

# SCHOOL CHILD CHECK-UP SET IN APRIL, MAY

Mothers of boys and girls who will enter the city schools next September as first graders, are advised that dates for the annual summer round-up have been set and parents are urged to participate in the program arranged for the benefit of all families.

Klamath Falls doctors will assist Dr. Peter H. Rozendal, Klamath county health officer, and his staff at the health unit. Following are the dates for the various schools:

Monday, April 6, Fremont school. Mrs. Harold Gleason, chairman, 412 South Seventh street.

Wednesday, April 8, Henley school. Mrs. Dehlinger, chairman, phone 8056.

Thursday, April 9, Shasta school. Mrs. Ralph Eitel, chairman, 2143 Madison street.

Monday, April 13, Fairhaven school. Mrs. T. G. Zinn, route 3, box 231C.

Monday, April 20, Pelican school. Mrs. W. E. Brightman, chairman, Pelican City.

Wednesday, April 22, Altamont school. Mrs. Jean Leverich, chairman. Call Mrs. Phil Schroeder, Altamont PTA president, phone 3928.

Thursday, April 23, Riverside school. Mrs. Garrett Van Ripper, chairman. Phone 6908.

Thursday, April 23, Weyerhaeuser camp No. 4. Mrs. Jack Chapman, chairman. Residence, Weyerhaeuser camp.

Monday, April 27, Fairview school. Mrs. W. D. Harlan, chairman. Phone 3832.

Wednesday, April 29, Mills school. Mrs. L. A. Shinn, chairman. Phone 5588.

Thursday, April 30, Conger school. Mrs. J. P. Linman, chairman. Phone 3352.

Monday, May 4, Roosevelt school. Mrs. Joe Baily, chairman. Phone 6989.

# Save Fuel; Heat Will Do Double Duty in Kitchen

Save fuel. It's needed to win the war. Don't waste it in your kitchen. Make every bit of heat cook for its keep. If you cook with electricity and live where war industries make big power demands, plan to do as much of your cooking as you can before 5 o'clock, at which time lights go on in homes, factories and offices cause peak loads.

If you have a gas range, see that all the burners are properly adjusted to burn with a clear blue flame at the right height. A yellow flame means you're wasting fuel. The gas company will adjust them on request. With either an electric or gas range, always start your cooking as quickly as possible by turning the heating unit or burner on high. Then when the food begins to cook, reduce the heat to the point that will maintain a cooking temperature. Remember that hot boiling water is just as hot as water that boils vigorously, so don't waste fuel by boiling water at maximum heat.

Don't heat a whole teakettle of water when you need only two cups. Heat water in the utensil in which it is to be used to save energy. Always cover the container in which water is heated.

Use flat-bottom pans that are the same size or slightly larger than the heating unit. Pans that are too small waste heat. Don't scrub the bottoms of your pans until they shine. A dull surface will absorb more heat than a bright shiny one. Be sure the covers of your pans fit tightly, to save heat.

Pre-heating the oven for short baking jobs like biscuits and muffins is expensive. When you use the oven, plan to do as many baking and oven-cooking operations as possible.

Here's a low-cost meat for your dinner. Bake a pudding that calls for low heat at the same time. Make fuel do double duty.

**FLANKED LAMB LOAF** (Serves 4 to 6)  
Two pounds ground breast

lamb, 1 egg, 1 cup cracker crumbs, 2 tablespoons minced parsley, 2 tablespoons minced onion, 1 tablespoon minced green pepper, salt and pepper, milk, 2 cups seasoned mashed potatoes, 6 whole cooked onions, 6 medium tomatoes.  
Combine ground lamb, egg, cracker crumbs, parsley, onion, green pepper, seasonings, and just enough milk to moisten. Place on a wooden plank or fireproof platter. Shape into an oval about two inches thick, and bake in a slow oven (300 degrees F.) for 1 hour. Pipe the mashed potatoes in a border around the outside of the plank or platter. Arrange the cooked onions on each side of the loaf. Return to oven for 15 minutes to brown vegetables and cook tomatoes.

**MENU**  
**BREAKFAST** — Orange juice, steamed brown rice, maple sugar, toast, coffee, milk.  
**LUNCHEON** — Green herb omelet, bran muffins, fruit bowl, tea, milk.  
**DINNER** — Planked lamb loaf, spring salad, stewed rhubarb, cookies, coffee, milk.

## Nutrition Quiz Under Way Here

In cooperation with the national nutrition program the Polly Ann bakery is offering \$10 in defense stamps to the first ten who correctly answer eleven true or false statements regarding nutrition.

Questions were furnished by Winnifred K. Gillen, home demonstration agent. Contest closes Thursday, March 26. Anyone over 18 years of age may enter the contest and you are not obligated to buy in order to complete in this "Test of Health Knowledge."

From Latin America soon 500 youths will come to the United States for training as pilots and aviation technicians by the army air corps and the civil aeronautics administration.

## Seems Like a Needless Expense

**SUNBURY**, Pa., March 20 (UP)—William H. Winegard, deputy collector of internal revenue, reporting that a Sunbury woman, checking her income tax report at the last minute, found she owed the government one cent. To make payment, she had to buy a money order and mail it—at a cost of six cents.

