

Herald and News
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Editor

Herald and News
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MALCOLM EPLEY
Managing Editor

SIDE GLANCES



"Maybe I'm not old enough to have a beau, Father, but his dad's in Africa and his mother's a machinist, so he needs a sensible girl to guide him!"

Traveling Through The War Today

(Editor's Note: Due to confusion in the mails, the following column arrived at The Herald and News after publication of a column written later in Chicago.)

By MALCOLM EPLEY
MONTREAL, Quebec, En Route (Special Correspondence)—Green New England afforded us soft scenery reminiscent of western Oregon and Washington as we started home at last from Boston, site of the BPOE grand lodge meeting.

Our train, combination equipment of the Boston and Maine railroad and the Canadian Pacific, rolled northward through the hills and valleys of New Hampshire and Vermont and into Canada. It was one of the most pleasant days of the trip from the standpoint of scenic attractions. The train did local work along the line, and at each little station we passengers got off for a more intimate view of the little New England towns.

This railroad, it seemed to us, is built in such a way as to take better care of the passengers' observation opportunities than is customary. So much of the time, particularly in the industrial areas of the east and midwest, nothing can be seen from the car window but the walls of deep cuts or tunnels, while in the large cities your train becomes a subway and runs through complete darkness.

But on this New England ride, the countryside was always in view. And it was truly beautiful—wooded hills, quietly rolling valleys, picturesque villages and farms, all in a cool green setting most welcome after the muggy heat on the pavements of Washington, New York and Boston.

Bend-Klamath Yearnings

THE Elks really suffered from the heat at Boston.

We sat by Bill Stollmack, of Bend, who is well known to many Klamath people, at the national ritualistic contest, and we've never seen anyone look hotter than did Bill. Together, we yearned for the high, dry climate of the Klamath and Deschutes countries.

Even more oppressed than the spectators were the ritualistic contestants, for they were under the heat of competition as well. The equir of the Appleton, Wisc., lodge passed between us and a window, and we observed two great beads of perspiration hanging from his earlobes like earrings.

Boston Commons

ON hot days and nights like those, many Bostonians find relief from the heat on historic Boston Commons, a 50-acre park in the center of the city. Hundreds of people sit on the park benches or lie under the elms in the grass.

Walking from our hotel to the convention place in early mornings we observed many persons asleep on the grass. Evidently, they had been there all night.

Such use of the park, of course, leaves a lot of rubbish, and it was littered with newspapers when we passed through in the early mornings.

Another distinctive feature of Boston is the peanut vender. On the Commons and all through the business district, these nut merchants sup up business beside little cars. The squirrels in the Commons were well-fed from these supplies while the Elks were in Boston.

Old-Timer

IN THE lobby of the Boston Statler we were stopped by a stranger who had noticed the name "Klamath Falls" on our lodge badge.

He was Morton G. Johnson, who lived 35 years ago at Olene and remembered many old-timers and old-time events of the Klamath country. He is exalted ruler of an Elks lodge near Boston.

It wasn't like meeting a present-day Klamathite, but it got us to thinking about home. Many Oregonians, of course, were at the convention—John Blair of Lakeview, Doc Fortune of Marshfield, Bill Stollmack of Bend, Lew Wallace of Portland, and others well known to Klamathites. Lew Wallace, incidentally, helps keep up the country's potato consumption by ordering spuds at least two ways at dinner.

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WAR KITCHEN

WAR WORKERS REQUIRE HOT, HEFTY BREAKFAST
By GAYNOR MADDOX
It's a long time between getting up in the morning and the 12 o'clock factory whistle. Only a substantial, well-balanced breakfast will carry a man or woman worker through that period with steady hands and without fatigue. Yet thousands of war workers don't eat enough breakfast and the result shows in their ability to "take it."

Florence Williams, director of health and recreation for the National YMCA, USO division reports after a six-month field trip studying the effects of war work on women.

"Women are showing visible signs of fatigue. They aren't living right or eating right," she says. "Government experts, too, are alarmed at the inadequate food of many war workers and the bad effects it has on their morale and production."

So many men and women now producing tanks and guns never did hard physical work before. They are still eating their old "white collar" breakfast. What they need is enough nourishing food for breakfast to constitute about one-fourth of their total food requirements for the day. Nutritionists advocate an extra breakfast snack at 10:30—a piece of fruit, candy or a cookie, to keep up the energy until lunch time.

Whole grain cereals, fruit, some fat and jelly, jam or honey or syrup belong to an adequate breakfast plan. These whole-grain cereals or flours have first-rate food value, are cheap and easy to prepare.

Apple-Peanut Spread
(Makes 1/2 cups)
One-half cup cottage cheese, 1 cup peanut butter, 1 cup apple butter, 1 small apple, peeled, finely diced. Blend peanut and apple butter with cottage cheese; mix until creamy. Add diced apple. This keeps two to three weeks when stored in covered jar in refrigerator.

