

WOMAN'S PAGE

Edited By Vivian McCauley

YOUR CHILDREN

By OLIVE ROBERTS BARTON

They say that water will rise no higher than its source. It is just as true of children and parents. If parents want children to develop all the virtues, grow up free of prejudices and complexes, be truthful, honest, kind and industrious, they themselves will have to measure up and not be found wanting.

I know one father who is fond of saying to his friends, "I am not perfect. I do all sorts of things I wouldn't want Dick to do. But I'm no hypocrite—I tell him everything. I don't want him to think I'm an angel when I couldn't grow a pin-feather on a wing. He must remember that people with experience and knowledge know the world much better than he does. And that brings privilege, does, and that brings responsibility. There are two standards at our house and no cheating. Dick understands."

Well, there is some sterling in his reasoning. No cheating between parents and children is rare enough. And if that's the word at his house, I congratulate him. Even his philosophy of reasoning, his way of looking at the privilege of an older person who is experienced, has something about it that we can't dispute. Experience brings judgment and perhaps an older man is justified in his own estimation in doing things that he wouldn't permit his son to do.

But there's that water! Nature's laws don't change. And you can't hoodwink nature. It strikes me that all the time this boy is saying to himself that "it's all right for dad to do things I can't do," he's unconsciously making a mental reservation like this: "Some day I'll be a man. When I'm older I'll do like dad. He knows, and he wouldn't do things that were wrong."

For children we like it or not, again whether we like it or not, some day they're going to copy us. Particularly as you as these things pass under the guise of respectability.

We'll go back to this same father. I heard him tell with great pride one day how he had sold a used car for twice as much as he had paid for it. He was so proud of his success that he had left his hands and his wife started out to see the world and woolly east. "He had a bankroll that would have choked one of his own bulls. I mean saving for years for this spree," he said. "I said this man."

When his wife protested he defended himself. "Oh, he'll like it all the better for paying more. And, anyway, I'm not in business for my health. He'd have stung me, I suppose, if he'd had a chance."

The boy heard and grinned. He had a great admiration for his smart father. I know that this son would return a split lead pencil if he had borrowed it—now. But some day he won't be figure out that he has a right to beat the other fellow because the other fellow would beat him if he had a chance—according to his father's reasoning.

Parents too often teach one set of ethics and practice another. Children listen to their nice polite lies over and over, even while they are being scolded for fibs of their own.

They aren't blind to their parents' little prejudices and social meannesses, either, and they take in all their inconsistencies and changeableness.

Isn't it reasonable to think, then, that the best thing is to take the source of the water a little higher and not let the very example run in the very fabric we are trying so hard to build up?

REINDER MEAT
JUNEAU, Alaska.—There are 550,000 acres in the central and northern interiors of Alaska which would offer pasture for millions of reindeer. And there is talk going about now that this section unsuited for agriculture, is to be used to raise reindeer on as a meat supply. The reindeer herds of Alaska are steadily growing and are valued mostly by natives.

CRIMINALS ARE MADE
LONDON.—Criminals are made not born, in the opinion of Captain Clayton, Governor of the Dartmoor Prison, who thinks that the State is responsible for most criminals. "I am strongly of the opinion," he says, "that most criminals are manufactured by the State. There would be very few criminals if only we could get the surroundings of the poorer classes to such a standard that the children were cared for properly."

A LONG TRAMP
WASHINGTON, D. C.—The U. S. Post Office Department has released figures showing that postmen carrying mail on foot walk about 150,000 miles a day in delivering mail to more than 20,000,000 persons in the fifteen largest cities in the country. Each foot carrier walks about twelve miles a day and delivers mail to about 1,500 persons. About 14,000 mailmen are employed in the fifteen cities.

PARTICULAR
PARIS.—Some men are too particular. Because his son was served before him at dinner, Robespierre Godin, a Paris florist, father of 25 children, fired a revolver at the young man. But he missed his son and hit his wife, the bullet cutting off the end of her nose.

Beauty Done Up Brown!

MAYBE, LIKE JANET GAYNOR, YOU LOOK YOUR BEST IN TONES OF TAN

(Written for NEA Service)

An artist experiments with pigments until he gives just the hue that will give idealistic, inspiring beauty to a flower, a sunset, a portrait that he is painting.

