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# Herald and News

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## Today's Roundup

By MALCOLM EPLEY

DICK MONTGOMERY, director of the Portland office of OPA, was in town this week. We sat down for a half-hour chat with him about OPA, particularly as regards public reaction to its program.

On the logger feeding question, of course, Mr. Montgomery gave us the distinct impression he believes in hewing rigidly to the letter of the regulations. Do that, he said, and any unsound or unjust situation will eventually right itself. The undesirable features will be highlighted for those with authority to change the letter of the regulations.

"Differential rationing"—treating one group differently from another—is bad business, Mr. Montgomery said.

In this connection, shipyard workers were mentioned in comparison with loggers who eat at canteens.

That brought out some interesting discussion. While it must be agreed that shipyard workers are performing vital work and should be nourished properly to carry on that work, there are some significant differences in their living routine.

Many shipyard workers live with their families, permitting some flexibility in the use of food points. Shipyard workers work in the cities, where they can supplement the meal diet with a sandwich, a candy bar, or a milk shake. This writer has visited both shipyards and logging camps, and he is inclined to the belief that on the average, there is greater physical exertion on the logging job.

Lumberjacks who eat at canteens are pretty much at the mercy of the cookhouse so far as their feeding goes. They don't have much chance, while on the job, to supplement their regular meals, and they have to take what is made available to them.

## Hunger in the Open

THERE is another point which occurs to us, but which wouldn't get to first base if presented to a governmental authority. We have the idea that there is something about the woods that makes for bigger appetites. Maybe it's the smell of the forest, or the condition of the air in the hills, or just the reaction of mind and body to an awareness of being out in the big open spaces. Anyone who has been on a camping trip knows what we are talking about, but we don't anticipate that idea will change any laws.

We don't mean to convey the impression that in this little discussion, Mr. Montgomery was unsympathetic with the problem of providing adequate eats for loggers. But he stuck to a strict OPA theory of adherence to regulations

## The War Today

By DeWITT MacKENZIE

ITALY'S dismal predicament and its far-reaching moral effect are likely to make the way of transgressor Hitler exceedingly hard in the not distant future.

The way things now are developing it wouldn't be surprising to see the Nazi chief attempt the major operation of making a sweeping withdrawal on all fronts to restricted boundaries which he would try to defend against the allies—come one, come all. Strengthened by this consolidation he would battle for a stalemate, hoping not only to save the reich but salvage some of his ill-got gains.

The length of time which must elapse before the all highest undertakes such a last-stand move obviously depends on how hard the allies are able to push him. That in turn hinges on the speed with which the Anglo-American brotherhood is able to clean up the Italian situation and strike elsewhere.

In yesterday's column I pointed out the great threat which would be created to the present German battle-line in Russia if the western allies should follow the Italian collapse with an invasion of the Balkans. A successful drive up the Balkan peninsula would force the Nazis to undertake the terribly dangerous feat of pulling back their entire front, assuming that soviet pressure was maintained.

It's most unlikely that this could be achieved without corresponding withdrawals in western Europe. Hitler's position would be so precarious on the eastern front during his retreat that he wouldn't dare leave his forces scattered throughout the occupied areas of the west. More-

generally established until they are changed, whereas our idea has been that conscientious and competent local boards should have authority to handle local situations as the circumstances dictate.

## Nature Won't Wait for ODT

ONE trouble with waiting for an unsound situation to right itself is that a lot of things can happen before flexibility is forced upon a generally established regulation.

Widely told is the story of the sheepman who was in dire need of gasoline to get around in his business during lambing season.

He wrote to the ODT for help. Back came a letter, suggesting that he postpone the lambing season.

## "Conscientious" Point Users

ONE interesting turn in the conversation had to do with a public idea that, whether the family or individual needs it or not, every ration point should be used up in each period. Some people, in fact, seem to think the law requires the use of all points.

Mr. Montgomery recalled that while on the train, he had overheard the conversation of two women who were traveling from their homes to a different part of the country. They were wondering if they would be able to use their ration points in their new location.

Mr. Montgomery moved into the conversation and asked the ladies if it had occurred to them that maybe they shouldn't use any ration points unnecessarily, by that restraint contributing a bit to the general improvement of the food situation.

They were interested. The idea had never occurred to them, and no doubt there are many others who "conscientiously" use every ration point.

Likewise, it is obvious that the natural and human reaction to involuntary rationing makes the rationed article highly desirable.

We have a friend who, it always seemed to us, made a special point out of drinking milk while those around him drank coffee. He gave us the idea that he looked disdainfully upon our abuse of our bodies while he was building his up with the nourishing fluid from the cow.

Since coffee rationing went into effect, we have been at table a few times with this friend. Nothing has been said, but we have noticed that he invariably takes coffee.

## After the War

MR. MONTGOMERY has the opinion that the greatest pressure against such restraints as are now imposed by OPA will come immediately after the war. He thinks the work of OPA or a similar agency will be more vitally necessary than ever then, to curb a trend toward inflation.

He has noted, he said, that people tend to stay more closely within bounds when the war news is bad. Violations of OPA regulations rise when the news turns good.

