

Advice on Heart Attack Prevention Given in Bulletin Published by OSU

Possibilities of preventing heart attacks are "very encouraging" if individuals will heed the advice they're getting from medical and health leaders, speakers at the Institute on Cardiovascular Health stressed at Oregon State university.

Some people are so careless about their weight, diet and health habits — including smoking — that they build up odds of one chance in two or worse that they'll have a coronary attack in middle age, Dr. Jeremiah Stamler of Chicago noted.

He is director of the heart disease control program for the Chicago Board of Health. A dozen other national leaders spoke during the three-day institute held last week.

"Watch your weight" is a key in heading off a heart attack and being healthy and happy, Stamler said. It has been "repeatedly documented" that obesity and coronary problems go hand in hand, he emphasized.

Fifty-four percent of all deaths in the United States this year will come from cardiovascular problems, it was noted.

Overweight Brings Problems

"Middle-age spread" is nothing to joke about, Dr. Stamler told the 200 persons in attendance. Overweight people have three or four times greater chance of high blood pressure problems than those who keep their weight in line.

Diet is a factor in cardiovascular health simply because Americans eat so well and so much, the speakers pointed out.

Stamler stressed "moderation" in the diet. Select foods high in nutrients and low in calories, he said. Stay away from overly rich foods, eat lean meats in moderate-size servings, consider low-fat dairy foods and more fish and sea foods, and be wary of saturated fats and high-cholesterol foods, he recommended.

Heavy smoking greatly increases chances of heart attack, too, he continued. A study made in Framingham, Mass., and Albany, N.Y., showed a coronary

VERDA STEINKE REPORTS ON TRIP TO WASHINGTON

Mrs. Verda Steinke returned home July 9 from a trip to the Washington coast. In Longview she visited Mr. and Mrs. Larry Gunnells, former Nyssans.

The trio attended an all-girl rodeo and went clam digging at Long Beach. They then visited friends and toured the Olympia brewery in that city. In Seattle they visited the Gunnells' son who is in the U.S. Army.

They stayed overnight in Port Angeles. There they saw a 143-pound halibut and a 40-pound salmon caught by fishermen in the area. Mrs. Steinke saw for the first time a rat-fish and says it does resemble that species of rodent. Before returning to the Gunnell home, the trio toured the rain forest and again went clam digging at Crescent Beach.

Mrs. Steinke stated that she made a special effort to check the shelves containing sugar. She found that in the markets she visited there were no White Satin products, which disappointed her highly since her hometown is the site of Amalgamated's largest factory.

DINNER GUESTS IN BOISE

Mr. and Mrs. H. E. Chamberlain were Sunday dinner guests at the home of Eph Jensen and daughter, Mrs. Bonnie McClellan of Boise.

Mrs. Julia O'Toole Dies Unexpectedly At California Home

Requiem mass for Mrs. Julia S. O'Toole was celebrated Tuesday, July 9, 1963, in Paramount, Calif. Rosary was recited Monday evening at the Paramount funeral home. Summers chapel of Boise was in charge of interment rites.

The deceased, mother of John O'Toole, former administrator of Malheur Memorial hospital in Nyssa, succumbed unexpectedly July 5 at her home in California.

She was born Feb. 20, 1876, in Tralee, Ireland, and in 1900 was united in marriage to John O'Toole, Sr. He preceded her in death in 1952.

Mrs. O'Toole then came to Nyssa to reside with her son and moved to Boise with him when he was appointed director of the Elks Rehabilitation center in the Idaho capital city. She was a member of Sacred Heart church.

In addition to her son, she is survived by a granddaughter, Mrs. Julia Fannocch of Phoenix, Ariz.; two sisters, Mrs. Kathrine Duclou of San Fernando, Calif., and Mrs. Mary Lotz of Huntington Beach, Calif.

Classifieds Get Quick Results!

Club Members Slate Annual Picnic Tonight at Barnes Home in Ontario

By Ruth Robbins
LINCOLN HEIGHTS — Lincoln Heights Patch and Chat club annual family picnic will be held Thursday evening, July 18, at the home of Mr. and Mrs. Drexel Barnes, 250 NW First avenue in Ontario.

Dinner is potluck with punch, coffee and ice cream furnished by the club and hostesses, Mrs. Barnes and Mrs. Irvin Miller.

Mr. and Mrs. Amos Dejmaj and Roger entertained July 4 with a hamburger fry for the Rev. and Mrs. Marvin McLean and family of Nampa and Harry Smith.

Mr. and Mrs. Elbert Wells and daughters, Jacqueline and Kathleen of Nampa, were July 7 dinner guests of Mr. and Mrs. Austin Robbins. Kathleen's 10th birthday anniversary was celebrated.

Mr. and Mrs. Louis Wiggins, Mr. and Mrs. Bob Goodell and family of Caldwell were July 4 picnic guests of Mr. and Mrs. Russell Wiggins at Willowcreek.