Like yourself for a moment to the artist. You want to bring out your own beauty in quite the same intensified manner that he does his painting. Somewhere, somehow, by changing, experimenting, trying darker, lighter or varied colors, you can find the perfect hue that will prove magic to your hair, your eyes, your skin.

Study your type. Are you, perhaps, a petite, demure little brown-haired, brown-eyed pixie of five feet, 95 pounds—like Janet Gaynor? Janet loves blues, all the range of them, including the summer's latest hues, aquamarine. But she has learned through her scientific screen experiments that browns, all the rich, deep, remote or warm browns, crystallize her beauty as no other tones do. Her soft, pearly-brown eyes, her reddish-brown hair and the olive complexion of her fascinating oval face all are ten times lovelier complimented by browns, apricots, beiges and other tan tones.

Are you this type? Have you tried out the beauty in brown tones? You should use natural shade powder, medium lipstick, rose rouge, as does Janet. Calibrate the beauty of amber and topaz for your jewelry. Stick to



dainty flowers, such as mignonette and sweetheart roses. And for your home, remember there are multitudinous interior decorating schemes in browns, tans, golden lights and all. These should be yours.

SISTER MARY'S KITCHEN

BY SISTER MARY

NEA Service Writer

Persons who dislike fish because they find some varieties "tasteless" and others "strong" may be more willing to eat it if it is served with an appetizing sauce or is used in combination with something of a more piquant flavor.

Tomato is particularly good with fish and there are a number of ways of using it that may easily be fitted into the family menu. Even very small quantities of leftover fish can be used attractively in combination with tomatoes. Freshly cooked fish—baked, boiled or fried—gains much when served with a tomato sauce or tomatoes in some form.

Planked or baked fish surrounded with stuffed baked tomatoes.

DAILY MENU
LUNCHEON—Scalloped fish and tomatoes, rice bread, cottage cheese and currant jam, rice pudding, milk, tea.

DINNER—Braised calf's liver, potatoes in parsley butter, sweet peppers stuffed with rice and tomatoes, salad of fresh fruits, whole wheat bread, milk, coffee.

tomatoes is a handsome dish and a most delicious one.

Layers of flaked fish and sliced fresh tomatoes or firm canned ones make an appetizing baked dish for luncheon or supper. Bread or cracker crumbs sprinkled through the layers absorb the excess moisture formed during the baking and make for attractive serving.

Baked Fish With Tomatoes
Choose any good sized fish suitable for baking. Pat onto a large glass platter or in a baking pan. Surround with tomatoes of uniform size that have been prepared as follows:

Cut slices from stem end of tomatoes and scoop out seeds. Sprinkle inside with salt and invert on a plate. Let stand an hour. Fill with a mixture of coarse bread crumbs and minced lamb chops; as a garnish use onion. Dot with butter and bake with fish. Serve on platter on which they were baked or transfer from baking pan to one platter.

Instead of riveting, constructional engineers are now welding steel buildings together.

Come Into the Kitchen

By Ella M. Lehr

While the strains of the famous old wedding march echo down the corridors and before the honeymoon sinks down into the horizon of old times, a married life—it's just as well to remind the flutty young bride that feminine frills and frizzles do not suffice, that a well-cooked meal remains the open but none too heavily trafficked road to a man's affections, and that both money and marital happiness can run down the sink and out the back door via the garbage can unless the culinary queen wields a Scotch mixing spoon and has more than a hinting acquaintance with cooking for two.

Confronted by rows of gaily labeled fruit and vegetable cans, the bride realizes the importance of planning on how best to use the half can of peaches left from yesterday's breakfasting, until all the refrigerator dishes and half the breakfast chimes house the remains of these opened and half used canned supplies. And what a marked effect such knowledge has on that blueprint to domestic felicity—the family budget.

A prosaic can of tomatoes holds all the lure of a travel chart, the adventure of a new road. Canned tomatoes, valuable not only from a standpoint of flavor but brimful of vim, vigor and vitamins, may tour through the daily three with a flare.

