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New Building Prideworthy

GOVERNMENT CONTACTS HERE MANY

L. A. Is Murder Capital

Comment On Dedication

BY the time you read this Klamath Falls will have formally dedicated and accepted the handsome new \$200,000 building erected by Uncle Sam to house the postoffice and federal offices here.

The structure is one of which the community may well be proud. One hardly needs point out the vast improvement over the present miserable postoffice facilities, and the convenience of having various federal offices concentrated in one building is welcomed.

It is altogether fitting, incidentally, that Uncle Sam should erect an unusually spacious and attractive building in Klamath Falls. Senator Frederick Steiwer has remarked that there probably is no other county in this part of the country that has more contacts with the federal government than Klamath.

In view of that fact, Uncle Sam does well to have himself favorably represented among the buildings of the county seat.

It is a forward step for the community, this move to a new federal building.

It's Not Done in Oregon

"A mob gathered around the county jail during the afternoon, but there was no indication of possible violence."

The writer hardly needed to add the reassuring comment concerning mob violence. For that dispatch came from an Oregon town and in Oregon it is safe to say there is no evidence of a tendency toward mob violence.

We may grow a little impatient with our justice procedure sometimes here in Oregon, but we are sensible and reasonable enough to trust authorities with the work we as a people have assigned to them. Taking it forcefully out of their hands in moments of emotional madness would do no good, and it is just the sort of thing we don't think about doing.

Angel City Crime Story Source

LOS ANGELES, CALIFORNIA—that "dateline," we venture, has headed more amazing murder and mystery stories on press association wires in the past few years than that of any other city in America.

If the murders do not occur in Los Angeles, they seem to gravitate in that direction, as in the current gruesome case in which two bodies were shipped by trunk from Phoenix to the City of Angels.

And what a murder story is this trunk slaying! If New York would get excited over such a tame affair as the Starr Faithfull case, what would the big little village do about such a murder as that revealed in the Los Angeles baggage room the other evening?

Let your mind skim back over the "big" murder news of the past few years. The Hickman and Northcott cases—gruesome, impossible affairs, which under Los Angeles datelines headed the crime news of the nation for weeks and months.

The unsolved William Desmond Taylor murder case was a Los Angeles story. And from Los Angeles came that classic mystery, the Almee Semple McPherson kidnaping, which, looking back, affords welcome relief from the more gruesome stories coming out of that city.

Los Angeles, it will be remembered, a year or two ago gave promise even of stealing Chicago's gangland stories when several satellites of one of the Windy City's leading gangsters were arrested in the Southland metropolis.

And Seattle, which a few years ago sent out stories on the Everett Frank Lindsay murder and abduction case saw the sensational account of Lindsay's capture under the ever-recurring name, Los Angeles.

We don't know that these recollections prove anything except that Los Angeles boasts the bigger and better murders. We don't suppose anybody envies the reputation. And when civic leaders clamor, as they do occasionally in some places, for more home town datelines in the outside newspapers, it might be well to remember that it isn't always desirable home town publicity that the press wires want. In fact, there is more demand for the other kind.

to endure spring in Paris this year. "We've taken a lot of comfort in you, Mary," Mr. Jupiter continued more gently. "You may as well have some of what we've got, along with Bruce. The Ruyters have got nothing. Never will have anything. Steve's too close. He wouldn't plant a nickel that wouldn't raise a dollar."

Mary was stunned. They looked her enough for that—to have made her their own daughter, given her a share in the immense Jupiter fortune! But would he feel the same about it when he knew?

"That would have been wonderful," she managed to say, "but—let's not think about it now."

The nurse Dr. Jordan had sent came in, sternly efficient, and interrupted them. "Time for Mr. Jupiter to get some rest," she told him firmly. Those were Dr. Jordan's orders. Red, and his luncheon brought up to him.

"Fugh!" The nurse recoiled before his rejection of her. "Where's Spence? Who told Jordan to send a woman over here? You go back and tell him I said to mind his own business. I guess I've still got sense enough to know when to go to bed."

