

Member of THE ASSOCIATED PRESS The Associated Press is exclusively entitled to the use of reproduction of all news dispatches credited to it or not otherwise credited in this paper, and also the local news published therein. All rights of reproduction of special dispatches are also reserved.

Herald and News

A temporary combination of the Evening Herald and the Klamath News. Published every afternoon except Sunday at 4:30 p.m. and on Wednesdays at 10:30 a.m. by the Herald Publishing Co. and the Klamath News Publishing Company.

Entered as second class matter at the postoffice of Klamath Falls, Ore., on August 20, 1906 under act of congress, March 3, 1879.

Member of AUDIT BUREAU OF CIRCULATION

Represented Nationally by WEST-HOLLIDAY CO., INC. San Francisco, New York, Seattle, Chicago, Portland, Los Angeles.

MALCOLM EPLEY Managing Editor

Today's Roundup

By MALCOLM EPLEY TIMELY was the ultimatum from President Roosevelt warning neutral countries not to give asylum to axis leaders, who may soon be fleeing their own countries to escape the just treatment the allies have in store for them.

Mussolini, Hitler and their associates have known now for some time what the inevitable outcome of the present struggle will be. They have no doubt made their plans for securing personal comfort and peace in some safe spot while the result of the world suffers and struggles with the problems brought on by the war.

The Kaiser's move to Holland after the last war is probably the pattern Mussolini has immediately in mind, and which Hitler will attempt to follow later on.

It was time for a United Nations spokesman to warn neutral countries against helping the axis leaders in any such objective, which would be galling and disturbing to the peoples of the fighting countries. Mr. Roosevelt did the job properly.

Highway Promotion

Speaking to the Kiwanis club Thursday, State Highway Commissioner Arthur Schupp advised Klamath people to work more aggressively than ever for their just share of forthcoming highway development.

Mr. Schupp is in a position to know the extent of the pressure brought to bear on highway authorities by other communities and groups of communities. He dropped a broad hint to Klamath people that they must work and organize if this community is to get what it wants and deserves.

The War Today

(In the temporary absence of DeWitt MacKenzie, this column is written today by John Evans.)

By JOHN EVANS

KING VITTORIO EMANUELE'S hold on his war-torn throne seems to be strengthened by the very shocks that might be expected to unseat him.

This is because the allied world just now asks "who is Italy?" Not long ago Mussolini was Italy, but today General Eisenhower tacitly recognizes the king as the one to accept "honorable conditions" of peace.

At first thought it would seem that rumored riots and insistent popular cries for "peace" might shake the throne and start a revolution. It still seems to some that the king and Badoglio are touched with the tar of fascism because they tolerated it, recognized it and worked with it. On the other side are these facts:

1-The king accepted Mussolini and fascism because he couldn't help himself. He tried the wily Premier Giliotti and others in shortlived governments in vain efforts to stave off a revolution.

He finally gave in to Mussolini and summoned him as premier, as the king said, to avert civil war. Badoglio at that time assured the king that the army could defeat the fascists marching on Rome, but the king took the costly easy way out.

However, once Mussolini was in, the king had to decide either to abdicate and leave everything to the fascists or to hang on as best he could, biding his time. He bided. Now Mussolini is out and the king is in.

organization, referring to the Coast highway and Pacific highway associations.

Klamath in the past has worked successfully in cooperation with numerous other communities, such as Alturas, Weed, Lakeview, Bend, and Eugene, but it is true it is not affiliated with any highway-promotion organization. It is not certain, at this time, what form such an organization might take, and it is time for a close scrutiny of common interests with other communities looking to something of the kind.

In this connection, we are pleased to report that action has been taken in the direction of a meeting with Bend people for a discussion of highway problems.

A thorough understanding between Bend and Klamath Falls on highway matters can be of great benefit to both communities, and can prevent development of situations later that might prove inimical to improvements of importance to both.

Klamath has always had friendly relationships with the various communities with which it shares highway relationships. These must be nurtured and extended.

Jap Colony Question

A FRIEND of ours dropped in with an idea on the Japanese colony matter that is somewhat different from other opinions expressed since the announced plan to concentrate disloyal evacuees at Tulelake.

This move, our friend contends, is a good thing, for this reason: It will assure the removal of the evacuees from this region when the war is over.

It was a matter of real concern here at the time of the establishment of the WRA project, that the Jap colonists might like the country and decide to stay here when the war ends.

