

HELP FOR HOUSEWIVES

One of the most difficult and never ending problems of the housekeeper is the planning and combination of the meals. It is the intention of the Grand Central public market to plan on the bulletin board in the market, plans for meals for the week along with recipes for anything new which may appear. These plans will also appear in the Herald as well as the market. They are planned for a family of four, the foundation used being the food wheel compiled by Mrs. Christine Frederick, as found inside the door of the Hoosier Cabinet.

The meals are balanced, that is, each day's meals contain carbohydrates, proteins and fats sufficient to supply the required number of calories necessary for well being. These meals will be found to be simple, nutritious and wholesome, perfectly adaptable to the lot in the primary room as well as her hard working daddy.

The purse of the average family has also been taken into consideration in an effort to produce economical meals as well as nutritious ones. No fancy cookery or expensive food will be featured since they are produced at too great an expenditure of the home maker's time and money. A well cooked, well seasoned meal served in a dainty and attractive manner is much more satisfactory than one at which a tired mother seats herself, worn out physically with the labor expended in its preparation and mentally with the problem of adjusting a small salary or wage to the size of the grocery bill.

The housewife's time has been taken into account and a shopping list will accompany the menu plan, enabling the shopping to be accomplished in two weekly visits, instead of the hasty, last minute trips to the market.

Left-overs, that household bugaboo, have been carefully made use of in the following meals so there need be no waste.

Many will probably say: "My family won't eat warmed up food." The family can hardly be blamed, as warmed over food is scarcely ever palatable, but disguise that left-over with a white sauce, or a new dressing, or in a different combination and the cook will blush over the compliments she will receive. Just here it may be remarked that to cater to marked dislikes, which are really after all mostly whims, is a most unwise thing to do and the one who does it only fosters selfishness and paves the way to needless trouble, work and worry in the future.

The recipes are accurate and reliable and if careful measurement and method are followed will result in no waste of material or imperfect articles. They have been culled from reliable cook books and class room work. Many of the victuals are familiar in every household so need no special mention.

Salad dressing used in the salads may be Mayonnaise obtained from stall 31, to which an equal amount of boiled dressing or whipped sour cream may be added. The vegetable soup mentioned in Tuesday's luncheon may be bought, needing dilution only, from stall No.

Friday's luncheon calls for cream of celery soup and dinner for celery and apple salad. Use the coarse stalks in the soup reserving the more tender parts for the salad. Potato salad may be purchased already prepared.

Brown Betty—
4 c chopped apples; 2 c bread crumbs; 2 T butter; Hot water; Cinnamon. Melt butter, add crumbs and stir until crumbs are buttered, then build layers of apple and crumbs until all are used. Pour hot water over all until even with top layer of crumbs. Sprinkle with cinnamon.

Lemon Sauce—
½ c sugar; 1 c boiling water; 2 T cornstarch; Juice ½ lemon; ¼ t salt; ½ T butter. Mix first three ingredients well, add boiling water, boil slowly three minutes. Remove from fire and add lemon juice and butter. Use hot or cold.

Raisin Biscuit—
Prepare a rich biscuit dough using 6 T of shortening to 2 c of flour. Cut with cutter size of small sized baking powder can, spread with melted butter and fold in halves including a few large dry raisins in the fold. Bake as usual.

Potato Puff—
1 c cold mashed potatoes; ¼ c flour; 1 egg; Salt. Combine, shape as croquettes if fried in deep fat, or drop in muffin pans and bake. Serve with honey or syrup or fruit juice.

Tamale, Timbale—
¾ c rice; 2 tamales; 2 ¾ c boiling water; Salt. Add rice and salt to boiling water, cook until tender. Place in shallow baking dish, mold-

ing like a pie crust. Add tamales, which have been heated and turned out of the husk. Serve hot.

Breakfast—
Sunday: Fruit, Cereal; French toast; Jelly; Coffee.
Tuesday: Cereal; Muffins; Poached egg; Potato Pats; Coffee.
Tuesday: Bacon and eggs; Fried potatoes; Coffee.
Wednesday: Cereal; Hot cakes and syrup; Coffee.
Thursday: Cereal; Bacon, muffins; Coffee.
Friday: Cereal; Hot biscuit and honey; Baked egg; Coffee.
Saturday: Hot cakes and honey; Broiled ham; Coffee.

Luncheon—
Sunday: Apple-Celery Salad; Butter sandwich; Tea.
Monday: Potato soup; Beet salad; Reheated muffins.
Tuesday: Vegetable soup; Creamed tomato; Hot biscuit.
Wednesday: Potato salad; Buttered squash; Bread and butter.
Thursday: Cold sliced meat; Rice and gravy; Baked apple and cream.
Friday: Cream celery soup; Buttered parsnips; Fruit.
Saturday: Salmon soup; Potato puff; Beet salad.

