



LATE WINTER days are the time of year to take stock of yourself and see if you are just coasting along or if you are going places toward making yourself the interesting person you should be. Lovely skin is a forward step in self-improvement. Shulton's Desert Flower Hand and Body Lotion will protect your skin from the harsh winter winds and changeable late winter weather. It is an inexpensive luxury and a lovely one—to make a more lovely you.

SET A GOAL

This is a good time to take inventory and see what you can do to make yourself more interesting to you and to your family and friends. There are so many opportunities. Sure, Klamath Falls isn't New York or San Francisco, but you don't have to stop growing and learning because we don't live in a metropolitan center.

If you are strictly the indoor type you may want to take a course in sewing. There are adult classes at KUHS where all sorts of new ideas in sewing are taught and there is the extra fun of learning with others who are interested in the same thing. Don't overlook inquiring at the high school and Oregon Tech for available instruction for adults.

Have you visited the new Klamath County Museum and really spent some time browsing around? Dr. Claude Scheffer will be glad to answer questions and you'll be surprised how much more you can learn about our Klamath Country.

The Artifacts are accepting members and their meetings are devoted to displays and discussions of interesting Indian artifacts and relics. Field trips will begin again when spring comes to our high desert country.

If you are the outdoor type, ski instruction has been made available to beginners in the area. Tomahawk Ski Area has two towns and it is only a short ride out the Lake of the Woods Road to the Junction. The area is operated by three local men and if you don't want to ski, it is fun to watch. Skiing has been good at Grater Lake National Park and at the Warner Canyon Ski Area in Lake County if you want to drive a little farther.

So decide on a personal goal—acquire a new hobby—or catch up on your reading or beauty care. Once you've decided on your individual goal, write it down. Write down also how, when and where

Make it from me...

Bessy's Dairy Dishes

By Bessy, the Basin Bessy Smart cookies—and housewives—have their own little secrets for keeping the family's health up to par during the trying late winter-early spring season when all sorts of bugs are about... usually picking off the family one by one 'til all have undergone some sort of a siege come summertime.

The secret is easily comparable to other secrets of our atomic age. When nations stockpile vital materials and equipment for possible emergency use, you might say they're applying a little pre-preparation.

That's the way it works with a family. If there were some way to stockpile that good old "resistance" to flu and cold and such... and there is!

As I started to say, smart housewives keep members of their family in tip-top shape by "pouring the milk to 'em" literally. With fresh milk's vital energy armed with vitamins and minerals and such, health conditions are kept at the peak all year round.

And the one way to keep it that way—drink three glasses of milk every day.

Here's a recipe to serve with that milk...

Bessy.

Want To Lose Extra Weight?

You can look more slim and fashionable this spring than you have for years. If you start now to work on your figure. Imagine being able again, as you once did, to slip into a beautiful new sheath dress in the height of next season's fashion, to walk gracefully and proudly of your contours, and to know that your family and friends are proud of you!

It's up to you. Between now and spring, (officially March 21st) with the help of the world-famous Helena Rubinstein, you can lose the weight that makes the difference between being a size 18 and a size 14—the 10 to 15 pounds that make it necessary for you now to go to the "large" section instead of the "junior and misses" section of the dress department.

To help you accomplish this metamorphosis, Madame Rubinstein draws your attention to the reducing plan she introduced a few months ago, incorporating her scientifically compounded tablets, "Reduce-Aid." These, for appetite-curbing and vitamin supplements, are combined with the new tightening lotion, "Body Firm," and balanced diets and exercises, to make this a most comprehensive, effective and safe method of losing weight. What's more, you will stay reduced if you maintain just normal vigilance once your weight is down.

Madame Rubinstein herself has lost some 17 pounds with her new system. Never much overweight, but having to watch her figure because of her small stature, she weighed 145 pounds prior to starting the program, and is now just 128 pounds.

"I'm never without my 'Reduce-Aid' tablets," she says. "As you know, I travel a good deal and a strong one; but when I've taken a 'Reduce-Aid,' even the best of foods are much less attractive, and so I eat less."

Primarily, the purpose of "Reduce-Aid" tablets is to lessen the appetite through the action of their exclusive ingredient, "Appet-Curb," thus discouraging overeating. However, they are so high in vitamin content that they constitute a strong supplement to the diet. Just four of them per day supply your daily requirements of vitamin B₁, B₂, C and D, and niacinamide, as well as 15 per cent of your calcium needs and 8 per cent of the necessary phosphorus. The ingredients are in a

non-fat dry milk base, so that each tablet contains less than two calories.

An attractive plastic pill box, designed to hold eight tablets—is offered as a gift with each purchase of "Reduce-Aid."