When the indignant lady had finally been persuaded that her presence was not wanted, and Mr. Jupiter had been delivered into the hands of his ancient servant, Mary bethought herself of Bessie. It might not hurt to drop a cautious word.

"Spence could not say where she was. She was a light-headed baggage and he would just like the job of discharging her if she didn't tend to business better than this."

"I wouldn't do that just yet!" Mary said hurriedly. "She's probably around somewhere."

"She'll be wherever the men are," was Spence's acid reply. "This proved true enough. For as Mary mounted the stairs to go to her own room she was surprised to hear voices on the landing, one of them the maid's."

"Don't you know any movie directors, honest?" she was saying. "Gee, I thought newspapermen knew everybody there is!"

The voice of Bowen, the Star's reporter, replied wearily. "No, I don't, and if I did, what of it? Listen, Sister, I've got an edition to catch. If you've got anything to tell me, let's have it and forget the Hollywood stuff. Come on, what's it all about?"

"Will you put my picture in the paper?"

"Sure, sure. Out with it." The reporter moved down a step. Time was short and he did not believe the girl had anything of importance to reveal.

"We'll," she lowered her voice to a whisper as Mary hurried up the steps. "Oh, Bessie," Mary interrupted coolly. "Spence is looking everywhere for you. Your friend will excuse you, I'm sure."

The startled maid jumped and fled, but her haste, leaving Mary face to face with the embarrassed newspaperman.

"Have you finished your work?" she asked coldly. "Because if you have, you'd better go."

(To Be Continued)

SIDE GLANCES By George Clark



"Here you are, lady! Woids to all the latest song hits—Pettin' pappas—Alone widout youse—"

Earlier Days

OCTOBER 21, 1918

Success of the method adopted by the reclamation service for the reclaiming of 35,000 acres of land covered by Tule Lake has been proved by the fact that with a lowering of the water level six feet there have been uncovered several thousand acres of land.

Teachers of Klamath county in their annual institute voted unanimously to stand by the University in its fight for the appropriation that is held up, and which is to be voted upon November 5.

Dr. Patterson, of Merrill, assisted by Dr. R. R. Hamilton of Klamath Falls, this morning operated for appendicitis upon August Cacka, aged 21. The young man is said to be in a serious condition.

In order to give all of the districts in the county a chance to qualify, if they will, as standard schools, County School Superintendent Fred Peterson, has arranged his method of standardization, making the winner of the "standard school" certificate possible by scoring a number of points for features of merit in connection with the districts. The certificates will be awarded November 28.

Miss Katherine Wells is here from her home in Ashland to make final proof on her timber claim. While here, Miss Wells will be the house guest of Misses Agnes and Louise Lee.

After all, the only way to spur the market is to get money out of check.

But in throwing our frozen assets, probably it would help to eliminate the political plums in the pudding.

When a show girl decides to shake down her millionaire husband, her divorce suit usually fits without alteration.

And with all Al Capone's aliases, his attorney is likely to prove that it must have been two other fellows.

Now that Detroit has re-elected its "spending mayor," Frank Murphy, maybe it's true that the Legion ironed out the permanent waves in its bankroll.

Some People Say

The time has come to paint the gunman criminal as he is—weak, cowardly, vicious—a thing to be despised by every right-thinking man and woman.—Governor Franklin D. Roosevelt.

The really great things in the world today are the gold of France and of the United States, Russia's experiment and the half-clothed Gandhi.—Rev. L. A. Edulbrite.

The millionaires of tomorrow are getting their start today.—Roger W. Babson.

Prohibition is an indication of America's great courage.—Mahatma Gandhi.

It (the British suspension of the gold standard) seems to me to be a hopeful and not a discouraging event.—J. P. Morgan.

Today's Recipes

Mothers who are conscientiously trying to maintain a balanced diet realize the necessity of providing foods rich in iron, but the question of just what foods are "rich in iron" is often bewildering.

Although found in a variety of foods, many of the staple everyday dishes contain little or no iron, their value as food lying in other directions. Many of the foods generally known to be rich in iron are expensive and even when economy is not necessary a constant repetition becomes monotonous and the foods grow unappetizing.

