

Cool Your Heels When Thermometer Soars

Housewives: Take it easy on hot days. Don't try to roast a turkey and do the family wash at the same time. You can suffer heat exhaustion in your home as easily as a man plowing a field or digging a ditch outdoors.

Earl Breon, assistant director of first aid for the American Red Cross, says about 500 fatalities a year result from excessive heat. However, most people overcome by the heat can recover with home treatment.

Heat exhaustion is not caused by the direct rays of the sun, as is sun stroke, nor is it too serious. It comes mostly when people try to do too much in poorly-ventilated rooms in which temperatures and humidity are high. It is more common in people over 40.

"Don't overdo," Breon advises housewives. "Plan your day's housework and cooking program and work in stints. Try to keep the air in the house circulating if there's no cross ventilation. Drink lots of water in frequent small drinks. This holds true for everybody in hot weather."

Breon says everyone should watch the amount of heat he can

take. "If you feel weak, lie down," he adds. "Rest often. Wear lightweight loose clothing. Cut down on the heavy foods. If you perspire a lot, ask your doctor's advice about taking salt tablets or just plain salt in your drinking water."

Heat exhaustion feels like fainting. You get pale, your skin is cool and moist, you have a weak pulse. This is often accompanied by dizziness, nausea and a low temperature.

The first thing to do for a person with heat exhaustion is to have him lie down and keep quiet. Loosen his clothing and raise his feet a little. Give him salt in one-fourth to one-half teaspoon doses in an average glass of water until he can tolerate it no longer. A cup of coffee or tea is recommended. Keep the patient comfortably warm. If the symptoms persist, call a doctor.

Sunstroke comes primarily from over-exposure to the sun. It is less common than heat exhaustion. It is accompanied by a red face. The skin is hot and dry. The pulse is strong and the temperature high. The victim may become unconscious. The main thing is to get him to a cool place, out of the sun where the air circulates. Apply ice bags or a wet cloth to his head. Keep him lying down with his head a little raised. Gradually cool his body as a whole. Don't give him any stimulants.

"And call a doctor, quickly," Breon says. "His condition may be serious."

Today's Women

By DOROTHY ROE

AP Women's Editor

What holds women back? This is the subject of deep research by members of the National Federation of Business and Professional Women's Clubs, as voiced recently by their president, Helen G. Irwin of Des Moines, Iowa.

And the answer, after all these generations of suffragettes and equal rights crusaders, is just the same as it always has been: what holds women back is—women.

It is a basic fact of human nature that few women consider a career more important than husband, children and a home. They have careers, yes, because of economic necessity for the most part. But in a pinch, faced with a choice between complete dedication to office or home, the home usually wins in a walk.

There are more working women in America today than ever before. Approximately one-third of the national working force are women. Many of them are highly successful too in every field from banking to bricklaying. But the normal woman considers even a top-brass job in business or industry secondary to her main job as a successful human being in the multiple role of wife, mother and homemaker.

That's why most women don't go all out to be president of the company or boss of the shop, even when they spend eight hours a day helping earn the family income. Such ambition requires a singleness of purpose that leaves no room for all the other feminine duties—and joys.

There are, of course, a few women who have made the choice in favor of personal ambition—who have shut the door on family responsibilities and devoted all their efforts to reaching the top of their chosen careers. But most of them find it's rather lonely at the top.

That's the way things are, and I doubt if they change much in the next 100 years.

Women will keep on working, as long as living costs and taxes make it necessary—but rarely will they put their hearts wholly in their jobs, because there are other claims upon those hearts.

And that's what holds women back.

STILL ARE

Fruit-filled cookies have been popular since the days of the wood stove. Here's the way to do them nowadays. Shape a rich cookie dough into small balls and make a depression in each with handle of small knife. When cookies are baked, fill with a luscious prune filling made in the proportions of 1 cup cooked pitted prunes to ¼ cup sugar.

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Bright circus red and blue are the colors used for the sixteen exciting circus motifs which need no embroidery! Just iron them off on to curtains, towels, little dressing gowns, bedspreads, tablecloths. There are two 6-inch merry-go-rounds, four 3-inch balloons, four 2-inch horns, four 2-inch hamburgers, lollipops, cones and two 5-inch bands of stars in the pattern.

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THIS IS HOW IT'S DONE —

(1 to 1) above, Marian Witte, Wallace Cassel, Sharon Finchum and Eleanor Matney tackle a bunch of Klamath County Library books used by children of the lower grades in Klamath County schools for extra reading. All are sent back at the end of the year for a face washing. Lower right, Shirley Cox, daughter of the library clerk, Mrs. Gladys Cox, is ready to help. In the foreground Rhonda Lambie scrub off grime with brush and soap from a much-used volume.

COOL

Chilled soups make quick, hearty meals. Serve this one when the thermometer climbs its highest. Mix together 1 can cream of chicken soup, 1 cup each diced Calavo and milk, and 1 tablespoon chopper chives. Call in refrigerator to tray a few minutes until firm. Garnish with hard-cooked egg and Calavo slices.

