ADDITIONAL FARM SIGN-UP DAYS NAMED

By C. A. HENDERSON
County Agricultural Agent

The federal government through the food administration, is asking farmers of the United States to produce more of those things needed in our war program. The production of nonessential commodities is being eliminated. Throughout the nation, every farmer is being asked to sign up his farm in this tremendous program. Agriculture has been designated as a No. 1 war industry, and food as a No. 1 weapon. There are plenty of indications at the present time that assistance will be given operators to produce those things needed. This assistance will be more labor, more financing, more supplies and equipment, and more fertilizer.

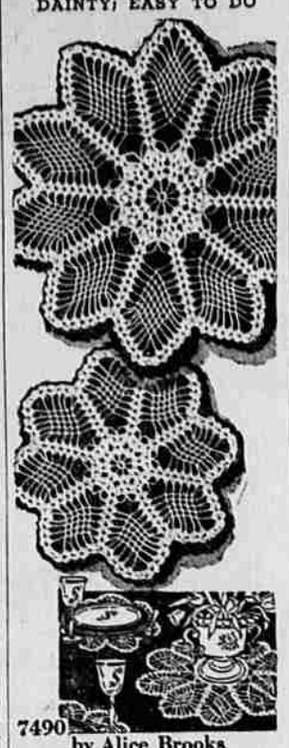
It is necessary that this sign-up be completed at the earliest possible date in order that food stocks for the year can be determined. Klamath county is just completing a series of meetings in this regard. Returns from the Merrill, Malin, and Henley districts indicate a 68.5 per cent sign-up. Many were away during the two day period, and others were unable to attend the meetings for various reasons.

In order to complete the sign up for this area, Friday and Saturday of this week, February 5 and 6, have been set aside at the county offices on the second floor of the Federal building. County and community committeemen, as well as representatives of the various divisions of the Department of Agriculture will be present at the Friday and Saturday meetings to help operators make out the necessary forms. The offices will be open all day until 5 o'clock in the evening.

An additional period of two days has been set aside for operators of the Bonanza district. This includes all of Poe Valley, from the Olene gap, Swan Lake, Hildebrand, Dairy, Bonanza, and Langell Valley. Tuesday and Wednesday, February 8 and 9, of next week, have been set aside at the county offices for those to come in who were unable to attend the meetings at Bonanza. Totals are not available of those who signed at Bonanza, but considerably in excess of 100 farms were signed up during the first two days of the meetings. The Fort Klamath meeting was completed Wednesday, February 3, and a few were unable to be there. A sign up meeting is being held today at the Council Hall, Klamath Agency for the reservation. during the 5th and 6th, assistance will be given at the Extension Office Council Hall, Klamath Agency, for anyone on the reservation or in the Fort Klamath district.

"Gallant King" is the official title of the king of Italy.

SET OF DOILIES ARE DAINTY; EASY TO DO



7490 by Alice Brooks.

Here's a delightful idea for your next party—doilies—dainty as a spider web—to fittingly set off your silver and china. They can be crocheted in a jiffy by even a beginner. Use them for buffet sets or individual pieces, too. Pattern 7490 contains instructions for making doilies; illustrations of stitches; materials needed.

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.

Spare the Meat You Cook, Says Mrs. W. Gillen

By WINNIFRED K. GILLEN
Home Demonstration Agent

When the supply of meat is limited it is doubly important that homemakers cook the meat properly so as to get the most from every pound. As a result of years of research in meat cookery certain basic principles have been developed which apply to all methods of preparation.

In general, the tender cuts of meat are cooked by dry heat—that is they are cooked in an uncovered pan with no water added.

Braising

Chops and steaks of veal and pork are exceptions because they are always cooked by moist heat.

The less tender cuts are cooked by moist heat—by braising—that is, brown the meat in a heavy kettle then add a tight-fitting lid and add a small amount of liquid if necessary. Pork chops should be braised without added liquid.

Avoid Overcooking

Another moist heat method—cooking in water—is used for soups and stews. Cover the meat with water, cover kettle closely and cook at simmering temperature until tender.

Cook all meats at a moderate temperature in order to retain flavor and food values and to prevent excessive shrinkage. Avoid overcooking for the same reasons.

US FOOD KEEPS RUSSIA IN WAR, SAYS WICKARD

WASHINGTON, Feb. 4 (AP)—Secretary of Agriculture Wickard told the house foreign affairs committee today that American food is keeping Russia in the war and contributing to the victories of the soviet army.

"It is the men—Russian men—who are winning the all-important battle there," he said. "But if the supplies of American food which are going to these men, fraction though it is of the total supply, were to be cut off tomorrow, they would almost surely have to stop fighting."

Most to Russia

Wickard, as food administrator, testified in connection with legislation authorizing continuance of the lend-lease program for another year.