That is one basis of his expectation of what will happen when the war is over.

over, we are reminded of another circumstance by British Prime Minister Churchill who yesterday told a cheering house of commons:

## Spirit of Revolt

THE spirit of revolt rises higher in all subjugated lands. German rule is maintained from the north cape of Norway to the island of Crete only by hideous and ruthless cruelty, reprisals and massacres.

The Greeks, the Yugoslavs, the Czechoslovaks, the Poles, the French, the Belgians, the Dutch, the Norwegians—all these tortured folk are merely waiting for the signal to throw themselves on their oppressors. Indeed, Yugoslav guerrilla forces never have ceased to wage bitter war on the invaders, and the ferocity of these attacks has increased with the weakening of Italy.

The idea of Hitler withdrawing to a restricted area for final defense isn't new. Military observers long have foreseen its inevitability when the Germans got hard pressed. The fuhrer, perhaps on the insistence of his high command, has had his final defenses prepared.

The first stage of a general withdrawal in Russia presumably would be to the line of the river Dnieper, as remarked yesterday. However, if things were going badly with the Germans this would be only an intermediate stop, for their final destination would carry them at least into Poland.

On the western front, Hitler is said to have had the two vast and "invulnerable" fortified lines with which the war started—the French Maginot and the German westwall—prepared for the defense of the fatherland. Many other strategic strong points have been got ready for the show-down.

most any kind of disturbance without interference.

From the Klamath News July 28, 1933

Labor difficulties continued at a peak here today, with plants down in the lumber strike. Approximately 1500 workers are idle.

District headquarters of Safeway stores are to be transferred to Klamath Falls.

MIAMI, Fla., (AP)—Rep. R. A. Green forgot during an address here that his speech was being broadcast.

Twice he made assertions which he quickly assured his visible audience were "off the record."

The third time he spoke in confidence, he suddenly remembered the mike before him was "alive," and muffed it with his hand while he made his point.

## "Mission to Moscow" Well Received in Russian Showing

MOSCOW, July 28 (AP)—The smiling face of former Ambassador Joseph E. Davies looked down on the milling streets of Moscow today from big colored posters on the fronts of movie houses showing his "Mission to Moscow."

The picture had its first public showing here last night and was well received, though Russian audiences were amused at some of Hollywood's ideas of Russian life.

Only minor cuts were made in the version shown here. For instance, a scene in the American embassy where the secretaries tell Davies that walls have been tapped was deleted. Russians watched the famous Moscow trial scenes with intense interest.

## SIDE GLANCES



"Buying the horse and buggy wasn't a bad idea, George, but please stop telling everybody you courted me in a rig just like this!"

## WAR KITCHEN

### CREAM CHEESE FILLING ENRICHES CINNAMON ROLL

By GAYNOR MADDOX

No matter how rushed your war worker is, he will pause long enough to enjoy a cinnamon roll with fruit and cream cheese filling—or a golden slab of French toast served with honey or jam. Both these dishes combine flour with other sustaining nutrients into agreeable wake-up food that sticks to the ribs and keeps the worker up to his job until lunch time.

Fried pressed cereal is another hearty "stick-to-the-ribs" breakfast item. Pack cooked cereal into square dish and stand overnight. Slice in thick strips, roll in flour, and fry in bacon drippings. Serve with jam, honey or syrup.

Cinnamon Snails With Cream Cheese Filling (Makes 3 1/2 dozen rolls about 4 inches in diameter)

One cake compressed yeast or 1 package granular yeast, 1/2 cup lukewarm water, 2 teaspoons salt, 1/4 cup sugar, 1/4 cup fat, 1 cup boiling water, 1 cup irradiated evaporated milk, 1 egg, 6 cups sifted enriched flour, about 1/2 cup raisins, washed and drained well, cream cheese filling.

Dissolve yeast in the lukewarm water. Add salt, sugar and fat to the boiling water, and stir until fat is melted. Add milk. When lukewarm, add dissolved yeast. Beat in half of the flour. Cover and let rise until double in bulk. Then add beaten egg and remainder of flour. Knead until smooth and elastic.

Put into well-greased bowl, cover and let rise again until double in bulk. Roll dough to 1/4-inch thickness. Spread with cream cheese filling, sprinkle with raisins and roll up like jelly roll. Cut roll into 1/2-inch slices. Place on greased baking sheet, cut side down, allowing

## HOYT TELLS DUTIES OF DOMESTIC OWI

LOS ANGELES, July 28 (AP)—Palmer Hoyt, director of the domestic branch of the office of war information, says his unit should:

Get all the news from the army and navy, and give all of it to the public that can be given without telling the enemy what he shouldn't know.

And, on the other hand, he stated in an interview yesterday: "There are two things the OWI should not do. It should not act as a censor and it should not pamphleteer and propagandize. It was pamphleteering and the suspicion of plugging for a fourth term that brought down the disapproval of congress on the domestic service of OWI."

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## Telling The Editor

Letters printed here must not be more than 200 words in length, must be written legibly on ONE SIDE of the paper only, and must be signed. Contributions following these rules, are warmly welcomed.

