



T/5 Walter Pitcher, recently discharged from the army of occupation. He spent the past year in Belgium. He joined his family here and expects to locate in the Cottage Grove vicinity.

School lunches

Federal assistance for school lunches now is made permanent by laws. Part of available funds is for the purchase of such equipment as refrigerators and stoves. Money is allotted on the basis of the number of school children.

Iron in Foods

The iron in egg yolk and liver is almost 100 per cent usable, nutritionists point out. Iron in whole grain is about 95 per cent available and in lean meat the availability varies from 13 to 35 per cent.

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Savings Habit

A survey conducted by the Federal Reserve board indicates that the great majority of the American people still save their money on a hit-and-run basis. Only one in every four families plans its savings. About half the people spend first out of income and save what is left. One out of every four families doesn't save anything. There are many factors in saving, of course, varying from one person to the next, but one of the outstanding findings of this study is that people who have a regular savings plan save more than those with similar income who have no plan. For example, while 31 per cent of the people who set aside a certain part of their incomes regularly are in the class of those who spend first and save what is left are large savers.

Faulty Breakfasts

Eight hundred women could be wrong—and nutritionists considered them very decidedly wrong when they made a government survey, to learn what kind of breakfasts these women were giving their husbands when they started off to work. Practically every one of the 800 women interviewed who gave her morning menus had left out an important kind of food from the breakfast as it was usually served. Generally the fruit or the cereal was missing. Apparently these women thought that if they served either fruit or cereal, the other wasn't necessary.

B Vitamins

Many people live on meals low in B vitamins and suffer the results without understanding the cause. For each person who becomes actually ill from a lack of B vitamins, thousands are borderline cases with vague complaints that keep them under par. Most foods in their natural raw state contain some form of vitamin B. Foods ranking as rich vitamin B sources are: Lean pork, liver, kidney, other meat organs, egg yolks, whole grains, dried beans and peas, soybeans, peanuts and other nuts, and yeast. One reason for including some of these foods in the everyday diet is that there is a limited storage of B vitamins in the body.

I wish I was a wittle egg
A way up in a tree,
I wish I were a wittle egg
As wotten as could be.
And when some dumbhead friend
of mine,
Would pass beneath the tree,
I would take my wittle self
And splatter down on he.

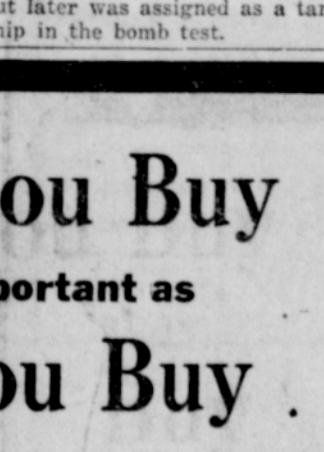
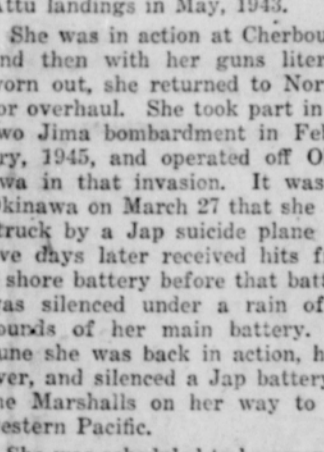
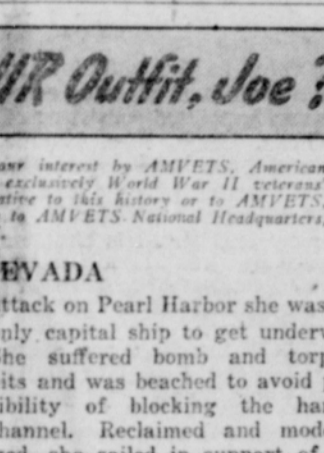
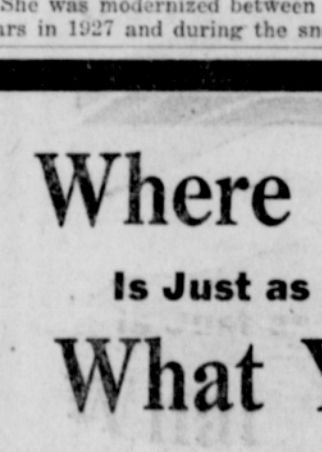
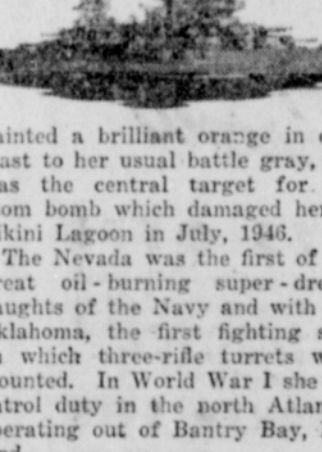
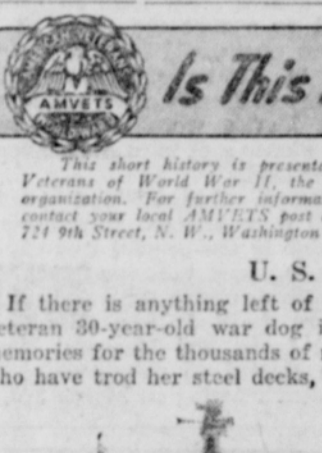
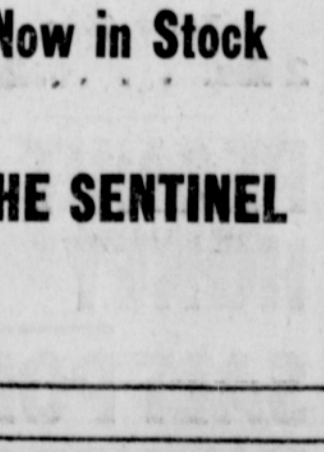
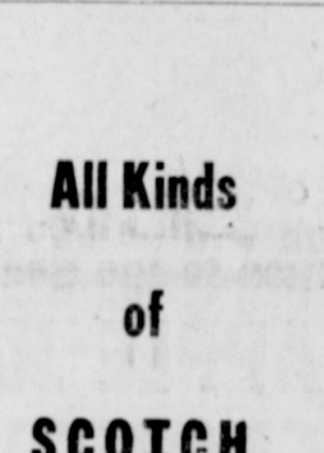
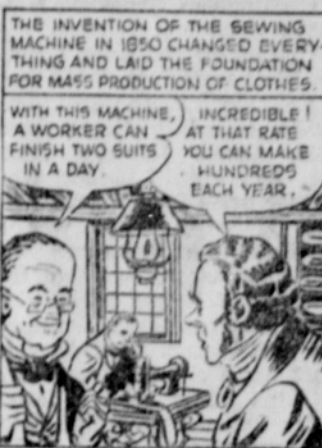
He: Since I met you I can't eat or drink.
She: Oh, why?
He: I'm broke.

