

Owyhee

By Mrs. Chet Mills

OWYHEE—Mrs. Don Hite and daughter, Donna, of Warden, Wash., were weekend guests of relatives, Mr. and Mrs. Jack Elliott and Mr. and Mrs. Don Brewer. Russell Hite, who had spent the past three weeks here with his grandmother, returned home with his mother Tuesday.

Sunday dinner guests at the Werner Peutz home were their house guests, Mr. and Mrs. Harry Choat and family of Vancouver, Wash., Mrs. Amanda Peutz of Payette and Mr. and Mrs. William Peutz Jr.

Mr. and Mrs. T. H. Brewer, Mr. and Mrs. Don Linville, Mrs. Mary Jarvis, L. M. Linville and Mr. and Mrs. Buster Edwards attended the Nampa rodeo Thursday evening.

Mr. and Mrs. Lou DeGoede and family of Caldwell were Saturday morning callers at the home of Mr. and Mrs. Lynn Kygar.

Mr. and Mrs. Charles Schweizer and Mrs. Lee Householder were Sunday evening callers at the home of Mr. and Mrs. Lee Strickland.

Mr. and Mrs. Lewis Skinner, Mr. and Mrs. Fred Deffer and Kathleen, Mr. and Mrs. Don Brewer, Mr. and Mrs. T. H. Brewer and Mr. and Mrs. Darrell Williams attended the 50th wedding anniversary celebration at the home of Mr. and Mrs. E. J. Hobson Sunday afternoon.

Mr. and Mrs. Jess Asumendi and family were Sunday dinner guests at the home of Mr. and Mrs. Melvin Crocker.

Dena Franklin, daughter of Mr. and Mrs. J. P. Franklin, was a weekend guest at the home of her aunt, Mrs. Byrd Walters. Dena has a new baby sister, born Saturday evening.

Former Resident Succumbs

Mr. and Mrs. Earl Crocker received word Monday morning that their good friend and longtime Owyhee resident, Lee Saxton of Boise, died early that morning.

Mrs. Martha Klingback and Fred of Seattle were Friday evening callers at the home of Mr. and Mrs. Charles Culbertson.

Mr. and Mrs. Andrew Erquiga of Boise were Saturday callers at the home of Mr. and Mrs. George Mendazona.

Mrs. Maxine Stith of Boise was a Sunday visitor at the home of her parents, Mr. and Mrs. Lynn Kygar. Her two daughters, who had spent the past week with their grandparents, returned to Boise with her.

Mrs. Jerry Galles and family were Sunday dinner guests at the home of Mr. and Mrs. George Mendazona.

Mr. and Mrs. Glenn Watson of Idaho Falls were Monday overnight guests at the home of Mr. and Mrs. Bob Morfitt at Owyhee dam.

Mr. and Mrs. Charles Olsen were Sunday evening callers at the home of Mr. and Mrs. Lewis Skinner.

Mrs. Lee Householder and house guest, Mrs. Ethel Logan of Oakland, Calif., were Saturday evening callers at the home of Mr. and Mrs. Lee Strickland. Mrs. Logan has also been visiting at the home of Mr. and Mrs. Charles Schweizer. She is enroute for a vacation trip to British Columbia and Alaska.

Mr. and Mrs. Byrd Walters called at the home of Mr. and Mrs. Bill Richesin Saturday evening to see the new baby daughter, Linda Elaine, born July 19.

Miss Vicky Vandewall spent several days last week at the home of her aunt and family, Mr. and Mrs. George Mendazona.

Mrs. Martha Klingback and son Fred of Seattle arrived Thursday at the home of Mr. and Mrs. Kenneth McDonald, remaining until Saturday.

Mr. and Mrs. Bob Sumpter and children of Pocatello, Idaho, arrived Friday evening and spent the weekend at the home of Mr. and Mrs. Fort Sumpter. Darlene returned home with her parents after spending a week visiting her grandparents.

Visitor from Germany

Miss Geneva Bolerjack of West Germany and her mother, Mrs. R. T. Bolerjack of Oswego, Kan., were Saturday callers at the home of Mr. and Mrs. E. J. Hobson.

Bishop and Mrs. Lee Stoker and family returned Wednesday from a family reunion of the Stoker families at Burley, Idaho. They also visited many other relatives enroute to Provo, Utah.

Mr. and Mrs. Charles Batt and sons of Whittier, Calif., were Sunday evening callers at the Chet Mills home. Mrs. Batt and sons have been visiting friends and relatives in the area for several weeks.

Jim Toyne, who has been visiting at the home of his aunt and family, Mr. and Mrs. Kenneth McDonald, left last Sunday to spend some of his vacation with his grandmother, Mrs. Dorothy Fletcher at Murphy.

