

Hints for Homemaker's

By ELIZABETH KEYES

NOTE—This corner of this paper will be divided into several parts, each part to be published weekly. The divisions will be: Household Suggestions, Recipes, Good Health, Fashions and Answers to Questions. In Answers to Questions Miss Keyes will be glad to advise or give answers to the problems of any of the readers of the Evening Herald. Suggestions of all sorts will be very welcome. Address Miss Elizabeth Keyes, care of Evening Herald.

For your health.
Drink without eating and eat without drinking.
Five glasses a day keeps the doctor away.
Warm feet and a cool head.

Of Importance to Every Woman.

Every woman should learn to rest if she wishes to preserve her good looks. Should she lead a busy life, she must acquire the habit of availing herself of every few spare moments for this purpose.

Analyze the art of relaxation. Hang the arms loosely at the sides, and then begin to move them slowly backwards and forwards from side to side. Then open the fingers wide and shake the hands loosely from the wrists, and after all this practice the same exercise with the legs and feet. One beauty expert considers that too many hot baths tend to destroy beauty, and advocates a tepid bath every day.

Freckles.

So many women and girls worry about freckles, and hope to remove them by some lotion applied externally. Let me tell you a little about freckles. They are beneath the skin, and therefore cannot be removed by external applications unless the skin comes off too. Freckles are caused by an excess of pigment or coloring matter in the system, which is brought to the surface when the face is exposed to strong sunlight. Freckles are exactly the same as tan, excepting that tan is solid and freckles come in spots. This pigment acts as protection for the skin, and is found in very great quantity in the dark races, which are practically immune from sunburn for this very reason.

Care of the Skin Black-Heads.

Contrary to popular opinion, black-heads are caused by lack of scrupulous care in cleansing the pores of the skin. There are several excellent ways of getting rid of them, one of which follows: Mix two ounces of green soap with two ounces of distilled witchhazel. Let the mixture stay on a few minutes, then wash off with hot water. If the green soap irritates the skin, use it every other day. Afterwards apply a cold cream. Green soap may be purchased at any drug store. Press out the tiny black-heads carefully, then bathe with a little toilet vinegar and water.

Exercise for Health.

All exercises are a valuable aid in keeping the body in splendid condition, and each person should select those best suited to her own needs.

Five minutes several times a day devoted to calisthenics will be sufficient to stimulate the blood, which is the real object of physical culture exercises.

The Eyes.

When the eyes are heavy and dull it is frequently due to eyestrain or internal disorders. Eyestrain frequently causes redness and swelling of the lids and bloodshot to appear. Exposure to heat or cold will cause stinging.

Har results.

Eyes that are bright and animated, direct in their gaze, usually indicate a healthy body. The care and attention bestowed upon the eyes will assuredly prolong not only their invaluable service, but their beauty as well. The eyes should be protected from the dazzling glare of the sun, especially at the seaside, where the rays are so penetrating. Weak eyes, of course, naturally rebel against the intense light and require colored glasses, a color best suited to their needs. If you are doing work in which you use your eyes continually, rest them as much as possible, both by looking off into the distance and by closing them for a few seconds.

For the Woman Who Motors.

Fully as many women as men drive their cars in this country, and here are a few hints for the preservation of the complexion: Always apply a thin coating of good cold cream before starting on a motoring trip of any length. This keeps the harmful wind from drying out the pores of the skin, the first cause of many of the ills of exposure to the wind and sun. It is said that a red veil will prevent sunburn. Yellow or orange are also good. The superfluous cream should be removed with a soft cloth and a light layer of pure powder completes the protection. Also be extra careful about the soap you use.

Deep Breathing.

Every one should take at least one hundred deep breaths daily in the open air, as ordinary breathing is too shallow.

Double Chin.

To remove a double chin a very good exercise is as follows: Drop the head forward and then back, then to the left as far as possible, then to the right. Do this about ten times, morning and evening. Massage the chin in this manner: Cross the hands and work upward toward the ears, using hard firm strokes to break down the fatty cells; massage the neck also. A good massage cream should be used.

Food Preparedness

One good result is coming from the war in that the people of the country are turning to many of the tasty and nourishing dishes of our grandmothers' day. Perhaps the most important of these dishes is hulled corn, says today's bulletin from the National Emergency Food Garden Commission, which is offering \$5,000 in cash prizes to the women and children who have the best exhibits of the canned vegetables of their war gardens.

