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SAGE TEA TURNS GRAY HAIR DARK

IT'S GRANDMOTHER'S RECIPE TO BRING BACK COLOR AND LUSTRE TO HAIR

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray or streaked, just an application or two of Sage and Sulphur enhances its appearance a hundred fold.

Don't bother to prepare the mixture; you can get this famous old recipe improved by the addition of other ingredients for 50 cents a large bottle, all ready for use. It is called Wyeth's Sage and Sulphur Compound. This can always be depended upon to bring back the natural color and lustre of your hair.

Everybody uses "Wyeth's" Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through the hair, taking one small strand at a time; by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy and lustrous.

BETTER TAKE FOOT PROTECTION ALSO

SAN FRANCISCO, Jan. 29.—"Bring a warm overcoat," is the advice given by G. H. Willson, district forecaster here, to every person who plans to attend the national Democratic convention in San Francisco June 28. Willson's records, dating to 1871, show that 58.4 degrees is the average mean temperature for the four days beginning June 27.

"There'll be no wilted collars blamed to the climate," said Mr. Willson. "The mornings in late June are balmy, but frequently there is a blustery breeze in the afternoon and sea fog at night."

Only eight times in nearly half a century has the temperature in the four days beginning June 27 reached 80 degrees. Records show that rain has fallen in San Francisco during the four-day period only five times since 1849.

Want Ads bring results.



Domestic Science Department

Conducted by
Mrs. Belle De Graf
Domestic Science Director
Sperry Flour Co.

You Can Make the Meatless Dinner a Real Treat

The meat course can easily be dispensed with by making attractive vegetable, egg or cheese dishes. Most doctors and dietitians claim that the average American family eats more meat than it requires, so why not plan to have at least one dinner a week meatless? It will usually be found less expensive and the household would be benefitted also.

Of course, the family must be supplied with food fully as valuable to the diet as meat, and in order to accomplish this the housewife must understand a few fundamental principles governing the proper selection and combinations of food.

Housewife Should Understand Principles

The average housekeeper will hold up her hands in despair when food values are suggested, and to many the subject seems too scientific to grasp, and in a measure this is true. However, the following guide is not at all complicated, and the progressive housewife of today will do much better when planning meals, meatless or otherwise, if she thoroughly understands these principles.

The body needs material to build up and repair the wear and tear caused by activity, also fuel to burn, making activity possible.

Protein is a distinct repairing or tissue-building material, and is found in quantities in meat, fish, eggs, cheese, milk and nuts.

Carbohydrates (sugar and starches) and the fats furnish the fuel for activity, and include sugar, molasses, honey, ripe and dried fruits, starchy vegetables, and cereals.

Foods rich in both protein and carbohydrates are peas, beans, lentils, oatmeal and wheat products; this includes all breads.

The body also requires mineral salts, which are supplied mainly in the various green and dried fruits. Bulk or quantity is furnished also in the last-named foods.

Properly Balanced Meal Need Not be Complicated

This, of course, only touches very briefly on the subject of food values, but a comprehensive understanding of just these few principles will prove helpful when planning meals, and a properly balanced meal need not be a complicated, difficult one to prepare, but may be of the greatest simplicity or may offer as great a variety as desired, provided they contain the proper combination of foods; in other words, some protein, some carbohydrates and fat, some mineral salts and the necessary bulk.

What Substitutes Make Up Long List

The list of meat substitutes is a long and varied one. Eggs are fully as valuable as meat, in both food value and digestibility. Cheese will yield twice as much protein per pound as meat and the number of cheese dishes is almost unlimited. When added to other foods or sauces in cooking, cheese is not indigestible.

Beans or lentils may take the place of meat. Boston baked beans, if properly prepared, are usually popular. Stuffed peppers or tomatoes make satisfactory luncheon or supper dishes.

Meatless Meals That Satisfy

four cups of rapidly boiling water; boil five minutes, drain well and add to four cups fresh boiling water. Cook until water is all evaporated; when rice should be cooked and each grain dry. Or cook rice until tender, drain and dry in a moderate oven. While rice is cooking melt shortening, add chopped onion and pepper and cook until heated through; then add tomatoes. Have a well-greased baking dish and put in a layer of rice then sprinkle with cheese, and add a layer of the tomato mixture. Repeat, having the last layer cheese. Cover the baking dish and place in a moderate oven until cheese is melted.

Spaghetti a l'italienne
Boil one-half pound of spaghetti in boiling water for 25 minutes. Prepare a sauce as for Rissotto, using olive oil for shortening, and cook the tomato sauce until onions are tender. Add the sauce to the spaghetti, then add cheese, and stir until cheese is melted. Dried or canned mushrooms may be added to the tomato sauce if desired.

