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## Hills Department Store

### UNCLE SAM'S ADVICE ON FLU

U. S. PUBLIC HEALTH SERVICE BULLETIN. Latest Word On This Subject Has Been Sent Out By the Government.

Washington, D. C.—(Special.)—Although King Alfonso of Spain was one of the victims of the influenza epidemic in 1893 and again this summer, Spanish authorities repudiate any claim to influenza as a "Spanish" disease. If the people of this country do not take care the epidemic will become so widespread throughout the United States that soon we shall hear the disease called "American" influenza.

In response to a request for definite information concerning Spanish influenza, Surgeon General Rupert Blue of the U. S. Public Health Service has authorized the following official interview:

What is Spanish influenza? Is it something new? Does it come from Spain?

"The disease now occurring in this country and called 'Spanish influenza' resembles a very contagious kind of 'cold' accompanied by fever, pains

#### Coughs and Sneezes Spread Diseases



As Dangerous as Poison Gas Shells

In the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called 'Spanish' influenza is identical with the epidemics of influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917."

How can "Spanish influenza" be recognized?

"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no

means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

"In most cases a person takes sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot,' or 'congested,' as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' for it has been found that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized."

What is the course of the disease? Do people die of it?

"Ordinarily, the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication."

What causes the disease and how is it spread?

"Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by others germs with long names.

"No matter what particular kind of germ causes the epidemic, it is now believed that influenza is always spread from person to person, the germs being carried with the air along with the very small droplets of mucus expelled by coughing or sneezing, forceful talking, and the like by one who already has the germs of the disease. They may also be carried about in the air in the form of dust coming from dried mucus, from coughing and sneezing, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

What should be done by those who catch the disease?

"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned.

If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called 'safe, sure and harmless' remedies advertised by patent medicine manufacturers.

"If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over

the ordinary house clothes while in the sick room and slip this off when leaving to look after the others. "Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple fold of gauze or mask while near the patient."

Will a person who has had influenza before catch the disease again?

"It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain."

How can one guard against influenza?

"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowded homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over-emphasized.

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

"It is especially important to be aware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

Cover up each cough and sneeze, if you don't you'll spread disease."

#### SCHOOL FOR MEN WAS POSTPONED

In spite of notifications from the county board of instruction here to all parts of the county upon the issue of the order closing all public meeting places, about 1,500 men congregated in town Saturday afternoon with the intention of attending the school of instruction for registered men, which was to have been held in the evening. The meeting had been postponed.

### NEW BUILDING TO BE BUILT

#### RED CROSS CANTEN TO HAVE HANDSOME STRUCTURE.

Mr. Bollons And Committee Locate Site For Useful Building.

A handsome little canteen building is to grace the depot grounds. This was determined yesterday when Superintendent Bollons, with Mrs. T. J. Scroggin and Miss Ryan, committee from the Red Cross determined on the location of the new structure.

Plans have been drawn for a dainty booth of 12 x 20 feet, which will be placed at the north end of the station. The plans provide for a very pretty little building fitted with windows, a counter for serving the soldiers and sailors who pass through La Grande and shelves for the different articles the canteen carries.

Architect C. B. Miller drew the plans and to him has been delegated the task of having the building erected. He will at once contract for the work and order the material. It is quite probable that appropriate dedication services will be held at which time those who feel disposed will be permitted to give a freewill offering toward the building.

This, however, is in the hands of Mrs. Scroggin and Miss Ryan, and nothing official has been stated regarding it.

advertised through the columns of the Observer, the last issue of which for the day had been published before the receipt of the closing ban.

The date of the meeting has been indefinitely postponed. The itinerary of the speakers, Captain Richard Russell of Camp Lewis, Captain J. F. Thorne, representing the Red Cross Division, and James Evans, recently returned from Y. N. C. A. work in France, was cancelled here, and the speakers returned to Portland last evening.

#### Catarhal Deafness Cannot Be Cured

By local application, as they cannot reach the diseased portion of the ear. There is only one way to cure catarhal deafness, and that is by a constitutional remedy. Catarhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing will be destroyed forever. Many cases of an inflamed condition of the mucous surfaces, leading to catarhal deafness, are cured by Hall's Catarrh Medicine, which acts thru the blood on the mucous surfaces of the system. We will give One Hundred Dollars for any case of catarhal deafness that cannot be cured by Hall's Catarrh Medicine. Circulars free. All druggists sell. V. J. CHENEY & CO., Toledo, O.

