COUNTY NURSE REPORT.

(Continued from Page One.)

been stressed upon until they see at least the necessity of correcting the condition and have signified their intention to do so.

Co-operation of County Superintendent.

This has been most generous in all problems pertaining to the rural school problems and to every teacher, principal and superintendent is due the highest praise and thanks for their splendid co-operation and interest in public health. It seems that above all organizations, the school realizes the value of it most.

While school nursing is an entering wedge into the home, other forms of public health claims a great deal of time, especially after the work has been organized.

Tuberculosis.

Much time should be given to follow-up work. Each case should be visited at least every month. These cases need close supervision for, unless they have had a month or two in a sanitorium, where they have been taught to use all precaution, so that other members of the family will not be affected, they are careless and may be a real danger in the home and community. Even when the patient has for a time been in a hospital and knows the danger there may be to others, he has a tendency to lapse into his old manner of living, which may have been very faulty.

Sometimes these cases are very discouraging. For example, the "B" family. Mrs. B. was sent here to live with a sister by the Travelers Aid Society. She was a third stage case. She brought with her four children, and, with the three children belonging to her sister, there were 10 people in three small rooms having but three beds for all. Different agencies worked on this case, many giving charitable aid. It became necessary for the Red Cross to finance her return with her children to her own state, Illinois, to which place the county nurse accompanied her. At least fifteen visits were made by the nurse in the month she lived here. The patient's children were found upon examination to be free from any infection. The sister and family folded their tents like the Arabs, thus there is no trace of this exposed family.

Many of the tuberculosis patients are young men and women, who will not make the effort to help themselves, and it takes many friendly visits to make them realize that it is necessary to give up their pleasures, such as dancing, late hours, and even their work. It takes much persuasion to get them to follow the physician's orders. There are four young people in the active tuberculosis file who have been a source of real worry. One has been induced to go into a sanitorium, two have finally come to realize they must do their share if they will get back to health, while the fourth is still unconvinced that three physicians have made the right diagnosis. There is probably no type of patient that needs closer supervision.

Perhaps it takes close work with tuberculosis and those afflicted with it to appreciate the full value of a State Tuberculosis Association, such as Oregon has. Statistics prove that in twenty years the death rate from tuberculosis has been reduced one half, then there can be no doubt that tuberculosis associations are doing something worth while.

Child Welfare.

This work in connection with the school work is very interesting. The county nurse is always welcome in the home where she goes to learn more of the child who perhaps cannot make his grade. Sometimes the mother will tell you the child does not care for breakfast before going to school; will not go to bed before the elders, or the doctor has told her the teeth must be attended to or the adenoids removed, but she has not the means with which to meet the expense. No physician or dentist in Union county in the past three years has refused a request for help in these cases, and many have been taken care of gratis, thus the medical and dental professions deserve much credit for the co-operative spirit and the progressive trend toward preventive medicine.

One mother sent word to school to have the nurse look at her child's feet. This child complained of pain and limped when she walked. It was very easy to see that the child was wearing shoes almost two sizes too narrow. From the same room came a boy hardly able to walk from pain. Upon removing the boots and stockings, it revealed the boy's feet had open running sores made from blisters caused from too heavy coarse leather boots on sensitive feet.

Every school staff is incomplete until it has its school nurse. Much effective work could be done if the nurse could get into every home and talk with the parents, learn the habits of the children and plan with them for relief from physical defects or wrong living habits. Many parents respond readily to the call notice the nurse must, through lack of time, send them, when a personal contact would make for more interest in better community conditions and better co-operation with the schools.

Home Nursing and Demonstration.

If the nurse is not called or asked by some physician to "Just show these people how to give this patient a bath or enema, etc." she in making a home call for some other follow-up work, will find a mother who needs and wants to be shown just how to give the baby its bath, how to pasteurize milk and what precautions to use in the typhoid case. If a county nurse had only this kind of public health work, she could go from one sick family to another demonstrating and teaching care of the sick in the home.

In the diphtheria epidemic in Cove this spring, the nurse had the privilege of going with the physician from one case to another helping to take cultures, give antitoxin, suggesting proper food, instructing in the bedside care of the patients and supplying help and nursing care, where the family was unable to do so.