Any vegetable which is green or yellow is a good source of iron. This color also indicates a quality which enables the body to use the supply of iron to the best advantage. All authorities acknowledge the superiority of spinach regarding iron content, but the fact remains that many people simply will not eat spinach and other rich foods must be provided to take its place.

Liver is Blood-Builder. Beef is a traditional iron food, as are egg yolk and liver. Experiments have proven liver especially of unusual value in building red blood cells. Oysters are almost as high in the list of iron foods as meat.

Prunes and raisins rank high in iron content. Potatoes are surprisingly good. Dried beans are good iron food. Whole cereals and bread made from the entire grain are important sources of iron. These, with cane molasses, offer a variety of cheap iron sources.

While cabbage is an excellent iron food, careless cooking may make it almost worthless. Parsley, although rather low in iron, has a unique position in the iron foods. The amount it does contain is of peculiarly great value and the presence of so much lime has a notably beneficial effect on the body's use of iron.

All vegetables that can be served raw are desirable, since there is no iron lost during the cooking process. If vegetables are cooked, the water in which they were cooked should be either cooked away or should be used in serving them. Canned vegetables are as efficient as fresh ones as far as their iron content is concerned, since heat has no effect on mineral matter. The water over canned vegetables should not be thrown away. Reheat the vegetable in this water and either let it cook away or use it in a sauce.

Classify "Iron" Foods. A simple way to determine the proper selection of a diet adequate in iron is to arrange the iron-bearing foods in classes—vegetables, grains, fruits, and meats. The meats of course include oysters, eggs and liver.

If one of these classes is not used special emphasis should be placed on the others. It soon may prohibit the maximum amount of milk, eggs and expensive vegetables, then whole grains and the dried iron-rich fruits and legumes should be used extensively to keep the iron content in the dietary high.

Another point to keep in mind regarding the iron in foods is that the pulp of fruits rather than the juice contains most of the minerals. Orange juice and tomato juice furnish much less iron than the whole orange and tomato.

Use of Exclusive. Used Exclusively at the Herald News Cooking School.

JOBS FOR AMERICANS. Soviet Russia is helping the United States solve its unemployment problem. That country declares it is filling 6000 jobs in its development project with American workmen.

Net workman income of Class I railroads in the United States declined more than 32 per cent in July.

Health Talks

All sorts of troubles can happen to a foot. Among the most common conditions are sprains, strains, fractures, dislocations, excessive sweating, corns, callouses, warts, chilblains, ringworm, bunions, hammer toes, painful heels, ingrown toenails, cracked toes, blisters, bruises and disturbances of the circulation.

Any one of these conditions may eventually into a serious disturbance affecting the body as a whole. One need only recall the death of the son of a former president who, while playing tennis, developed a blister on his heel from rubbing by his tennis shoe. Within a short time the blister became infected and general septicemia developed, and death followed.

In a recent consideration of the care of the feet, Dr. Philip Lewis provided a number of foot-care hints which every mother and every industrial worker will do well to consider carefully. Obtain a shoe that has the shape of your foot. Fit your feet and not the other person's eye.

The most important shoe measurement is from the tip of the heel to the middle of the big toe joint. This point should come opposite that point of the shoe where the shank goes over into the sole. It should not be necessary to "break in" shoes.

The purpose of modification of shoes is to give one support and to compel him to walk over the proper walking angle. The purpose of exercise is to strengthen the supporting structures of the arches and to stimulate the circulation.

The purpose of massage is to increase the circulation of the muscles of your feet, in order that they may grow stronger by the exercise. The purpose of contrast sprays, that is alternating hot and cold, is to furnish a tonic for the nerves, blood vessels, muscles and sinuses.

Overeating is usually reflected in the form of painful feet as well as pain in the abdomen. Overeating causes foot dyspepsia. Obesity throws additional strain on the feet.

Flat feet plus rheumatic feet painful feet. Flat feet plus rheumatic feet are very painful and stiff. A slight degree of pigeon toes may be a very desirable condition.

