

Average Citizen Consumes Less Food Than in 1940; Eating Habits Change

Americans today are eating less, changing their food habits and spending a smaller amount of their total income on food than 20 years ago, reports Mrs. Elvera Horrell, Oregon State university extension agricultural economist.

The "typical" American is now eating about 85 pounds less food than he did 20 years ago. In 1940 each person ate 1,551 pounds of food, compared with 1,465 pounds in 1960.

Nebraska Guests Honored July 4 At Family Picnic

By Farmerettes Club

NU ACRES—Mr. and Mrs. Harry Brown and their grandson, Allen Steele of Bassett, Neb., arrived Monday evening for a five-day visit at the home of Mrs. Brown's brother, the Omar Betts family.

A July 4 picnic dinner was held at the Betts home. Present at the picnic in addition to the Betts and Brown families were Mr. and Mrs. Henry Conner and Mr. and Mrs. Gary Betts of Whitley Bottom; Mr. and Mrs. Calvin Conner, Mr. and Mrs. LaVern Conner, Mr. and Mrs. Jay Conner and Eugene Rhinehart, all of Nu Acres; Mr. and Mrs. Delvin Conner of Nyssa; Joe Conner of Newport, Ore.; Karene Sutherland of Eugene and Sharon Sutherland of Goldendale, Wash.

The Brown and Betts families left Friday for Washington where they plan to visit two brothers of Betts and Mrs. Brown. They also plan to attend the World's Fair, go deep-sea fishing and visit Canada. The Betts family plans to return through northern Idaho. The Browns are going from Canada through Montana and the Dakotas to their home in Nebraska.

Mr. and Mrs. Roy Howard and family of Nu Acres, Mr. and Mrs. Irvin Rider of Parma and Mr. and Mrs. Ralph Barker of Oregon Slope attended a family picnic July 4 in Payette park.

Picnic on Mann's Creek

Mr. and Mrs. Vernon Walker and sons, Mr. and Mrs. Maurice Walker and family of Point McGoo, Calif., and Mr. and Mrs. Gene Griffith and family of Burns picked and fished July 4 on Mann's creek.

Arriving recently at the Roy Howard home for a visit was Mrs. Howard's parents, Mr. and Mrs. R. R. Speas of Shelley, Idaho.

Mr. and Mrs. LaVern Conner and family left Saturday for a week's vacation in Oregon and Washington.

George Smit and his mother, Mrs. Alida Smit, visited July 1 with Mrs. Margaret Van Twisk in Nyssa.

Elmer Greenbank of Riggins, Idaho, visited Friday night with John and George Smit. He is a former schoolmate of the Smits.

Debra and Charlene Daudt and Georgia Dean Hagler spent Wednesday and Thursday with their grandparents, Mr. and Mrs. A. P. Chesney.

Floyd McKague of Klamath, Calif., spent Monday night at the home of his brother and sister-in-law, Mr. and Mrs. Mike McKague.

Mrs. Bill Kohl of Nyssa took her parents to Nampa Thursday for medical care for her father, A. P. Chesney.

Mr. and Mrs. Bill Kohl of Nyssa entertained at a Fourth of July gathering. Among those present

GUESTS IN BECK HOME

Mr. and Mrs. Robert A. Nelson and children of Spanish Fork, Utah, visited last Friday with Mr. and Mrs. Mel Beck and family. The Utahans were enroute to Seattle to attend the World's Fair. Sunday visitors in the Beck home were Mr. and Mrs. Hank Dovey and family who were enroute to their home in Baker from a trip to Yellowstone park.

RETURN FROM CALIFORNIA

Mr. and Mrs. Mark Moncur, Judi and Curtis returned home Friday from a two-week trip to the California coast.

PICNIC AT BOULDER CAMP

Mr. and Mrs. Lee Dail and family went to Boulder camp on Eagle creek northwest of Baker for a July 4 picnic and outing.

VISIT IN BOYDELL HOME

Sunday evening guests in the Edward Boydell home were Mr. and Mrs. Chuck Martenson and family of Payette.

'Get Feet on Ground, Off Gas Pedal For Better Health,' Advises Specialist

Get your feet on the ground and off the gas pedal to enjoy better physical and mental health, advises an Oregon State university extension specialist.

Putting forth some effort at work or play gives a deep sense of well-being—more than any amount of loafing ever provides, says OSU's Jessalee Mallalieu.

Weeding a flower bed, walking, dancing or active sports are some of the best tonics for easing tensions. Coming home from a tense day in the classroom or office and flopping on the sofa isn't nearly as relaxing as physical activity when it's unhurried and just for fun, says Miss Mallalieu.

