

DRAFTING THE ARMISTICE TERMS AT VERSAILLES



This exclusive French official photograph is the first to be received in this country of the actual drafting of the armistice terms by the allied plenipotentiaries at Versailles. On the left, about the center of the table, are Colonel House and General Bliss, American representatives.

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SPANISH INFLUENZA-- INTERNAL CLEANLINESS

SOME PLAIN TALK ON THE EPIDEMIC BY AN AUTHORITY ON HEALTH

Bernarr MacFadden, editor of the Physical Culture Magazine, and one of the foremost exponents in America of the art of cultivating good health, has an article in the December issue of his magazine on the influenza epidemic, which the public mind, hopelessly confused as it is from divergent opinions of medical practitioners—we can not say authorities in this instance—will receive with more or less relief.

There is more sound common sense, we believe, in what MacFadden has to say regarding influenza than in reams of sundry other writings which the public has endeavored in vain to digest. He says in part:

"Influenza has brought death to thousands within the past few weeks.

"Death is to be expected on the battlefields of France. It is the natural risk of the soldier's life.

"And to him it has its compensations.

He is fighting for his country. As he goes into battle, he is thrilled by the thought of the dangers before him. He has given himself to a glorious cause.

"And when death stares a man in the face, when it is a question of his or the other man's life, he is in a frenzy of excitement.

"Then dying is easy. It is often painless, instantaneous.

"But death from Spanish influenza is inglorious, disgraceful, dishonorable. You go to your last resting place unheralded, unsung. Your death is unnecessary. It means a wastage of human life due either to inexcusable neglect, or to dense ignorance of the great laws of life.

"For diseases of this sort are made possible only by one condition.

"An unclean alimentary canal.

"When you acquire Spanish or any other kind of influenza, you are internally dirty. The inside of your alimentary canal is foul with impurities. It is usually packed with a decomposing, fermenting, putrid mass, and it is from material of this sort that your blood is made.

"And your blood is your life. It is you. From this blood every part of you is created. It furnishes the force that makes your heart beat. It supplies energy for your every thought.

"When their bodies are thus reeking with impurities, many wonder why they contract disease, why every germ that is going appears to seek them out. But if people of this sort were able to avoid disease it would be much more to be wondered at.

"When your alimentary canal is foul and sluggish you may wash yourself until you rub the skin off and you would still be unclean—unclean inside.

"And internal uncleanness makes your blood impure, your brain sluggish, your nerve unstable and your muscles weak.

"The quality of your blood may be influenced advantageously by a clean skin, but the nature of this life-giving fluid is mostly determined by the character of the contents of the alimentary canal from which it is originally absorbed.

"Daily baths are valuable. They stimulate the vital functions, cleanse the external surface and are necessary to the attainment of a high degree of health. But cleanliness of the stomach and the internal membranous surfaces is imperative.

"I do not by any means ignore the germ as a factor in causing disease. If your alimentary canal is sufficiently dirty one of these organisms may be the immediate cause of the disease with which its name is associated.

"But the actual cause of the disease is to be found in the foreign elements or impurities lurking in your organism. You are then fertile soil. Within your tissues are the elements that feed the germ.

"If you had 'side-stepped' the germ, you would still have had within you the seeds of disease, and these would

ultimately bring forth fruit in some other form of disease. "Internal cleanliness is, therefore, the first essential in avoiding not only Spanish influenza, but all other diseases.

"And the remedy for the disease, when once acquired, is the same as the means of prevention.

"Make vigorous efforts to clean your alimentary canal.

"Wash out your stomach again and again and still again. When your stomach and alimentary canal throughout are clean, your foul breath will disappear. You will enjoy the self-respect that comes with the feeling of internal cleanliness.

"The soldier's death must be, at times at least, a glorious experience.

"But to die of Spanish influenza is shameful, disgraceful.

"And the time will come when all such unnecessary deaths will be so regarded by the public."

INDIAN IS LEARNING RAPIDLY

Beginning After Many Years to See That the Ways of the White Men are Good.

In the old days he depended upon the wild deer and the buffalo for food. He lived in a snugly cabin or tepee, and when anyone died there, he burned it or moved away to keep the ghost of the departed from haunting him.

In the old days he fought against the white men and collected palisade scalps. Then he called upon his medicine man to cast spells over the missionary and drive him away.