"To me it is highly significant," he said, "that in the last few months our shipments to Russia have been greatly increased. In December, for the first time, we shipped more to Russia than to Great Britain."

Civilian Cut

Urging continuance of the lend-lease operations, the secretary said Russia had not asked for any appreciable help in feeding her civilian populations.

"The civilians rations in Russia have been cut to the bone. Black bread is the mainstay, and only the heaviest workers get more than a pound of it a day. Meat is no longer thought of as a sugar food, but as an occasional treat. Cereal, fats and sugar are portioned out, depending on the sort of work a civilian is doing, at the minimum rates necessary sustenance."

Triple Launching Held Wednesday

LONGVIEW, Feb. 4 (AP) — In the first triple launching of its kind in the northwest, the Longview yards of the Puget Sound Bridge and Dredging company sent one drydock and two sections of a large drydock into the Columbia river here Wednesday afternoon.

FOR COLDS' COUGHING, MUSCLE ACHES
PENETRO
WITH THE MUTTON SUET BASE

American Housewives Will Be Compelled to Do More Cooking After February 20

By IRVING PERLMETER

WASHINGTON, Feb. 4 (AP)—The can opener will yield to the cook book after midnight, February 20.

From that time until March 1, when rationing starts, there will be no canned fruits or vegetables sold.

Frozen fruits and vegetables, dried fruits (not dried vegetables), and canned soups and canned baby boods also are included in the order, issued yesterday by the office of price administration.

More Cooking

With the armed forces and lend-lease taking, in some categories, half of the canned foods put up, the government has ordered rationing to assure everyone a fair share.

Fresh fruits and vegetables will not be rationed, and one of the goals of the program will be to compel people to do more real cooking and less can-opening. Home canning also will be encouraged because such foods will not be counted against ration coupons.

Restaurants Won't Collect

Rationing will be by points, 48 points per person in the month of March, regardless of age or occupation. Because there still will be so many unrationed foods — especially fresh fruits and vegetables—there will be no distinction, as there is in Europe, between persons who do light work and heavy work. Since canned baby foods are also on the list, babies will get the same ration points as their elders. Ill persons requiring special diets will be able to get them on medical certificates.

Restaurants and other public eating places will be limited on canned goods but under present plans, will not collect ration coupons from their customers—leaving all ration points to be spent for home cooking.

Examples Given

To housewives, one big problem will be that of planning a month ahead. For instance, at 48 points per person, a family of three will have 144 points to spend in March.

Each can, bottle or package on the new ration list will have a "point value" — perhaps 10 points for a medium size can of peas, 7 points for a can of spinach, 8 points for a half-pound package of raisins, etc. These figures are only examples. The real list of values won't be made public until after February 20, to prevent anyone from hoarding the items which will be most expensive in point values.

Take An Inventory

When she learns these values, the housewife will be advised to figure out how she wants to spend her 144 points for the family of three, for instance. If canned peaches were 14 points per can, she could buy 10 cans of peaches but would have only 4 points left for all other things. Just as she shops for economical foods on a money basis, she will be expected to spend her points so that they go farthest in satisfying both the nutrition and taste needs of her family.

The first task of all householders will be to inventory their pantries as of midnight, February 20.

Do It This Way

OPA advised this procedure: empty the cupboards onto a table. Put away the unrationed foods, such as macaroni, olives, canned milk, chili, home-canned goods, etc.

Then put away the rationed cans or packages which contain less than 8 ounces each. These are mostly small cans of baby food. Then put away five cans or packages for every member of the family, paying no attention to the size or contents of the food. The number of cans or packages left on the table must be reported to the clerk who will issue the ration books during the six days beginning February 22.

Deductions

There will be 1,500,000 of these clerks stationed in schools, churches and other public places. One adult will register for the whole family. First he will have to show (but keep) his family's sugar-coffee ration books. Coffee stamps will be deducted from books of persons who report that they had more than one pound per adult in the family last November 28.

The clerk will then ask about the number of cans that were left on the table after the Sunday pantry inventory. If there were any left, the clerk will then tear out one 8-point stamp for each one.

The books will contain both red and blue stamps. The blue ones are for canned goods, the red ones will be used about a month later for meat rationing.

May Be Changed

Each stamp will bear both a letter and a number. The letter will indicate when the stamp can be used—A, B and C will be for March.

The figures represent point values, and will be in denominations of 1, 2, 5 and 8. A can that "costs" 10 points, for instance, could be "paid" for with two 5's, a 2 and an 8, or ten 1's. Most grocers will mark the point values on the cans or counters right along with the money prices.

Point values may be changed from month to month, but, in general, will be raised and lowered along the same lines as money prices—more points for bigger cans or scarcer commodities.

There are 10 times more accidents in which people are disabled than there are fires.