The juice strained off becomes a gay good morning system eye-opener, gives backbone to the luncheon cream soup or adds a distinctive flare to the dinner party. In the form of tomato soup, leaving the solid portions for use in any dish demanding cooked tomatoes. Or with equal savaness it may disguise the Sunday roast of veal in the form of a tomato sauce, which may also be used for cauliflower, string beans, fish and such. It may be used instead of milk and liquid in preparing pot roast of beef or lamb, used as an extend-

er to eggs in scrambling or in omelette cooking, or lend the subtle touch of distinction—flavor.

Canned corn may be combined with canned beans as succotash; used in fritters, chowder, corn pudding, soup; heated with minced green peppers or plump mushrooms; escalloped with an equal portion of highly seasoned tomatoes.

Canned peas, beyond their ability to be used in any way that fresh peas are served may be used in soup, in cream sauce, with fish loaf or new potatoes, in vegetable salad, heated in the gravy remaining from broiled lamb chops; as a garnish to meats and fish, or heated with the shredded lettuce for a bit of mint.

Spinach canned is a most versatile creature—the liquor drained off and used with a little of the spinach for a cream of spinach soup is a delightful form of economizing. While the spinach seasoned well—(did you know a sly dash of nutmeg adds taste appeal)—may be shaped in timbale molds, used as a garnish for planked fish or meat, added to lemon gelatine and used as a soufflé, or shaped into nests and filled with tiny molded cheese or a poached egg. The canny cook uses half of the opened can in a little individual one-piece meal—half filling baked tart shells with spinach, breaking into it one egg, adding leftover canned tomato sauce or tomato juice, and a sprinkle of cheese. Then these are baked in a moderate oven until the egg is set. And friend husband doesn't realize he's been inveigled into eating spinach!

PALM BEACH, Fla.—A recent business transaction in Florida should have had a minister at the head of it. For C. P. Corrigan, for \$2.50, received for unpaid taxes the "Celestial Line," a railroad operating over eight miles and connecting the Florida towns of Jupiter, Venus, Mars and Juno.

Rings Smell Sweetly



The dainty ring in autumnal finger decorations is the dinner ring built to house a tiny bottle of perfume behind its stone setting. And here's Jean Arthur of the movies, showing just how they use 'em.

LEGAL NOTICE

CITATION

In the County Court of the State of Oregon, for Klamath County, in the Matter of the Estate of George W. Bloomington, deceased.

To Mary Neville, Bogus, Siskiyou County, California; Kate Stanley, Cottonwood, California; Emma King, Reno, Nevada; Edward Bloomington, Klamath Falls, Oregon; Dolly Bloomington, Los Angeles, California; Fred Bloomington, Hornbrook, California; Frank Bloomington, Bogus, Siskiyou County, California; Elsie Bloomington, Bogus, Siskiyou County, California; William Bloomington, Modesto, California.

IN THE NAME OF THE STATE OF OREGON: You and each of you are hereby directed, required and cited to appear in the court room of the above entitled court in the County Court House in the City of Klamath Falls, in Klamath County, State of Oregon, not less than ten days from the date of service of this citation upon you if personally served in Klamath County, State of Oregon, and not less than twenty days from the date of the service of this citation upon you if personally served within any other county of the State of Oregon, and not less than twenty-eight days from the first publication of this citation if served by the publication thereof, and then there show cause, if any exists, why the above entitled court should not make an order licensing the administrator of the above entitled court, to sell at private sale to the highest and best bidder therefor, for cash in hand, or for part cash, balance of purchase price to be paid by note of the purchaser, secured by a first mortgage on property sold, or for part cash, and part of purchase price by the assumption of and agreement to pay existing mortgages on property sold to purchaser, balance of purchase price to be paid by note of purchaser secured by a second mortgage on property sold, according to prayer of said petition, all or such part of the following lands and personal property belonging to said estate, and situate in Klamath County, Oregon, as may be necessary to pay the indebtedness of said estate and the costs and expenses of administration, to-wit:

