

UNIFORM PAY PLAN SOUGHT FOR PLYWOOD

PORTLAND, Ore., Nov. 5 (AP)—The west coast lumber commission will attempt to establish for the first time a uniform wage scale in the plywood industry.

CIO demands for a wage increase were heard yesterday by the commission and immediately afterwards Chairman Ben H. Kizer asked the AFL, which is pressing a separate claim, to present arguments November 12. A decision will follow.

Kizer said about 32 plants and 5000 members of each union will be affected.

The CIO demands included a new minimum of 95 cents an hour, plus increases of 5 cents an hour for swing and 10 cents for graveyard shifts.

DAMS AVERT NW POWER SHORTAGE

PORTLAND, Ore., Nov. 5 (AP)—Federal dams saved the Pacific northwest from a power shortage the past four months, Bonneville Administrator Paul J. Raver said today.

He said all streams in Oregon and Washington, except the Columbia river, fell to new low levels, and Bonneville and Grand Coulee dams had to take up the slack in power output.

They supplied between 40 and 50 per cent of all power used in the states by overloading their generators as much as 10 per cent, Raver said.

He credited them with delivering more than 500 million kilowatt-hours to major utility systems of the region.

The rivers showed an average drop of 14 per cent below the previous low, and the situation was so acute that failure of one generator at either dam would have meant a power shortage, Raver said.

SCRAP COLLECTORS TO CHRISTEN SHIP

SALEM, Nov. 5 (AP)—The three Oregon school children who have been most helpful in the state scrap metals drive will be sent to Portland to christen a Liberty ship, which will be named from a list of former Oregon citizens which was submitted by school children, Rex Putnam, state superintendent of public instruction, said today.

The state salvage committee will select the three schools which have collected the largest amount of scrap per pupil. The three leading scrap collectors in these schools will christen the freighter.

Restaurateur Was Too Thrifty

SALEM, Nov. 5 (AP)—A too thrifty restaurant owner has been threatened with arrest for using paper plates, washing them, and using them again, the state department of agriculture said today.

Paper plates may be used only once.

PICKET PARTY

LOS ANGELES (AP)—For two years the AFL Teamsters and Laundry Workers union have been picketing Carroll C. Craig's laundry.

On the second anniversary Craig put two candles on a cake and offered it to the three pickets.

Two backed away, the third grinned. None tasted the cake.

Bristol, Tenn., is closer to some Canadian towns than it is to Memphis, Tenn.

Look Out for Wartime Constipation!

Lack of "bulk" one of common causes

Don't be surprised if you feel all bogged down these war days! Look at how you live! Longer hours, harder work, irregular meals—your whole way of living's been upset. Specially eating habits. Meals are apt to be hurried, improperly balanced—and the important matter of bulk neglected.

And lack of "bulk" is one of the common causes of constipation! Medicinal laxatives give only temporary relief because they don't get at the cause.

The answer to this kind of trouble is drinking plenty of water and eating a crisp, golden cereal—KELLOGG'S ALL-BRAN. For this delicious breakfast food supplies the needed "bulk" corrects the cause. Why not start eating ALL-BRAN yourself? Made by Kellogg's in Battle Creek.

EASY AND SMART TO MAKE TRIMMINGS



7432

by Alice Brooks

Gimp makes these trims that will stamp that frock (new or old) as the latest style. With it you can crochet the extra-large buttons—the two-color trim made by the yard and braid the frog. The bow is in finer cotton. Pattern 7432 contains directions for articles shown; material needed; stitches. To obtain this pattern send 11 cents in coin to The Herald and News, Household Arts Dept., Klamath Falls. Do not send this picture, but keep it and the number for reference. Be sure to wrap coin securely, as a loose coin often slips out of the envelope. Requests for patterns should read, "Send pattern No. to _____ followed by your name and address."

Army Construction To Be Directed From Salt Lake

PORTLAND, Ore., Nov. 5 (AP)—Col. Richard Park said yesterday that army construction in the far west will be directed from Salt Lake City in the near future.

The change will occur with merger of the north Pacific, south Pacific and mountain divisions into a Pacific division, he said.

Col. Park, commander of the north Pacific division, including Oregon, Washington, Alaska and parts of Idaho and Montana, will be transferred from here to Seattle as district engineer.

EXCUSED CUTS

IBERIA, Mo. (AP)—Iberia college students cut classes to go cutting.

The school in the Ozarks hills uses wood for fuel. The wood pile dwindled, and no woodcutters could be found.

A one-day recess was called. The students chopped enough wood to last through the winter.

Daily Planning of Meals Advocated for Nutrition

Does planning meals ahead really pay—even for a homemaker so tired at night that she can hardly think of anything except tumbling into bed?

Doubtless that question has arisen in the mind of nearly every busy woman who hears so much about meal planning and better nutrition in wartime, says Winnifred K. Gillen, chairman of the Klamath nutrition committee for defense.

To answer this and many other practical questions concerning nutrition in wartime, a series of articles has been prepared in cooperation with specialists in nutrition at Oregon State college. What they say will be based on actual research and experience of homemakers.

First of all, Mrs. Jessamine C. Williams, head of the department of foods and nutrition, says that applying her knowledge of nutrition in her daily meal planning does pay the tired homemaker—and may keep her from getting so tired.

It does pay, she says, after the supper work is done, to see that

a different sandwich filling is ready for father's or the children's lunches the next day. It does pay to see that the dried apricots which have been soaking are cooked, ready to supply an appetizing fruit for the lunch—fruit which in this instance will supply considerable iron and vitamin A. It does pay to see that the menu for the main meal for the whole family is planned and that the whole grain cereal is cooked and left in the double boiler ready to be reheated quickly for breakfast.