County Fair Exhibit.

Last October the county nurse was provided with space in the Grange Hall at the County Fair, where a display of health posters and literature was made. Weighing and measuring was done, but the facilities were not adequate for much of this work. Many mothers stopped to have consultation about some health problem and to carry home some health literature.

Clinics.

It is with a great deal of satisfaction that we write of the two Baby Clinics which were held in Cove and Elgin. At Cove Clinic there were 20 babies brought in by the young mothers, and at Elgin, 21. These clinics were conducted as health conferences. The two physicians at Union and the one at Elgin were splendid in their co-operation and enthusiasm. The women who attended were interested and there is no doubt that much good will be derived from these gatherings. Conditions such as marasmus, flat trouble, flat feet, hypertrophied tonsils and adenoids and the need for circumcision were found. Already we have learned of a few who have gone to their family physicians for treatment for their babies. Not only those present learn of these things, but it is carried to many others, who will profit therefrom. Parents want to learn of the best there is for their babies.

Bureau of Child Hygiene.

With the Bureau of Nursing is the Bureau of Child Hygiene from which, since the appropriation of the Sheppard-Towner fund for maternal care, came Advisory Letters to expectant mothers. The last half of this year's work has been made rich because of the finding and sending to the State Bureau of Child Hygiene the names of expectant mothers, from which office they have received these advisory letters and pamphlets. Many expressions of gratitude from young mothers over these fine literature have come in.

Union County Public Health Association.

This organization has a standing all its own. It has, with each community group working separate and collectively, paved the way for public health work in the county, which can never be undermined. It has been of invaluable aid to the nurse, because of its strong and ever loyal support. Each community group has had its share of responsibility in helping in sickness and trouble, and each group has learned how to handle at least some of the problems that arise in a community. Some of these groups made the clinics possible. Without their help they would have been far from the sucess they were. The regular community group meetings which have been held every two months, where the general health welfare in the community was discussed, has done much toward welding these forces together and preparing them for doing much valuable public health work, with or without the leadership of a nurse.

Recommendations.

Every effort should be made by the County Public Health Association to stimulate and further the activities of the community centers. Members of the association should familiarize themselves with the state and local health laws and with the state institutions and the work of the different agencies. The educational member of the association might arrange for talks on Crippled Children's Law, Quarantine Laws, State and Local Health Officers' Duties and Powers, Communicable Diseases, Tuberculosis, etc.

There should be some way provided for the correction of physical defects, medical and surgical, besides that of having to approach each physician in turn for charitable aid.

Much valuable help, advice and sympathy from the State Bureau of Nursing and Child Hygiene and from the Oregon State Tuberculosis Association is acknowledged and greatly appreciated. It has been three years of happy relationship with two splendid organizations.

Statistical Report of General Nursing:

Number of active cases on file:	
General	3
Tuberculosis	20
Child Welfare	13
Prenatal	2
Maternity	2
General cases, visits to homes	46
Prenatal cases, visits to homes	11
Child Welfare, visits to homes	123
Maternity, visits to homes	4
Tuberculosis, visits to homes	82
Social service visits to homes	8
Instructive visits	216
Investigative visits	27
Miscellaneous visits	388
Office Work.	
Office hours kept	309
Office calls received	35
Telephone calls	142
Letters written	121
Committee meetings	7
Community group meetings	17

Talks given to groups:

Farmers Club, Granges, Parent-Teachers Assn., Women's Club, Baby Clinics held in Cove and Elgin, with attendance of 20 and 21 babies respectively.

Patients referred to other agency	2
Patients referred to private physicians	6
Patients referred to dentists	3
Patients referred to clinics	15

Expenses.

Total for 10 months $231.69

The Original Food-Drink for All Ages. Quick Lunch at Home Office & Fountains. Rich Milk, Malted Grain Extract in Powder & Tablet forms. Nourishing—No cooking.
Avoid Imitations and Substitutes

STOP RHEUMATISM WITH RED PEPPER

When you are suffering with rheumatism so you can hardly get around just try Red Pepper Rub and you will have the quickest relief known.

Nothing has such concentrated, penetrating heat as red peppers. Instant relief. Just as soon as you apply Red Pepper Rub you feel the tingling heat. In three minutes it warms the sore spot through and through. Frees the blood circulation, breaks up the congestion—and the old rheumatism torture is gone.