The diets for Madame Rubinstein's reducing plan are carefully balanced menus which take into consideration the various modes of living of women who wish to diet. Pointing up the scientific validity of these diets is the fact that approximately half of the list of non-permissible foods names the same forbidden foods as the 22 listed in a reducing diet recently put forth by a New York physician. Of the four diets in Madame Rubinstein's plan, the one simply listing permissible and non-permissible foods is particularly easy to follow—and to continue with, for the rest of your life, if necessary, to maintain your newly beautiful figure.

With a loss of weight, the skin in certain areas—particularly the arms and legs—often becomes slack. To avoid this, the luxurious liquid-cream, "Body Firm" is included in the reducing plan, and another famous beauty aid, the "Lift-Line," plays an important part in the exercise section.

Often a reducing plan is expensive; but not this one. It is reasonably priced.

Formulated by the famous beauty authority and the distinguished doctors on her staff, it is outstanding because it takes into account all the aspects of reducing, including the vital principle that, to maintain her new figure, the dieter must continue the good habits she has formed.

SMELLY PRESENT

JUNCTION, Utah—While his 8-year-old grandson watched, State Rep. McKinley Morrill began taking the ribbon from a Valentine's Day present the boy had just handed him. Under the ribbon was a large box. Inside was a dead skunk. Proudly grandson Mac Thompson explained he had found it in the woods. Morrill says he finally persuaded Mac to take it back.

POETIC JUSTICE

MAYSVILLE, Ky.—The eight highway employees of Mason county have a workers' paradise—each is his own boss. W. E. Hall has resigned as road supervisor and the county hasn't reached any decision on naming any of the present employees as temporary foreman.



CHILDREN'S HANDS are especially vulnerable to chapping and roughness in harsh weather. Exposure, plus careless drying, frequently lead to dry, uncomfortable skin and even to deep cracking which might allow entry of harmful bacteria. Teach children to apply a soothing, rich hand lotion such as Trushay after each hand washing and before exposure to cold. It will keep their hands soft, smooth and comfortable.

Four More File In Dunsmuir

DUNSMUIR—Four more candidates have filed nomination papers seeking seats on the Dunsmuir City Council. Prospective candidates have until noon on Thursday to file papers to appear on the April 10 ballot.

Recent entries into the election race are F. F. Kohlhafer, Southern Pacific machinist; J. Morgan Jones, retired railroad engineer and owner of Oakley Motel; E. A. Christensen, owner of the Shasta Daisy Ice and Locker Plant; and Robert Kenoyer, distributor of McColl's products.

Council candidates filing last week were Vic Petrovics, owner of the Dunsmuir Pharmacy; "Frenchy" Rubidoux, owner of Shasta Taxi; and R. G. Renoud, retired Southern Pacific steam man.

N. E. Beaughan, incumbent city clerk, has filed papers for reelection as has Chester Porter, city treasurer.

GUARDS EMBARK

LONDON—Britain's Royal Horse Guards Regiment of 1,000 men embarked Wednesday to reinforce the British garrison on the Mediterranean island of Cyprus.

IT'S HERE!



Save Cleaning Clogged Lines
Save Installing New Drain Fields
Save Pumping Septic Tank
TV-Feminine Fancies, Tues. & Thurs.
Ask for GIMAC at Your Hardware, Plumber, Feed & Seed and Super Market or Write P.O. Box 255 Medford.

Emergency Tips

Helpful suggestions under the general heading of "What to do until your plumber comes" are offered by the Plumbing and Heating Industries Bureau.

If your emergency is a leaking pipe, shut off the water before you call the plumber. Make it your business to find out where to shut off the water before an emergency arises. Then you'll know which valve to turn and in which direction to turn it.

Usually there are shut off valves on the supply lines leading to groups of fixtures. It is better to shut off the water at this point rather than turning it off at the meter which will necessarily cut off the water from the entire house.

If, however, you can't locate the individual shut off valves, then by all means turn the main valve at the meter.

When you call your plumber, don't get excited, talk calmly, and by all means, try to tell him what is wrong and where. Then he will

have a better idea which tools he will need.

If your problem is a clogged drain at the kitchen sink, don't tell him the lavatory is stopped up. These are two different fixtures. The lavatory, also known as the washbasin, is the fixture in the bathroom or powder room. Don't call it a sink.

If the difficulty is with the water closet, you can use this term or call it a toilet. Then your plumber will understand you and know what he will need.

"MOM" treat DINE TONIGHT at BING'S

3660 So. 6th TOWN & COUNTRY

Featuring
★ Fine Food
★ Reasonable Prices
★ Special Attention Given To The Kiddies!

Stock Liquidation SALE

EVERYTHING MUST GO!

