

Work Smarter . . . Not Harder

By BERNICE STRAWN, Extension Home Management Specialist

Are you still the gal your husband married—full of vim for all that's fun? Or does homemaking leave you "bushed" with most of the old "you" gone?

Americans, including women, are woefully lacking in physical stamina, we're told. That's why our government has instigated a tremendous drive for physical fitness.

We asked Jessaloe Mallalieu, OSU recreation specialist, for a few ideas on getting back some of that old pep. She says that for one thing we don't exercise enough to keep fit. Did you know that if you sit slumped over it actually affects your outlook? Everything seems to tower over you. It's depressing! When you sit and stand erect, you feel more on top of the world.

Choose recreation to help keep you and the family in good shape. She suggests hiking, bicycling, bowling, boating (if you do some of the rowing) and folk dancing.

Working wives . . . exercise while at your desk. Place the waste basket so you'll have to twist your body to reach it. This is good for your midriff. How about walking to work? Or park the car far enough away to give you a little exercise.

Young mothers . . . don't carry the baby or your grocery sacks on one hip. This throws your body out of balance. Housework is a good toner-upper too, if you stand tall, sit tall and do a bit of the twist when you dust.

HOW TO CLEAN STEAM IRONS?

That question comes to us. The best cleaning job you can get is by an authorized service man, but it may be expensive. Get an estimate first.

Do-it-yourself cleaning is best done three or four times a year before clogging becomes too serious. Fill the iron with clear white vinegar and steam for two minutes. Let stand overnight, then rinse several times. Expect an unpleasant odor the next time you use the iron, but it will disappear eventually.

Special iron cleaners for home use are also available at hardware stores.

"We cannot choose what comes to us but we can choose how we meet it." This philosophy is worth thinking about.

Working wives (and what wife doesn't work?) with jobs outside the home have to meet what comes on two "fronts." That takes drive to do the things that are possible and flexibility to accept a reasonable substitute for jobs that are impossible.

But wisdom in separating the possible from impossible comes first.

WHITE WASH AND WEAR

Fabrics often turn yellow with chlorine bleach. One of our staff brought in a once-white nurse's uniform which was no longer usable in its yellowed condition. We bought a package of color remover at a variety store (also available in drug stores) and gave the uniform a hot bath according to the package directions. It came out beautifully white and is now being worn on hospital duty. Color remover whitens dingy white nylons, too.

Packaged color remover is sold under at least two trade names. You'll find it on the counter with fabric dyes. The label will tell you how to use it.

LAZY SUSANS

In some of the new kitchens are a real space miser. If you're stuck with an old kitchen, you'll be interested to know there's a revolving shelf now available at many department and hardware stores. It fits into any cabinet 21 inches or more wide. No carpenter work is required. There are lots of other devices available, too, to stretch cabinet space.

For do-it-yourself ideas write to me for our bulletin "Better Kitchen Storage." Like all extension bulletins, it's free.

MAUDIE'S
PAYETTE

NYSSA PTA INTERNATIONAL DINNER
Saturday, March 2 — 5:30 to 8 p.m.
IN SCHOOL CAFETERIUM
Adults—\$1.50 Students (Grades 1 Thru 6)—75c
Pre-School Children—FREE
Family Tickets—\$4.00

WATER SPOTS on furniture are often a problem. Try applying a warm iron over a damp blotter off and on for a few seconds at a time. The heat and moisture will help remove the stain. If this doesn't work, rub lightly with 4/0 steel wool and a liquid wax.

Think! It beats working! How about making this your slogan for '63?

Save walking—duplicate supplies in various parts of the house. A young homemaker in Linn county buys three boxes of facial tissue at a time, puts each in a different room. With a toddler in the house, we don't have to tell you how many trips this saves her.

You can put this idea to work in dozens of ways. In the kitchen, plan for two sets of salt and pepper shakers, two canisters of flour, two or more paring knives—one on each side of the room.

Smart Homemakers Tell Us . . .

If your housekeeping isn't up to snuff today, try giving dad and the youngsters a warm welcome so they'll notice you and not the clutter. A cheerful mother is more necessary than a spotless house.

Couple Returns From California, Old Mexico Trip

By Mrs. Wilson Witt

NEWELL HEIGHTS—Mr. and Mrs. John Fahrbruch returned Tuesday evening from a month's vacation trip to California and Old Mexico. They visited Mrs. Fahrbruch's sister at Compton, Calif., and returned from Mexico via Arizona and eastern Nevada.