Stuffed Peppers.
Cut the tops and remove the seeds from sweet green peppers; cover with boiling water and allow to stand five to ten minutes. Stuff with cooked rice or macaroni seasoned well with butter, salt, pepper, finely-chopped onion, and moisture with strained tomato, cover the top with buttered bread crumbs, arrange in a baking dish and bake about three-quarters of an hour.

Cheese Croquettes
Two cups cooked cereal, one egg yolk, one-quarter pound Eastern cheese (grated), one teaspoon Worcestershire sauce, one teaspoon mustard, two teaspoons salt.

Mix well and cook ten minutes, cool thoroughly and form into croquettes. Add one tablespoon of cold water to white of egg and beat slightly. Roll croquettes in bread-crumbs, then in egg mixture, then crumbs again. Fry until brown in deep fat. For testing fat for frying drop a cube of dry bread into fat and count forty. If bread is a golden brown by then fat is ready to use for croquettes. For uncooked mixtures count to sixty. If bread is not brown in the number of seconds given, fat is not hot enough; if a dark brown, fat is too hot. Food should not be fried until the temperature of fat is correct. Green peppers may be stuffed with the croquette mixture, baked and served with a tomato sauce.

Tamale Loaf
One can corn, one can tomatoes, two tablespoons shortening (melted), one large onion (chopped), one-half green pepper (chopped), two eggs (well beaten), one cup corn meal, one dozen ripe olives, one cup chopped nuts.

Season with salt and cayenne to taste; melt shortening, add onion and cook until tender. Add corn, tomatoes, salt and chopped pepper. Bring to

boiling point. Add corn meal gradually, stirring constantly. Cook about twenty minutes, then add eggs, olives and nuts. Pour into baking dish and bake forty-five minutes. Serve with or without tomato sauce. Nuts may be omitted, adding two tablespoons of butter or olive oil.

Polenta
One cup yellow corn meal, one teaspoon salt, four cups boiling water, one-half cup of grated cheese, one-quarter teaspoon pepper.

Add salt to boiling water, then add corn meal very slowly to prevent lumping. Let boil rapidly for fifteen minutes, then finish in double boiler. Turn into a greased pan, sprinkle with cheese and pepper and place in the oven until cheese is melted. Cut in squares and serve with gravy or as a garnish for meat, or plain with a tomato sauce. Dried mushrooms are an addition to a sauce for polenta.

Poached Eggs California
Toast rounds of bread, dip the edges lightly in boiling salted water, spread with butter.

Set a carefully poached fresh egg on each slice. Over three or four eggs pour a cup of sauce made of two tablespoons each of butter and flour, one-quarter teaspoon each of salt and pepper, three-quarters cup of tomato juice and one-quarter cup of milk. Make same as for plain white sauce.

Corn Pudding
Grate six ears of corn, add two slightly beaten eggs, one cup of milk, one tablespoon of butter, one-half teaspoon of salt, one-half tablespoon of sugar.

Bake in well-greased individual or large baking dish in a moderate oven about 35 minutes. Unmold and serve with a white sauce and stuffed tomatoes or tomato fritters.

Red Beans, Spanish
Two cups beans, one onion, one cup strained tomato or one can chile tomato sauce, two pimentos, one tablespoon butter, one teaspoon salt.

Wash and soak beans over night. Drain, cover with fresh boiling water and cook under boiling point for half an hour. Drain again, cover with fresh boiling water and cook gently until tender, or about one hour. Chop the onion and pimentos and cook in the butter until the onion is soft, but not brown; then add seasoning and tomato. Drain beans, pour over the sauce and simmer for about 30 minutes. Serve with boiled rice or hominy. If using chili tomato sauce the pimentos may be omitted.

Rissotto
One cup rice, one-quarter pound grated cheese, one onion, one cup strained tomatoes or tomato sauce, one sweet green pepper, one teaspoon salt, one tablespoon shortening.

Wash rice well and add slowly to

Movable scenery was first used in Italy in the year 1508. It was the invention of an Italian architect named Peruzzi.

HOLLAND PLANS GIGANTIC DIKE

THE HAGUE, Jan. 8.—(By Mail.) Work is to begin this year on the reclaiming of the Zuyder Zee, one of the world's greatest engineering projects, by which it is proposed to restore to Holland within 35 years what was once hers but was taken away by the storms of many centuries.

When the work is finished, not only the original land will be restored but many thousands of acres which always have been beneath the sea will be ready for cultivation.

According to pre-war estimates, the entire work of reclaiming the Zuyder Zee would have cost approximately \$88,800,000, but, with the increased cost of labor and materials in the past six years, it is now believed the cost will be well in excess of \$125,000,000. The work will be done and paid for by the state through special loans, and the state, through rental of the land reclaimed, expects the scheme to pay for itself within a few years and thereafter yield a handsome revenue.

