

Evelyn and Mr. Mouse



Evelyn Bailey, a sophomore at Nyssa High School, daughter of Mr. and Mrs. Joe Bailey of Route 1, Nyssa, has as her hobby, horses.

She is pictured with Mr. Mouse, one of her four horses, who by the way, is still sporting his winter coat. Others are Miss Kitty, Mi Amigo el Caballo (Amigo for short) and Cher. Evelyn has been interested in horses all of her life and at the age of eight, she finally got a horse of her own. It's not a matter of record, but Mrs. Bailey thinks the first word her daughter spoke was "horse."

Evelyn has been involved in 4-H Horse Club for seven years, and 4-H Gun Club one year. The 4-H program in Nyssa is very successful, due to the effort of 4-H leaders and volunteers in this area. They provide the youth of our community with many club projects, one of which is the Horse Club. Miss Bailey has participated in many 4-H horse shows and play days, including those at the Malheur County Fair.

That's right. She has a scrap book full of ribbons, white, red and blue, for winning different events. Also, a purple Grand Champion ribbon for ground training, one of the highest ribbons awarded for placing in class.

The Baileys take an active interest in their daughter's hobby. Besides providing a place for riding and training horses, Mrs. Bailey has accompanied 4-H groups on trail rides as one of the leaders. The family went on a back packing trip in the Salmon Country, approximately two years ago.

Evelyn has had much experience in the training of her colts and horses and has worked with other peoples horses. She hopes to earn money this summer training horses and would welcome talking to anyone who may be interested.

After graduating she plans to attend Washington State University and major in veterinary medicine. Her dream, to some day work in a training stable.

News About SERVICEMEN

FN Myron K. Osborn

SAN DIEGO — Navy Fireman Apprentice Myron K. Osborn Jr., son of Mr. and Mrs. Myron K. Osborn of Route 1, Nyssa, Ore., graduated from recruit training at the Naval Training Center at San Diego.

well have moved into the Robert Munn tenant house in the Newell Heights area.

Mrs. W.C. VanDewater and son Kent visited Mrs. Dale Witt and Mrs. Rhea Percival Thursday afternoon.

Mrs. Marie Moore visited Mrs. Dale Witt and Mrs. Rhea Percival Friday afternoon.

Mrs. Chas. Bailey visited her daughter, Mrs. Ernest Smith in Payette Thursday.

Mrs. Rollo Fenn visited Mr. and Mrs. Ronnie Ward Wednesday and was a luncheon guest there.

Leroy Churchill took his mother, Mrs. Rollo Fenn to the chili supper at the Cario School Wednesday evening.

Friday Mrs. Martha Moore and Mrs. Rollo Fenn visited Mrs. Mary McConnell.

Sunday Mrs. Martha Moore and Mrs. Rollo Fenn were dinner guests of Mrs. Mary McConnell and her brother, Bill Snyder.

HEART ATTACK ! THE SILENT EPIDEMIC

(This is the second of a series of three articles presented during Heart Fund Month by the Oregon Heart Association to inform readers of this newspaper about the latest advances in combating heart attack.)

It is estimated that more than 7,000 men and women will die of heart attack in Oregon this year.

What is especially shocking is that more than half, or 3500 of these fatalities will occur outside the hospital.

But, what is even more discouraging about these out-of-hospital deaths is that many of these men and women have "hearts too good to die". There are heart attack victims that physicians predict could survive, if they would act quickly to receive specialized hospital coronary care.

What can be done to prevent these needless deaths?

The answer is simple. People must learn to recognize and accept the warning signs of heart attack when they appear, and take immediate steps to receive medical attention.

When heart attack occurs, according to the Oregon Heart Association, these are the usual warning signs or symptoms: "A prolonged heavy pressure of squeezing pain in the center of the chest behind the breastbone."

"The pain may also spread to the arms, shoulder, neck or jaw."

"The pain or discomfort is often accompanied by sweating, nausea, vomiting, and shortness of breath may occur."

Sometimes these symptoms may subside, and then return. Studies in leading Oregon hospitals where heart attack victims were admitted to coronary care units reveal that the patients convinced themselves at the onset of symptoms that they were suffering from "indigestion", "stomach-aches", and a variety of other minor complaints.

No attempt was made by these patients to seek medical care until pain was so severe, that despite protests, a wife, relative or friend intervened and either called the family physician, or got the sufferer to the hospital as fast as possible.

This delay in seeking treatment, after symptoms appear, is crucial. The first few hours after heart attack is the critical period when sudden death is most likely to occur.

The most common complication that follows deprivation of an adequate supply of oxygen-bearing blood to the heart is ventricular fibrillation. This is where the muscle fibers of the heart contract incoordinately and the blood-pumping ability of the heart fails. Unless the victim receives immediate treatment, sudden death occurs.

The results of delay in heeding the warning signs of heart attack can be read in the mortality statistics of men and women who fail to get immediate medical treatment.

It is estimated that when heart attack victims who survive just a few hours receive specialized treatment in a hospital coronary care unit, the number of annual heart attack fatalities is definitely reduced.

How the coronary care unit makes this possible will be discussed in the third and final article in this series.



Favorite Foods

By "Odie" Anderson



For years I had trouble making a flaky pie crust. Then, one day I found this unique recipe and presto, my troubles ended.

NEVER FAIL PASTRY

1/2 cup lard
1/4 cup water
1 - 3/4 cup sifted all purpose flour
1 teaspoon salt

Sift flour and salt together. Place 1/2 cup flour mixture in a mixing bowl. Add 1/2 cup lard (room temp).

Using a spoon, blend the 1/2 cup lard with the 1/2 cup flour until creamy. Add the rest of the flour mixture, cut in with pastry blender until flour fat particles start getting larger, (1 to 2 minutes.)

Add water all at once. Stir just until a ball of dough is formed and the bowl is clean.

Form into a ball and wrap in waxed paper. Let stand 10 minutes. Shape into two balls. Roll each ball separately to 1/8 inch thickness. Roll dough from center to edge, lifting rolling pin each time the edge is reached. (A lightly floured pastry cloth and stocking-covered rolling pin will make this step easy).

Do not turn the dough over. Fold it in half, lift carefully with both hands and place into ungreased pie pan for single crust pie. (This recipe makes 2 - 9 inch crusts).

Friends who tasted this Hawaiian Dream Pie always come back for more. No trouble! If you follow the recipe, it's "as easy as pie".

HAWAIIAN DREAM PIE

2 - 8 inch baked pie shells
1 #2 can pie cherries
1 #2 can crushed pineapple
3/4 cup sugar
1/2 teaspoon salt
2 tablespoons flour
1 pkg. orange flavored gelatin
1 teaspoon red food coloring
2 bananas, crushed
1 cup nut meats, chopped
1 cup cream, whipped

Mix sugar, salt and flour. Pour cherries and pineapple into a 2 qt. saucepan, add sugar mixture and blend. Cook until this mixture thickens, add gelatin and red coloring. Stir until gelatin is dissolved. Cool. Fold in bananas and nuts and pour into baked pie shells. Place in refrigerator until set. Serve with whipped cream.

FRESH FRYERS

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