To prepare hulled corn, dissolve half a can of lye in a quart of water and dilute to three gallons. It is best to use a large iron kettle for this purpose. Add four quarts hulled corn and simmer until the hulls start to crack. Wash in pan of cold water and rub with hands to remove hulls. Skim off hulls and change water several times. Place on fire and simmer slowly, adding cold water and stirring with wet spoon every few moments. Change water and rub corn five or six times until the corn is clean and white. Keep in cold water over night and in the morning wash the corn several times with hot water.

Hundreds of inquiries are coming to the commission in regard to the awarding of the \$5,000 in prizes and certificates of merit for the best canned vegetables grown in war gardens. Secretary Ridsdale has been forced to open a new department in the work of the commission to handle the inquiries. The awards are not to be confined to state and county fairs,

but are to include, as well, exhibitions held under the auspices of war garden committees.

The commission will send to any reader of this paper its drying and canning manuals free for a two cent stamp to pay postage. These will be a great help in canning either for home use or for the prize exhibitions. All progress in organization of war garden exhibits should be reported to this paper at once, in order that the commission may be able to keep in touch with the work here.

Women to Assist In Conserving State Food

CORVALLIS, Aug. 30.—On recommendation of the extension bureau of the Oregon Agricultural College, the United States Department of Agriculture has appointed seven women to serve as assistants in the conservation educational campaign under way in Oregon.

The women are expected to perform an important part in the policy of conserving food materials so that Oregon may have food enough for home consumption and provide an ex-

Klamath County News

NEWS FROM ORINDALE

A. Swetzer has finished his harvesting and has commenced digging his spuds.

James Moode's heading crew is heading for R. V. Ess this week.

James Stanable's family has moved to Klamath Falls for the winter.

C. S. Hunt is working on the header for James Moore.

Dave Price and wife have gone to Fort Klamath for a two-weeks' outing.

M. Warner was a business caller in the county seat Monday of this week.

R. V. Ess called at the Allan Stanable home Sunday.

Mr. and Mrs. C. G. Hunt called at the Frank McCornack ranch on the Upper Lake Sunday afternoon.

The county in general was blessed with a fine June rain Saturday night and Sunday. It will help the spuds a great deal.

T. S. Cregan has finished putting up his crop of hay.

SHORT MEN GET A CHANCE

ROME, Aug. 30.—The decree which goes into effect this month, lowering the military height from 5 feet 3 inches to 4 feet 6 inches, includes all the men born between 1876 and 1888 who had been excused from duty previously because of their short stature.

Notice to Creditors

In the County Court of the State of Oregon, for the County of Klamath.

In the Matter of the Estate of Stephen Stukel, Deceased.

Notice is hereby given by the undersigned executrix of the estate of Stephen Stukel, deceased, to the creditors of, and all persons having claims against the estate of said deceased to present such claims with the proper vouchers within six months from the date of this notice to the said executrix at the First National Bank, Merrill, Oregon, such bank being the place selected for the transaction of the business connected with the said estate.

Dated at Klamath Falls, Oregon, this 30th day of August, 1917.

DELLILAH STUKEL, Executrix of the Estate of Stephen Stukel, Deceased.

W. S. WILEY, Attorney for said estate. 30-6-13-30-27

NOTICE OF POUNDMASTER'S SALE

Notice is hereby given that the undersigned, poundmaster of the City of Klamath Falls, Oregon, did impound in the pound of said city, on the 23d day of August, 1917, the following described animals:

One black, 3-year-old filly, branded on left shoulder T quarter circle.

One bay, 3-year-old gelding, same brand on left shoulder.