Bishop and Mrs. Lee Stoker attended a party Friday evening at the home of Mr. and Mrs. Elwood Flinders, given for the Primary

Helpful Suggestions, Quips and Tips From the Home Demonstration Agent

By Edna Mae Wimsatt

It is estimated that over one-half billion dollars was spent last year on unnecessary pills, supplements and devices all supposedly aimed toward improving health and nutrition.

And about 10,000,000 Americans did the spending!!

Why, in this time of relative prosperity, do we have so much interest in buying our way to health? The facts are that we have more money left over after the necessities of life are paid for. With more free time, money and a great interest in good health and vigor, many are prepared to buy good health, if possible. Unfortunately, physical well-being is not for sale.

Often the food advocated by a faddist will do no harm, except perhaps to the family purse. Stone-ground wheat makes tasty bread and, if the digestive tract is not upset by the extra bran, only the extra expense is involved. Yogurt is good food. It has the same food value as cottage cheese but the price is much higher and no magical properties can be attributed to it.

Adherence to special products becomes a nutritional problem only when these foods displace others from the diet. However, there are two very good reasons for concern about the spread of food fads:

1. Vitamin pills, weight reduction tablets, protein and mineral supplements are advocated as a sort of medical do-it-yourself kit. They are often used instead of seeking needed medical attention. This very delay may be the time margin necessary to successfully cure a recognizable disease.

2. The faddist undermines the public confidence in professional nutritionists. In selling his theory or product, the faddist is not restricted to the truth as the professional person is. The faddist can put up a good case for his product, although not necessarily factual. His testimonials are appealing. His confidence in his product is contagious. He always knows the answer.

Contrast this with the cautious, dignified and unemotional approach of the person doing actual research in the field. Is it any wonder people listen to the faddist? The true scientist may say "I don't know" but he usually means "and neither does anyone else—yet."

Nutrition is a very young and complicated science. We are just beginning to learn the steps in the body's utilization of food. But all indications are that the body is best nourished by normal foods. The faddist would make you feel the answers on nutrition are all

board members and their husbands.

Peutz Sr. Undergoes Surgery

William Peutz Sr. entered Malheur Memorial hospital Thursday evening and underwent surgery Friday morning. Reports from the family Tuesday morning were that he has shown some improvement and his condition is satisfactory.

Mr. and Mrs. Perry Boles of Vale were Saturday evening visitors at the home of Mr. and Mrs. E. E. Crocker.

Mr. and Mrs. Ken Lorensen and Mr. and Mrs. William Turner attended a picnic at Caldwell honoring Mrs. Mary Holst on her 86th birthday anniversary. Approximately 60 persons attended the celebration held at the Floyd Holst home.

Mr. and Mrs. Earl Crocker and Mr. and Mrs. William Turner attended funeral services for Otto Wolfe in Nampa. Mr. Wolfe was a former Owyhee resident.

Mr. and Mrs. Buster Talbot and family and Mr. and Mrs. Russ Talbot were Sunday evening callers at the home of Mr. and Mrs. Charles Culbertson.

Mrs. Kenneth McDonald returned Wednesday from Mountain Home where she spent several days visiting her daughter and family, Mr. and Mrs. Paul Stafford and Cindy.

Bishop and Mrs. Lee Stoker and family and Mr. and Mrs. Dewey Strong and family attended the July 24 Pioneer celebration held Sunday at the Owyhee LDS ward.

Mr. and Mrs. Gail Fields and daughter, Merrily of Portland, Mr. and Mrs. C. A. Ryker of Pendleton and Howard Day were guests Wednesday at a barbecue supper at the home of Mr. and Mrs. Bob Morfitt. Fields and Ryker have been working on the road to Cherry creek resort. Their part of the work was completed and the road is now ready to be oiled.

Mr. and Mrs. William Turner and Mr. and Mrs. Kenneth Lorensen visited in Boise Saturday.

Mr. and Mrs. Dewey Strong and family were guests at a barbecue dinner Sunday at the home of Mr. and Mrs. Vern Bullen of Big Bend.

Mr. and Mrs. Byrd Walters and sons and Mr. and Mrs. Claude Skinner attended the Nampa rodeo Thursday evening.

available and he knows them!!!

In the last analysis, the choice of a reference to believe is up to each individual. We may select some materials as authoritative and reject others. But when selecting, the informed person will always question: Who says this? What does he say? Does he show why he says this is true? Is he qualified to speak? Do I understand correctly what he is saying?

REDUCE FOOD INTAKE AS YOU GATHER YEARS

One percent less food intake for every year after 25 will prevent some of the excess weight frequently acquired after middle age.—Food and Nutrition News.

COOL NOONTIME TREAT

For a quick and refreshing lunch serve ready-to-eat cereal topped with soft ice cream and fresh fruit or berries.

SUGGESTED USES FOR DAIRY PRODUCTS

... Use whipped cottage cheese as a vegetable topper. It has a wonderful flavor, is creamy-smooth and helps cut down on calories.