SALAD PEP-UP

A perfect accent for fresh summer fruits are pump, cooked prunes, their jet black color contrasts the bright colors of seasonal fruits, and their heartiness adds extra nutrition. Top a small salad bowl or cottage cheese with dark pitted prunes, golden melon balls and fresh strawberries. Makes the most colorful salad you've ever seen!

THIS IS FUN

Next Sunday morning take the family to the nearest picnic grounds and cook breakfast outdoors. Bacon or sausages, fried potatoes and scrambled eggs taste so much better when cooked over an open fire. Add extra heartiness by stirring large pieces of ripe olives into the scrambled eggs just before they're set.

WONDERFUL IDEA

Next time you make ice cream sandwiches reverse the procedure. Top the fruit with the ice cream instead of putting fruit over ice cream. Chill flavorful canned cling peach halves very thoroughly. At serving time, heap your favorite ice cream into each peach cup. Sprinkle with chopped walnuts or almonds and your family's best-loved dessert is ready.



FILLER-UPPER

A whole-meal sandwich is ideal for summery August picnics. Here's one we like to take to the back yard or patio. Mix cooked California dry lima beans together with mayonnaise and prepared mustard to taste. Spread on one half a toasted bun, top with slice of cheese and slip under broiler to heat through. On other half of bun put a slice of cold ham and fresh tomato. Serve open-face style.



OLYMPIA BREWING COMPANY, Olympia, Wash., U.S.A.

Books Take A Beating Repaired Good As New

By RUTH KING

Ivory soap and ammonia, giggles and elbow grease, pretty girls and books and book and books, make a summer's job that few Klamath Falls bookworms know about.

Down in the basement at the Klamath County Library, under the watchful eye of Mrs. Gladys Cox, library clerk for the past 11 years, a bevy of young people work and learn and earn, renewing thousands of volumes of books that children love.

They come in from all the county elementary schools, dog-eared, top-sided, thumb-marked, faded books, sent to the schools by the library for extra-curricular reading, to be re-habilitated before the school bell rings in the fall.

The stock-in-trade of a library is its books, and when the county budget doesn't stretch to cover new books, the ones on hand must be well taken care of. So . . . the book hospital.

This week, in a big room, cool as a cave, Sharon Finchum, who was valedictorian of this year's Henley high graduating class, Marian "Ginger" Witte and Eleanor Matney all of Henley, Ann Onstad, Rhonda Lambie and Shirley Cox, whom the rest have dubbed the "sue," scrub and clean and mend 8 hours a day, five days a week.

Even the pages, one by one get a sudsing with soap and water. The books are first sorted as to condition, washed from "kiver to kiver," pages are mended, torn corners renewed, they are expertly hand-sewn and re-cased before they go to Frances Nixon.

Frances is OTT's star commercial student artist who works every Saturday with paint brush and paint pot, doing the neat legible lettering, white ink on dark covers, black on light that classifies the volume for easy locating. Letters are then shellacked to preserve them.

She knows the bookbinding art and has a natural aptitude for color combinations for bindings, will someday step into a well-paying position, according to Evelyn Cooper, county librarian.

Wallace Cassel is the only masculine member of the repair crew. He "totes" books, supplies, is li-

LOOKS AND TASTES GOOD

Something new to add to your tray of hamburger fixin's is this tasty Calavo-tomato relish. Remove seed and skin from medium-sized avocado. Dice fruit and combine with a diced fresh tomato, 2 thinly sliced green onions and seasonings to taste. Delicious piled high on charcoal-broiled hamburgers!

NIBBLE THESE

When you're packing your camping gear and supplies for that fishing trip, remember to include a package or two of flavorful sweet prunes. Their high sugar content gives that needed extra energy and there's no worry about their spoiling.

brary page, keeping the shelves filled.

"Girls who appreciate the dignity of labor, who cook and sew and use their hands, have the natural dexterity that make good book binders," Miss Cooper said.

The library staff seeks high school students who plan to go to college, for the summer crew, and some of these girls are recruited to work on the Bookmobile. Each girl gets an opportunity to ride the vehicle that serves readers in the entire county on one trip during the summer as a sounding board experiment.

Much of the repair work now being done is on books published during or immediately after the World War II period when workmanship was at a low ebb, stock was below par and glue didn't last. Some 5,000 volumes will be put in readable condition this summer.

Life of books, of course, depends on popularity. Puss in Boots may go begging and look like new when it comes home to roost and Peter Rabbit may be bedraggled as a hen in a July rainstorm.

All in all, it's an interesting vo-

calion. The girls wear jeans or have a small radio that hears and jazz music or opera. They sing and slip off sandals when the day is warm. And once in awhile, they read.

2 can diet easier than 1

"We lost over 50 pounds apiece," write Mary and Arrel Roberts, "but neither of us could have done it alone." The secret they discovered is that the way you cook can change the way you look. In the August Ladies Home Journal they tell how they locked up their frying pans and opened up a whole new life! Get your copy today and read the delicious menus and meals that cut their calories in third (and her dress size in half!)

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