East quarter of Sec. 9, thence north 45 deg. 15 min. west to an iron pipe, thence south 49 deg. 20 min. west 250 ft. to bend in canal at Upland, thence continuing south 49 deg. 30 min. west 1900 feet along center line of canal across marsh to a point from which the quarter section corner between Secs. 3 and 4 bears south 30 deg. 0 min. west 1100 feet; thence northwesterly along said drainage canal to the point of beginning. RESERVING AND EXCEPTING therefrom a perpetual right of way for a road 30 feet in width to the waters of the Upper Klamath Lake, over, through and across the lands above described, to be used in common as a road, to follow roads now existing or to be located by mutual consent and agreement; also RESERVING a perpetual right of way from the waters of Upper Klamath Lake for such land as may be necessary for the construction, operation and maintenance of a ditch to carry and convey ample and sufficient water for the irrigation of all that tract of land known as Payne's Canyon, said ditch to be located along the shortest practicable route elsewhere by mutual consent.

together with the following described personal property used in connection with the operation of said lands, viz:

One 12" Fig. 50 Byron Jackson Belted Centrifugal pump, with Standard Pulley;

One 12" T. B. Flanged Gate Valve;

One Priming Pump;

One 12" x 14" No. 10 D. R. D. Section Pipe 12' 0" long with flange;

One 12" No. 14 D. R. Discharge Pipe with Flange 20' 0" long.

All ploughs, harrows, drag, blacksmith shop equipment and tools, and general farm equipment belonging to the Estate, or hereafter acquired by the Estate or its successors or assigns in interest, and now located or hereafter located upon the diked reclaimed lands of the Estate in Sections 31, 32 and/or 33, Township 37 S., Range 8 East, and/or Sections 3, 4, 5, 6, 7, 8, 9 and/or 10, Township 37 S., Range 8 East, and/or located along or on the drainage dike and/or canal draining or diking the Caledonia Marsh, whether upon the property of George W. Bloomington, deceased, or otherwise.

And also all water rights connected therewith, appurtenant thereto or in anywise appertaining, including any contracts owned by said estate or its predecessors in title to said lands with the United States Government, the Klamath Water Users Association, the United

States Reclamation Service, the California Oregon Power Company, or any other person, persons, private corporation or municipal corporation, regarding said lands, the waters of the Upper Klamath Lake and its tributaries, the regulation of said waters, the use and control thereof by the said California Oregon Power Company, a corporation.

And also all of the following described lands, to-wit:

E 1/2 of the NW 1/4 and Lots 1 and 2 of Section 31, Township 33 S., Range 1 1/4 E., W. M., Klamath County, Oregon, containing 160 acres more or less, and also all water rights of any kind or nature connected with, appurtenant to and appertaining to said lands.

This citation is served upon you, the said Mary Neville, Kate Stanley, Emma King, Dolly Bloomington, Frank Bloomington, Elsie Bloomington, and William Bloomington, above named non-resident heirs of George W. Bloomington, deceased, by the publication thereof, pursuant to order of the Honorable Fred R. Goddard, Judge of the above entitled court, dated the 8th day of August, 1930, and the date of the first publication of this citation is Monday, the 11th day of August, 1930, and the date of the last publication thereof is Monday, the 8th day of September, 1930, as fixed by said order, and you and each of you are hereby cited, directed and required to appear at the place above designated, on or before the 8th day of September, 1930, and show cause, if any exists, why said sale should not be made and why said administrator should not be licensed by this court to make said sale as prayed for in said administrator's petition.

WITNESS the Honorable Fred R. Goddard, County Judge for Klamath County, State of Oregon, and the seal of said Court, this 8th day of August, 1930.

Attest: C. R. DE LAP, County Clerk for Klamath County, State of Oregon.

By C. H. DE LAP, Deputy Clerk. (SEAL) 11.18.30

BICE LAW MULE

BASTON, Md.—One mule may be "tame," but the one owned by Farmer James Bartlett isn't. He bought it recently and was told that the mule wouldn't work on Sundays. He scoffed at the idea and took the mule home. It worked hard from Monday morning to Saturday night, when Bartlett attempted to get it to work Sunday. It wouldn't budge. The farmer has tried it repeatedly, but he can't get the mule to break his Sabbath.

