

Herald and News

FRANK JENKINS

Editor

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BILLBOARD

By BILL JENKINS

The old, old battle over where to go hunting and what to do about those hunters will get an airing on Thursday night, October 8th, when the Klamath Sportsmen's Association sponsors a panel, open to the public, at the Winema hotel.

Current plans call for a six or eight man panel comprised of hunters, landowners and others interested in the sporting picture, which will answer questions from the floor. The show will be recorded and broadcast over KFLW between 6:30 and 7 the following evening, bringing listeners the highlights of the discussion.

A good idea and one that can do only good. Here in the Basin we are beginning to realize the average man won't have a place to shoot. Sure, we know where the trouble is—that handful of "sportsmen" who feel that the world is their oyster when they climb into shooting clothes, grab a gun and take off for the woods and lakes. Anything and everything goes, including shooting livestock, tearing down fences, shattering grain by sending their dogs through it, leaving gates open, etc. And, equally sure, we know that you can't blame the landowner for posting his land to stop this destruction, invasion of his privacy and downright vandalism that the few commit.

But there must be a method

whereby we can work things out to the advantage of all concerned. Where the landowner, who raises the biggest part of the game, can feel safe in letting the public shoot his grounds and whereby the sportsmen will be made welcome instead of dreaded.

It will be a meeting well worth attending.

We are happy to report that the Sportsmen have also taken us up on our offer to match a good sportsmanship award to go to the landowner as well as the hunter. More details on this in a day or so when we can get some forms ready for printing.

Klamath Falls has broken into print again, but under somewhat dubious circumstances. The last issue of the Territorial Enterprise carries the following vignette in the Kate's column: "Mr. and Mrs. P. C. Fraser, of Seattle, scaled Geiger Grade last Friday to look at Piper's Opera House. Graves at Piper's Opera House. Mr. Fraser and our cemetery. Mr. Fraser was born on the Comstock in 1877, hasn't been back since his family moved away when he was one year old. Both experienced a scarying dizziness at the altitude, and Mrs. Fraser, in an aside to a local sympathizer, said, 'We had a highball in Klamath Falls two days ago. Could it be that?'"

Nuff said.

CAUGHT IN THE ROUNDS

By DEB ADDISON

NEWSPAPER WEEK MEMO:

This is National Newspaper Week, the time when all good newspaper men arise and pat themselves on the back and point out that you couldn't get along without them.

Not being anything else but, this column will pat itself on the back and tell you how you couldn't get along without newspaper.

As an example of how great and expansive we are, newspaper week is bigger and better than all the many, many other weeks. It's a full eight day week, October 1 to 8 inclusive.

How expensive can you get?

During National Newspaper Week is the time to refer to the Fourth Estate, a term with all the connotations of the historic significance of Freedom of the Press.

What is the Fourth Estate?

The Fourth Estate is a high-sounding name for the newspaper profession — or the "newspaper game", if you prefer that slapstick version.

Among the members of the Fourth Estate are those who gather, write and edit the news for the press. A less strict definition would include those who write and sell advertising (which makes it possible for you to subscribe for about

a fourth of the actual cost), those who set type and run presses, and all the others who have a hand in producing a newspaper.

The phrase, Fourth Estate, is believed to have been first used by the English Statesman, Edmund Burke, in the Eighteenth Century.

Burke, pointing to the Reporters' Gallery in the House of Commons, said, "Yonder sits the Fourth Estate, more important than all the others."

(We warned of telling you the great importance of newspapers.)

Burke was adding a term to those used to designate the representatives of the three estates, or classes, of people which made up the States — General of France.

These three were the clergy, or the First Estate, the nobility, or the Second Estate, and the common people, or the Third Estate.

Two of those Estates have endured even unto present-day America.

There certainly is no nobility here—other than within the mystic circles of some fraternal orders—and there certainly are no common people.

We're all UNcommonly time people—even within the remaining First and Fourth Estates.

THE DOCTOR SAYS

By EDWIN P. JORDAN, M.D.

"I am a young, attractive mother of twenty-two," writes Mrs. M., "with unsightly veins and swollen ankles. I have been advised to try surgery, but would appreciate a discussion from you on the results, and whether this is dangerous."

This correspondent is indeed unfortunate in having trouble with varicose veins so early in life. They cannot be expected to improve by themselves, and one would certainly think that it would be worth while doing something about them.

The question of what to do about varicose veins is not always the easiest thing to answer. The first thing is to understand what they are. The veins of the legs carry blood back toward the heart; they are equipped with valves at intervals which prevent the blood from flowing backwards.