Dinner—
Sunday: Roast pork; Mashed potatoes; Gravy; Buttered beets; Cold slaw; Brown Betty, lemon sauce.
Monday: Sliced cold pork; Stewed cabbage; Baked potatoes; Lettuce salad; Apple sauce.
Tuesday: Macaroni and cheese; Scalloped potatoes; Baked squash; Egg-lettuce salad; Stewed fruit.
Wednesday: Roast mutton; Baked potatoes; Carrots and lemon juice; Cabbage and cucumber salad; Raisin biscuit and cream.
Thursday: Creamed egg with cheese; Potatoes; Swiss chard; Cabbage salad; Lemon pie.
Friday: Salmon steak; Mashed potatoes; Beets in vinegar sauce; Celery-apple salad; Cornstarch pudding.
Saturday: Tamale Timbale; White potatoes; Cabbage-tomato-pepper salad; Creamed onion; Stewed fruit.

BOMB CLUE FOUND

PARIS, Oct. 21.—Paris experts found a clue to the bomb sent Ambassador Herrick, in the hand writing on the threatening letter, which they claim is similar to the address on the package.

ASPIRIN

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Take Aspirin only as told in each package of genuine Bayer Tablets of Aspirin. Then you will be following the directions and dosage worked out by physicians during 21 years, and proved safe by millions. Take no chances with substitutes. If you see the Bayer Cross on tablets, you can take them without fear for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Druggists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylic-acid.

Who Is He?



You've seen dozens of his photographs—but who is he? Admiral Mayo, commander of Uncle Sam's Atlantic Fleet during the war, and recently retired. "I used to think I was pretty good looking," he smiled, "but I guess it was the gold brudd. Great life, though, with your time your own."

Outbursts of Everett True By Condon



NO, SIR! AND WHEN I DO, IT WILL BE GIVEN TO ONE OF THE OTHER WAITERS WHO HASN'T GOT THE HABIT OF RUNNING HIS FINGERS THROUGH HIS HAIR EVERY FEW SECONDS TO KEEP HIS POODLE DOG BANGS OUT OF HIS EYES!!! EVERY TIME I LOOK AT YOU MY APPETITE GOES INTO A TAIL-SPIN!!!



SUMMONS FOR PUBLICATION

Equity No. 134
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR KLAMATH COUNTY.
Birdie Linzi, Plaintiff
vs.
Chas. Linzi, Defendant.
To Charles Linzi, defendant above named, 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 cause within six weeks from the date of the first publication of this summons, and if you fail to so appear or answer, plaintiff will apply to the Court for the relief prayed for in her complaint on file herein to-wit, for a decree dissolving the bonds of matrimony now existing between plaintiff and defendant, and for such other and further relief as to the Court may seem equitable.

This summons is served upon you by publication thereof in the Evening Herald, a daily newspaper, printed, published, and of general circulation in Klamath County, Oregon, once a week for six weeks, by order of the Honorable D. V. Kuykendall, made and entered on September 9, 1921. The date of the first publication of this summons is October 7, 1921.

R. C. GROESBECK,
Attorney for Plaintiff
Address, Klamath Falls, Ore.
0-7-14-21-28
N-4-11-18

IN THE CIRCUIT COURT OF THE STATE OF OREGON, FOR KLAMATH COUNTY.

Equity No. 1334
Summons for Publication.
Olive Boyd, Plaintiff,
vs.
Daniel E. Boyd, Defendant.
To Daniel E. Boyd, 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 October 21, 1921, that being the last day of the time prescribed in the order for the publication of this summons, and if you fail to so appear or answer, plaintiff will apply to the above mentioned court for decree dissolving the bonds of matrimony now existing between the plaintiff and defendant herein named, and for such other and further relief as to the Court may seem equitable.

This summons is served upon you by publication in the Evening Herald, a daily newspaper, printed, published and of general circulation in Klamath County, Oregon, once a week for six weeks, by order of the Hon. D. V. Kuykendall, Judge of the above entitled court, made and entered on August 9, 1921. The date of first publication of this summons is September 9, 1921.

R. C. GROESBECK,
Attorney for Plaintiff,
Address: Klamath Falls, Oregon.
9-16-23-30-7-14-21

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SPECIALIST IN Crowns and Bridge Work
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Hot Water Each Morning Puts Roses in Your Cheeks



To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Girls and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

Women who desire to enhance the beauty of their complexion should just try this for a week and notice results.

EX-SERVICE MEN, ATTENTION

Klamath Post No. 8, American Legion meets at the City Hall on the first and third Tuesdays of each month.
Ex-service men are invited to attend the meetings.
For membership cards or information ex-service men are requested to see or write the following officers:
J. H. Carnahan, Commander.
Roy N. Fouch, Post Adjutant.
For relief of employment see or write the Chairman of The Relief and Employment Committee, Francis Oids, care Lakeside Lumber company.

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G. B. Mangue Secy.
W. D. Cofer Treas.
ENCAMPMENT
H. V. Brown C. P.
J. V. Brewbaker S. W.
L. J. McClure Scribe
Nate Otterbein Treasurer

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