Eggs of reptiles have soft shells resembling parchment.

Red Cross Notes

By ROSE POOLE
Publicity Chairman

The course for first aid instructors has been completed and the following became authorized instructors on January 29:

Elizabeth Babcock, Quinton Babcock, Dorothea Beckwith, Delia Dinwiddie, Howard Dinwiddie, Mona Dixon.

Venita Larson, Carl Murphy, Roy Premo, Ebba M. Reno, Fred Schreiter, Freda Ustick.

Three new classes in first aid have already been started. If you are interested in taking either a standard or advanced first aid course, call Red Cross headquarters, as other classes are about to start.

Red Cross Goal

Here's an interesting fact: so popular has first aid instruction become all over the nation that sales of the Red Cross first aid textbook top the Bible, formerly the "best seller."

The Red Cross goal is to have all persons engaged in industry or in farming trained, and to have a first aider in every home in America.

A. L. Schafer, Pacific area manager of the American Red Cross, says: "The five and one-half million new first aiders trained during 1942 is one tremendous contribution to America's war effort. Industrial leaders and workers alike know that first aid training not only is important in case of accident, but it actually prevents accidents. A first aider is alert—he is a better worker."

FAIR DISTRIBUTION OF MEAT PREDICTED

WASHINGTON, Feb. 4 (AP)—Fairer distribution of meat among stores within a few weeks was predicted today by officials of the office of price administration.

They expressed confidence that this would result from the promulgation of their new standardized retail meat prices. The first of these, on pork, will be issued in two weeks, and subsequent rules on beef, veal, lamb and mutton are scheduled to follow between that date and the beginning of meat rationing, approximately April 1.

The new prices are expected to cure some inequities among individual stores. At present retail meat prices must not be higher than each individual store charged for similar cuts in March, 1942. This has "squeezed" those stores—whose March, 1942, retail prices weren't high enough to cover present wholesale costs.

Under the new rules, every store of the same type in the same community will have the same prices.

Tacoma Man Wounds Wife, Shoots Self

TACOMA, Feb. 4 (AP)—Adolph Kubista, 35, Tacoma clerk, shot his former wife, Mabel, 36, and then killed himself with a revolver during a quarrel in the woman's restaurant here last night, according to police reports. The woman's condition is critical.

First home of European civilization is said to be the island of Crete in the Mediterranean sea.

GRAY HAIR? GET GRAYVITA!

This miracle anti-gray hair vitamin, Calcium Pantothenate, has won wide popularity as the result of tests shown in a leading national magazine. This report revealed that 88% of persons tested showed positive evidence of a return of hair color. GRAYVITA is Calcium Pantothenate PLUS!

A GRAYVITA tablet is 10 mgm. of Calcium Pantothenate PLUS 450 U.S.P. units of Vitamin B₁ and the other useful B Complex Vitamins. Taken internally, GRAYVITA frequently supplies a natural color pigment through the hair roots as this vitamin deficiency in the body is replenished. Order GRAYVITA now! Only $1.50 for 30-day supply, $4.00 for 100-day supply. (Formerly $2.00 and $5.00.) Phone 4414

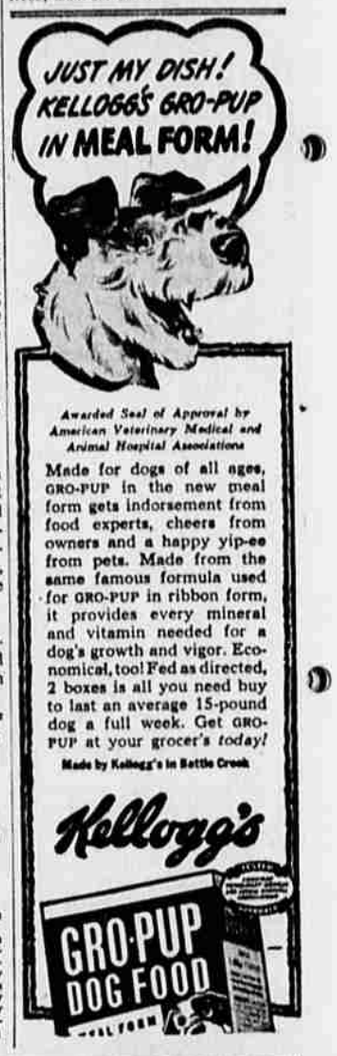
CURRIN'S FOR DRUGS

Autopsy Scheduled In Death of Farmer At Hillsboro, Ore.

HILLSBORO, Feb. 4 (AP)—Washington county authorities today awaited the arrival of Dr. Joseph Beeman, state police crime laboratory director, before beginning an autopsy in the death of E. E. Gibbons, Hillsboro area farmer.