Sometimes, these valves break down and then the pressure on the walls of the veins increases, causing them to dilate or enlarge. These enlarged veins (which are usually near the surface) are called varicose veins; the flow of blood inside them is also slowed.

It isn't possible to build new valves or to cause the veins to shrink. But on the favorable side these veins are not really necessary because veins farther inside the legs can carry the blood just as well.

This is the reason varicose veins can often be treated so successfully, either by cutting them out or tying them (surgery) or by injecting them with an irritating fluid which causes them to close up entirely.

The choice of what method to use must, of course, be made by the surgeon, though apparently in recent years surgery has become favored more and more over injection.

Neither of these methods can be considered dangerous in competent hands, but it takes a while for the circulation to be entirely rerouted so convalescence and return to full activity may take some time.

The risk of ulcer formation, swelling of the feet and ankles, or other evidences of poor circulation almost always make attempts to eliminate varicose veins worth while. Elastic stockings or bandages will not cure varicose veins but they are often advisable for special reasons or after an operation.

BISHOP FREED

VATICAN CITY (AP) — Vatican sources said Thursday Polish Communist authorities have released the Roman Catholic bishop of Danzig, Msgr. Karl Maria Splet, from prison. The prelate completed an eight-year sentence for alleged collaboration with the Germans during World War II.

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They'll Do It Every Time

By Jimmy Hatlo



14-Day Diet To The Queen's Taste

By TILLIE LEWIS

Tillie Lewis, most famous woman in food, has spent more than ten years in intensive research in the field of sweetened low-calorie diets.

SWEET AND LOW

A whole new concept of eating has been made possible by discoveries in the field of low-calorie foods. Up to a short time ago it was necessary for those on low-calorie diets to avoid the kinds of foods they liked . . . and to walk away with averted eyes from any sweet dessert. But today there's a new answer . . . and thousands of people with weight problems are singing the theme song: "Sweet and Low."

The answer is found in the new sweetened, low-calorie foods which open up wonderful new possibilities for the millions of people who must watch their calories. Now you can serve complete, balanced, tasty meals . . . simply substituting low-calorie desserts and dressings for the high-calorie ones. See what I mean in today's menus.

TILLIE LEWIS DIET PLAN — 13th DAY			
BREAKFAST		Amount	Calories
Orange juice	4 ounces	50	
Scrambled egg	1	75	
prepared with bacon fat	1 teaspoon	35	
Whole wheat toast	1 thin slice	65	
Dietetic jelly	1 tablespoon	9	
Coffee	as desired	0	
with skim milk	2 ounces	22	
and sweetening tablet	as desired	0	
LUNCH			
Cottage cheese salad	1/2 cup	108	
with dietetic prune plums	1/2 cup	60	
lettuce leaf	1 large	3	
dietetic whipped dressing	1 teaspoon	5	
Chicken rice soup	1/2 cup	40	
Whole wheat toast	1 thin slice	65	
Dietetic chocolate pudding (made with skim milk)	1-3 cup	35	
Skim milk	8 ounces	90	
DINNER			
Broiled frankfurters	2	250	
Baked sweet potato	1 small	100	
Broccoli	1/2 cup	25	
Molded vegetable salad	1 serving	24	
(1-3 cup dietetic lemon gelatin with 1/4 cup diced vegetables served on lettuce leaf with 1 teaspoon dietetic whipped dressing.)			
Snow cream	1 serving	33	
(1 package dietetic vanilla pudding, prepared with skim milk; when cold fold in 2 stiffly beaten egg whites; chill; makes 4 servings.)			
Skim milk	8 ounces	90	
Tea or coffee	as desired	0	
with sweetening tablet	as desired	0	
Today's Total			1184

Season all foods to taste with salt, pepper or other condiments. Remember "Tasty" does it!

This is the thirteenth in a series of daily diet menus incorporating the new dietetic foods introduced recently. The menus are nutritious, sound, doctor-approved, and planned to make dieting pleasant. The entire family will enjoy these same menus, but may wish to eat larger servings, add bread and butter or other basic foods.

Merrill Auxiliary Sponsoring Drive

MERRILL — Members of the American Legion Auxiliary are sponsoring a magazine subscription drive. Proceeds will be used for the purchase of a hospital bed which will be available to anyone in the community who has need of it.

Mrs. Paul Lewis was hostess for

Tuesday evening meeting and served refreshments to Mrs. Ann Fruits, Mrs. E. Snapp, Mrs. Bessie West, Mrs. Harriett Batty, Mrs. Anna Howard and Mrs. Lena Buck. The next regular meeting is Oct. 13 at the home of Lena Buck.

