

PRESIDENT TO HELP OBSERVE YORKTOWN DAY

YORKTOWN, Va., Oct. 19.—Doctrine of enduring friendship between the United States and Great Britain was pronounced by President Harding here today at the ceremony commemorating the surrender of British forces to General Washington.

Standing within sight of the spot where Cornwallis laid down his sword the president declared for a sentiment of peaceful relationship between the two English speaking nations for all time.

"That either of the nations should ever again lift the sword against the other, he said, was 'unthinkable,' for the two nations were arrayed together in the trusteeship of preserving civilization.

WILLIAMSBURG, Va., Oct. 19.—When President Harding comes to Williamsburg today to deliver an address at the inauguration of a new president of William and Mary College he will also participate in the one hundred and fortieth anniversary of the surrender of Lord Cornwallis at Yorktown, Va.

"Yorktown Day," while not generally observed elsewhere, is the occasion of an annual celebration at William and Mary, in whose halls both the British and the Colonial armies quartered their troops during the Revolution. There was great rejoicing in Williamsburg when Washington and LaFayette delivered the city from its nearby foes and since then William and Mary students have journeyed each year to Yorktown to celebrate the anniversary.

President Harding, accompanied by Mrs. Harding, will leave Washington on the Mayflower, October 18, and will arrive at Yorktown on the morning of the 19th, coming first to Williamsburg where the president will deliver the principal address at the formal installation of Dr. J. A. C. Chandler as president of the College of William and Mary. Governor Westmoreland Davis of Virginia will preside at the exercises, which it is expected, will be attended by representatives of several European Universities and of all colleges and universities in the United States which are more than one hundred years old.

After the inauguration the president will be the guest of President Chandler in the old "President's House" on the campus, where Lafayette and Cornwallis made their headquarters alternately during the revolution. The president and party then will go to Jamestown, seven miles away, the site of the first English colony in America.

William and Mary, founded in 1693, is the second oldest college in the country, being ranked only by Harvard. Among her alumni were three presidents—Jefferson, Monroe and Tyler; four justices of the United States supreme court—John Marshall, John Blair, Bushrod Washington and Phillip P. Barbour; four signers of the declaration of independence—George Wythe, Thomas Jefferson, Carter Braxton and Benjamin Harrison; twenty-nine United States senators; twenty-two governors; three speakers of the house of representatives; ten cabinet officers and many representatives. William Barton Rogers, founder of the Massachusetts Institute of Technology and General Winfield Scott also were graduates of the school.

Yorktown, where the Mayflower will land the presidential party was a place almost forgotten by the world from the time of Cornwallis' surrender until the world war, when it was the headquarters for the Atlantic fleet. A marble shaft, erected in 1881 on the one-hundredth anniversary of the British surrender, stands in the center of the town and near the village are remains of forts and redoubts where Cornwallis troops entrenched themselves before their defeat marked the real birth of the United States.

There is also a small monument marking the spot where General Washington received the sword of Cornwallis, but old maps are said to show the spot to be inaccurately marked and the people of Yorktown are planning to have the monument moved or erect a new one.

TREATIES WITH CENTRAL POWERS ARE RATIFIED

WASHINGTON, Oct. 19.—The senate last night ratified the peace treaties with Germany, Austria and Hungary. Exchange of ratifications of the "treaty of Berlin" is to be the next step.

DOMESTIC SCIENCE DEPARTMENT

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

Breakfast in most homes is without doubt, the simplest meal of the day and one requiring the least thought and effort in preparation. But when we consider the fact that breakfast is also the first meal of the day and is the one that should furnish the necessary food principles to the body to aid it in starting and carrying on the work of the day, we can readily understand the importance of this meal and why it is necessary to start each day with the proper food. By this is meant a meal containing the essential food elements to furnish heat and energy and to repair and build the muscles and tissues that are constantly being worn out.

The right food leads to efficiency in one's work, for the body, like a locomotive engine, must have fuel, which is furnished by the food we eat. And if the food is not of the proper kind to supply the bodily needs it is going to suffer from lack of fuel.

Important Factors

Mark This Meal

Of course, several factors, such as age, sex, muscular activity and climate, determine to a large extent the amount and kind of food required by different individuals. For instance, a man doing hard, muscular labor out of doors would require more food and food containing more of the muscle-building qualities, such as meat or eggs, while a man doing office work would need less food because his muscular activity is not so great and, working indoors, he doesn't require so much of the heat producing foods. It is often remarkable the amount of food growing children eat, but the active child requires energy-giving foods, particularly if much time is spent out of doors.

