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# Herald and News

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MALCOLM EPLEY Managing Editor

## SIDE GLANCES



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### Dr. Masters' Health Column—

## Heart Disease Curable, But Prevention Easier

By DR. THOMAS D. MASTERS

Almost everyone, at one time or another in his life, is temporarily convinced that his dissolution impends by way of heart disease. The final denouement of this disorder is in tradition and literature so dramatic and so startling in its manifestations that people assume that its approach is rooted in stealth and that nothing can be done to control it. Such is by no means the case, even in times so disjointed and stormy as these.

Men of army age today have been, on the whole, rather carefully fed and educated to a regimen of health from early childhood, even if they do not follow it faithfully in all instances. It will be interesting to observe if these men, upon reaching the years of maturity between 45 and 50, have a lower incidence of heart disease and hypertension than those of the past generation who have had at the same age.

After the heart has become damaged, extensive concessions must be made to establish an equilibrium, and the surrender of normal activity is a serious handicap with most, if not all people. There is no specific remedy that will include the restriction of physical activity after the damage has occurred.

The problem of prevention of heart disease is not so abstract as its cure, and offers much greater hope. The elimination of rheumatic fever and related diseases, or their careful management in youth, will remove a large block of heart-disease that becomes manifest in later life. Syphilis can be eradicated, and with its

disappearance, another large category of cardiac disease will be wiped out. The degenerative diseases of the heart that follow high blood pressure and hardening of the arteries have their commencement in midlife or later.

Methods of preventing or postponing these changes do not seem to be far out of reach at the present time. Until such knowledge is acquired, the application of the Greek ideal of the Golden Mean in all things must be employed. Moderation, the acceptance of physical limitations apparent in all people as they grow older, and the adjustment of oneself to that inevitable change must serve for the present.

Men and women past midlife who have returned to or continued intense physical or mental effort under the drive of the wartime needs of industry and agriculture should make a conscientious effort to heighten their efficiency and thus conserve their energy. Sufficient rest, adequate relaxation, and a well-balanced diet without excesses, and moderate exercise are particularly important in the accomplishment of this end.

Too frequently, the onset of trouble is complacently accepted as indigestion and treated with a fancy display of home remedies for acid stomach, or increasing fatigue is attributed to something more occult than overwork and inadequate rest. A thorough physical examination usually corrects such impressions and often initiates a sound program designed to conserve the heart into old age.

## WAR KITCHEN

**QUENCH THIRST WITH COOLING GRAPE DRINKS**  
By GAYNOR MADDOX  
Concord grapes scent the air these days. Crush out their purple richness and combine with other fruits and sparkling water into thirst-quenching drinks.

**Sparkling Grapeade (Serves 1)**  
Juice 1/2 lemon, 2 tablespoons sugar syrup, 1/4 cup grape juice, sparkling water.

**Sparkling Grape and Apple Punch (Serves 8)**  
One cup apple juice, 1 cup grape juice, 1/4 cup lemon juice, 1/2 cup crushed pineapple, 2-3 cup sugar syrup, mint or cherries.

**Combine fruit juices and place in punch bowl containing a block of ice. Just before serving, add 1 quart of sparkling water. Garnish with mint or cherries.**

If you want to put up grape juice, follow this tested recipe from Edith Barber, a leading food connoisseur.

**Edith Barber's Grape Juice (About 4 Quarts)**

Ten pounds Concord grapes, 1 cup water, 3 pounds sugar. Wash grapes and stem. Put grapes and water in large kettle and heat until seeds separate from pulp. Do not let fruit come to boil. Drain through jelly bag into kettle. Add sugar and stir over hot water until sugar is completely dissolved. Pour into hot sterilized jars and seal completely. Lay jars on side in kettle filled with hot water (not boiling water) for five minutes.

**MENU**  
**BREAKFAST:** Concord grapes, oatmeal, toasted corn muffins, marmalade, coffee, milk.

**LUNCHEON:** Brains with scrambled eggs on toast, mixed greens salad, baked apple, tea, milk.

**DINNER:** Fruit cup, chicken croquettes with paprika sauce, green beans, enriched bread, butter or fortified margarine, sliced tomatoes and cucumbers, grape gelatine, coffee, milk.