### FIGURING ON TAXES

KLAMATH FALLS, Ore. (To the Editor)—We now have with us the "current payment plan" of income taxes, commonly known as the "pay-as-you-go" feature of the income tax law. The 1942 income statute is not changed in the rates of payment or any other feature, except there is "tacked on" this new feature of withholding, or saving-up the money with which to pay our income tax, and having same turned over and paid during the current year of 1943. The withholding feature applies to those working for salary or wages and a certain percentage of such earnings are withheld by the employer, and will be credited to all such employees, but they will still be required to file their annual income tax return.

This feature of the law, is pretty well understood by all because it has been so constantly before them.

However, there is another aspect of the law which is not so well understood, and for this reason, I would like to make the following observation, in regard thereto.

All business men and professional men and in fact everyone having an income, except the wage earners above mentioned, and the farmers with them—will have to prepare an estimate of this year's (1943) income on or before September 15, which is not very far away.

This estimate, will approximate the total income for the year (1943) current income. The tax thereon will be computed just exactly as the tax was computed for 1942, rates, allowances, credits, etc.

When this year's total tax, has thus been estimated, and the whole years tax so determined, then the taxpayer will be credited with the two payments which he has made, if he has made any, and the balance of tax due will be made in two payments, one to be sent in on or before Sept. 15, and the other on or before Dec. 15, this year so that current payment may be accomplished within the year.

On or before the 15th of March, 1944, the taxpayer will have to prepare his annual, correct and exact, income tax return for 1943, and if he has paid too much on his "estimated return" he will be refunded, and if he has paid too little,

## Dr. Masters' Health Column— Real Way to Reduce Is to Cut Down on Your Diet

By DR. THOMAS D. MASTERS

Several months' experience with rationing of food shows surprisingly little evidence that those who are overweight are correcting that condition by living within the law. With the home front and production line demanding health and efficiency as never before, the hazards of obesity are being stressed in many quarters, and any number of diets and regimens of living are being put before the public on how to reduce weight properly.

All these pieces of competent advice stress the prime importance of not eating more food than the body requires—since reduction of food is the one and only way to get thinner, and there are no short cuts. Furthermore, sound reducing diets all contain the foods essential to healthful living—meat, fish, fowl, milk, cheese, eggs, fruit, vegetables, and whole wheat bread or cereals. They concentrate on eliminating non-essential foods like sugars and starches, while cutting drastically, but not eliminating, desirable fats like butter. In short, all authorities agree on recommending the average adequate diet—with a difference of quantity only.

REDUCING NO FUN  
The psychology of reducing properly is not treated completely enough, however, by most experts on reducing, and is probably of great importance in all instances. There are several states of mind to take into account, if the diet is to be followed consistently and with relative ease and permanence. Reduction of food means that the reducer must cope with the sensations of hunger. Also, he is likely to become obsessed with the problem he is trying to solve, to the exclusion of other interests. Finally the slowness of a sound reducing procedure can be very burdensome, and many may dislike cutting out alcohol, which has a high caloric value.

On the happier side of the ledger, to be weighed, surely, against the disadvantages mentioned above, are the increased efficiency to be gained by attaining one's proper weight—which in adult life should be regularly one's ideal weight at the age of 30—the achievement of improved appearance (all ways of advantage economically and esthetically) added comfort in movement and ease in finding ready-to-wear clothing. In addition, the excellent conditioning methods of the present for both men and women do much to build morale and support the body while its owner is striving toward the intelligent modern conception of good bodily shape.

TRY SIX MEALS  
There are several things to do, fortunately, that can make the onerous task of reducing less weighty. First of all, it is advisable to interest oneself in a variety of things that take the mind off the issue in hand. Next, one may divide one's daily allotment of nutriment (somewhere between 600 and 1200 calories never less than 600) into five or six meals, instead of three, thus keeping the hunger pangs at bay. And last, one can check his loss, not only by scale, but by inches and increased ease of clothing. All these tricks and small satisfactions may contribute materially to the end in view, which is a healthy and normal physique.

Farmers do not have to make the current estimate as outlined above, until December 15, this year, otherwise they will pay all of their balance of 1943 tax right then to make them up to date (current).

So, better get you ready for the figuring now begins. Yours respectfully, WM. F. B. CHASE.

ART  
EUREKA, Calif., (AP)—Federal Dist. Judge A. F. St. Sure arrived for the summer court session, saw mural paintings of pelicans and pigs adorning the courtroom—and asked the County Bar association to have someone take them down—Quickly, please!

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## Klamath's Yesterdays

From the files—40 years ago and 10 years ago.

From the Klamath Republican July 23, 1903

George Grizzle, proprietor of the East End Marble Works, is being kept busy filling out orders for tombstones and monuments.

Two employees of the S. S. Mitchell ranch got gloriously drunk in town last Saturday and staged a knock-down fight in front of the opera house. It took the loser about two hours to regain consciousness in Dr. Hargus' office. As we have no day marshal, a man can get drunk and disorderly here and create