The right kind of food, properly prepared, keeps the body in a healthful condition. And a healthy body is able to resist and throw off disease, while an undernourished body is very susceptible to germs and will not recover from a severe illness so readily as one that is properly nourished and kept in a resistant condition.

Many people consider breakfast of so little importance that they omit this meal entirely, but it seems a mistake, for in the morning the stomach is practically empty and, in order "to start the day right," some food should be taken.

Breakfast Eaten

Hurriedly Harmful

Again, breakfasts are often eaten very hurriedly, which is a mistake, for in order to receive the greatest benefit from the food, it should be thoroughly broken up in the mouth so that the digestive juices may begin their action. And we must remember that our "stomachs do not have teeth," and if food is not broken up before entering the stomach it must be done there, and this means overworking that organ, and overwork will gradually cause it to weaken, so that in time the stomach will not be able to perform its functions properly.

It may seem difficult to get the variety in our breakfast menus that the large number of luncheon and dinner dishes afford, because there is a limited number of so-called typical breakfast dishes. But there is an endless variety of methods of preparing these different foods so that there is really no need of monotony in the breakfast menus.

Fruit and Cereal

Valuable on Menu

Fruit, toast, cereal and coffee is the breakfast of the average city dweller; eggs, creamed dishes, ham, bacon, etc., for those who require a hearty meal.

Fruit is valuable in the diet for the acid and minerals it furnishes the body, and also to act as body regulators. Taking fruit on an empty stomach is more effective than when eaten after a heavy meal. The acids in fruit act as a stimulant and aid digestion. When cereal is served it may furnish the principal part of the meal, for it furnishes starch, the heat and energy producing food as well as the minerals that are so necessary to the body. If properly cooked cereals are very palatable and very easily digested.

Cocoa, chocolate or milk supplies a food drink and taken with toast or rolls and butter constitutes a light meal.

Eggs and meat furnish the tissue building food elements.

With the many different kinds of fruits and cereals and the var-

ious methods of preparing them the housewife should be able to have almost as wide a variety of dishes for her breakfast menus as for luncheon and dinner.

Cinnamon Rolls

Two cups sifted flour; 4 teaspoons baking powder; 1/2 teaspoon salt; 2 tablespoons shortening; 1/4 cup of milk.

Sift dry ingredients, rub or chop in the shortening; then add milk gradually, mixing with a knife. Roll dough out one-half inch thick, with one-third cup of sugar and one teaspoonful cinnamon; spread on top of dough, then roll like a jelly roll and cut into one-half inch slices. Place in a greased baking pan and bake in a hot oven about twelve minutes.

Fish Cakes

Mix equal portions of flaked cooked fish and mashed potatoes. Season with salt, pepper, a little lemon juice and add one well-beaten egg. Shape into cakes, dip in flour and fry a golden brown in two tablespoons of shortening. Serve plain or with a white sauce.

Poached Egg Creole

One cup of tomato sauce or strained tomato; 1 tablespoon of shredded green pepper.

Simmer while poaching eggs. Allow one piece of toast for each egg. Pour the tomato sauce onto a platter or individual serving plate; place buttered toast on top and set a poached egg on each slice of the toast. Serve at once.

Baked Bananas

Select underripe bananas; place in a medium hot oven without removing the skins and bake until skins burst open.

Soft Cooked Eggs

Cover eggs with cold water, set over the fire and heat slowly to the boiling point, then remove at once.

Country Sausage

Prick each sausage in several places with a fork; cover with hot water and simmer fifteen minutes. Drain and brown in a frying pan or in the oven.

Fried Corn Meal Mush

Take left-over hot corn meal mush and pack in buttered molds or jelly glasses and set aside to become cold. When wanted turn out of mold, cut in one-half inch thick slices, dip in flour and fry on both sides in two tablespoons of shortening until a golden brown. It takes some time for the mush to become brown.

Creamed Codfish

Cover fish with cold water and soak over night. In the morning pick apart, removing all bones; cover with hot water and cook slowly about fifteen minutes. Drain. Make a white sauce of two table spoons of butter, two tablespoons of flour, one cup of milk and one well-beaten egg (may be omitted). Melt butter, remove from fire, add flour; mix until smooth, then cook until frothy; add milk, stirring constantly until creamy; add fish, season to taste and just before serving add eggs and cook one minute. Serve on toast.