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# Four Classes of Federal Income Tax Payers Must File Report September 15

By JAMES MARLOW and GEORGE ZIELKE

WASHINGTON, Sept. 1 (AP)—One of every three federal income taxpayers must file a new income tax return by September 15.

This is a declaration of estimated 1943 income and taxes. In most cases a person who has to file such a declaration will have to send in a payment with it—and make another payment on December 15.

**Four Classes**  
Four classes of taxpayers must make this new report:

1. Those whose income is more than \$2700 if single (or married but not living with husband or wife), or more than \$3500 for a married couple, with or without dependents. As in the past, married couples must file either joint or separate returns.

2. Person whose income isn't subject to the withholding tax—the deductions from pay withheld by employers—under pay-as-you-go. In this group are individuals who aren't on regular wages or salaries, also ministers, farm laborers and household servants.

There are two exceptions in this group—farmers, who have until December 15 to make their report; members of the armed services, who can wait until next March 15.

**Less Than 1942?**  
3. All those whose income this year will be less than in 1942—if they were required to file an income tax return for 1942. If the 1942 income tax is greater than the estimated 1943 income and victory taxes, the 1942 tax becomes, in effect, the 1943 tax.

4. Those who are on regular wages or salaries subject to withholding deductions but who have additional income this year from other sources totaling more than \$100.

In general, the plan is to collect income and victory taxes not being paid through deductions from pay.

All taxpayers still will have to file a final return next March.

**How It's Done**  
Those who file the declarations must do these things:

Estimate their 1943 income and figure the taxes on it (including victory tax).

Total up how much has been deducted and will be deducted (if anything) for federal income and victory taxes from their wages or salaries in all of 1943.

Add up the payments they made in March and June of this year on their 1942 taxes.

These two amounts—the total withheld from pay and the tax payments in March and June—are to be deducted from the total estimated 1943 taxes. The balance, if any, is due in equal installments on September 15 and December 15.

**Be Good Guessers Or—**  
There are penalties for failure to estimate within 20 percent of the amount of tax as finally determined in the final report next March. However, you can file a new declaration by December 15, and pay accordingly (to escape the penalties), if there's a substantial change in your income.

In any case, your total 1943 tax will be at least equal to the 1942 tax as you figured it last March, so you can check back on your last return to cut down the possibility of error.

**Work Sheets**  
There are two kinds of "work sheets" available to help you figure out the declaration, which is a very short form. Incidentally, you don't send in the work sheets—this is just a collection system, and the treasury doesn't want a full report until March.

One is a tabulation on the back of the instruction sheet being sent to taxpayers. This may be used by anyone whose income is less than \$10,000. It's similar to the simplified form which taxpayers with income of less than \$3000 were entitled to use last March. With this, you simply run your finger down to the amount of your net income and find opposite it

## The War Today

By DeWitt MacKENZIE

Britain's Prime Minister Churchill in his speech at Quebec yesterday brought out that "it would not have been suitable" for Russia to be represented at the recent Anglo-American conference which "would largely if not mainly be concerned with heating and inflaming the war against Japan, with whom the soviet government has a five year treaty of non-aggression."

That gives us one answer to the interminable query as to why Russia doesn't make war on Japan, or at least grant Britain and America the use of Siberian airfields so that we can get at the Japanese mainland. If cynics sniff at this, there's a much more realistic explanation of Moscow's attitude.

**Brutal Suggestion**  
Quite apart from the non-aggression pact, it's unlikely that there's anyone in the allied councils who would dream of asking an already overburdened soviet to take on the added task of fighting Japan. My understanding is that high allied circles feel it would be positively brutal to suggest any such thing.

Mr. Churchill himself declared that no country ever had withstood such a devastating attack as that thrown at the Russians by the Hitlerites. He said he didn't blame Russia for any criticism it had leveled at its allies for not having opened a second front on the continent. He added that the terrific allied aerial attack on Germany would not have been possible without the magnificent stand of the Russians against the Germans.