Coroner F. J. Sewell said Mrs. Gibbons told him that Gibbons died yesterday after drinking coffee he believed was poisoned.

Mrs. Gibbons was detained in the county jail as a material witness, Sewell said.



Pep up your meals with SNOW FLAKES!

These grand-tasting crackers are so full of flavor—they add extra appeal to everything you serve them with!

PASS AROUND a heaping plate of SNOW FLAKES—and the whole meal's transformed! Family appetites perk right up. Even the simplest soup or salad tastes *extra* good.

That's because SNOW FLAKES are baked of the very *finest* ingredients—are always so fresh, so light and flaky. And how that tempting salty flavor brings out the best in *other* foods!

Better buy a big red package from your grocer today. He has SNOW FLAKES *fresh from the ovens* of the nearby Nabisco bakery.

Extra FRESH! Extra FLAKY! Extra FLAVOR!

BAKED BY NABISCO - NATIONAL BISCUIT COMPANY

BUY WAR BONDS • BUY WAR BONDS

"How I go for this Meatless Casserole!"

C·H·B MACARONI—VICTORY STYLE
3 cups cooked macaroni
½ cup C·H·B Catsup 1½ cups water
1 can button mushrooms
12 ripe olives (optional)
¼ cup grated American cheese
Crisp cracker crumbs Salt to taste

METHOD: Boil macaroni in salted water until tender. Drain. Run cold water over. Mix C·H·B Catsup and the 1½ cups hot water, stir in mushrooms, mushroom juice, and olives. Pour this sauce over macaroni, then place the prepared macaroni in layers in buttered casserole, with grated cheese on each layer. Top with mixture of cheese and cracker crumbs. Bake in 400 degree oven about 20 minutes.

Just a little Better C·H·B ...but what a difference
CATSUP · PICKLES CONDIMENTS
HAVE YOU TRIED CHILI PEPPER CATSUP?

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Emil's

SUPER MARKET 9th and Pine Ph. 3187 | STORE NO. 2 1338 Ore. Ave. Ph. 4714 | STORE NO. 3 2200 S. 6th Ph. 6875

Milk	Swift Premium. Tall Tins Case	$4.47
Peaches	Royal Club Fancy No. 2½ Tin	29c
Grapefruit Juice	Royal Club No. 2 Tin. Extra Special 2 Cans 12 Tins $1.45	25c
Catsup	C.H.B. Large Bottle	14c
Peanut Butter	Jane Good 2-Lb. Jar	49c
Formay Shortening	3-Lb. Tin	69c
Snowflake Crackers	2-Lb. Box	31c
Sub Cafe	1-Lb. Pkg.	17c

FRUITS AND VEGETABLES

Oranges	Fancy Sunkist, 126 Size Doz.	53c
Grapefruit	Arizonas, Size 80 5 for	25c
Tangerines	Lb.	15c
Apple Cider	(Plus Jug 10c) Powell's Gal.	65c
Apples	Delicious, Fancy Pack 4 Lbs.	29c
Potatoes	Klamath Netted Gems, U. S. No. 1 10 Lbs.	29c
Rhubarb	Hot House Lb.	19c

Flour — Northern Brand, 49-Lb. Bag $1.79

Swansdown — 48-Lb. Bag $2.09

Lge. Pkg. 20c

White Rose Bleach — ½-Gal. Jug 19c

Salmon — Sextant Brand, No. 1 Tall Tin 22c

Oxydol	Giant Package	63c
P & G Soap	Giant Bar 4 for	19c
Apricots	Libby's, No. 2½ Tin	28c
Figs	Royal Club, Tall Tin 2 for	35c
Peaches	Del Haven, No. 2½ Tin	25c
Raisins	Seedless, 4-Lb. Pkg.	48c
Apricots	Meco, No. 2½ Tin	25c
Orange Juice	Meco 46-Oz. Tin	34c
Blended Juice	Vita Pak, 46-Oz. Tin	33c
Tomato Juice	Libby's, 46-Oz. Tin	24c
Blended Juice	Royal Club, No. 300s. Can	11c
Cake Flour	Swansdown Large Pkg.	25c

MEATS

Jones Colored Fryers — Ready for the Pan—None Better. We Have a Large Supply This Week

Beef Roast	Lb.	28c
Sirloin Steak	Lb.	35c
Beef Short Ribs	Lb.	22c
Swiss Steak	Lb.	39c
Peas	Libby's, No. 2 Tin	15c
Peas	Rosedale, No. 303 Tin	12c
Beans	Meco Brand, No. 2 Tin	15c
Corn	Meco Brand, No. 303 Tin	12c
Tomatoes	Del Haven, No. 2½ Tin	14c
Kraut	Quart Jar	19c
Spinach	Royal Club, No. 2½ Tin	17c
Pumpkin	Standby, No. 2½ Tin 2 for	23c