



For Sale - Miscellaneous

1970 NOMAD TRAVEL TRAILER (Lo-liner) 15 1/2. Sleeps six. Like new. 3 burner stove w./oven. Ice Box. Privacy curtains and room for portapotti. \$1300. Phone 372-3331. 27-tfc

USED GAS REFRIGERATOR. Also used 80cc Suzuki motorcycle. Call 372-3562. 27-tfc

BLACKMER PUMPWITHELECTRIC reel, meter and 100 foot hose for fuel delivery. Ralph Baker, 372-3379 or 372-3928. 27-tfc

USED REFRIGERATED AIR conditioner, 14,000 BTU-110 Volt, \$125.00. Call 372-3057 after 9 a.m., before 10 p.m. 25-3tc

20" GIRL'S SPIDER BIKE. IN excellent condition and only \$20. Phone 372-2883. 25-tfc

16 1/2 FT. CRESTLINER BOAT, with 115 h.p. Evinrude motor and trailer. Boat has windshield, top, curtains, spare wheel for trailer, all in excellent shape. \$2,000. Call Ray Daudt 372-3524 during day, or 372-3002 evenings. 23-tfc

OPAL POTATO HARVESTER, just like new. Phone 372-2378 after 6:30 p.m. 21-tfc

For Sale - Real Estate

BY OWNER, 4-BEDRM RANCH style home. Two baths, central air conditioning, carpeting. On 1/8 acre, 1/16 mile out of Nyssa city limits. Phone 372-3518 27-2tp.

HOME, 3-BEDROOM AND cabin, 1-bedroom, on 3 lots, 18 E. 4th St., Call 372-3134 23-4tc.

LAND LEVELING

LARGE LATE MODEL EQUIPMENT. Work done by yard or hour. Call for estimates, we compete. Terry Haile, 722-5743. Parma. 6-tfc.

GARAGE SALE

SELLERS WANTED, BUYERS free, SOG swap meet (everybody garage sale) every Sunday, all day. Pay-Out Drive-In-Theatre, Payette. Phone 642-2326 27-2tc.

CLASSIFIED ADS

THE PLACE TO LOOK

For Rent

NEW, SPACIOUS ONE-BEDRM. Apartment, range, refrigerator, carpet, drapes, soft water, sewer and garbage service furnished. \$105 per month plus \$65 deposit. Couple or single only. References required. Phone 372-3654. 27-tfc.

NEW SPACIOUS TWO-BEDRM. Apartment, range and refrigerator, air conditioning, carpet and drapes, soft water, utilities partially furnished. \$145 per month, plus \$65 deposit. Phone 372-3654. 27-tfc.

BACHELOR APARTMENT FOR rent. Phone 372-3106 25-tfc

ONE-BEDROOM FURNISHED Apartment-no children or pets please. All utilities paid. Call 372-3535. Eastman Agency 23-tfc

FISCHER'S MOBILE HOME Park. Large spaces available. can accommodate double wide or expandable. VA approved and natural gas hook-ups. Call 372-3393. 47-tfc

WORK WANTED

DO YOU NEED A BABYSITTER? Your house cleaned, your lawn watered or a dog fed while you're vacationing? Call 372-3191. 27-tfc

For Sale - MOBILE HOMES

TITAN MOBILE HOMES, OPEN Road Travel Trailers, Champion Motor Homes, Wilton C. Jackson Sales, Phone 372-3801 6-tfc

PERSONAL

BIRTHRIGHT - UNTIMELY-pregnancy? Is abortion the only solution? Call collect if you desire help or advice. Call 503-523-2902 14-tfc

NYSSA JANITORIAL SERVICE

COMMERCIAL & RESIDENTIAL CONTRACT CLEANING PHONE 372-3385 20-tfc

MOTORCYCLE INSURANCE - very lowest possible rates - best coverage - check our rates and coverage - no obligation. Bernard Eastman Agency, 315 Main St., Nyssa, Oregon. Phone 372-3535.