... For blue cheeseburgers ... Crumble blue cheese over cooked burgers and serve in hot buttered buns. Broil these blue cheeseburgers long enough to heat and slightly melt the cheese.

SUMMER DAYS GOOD TIME TO PATRONIZE LIBRARY

When you make a trip to town for the groceries, be sure to stop by your library. Get a selection of books each week geared to the age of your children. Not only will you add to their enjoyment, but you'll be encouraging mental development and helping them to be more successful in school next fall.

Older children can read to younger ones. Mom and dad can share turns with older children in reading some favorite stories. When you read and discuss at home, you are by example approving of their learning to read at school.

WINCHELLS HAVE REUNION

Recent visitors at the J. R. Winchell home were Mrs. Dave Hansen of Glendive, Mont., and Mr. and Mrs. Sam Bradley of Judith Gap, Mont. Thirty members of the family gathered at the Winchell home for a picnic supper Friday evening.

Sherry Lee Steinke of Vale spent last week with her grandparents, Mrs. Verda Steinke, Mr. and Mrs. Tom Weeks and other relatives, returning home Sunday.

David and Joyce Clarkson returned to their home in Portland last week after spending several weeks with their grandmother, Mrs. J. I. Brady.

Mr. and Mrs. George N. Bear spent Sunday in Boise.

Nyssa 1950 Graduates Gather at Reunion



NYSSA HIGH SCHOOL class of 1950 graduates were pictured Sunday at a reunion picnic held in Nyssa south park. There were 50 students in the original class, three are deceased and 20 were unable to attend. The remaining 27 shown here are, left to right, front row: Floyd Hale, Nyssa; Toshiko Mayeda, San Fernando, Calif.; Jean Grotteit Alexander, Nyssa; Betty Bullard, Boyack, Meridian, Idaho; Angela Peterson Long, Mountain View, Calif.; Marlene Moss Ross, Ontario; Anna Essex Bisbee, Portland; Donna Traber Kirkman, Logan, Utah; Betty Bretz Bowen, Vale. Center row: Lucille Mitchell Keller, Par-

ma; Dorothy Dillon Elmore, Boise; Joanne Matheny Nevins, Nyssa; Donna Rae Mundy Caputo, Boise; Neta Smith Cates, Boise; Dorothy Erwin Fox, La Grande; Mickey Talbot Coe, Roseburg; Carole Flinders Wilson, Nyssa; Roger Glenn, Pocatello. Back row: Jenieve Grotteit Fogleman, Nampa; Mildred Bibbey Chandler, Boise; Gerda Price Cates, Caldwell; Tommie Ruth Russell Hale, Nyssa; Norman Day, Blackfoot, Idaho; Charles Batt, Whittier, Calif.; James Stephen, Ontario; Ned Campbell, Moses Lake, Wash.; and Clarence Kesler, Nyssa.

EVERYONE SAVES ON FOOD HERE!

SALE DATES—JULY 28, 29 and 30

Clearwater

Tuna Flakes
7 Cans **95¢**

Sun Valley

Margarine
6 Pounds **99¢**

HI-C DRINKS—

5 Varieties

ORANGE—PINEAPPLE-GRAPEFRUIT
GRAPE-ORANGE-PINEAPPLE-PUNCH
46 Oz. Cans
4 for **\$1.00**

Shortening—

CRISCO
3-Lb. Can **79¢**

Gold Medal

FLOUR
10 Lbs. **99¢**

Finest Quality **MEATS**



RED ROSE

Wieners
2 Lbs. **79¢**

FANCY—ASSORTED

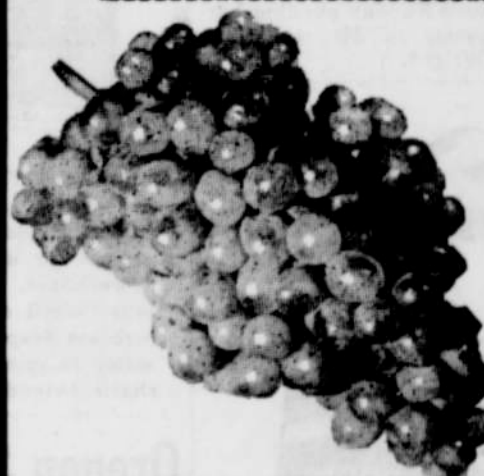
Lunch Meats

Lb. **39¢**



Garden-Fresh

VEGETABLES



WHITE—SEEDLESS

GRAPES
2 Lbs. **29¢**

FROZEN FOODS

Nik Pak

STRAWBERRIES

5 for **89¢**

Wilson's SUPER MARKET
"Gold Strike Stamps on Every Purchase"
204 GOOD AVENUE—DIAL FR 2-2231
Nyssa, Oregon