Rowles Red Pepper Rub, made from red peppers, costs little at any drug store. Get a jar at once. Use it for lumbago, neuritis, backache, stiff neck, sore muscles, colds in chest. Almost instant relief awaits you. Be sure to get the genuine, with the name Rowles on each package.

NEURALGIA or headache—rub the forehead—melt and inhale the vapors
VICKS VAPORUB
Over 17 Million Jars Used Yearly

T-A-X-I
Call Main 580
Imperial Billiards

THE SWEETEST DAY OF THE YEAR
Saturday Oct. 14.
SPECIAL!
Candy in bulk, 38c.
Boxes, 45c, 75c and up
Hot Tomales
Jack O'Lantern

40 Arce Farm

4 wire fence, good well, house and barn, chicken house, woodshed, 22 acres in cultivation, 4 or 5 more acres ready for the plow, 5 acres in alfalfa. Creek runs through place most of the year. Water right for 3 acres from another creek. Price $2700, which includes large team, new set harness, plow, harrow, cultivator, tools and all the hay. Situated near Summerville.

Geo. H. Currey
Real Estate Insurance

Pumpkin Pies

RICH AND CREAMY
Large Pies 40c each
Individual 10c each

HOME-MADE MINCE PIES
Large Pie 40c each
Small Pie 30c each
Individual 10c each

FRESH EVERY MORNING!

Macpherson's Bakery

ALASKA FURS
JUST RECEIVED
A fine line of ready-to-wear Alaska furs which I will sell for a very reasonable price. You are all welcome to come and see them. I also buy all kinds of raw furs and will pay best prices.
Chris Miller
1510 Adams Ave.

Just Arrived!
A complete line of
Connecting Rod and Crankshaft Bearings
for passenger cars and trucks.
At
Leighton's Welding & Machine Works
La Grande, Oregon

You Win $2000.
Costs You Nothing to Try—So Solve This Puzzle

How Many Words Can You Find in This Picture Commencing With the Letter "F"?

For example, you will notice "Fire," "Fiddle," "Foundry," etc. Are you able to find 20 words commencing with the letter "F"? The picture is very clear: there can be no mistakes. You will find it very interesting to look for these words, and may win the big prize. Anybody can try—costs nothing. Why should you not be the winner of the $2000.00?

YOU SHOULD WIN The person having the largest list of words beginning with the letter "F" will get the First Prize. You surely have a real chance of winning at least one of the prizes offered—there are fifteen of them. Why not try for the big prize and win $2000.00. Somebody will win it—your chances are as good as anybody's.

Just think what you could do with the money. $2000.00 could buy an automobile and leave enough balance to make a payment on a residence. Perhaps you have in mind just one thing you would like to do if you received a check for $2000.00. Certainly you owe it to yourself to try to solve this puzzle. You will find the trying very easy and pleasant.

The Way to Win One of the Twenty Prizes

You do not have to spend a penny to get into this contest. It is not necessary for you to order any Yeastolax. If your list is adjudged to be one of the twenty best you will receive one of the cash prizes. Without your order for Yeastolax, if your list of words commencing with the letter "F" is the largest you receive the first prize of $50.00. If the judges award you the second prize, without your order for Yeastolax, you will get a check for $25.00; and so on down the line as shown in this announcement.

Win the Big Prize—$2000.00

If you choose you can win a great deal more than the Class A prizes. All that is necessary for you to qualify your list for the BIGGER PRIZES is to send in an order for one or more packages of Yeastolax. Look over carefully the schedule of prizes as classified in this announcement. You will find that if you send in $1.00 for one package of Yeastolax and the judges award you first prize you will get $300.00. If you send in $2.00 for two packages of Yeastolax and your list is awarded first prize you will get a check for $600.00, and so on up. If you send in $5.00 for 5 packages of Yeastolax and the judges award you the first prize, you will receive the Big Prize of $2000.00. Should your list be judged as the second best you would receive $1000.00; and so on down the list. Remember, there are twenty prizes offered, as shown. All the opportunity one could desire. Go in to win the best prize.