Our friend doesn't think disloyal Japs will have a chance to do that. They are known to be loyal to Japan, and he thinks they should be and probably will be moved there after the war.

Dr. Masters' Health Column—

Scarcity of Food Demands Added Nutrition in Diets

By DR. THOMAS D. MASTERS The war-borne increased demand for food to feed the military and civilian populations of the Allied Nations, resulting in a restriction in both the quantity and quality of our foods, doesn't mean that our nutritional status will be impaired.

In fact, in many instances, it may be beneficial, especially if recognized nutritional facts are substituted for the element of chance in sheer abundance.

The health and morale of the civilian front as well as the military are enhanced by good nutrition. The nutritional needs in time of war are not changed from those of more serene times, except that many persons are doing harder and longer work, and therefore their food stores are increased.

HOW BODY USES FOOD

Food is required for the growth and repair of tissue; for energy, as in muscular work and maintaining the body-heat; and as a source of vitamins, or the raw materials out of which vitamins, enzymes, and hormones are manufactured.

Food is also required to make life tolerable, for the enjoyment and satisfaction that follow a good dinner is no mean thing.

Carbohydrates are not essential to good nutrition. They are the most abundant and therefore the least expensive source of energy. Fats are the richest source of energy, but it is doubtful that fat is essential, except as a carrier of the fat-soluble vitamins. From the practical point of view of adult diets, however, the reference is to Vitamin A only.

The addition of Vitamin A to vegetable fats makes them fully as nutritious as the more expensive animal fats.

Protein is essential to good nutrition. In peacetimes, the chief source for protein is muscle meat. When this source is reduced or removed altogether the two or three ounces of protein needed each day may be obtained from vegetables, especially the legumes and soybeans, from milk, cheese, eggs, fish and fowl.

Of the 12 minerals known to be essential, most are required in very small amounts and are present in a variety of foods. Iron ordinarily obtained from meat may also be gotten in eggs, leafy green vegetables, dried fruits, and whole grain cereals.

Calcium is present in most vegetables, but milk and cheese are the best sources, and unless milk in some form is employed in the diet, the calcium intake will be lower than is desirable.

VITAMIN SOURCES

The vitamins that are of practical interest are A, B, and C. The best sources of A are liver, egg-yolk, and dairy products, but green leafy vegetables and yellow vegetables provide carotene, which the body converts into Vitamin A.

Vitamins B and C are soluble in water, and therefore the body does not keep any reservoir of them. A regular intake of the sources of these vitamins, then, is desirable.

Vitamin B-complex is available from meats, including fish and fowl, from milk and cheese, from legumes such as beans, peas, and peanuts, and from whole grain cereal.

Without citrus fruits, tomatoes, or raw cabbage, the diet will be deficient in Vitamin C.

SIDE GLANCES



"Pop cracks jokes every night when we sleep on the floor. Mom—last night he said your relatives changed us to war refugees."

NAVY TO TRIPLE WAVES ENROLLMENT

WASHINGTON, July 30 (AP)—The WAVES have cause for celebration today.

Only a year old, already their organization has grown three times larger than was planned, and demands for its services are so great that now the navy aims to triple the present enrollment by the end of 1944.

In a congratulatory message, President Roosevelt said that "in their first year, the WAVES have proved that they are capable of accepting the highest responsibility in the service of their country. On behalf of a grateful nation, I offer birthday congratulations and a hearty 'well done.'"

More specifically, the navy said proudly that the women's auxiliary has released enough men from shore jobs to take a huge task force to sea.

Putting up Berries?

be sure it's PURE CANE SUGAR insist on C and H SUGAR IN REFINERY-PACKED CONTAINERS

HELENA, Mont. (AP)—Carl Oase of Missoula stalled his five-ton truckload of beer on a mountain grade.

It rolled back down, overturning and spilling the driver and his beer into a picnic crowd.

Oase joined the picnic and the picnic joined Oase in cleaning up the wreckage.

WAR KITCHEN

WHOLE WHEAT HAS "PLUS" VALUE IN NUTRITION By GAYNOR MADDOX "We really didn't need a war to learn how good whole-grain cereals can be," says Helen E. Ridley, outstanding home economist. "Now the science of nutrition informs us that whole-grain cereals have a plus value. Each flavorful grain carries a rich cargo of minerals and vitamins and some vegetable protein. To those elusive qualities we owe our strong bones, bright eyes, clear skins, stable nervous systems and general resistance to disease," she adds.