#### UNIFIED AIRCRAFT.

WASHINGTON, D. C., Oct. 15.—(By United Press.)—With the allies unquestionably supreme in the air, definite arrangements have been made for a combined production and operation of aircraft. "Unified war in the air will result," said Assistant Secretary of War Ryan, who has just returned from Europe.

#### ANNOUNCEMENTS.

NOTICE. La Grande Review No. 27, Woman's Benefit Association of the Macraebes, will not meet Thursday afternoon. MAY G. KING, Commander. 10-15-2t.

NOTICE. KNIGHTS OF PYTHIAS. There will be no meeting of Red Cross Lodge No. 27 tonight. J. L. ROBERTSON, C. C.

NOTICE. Notice is hereby given that the partnership of Wilkinson & Chambers has been dissolved, and I will not be responsible for any bill contracted after this date. Dated October 10, 1918. 10-10-6t. L. WILKINSON.

DELIVERY NOTICE. No groceries or meats will be delivered inside the homes of La Grande during the epidemic of Spanish influenza. All such packages will be left on porches of the homes. This is necessary in order to prevent further spreading of the disease.—Adv. MERCHANTS' DELIVERY ASSOC. 10-14-6t.

NOTICE. For the benefit of those who wish to find us at the parsonage of the Methodist Episcopal church South, I will say that it is the brick building, corner Fir and Jackson. Resident address, 2101 North Fir. Telephone, Red 1403. W. B. SMITH, Pastor.

MERCHANT FINANCIAL WRECK. "I am a financial wreck because of the expense of doctors and medicine for my wife. She has been a chronic sufferer for 10 years. Some pronounced it gall stones, some gastritis and some intestinal inflammation. I happened to read an ad of May's Wonderful Remedy and from the first dose my wife has steadily improved." It is a simple, harmless preparation that removes the catarrhal mucus from the intestinal tract and allays the inflammation which causes practically all stomach, liver and intestinal ailments, including appendicitis. One dose will convince or money refunded. For sale by druggists everywhere. Adv.

### During the Present Conditions-- AVOID CROWDS

Phone your orders early

All orders delivered promptly to your doorstep or porch, which should be taken in as soon as possible after delivery. Use plenty of wholesome food, PHONE MAIN 70, for your Fruits, Vegetables and Groceries.

Our Stock Complete and Sanitary.

## Harris' Grocery

Phone, Main 70 and 77; Farmers, Black 192  
408 NORTH FIR STREET ACROSS THE TRACK  
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SINGER SEWING MACHINES. The Best can be had on the easiest terms. Good second hand machines still on hand. See us about repair work. Richard Woolsey, Agent, with Coolidge Paint Store. Oct. 12-6t-pd.

Those Hand Purses of pretty patterns and the very latest Shopping Bags, you will find them at Silverthorn's.

**Silverthorn's**  
FAMILY DRUG STORE  
LA GRANDE, OREGON.  
Daily 10-14-1t

Some Satisfying Chew!

Break two or three little squares off the plug of Real Gravely. It's a small chew—tastes better and stays with you longer than your big chew of ordinary plug. That's why it costs nothing extra to chew Real Gravely—the best chewing plug in the world.

It goes further—that's why you can get the good taste of this class of tobacco without extra cost.

PEYTON BRAND  
**Real Gravely Chewing Plug**  
10¢ a pouch—and worth it

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### CAKE FLOUR

Swansdown Cake Flour is especially prepared for cake-baking and contains a Wheat Substitute. Under present conditions, this well known flour is more necessary than ever, to prevent cake failures and the consequent waste of food.

Albers' New Flapjack Flour, comes in a round package.

Sanitary toilet bowls—always use Sani-Flush. Your sweater will come out soft and fluffy—use Lux.

Oleomargarine costs less than butter for cooking purposes.

A shipment of new comb honey, yesterday.

Aunt Dinah Molasses—especially for gingerbread.

All grades of bulk coffee, from 25¢ to 40¢.

Special lot of extra large Mackerel, just in.

Breakfast Whiting at 2 for 15¢—they're sure fine.

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WE make Ladies' Ready to Wear a specialty and this year, in view of the fact that merchandise is hard to get, our stock is chuck full of Wonderful Merchandise

COATS  
If a Coat is wanted, we have it, and at a price just as reasonable as can be had for the quality of merchandise; remember, you get what you pay for, every garment guaranteed.

WAISTS  
See our line of Georgette and Crepe Waists, all colors, at \$4.33. Other lines, \$7.50 to \$16.00.

DRESSES  
We have every new style—Silks, Serges, Jerseys, Tricolettes, etc. This is just the season for One-Piece Dresses, and we are showing a wonderful assortment.

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