**No Victory**  
Were the soviet at war with Japan, Moscow wouldn't be celebrating its third major victory in three days. The nazis military giant facing the reds wouldn't be rocking on his hob-nailed heels. The allies likely would be viewing the war "through a glass, darkly."

Moscow has told us that there are more than 3,000,000 German troops, apart from satellite forces, on the eastern front. From the start Hitler massed the bulk of his terrifying striking power against the reds in what probably has been the heaviest fighting of all time.

**Sheer Folly**  
Even if you look on the non-aggression pact as a scrap of paper, it would be sheer folly for Stalin to open hostilities against Japan while still engaged with Hitler. True, Russia is supposed to have between 750,000 and 1,000,000 troops close to Manchukuo; the soviet is said to have a strong air-force in Siberia, and a large fleet of submarines at Vladivostok. The Russians could hold their own, but the Japs also have perhaps a million men available in Manchukuo and northern China and are set for contingencies.

But, asks somebody, why can't Russia let Britain and America the amount of estimated income tax.

**Larger Ones, Too**  
You can also get a larger form, along the lines of the regular full-length tax blank, on which you can figure out your tax in detail—deductions for contributions, taxes paid and so on.

In choosing the work sheet you use, there's something to be considered besides simplicity. When next March rolls around, you'll have to make out a full return, and you may get a financial jolt if you've used the short work sheet in figuring your declaration.

Tomorrow we'll go into the choice of work sheet.

use Siberian air bases for attacks against Japan? Well, the answer is that this would be tantamount to a soviet declaration of war on the Japs.

**Help Allies?**  
Will Russia join the allies against Japan after the European conflict is ended? We'll have to page Marshal Stalin for that one. However, we can see for ourselves that the non-aggression pact looms large. That historic document was signed April 13, 1941, and doesn't expire until 1946. If neither party denounces it one year before expiration, it's automatically renewed.

So unless Japan gives just cause, Russia can't declare war without breaking her bond. Who asks her to do that? If you want the reds to fight against Japan you'd better pray mighty hard that the Japs commit some hostile act—and stranger things than hostile acts have happened.

**DANES REFUSE TO CRACK UNDER NAZIS**

STOCKHOLM, Sept. 1 (AP)—Encouraging words from popular King Christian X today heartened the Danish people who have refused to crack under a German military dictatorship enforced, eyewitnesses said, by merciless street executions.

Refugees who made a daring flight to Sweden through nazi patrols declared they had seen German mechanized troops pour volleys of machinegun fire into groups of Danes waiting on safety-zone platforms for street cars.

Three Danes who laughed and joked when German soldiers marched by were shot to death without a word of warning, eye witnesses added.

Drastic measures were ordered by Gen. Hermann von Henneken, military dictator, to restore a "state of normalcy" to the nation which revolted against nazi occupation and was sabotaging German troop supplies and arms production.

**Oregon News Notes**

By The Associated Press  
Twenty-thousand campaigners will open the state's \$104,000,000 war loan drive September 9. E. C. Sammons, chairman of Oregon's war finance committee, announced at Portland.

The office of the war veterans service committee, established by the state to assist dependents of service men in obtaining allotments and to provide advice on insurance and other benefits, opened in Portland.

The Hillview dairy, oldest milk distributor in McMinnville, will auction 28 head of registered Jersey cattle Labor Day because of the labor shortage. M. G. Gunderson said at Silverton.

A produce truck was demolished on Pioneer mountain east of Toledo when its brakes failed, but the driver, Howard Rea, escaped with minor injuries.

## Today's Roundup

By MALCOLM EPLEY

PORTLAND has stepped out with a monumental post-war planning program, hiring for a cool \$100,000 the services of a noted planner, Robert Moses of New York, and a big staff of experts. The city, school district, port district, dock commission and county are putting up the cash, with the hope that out of it will come a practical program for unscrambling the complicated situation that has grown up in the Portland area through mushroom industrial growth.