Mrs. Charles Newbill and Mrs. Anna Pratt of Newell Heights attended the Delta Kappa Gamma meeting held Friday evening at the Masonic hall in Nyssa. Job's Daughters served the dinner.

Mr. and Mrs. Johnnie Eason and Susie of Homedale were Sunday dinner guests of Mr. and Mrs. Ray Simpson. In the afternoon they went for a drive to Owyhee dam.

Mr. and Mrs. Benny Beach of Vale were Sunday afternoon visitors at the Alfred Simpson home.

Mr. and Mrs. Wilson Witt were Saturday evening dinner guests at the W. C. Van DeWater home in Big Bend and helped Kent Van DeWater celebrate his birthday anniversary.

Infant Undergoes Surgery

Steven Fenn, son of Mr. and Mrs. Richard Fenn, stayed at the Alfred Simpson home the past week while the Simpson baby was in the hospital for surgery. The other two children stayed at the Gene Simpson home.

Mr. and Mrs. M. L. Kurtz and Harvey McLaughlin visited Friday with an aunt, Mrs. Jessie Tucker in Caldwell.

Mr. and Mrs. Charles Leedy and Mrs. Lydia Worden went to Huntington Sunday and were dinner guests of Mr. and Mrs. Ray Leedy.

Mr. and Mrs. M. L. Kurtz recently spent two afternoons with their aunt, Mrs. Ida Collins, in the Presbyterian nursing home at Ontario.

Gilbert Deffenbaugh of Nyssa was a Saturday dinner guest at the Alfred Simpson home. Mrs. Dave Savage and girls were afternoon visitors.

Attend Caldwell Services

Mr. and Mrs. M. L. Kurtz and her brother, Harvey McLaughlin, attended funeral services Friday at Caldwell for an uncle, Mr. Bill Gahley.

Mr. and Mrs. Kenneth Price and family were Sunday afternoon visitors at the Dick Krieger home.

Happy Dozen card club met Friday afternoon with Sue Ashcraft, Lydia Worden, Thelma Hammon and Minnie Stam attended from Newell Heights.

Mr. and Mrs. Duane Fenn and children of Ontario, Mrs. Dave Savage and children, Mrs. Lloyd Lewis and children were Sunday afternoon visitors at the Gene Simpson home.

Mr. and Mrs. Earl Province of Caldwell were Sunday dinner guests of her parents, Mr. and Mrs. L. C. McDermott.

Master Point Play Set Monday Evening By Duplicate Club

Nyssa duplicate bridge club met Monday evening in the basement of St. Paul's Episcopal church with seven tables in play.

Winners in the north-south group were Mrs. Rex Voeller and Mrs. Richard Wilson, first; Mrs. Roy Nishizaki and Mrs. Houston Wilson, second; Mrs. Lyle Miner and Nishizaki, third.

East-west winners were Mrs. Bob McKinney and Carl Barclay, first; Mrs. Dale Garrison and Mrs. Kate Herriman, second; Mr. and Mrs. Harry Miner, third.

Next Monday night will be master point play. An invitation is extended to the public to attend these weekly bridge sessions.

Brothers' Night Observed Feb. 18 By OES Chapter

Golden Rule Chapter 131, Order of Eastern Star, held a regular meeting Feb. 18 in the Masonic hall with Worthy Matron Laura Penrod presiding.

A potluck dinner preceded the session with 26 in attendance.

The Monday evening meeting honored brothers of the Eastern Star chapter. A program was given under direction of Della Holmes and Nancy Goodell.

"The Legend of the Apron" was title of a poem recited by Lois Williams and pantomimed by Lois Cartwright. Bonnie Sappe rendered a vocal selection, "Everything Father Did Was Right." Mrs. Goodell presented a reading about George Washington.

Refreshments were served at the close of the meeting by Mr. and Mrs. Paul House and Bonnie Sappe.

Couples Bridge Club Meets at Jackson Home

Mr. and Mrs. Wilton Jackson were hosts Sunday evening to members of the Couples Bridge club. Following a potluck dinner, three tables were in play with high scores being won by Bud Tibbets and Mrs. Jackson.

Mrs. Danford Entertains Friday Bridge Members

Members of the Friday afternoon bridge club met last week at the home of Mrs. K. A. Danford. Mrs. Herb Fisher, Mrs. L. A. Maulding and Mrs. Ray Larson were guest players.

Prizes were won by Mrs. Fisher, Mrs. H. L. Pace and Mrs. Dwight Mason.

Chatterbox Club Meets

Chatterbox club members met Feb. 14 at the home of Mrs. Jay Gibson with Mrs. Edison Child serving refreshments. Next meeting will be March 14 at the home of Mrs. Frank Keen.