The child walks on the same hard surfaces—hard floors, cement sidewalks, and asphalt streets—as adults, and therefore it should have the same protection that the adults do, rigid or semi-rigid shank shoes.

A flexible shoe is sufficient for those who need only exercise, but for those who need both exercise and support, it is insufficient. It may be used part time to alternate with the rigid shank shoe.

Observe your child's foot and leg posture occasionally during sleep. Be on the lookout for improper sitting posture or positions during rest or play. One of the worst sitting positions is that in which the child sits with his legs folded, so that the heels nearly touch the buttocks and the feet are in flat foot position.

Flat feet and a weak back go together all too frequently. Keep your back flat and your feet arched. Remember that no matter how long you live you have to carry your feet and your feet have to carry you.

Scores of plant diseases are found 10,000 feet in the upper air by experts in airplanes.

Editorials on News

(Continued from Page One) Those who HAVE REAL BRAINS have held their jobs pretty successfully in competition with those who haven't.

DR. MAYO, the famous surgeon, quoted the familiar figures of the other day to the effect that each 20 persons who reach the age of 45 only ONE possesses an independent income.

The other 19, he says, are dependent wholly or partly upon help from others—either relatives or the public.

THAT is bad, admittedly—if true. But what are we going to do about it? Pass a law? Plenty of people are telling us these days that we OUGHT to pass a law—an old age pension law.

HERE is a suggestion: If you are somewhere under 40 now and at 45 don't want to be among the 95 per cent who have to be helped, go to a good life insurance agent and take out an endowment policy. These KEEP UP YOUR PAYMENTS.

If you will do that, you won't need any old age pension when you reach the age of 65.

DOWN at Portland they have a whale, and if you read the Portland papers you'll agree that they're making a whale of a lot of noise about it.

Several days ago a lot of shooters with high-powered rifles started shooting at the whale, but were stopped by the humane society, which objected to the shooting of whales in inland waters.

SO far, so good. But now they're planning to snare the whale in a net made of ropes and put it in a salt water tank at an amusement park—to be looked at by the curious, presumably, at so much per look.

THAT raises this question: If you were the whale, which would you prefer—to be shot with a high-powered rifle and have it over with all it once, or to be taken in a net and be put into a puny little tank, with barely room to move, and spend the rest of your life being stared at?

Klamath Names

(From "Oregon Geographic Names" by Lewis A. McArthur) This stream, together with Anna Spring, which is its principal source, was named for Miss Anna Gates in 1864. She with Mrs. O. T. Brown were the first white women to descend to the waters of Crater Lake. She always spelled her name Annie, but the name of the spring and creek has been officially styled Anna by the United States Geographic Board.

GEMS-of-PERIL

CHAPTER VI "What do you know about telephone calls?" Kane asked. "I don't know a thing, Inspector. I just asked," the Star reporter replied. The reporter, whose name was Bowen, turned away toward the stairs. "Well, I'll just run up and see how Bill's making out. I'd like to get a look at that package myself. No objections?" "Go ahead."

Some Wise Cracks

Having served several months in New Mexico state prison, Albert B. Fall says, "Pardon me." Which seems a little odd.

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But in throwing our frozen assets, probably it would help to eliminate the political plums in the pudding.

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The really great things in the world today are the gold of France and of the United States, Russia's experiment and the half-clothed Gandhi.—Rev. L. A. Edulbrite.

The millionaires of tomorrow are getting their start today.—Roger W. Babson.

LIPTON'S ORANGE PEKOE AND PEKOE TEA. Finest Orange Pekoe and Pekoe the world produces, says India and Ceylon—with gold medal and first prize! All sizes... Costs No More. Western Explorers. Western explorers drew their salt from the Pacific, too. The Lewis and Clark expedition has left but one visible mark of their trek to the Pacific—the cairn at Seaside where they boiled sea water to get salt, so necessary for their long homeward journey... Good salt is just as necessary today as ever. To be sure of the best, demand Leslie Salt. It comes in the convenient, full-weight (2-lb.) package.