

MERRY CHRISTMAS

God bless you on this Christmas Day
... With happiness supreme ...
And may you gather all the gifts
... Of which you ever dream ...
May all your friends remember you
... With sentiment sincere ... To
add a world of pleasure and ...
To multiply your cheer ... God
bless you with the courage to ...
Pursue each noble quest ... And
grant this Golden Yule will be ...
By far your happiest ... May all
the ornaments and lights ... Upon
the Christmas tree ... Reflect the
peace and comfort of ... Your loving
family ... May every moment of your
life ... Seem wonderful and new ...
And in the year a week away ...
May all your dreams come true.



Klamath County Health Needs Being Studied

The recent third annual State Rural Health Conference, held at Salem, Dec. 5-6, brought to the attention of the public in Klamath County, interest of Klamath County Farm Bureau women in health problems of rural communities.

Mrs. Earl Kern, chairman of the health committee of the Klamath County Farm Bureau and Mrs. E. E. Kilpatrick, Merrill, representing the Farm Bureau and Klamath County Home Extension Units, were present for sessions that stressed the importance of organizing and operating a Rural Health Council in this county.

Such a council, aimed at health on the county level, would acquaint the public with the possibility for health improvement and the obtaining of approved health services through cooperation of the organization, it would be representative of every Klamath County organization interested in health, plus a member or members of the medical profession.

Highlighting the discussion at the conference, was the explanation of the success of such a council in Clinton County, Ohio, by Dr. Edmund K. Yantes, practicing physician, who said that the council there, since its inauguration several years ago, had brought about numerous improvements in the health situation there.

STARTED

The health council movement was started by a health committee of midwestern farmers, has since spread to numerous other states.

Oregon has a State Health Council headed by Dr. Harold Noyes, Dean of the University of Oregon.

The council in Clinton county, it was brought out by Dr. Yantes, was successful in getting a new hospital in the county, raised the number of practicing physicians, established a loan fund for financing student nurses through training, corrected a bad water supply situation, got the county dairy farmers to improve milk output to a grade A level and developed a home pasteurization program. This year a fluoridation program is under way.

An intensive survey was made over Clinton County according to Dr. Yantes before the program was started, that brought out the various phases of health needs that needed correction.

The purpose of such a survey is three-fold, to stimulate public interest, to educate and to clarify health needs.

SURVEYS

One of the subjects discussed at the state conference was the technique of making surveys, which was of direct interest to Mrs. Kern and Mrs. Kilpatrick, both members of the Klamath County Farm Bureau committee, which conducted a recent small survey in connection with the Chest X-ray program here. This survey was independent of the X-ray project.

Those taking advantage of the X-rays were presented with a health questionnaire, eliminating the need for a house to house canvass for the information needed.

Rural and suburban areas have been completed but information is as yet not complete from city sources. Questionnaires in Klamath Falls have been distributed through cooperation of various civic and social organizations.

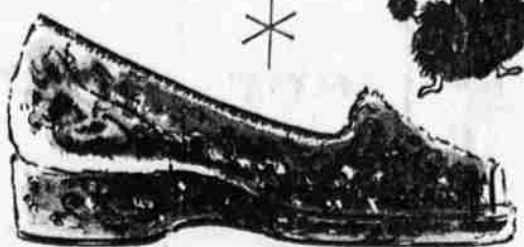
Services of a reputable statistician will be sought to interpret the questionnaires which should give a cross section picture of health conditions in Klamath County.

Health councils are already operating effectively in Oregon in Columbia and Marion Counties. The Tri-County Health Council in Crook, Deschutes and Jefferson Counties have already completed a mental health survey.

If you don't want household pests in your kitchen, be meticulous about putting away all food, never leaving dishes unwashed, and keeping your garbage can covered. If it's inconvenient sometimes to wash the dishes after a meal, at least rinse them so they are free of food.

Mmm, what a wonderful way to greet a pair of feet... CUDDLE PUP by

California
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Snuggle into a pair of Cuddle Pup's and you're cozy as can be! You'll love the pure luxury of Dupont's Fibre E Poodle-cloth. You'll bless the comfort-plus soft cushiony platform, with the added value of long-wearing flexible leather soles. Yours for only \$4.95

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Herald and News Homemakers Corner

Edited by Ruth King
This and That About Women

"It's A Woman's World"



CAN'T CROWD ANOTHER THING into your busy day... haven't a moment to do things you WANT to do? Well... take a tip from a busy lady in our town, Mrs. F. L. (Audrey) Mathews, attractive young mother of four, who bustles with bottles the whole day through, then uses her talent for making beauty in copper after her "dash-about" family is tucked in their cribs. Frequently she becomes so absorbed in her task that she works the whole night through.

Audrey Mathews, wife of Klamath County's juvenile officer makes lovely trays, bowls, plaques from plain sheets of copper... using a technique learned from a Eugene coppersmith, Louis Benson, in evening lessons, paid for her by her mother, Mrs. L. M. Hammond of that city.

