

The Herald and News

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Potato Crop

By FLORENCE JENKINS
This year's potato crop is the highest since 1950, both nationally and in the Klamath Basin.
Whether or not the Klamath Basin potato growers are going to be in a better position financially than last year depends, of course, on the final prices for this year's crop.

Plans for a national public information program to rescue the potato from the food faddists have been undertaken by the National Potato Council.

The council, which has two Klamath Basin potato men as directors—Louie Lyon of Malin and Cliff Jenkins of Tulelake—is holding a three-day convention in Washington, D.C., this week.

Aim of the public information program is to double potato consumption.

"Potatoes are the cheapest food one can purchase," declares A. E. Mercker, executive director of the council. "They are low in calories, only 318 calories in a whole pound of potatoes, yet commercial nutritionists have scared the potato off the family menu with their cries that potatoes are starchy and therefore fattening."

The council has set up its own nutrition committee to prove the fallacy of the "fattening" charge. The committee is preparing a truth campaign to rescue the potato from the rich sauces and gravies which are calorie-laden and put the potato back on the family menu as a vital element in the diet.

The committee quotes Dr. J. R. Brown of Ohio State University who says "We should eat twice as many potatoes as we do so that we would eat less of the more harmful foods."

We maintain, along with the National Potato Council, that there is no finer food than a potato. And when it is baked and served hot on the table, right from the oven, it is sheer ambrosia. Serve it with butter, or if the diner is low-calorie conscious, a dollop of cottage cheese.

"A farmer once gave us an emphatic answer to the allegation that potatoes are fattening:

"If you tried to raise a hog on nothing but potatoes, he'd be skin and bones and starve to death."

He was proving, without doubt, that even a porker needs a balanced diet to be healthy—and that potatoes simply are not fattening.

Wilderness Bill

By NELSON REED

The proposed Wilderness Area Bill on which a hearing was held in Bend last week and on which other hearings will be held throughout the West, has all the earmarks of another land grab by a new federal bureau to be created by the act. The bill proposes that a wilderness area department be created to take over from the Forest Service and the National Park Service the creation and protection of primitive or wilderness areas.

"We have always felt that wilderness or primitive areas should be preserved and from personal observation in this area, we think that the Forest Service and the Park Service have been doing a good job of it. To create another bureau to take over the job seems to us to be a useless duplication. It has always been the history of every newly created federal bureau that it immediately develops a burning desire to grow big and important, to hire more people and spend more money, and grab more land off the tax rolls."

In a county like Klamath where at least two thirds of the land area already belongs to the federal government, and bureaus like the fish and wildlife are right now reaching out for ever more and more private land that will be taken off the tax rolls, the taxpayers and voters of this county should take every means possible to prevent the creation of any more federal bureaus.

Such schemes as the Wilderness Area Bill will always appeal to a great mass of voters in the East and Middle West who know nothing of conditions out here and can easily be persuaded that we are destroying all our primitive areas, killing off all our migratory birds and game animals and generally making a mess of our wonderful country. It never occurs to them that timber is a crop that should be harvested or it is wasted, that wildfowl and deer should be killed in reasonable quantities for their own good and to protect agriculture. This is true conservation. Just putting everything behind a fence and keep-out signs is not. Any observer of wildlife who is honest knows that there are far more deer and elk in forest areas that have been logged than in virgin timber and that there are far more upland game and migratory

birds in areas adjacent to grain lands.

By all means let us keep some areas in a primitive state, areas such as the Forest Service and the Park Service have already set aside, but if we do not want to be taken over completely by federal bureaus, let's never stand still while they're another bureaucratic millstone around our necks!

Start Early

By HAL BOYLE
NEW YORK (AP)—Magazines today are full of articles on the evils of retirement. They're enough to frighten a man out of the desire to grow old. They make retirement sound more dangerous than Sunday driving.

Some people are always knocking a good thing, but we doubt that they'll ever make retirement really unpopular with the working classes.

The big peril seems to be that a fellow suddenly turns 65, is cut off the payroll, and doesn't know what to do with himself. He finds it hard to adjust to a new way of life.

The answer, of course, is simple. Start getting ready for retirement early in life, so when it does come it will find you ready.

Here are a few down-to-earth tips—the kind the magazines don't dare give you:

At 25 start borrowing money from your relatives and friends. If they're like most relatives and friends, it will take you at least 40 years of steady borrowing to build you up a really decent retirement fund.

Begin loading on the job at 35, and load more each year. By the time you're 65 you'll be used to not working, and there'll be no sudden shock when you have to hang up the harness forever. If the boss objects, explain your program to him fully and honestly. He'll understand. He's probably doing the same thing himself.

Since most people spend most of their time making mountains out of molehills, be sure to lay in a good supply of molehills while you are young. You don't want to be caught short in your old age.

Doctors often advise retired people to take a nap before each meal to help their circulation. Why not start this form of medication earlier, so your system can get used to it? After 40 start the morning off with a bracing martini.

After 65 a man's chief form of exercise is criticizing his wife. But why wait? You might as well get in a few workouts with the old girl in advance. At 45 you can start telling her what's wrong with her, thus giving her 20 years to perfect herself before you retire and begin your full-time criticism.