Gingerbread

Two cups flour; 1 teaspoon soda; 1 teaspoon cinnamon; 3 teaspoons ginger; 1 teaspoon salt; 1 teaspoon baking powder; 1 cup molasses; 1/2 cup milk; sweet or sour; 1 egg; 1/2 cup shortening.

Mix and sift dry ingredients. Put molasses and shortening into a saucepan and heat slowly until shortening is melted and mixed with molasses. Beat egg, add milk, then molasses mixture and dry ingredients. Bake in well-greased shallow pan or muffin tins in a moderate oven twenty-five minutes. Gingerbread is greatly improved by adding the grated rind of an orange to the batter before baking. One-third cup, chopped walnuts or raisins may be added also.

Popovers

One cup milk; 1 cup flour; 1/2 teaspoon salt; 2 eggs; 1 teaspoon melted butter.

Add flour and salt to milk and beat well with an egg-beater. Then add one unbeaten egg at a time, beating thoroughly. Add melted shortening. Have iron muffin-pans or custard cups very hot, grease well, pour in popover batter and bake in a medium hot oven about forty minutes. Care should be taken not to take from the oven too soon or the popovers will fall. This amount makes twelve popovers.

Bran Muffins

One cup bran; 1/2 cup flour; 1/2 teaspoon salt; 1/4 teaspoon soda; 1 teaspoon baking powder; 1 well-

Protection!



Miss C. Valentine, of Philadelphia, takes no chances of having her fair beauty marred when she plays hockey. Here she is wearing a huge nose guard which she will use when the Philadelphia hockey team meets the team of English women.

beaten egg; 1/2 cup milk, sweet or sour; 3 tablespoons molasses; 1 tablespoon melted shortening.

Mix and sift flour, salt, soda and baking powder, then add milk and molasses, combine mixtures, beat well, add shortening. Drop in hot, well-greased muffin pans and bake in a medium hot oven twenty or thirty minutes. These muffins are best when allowed to cool, split open, toasted, buttered, put together and served at once.

DORRIS PERSONALS

DORRIS, Cal., Oct. 19.—Mr. and Mrs. William G. Hagelstein motored to Klamath Falls yesterday evening on business.

Mr. and Mrs. H. W. Mitchell were in town from their Willow Creek ranch yesterday.

Mrs. Louisa E. Richardson returned to her home in Weed yesterday after spending a few days here with relatives.

Lee Bryan, who is employed at the Mitchell ranch, was a Dorris visitor yesterday on business.

Camnetti & Rinehart, a trucking firm, has secured a contract for the hauling of the Peppers-Cotton lumber from the mill to Macdoel, a distance of some seven miles. The contract calls for approximately two million feet.

The little daughter of Mr. and Mrs. Harley Richardson was operated upon by Dr. Truax at the Warren Hunt Hospital in Klamath Falls last week for removal of the tonsils. She is reported recovering nicely.

LONE PINE NEWS

Mrs. Frank White and children of Klamath Falls, visited several days last week with Mrs. White's sister, Mrs. C. W. Lewis.

Mr. and Mrs. Sam Enman and Walter Enman called on H. Semon and family Sunday.

Clyde Bradley and Ben Lewis were out to the C. W. Lewis ranch Sunday.

I. E. Enman bought four milk cows from August Busing last week.

Mr. and Mrs. A. C. Bunnell have returned from Ashland where they have been for a couple of weeks.

I. E. Enman lost a cow and two calves recently from alfalfa bloat.

Henry Semon is digging his potatoes on Mrs. Robley's place.

Trouble hates a man who is always smiling.



Baked Beans for Lunch!
—baked to just the right "turn"

You'll like the way they're served

DOUGHNUT SHOP

Take Home a Dozen Doughnuts

Martin-Smith Bout Milwaukee Tonight

PORTLAND, Or., Oct. 19.—Tonight is the big night for old Denver Ed Martin, who meets Sergeant Ray Smith in a ten round heavyweight bout at Milwaukee arena.

Denver Ed impressed the whole Pacific coast with his recent sensational come-back after a long absence from the ring, and will show Portland fans what he knows about the boxing game when he ties up tonight with the conqueror of Bob Martin.

Smith reached here last Saturday night. "Will the fight to ten rounds?" he was asked. "Or less," he commented significantly.

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