Improper use of leisure, more labor-saving devices and the best, most plentiful food in the world have contributed to mental and physical health problems, she adds.

Underactivity Causes Obesity

According to the American Medical association, proper exer-

extra bonus, make your walks sightseeing trips. Listen for the birds, smell the flowers and enjoy changes in plants and buildings.

Let Youngsters Walk

3. Run some errands on foot. Walk youngsters to a club meeting instead of dropping them off in the car. Let them walk to Sunday school or the pool. Hang your car keys above a door where you will have to think twice before you reach for them.

4. Take children on walks with you. Encourage youngsters to ride their bikes or walk to the swimming pool or baseball park. A 1 to 2 mile hike won't hurt most youngsters, says the specialist.

5. If you drive to a park to picnic, don't limit yourself to a walk from the car to the food. Stroll around the park and appreciate beauty close at hand.

If you go camping this summer, choose some sites that you can't drive to. Miss Mallalieu says some people get the idea they're exer-

VISIT IN WASHINGTON

Mr. and Mrs. A. H. Boydell left July 3 to visit her brother-in-law and sister, Mr. and Mrs. W. J. Feinen in Bremerton, Wash. They spent the Fourth of July holiday with their son-in-law and daughter, Mr. and Mrs. Harold Rhodes and family in Walla Walla.

HOST BARBECUE DINNER

Mr. and Mrs. Joel Mitchell were hosts July 4 for a barbecue dinner. Guests included Mr. and Mrs. S. P. Kelley, Mrs. Mamie Baker, Jean and Joan.

RETURN FROM CALIFORNIA

Mrs. Billy Day and son returned home Saturday evening from California where she visited her parents, Mr. and Mrs. Clyde Stephens in Willits and with other relatives in Oakland.

cising when they drive to a campsite, get out of the car, eat from a food-laden table and then get behind the wheel of a motorboat.



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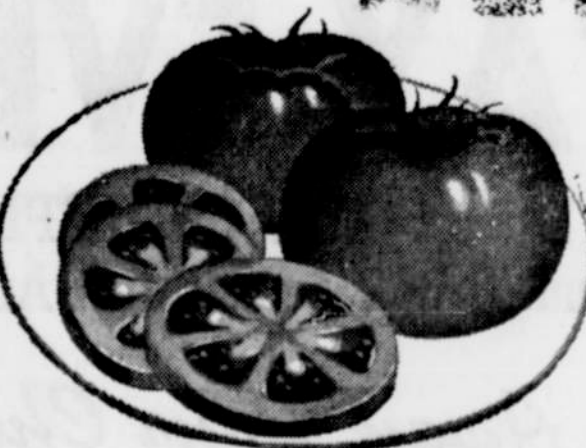
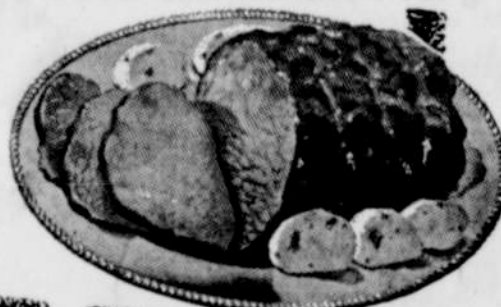
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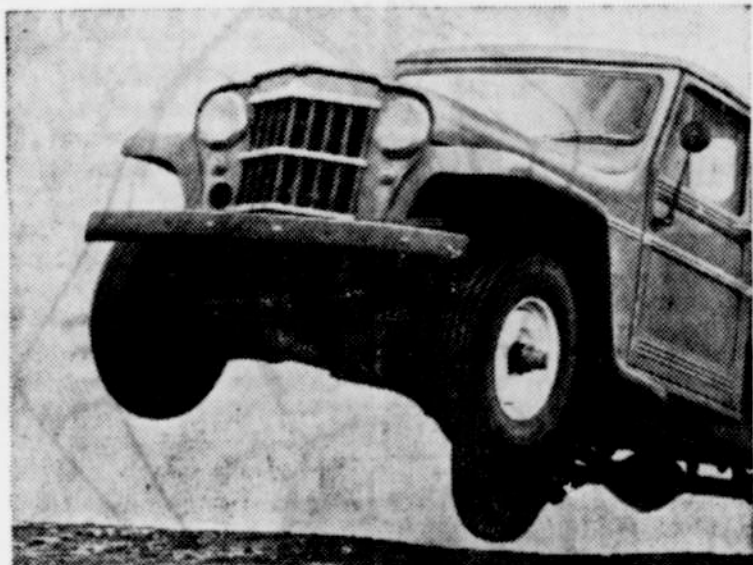


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