Mr. and Mrs. George Barnes, Mr. and Mrs. Drexel Barnes and family and Miss Diane Hall went fishing July 4 on North Powder river near Baker.

Mr. and Mrs. O. D. Dearborn showed slides Monday evening of their recent trip to the Brock Robbins family. Of special interest were the ones of Dorr Dearborn and his bride and Capt. Dan Dearborn who was home from Holland.

Group Attends Church Camp
Mr. and Mrs. Vern Smith, Frank Kaneaster, Mr. and Mrs. Bruce Hunt and Bruce, Jr., attended the Conservative Baptist family camp July 4-5 at Camp Elkanah near La Grande.

Mr. and Mrs. Irvin Kemble had as recent guests Mr. and Mrs. Ronald Wilson of Prineville, Ore.

Mr. and Mrs. Vern Smith had recent guests from New Castle, Neb. They were her cousins, Mr. and Mrs. Larry Keller and Scott.

Mrs. Bill Walz and Laray are visiting friends and relatives in Salem, Silverton, Roseburg and Portland. They planned to return home July 10.

Mr. and Mrs. F. M. Sayers and Martin recently went to Oakdale, Wash., to attend funeral services for Walter Sayers.

Mr. and Mrs. Jack Pettet were July 7 evening callers at the Jacob Schoessler home.

Mr. and Mrs. Jack Pettet, Sheri and Larry Reel, Gary Brown, Mr. and Mrs. Van Maltzberger and Tony Hayden camped and fished July 3-6 at Strawberry lake. Tony Hayden is a grandson of the Maltzbergers and is visiting here from Roseburg.

Visit Relatives in Canada
Mr. and Mrs. Bruce Hunt and family visited recently in Canada. They went by way of Washington to British Columbia, stopping in several cities. They visited relatives in Calgary and Saskatoon and then traveled home via Montana.

Mr. and Mrs. Clifford Harris hosted a family picnic July 4 at their home. Many of the Solterbeck relatives of the Boise and Payette areas attended. Mr. and Mrs. George Solterbeck of Mt. Vernon, Wash., traveled the greatest distance. Mrs. Herman Lanz of Idaho Falls was also present.

Mr. and Mrs. Harvey Reel, Mr. and Mrs. Bob Richmond and family spent July 4 fishing on the Little Malheur river.

Mr. and Mrs. Brock Robbins and family visited July 6 with Mr. and Mrs. Clifford Harris and family.

Mr. and Mrs. Austin Robbins, Mr. and Mrs. Brock Robbins and family spent July 4 at the home of Mr. and Mrs. O. D. Dearborn in Ontario. They had a picnic dinner in the backyard with birthday cakes to honor anniversaries of Mrs. Brock Robbins and Wesley.

Visitors From Nevada

Mr. and Mrs. Ralph Hetrick and family of Oroville, Nev., recently visited several days with her parents, Mr. and Mrs. John Stohler.

Mr. and Mrs. Irvin Kemble were hosts at a family gathering on the Fourth of July. Several of Mrs. Kemble's sisters and brothers and their families who live in the valley were present. Also attending were Mr. and Mrs. Verl Lemons of Olympia, Wash., Mr. and Mrs. Doug Rees and family of Costa Mesa, Calif.

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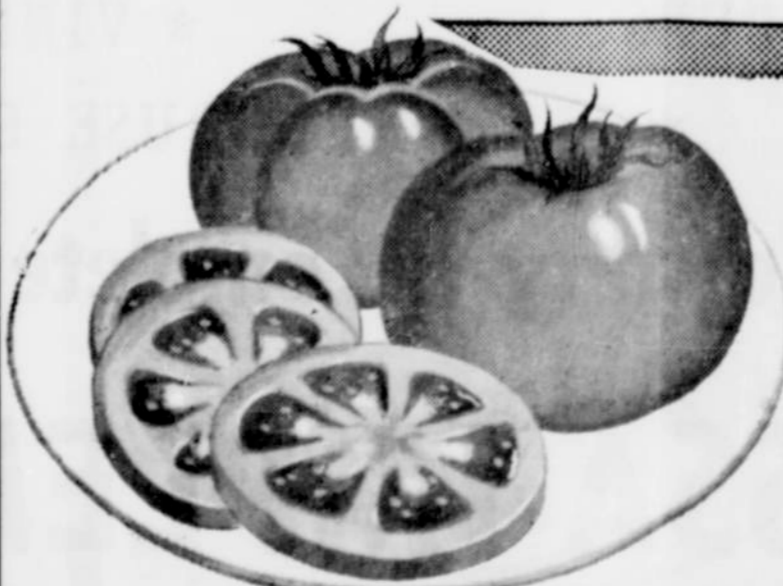
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