After retirement a man needs less strenuous hobbies. Why not give up girl watching around 50, and take up tree watching? It is not only more restful, it is less expensive. Hint: Avoid watching pine trees—they're too stimulating. Pick an acorn and watch it become an oak.

At 55 give up things that excite or overload the circulatory system—such as fried foods, redheads and politics.

At 65 the only thing a man can afford to give away is advice. But if you can, get rid of it before you retire—and save this later drain on your energy.

Anybody who adopts these simple steps will find it easy to adjust to retirement, when it comes, and live forever.

Well, anyway it will seem like forever.

Stomach Tests

By EDWIN F. JORDAN, M. D.

Suppose one has pain in the stomach region or some other peculiar stomach sensations for a week or two and goes to the doctor. The story that you tell may raise the suspicion of ulcer of the stomach, but the doctor needs to make sure before starting treatment.

There are many things he can do. One is to give a special test meal, withdraw the stomach contents through a rubber tube after a little while and examine the material for acid and other things. This is of enormous help, and al-

though a person dreads the tube the first time, it is not painful. A great many patients learn to do it themselves without difficulty. Another thing that is usually done is to examine a sample of intestinal waste for blood since the doctor needs to know whether the ulcer is bleeding.

Important in any study of the stomach is the X-ray. For this the patient is given a liquid to drink which contains barium. The barium keeps the rays from going through so that the stomach can be seen by this method so that its location and size are accurately known.

It is also possible to look directly into the stomach by means of an ingenious flexible tube fitted with mirrors. This is called a gastroscope and is useful for gastritis, or inflammation of the stomach lining also. Today it is even possible to take pictures of the inside of the stomach.

Tests of these kinds are necessary as a preliminary to treatment. But something should be said about treatment. People often get confused and wonder why one person is treated one way for ulcer and the next-door neighbor another.

The answer is simple. The treatment depends on the location of the ulcer, on its size, on the symptoms produced, on the age or occupation of the patient and any other factors which vary from one person to another.

In general, medical treatment is aimed at avoiding irritation of the ulcer from acid, nervous strain or anything else so that the ulcer will be given a chance to heal. Surgical treatment, of which there are several kinds, has a similar purpose unless the particular operation is for removal of the ulcer and the stomach area around it. Which of these various methods to use demands careful study and expert weighing of all the factors in each individual person.

Vets Mail Bag

Despite what some veterans may believe, there is no grace period for the late payment of installments on GI loans, Veterans Administration announced.

Thus, the agency added, veterans should make their GI loan payments on or before the date they are due.

Failure to do so may prove costly, VA pointed out, since GI lenders may make an extra service charge when payments are received late.

VA warned that veterans who gain the reputation of being "chronic delinquents" will find their lenders taking that fact into account if the veterans should ever need an extension of repayment time on their GI loans.

In addition to their loss of credit standing, veterans who become delinquent in their payments may ultimately be faced with the loss of the property acquired with their GI loans, VA said.

Kindness Week?

Klamath Falls (To the Editor)—We have weeks to observe about everything one can name, and I think (we should think of it all the time but don't) to thank all the unknowns that give us joy and aid each day of our lives. If people would but think of the generosity of these people it certainly would make one more tolerant.

For example, sometime ago we had a death in our family and the deceased was someone my daughter, who is in Germany, was very fond of. She called me through the ham operators between here and there, and we had a long conversation with the only charge being the \$1.18 the telephone company charged to transfer the call to a telephone. Now when I see a car indicating a ham operator, I have a warm place in my heart for them.

We live within listening distance of the chapel chimes of the Lutheran Church on Crescent that rings out the hour. The members of this church donated the time, effort and money to make this very pleasant addition to our lives.

When I hear them, I cannot but help think of my grandmother who said, "Remember child, when the church bells ring the time and you stop to check your watch, be sure you check your soul at the same time."

On the other hand, when some unneighborly one lets his dog keep you awake hour after hour, it is hard to think of the many nice people in this world of ours.

Emma Burk,
1612 Manzanita

Inflation

Klamath Falls (To the Editor)—In these days when so many people are talking about the problems of inflation (and they should be!) I would like to refer them to a few words in the November issue of "The Freeman," a magazine devoted to economic education. "The Freeman" is free for the asking by writing to the magazine at Irvington and Hudson Streets, New York, N.Y.

The message follows: "The fact is that inflation is no economic fairy godmother. There is no magic in money to produce something for nothing, and when government creates money faster than its citizens create value, it does not create wealth; it only creates inflation, which is the illusion of wealth. While inflation may seem at first to provide some people something for nothing, it is only transferring value from one group to another, and if continued, eventually robs everyone—even the 'smart' boys."

"When the American people can courageously face up to the fact that there is no such thing as something for nothing; that there is no real security without risk; that money cannot be manipulated to produce wealth; that there is no substitute for human endeavor and individual wisdom and responsibility; then, and only then, can we bring America back to economic reality, which in turn will put our feet on the path to sound growth and true prosperity."