I should worry, I should care,
I should marry a millionaire
He should die, I should cry,
I should marry another guy.

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STORIES OF HOW NAMES HELPED MAKE AMERICA GREAT



KLAMATH FIRE CHIEF SAYS CREW INADEQUATE

People of Klamath Falls heard from their fire chief Tuesday that inadequacy of fire department man-power may have contributed to the loss of life in the five-fatality Evans apartment house fire Sunday morning.

Fire Chief Keith Ambrose told the city council that had there been enough men to operate both pumps and ladders, Sunday's fire "might have been a different story."

The chief said that nine men were on shift when the Evans fire alarm was received Sunday morning. It was necessary to leave one man at the station when the pumper and ladder truck raced to the fire.

Ambrose said there were not enough men on the truck crews to both rescue the apartment occupants by ladders and start the hoses. For that reason, it was several minutes before the hoses started pouring water into the burning building.

Mrs. Lila Veatch and her daughter Gladys Darby are moving to their new location at the corner of Gibbs Ave. and Cherry Court. Mrs. Veatch recently purchased the property from Mrs. James Kiker.

Mrs. Qualls has moved into the house recently vacated by Mrs. Lila Veatch on the corner of 6th and Whitaker Streets. She expects to later move the house to a lot which she has purchased on north 8th street.

President James K. Polk, to date, is the only man who has served as Speaker of the House of Representatives of the United States to become President.

The devotion of thought to an honest achievement makes the achievement possible.—Mary Baker Eddy.

Roman Punishment

Ancient Romans never sentenced criminals to prison terms. In those days prisons were not used except for detaining accused persons until they could be tried or executed. The only recognized punishments were death and the infliction of bodily pain.

Peanut Sheller

Development of a mechanical peanut sheller that will handle 300 pounds of seed an hour, has been reported by USDA. A man working 30 10-hour days could shell the amount turned out by an hour's operation of the machine. It is said:

Long Train
To have moved at one time all of the 5,700,000 carloads of freight, excluding coal, delivered by the railroads to seaports chiefly for export in the forty-five months of World War II would have required a train 43,450 miles in length.

Perennial Wheat
The Soviet Union is being watched for reports on development of a perennial wheat. Scientists there are said to have set up an experiment station where as many as 1,000 specimens of perennial hybrids will be sown this year.

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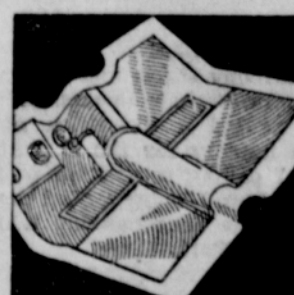
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