Miscellaneous Services

FOR "A JOB WELL DONE feeling" clean carpets with Blue Lustre. Rent electric shampooer \$1. Coast to Coast Store, Nyssa. Phone 372-3545. 27-tfc

LOVING CHILDCARECENTER, certified-state inspected, hot lunches, educational program for four and five-year olds. We accept all ages. Carrie Fife, call 372-2540 24-tfc

FIRE EXTINGUISHER SALES, service and repairs. Delbert Malloy, 713 N. 2nd St., Nyssa. Phone 372-2943. 8-tfc.

SERVICE & PARTS ON ALL BRANDS: Singer, Kirby, Hoover, Electrolux, Eureka, etc. Singer Sales and most other major brands. Ontario Sewing and Vacuum Center. Across from Pix Theatre. Downtown-Call 889-6167 2tfc

ELECTROLUX - SALES, SERVICE and supplies of vacuum cleaners and floor polishers. Harold Potter, Phone 549-1745, Weiser, Idaho. 1-tfc

For Sale - Autos

1963 CHEV. NOVA 4-DOOR hardtop. Good running condition and good tires. Radio, heater and clean interior. Phone 372-3022 after 5 p.m. 27-1tp

1958 F-600 FORD TRUCK, two ton cab and chassis, 292 V-8 engine, 2-speed rear end, 4-speed transmission, good mechanical condition. Ralph Baker, 372-3379 or 372-3928. 27-tfc

Pets

GERMAN SHEPHERD PUPS TO be given away. Phone 372-2031 27-2tp.

New Metric Aid Is Available For the Kitchen

The transition from the inch system to the metric system is being made easier for the homemaker by Union Carbide Corp. It will be possible to measure 42 milliliters of lemon juice or 36 grams of egg yolks with the new metric slide rule and other English-metric converters. R. E. Burt, manager of market development, said.

These new metric aids with complete instructions will be sold as single units, or will be available in multiple units for classroom use.

Buy a U.S. Savings Bond

TO ALL SENIOR CITIZENS:

TREASURE VALLEY HOUSING, INC. Announces

THE RENTING OF THE ALEMEDA APARTMENTS (Expected completion date: September 1st.

Applications are now being accepted for this rent subsidy project. The first occupants will be chosen by lottery on July 19, 1973. Everyone who has made a previous inquiry and received a reply from TVH, Inc. need not apply again. For information write to: TREASURE VALLEY HOUSING, INC., P.O. Box 942, Ontario, Oregon 97914. AN EQUAL HOUSING OPPORTUNITY PROJECT

218 Main, Nyssa, Oregon Phone 372-3196



HARRY'S APPLIANCE & REFRIGERATION REPAIRS

ALL MAKES & MODELS ONE DAY SERVICE 218 Main, Nyssa, Oregon Phone 372-3196

SEE US -FOR- PAINTING BODY WORK AND WINDSHIELD

Glass Installation (FREE ESTIMATES) RAY'S BODY & PAINT SHOP 505 Main St. Ph. 372-3524 NYSSA, ORE.