TOMORROW'S MENU
(Eat the Basic 7 Every Day)
BREAKFAST: Tomato and grapefruit juice, hot cracked wheat cereal, enriched bread toasted, apple-peanut spread, coffee, milk.
LUNCHEON: Cream of potato and leek soup, whole-wheat toast, sliced tomatoes, oatmeal cookies, fresh fruit, tea, milk.
DINNER: Kidney stew, brown rice, green beans, radish, cabbage and lettuce salad, bread, butter or fortified margarine, rhubarb pudding, foamy sauce, tea, milk.

Sicilian Victory Certain But Slow, Says Eisenhower

ALLIED HEADQUARTERS IN NORTH AFRICA, July 21 (AP)—General Dwight D. Eisenhower declared emphatically today he was confident of a complete allied victory in Sicily, but said the task facing British and Canadian forces was one of bitter fighting with a generally slow advance.

"Due to the nature of the terrain and the location of the enemy forces, the task facing the (British) eighth army, including Canadian forces, is one of bitter fighting with a generally slow advance," the allied commander in chief said.

"The (American) seventh army is making a more or less rapid advance through weaker resistance, thus over-running substantial portions of the island and confining the enemy to progressively smaller areas."

Poe Valley

Mr. and Mrs. Bean Tucker are considerably better after their sick spell.

Emil Wells rode after horses Saturday morning.

Zella Sullivan came back from Medford and is now working at the Klamath Falls Southern Pacific depot.

Construction of Dam Unit Authorized

PORTLAND, Ore., July 21 (AP)—A war production board authorization of construction of Grand Coulee dams No. 7 generating unit today drew approval of U. J. Gendron, assistant Bonneville administrator.

The decision was announced by J. A. Krug, director of the WPB office of war utilities. Gendron said Bonneville had waged an unceasing fight to get the unit approved.

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Bulls-Eyes Deroof Rail Station — Inhabitants of Augusta Clamor to Return

By PAUL KERN LEE
ABOARD A BRITISH CRUISER SHELLING CATANIA, July 18 (Delayed)—(AP)—This cruiser took the roof off the Catania railway station this morning with six bulls-eye shots.

The target was cleverly selected as it was a point where the highway and the railroad intersect, and a route along which the axis must move troops, either south as reinforcements or north in retreat.

Intermittent bombardments of such axis key points and batteries continued throughout the day. Meanwhile, artillery fighting again was visible ashore as the eighth army pushed into a zone of Catania, only three miles from the city.

Defend Catania
The axis evidently was throwing a large force into the defense of the Catania area, as it is the best-defended city between Augusta and Messina.

Further north, the rugged mountain country crowned by Mt. Etna, was considered likely more formidable than any fixed defenses.

The conquest of Catanian airfields should give cover for an advance in that sector.

Today I went ashore at Augusta, Sicily, where I found that the more than 20,000 inhabitants who deserted the ancient city hurriedly, just before British forces entered, now are clamoring for permission to return and are begging for food.

Citizens to Return
They will be permitted to return as soon as the water system is repaired. Augusta presently is without water.

It was estimated that 2000 persons received free meals yesterday but that 5000 more had to go without food as the stocks simply were insufficient to feed such a multitude.

The population apparently fled into the hills in the moments before fleet and assault forces entered the town last week.

Left in Hurry
In numerous homes half-eaten meals remained on the tables and most household effects and clothing were left behind.

In one deserted harbor picket boat a dinner was cooking on the stove when the British motor gunboat crew boarded it.

Only four decrepit automobiles were found in the town, the others apparently having been used for the evacuation.

One strange fact discovered by investigating officers was the quantity of cocaine and heroin found in many personal kits left behind by Italian officers, and the finding of similar stocks in numerous homes. Apparently they were not intended for first aid or hospital use but for personal use.

Augusta Described

Augusta now is a strange and picturesque collection of ancient hovels and fine modern fascist-built structures set amid flowering shrubs on a soil of palms and lemon trees.

The city provides an extremely useful allied port. Many reinforcements of men, tanks, guns and munitions were rushed 10 miles northward to the front lines through this port.

Good naval and shore anti-aircraft defenses minimized repeated German attempts to hit at the town and harbor in aerial counterattacks.

Boys, Girls Sign Up for 4-H Camp

Applications received so far for 4-H club summer camp total 52 boys and 76 girls, it was reported today. Boys and girls interested may still apply, since 100 reservations may be made for each of the two weeks.

Girls' camp will be held at Lake O' the Woods from July 25 to July 31, and boys' camp will be from August 1 to 7. Transportation will be provided to and from the camp.

Cowles Resigns Lend-Lease Job

WASHINGTON, July 21 (AP)—John Cowles has resigned as special assistant to Lend-Lease Administrator E. R. Stettinius Jr., to return to his post as president of the Minneapolis Star Journal and Tribune.