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Hal Boyle

NEW YORK (AP) — "Strive to loaf if you would succeed in living longer."

That could well be every man's motto in these tense times. For it is now an accepted medical fact that too much hard work and exercise may kill you or drive you crazy.

One doctor, remarking on the need of Americans to take it easier to improve their health, said recently:

"Why, just plain, old-fashioned loafing has become a lost art."

Well, boys, let's drop everything and join in the search for finders, keepers!

Since health has been hailed as the nation's first line of defense—and loafing helps keep you healthy—the problem before us all is: "How can I become a successful loafer?"

The answer depends on how healthy you really want to get. How much time and lack of effort are you willing to put into loafing?

Half a loafer is perhaps better than none, but only for people who believe in half-way measures.

Plain, old-fashioned, 24-karat loafing is a genuine art. And like any other art it requires trained skill, know-how, and selfless dedication.

The born loafer is as rare as the born Rembrandt. To acquire the art of loafing and get its most healthful benefits, you have to give it the old college try. You have to start young and keep everlastingly at it. Steady does it.

Suppose you wanted to become the healthiest, longest-lived loafer in the world. How would you go about it? How could you best work toward it? Well, here are some tested principles:

To begin with, you must erase from your mind all other cares or worries, all dreams and desires, all feelings of personal guilt.

You'll feel healthier at once. Next, quit your job. Notice how soon that tired businessman feeling goes away?

Then you marry a fine, strapping, wholesome woman able and willing to take in washing. This will relieve you of financial worries, and if you need a clean shirt you can steal it from the laundry of one of your wife's clients.

Now, where to loaf? The best place on sunny days is a park bench. Here, as if you sat on a platform above the earth, you can watch and criticize the rushing folly around you — a pleasant sight to the loafer.

Loafers share a philosophical disapproval of all other people. For example, suppose a park employee is mowing the grass. You nod at a patch of dandelions and tell the loafer sitting next to you:

"Bet he misses 'em."

Sure enough, the mower chugs by without clipping the dandelions.

"What'd I tell you?" you say disgustedly. And the other loafer says, shaking his head, "Yep, he skipped 'em. The world's getting shoddier every day."

Brooding is different from loafing. It's work. To keep from brooding when you're loafing by yourself, the best thing is whittling. That'll keep your mind empty and your hands occupied. But you can't whittle out a ship or a walking stick. It has to be aimless whittling, or you are cheating on your loafing.

On rainy days the best place to loaf is in a courthouse. Nothing else makes a loafer feel more superior than sitting in a courtroom listening to all the trials, tribulations and lawsuits working people get themselves into.

Hunger is the only thing that ever interrupts a real loafer, busy at his art. But a wise one never overeats. He knows he can't loaf well if he's sick.

The most perilous pitfall for loafers — outside of job offers — is a pool hall. Stay out of them. A pool room loafer is one who is risking his entire professional career.

Pool halls have wrecked more good loafers than head colds. The danger in loafing around pool halls is that you will get interested in the game, start playing it yourself for money, and thus get yourself involved in the cares and affairs of mankind.

Then you will be no longer a serious loafer — but an insincere, back-sliding bum. You'll never make a name as a loafer unless you have the character to stick to it.

But remember the reward: Old loafers never die. They just loaf away.

Rock Garden Plants May Be Divided In Fall To Assure Healthy Growth

By MRS. W. P. MYERS

Lakeshore Gardens

Many hardy perennials, including Phlox, all the daisies, Physicist, Veronica, Fall Asters, Sweet William and many of the rock garden plants, spread rapidly and become crowded so that they have to be divided from time to time. This may be done in either fall or spring, excepting chrysanthemums, which should always wait until spring to be divided and replanted.

Most perennials spread by sending out roots, others by seeding themselves. Just leave the volunteer seedlings until spring, then plant them in the perennial border where needed.

Perennials are a hardy race of flowers, and of necessity they must be in order to survive from year to year. They are not usually lost from winter kill, but mostly by disease, insects, moles and mice damage. These are the enemies to guard against. Delphinium and Phlox are both spider, rust and wilt blight. As soon as any leaf damage appears, spray with malathion dust with sulphur-rotone or other insecticides. It takes more than one application to control diseases and insects.