REAL ESTATE FOR SALE

- 1 BDR HOME ON 1 ACRE WITH FIREPLACE - NICE Clark Blvd. \$16,250.
 - 2 BDR HOME 412 N 11th SPACIOUS LOT & CARPORT \$11,500
 - LARGE 2-BEDROOM HOME-CARPETED-GARAGE-FENCED yard, 520 North 4th, \$15,800. Terms.
 - 3 BEDROOM-DEN-GARAGE, 510 THOMPSON AVENUE., \$18,500
 - 1/2 ACRES BUILDING SITE IN APPLE VALLEY \$10,000
 - 4 BEDROOM HOME WITH BASEMENT LOCATED 614 N. 3rd, \$15,500.
 - 5 BEDROOM HOME WITH BASEMENT, LARGE PATIO, 2 fireplaces, DBL car port, \$28,000.
 - 4 BR - DINING - FAMILY - FIREPLACE - PATIO, 2-CAR carport, Utility - w/w carpet. 512 North 7th, \$15,900.
 - 5 BEDROOM-3 UP 2 DOWN-ALL CARPET - ELECTRIC heat. 2-car garage - patio-fenced yard. 803 Locust \$22,000.
- EXCELLENT BUSINESS LOCATION ACROSS FROM SCHOOL Family restaurant occupied. Good investment return, \$8,500. 40 ACRES - 5 MILES NORTHWEST NYSSA ON GEM AVE. 3-bedroom home - \$29,000 - \$8,000 down. PART ACRE 1/4 MILE SOUTH NYSSA - 3 BEDROOM HOME \$17,500.00
- LARGE 2-BEDROOM HOME - COVERED PATIO - 2-CAR garage, 17 N. 6th, \$17,000.

Bob Thompson, Realtor

218 Main St. Nyssa, Oregon Office 372-3355 Home 372-3337



If you've ever taken vitamins or paid a smidgen of attention to nutrition discussions, you've heard of Recommended Dietary Allowances. But do you know why we have RDA's, or who sets the standards?

Every five years the Food and Nutrition Board of the National Academy of Sciences undertakes the monumental task of revising the RDA. The seventh edition was published in 1968, and the eighth will be published later this year.

The RDA serves a variety of purposes including use as a guide for the food industry, a check to counteract advertising errors, and a base for diets of welfare recipients. With the proposed changes in labeling of foods, the RDA is doubly important and, as always, anyone interested in eating a balanced diet will need correct nutrition information.

The RDA for a day is calculated to fill the needs of a "reference" man and woman. The man is considered to be 22 years old and weighs about 154 pounds. His physical activity is "light" (between sedentary and heavy activity). How many calories should be recommended for his daily intake? In 1963 it was 2,900 but in 1968 it was adjusted down to 2,800.

However, the problem is how many calories are needed to supply the required protein, vitamins, and minerals for good nutrition. How low can calorie intake be before nutrients become inadequate?

The Recommended Dietary Allowances are not requirements. They are a reference or a guide designed for practically everyone in the country. Therefore, they allow a margin of safety for individual variations which can be quite wide.

FOR RENT

5 H.P. ROTO-TILLERS We are dealers for Homelite Lawn and Garden Equipment and stock parts for Briggs & Stratton & Tecumseh motors. Repairs on all makes and models. Bass Union Service, 304 Main. 372-3145. 14-tfc

SEE US - FOR - STA-RITE PUMPS SALES-SERVICE WE SERVICE ALL MAKES! CALL

Nyssa Co-op

Phone 372-2254 or after 6 p.m. Phone 372-3387

Real Estate For Sale

WE NEED SOME NEW LISTINGS!

BEAUTIFUL, NEW 3 BED-room home. Fireplace, brick construction. Electric heat. 2 car carport. 5 acres of ground, excellent view. About 6 mi. from Nyssa. Shown by appointment only.

FOUR BEDROOM HOME, Fully carpeted. In excellent condition, only \$14,000.00

EASTMAN REAL ESTATE Insurance 315 Main St. Phone 372-3535 NYSSA, OREGON

REAL ESTATE FOR SALE

ATTENTION VETERANS eligibility for Federal Veterans Loan is all you need to move into a new three bedroom, bath and a half home. Carpeted living room, dining room and bedrooms. \$18,950. 100% financing.

IF COMFORT IS YOUR GOAL - in country living come see this four bedroom, home on 3/4 acre. Air condition, electric heat, carpeted, draperies, Built in range and double oven - 2 baths, large fireplace, valley view. Cinder block shop, well house, corral, lots of trees and shrubbery. \$39,500.00



Flying Realty & Associates, Inc.