I imagine the facts and suggestions in the above article would be taken lightly by some. However, there is one thing that cannot be disputed. This is that whenever money is created and put into circulation at a faster rate than the production of goods, then value of money will become less and the value of things with intrinsic value will be higher. This is a universal law that never has been and never will be repealed.

Ken Bailey
323 Lincoln

Quotes

United Press International
NEW YORK—Edmund G. (Pat) Brown, governor-elect of California, on the possibility of bringing eastern Democrats into his administration:

"About 95 per cent of my appointments will be from California, but a little cross-breeding is always good for government."

KNOXVILLE, Tenn.

Wayne Upton, president of the recently-resigned Little Rock, Ark., School Board, on why the board members quit:

"We resigned because we were tired of being Gov. Orval Faubus' whipping boys."

WASHINGTON

Harold Stassen, who led an unsuccessful "dump Nixon" drive in 1956, on why he failed to include Vice President Richard Nixon in a list of GOP presidential contenders:

"My views on that are well known and I believe the results of the (recent) elections proved me right."

CLINTON, Tenn.

Retired coal miner Ed Cox, in refusing to permit anti-rabies shots for his 4-year-old daughter, Linda, who was bitten by a dog nine days ago:

"I'm 73 years old and I've seen mad dogs all my life. That dog wasn't mad. He didn't act like a mad dog."

SAN RAFAEL, Calif.

Dist. Atty. William O. Weissich, on a test he set up that cleared two male baby sitters of charges they furnished liquor to 2-year-old Gregory Scott Martinez:

"Within 30 seconds (Gregory) made a bee line for the table and gulped down the wine—there was only a little bit—with a look of ecstasy on his face, and asked for more."

TACOMA, Wash.

U.S. District Judge George H. Boldt, trying former teamster President Dave Beck on income tax evasion charges, on a defense attorney's objections to newspaper coverage:

"Let's not try this case in the newspapers. The gentlemen of the press must do their job just as you must do yours and I must do mine."

They'll Do It Every Time

By Jimmy Hatlo

MAYBE IT ONLY SEEMS THAT WAY... BUT THE STATION HANDS GO ALL OUT ON A CAR THAT'LL NEVER PASS THAT WAY AGAIN....



BUT FOR THE REGULAR CUSTOMER... (\$5.40 PER WEEK) NOT EVEN A WINDSHIELD WIPE....



Morse Action Excuses Mom

PORTLAND (AP)—Mrs. Dovie O. Hatfield, was excused Friday from federal jury duty in a damage suit on the grounds she would be prejudiced because her family was involved in a similar action once.

Mrs. Hatfield told U.S. District Judge William G. East she felt the case involving her son and publicized by Sen. Wayne Morse (D-Ore.) would prejudice her.

In 1940 a car driven by Hatfield killed a girl. The girl's parents were awarded \$5,000 damages in a civil suit that grew out of the accident.

er, is suing the Puget Sound Trucking Co. for \$95,000, alleging one of the defendant's trucks hit him May 7, 1957 on a Portland street.

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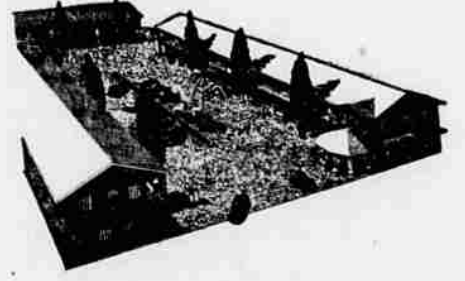
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This contest limited to persons over 21 years of age.



"Boy—that's the life!"

OPEN SEASON
Such schemes as the Wilderness Area Bill will always appeal to a great mass of voters in the East and Middle West who know nothing of conditions out here and can easily be persuaded that we are destroying all our primitive areas, killing off all our migratory birds and game animals and generally making a mess of our wonderful country. It never occurs to them that timber is a crop that should be harvested or it is wasted, that wildfowl and deer should be killed in reasonable quantities for their own good and to protect agriculture. This is true conservation. Just putting everything behind a fence and keep-out signs is not. Any observer of wildlife who is honest knows that there are far more deer and elk in forest areas that have been logged than in virgin timber and that there are far more upland game and migratory

PLANE STRAFES AUTO
PENSACOLA, Fla. (UPI)—An unidentified Navy plane strafed Arthur Gelightly's automobile Wednesday, ripping it with 50 caliber bullets. No one was injured. Officers said they believed the firing was accidental.

VANISHING AMERICAN?



For the sake of your future and the future of your country, let's fervently hope not! But the sad fact is that too many gifted teachers are leaving our colleges for better paying positions.
The cause is fundamental. They simply cannot make ends meet on their present low salaries. And, much as they love their work, they are forced to seek jobs in other fields.
In the face of this discouraging trend, more classrooms keep getting more crowded. And by 1967, college applications are expected to double.
It's time to put a stop to this nonsense. Won't you help? Help the college of your choice now. The returns will be greater than you think.

If you want to know more about what the college crisis means to you, write for a free booklet to: HIGHER EDUCATION, Box 36, Times Square Station, New York 36, New York.

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