No doubt the people of every smaller city in the region, reading of Portland's big scheme, will be thinking that something of a like nature ought to be done for their communities. Most communities, including our own, have grown like Topsy, and the Portland announcement reminds us that the time is at hand to develop a practical plan that will straighten out some of the present distortions and guide future public projects.

We do not believe it is necessary to hire a staff of outside experts to do the job, and the money for that sort of thing is not available. But local talent can do it effectively. We are reminded of an outstanding example—the preliminary plan for the Tule lake tunnel project, developed by an able local committee, which was followed eventually by a highly important improvement on the Klamath reclamation project.

## Some Planning Under Way

The city planning commission is doing some constructive work on plans for improvements that will make Klamath Falls a more "presentable" city, with park development emphasized.

## News Behind the News

By PAUL MALLON

WASHINGTON, Sept. 1—The time stolen from us by the hesitancy of King Victor Emmanuel and Badoglio at the fall of Mussolini, has enabled the Germans to prepare a strong fight for the entire Italian peninsula—but particularly for the northern third.

Hitler has moved enough divisions and guns into that front for stubborn fighting, thereby raising the question of how fast and furiously we want to go into that area which we are now blackening from the skies as promised by Churchill.

Some authorities now believe that if we pursue our course there ardently, we will not be able to occupy all Italy before the end of the year.

The final outcome is in no doubt whatever, as we incontrovertibly have supremacy of the skies and of the seas on both sides of the narrow mainland. Yet the situation may call for reconsideration of strategy and perhaps launching of invasion on the northwest European coast where Hitler has weakened his numerical strength in order to fight a stronger delaying action in Italy.

## Hitler's Defeat

The Danish and Bulgarian outbreaks signify that nearly everyone now knows Hitler is beaten, except Hitler.

The Danish revolt sprang from two developments. The nazis were drawing ever tighter and tighter the economic yoke on the Danes at a time when allied successes had spurred the factory workers to a realization that their case was not lost. Their resistance brought on the German ultimatum and the revolt. Previously, the Danes had accepted nazi rule reluctantly but without sabotage.

It will have some military and much political effect. The Germans relied on the Danes for much food, and will now get less, but the number of soldiers and material coming from

That was one reason the commission asked the state highway commission to establish immediately the through traffic routes in the city, so that park development could be guided accordingly. The planning commission program considers that Klamath Falls, a "bonanza" city of the 'twenties, must now take its place among the more substantial, home communities of the Northwest.

Highway and street development unquestionably have an important spot in any planning program. The city, in its presentation to the highway commission last week, proposed certain street projects, such as improvements on Eleventh and Third streets. The South Sixth street proposals are a major part of the plan for the future.

Likewise, the Klamath county road department and county court some time ago outlined a series of projects for possible development after the war.

These are phases on which some work already has been done. Development of a sanitation program in the suburbs, street improvement out there, proper access road development for the airport, canal fencing, waterfront projects on Lake Ewauna and Upper Klamath lake, are other ideas that come to mind as qualified for a place in a comprehensive plan for the future.

It seems important that all of these projects, and others, should soon be gotten together into one master program.

Inevitably, the coming of peace will be followed by a period of lull in industry that has been producing war materials. In that period, men will return from the armed services to add to the glut in labor supply. That will be the time when important public projects can be opened up, to provide work for this labor supply and at the same time bring beneficial development to the community.

We don't want any more leaf-raking. We want work that will really count. Now is the time for the community leadership to plan for projects that will provide that work.

that country to the nazis was comparatively insignificant. The Danish army numbered 1500. Germany will now have to police Denmark more heavily.

Smouldering Bulgaria on the other axis hand, is the key transportation route to Greece and the nazi citadel of the Balkans. King Boris may or may not have been killed by nazi sympathizers for failure to please Hitler, or by Russians. The assassination is less important than the ensuing demonstrations that the people are increasingly pro-Russian. They never wanted to get in the war anyway.

The only soldiers Hitler obtained from Rumania for use outside, were the police force employed in part of Greece. As Balkan unrest grows, he may have to find other military police, not only for Bulgaria but for all the adjoining nations.