**GREEN PINE SLABS**  
The time to buy 16-in. Green Pine Slabs is RIGHT NOW while the price is down. Buy a load or two each month and **SAVE 35 TO 40% OVER NEXT WINTER'S PRICES**  
DBL. LOADS—\$4.00 Full Cord in Every Load  
**FRED H. HEILBRONNER**  
Office and Yard: 821 Spring Telephone 4133

# How MUCH SUGAR DOES A FAMILY NEED?

If it means more "fire power" for our fighting men every American will gladly accept sugar rationing



IN ANY TYPICAL week of 1941, an average U. S. family ate up about 6 pounds of sugar. As a nation we consumed 7,356,071 tons of sugar last year. That's a lot of sugar.

This year sugar must play its vital part in the war. This year sugar will be rationed.

And under the ration, we all will be obliged to cut down on sugar. Here are the reasons behind the ration:

For the time, we've lost our Philippine sugar. Lack of available cargo space and the effects of the war will reduce the production of other off-shore areas.

We are getting more sugar from Cuba and from Puerto Rico. But this year we must share sugar with our allies—with Britain, perhaps with Russia and China.

What's more, upwards of 1,000,000 tons of sugar may be diverted to make industrial alcohol, which is a raw material needed for explosives. This is the sugar that can mean more fire power for our fighting men.

So long as we need sugar to get enough explosives, every American man, woman and child will cheerfully and gladly accept the sugar ration.

It isn't much we are asked to do. The ration is more liberal now than the ration we took in stride back in 1918. We'll all have enough sugar to make foods taste good.

And one reason we'll have more sugar in this war is the sugar now grown inside America. Sugar from the giant silvery sugar beets that flourish in the West.

Pure beet sugar looks and tastes exactly the same as any other quality sugar. It's just as pure and wholesome. It acts the same in cooking. And production of beet sugar in the U. S. is over 100% greater now than during the last war.

We'll never be without sugar. Remember that when you help our fighting men by cutting down on sugar under the ration. We'll not be without sugar because of this sugar that doesn't need ships—the good beet sugar of the West.

The largest-selling sugar grown in the West



# A NATURAL FOR YOUR LENTEN FOOD CALENDAR

During these crowded days of Red Cross meetings and defense activities it's wise to have a few main course meatless dishes on your Lenten Food Calendar that can be prepared in a jiffy. A natural is good old macaroni with lots of cheese. A delicious health dish if there ever was one. Here are some other "hurry-ups" that fill the same bill:

<b>Cut Macaroni</b> 3 lb. pkg. .... 19c	<b>Codfish</b> Gorton's No. 1 tin ..... 30c
<b>Macaroni</b> Franco-American No. 300 can ..... 10c	<b>Red Salmon</b> Biltmore No. 1/2 can ..... 22c
<b>Kraft Cheese</b> American Brick ..... 40c	<b>Red Salmon</b> Pioneer No. 1/2 can ..... 23c
<b>Syrup</b> Sleepy Hollow 26-oz. can ..... 29c	<b>Mince Clams</b> Pioneer No. 1/2 can ..... 17c

ALL PRICES SUBJECT TO MARKET CHANGES

## ORANGES

Oranges All sizes, Fancy Navel, July ..... 5 1/2c  
Grapefruit Fancy, Cochinella Juice-filled ..... 5c

Large Tender Leaf Spinach New Crop ..... 9c  
Tender Spear—Spring Asparagus 2 lbs. ..... 29c  
Sweet—Fresh Green Peas Long tender Pods .....  
New Potatoes For creaming with sweet, tender garden peas.

Produce Prices For Saturday, March 21

### DEFENSE

Include U. S. Defense Savings Stamps in your shopping list. Whenever you buy food, buy Defense Stamps.

### YOU CAN HELP

with the drive to save paper for war needs when you use a SHOPPING BAG

<b>SUNSWET PRUNES</b> MEDIUM 2-lb. ctn. .... 19c	<b>PEAS</b> Sugar Belle No. 2 can ..... 13c Del Malt Niblets 12-oz. Cans 2 for 25c	<b>HERSHEY Chocolate Bars</b> 3 for 10c Large Bars 2 for 25c	<b>VAN CAMP Pork &amp; Beans</b> No. 300 Cans 3 for 25c	<b>RINSO Gran. Soap</b> 2 3/4-oz. box ..... 23c	<b>P &amp; G Laundry Soap</b> Reg. Bars 10 bars ..... 39c
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## SAFeway GUARANTEED MEATS

### BEEF

Sirloin Steak ..... lb. 35c	Bologna and Liver ..... lb. 27c
Rib Steak ..... lb. 35c	Sausage ..... lb. 27c
Beef Roasts Blade ..... lb. 25c	Lunch Meats Ass'd Lb. .... 33c

### PORK

Pork Steak ..... lb. 33c	Bacon Morrell's Sliced ..... lb. 35c
Pork Chops ..... lb. 39c	Oysters Grade "A", fry or stew ..... pint 29c
Link Sausage Pure Pork lb. .... 29c	
Wieners Skinless ..... lb. 30c	

Meat Prices For Saturday Only — March 21

# SAFeway

Here is our standing offer to you  
Cook any cut of our Safeway meat the way you prefer it. Test it for juiciness, tenderness, flavor. Then if you don't like it for any reason whatsoever—your money will be refunded.