$764.00 Extra Award for Promptness

Dec 15th, 1922 is the last day for receiving your solution to this puzzle qualifying you to win one of the prizes. But, note this. For every day before that date that your order for Yeastolax is received an extra prize of $10.00 for each and every day will be added to any first prize won. If you send in your order today you will get a receipt for the money; then you can send in your solution any time before Dec. 15th and your list will be qualified for any of the prizes. We will award an extra $764.00 in this manner. You should try your very best to earn this additional award. It will cost you little additional effort. In case of ties we will award duplicate amounts of $764.00 to each contestant so tying. Don't overlook reading about our extra premium of 50,000.00 Genuine Russian Rubles, whether or not you enter this contest.

Go after the Big Prizes—don't delay—start right away—get into the contest. How many words can you find with the letter "F"? Great amusement—great opportunity. $2000.00 is awaiting your call. Now is the time to act.

Yeastolax Co. 1253 S. Michigan Ave. DEPT. 0000 Chicago

RULES: 1 This puzzle is open to everybody except employes and relatives of the Yeastolax Co.

2 The first Prize will be awarded to the person giving the largest number of words beginning with the letter "F". To the first in order will be awarded the Second Prize and so on down the list of Twenty Prizes. The awards will be made on the basis of the words submitted and not from a predetermined list. Should there be any ties the full amount of the prize will be awarded to each contestant so tying.

3 Words of synonymous meaning and words of the same spelling but different meaning will count only one. Words using either the singular or plural of a word, this words appearing in Webster's Dictionary—and not obsolete words will be considered.

4 Words must be numbered 1, 2, 3, etc., consecutively.

5 This contest will be decided by three judges independent of and not connected with the Yeastolax Co. These judges will award the prizes. The contestants agree to abide by the decisions of these judges, and it is understood that such decisions are to be conclusive. The names of winners and winning lists of all words will be published as soon as possible after the contest. A copy of this list will be furnished to anyone upon receipt of a stamped, addressed envelope. Two or more persons may co-operate in this contest, but only one prize will be awarded to any such co-operating group.

6 Lists of entries must be received at our office on or before Dec 15th, 1922, 12 o'clock noon, or before Dec 15th, 1922. For every day before the close of this date that your order for Yeastolax is received you will get an additional award of $10.00 per day, added to any first prize you win. In case of ties this award will be duplicated for every contestant so tying.

Yeastolax

Yeastolax contains the highest and most potent concentration of yeast vitamine that can be obtained commercially by modern chemical processes. Yeastolax is sold on this condition: If you suffer from "Rheumatism," Constipation, Nervousness, Eczema, Blemishes, Boils, or any other ailment that you believe is caused by lack of vitamines in your system, and you do not find relief after using Yeastolax as directed, we want you to return the empty package to us and we will refund your money without question or quibble. Yeastolax also has the highest vitamine content of any yeast product on the market. Yeastolax is a food and not a medicine. Yeastolax will not cure disease, but it will help Nature overcome disease. Yeastolax will not cure constipation, but it will help Nature overcome constipation. Yeastolax will not cure rheumatism, but it will help Nature overcome rheumatism. Yeastolax will not cure nervousness, but it will help Nature overcome nervousness. Yeastolax will not cure eczema, but it will help Nature overcome eczema. Yeastolax will not cure blemishes, but it will help Nature overcome blemishes. Yeastolax will not cure boils, but it will help Nature overcome boils. Yeastolax will not cure any ailment, but it will help Nature overcome any ailment. Yeastolax is a food and not a medicine. Yeastolax will not cure disease, but it will help Nature overcome disease. Yeastolax will not cure constipation, but it will help Nature overcome constipation. Yeastolax will not cure rheumatism, but it will help Nature overcome rheumatism. Yeastolax will not cure nervousness, but it will help Nature overcome nervousness. Yeastolax will not cure eczema, but it will help Nature overcome eczema. Yeastolax will not cure blemishes, but it will help Nature overcome blemishes. Yeastolax will not cure boils, but it will help Nature overcome boils. Yeastolax will not cure any ailment, but it will help Nature overcome any ailment.