Phone Ontario 889-6473

USED CARS & TRUCKS USED TRACTORS & EQUIP.
1971 Bronco. . . . \$2795 MF150 like new . . . \$2995
1970 Ford Ranchero. \$2195 720 JD w/duals. . . \$2795
1965 Int. Travelall. . \$1395 850 Ford. . . . \$995
1964 Int. C120 4x4. . \$995 New loader was \$1095 \$795
1961 Scout 4x4. . . \$795 Balers, all makes, all prices



1973 New Cars & Trucks

1973 CHEVROLET 1/2-TON PICK-UP V-8 ENGINE, AUTOMATIC TRANSMISSION, POWER STEERING, POWER BRAKES, AIR CONDITIONING.

1973 CHEVROLET 1/2-TON PICK-UP V-8 ENGINE, AUTOMATIC TRANSMISSION, POWER STEERING, POWER BRAKES, CHEYENNE PACKAGE.

1973 NOVA SS HATCHBACK SPORT COUPE V-8 ENGINE, AUTOMATIC TRANSMISSION, POWER STEERING, POWER BRAKES, VINYL ROOF, LARGE LUGGAGE SPACE.

1973 CHEVELLE MALIBU SPORT COUPE V-8 ENGINE, AUTOMATIC TRANSMISSION, POWER STEERING, POWER BRAKES.

1973 IMPALA 4-DOOR SEDAN V-8 ENGINE, AUTOMATIC TRANSMISSION, POWER STEERING, POWER BRAKES, 4-WHEEL DRIVE, AUXILIARY SEATS.

1973 CHEVROLET BLAZER

V-8 ENGINE, AUTOMATIC TRANSMISSION, POWER STEERING, POWER BRAKES, 4-WHEEL DRIVE, AUXILIARY SEATS.

Johannesen-Adams Motors, Inc.

420 MAIN STREET NYSSA, OREGON PHONE 372-2224

WEEKLY T.V. SCHEDULE

JULY 8-14

CHANNEL 7

CHANNEL 2

SUNDAY, JULY 8

- 6:30 - Agriculture USA
- 7:00 - Music and the Word
- 7:30 - Faith For Today
- 8:00 - Rex Humbard
- 9:00 - Oral Roberts
- 9:30 - Make a Wish
- 9:55 - Multiplication Rock
- 10:00 - Jackson Five
- 10:30 - Meet the Press
- 11:00 - Each Day at Dawn
- 11:30 - Issues and Answers
- 12:00 - Lidsville
- 12:30 - Action '73
- 1:30 - Chev. Challenge Cup
- 2:30 - World of Sports
- 4:00 - NFL Action
- 4:30 - NBC News
- 5:00 - Wild Kingdom
- 5:30 - World of Disney
- 6:30 - Movie, McMillan and Wife
- 8:00 - Movie, "Gunfight in Abilene"
- 9:40 - News/Sports/Weather
- 9:55 - Weekend News
- 10:10 - Movie, "The Bounty Man"
- 11:40 - Final Report

MONDAY THRU FRIDAY

- 7:00 - The Today Show
- 7:25 - Morning Report
- 7:30 - The Today Show
- 8:25 - Morning Report
- 8:30 - The Today Show
- 9:00 - Sale of the century
- 9:30 - Hollywood Squares
- 10:00 - Jeopardy
- 10:30 - Who What Where Game
- 10:55 - NBC News
- 11:00 - Baffle
- 11:30 - Three on a Match
- 12:00 - Today in Idaho
- 12:30 - The Doctors
- 1:00 - Another World
- 1:30 - Return to Peyton Place
- 2:00 - Somerset
- 2:30 - General Hospital
- 3:00 - Love American Style
- 3:30 - The Brady Bunch
- 4:00 - I Dream of Jeannie
- 4:30 - Hogan's Heroes
- 5:00 - NBC News
- 5:30 - News/Sports/Weather

MONDAY, JULY 9

- 6:00 - Major League Baseball
- 9:00 - The Rookies
- 10:00 - News/Sports/Weather
- 10:30 - The Tonight Show
- 12:00 - Final Report