The total amount of land to be reclaimed will be 827 square miles, which will constitute a twelfth province of Holland, capable of supporting a population of 300,000 and wherein several cities of ancient trading fame are expected to be restored to commercial importance.

The engineering work is now well under way.

Centuries ago, at the beginning of the Christian era, when the Romans had their settlements in Holland, much of the space now occupied by the Zuyder Zee was land and the south part of the present sea was a lake called Flevo. Northwest tempests swept the North sea, washing away the tract of dry land between the sea and the lake. One large, shallow body of water—the Zuyder Zee—was formed.

The towns situated on its banks thrived as the merchantmen came into their ports. But as ships became larger and of deeper draft traffic was diverted to deeper seas, leaving the once famous towns on the Zuyder's shores mere fishing villages, which they are now, while Amsterdam's commerce came to her through a canal leading direct to the North sea.

Dr. A. A. Beekman, of The Hague, who has devoted nearly all his life to the ideal of reclaiming the Zuyder Zee, explained the plans to the Associated Press correspondent. He is now a member of the state council which will carry out the work.

"The first thing to do," said Dr. Beekman, "is to construct a gigantic dike to keep out the North Sea. This will be 30 miles long, stretching from Wieringen to the Frisian coast, where the water ranges in depth from 33 to 11 feet. It will be everywhere 16 to 17 feet above the sea level. There will be a double track railway on top of the dike. Its construction will take more than nine years, and its cost, by pre-war estimates, will be more than \$20,000,000.

"The total surface to be reclaimed is 827 square miles. There will remain a lake of 600 square miles, which will act as a reservoir during the periods when, owing to northwestern storms, the waters of the river Yssel and of the canals cannot be emptied into the North sea. The water of the lake will be let out into the North sea through five great sluices at the Wieringen end of the dike.

"Most of the land to be reclaimed now lies 13 feet beneath the sea level. Part of it is expected to be dry within 14 years, as pumping out will begin as soon as the dike is completed. The last of the land is expected to be dry within 35 years."

The Turks believe amber to be an infallible guard against the injurious effects of nicotine; hence its extensive use for cigarette holders and pipe-stems.

Who Shot Him? See Tom Mix in "THE FEUD"



"THE FEUD" WILLIAM FOX PRODUCTION

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Established 1885

The Chas. H. Lilly Co.

In the County court of the state of Oregon for Klamath County.

In the Matter of the Estate of Elizabeth M. Galarneau, Deceased.

Notice is hereby given that the undersigned, as executrix of the estate of Elizabeth M. Galarneau, deceased, has filed with the County Court of the State of Oregon, for Klamath County, her Final Account of the administration of said estate, and that the said court has fixed Saturday, the 14th day of February, 1920, at 10 o'clock a. m. as the time, and the County Court Room in the court house at Klamath Falls, Oregon, as the place for hearing objections, if any, to said account and the settlement thereof.

Dated Jan. 17, 1920.

EILEEN J. HERLIHY
Executrix of the estate of Elizabeth M. Galarneau, Deceased.
17-24-31-7

NOTICE.

Notice is hereby given that the undersigned will sell at public auction to the highest bidder for cash in hand, on Saturday, February 7, 1920, at 2:30 o'clock p. m. at O. K. Livery Barn, Sixth street, Klamath Falls, Oregon, one black Jack, aged about eight years, weight about one thousand pounds, to satisfy my lien for the board and care of said animal, from November 1, 1919, at the rate of \$15 per month.

Dated: January 17, 1920.

17-24-31 M. J. NYHART.

Now that the wrestling game is on the top wave of prosperity, fear is expressed in the East that the "sure thing" gents will get busy and give the sport a "knockout."

SUMMONS

Suit in Equity for Divorce. Equity No. 1133.

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

Inas Kay Kelly, Plaintiff, vs Frank L. Kelly, Defendant.

To Frank L. Kelly, the above named defendant.

In the name of the State of Oregon you are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before Saturday, the 6th day of March, 1920, that being the last day within which you are required to answer, as fixed by the order of publication of this summons. If you fail to appear and answer, plaintiff will apply to the court for the relief demanded in said complaint, to wit: that the bonds of matrimony heretofore and now existing between herself and you be forever dissolved and set aside and that she be awarded a decree of absolute divorce and that she have such other and further relief in the premises as to the court may seem meet and equitable.

This summons is published once each week for six successive and consecutive weeks in the Evening Herald, a daily newspaper of general circulation, printed, published and circulated at Klamath Falls, Klamath County, Oregon, by order of Honorable D. V. Kuykendall, Judge of said court, and dated January 20, 1920; the first publication to be made on January 24, 1920 and the last publication thereof on February 28, 1920.

H. M. MANNING and WM. GANONG
Attorneys for Plaintiff

P. O. and Business Address—Loomis Bldg. Klamath Falls, Klamath County, Oregon.

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