COFFEE HELD FRIDAY FOR HEART FUND BENEFIT

A benefit coffee for the Heart fund was held Friday afternoon at the home of Mrs. Herman Towne. Hostesses for the event were Mrs. Louise Heldt, Mrs. S. H. Porter and Mrs. Towne. A total of \$32.12 was donated by guests attending.

GARDEN CLUB MEETING SLATED AT CLAPP HOME

Town and Country Garden club meeting will be held at 2 o'clock this afternoon in the home of Mrs. Clarence Clapp at 301 North Fourth street.

Guest speaker will be W. M. Murphy of Ontario who will talk on types and uses of fungicides and insecticides.

Members of the club extend a cordial invitation to anyone interested in gardening problems of the area. Additional information may be obtained by dialing Mrs. Clapp at 372-3910.

Coming Events . . .

Today, 2 p.m.—Methodist WSCS circle meetings.

Today, 2 p.m.—Town and Country Garden club meeting at home of Mrs. Clarence Clapp.

Tonight, 8 p.m.—Apple Valley PTA meeting in school gym.

Feb. 22, 7 p.m.—Annual Seventies banquet at LDS stake house.

Feb. 22—Owyhee Riding club meets for evening session at Oregon Trail hall.

Feb. 22, 8 p.m.—Nite Extension unit meeting at home of Mrs. Sandy Patterson.

Feb. 25, 2 p.m.—Hospital auxiliary meeting and election of officers in hospital basement.

Feb. 26, 5:30 to 8 p.m.—Shrove Tuesday annual pancake supper at St. Paul's Episcopal church.

Band To Participate In Northwest Contest

Leaving on Friday, Feb. 22, the Nyssa High School Sugar Beats will journey to Reno, Nev., for competition with 19 dance bands from the Northwest.

Saturday evening the winning band will have the privilege of playing in concert with Harry James and his orchestra.

The 24-member group will return home Sunday, Feb. 24.

Dawn Bohannon Is Bride-Elect Of Dennis Auker



MISS DAWN BOHANNON . . . To Be June Bride

The engagement of Miss Dawn Bohannon and Dennis Auker is announced by her mother, Mrs. Catharine Bohannon. Father of the bride-elect is Clyde Bohannon of Oakridge.

Miss Bohannon is a senior at Nyssa high school. Her fiancé, son of Mr. and Mrs. Leland Auker of Nampa, was graduated in 1960 from Nampa high school and is presently employed at Kalbus Office Supply in Nampa.

A June wedding is being planned by the young couple.

Mrs. Morgan Hosts Garden Club Meeting

Mrs. Jessie Morgan entertained with 1:30 dessert last week for members of the ANK Garden club. Mrs. Bernard Eastman was co-hostess. A Valentine motif was carried out in arrangements of red carnations and white stock.

Approximately 20 ladies were present including members and three guests, Mrs. Orin Sumner, Mrs. Harold Henigson, both of Nyssa, and Mrs. Leon Jones of Caldwell.

Mrs. Gerrit Stam announced that the Vale Garden club will host the May 3 district meeting. Mrs. Jones, who has a vacation home in Mexico, told of art and general culture of the Mexican people. She also showed interesting handicraft articles from the country.

On March 12 ANK members will join with the Ontario club for a meeting in the neighboring city.

AKH Extension Unit Members Hold Upholstery Class in Adrian Church

By Ruth Bowers

KINGMAN KOLONY—AKH Extension unit members have been holding their upholstery class this week at the Presbyterian church basement in Adrian with Mrs. Klaas Laan, Mrs. Willis Conant, Mrs. Carl Piercy and Mrs. Earl Kygar completing their work.

Mr. and Mrs. Herschel Thompson took Mrs. Ron Thompson and Collette to Jamieson Feb. 12 to the home of her parents, Mr. and Mrs. Henry Sheffield, where she visited until Friday evening when Mrs. Sheffield returned her to the Thompson home and was also a dinner guest.

Burns Couple Visits

Mr. and Mrs. Buck Clemens of Burns arrived Tuesday afternoon at the Herschel Thompson home and were house guests until Thursday evening.

Mr. and Mrs. Dale Ashcraft and Mr. and Mrs. Wesley Piercy were Sunday afternoon callers at the Lambert Dierking home.

Mrs. Wesley Piercy, Mrs. Dale Ashcraft and Mrs. William Toomb of Kingman Colony attended Adrian Garden club meeting Feb. 13 at the home of Mrs. Henry Day in Adrian.