Toys—Jewelry—Gift Items—Picture Frames

ROCK BOTTOM PRICES

HURRY — HURRY — HURRY

Art Needlework

SHOPPE

412 Main

No Phone Calls, Please



Is your girl a Toast Teaser

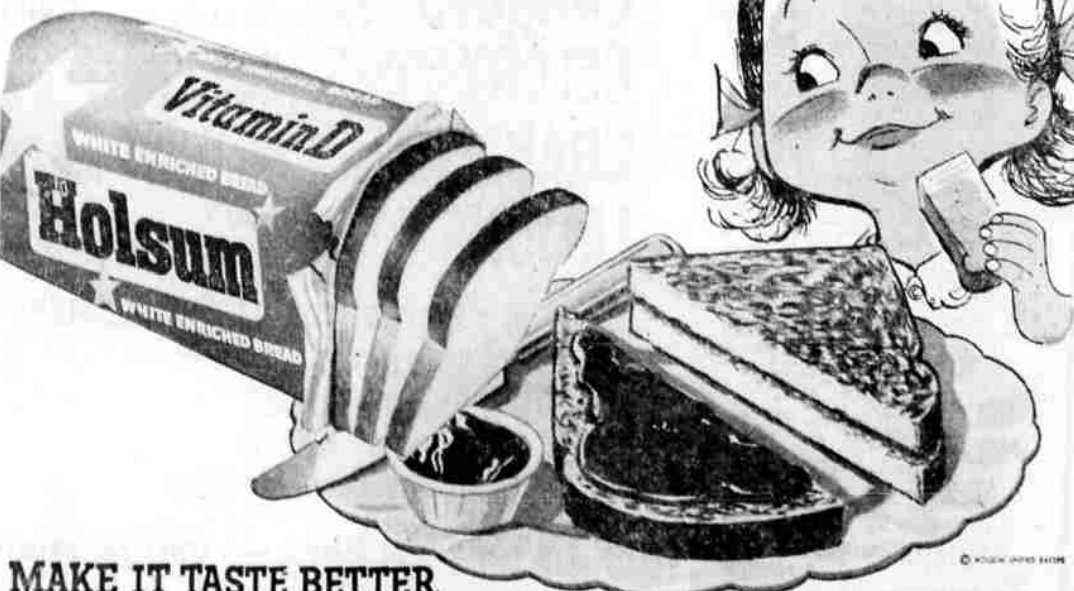
plays with the toaster instead of eating

Make breakfast taste better Serve it with Holsum

No need to consult a book on child psychology. Just pop a slice of fresh Holsum Bread into the toaster. Then watch her eyes sparkle when she tastes Holsum's tender goodness.

Eating is fun when it's hot buttered Holsum toast spread with jelly. No wonder breakfast tastes better.

She's bright as a new pair of shoes all morning long now that she's getting Holsum energy. Buy a loaf for your little miss moppet today.



MAKE IT TASTE BETTER Serve it with Holsum Bread

Fluhrer's

POTEET'S MARKET

QUALITY MEATS

Swift's Premium

Ready to Eat

PICNICS

37¢ lb.

BEEF ROAST

29¢ lb.

Good, Lean

PURE LARD

4-lb. Carton

59¢ lb.

T-Bone Steaks

49¢ lb.

Tender - Well Trimmed

DEPEND ON US FOR QUALITY

PENNANT JELLIES 12-oz. jars 5 for 1.00

VANO POWDERED BLEACH pkg. 35c

POPCORN Three Minute 2-lb. bag 33c

AMMONIA Person's Sudsy Quarts 29c

CREAM STARCH Staley's 2 pkgs. 25c

DURKEE'S MARGARINE 2 lbs. 49c



Dr. Ross' CAT FOOD

MADE WITH FRESH FISH

2 LARGE CANS 25¢

Free Delivery on \$5 Order or Over!

JURGENSEN'S GROCERIES • PRODUCE • FROZEN FOODS

1710 Oregon Ave. — Phone 3860

PRODUCE

Rutabagas 2 lbs. 19c

Hubbard Squash lb. 7c

Grapefruit Large Florida 3/25c

Rhubarb Large Fancy lb. 23c

Spinach Cello bag bag 15c

Dry Onions lb. 5c

For Easy Lenten Days

Seven Seas Casserole large pkg.

made with... 39c

MINUTE RICE

HAVE YOU TRIED ETHEL'S HOME-MADE SALADS? — THREE DELICIOUS KINDS - POTATO - MACARONI and JELLO FRUIT!



CARNATION MILK 2 Tall Cans

25c

WHITE KING Reg. 31c

SOAP Giant Size 59c

WHITE KING Reg. 31c

SOAP Giant Size 59c

SUNSHINE HI HO'S 1-lb. 33c

SUNSHINE Marshmallow Peanuts 11-oz. 25c