Cowles, also one of the owners of Look magazine, has been with Lend-Lease since early January. In his resignation, made public today, Cowles said that in his opinion "Lend-Lease has done an outstanding job."

Oregon News Notes

By The Associated Press
Howard M. Agan, 19, Woodburn, a religious sect member convicted of failing to report to a conscientious objectors' camp, will be sentenced in federal court in Portland Friday . . . Rep. William H. Stevenson (R-Wis.) said in Portland that republican congressmen favor Thomas E. Dewey as the party's next presidential candidate. Erwin F. Fields, 47, pleaded guilty in Portland federal court

Malin

Malin residents, who have been faithful in attendance at surgical dressing classes, are finding it hard to keep up the quota of 1000 dressings a month and more help is urgently needed. Red Cross rooms are open for the work Tuesday afternoon and Friday afternoon and evenings. An average of only 40 persons have shown up in the last few weeks, these being divided among the three work periods. Mrs. Helen Ottoman, chairman, will appreciate more cooperation.

Rev. Donald Dod will accompany 12 Boy Scouts from Malin and Merrill to scout camp at Crescent lake, leaving here July 25.

Mrs. Lawrence Kirtley and Mrs. Ben Johnson were hostesses to members of the Ladies' Aid at the last meeting held in the basement of the Presbyterian church. Mrs. Vera Stevenson reported on Haynes House, a Presbyterian school in Alaska where sewing sent from the local unit is used by students.

Miss Violet English has returned from Idaho Falls where she has been attending school to spend an indefinite time with her parents, Mr. and Mrs. Monte English who live at McCollum's mill. Miss English, a graduate of the Malin high school, has been attending business school in Idaho.

Merrill

Attorney T. W. Chaburn returned Monday from a business trip to Oakland.

Residential property, one house owned by Casey Burke and two owned by Jay McDonald, have been completely remedied for occupancy and surveys for placing sidewalks have been made. The properties are located on First and Monroe streets.

Mr. and Mrs. Lloyd Lisk had as weekend guests, Mr. and Mrs. Emmett Shields, Salem.

Lloyd Vall has returned from Reno where he accompanied Sergeant Harold King, returning to Connecticut after spending a 15-day furlough here with his mother, Mrs. John Hancock.

Now is the time when sunny goes swimming without permission—and the satin slipper is felt.

Germany's latest twin-engine fighter has an increased armament and bomb load instead of top speed and climb.

The Gila monster is the only poisonous lizard in the United States.

Causes of Carbon Monoxide Poisoning May Be in Home

Dr. Masters' Health Column—

By DR. THOMAS D. MASTERS
In war work, as well as in the home, chronic carbon-monoxide poisoning may be the cause of absenteeism or disability. Everyone is familiar with the effects of acute carbon-monoxide poisoning, which, next to automobile accidents, is the cause of more deaths than any other hazard, but cases of slow, gradual poisoning are less well known.

Carbon-monoxide is a light, odorless gas. It tends to replace the oxygen in the blood, since the hemoglobin has an even greater affinity for carbon-monoxide than it has for oxygen, and when that replacement climbs up to 25 per cent or 35 per cent, oxygen deprivation is inevitable. The blood vessels become more permeable, and the poisoning may affect any organ in the body, but is most likely to settle in those with the greatest blood supply, like the heart and brain. The peripheral vessels dilate, the bloodstream is slowed, the blood vessels tend to become spongy, and some bleeding may take place, along with swelling.

Symptoms Defined
Carbon-monoxide is considered as chemically non-toxic, but as it appears in greater concentration, it produces certain well-defined symptoms. Acute poisoning usually begins with yawning, dizziness and drowsiness—in fact, general weariness, accompanied by a tight feeling across the forehead.

This state is followed first by a frontal headache, later by one at the base and back of the skull. Dizziness and nausea bring on a lassitude, the pulse rate grows more rapid and irregular, and in advanced stages, the results are confusion, as in drunkenness, and finally unconsciousness.

For some time after recovery, the muscles of the legs are weak, and the victim is likely to be giddy. Delayed carbon-monoxide poisoning may produce broncho-pneumonia, blindness, deafness, weakness, paralysis, loss of mental powers, and certain vague, peculiar, undefinable symptoms.

Eliminate Causes
Any detected case of carbon-monoxide poisoning should be cared for at once, and its causes, such as imperfect heating equipment and gas pipes, eliminated. Fresh air is the prime prerequisite, and if necessary, artificial respiration may be resorted to.

Long exposures to carbon-monoxide, however, so slow up breathing that oxygen-inhalation may not be sufficient—in which circumstances, a mixture of oxygen and carbon-dioxide should be used. Rest and general supportive treatment are the long-range measures for those who are fortunate enough to survive carbon-monoxide poisoning.

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