more revenue. Tax experts, on the other hand, say any such increase in taxes will fall squarely on the middle income groups, the white collared worker, whose salary has not increased anything like others but whose living costs have. All tax men agree corporations and others in the higher income brackets are now paying the limit, which is from 40 to as high as 90 percent on their incomes. Many members of the house ways and means committee have remained here all during the recess, wrestling with the new tax bill which they hope to have ready for the house hopper, come September 14. However, several key men on the committee are of the opinion by far the larger part of Mr. Morgenthau's additional \$12 billion will have to come from some other source than income taxes. They argue the only out, so to speak, is a sales tax which would raise the additional amount of money needed. These same congressmen are frank to say they doubt very much if the house will accept any bill which has for its purpose heavier income taxes, at least until all other expenditures for additional revenue have been exhausted.

The annual Book club picnic was held August 15 at the country home of Mr and Mrs F. A. Miller with members, families and guests in attendance. A picnic dinner was enjoyed and a social time spent in visiting.

### Big Bend

Mrs Dan Holly of Adrian, Mrs N. S. Phelan, Mrs F. A. Miller and Miss Virginia Miller spent Wednesday in Boise on a shopping trip.

Mrs De Oss took Mr De Oss to Boise Thursday for medical treatment.

Mr and Mrs Will Sweet received a telegram last Monday announcing the death of their brother-in-law, Sam W. Tate, at Rantoul, Illinois. Mr. Tate came to the Bend in 1900 and took up one of the first claims in this section and developed it into a productive ranch. Later he sold and returned to Illinois to follow his calling as a photographer.

Mrs Ray Cartwright and Mrs H. R. Hatch were Caldwell business visitors Friday.

Mrs Dyre Roberts and children and Mrs Clyde Riggs and children spent Friday in Caldwell.

Mrs N. S. Phelan and Mrs Joe Brumbach were Boise and Caldwell visitors Friday.

E. H. Brumbach who spent the past three weeks in the Ontario hospital returned home Saturday in an ambulance. He is steadily improving from a severe heart attack.

Pvt. Douglas and wife of Nampa spent Saturday visiting in the Dyre Roberts home. Mr Douglas is home on a furlough from Camp Edwards, Massachusetts.

Mrs John Bishop and Johnnie of Nyssa were Sunday guests in the Brumbach home.

Mr and Mrs R. L. Haworth and daughters spent Sunday at the home of Mr and Mrs S. Haworth in Star, where Mrs Haworth is very ill.

Mr and Mrs Carl Case of Arena Valley called on the Welsh and Brumbach families Sunday.

### Kingman Kolony

Mrs Elsie Heitz and children, Charles and Norma Lee came from Boise on Thursday to visit Mr and Mrs Frank Fredericks.

Mr and Mrs Wade Nichols of Watson visited with Mr and Mrs Lee Thrasher Saturday.

Mr and Mrs Ira Cole and family of Parma were Sunday dinner guests of Mr and Mrs Lee Thrasher.

Mr and Mrs Ray Elliott of Kuna and Mr and Mrs George Cartwright called on Mrs T. T. Elliott Sunday afternoon.

Ida May Deffenbaugh accompanied the Higgins family to Nampa Wednesday evening to attend a conference of the Nazarene church.

Dorothy May Deffenbaugh has gone to Ontario, where she has employment in the L. O. Brauman home.

Mr and Mrs Frank Moss of Homedale were Sunday guests in the W. W. Deffenbaugh home.

Mrs Arthur Case entertained a group of little girls Sunday in observance of the seventh birthday of her granddaughter, La Verna Van Matre. Members of the family to spend the day were Mr and Mrs Kenneth Van Matre and Evelyn and Mrs Loyd Wegandt and son,

Charles of Marsing, Idaho and Mr and Mrs Chester Axtell and family of Caldwell.

Arlene Piercy invited Joyce Kutz, Dolores Auker, Caroline Schelmer, Patsy De Haven, Shirley Smith and Betty Jean Toomb to dinner Sunday.

Mrs Ella Grandison of Spokane arrived Wednesday to spend a week in the C. M. Beaumont home.

Mr and Mrs Samuel Wilkins and daughter, Linda, of Huntington spent Sunday in the Charles Wilson home. Mrs Henry Jacobson and Rosalee returned with them as they had been visiting the Wilkins family since Wednesday.

Cpl. Charles Wilson left for Hot Springs, Arkansas after spending 10 days visiting his parents, Mr and Mrs Charles Wilson.

Mr and Mrs Arthur Cartwright moved to the Tom Johnson ranch near Nyssa this week. They are to work for Charles Garrison.

Mr and Mrs J. G. Lane and family shopped in Caldwell one day this week.

Mr and Mrs Harvey Otis and Emily were Sunday evening dinner guests in the C. M. Beaumont home.

Dorothy Toomb spent Sunday as a guest of Irma Points in Adrian.

Mrs Clarence Elliott took her 4-H Sewing class to Snively Hot springs for a picnic and swim Friday evening.

### Buena Vista

Mrs E. L. Jameson is visiting at Milton-Freewater.