Callers at the Willis Conant home Sunday afternoon were Mr. and Mrs. Glen Brown and family and Mr. and Mrs. Virgil Viers.

Mr. and Mrs. Tony Martinez and Mr. and Mrs. Manuel De-fuentes were Sunday afternoon guests of the Jess Martinez family.

GUESTS IN NEDROW HOME

Sunday dinner guests in the home of Mr. and Mrs. Ed Nedrow and Jimmy were Mr. and Mrs. Peter Broers and Craig of Nyssa. Sunday afternoon callers were Mr. and Mrs. E. M. Mackey and Gene of Adrian.

ATTEND OES MEETING

Mrs. Lyda Kohl, Mrs. Angie Cook and Mrs. George N. Bear attended a meeting of Silver Star chapter 83, OES, Tuesday evening at Homedale.

Following the meeting, a cake walk was held and each of the local ladies brought home a cake.

Amity Club Members Hear Report of Trip To Mexico, Yucatan

Members of the Amity club met Friday evening at the home of Mrs. Dorothea Lewis.

Henry Zobel and son, Royce, presented a travelogue and showed slides taken by them on a recent trip to Mexico and Yucatan.

Special guests attending the meeting were Mrs. Zobel and Mrs. Naomi May.

Door prize was won by Mrs. Mark Moncur.

June Rites Planned By Myrna Bankhead, John Brent Williams

The engagement of Miss Myrna Lois Bankhead and John Brent Williams is announced by her parents, Mr. and Mrs. C. A. Bankhead of Portland, Ore. Parents of her fiancé are Mr. and Mrs. Gordon J. Williams of Nyssa.

A June 18 wedding in Idaho Falls is planned by the former students of Brigham Young university.

Emblem Club Votes To Serve Breakfast During Nurses' Meet

Members of Ontario Emblem club No. 192 held their Feb. 11 business meeting at the Elks temple. Salad, rye bread and coffee were served by the refreshment committee following the session.

Partial reports were given on the Sweetheart ball. President Mickey Wise and Mrs. Jay Bybee, general chairman, thanked members for their cooperation on the project.

Mrs. Wilson Craft told the group that the nurses association will have its Oct. 2-4 state convention in Ontario. She asked the club if it would be interested in preparing breakfast for 200 persons on Oct. 2. Members voted to proceed with the breakfast.

Charley Browning, club manager, expressed his appreciation for cooperation of Emblem club members during the past years. He will be leaving Ontario April 1 of this year.

Emblem's kitty fund was won by Mickey Wise when her number was drawn.

On Feb. 18 was the Emblem feed when the Elks prepared and served dinner to Emblem members.

It was announced that the next blood drawing will be held March 5 at the temple.

Evening Service at Lutheran Church Unites Janice Baker, James Danford



Mr. and Mrs. James A. Danford —Portrait by Schoen.

White chrysanthemums and pink carnations graced the chapel of Faith Lutheran church during a recent evening ceremony uniting Miss Janice Paulette Baker and James Arthur Danford.

The double-ring candlelight rites were performed at 8 o'clock Feb. 1, 1963, by the Rev. John A. Milbrath, pastor of the local church.

The bride is a daughter of Mr. and Mrs. Paul Baker of 1005 Park avenue. Parents of the bridegroom are Dr. and Mrs. K. A. Danford of 810 Reece avenue.

Given in marriage by her father, the bride wore a floor-length gown of chantilly lace and tulle over white satin. Her illusion veil was held by a single

white rose featuring leaves of tulle. Her bouquet was pink rosebuds, laced with mum petals.

Miss Janelle Neiger attended as maid of honor while Roger Barnes served as best man. Flower girl was Miss Sheri Baker, niece of the bride. The bridegroom's brother, David, lighted the tapers and his sister, Mary, was in charge of the guest book. Ushers were Roger and Norman Baker, brothers of the bride.

A reception was given for the couple, following the ceremony, at the home of the bride's parents. Assisting were Mrs. Wanda Baker, Mrs. Suzanne Baker of Ontario, Mrs. Janet Baker, Mr. and Mrs. Glenn Mefford of Nyssa. The newlyweds are presently residing in Parma, Idaho.

Award Winners Named Following Pinochle Party

Eight tables of pinochle were in play Saturday evening during the Oregon Trail card party.

High score prizes were won by Mrs. Keith Moss and Mrs. Ida Carnefix. Traveling awards went to Charles Barnes and Mrs. Burger, with low prizes going to F. E. Holloway and Mrs. Herman Towne.

An invitation is extended to the public to attend these parties held every other Saturday evening at Oregon Trail hall. Next session will be March 2.

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