Reducing absences from school; solving some behavior problems; helping raise the level of scholarship in school children; reducing the number of days lost from work, thereby increasing production (a direct service to the war effort); increasing earnings, thus making better living conditions; reducing doctors' bills and hospitalization, thereby freeing medical services for greater war service; reducing dental decay and other dental diseases associated with poor nu-

trition, and adding years to the average span of active life.

Those who still think that "well fed" Americans need give no special attention to nutrition might be surprised at a recent survey of the diets of high school students, which showed that at least half these boys and girls were receiving diets inadequate to some degree in calories, protein, calcium, iron, vitamins A, B, and C, and ribo-flavin.

YANK TRANSPORT REACHES RED SEA

A PORT ON THE RED SEA, Oct. 31 (Delayed) — (Passed by U. S. Military Censor) (AP)—The largest contingent of American fighting men ever brought to the middle east in one transport, 7,000 strong, arrived at this port today and for hours were ferried ashore from their great liner-transport by boats.

The ship was crammed with specialists, technical troops and air force units from holds to top deck. Not a man was lost on the long voyage from New York. Colonel John E. Baird of Providence, R. I., was in command.

KF FLU EPIDEMIC REPORTED AT PEAK

The minor flu epidemic which has swept over Klamath county is at its peak, according to Dr. Peter H. Rozendal, Klamath county health officer, and a warning was issued Thursday urging parents to take care in the first stages of the disease in order that complications do not arise.

A number of cases of pneumonia have cropped out, aftermath of the flu. At Klamath Union high school more than 25 students were sent home by the school nurse within the past few days. All complained of sore throats, aching limbs and upset stomachs.

Dr. Rozendal stated that the flu was less severe than the 1918 type but "bed is the best place for the patient."

William Henry Harrison served the shortest term of any president of the United States.

It's wiser to talk to a young man than try to whip him into shape.

Weyerhaeuser Man Named to Log Administration

PORTLAND, Ore., Nov. 5 (AP)—Reynolds K. Hoover, Longview, Wash., yesterday was named a coordinator in the western log and lumber administration.

Administrator F. H. Brundage said Hoover would be assigned to sawmill production of war

items, particularly aircraft lumber.

Hoover was granted leave as night superintendent of the Weyerhaeuser Timber company's mill at Longview.

PROMPTLY RELIEVES TORTURE OF ITCHY SKIN RASH

(due to external cause) Zemo—a Doctor's liquid formula—promptly relieves itch of simple skin rash. Aids healing. Only 35¢. All drug stores. ZEMO

THE FLAVOR QUARTET

A dash or two is all you need. We each make foods taste good indeed!

Schilling

CELERY SALT, GARLIC SALT, ONION SALT, SAUVOR SALT SEASONING



Just a little Better... but what a difference!

Here's a treat the whole family will enjoy... C-H-B Pickles! Crisp and fresh, with a flavor that's distinctively their own! Packed in the C-H-B wide-mouthed jar... easy to get out. Order C-H-B Pickles from your grocer... today!



PALACE MARKET

GROCERIES AND MEATS

Phone 4109 A Home Owned Store 524 Main St. Free Delivery Phone 4108
Free Parking... Customer Parking Lot at 5th and Pine... We Reserve Right to Limit

SPECIALS FOR FRIDAY and SATURDAY

Shoulder Veal Steak . . Lb. 32¢	Cabbage Lb. 3¹/₂¢
Shoulder Veal Roast . . Lb. 30¢	Potatoes . 10 lbs. 39¢
Fresh Sliced Side Pork . . . Lb. 35¢	Celery Bu. 25¢
	Gr. Onions . . 3 for 10¢

SPECIALS FOR FRIDAY and SATURDAY

Circle 5 Fruit Cocktail Can 19¢	SWAN 3 for 23¢ 832 ENCYCLOPEDIA ONLY 25¢ WITH SWAN. Ask for details.	Palace Fresh Ground Coffee 1 Lb. Limit 27¢
Hi Test Dog Food 2 for 11¢	RINSO 3 for 23¢ "RINSO-WHITE" SPECIAL	N. B. C. Shredded Wheat 2 pgs. 23¢
Sunbrite Cleanser 3 for 14¢	LIFEBUOY 3 for 23¢ BOB BURNS and his BAZOOKA. EVERY WED. NITE—CBS NETWORK. Lux Flakes, Lux Toilet Soap 3 for 25¢, 6 for 50¢, 12 for 1.00	All Flavors Royal Gelatin 17¢

Balanced Good Vision

KNOWLEDGE SKILL PRECISION

A Pair of Standard GUARANTEED Glasses Weighs Less Than One Ounce But in Their Vision Improving Properties and Superb Smartness Is Reflected All the Knowledge, Skill and Precision of Modern Optometric Science

Everyone is entitled to the rich benefits of easy, unhampered vision. Today's modern eye-testing instruments... capable, registered optometrists... skilled optical technicians... and finest materials from world-famous Houses of Quality—all these combine, making it easy to enjoy the Balanced Good Vision to which you're rightfully entitled. Has it been more than a year since your last eye examination? If it has, take time tomorrow to see the capable, registered optometrist here for a complete visual checkup. Play safe—be SURE!

Guaranteed GLASSES

Designed for YOU—Factory to YOU!

PAY NOTHING DOWN ONLY \$1 A WEEK NO EXTRAS NO RED TAPE NO INTEREST

YOU'LL BE FRANKLY TOLD IF GLASSES ARE NOT NEEDED

STANDARD OPTICAL CO.

The West's Largest Manufacturing and Dispensing Opticians

OREGON - WASHINGTON - UTAH - IDAHO

715 MAIN St. KLAMATH FALLS

Dr. William B. Siddens - Registered Optometrist in Charge.