Mrs. Guy Tanner entertained the Out Our Way club at her home Tuesday afternoon with eight mem-

bers present. The ladies gave a pink and blue shower in connection with the regular club meeting for Mrs. Tanner. The hostess served ice cream, cake and punch. The next meeting will be held at the Leslie Topliff home August 26.

Mr. and Mrs. Will Burtrem, Mr. and Mrs. Alva Goodell and E. L. Jameson were among those who attended the Co-op picnic at Butler's grove Sunday.

Mr. and Mrs. George Cleaves received word from their son, Pvt. Eugene Cleaves has returned to his company after an appendix operation. Pvt. Cleaves is attached to the medical corps. His brother, Pfc. Loyd Cleaves, had his tonsils removed the past week.

Miss Celia Weeber, registered nurse, of San Francisco, visited her two sisters here the past week.

Mr. and Mrs. Ben Shaw and family and Carroll and Treva Garren left last Saturday for Council, Idaho, where they will spend a week camping.

Gloria Marostica of Apple Valley spent the week end with Wilma Bullard.

Fred Levi has sold his ranch, known as the Sam Henry ranch, to a party from California. Mr. Levi will go to his cattle ranch in Montana. Mr. and Mrs. Lester Jameson, who lived on the place, will move to Nyssa.

Most of the farmers have their second crop of hay in the stack this week.

The junior class had charge of the closing exercises at Sunday school this week.

Mr and Mrs Glen Dowers and family attended a family reunion at the home of Mrs Dowers' parents, Mr and Mrs Willard Ross, in Caldwell Sunday.

Mr Bill Hipp left last week for

### Arcadia

The junior class had charge of the closing exercises at Sunday school this week.

Mr and Mrs Glen Dowers and family attended a family reunion at the home of Mrs Dowers' parents, Mr and Mrs Willard Ross, in Caldwell Sunday.

Mr Bill Hipp left last week for

### Hay Insurance

Protect yourself against loss of your crops with fire insurance.

We also sell other types of fire insurance and all kinds of automobile coverage.

## A. L. Atkeson

### A Valuable Public Service

Unfortunately, less than one-third of all drugs and medicines consumed annually are prescribed by physicians. The pharmacist is the only person who can provide professional advice on the other two-thirds. He knows all about the fake reducing cures, hair growers, cancer remedies, and on down through the list of miracle workers. Before you buy any of these nostrums ask us about them. If you really need medical attention we will refer you to a list of competent physicians.

## Nyssa Pharmacy

# Always

## TO PRESERVE FOOD FOR NEXT WINTER

Use One of These for an Assured Food Supply

Even the most optimistic predictions say some foods will be short next winter. With our abundance of the world's finest fruits and vegetables in the Snake River Valley, we can guard against food shortages next winter and spring by preserving food now. Ask for free information at any Idaho Power office. Build up next winter's food supply by one or more of these methods:



● **QUICK FREEZING**—an ideal method, if you're lucky enough to have a freezing locker. If you have—fill it now, while fresh foods are abundant.



● **GENERAL CANNING**—1. Pressure Cooking—the only safe canning method for non-acid foods, as it avoids danger of botulism poisoning. 2. Water Bath. 3. Oven Canning. 4. Open Kettle. The three last methods are suitable for fruits and tomatoes only.



● **DEHYDRATING**—Certain foods can be dried. Ask at any Idaho Power office for free plan sheets for home dehydrators.



● **WINTER STORAGE**—Many vegetables as well as apples and pears can be stored effectively in their natural condition in cellars, pits and boxes.

WASTE IN WARTIME IS A CRIME. Do not waste electricity just because it isn't rationed.

## IDAHO POWER

A CITIZEN WHEREVER IT SERVES

### PROTECT THE FOREST FRONT

Our Jap enemies want to destroy Oregon's forests. Don't help them!

Put out your cigarettes, matches and campfires. PREVENT FOREST FIRES by observing the rules of common sense!

KEEP OREGON GREEN AGAIN Salem, Oregon

DO YOUR PART KEEP OREGON GREEN

EVERY FIRE IS AN AXIS FIRE!

## Back to School

### IN GOOD SHOES

Active children need well-built, sturdy footwear. Be sure to put their feet in our shoes.

Low-heeled black sandals made to delight the party girl!

## Atkeson Clothing Store

To  
I  
FATH  
children  
1942, will  
them as  
the arm  
Fathers v  
is necess  
quota, t  
distinction  
ages of  
those wh  
ture or.

Re  
It  
A  
now e  
re-cap  
and ha  
too la  
Have  
ly insu  
ecialis  
ow the  
best a  
equipm  
O.K  
V  
ED.  
F

Nys

Bonds out  
Bond coup  
Bond & In  
B & I Tax

Total Bond  
County (D  
Drainage T  
Drainage S  
Drainage W  
Interest &  
Laird land  
O & M Tax

Total O &  
Operation &  
Operation &  
Pennie land  
Tensen-Bur  
Tri-State In

August 1, 1  
Land Sale  
County lan  
Pasture ren  
Drainage w  
Kingman P  
Taxes paid

Total taxes

Bonds paid  
Interest pai  
Court costs  
Advance pai  
Operation a  
Taxes paid

Cash in Bon  
Cash in O &  
August 7, 19

Correct Att  
Frank D. H  
Secretary-Tr