"Now that so many foods are rationed, we should be particularly grateful that whole-grain cereals and unrefined sweets claim none of our precious points. We can let them take the place of some of the rationed foods, profiting in health while we enjoy a varied and delectable diet."

Miss Ridley, member of the National Home Economics association, suggests these two recipes which she has tested.

Raisin-Bran Loaf

One cup bran, 2 cups flour, 1 1/2 teaspoons soda, 1 teaspoon baking powder, 1 teaspoon salt, 1 cup chopped raisins, 1 cup New Orleans molasses, 1 1/2 cups buttermilk, 3 tablespoons melted fat, 2 eggs, beaten.

Mix dry ingredients and add raisins. Mix molasses, buttermilk and fat. Add eggs. Combine two mixtures and mix thoroughly. Turn into loaf pan which has been lined with waxed paper

and bake in a moderate oven (350 degrees F) for 45 minutes or until done.

Oatmeal Walnut Cookies (5 dozen cookies)

Three-quarters cup shortening, 1/2 cup sugar, 1 cup molasses, 2 eggs, beaten; 1 1/2 cups sifted all-purpose flour, 1/2 teaspoon soda, 1 teaspoon cinnamon, 1/2 teaspoon salt, 2 cups oatmeal, 1 cup finely chopped walnut meats.

Cream shortening, add sugar and molasses. When well mixed, add eggs. Mix and sift flour, soda, cinnamon and salt, combine with oatmeal and add to first mixture, then add nut meats. Drop by teaspoonfuls on greased baking sheet, leaving room between for them to spread, and bake in a moderate oven (350 degrees F.) until brown, about 12 minutes.

Strained Bacon Drippings

chicken fat or beef fat can be used in these highly flavored recipes, thereby saving ration points.

MENU (Eat the Basic 7 Every Week)

BREAKFAST: Stewed cherries, eggs, raisin-bran loaf, butter or fortified margarine, coffee, milk.

LUNCH: Baked beans, brown bread, fortified margarine, cabbage and apple salad, stewed peaches, tea, milk.

DINNER: Fruit cup, fried catfish, fried potatoes, corn on cob, enriched bread, butter or fortified margarine, green

Infantile Paralysis Strikes Six Salem Residents in Week

SALEM, July 30 (AP)—Six residents of the Salem area have been stricken with infantile paralysis within the past week, Dr. W. J. Stone, Marion county health officer, said today in appealing to residents to avoid crowds.

Dr. Stone said the source of the infection is unknown, and that the only known cases in Oregon are in the Salem district.

He said one person already is believed to have died from it. He is Ernest Tucheck, Salem pharmacist.

Tug Sinking Added To Hurricane Toll

HOUSTON, Tex., July 30 (AP) Sinking of the seagoing tug Titan has been added to the toll of a hurricane which lashed the Texas gulf coast Tuesday. Deaths earlier had totaled at least 15, and 5000 persons were left homeless.

H. Richardson, dispatcher for the Intracoastal Towing and Transportation company, reported last night that the tug sank at sea during the hurricane. He said the coast guard informed him that some survivors had landed on life rafts. The Titan normally carried a crew of 14.

salad, oatmeal walnut cookies, tea, milk.

"Hawthorne House" Boy Dies in Cave-In

SAN FRANCISCO, July 30 (AP) The "Roy Manners" of the radio program series "Hawthorne House"—in real life Stephen Floyd George, Jr., 13—was dead here today, victim of a dirt cave-in.

The boy, who also played the role of "Little Lord Fautleroy" of the radio series, was buried under four feet of sandy soil in a backyard cave he and playmates had dug.

Firemen recovered the body. The boy was the son of Mrs. Mary Louise George.

Major Martini in Divorce Action

SAN FRANCISCO, July 30 (AP) Major Allen V. Martini's wife will file suit for divorce soon after the famous pilot of the Flying Fortress "Dry Martini" leaves San Francisco, her attorney said last night.

Major Martini, who arrived here last Tuesday after service overseas in which his plane is credited with shooting down 28 German planes, confirmed the rift, saying, "My wife and I have talked things over. Incompatibility is what you might call it."

Advertisement for Dr. E. M. Marsha, Chiropractic Physician, 220 No. 7th St., Eugene, Ore. Successfully treated, no pain, no hospitalization, no loss of time, permanent results.

Advertisement for Armory Baldy's Band, Let's Go DANCING THIS SAT. NITE At the ARMORY BALDY'S BAND Regular Admission Prices

JULY WATER CONSUMPTION MAKES RECORD

July water consumption is setting an all-time monthly record for the Klamath water system, according to figures disclosed Friday by Sam Ritchie, division manager of the California Oregon Power company.