And also all water rights connected therewith, appurtenant thereto or in anywise appertaining, including any contracts owned by said estate or its predecessors in title to said lands with the United States Government, the Klamath Water Users Association, the United



SEEKING SHEET FOR WILKES

STOMACH TROUBLE PAINFUL

Digestion Controlled By Nerve Force From Brain.

All forms of stomach disorder may be classed under two great divisions, namely, the organic and the neurotic. The former class consists of those diseases which are characterized by certain pathological changes where-in there is a structural change in the wall of the stomach. The latter is a condition wherein the wall of the stomach is normal so far as structure is concerned, but with a gastric juice being formed which is not normal in quality or in quantity.

SYMPTOMS

Gastritis—May be acute, chronic or suppurative. Headache, pain in stomach, feeling of fullness and distress, belching, nausea, vomiting, furred tongue, offensive breath, highly colored urine, perhaps fever, heart-burn.

Peptic Ulcer—Headache, nausea, vomiting, foul breath, heart-burn, very severe pain after eating, blood in vomitus.

Cancer of the Stomach—Nausea, vomiting, belching, constipation, dull gnawing, itching pain, blood in vomitus, yellow complexion, emaciation, loss of appetite.

Hyperchlorhydria—A ravenous pain in stomach, heart-burn, discomfort after eating, headaches, dizziness, constipation, vomiting.

Hypochlorhydria—Belching, shortness of breath, sour taste in mouth, coated tongue, perhaps vomiting. There are no symptoms of this condition when the stomach is empty.

Hyperacidity—Feeling of fullness, distress, vomiting of gastric juice, throat and chest are raw and tender. These attacks occur periodically and the symptoms may be absent for weeks or even months at a time.

Gastritis—Severe convulsive pain in the stomach, often associated with some other gastric disorder.

Nervous Dyspepsia—Gastric distress, belching of gas and bitter fluid, loss appetite, heart-burn, coated tongue. This condition prevails in people of nervous temperament and may be associated with other gastric disorders.

The above is given for the purpose of showing the similarity of the symptoms prevailing in the various forms of stomach trouble.

THINK, Mr. Patient, suffering from stomach trouble! Enumerate your symptoms, and see if you do not find many of these symptoms listed under several of the conditions here mentioned.

Bear in mind that other symptoms depend for what meager success they have, upon a correct diagnosis of your case. Is it not a most confusing problem? Can you be positively and unquestionably assured, after a diagnosis has been made, that you are really suffering from the condition which has been named?

Have you had the experience of having one practitioner diagnose your case as one thing, and another diagnose it as an entirely different condition? Bearing all this in mind, then realize the fact that we have given here the principal symptoms of only eight diseases of the stomach, while there are many more to make the task more confusing.

Chiropractic does not depend for its success upon a diagnosis of the case. Our fundamental does not concern itself with whether the patient is suffering from gastritis, peptic ulcer or nervous dyspepsia. We know that something is wrong with the stomach, we know that there are certain nerves supplying the wall of the stomach and that they emit from a certain point in the spine. We know that these nerves must be free to carry the life-giving mental impulse to the stomach and that the only point along the entire course where this carrying capacity can be interfered with is where these nerves emit from the spinal column. We know further that disease cannot exist unless the carrying capacity of these nerves is impaired. How do we know this? It is based upon the firm foundation of anatomical facts coupled with the unquestionable certainty of clinical results. What does the Chiropractor do? He adjusts the subluxations (a condition where the segments of the spine are not in proper alignment) and because of this adjustment the pressure is taken off the nerves supplying the stomach. Now the nerves can carry mental impulses in normal quantity and quality to the stomach and under these conditions disease cannot exist.

There is nothing supernatural about the Chiropractor; he lays no claim to unusual powers. He is the only logical method to pursue because it is based upon sound and unquestionable reasoning. The relief which is offered the patient is not a temporary one, but permanent, because the cause of the trouble has been removed, and without cause there absolutely can be no disease.

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The Chiropractic Health Bureau of Klamath Falls, care of The Herald, Klamath Falls, Ore.

Please send me, without cost or obligation on my part, copy of the new booklet describing Chiropractic Health Service.

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The Chiropractic Health Bureau of Klamath Falls, care of The Herald, Klamath Falls, Ore.