More than 20 Italian divisions still are in the Balkans in such work. They could not get out to return home as Badoglio planned when Mussolini fell. But they are of less and less value to Hitler.

These developments, therefore, mark the involvement of Hitler in a critical struggle to hold his home front, a struggle which will be continuous and grow in severity as with allied successes. He cannot afford to lose it.

## Taganrog Evacuation

NAZI withdrawal from Taganrog (held for the past two winters) was generally advertised as a surprise, but it was forecast in this column August 25. The plunging red drive southwest of Kharkov even then, made it necessary for the nazis to draw back the long arm they had stretched into the Ukraine along the Sea of Azov.

Their plan no doubt is to draw back to the line of Melitopol, and thus hold their bridgehead in the Crimea. But this movement no doubt simultaneously will require them to evacuate the Kuban river-head they have held in the Ukraine in favor of a firmer position on the Crimean mainland.

The winter Russian line they seem intent on holding runs from the Crimea northward through Melitopol to the bend of the Dnieper, and then follows the westward winding banks of that stream through central Russia.

We must also remember that if the 1942 computed tax is higher than the 1943 estimated tax, then and in that case, according to "Rumel the First," said 1942 computed tax becomes the 1943 tax payment year, and that the unforgiven tax will be taken as the unforgiven tax on the estimated income of 1943. In either case, one full year's tax has to be paid and also the unforgiven tax on the other year, whichever is lowest.

No taxpayer is secure in assuming that he will be fully paid up on a current tax payment basis, unless he will, at this time, get his complete data together showing his earnings from the first of this year to July 1 this year and also the exact amount of the victory tax taken out of his earnings for the first six months. Then compute his estimated income for the rest of the year, and the amount of tax withheld at the source, for this last half of the year, and he should also have the exact amount of taxes paid already on his 1942 computed income tax.

When all these figures are properly put together, he can then tell whether he is fully paid up as a "pay as you go taxpayer."

If there is a balance still owing after this estimate and after he has taken credit for the esti-

imated withholdings and his previous tax payments that have been made: then and in that case he must pay at least one-half of such balance on or before September 15, 1943. This item takes the place of his usual and ordinary "third quarterly tax payment."

The above observations do not apply to "farmers who farm their farms, as they have until December 15 to file estimated returns, but it does apply to farm labor and all casual labor whose wages are not being withheld, and it applies to a superintending farmer who works for a farmer or livestock raiser on straight salary, whose wages are not subject to withholding.

So do not try to guess at the matter, get your data together and then see the collector's men or someone to help you.

Yours respectfully,  
Wm. F. B. CHASE.

## Telling The Editor

Letters printed here must not be more than 100 words in length, must be written legibly on ONE SIDE of the paper only, and must be signed. Contributions following these rules, are warmly welcome.

## THAT TAX BUSINESS

KLAMATH FALLS, Ore., (To the Editor)—This last week, since the people have been receiving their forms for estimated income to be filed on or before September 15, 1943, I have been greatly surprised, and others will be, to learn that the greatest number of taxpayers will have to file this estimated income whether their income tax is being withheld or not; and that in nearly every case where in the taxpayer's income is substantially higher than the computed tax for 1942. The reason for this surprise lies in the fact that the victory tax has to be paid this year, and was not included in last year's computed tax. You must remember that we are dealing with two years' tax payments, and the tax must be paid on the higher year's income, and that one-fourth of one of these years has to be paid as the unforgiven tax, (whichever year is the lower.)

## GIANT CLOCK

A huge electric clock set in the concrete pavement at the Johannesburg, South Africa, airport can be seen by pilots from 3000 feet. It has a 17-foot minute hand and a 12-hour hour hand.

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## NOTICE--Following

# BUS SCHEDULE

Changes Effective Sept. 1

Depart North	Depart South
10:45 A.M.	8:10 A.M.
1:45 P.M.	7:25 P.M.
11:55 P.M.	12:03 A.M.
To Medford	8:00 A.M.—7:00 P.M.
To Bend	8:15 A.M.—1:30 P.M.

## BUS DEPOT

904 Klamath Ave. Phone 5521