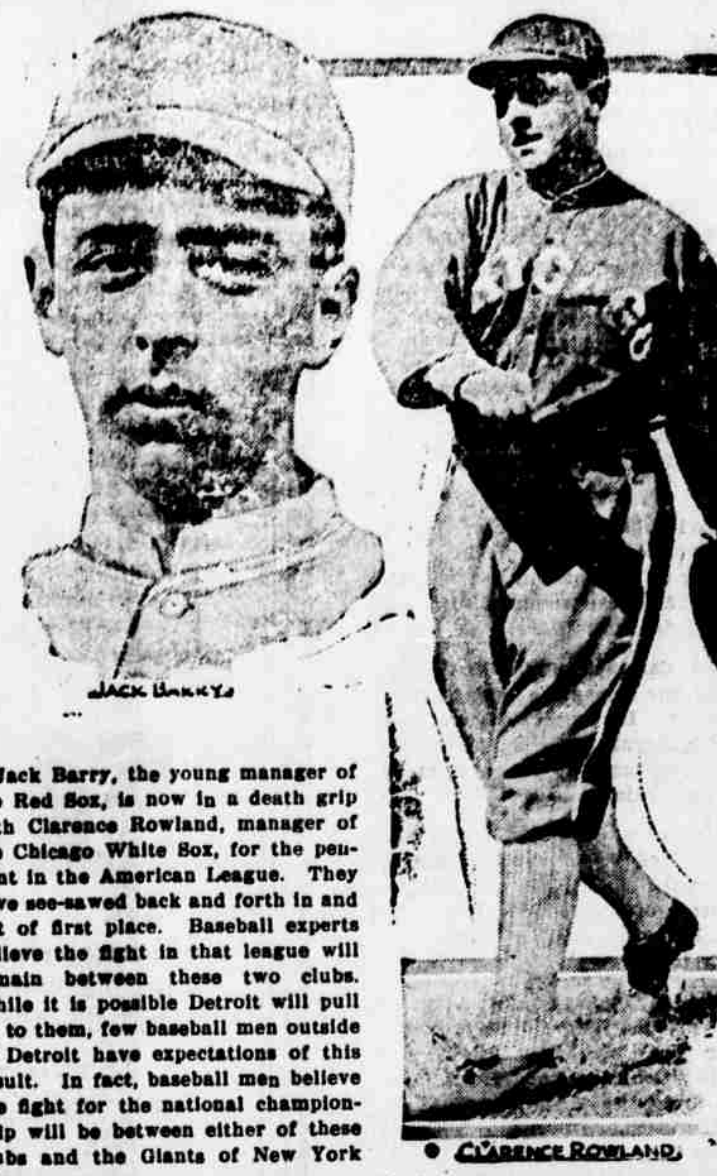
One sorrel horse with brand on left hip.

And that unless the owner or owners of said animals, or other person or persons having an interest therein shall, before the time of sale stated below, claim possession of said animals and pay all costs and charges for the keeping and advertising thereof, together with all fees provided by ordinance of said city for such cases, said animals will be sold at public auction for cash at the Klamath Barn, at the hour of 3 p. m., on the 4th day of September, 1917.

H. S. WILSON, Poundmaster.

Dated at Klamath Falls, Oregon, August 30, 1917. 30-4t

The Great Fight For the American League Pennant



Jack Barry, the young manager of the Red Sox, is now in a death grip with Clarence Rowland, manager of the Chicago White Sox, for the pennant in the American League. They have seen-sawed back and forth in and out of first place. Baseball experts believe the fight in that league will remain between these two clubs. While it is possible Detroit will pull up to them, few baseball men outside of Detroit have expectations of this result. In fact, baseball men believe the fight for the national championship will be between either of these clubs and the Giants of New York city.

REMARKABLE FEAT OF CRIPPLED MAN

STOCKHOLM, Aug. 30.—W. Backman, a young student from Umea, did four feet nine inches in the high jump at a students' meet in Orbyhus. The performance is a remarkable one in view of the fact that the jumper has but one leg, the other having been taken off at the knee. He plays football well, has won distinction as a swimmer, and holds a gold medal for marksmanship.

Ladies! Why Keep Corns?

Lift a corn or callus right off without one bit of pain.



Yes! You truly can lift off every hard corn, soft corn or corn between the toes, as well as hardened calluses on bottom of feet without one bit of pain.

A genius in Cincinnati discovered frezone. It is an ether compound and tiny bottles of this magic fluid can now be had at any drug store for a few cents.

Apply several drops of this frezone upon a tender, aching corn or callus. Instantly all soreness disappears and shortly you will find the corn or callus so shriveled and loose that you lift it off with the fingers. You feel no pain while applying frezone or afterward.

Just think! No more corns or calluses to torture you, and they go without causing one twinge of pain or soreness. Keep a tiny bottle on the dresser and never let a corn or callus ache twice.—Adv.