Today he is learning to farm and raise cattle. He builds a house like the white man's with floors and a cellar for vegetables, and sometimes a corrugated iron roof. In case of a death in the new cabin he does not burn it, but uses the white man's disinfectants to fumigate the place.

Now he is beginning to understand what the "White Father" in Washington is trying to do for him. He has sent his full quota to our army in France, and four-fifths of the number have been volunteers. He has subscribed nearly \$7,000,000 to the Liberty Bonds. Three times out of four he sends his children to school. Now farms are disappearing, and churches are taking their place.

The Indian is beginning to "think white."—Thomas C. Moffat, in World Outlook.

Had an Alibi.

A party of tourists were discussing the Darwinian theory, and one of them, turning to the guide, said: "And what, my friend, do you think of the matter?" "Well, sir," said the guide, "you gentlemen may have come from apes. It's not for me to contradict you. But, as for me, I can say that my folks came from Wales."

Unpalatable Ship "Bread."

In grandfather's day a ship took on her supply of bread for a voyage in casks before leaving home. This supply had to last until the end of the voyage, though that might be a year or two. The bread was in the form of hard biscuits. It kept fairly well when dry, but often it got damp and moldy, or wormy.

PRINCESS MARY



Princess Mary, only daughter of King George and Queen Mary, has been appointed honorary commander and colonel in chief of the Royal Scots (Lethal Regiment), the oldest of the British army. This regiment has a splendid record, and although the first name it bears on its colors is that of the victory of Blenheim in 1704, it existed at least a quarter of a century earlier.

Little Progress Made.

My nephew on returning from school the first day was asked what he had learned. He replied: "Nothing but how to stand up and sit down, and I thought I knew that before I started to school."—Chicago Tribune.

Anyway, It's No Use.

"De man dat's always kickin'," said Uncle Eben, "ain't got any real trouble on his mind. When real trouble comes you is generally too stunned to kick."

CHIVALRY IN THE TRENCHES

How Suffering Tommy, Deemed to Early Death, Attempted to Give His Blanket to Yank Comrade.

"Yank, I'm only twenty-eight, but I'm an old man," said an English Tommy just before we turned into our sleeping rolls on the coldest night that I had experienced. And his awful cough, the result of being gassed early in the war, when they had no masks, added fatal testimony to his statement.

All night long he coughed. About midnight I awoke shivering. From his coughing I knew that he was awake. I said: "Tommy, I never was so cold in my life," and then in a few minutes I was asleep again.

An hour later I was again awakened by his violent coughing. To my surprise I seemed to be warm and wondered if the wind had suddenly changed, but from its constant whistling I knew it had not. I reached out and felt two extra blankets on me. I suspected whence they had come by that violent coughing.

I got up and carried them back to where he lay, saying: "Tommy, did you put these blankets on me?" He replied: "Yes, Yank, you said you were cold."

"But what about you?"

"Oh, me? I'm used to it."

"Well, all I got to say is, thank you; but if you ever do that trick again I'll throw you out of the window in the snow and let you freeze to death." And then I put them back on his shivering, gasped body.—William L. Stigger in Association Men.

By No Means Secure.

Friend—"I see your son Sambo has secured a position." Business—"No. He has got one, but he ain't secured it yet. His boss says he's unable to fire him any minute."—Life.

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FIRST WOMAN TRAFFIC COP



Mrs. Lavinia N. King, wife of a captain in the United States medical corps, is this country's first woman traffic cop. She has been assigned in Washington to a busy corner, and in case her badge and official uniform are not respected she can use the business-like six-shooter dangling from her belt. Her first appearance at her post stopped traffic temporarily instead of speeding it, but Washington in these days quickly becomes accustomed to the novel.

Keep Out the Dust. Have window shades that will run up and down over your pantry shelves and a lot of dust will be saved.

For Croup. "Chamberlain's Cough Remedy is splendid for croup," writes Mrs. Edward Hassett, Frankfort, N. Y. "My children have been quickly relieved of this dreadful complaint by its use." This remedy contains no opium or other narcotic, any may be given to a child as confidently as to an adult.—Adv.

MR. MICAWBER

made famous by Dickens, is noted for the wise expression:

"Annual income 20 pounds, annual expenditure, 19-6, result, happiness. Annual income 20 pounds; annual expenditure, 20 pounds, 0 and 6, result, misery."

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