TUESDAY, JULY 10

- 6:00 - Temperatures Rising
- 6:30 - Parent Game
- 7:00 - Movie, "Incident on a Dark Street"
- 9:00 - Marcus Welby M.D.
- 10:00 - News/Sports/Weather
- 10:30 - The Tonight Show
- 12:00 - Final Report

WEDNESDAY, JULY 11

- 6:00 - Adam 12
- 6:30 - Movie, "Cool Million"
- 8:00 - Search
- 9:00 - Owen Marshall
- 10:00 - News/Sports/Weather
- 10:30 - The Tonight Show
- 12:00 - Final Report

THURSDAY, JULY 12

- 6:00 - Hee Haw
- 7:00 - Ironside
- 8:00 - Dean Martin
- 9:00 - Flip Wilson Presents
- 10:00 - News/Sports/Weather
- 10:30 - The Tonight Show
- 12:00 - Final Report

FRIDAY, JULY 13

- 6:00 - The Brady Bunch
- 6:30 - American Adventure
- 7:00 - Sanford and Son
- 7:30 - The Little People
- 8:00 - Movie, "Operation Kid Brother"
- 10:00 - News/Sports/Weather
- 10:30 - The Tonight Show
- 12:00 - Midnight Special
- 1:30 - Final Report

SATURDAY, JULY 14

- 6:30 - Roman Holidays
- 7:00 - The Jetsons
- 7:30 - The Pink Panther
- 8:00 - Underdog
- 8:30 - The Barclays
- 9:00 - Sealab 2020
- 9:30 - Runaround
- 10:00 - Around the World
- 10:30 - Lidsville
- 11:00 - The Monkees
- 11:25 - Multiplication Rock
- 11:30 - American Bandstand
- 12:00 - Major League Baseball
- 3:00 - Open Golf
- 4:30 - NBC News
- 5:00 - Viewpoint
- 5:30 - Love Thy Neighbor
- 6:00 - Lawrence Welk
- 7:00 - Emergency
- 8:00 - Movie, "A Thousand Clowns"
- 10:30 - Weekend News
- 10:45 - Weekend Report
- 11:00 - Movie, "Lieutenant Schuster's Wife"
- 12:30 - Final Report

SUNDAY, JULY 8

- 7:30 - Gospel Hour
- 8:30 - Day of Discovery
- 9:00 - Revival Fires
- 9:30 - Herald of Truth
- 10:00 - Film Feature
- 10:30 - Face the Nation
- 11:00 - Shirley Temple
- 12:30 - It is Written
- 1:00 - Sports Spectacular
- 2:30 - Tennis Classic
- 3:00 - Sports Challenge
- 3:30 - Sports Illustrated
- 4:00 - News Retrospective
- 5:00 - Mod Squad
- 6:00 - The F.B.I.
- 7:00 - Movie "The Taming of the Shrew"
- 9:30 - Mannix
- 10:30 - Eyewitness News
- 10:45 - Sunday News
- 11:00 - Buck Owens
- 11:30 - Theatre "Saigon"
- 1:00 - Morning Headlines

MONDAY, JULY 9

- 6:00 - Truth or Consequences
- 6:30 - Dragnet
- 7:00 - Here's Lucy
- 7:30 - Doris Day Show
- 8:00 - Medical Center
- 9:00 - Cannon
- 10:00 - Eyewitness News
- 10:35 - Movie "The Prisoner of Zenda"
- Morning Headlines

WEDNESDAY ONLY

- 3:50-3:55 - Books Alive

TUESDAY, JULY 10

- 6:00 - Truth or Consequences
- 6:30 - Dragnet
- 7:00 - Dick Van Dyke
- 7:30 - Movie "Call to Danger"
- 9:00 - All in the Family
- 9:30 - Bridget Loves Bernie
- 10:00 - Eyewitness News
- 10:35 - Movie "C'mon Let's Live A Little"
- Morning Headlines