LARGE CODFISH HAUL IS MADE

SEATTLE, Wash., Aug. 30.—The schooner Charles Wilson, the first of the Bering Sea codfishing vessels, arrived last night with 185,000 fish. The whole fleet is south bound, some for Astoria and some for San Francisco.

FEW FOLKS HAVE GRAY HAIR NOW

DRUGGIST SAYS LADIES ARE USING RECIPE OF SAGE TEA AND SULPHUR

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmothers made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe.

Nowadays we get this famous mixture, improved by the addition of other ingredients by asking at any drug store for a 50-cent bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time. By morning the gray hair disappears; but what delights the ladies with Wyeth's Sage and Sulphur Compound is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite to impart color and a youthful appearance to the hair. It is not intended for the cure, mitigation or prevention of disease.—Adv.

A Helpful Drug Habit

When you need anything in drugstore goods, just step to the phone and tell us what it is. We'll deliver it promptly. Acquire the telephone habit, and have what you want when you want it. Delivery is FREE.

Underwood's Pharmacy

KLAMATH FALLS OREGON
WHERE PARTICULAR PEOPLE BUY THEIR DRUGS

Notice to Water Users
All persons who have filed claims for exemptions for operation and maintenance charge are requested to meet at the association office at 1:30 p. m., September 1, 1917. No claims will be considered after this date. 29-2t

Get a standard fire insurance policy in a standard company at standard rates, and you will have no trouble in adjusting the loss. See Chilcote. 16

NOTICE TO THE PUBLIC

I am arranging to leave Klamath Falls for Marshfield, where I will take care of another specialist's practice during his absence at the war. To anyone wishing my services, I will announce that I will be here until this doctor is called to the army, probably on the first or middle of October. I would very much appreciate having all persons knowing themselves to be indebted to me to call and settle their accounts. 25-4t

DR. F. M. WHITE.

Chilcote can find you a good home in the city or country. 16

PROFESSIONAL CARDS

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County Surveyor
Civil Engineer

DR. J. H. CARTER
DENTIST
OFFICE, ROOMS 7 and 8
WHITE BUILDING

City & County Abstract Co.
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ABSTRACTS, LOANS AND
5 per cent Money for Loans
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OSTEOPATHIC PHYSICIAN
Suite 219, I. O. O. F. Temple

Remember—Examination and consultation is free at your home, or in the office.

Further—I use the portable folding steel table for home treatment. This insures the home treatment to be equal to any given in the office and the price is the same.

Phone 281.
Residence phone 258-R.

WOOD

Place your Orders for
GREEN SLAB WOOD NOW
Best wood obtainable for the money

Klamath Fuel Co.

SAFETY FIRST AUTO SERVICE

CITY and COUNTRY DRIVING

Phone "The Smoke" 175
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A. J. POWELL

Keep Your Watch in Running Order...

If it is stopped or if it is not keeping accurate time, let Upp fix it for you.

Whether it needs cleaning only or other repairs, the work will be done exactly right, guaranteed for a year, and the price the lowest for which good work can be done.

Upp's repair department is in charge of an expert watch maker of exceptional skill and experience.

Frank M. Upp
Jeweler
433 Main Street
Official S. P. Watch Inspector

The Real Test

Not gravity, but boiling point, is the real test for gasoline. Red Crown has the correct boiling points in a continuous chain.

Standard Oil Company (California)



The Gasoline of Quality

Have us figure on the wiring in your new home. Klamath Electrical Supply Co., 505 Main street. 30-5t

Utina policies are the standard. Ask Chilcote for fire, life, accident and health rates. 16

LEGAL NOTICES

To Owners of Transient Livestock and to Whom It May Concern:

Notice is hereby given that hereafter any owners of livestock from other counties in the state of Oregon or from any other state must immediately make a report to the Klamath County Stock Inspector, according to section 3583 of Lord's Oregon Laws; that transient livestock will hereafter be assessed according to section 3580 of Lord's Oregon Laws; that the taxes from such transient livestock will hereafter be divided among the different counties through which livestock passes, according to section 3581 of Lord's Oregon Laws; and that hereafter all violations of any of the provisions of the Transient Livestock Act will be prosecuted to the fullest extent of the law under section 3585 of Lord's Oregon Laws.

Dated this 13th day of June, 1917.
ALBERT L. MARSHALL,
Klamath County Stock Inspector,
Oleas, Ore.
14-21-22-5-13-19-26-2-9-12-30-30