July 20 saw the record pumpage of water in local history. The total was 5,668,500 gallons. The previous high was July 2, 1942, with a total pumpage of 5,600,250 gallons.

With the month nearly gone, Ritchie was able to estimate the July water use at 155,800,000 gallons, or an all-time high. The July, 1942 total was 148,970,250 gallons.

Ritchie said that it was apparent that victory gardening watering is the main factor in the new records set in July, 1943.

June figures were somewhat under June of last year, but domestic use increased also in that month, indicative of victory garden activities.

The figures quoted were taken at the Conger avenue pump.

HEAT-BEATING POWDER PROVES RELIEF FOR SKIN RASHES' ITCH

Thousands have found how to beat the heat with Mexana, formerly Mexican Heat Powder—using it to cool the burn and hot feeling of sunburn, and relieve the sting of heat rash and chafed, irritated skin. Now families everywhere are turning to this cooling soothing powder to relieve the itch and burn of simple rashes and diaper rash. Mexana is the kind of medicated powder often recommended by specialists. Yet it costs little and you make even greater savings in the larger sizes. Always be sure to demand Mexana.

PERSONNEL, EQUIPMENT LACK IN AIR RAID INCIDENTS MAY BE OVERCOME BY OREGON PLAN

By G. A. KRAUSE Commander, Citizens Defense Corps

OREGON IS EVER ON THE ALERT. In June, 1941, six months prior to the bombing of Pearl Harbor, Oregon adopted definite plans for the creation of a state defense council.

Now again it leads in the adoption of the Oregon plan. For some time it has been apparent that shortages of protective personnel and equipment will not permit adequate coverage of all incidents even in an air raid of short duration.

The Oregon plan is a plan designed to stream line and speed up the handling of incidents so that the most effective use of existing resources may be obtained.

This is the problem we are now facing:

1. At present we depend upon the air raid warden to provide the control center with a complete picture of the incident, upon which facts the heads of the service will base their decisions in dispatching equipment and manpower.

It has been found (a) that no one person is qualified to provide a sufficiently clear-cut analysis of an incident; (b) in attempting to do so the warden will use up precious minutes which are vital to the protective services; (c) the warden can be using this time in attempting to save life and property.

2. At present, we are inclined to dispatch too much rather than too little protective equipment to an incident, fearing the warden's report may not indicate the true seriousness of the incident. This could quickly lead to exhaustion of resources.

3. We are plagued with the necessity of deciding which incident is most important and should be handled first. (a) Vital industry must not be disrupted if we can prevent it; (b) Lives of numbers of people must be protected before the life of an individual is considered; (c) Fire in an area where conflagration may arise represents a danger to all and should get attention before isolated or dwindling fire.

4. The average air raid warden is not qualified by knowledge of the protective services to coordinate efficiently the efforts of

the responding services. It is more practical to take a small group of carefully selected individuals, giving them a special training to take charge of incidents in the name of the commander.

5. In most instances, there is insufficient organization within the block to provide first aid, fire fighting, etc. Fire wardens will be supplied by fire guards, to be discussed later.

6. Experience with Japanese bombs in India shows that 99 per cent of bombs dropped may be expected to fall in an area roughly 300 x 400 yards. This produces one large incident rather than a series of small incidents. The latter is what most of our planning has been designed to meet. With this knowledge it is imperative there be a more effective over-all control of operations at the scene of the incident than is provided by the air raid warden. At such large incidents the commander of the citizens' defense corps should be represented by a person who can act for him in the coordination of all protective operations.

The above represents the problem. In the west coast combat area it is hazardous to delay further the adoption of some plan to meet immediate needs. Of course, no plan is a guaranteed answer to all problems, but we feel this one meets immediate needs. Future articles in this column will explain the Oregon plan more clearly.

Aircraft officials maintain that anyone intellectually and temperamentally fitted to drive an automobile safely can learn to pilot a light plane.

SEE YOUR LOCAL CHEVROLET DEALER SERVICE ON ALL MAKES OF CARS AND TRUCKS

Advertisement for Turner Chevrolet Co., 410 S. 6th St., Phone 4113. Servicing WAR WORKERS, WAR AGRICULTURE, WAR INDUSTRIES, and ALL WARTIME AMERICA. "SAVE THE WHEELS THAT SERVE AMERICA"