She cuts the size of the item she plans to complete from a solid sheet of copper, uses about half a dozen important tools, hammers, shears, awls and a sand bag to make the intricate, delicate designs and monograms... the metal is not heated and if she makes a "bobble" repairs the damage with a wooden mallet.

Shading is done with a polishing solution, steel wool and elbow grease. No two pieces are exactly alike and Mrs. Mathews works enthusiastically to personalize each one.

She started her interesting work two years ago, hopes to build it into a full time business... lives at 4453 Boardman with her charming family, two little sons, six and four and twin daughters, nine months old.

Here, she has just started work on a large tray with wild rose design, completed in 25 hours of steady work... finished it is too lovely to describe, you'll just have to see it.

Christmas Program

All Garden Club members in Oregon are asked to participate in the national garden club program "Every Light a Prayer for Peace," during the period of time that a program is being held for war veterans at the Domiciliary Center, Camp White.

Time for the Christmas lighting project and prayer period is Sunday, Dec. 21, 3 p.m.

Individuals are asked to say a prayer for world unity during the time a Christmas tree is being lighted in front of the domiciliary.

The program sponsored by the Siskiyou District Garden Clubs will include the invocation by Father John Cummins, the carols, "O Little Town of Bethlehem" and "Silent Night." The benediction will be by Rev. Henry Anderson. The Veterans' Hospital and dormitory are decorated each year

with native greens made into swatches, swags and wreaths by Garden Club members.

At the annual meeting of the National Council of State Garden Clubs, held in Biloxi, Miss., voted to make the plan nation wide and ask participation of all clubs.

IT'S THE LOG CABIN TONITE!

★ DINING
★ DANCING

Browned Rice-Turkey Are Appetite Tantalizers

Extra eating pleasure indeed, is the reward for those who sink their teeth through the crunchy crust of these "full of flavor" rice croquettes. A deliciously crispy coating covers the cone shaped dreams and seals in the perfectly marvelous flavors of tender rice, turkey and a bevy of seasonings which help make these croquettes lively eating.

Here is mighty fine food in prize winning croquettes spiked with just the right amount of lemon rind. It is this seasoning touch which makes a main dish of unused turkey and tender rice extra special and helps Mom in her battle to beat the budget.

INGREDIENTS

2 cups cooked rice
2 cups ground or finely diced turkey
1 10 1/2 ounce can condensed cream of chicken soup
1 tablespoon finely chopped parsley
1 tablespoon finely chopped onion
1 teaspoon grated lemon rind
1/2 teaspoon salt
1/2 teaspoon pepper
2 eggs, beaten
1 tablespoon water
1 1/2 cups fine dry bread crumbs

Preparing the fluffy white rice:
To make 3 liberal cups of fluffy rice, put 1 cup of uncooked rice, 2 cups of cold water and 1 teaspoon of salt into a 2-quart saucepan and bring to a vigorous boil. Turn the heat as low as possible. Cover sauce pan with a lid and leave over this low heat for 14 minutes. Do not remove lid nor stir rice while it is cooking. Turn off the heat.

Use exact measurements of uncooked rice and water. Time the cooking accurately.

For real convenience and economy of time and effort, keep unused rice in the refrigerator in a covered container at all times. Use it for many quick, delicious and inexpensive soups, salads, casseroles, dishes, hot breads and desserts.

Method: Mix together the rice, turkey, soup, parsley, onion, lemon rind, salt and pepper. Chill thoroughly in the refrigerator. Shape into 8 croquettes, using 1/2 cup of the croquette mixture to make each croquette. Roll the croquettes first

in the bread crumbs, then into the eggs which have been mixed with the water, and again into the crumbs. Chill before frying. Fry in deep fat (380 F.) until crisp and brown. Drain on absorbent paper.

Serve the croquettes hot with a

gravy or a sauce as desired. This recipe makes 8 servings.

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Bright Idea with Shrimp



Fluffy Shrimp-Potato Bake — so easy with Blue Plate Cleaned Shrimp. No peeling, no cleaning, no waste. Plump, tender, ready-cooked shrimp with fresh sea flavor. 5-oz. can equals 1-lb. whole raw shrimp.

FLUFFY SHRIMP-POTATO BAKE

Cut slices from top of 4 hot, medium-size baked potatoes, scoop out potato, mash. Add 2 tablesp. margarine, 1/2 cup milk, season to taste. Whip until fluffy. Mix in 1/2 cup cubed American cheese and one 5-oz. can Blue Plate Shrimp. Save few shrimp for garnish. Fill potato shells with mixture. Top with shrimp, lightly oiled to keep from drying. Heat in 350° oven (mod.) until potatoes are browned and hot. 4 servings.

BACK STRIP REMOVED
No Cleaning — No Peeling

Blue Plate
CLEANED SHRIMP

Holidays call for Coke

Holidays are party days... and the handy six-bottle carton of Coca-Cola is part and parcel of the party.



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