WEDNESDAY, JULY 11

- 6:00 - Truth or Consequences
- 6:30 - Dragnet
- 7:00 - Dan August
- 8:00 - Sonny & Cher
- 9:00 - Maude
- 9:30 - M*A*S*H
- 10:00 - Eyewitness News
- 10:35 - Movie "Advance to the Rear"
- Morning Headlines

THURSDAY, JULY 12

- 6:00 - Truth or Consequences
- 6:30 - Dragnet
- 7:00 - Movie "The Guru"
- 9:00 - Barnaby Jones
- 10:00 - Eyewitness News
- 10:35 - Movie "Too Much Too Soon"
- Morning Headlines

FRIDAY, JULY 13

- 6:00 - Truth or Consequences
- 6:30 - Dragnet
- 7:00 - Movie "Countdown"
- 9:00 - Sixty Minutes
- 10:00 - Eyewitness News
- 10:35 - Movie "Cutter's Trail"
- Morning Headlines

MONDAY THROUGH FRIDAY

- 7:00 - Morning News
- 7:30 - Eyewitness News
- 8:00 - Jokers Wild
- 8:30 - The \$10,000 Pyramid
- 9:00 - Gambit
- 9:30 - Love of Life
- 10:00 - Password
- 10:30 - Search for Tomorrow
- 11:00 - Guiding Light
- 11:30 - As the World Turns
- 12:00 - Eyewitness News
- 12:30 - Edge of Night
- 1:00 - New Price is Right
- 1:30 - The Match Game
- 2:00 - The Secret Storm
- 2:30 - The Virginian
- 3:55 - Restless Gun
- 4:25 - Let's Make A Deal
- 4:55 - Theatre Billboard
- 5:00 - Evening News
- 5:30 - Eyewitness News

SATURDAY, JULY 14

- 7:00 - Chan Clan
- 7:30 - Scooby Doo
- 8:30 - Josie & The Cats
- 9:00 - Flintstones
- 10:00 - Archies TV Funnies
- 10:30 - Fat Albert
- 11:00 - Children's Film
- 12:00 - Bugs Bunny
- 12:30 - Sabrina
- 1:00 - Cartoon Carnival
- 1:30 - Boxing Madison Square
- 2:30 - Celebrity Bowling
- 3:00 - Death Valley Days
- 3:30 - Untamed World
- 4:00 - Lloyd Bridges
- 4:30 - CBS News
- 5:00 - The Waltons
- 6:00 - Partridge Family
- 6:30 - Paul Lynde Show
- 7:00 - Mary Tyler Moore
- 7:30 - Bob Newhart Show
- 8:00 - Mission Impossible
- 9:00 - Gunsmoke
- 10:00 - Eyewitness News
- 10:15 - Hawaii 5-0
- 11:15 - Movie "Cockeyed Cowboy of Calico County"
- 1:00 - Morning Headlines

NEED AUTO INSURANCE? Get low rates, FAST, FAIR, FRIENDLY service with



USED 1968 Jeep Wagoneer 4-Door

V-8 Automatic Transmission, Power Steering and Radio. 4-Wheel Drive with Locking Hubs. Stock # TO-141A Special-

\$2395.00

1966 Cougar 16 Ft. Camp Trailer

Stock #CPR-13A Special-

\$1295.00

- NEW -

1973 Ford Country Sedan

8 PASSENGER STATION WAGON. 429 V-8 Engine, Automatic Transmission, Power Steering, Power Front Disc Brakes, 6-Way Power Front Seat, Air-conditioning, AM Radio and Deluxe Luggage Racks. Air Tinted Glass Complete. Stock #FO-70 Special-

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1973 Ford Bronco Wagon

302 V-8, Automatic Transmission, Power Steering, Rear Seat Package, Mud and Snow Tires Complete, Radio and Front and Rear Chrome Bumpers. Stock #TO-36, Special-