As a rule, the first thing to do in fall care of perennials is to cut off all dead stalks and leaves and burn them. Do not put in the compost heap as they may carry disease and insects. Clean up the bed and fertilize for winter. Spread a light coating of bone meal or barnyard fertilizer mixed with top soil around the plants. We do not recommend heavy mulching in this climate because, if put on before the ground freezes, it overheats the ground and causes the roots of decay, and becomes a harbor for rodents which will destroy the plants during the winter.

Barnyard fertilizer is a must in anybody's garden. Nothing can take the place of well-rotted manure spread on the ground in either fall or spring. It enriches the soil, as well as stimulates the growth of plants and is lasting, whereas commercial fertilizer is short-lived, lasting only a few months, but is effective if applied once or twice during the growing season. Bone meal is slower to dissolve and lasts much longer than other commercial products. Well-rotted and shredded cow manure is rated as best to promote leafage and stem growth. Any well pulverized organic fertilizer is excellent as a fall dressing on lawns, plants and shrubs. Fresh manure should be used as it will heat and burn the plants.

The value of commercial fertilizer depends upon three essential plant food elements — nitrogen, phosphorus and potassium. Of these, nitrogen is the most important. It increases stem and foliage growth, and should be applied in the early months of the growing season.

Roses are a woody perennial, and while they usually live through the winter without protection, yet there are seasons when the constant freezing and thawing kills back the plant and it takes a long time to recover, if at all. Just before winter sets in, mulch the bush rose with either leaves (not poplar), leaf mold, pine needles, or straw. But a wise one never inches around the bush. Mix soil from blowing away. In early spring with the light material to keep it remove the mulch and you will find that all the bush hidden from the sun is alive and ready to bud. Cut off the dead tops and your roses will bloom early. To protect climbing roses; take them down and lay them on the ground, cover with light mulch so that the long vines will not be injured by the winter. When spring comes, put them back up and they will bloom abundantly.

Rhododendron is also a woody shrub, which will need some protection here. It is a shade loving plant and should be planted in partial shade, and in winter be protected from the southwest sun. It is not the cold that hurts Rhododendrons but the thawing and freezing on warm winter days. Exposure to the hot winter sun burns the new growth and buds and may kill the plant back to the ground. A good protection is had by making a path cover on the exposed sides of the plant, leaving about one-half inch spaces between the laths. This gives it semi-shade and keeps the plant frozen all winter, so that it is uninjured in the spring.

Fall lawn care is not difficult. Do not pick up the clippings during the last month of cutting the grass. They make good winter mulch for the lawn and may be raked or swept off in the spring. Give the lawn a topdressing of organic fertilizer in the fall and water freely before freezing weather.

It is a mistaken idea to put the hose away when comes September and figure no more watering is needed. Shrubs, grass and trees may die from drought in the winter as well as in summer. If it happens to be a dry fall, better water flowers, shrubs, trees and lawn thoroughly before the ground freezes, so as to provide moisture to carry them through the winter.

Sam Dawson

NEW YORK (AP) President Eisenhower's tax troubles seem sure to become acute next spring.

It makes some businessmen wonder out loud today whether the country may be in for another era of deficit financing. They note that Defense Secretary Wilson hints at defense spending being cut down to 40 billion dollars next year.

But they say that isn't enough to ward off a big Treasury deficit. If receipts fall off as presently promised or scheduled tax cuts foreshadow.

Recent trends toward lower interest rates could be setting the stage for an easier transition into a deficit financing era, bankers note. Others wonder if the alternative of new taxes isn't more likely. The one most talked about is some version of the sales tax, by whatever name they decide to call it in Congress.

The President's dilemma, as many businessmen see it, is this: In January the excess profits tax on business is scheduled to die, and also individual income tax rates are due to come down about 10 percent. If they do, as promised, the U.S. Treasury will lose about five billion dollars in revenue.

In April a scheduled cut in estate taxes and a scheduled dip in the ordinary corporate income tax rate to 47 percent from the present 52 percent, if they go through, would mean a loss of another three billion dollars in revenue.

Although Defense Secretary Wilson hopes for a two billion dollar cut in defense spending, that and other promised economies won't be enough to offset the tax loss.

Present prospects are for a Treasury deficit of around four billion dollars this fiscal year.

Unless the government finds other sources of revenue to make up for those scheduled to drop off early next year the prospects of balancing the books by June 30, 1955, appear slim.

VISCOUNT TO WED

LONDON (AP) — Viscount Garnock announced Thursday he's going to marry socialite Mary Claire Douglas-Scott-Montague, a friend of Princess Margaret. The bride-to-be works as a stenographer.

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