IMPORTANT—Special Introductory Premium

In order to quickly introduce Yeastolax into every community we will give to each person sending us a letter or postal card with their order for Yeastolax a Free Gift. Yeastolax will not cure disease, but it will help Nature overcome disease. Yeastolax will not cure constipation, but it will help Nature overcome constipation. Yeastolax will not cure rheumatism, but it will help Nature overcome rheumatism. Yeastolax will not cure nervousness, but it will help Nature overcome nervousness. Yeastolax will not cure eczema, but it will help Nature overcome eczema. Yeastolax will not cure blemishes, but it will help Nature overcome blemishes. Yeastolax will not cure boils, but it will help Nature overcome boils. Yeastolax will not cure any ailment, but it will help Nature overcome any ailment.

Absolutely FREE—50,000.00 Rubles

The Russian Ruble recently was worth 50c per ruble, giving the above a value of $27,500.00. Yeastolax is a food and not a medicine. Yeastolax will not cure disease, but it will help Nature overcome disease. Yeastolax will not cure constipation, but it will help Nature overcome constipation. Yeastolax will not cure rheumatism, but it will help Nature overcome rheumatism. Yeastolax will not cure nervousness, but it will help Nature overcome nervousness. Yeastolax will not cure eczema, but it will help Nature overcome eczema. Yeastolax will not cure blemishes, but it will help Nature overcome blemishes. Yeastolax will not cure boils, but it will help Nature overcome boils. Yeastolax will not cure any ailment, but it will help Nature overcome any ailment. Yeastolax is a food and not a medicine. Yeastolax will not cure disease, but it will help Nature overcome disease. Yeastolax will not cure constipation, but it will help Nature overcome constipation. Yeastolax will not cure rheumatism, but it will help Nature overcome rheumatism. Yeastolax will not cure nervousness, but it will help Nature overcome nervousness. Yeastolax will not cure eczema, but it will help Nature overcome eczema. Yeastolax will not cure blemishes, but it will help Nature overcome blemishes. Yeastolax will not cure boils, but it will help Nature overcome boils. Yeastolax will not cure any ailment, but it will help Nature overcome any ailment.

Twenty Prizes—$4,000.00

	Class A	Class B	Class C	Class D
	When one number is sent in	When $1.00 is sent in for one package	When $2.00 is sent in for two packages	When $5.00 is sent in for five packages
1st Prize	$50.00	$300.00	$600.00	$2000.00
2nd Prize	25.00	150.00	300.00	1000.00
3rd Prize	25.00	75.00	150.00	400.00
4th Prize	20.00	45.00	85.00	250.00
5th Prize	15.00	30.00	50.00	150.00
6th to 15th Prize	2.00	3.00	7.00	15.00

PUBLIC SALE

The Undersigned will sell at public auction, at his residence on the Silver Elm Farm, one-half mile west of Cove, Oregon, commencing at 10:00 a. m. sharp.

Thursday, October 19

The following described property

178 Hogs
INCLUDING
88 Shoats, weighing from 80 to 100 lbs.
80 pigs, all sizes, from 1 month to 3 months old.
10 Brood Sows.
Hogs are mostly Poland China, some Chester White

8 Horses
INCLUDING
1 Team Matched ray Mares, 1600 each, 6 years old.
1 Span Black Mares, 1700 each, 6 and 9 years old.
1 Black Mare, weight 1600 pounds.
1 Gray Mare, weight 1400 pounds.
1 3-year-old Gelding, 1400 lbs., just broke to work.
1 8-year-old riding Mare, high class, bred.

10 Cattle
INCLUDING
4 Grade Milch Cows, fresh five months.
1 Registered Swiss Cow, fresh three mos.
1 Grade Swiss Cow, fresh two months.
1 Heifer Calf, three years old.
1 Registered Swiss Heifer Calf, three months old.
1 Grade Swiss Heifer Calf, two mos. old.
1 Grade Durham Heifer, four months old.

About 25 Tons Timothy Hay in Barn
500 Bushels of Oats
Some Straw in the Stack
80 Tons Corn Silage in the Silo
(In fine condition, put up fresh while in the milk stage)
One Lot of Tools in the Garage

SHEEP
27 Head of high bred Hampshire Ewe Sheep and 20 Hampshire Spring Ewes.

Farm Implements and Household Goods
CONSISTING OF
1 Silage Cutter; 1 Potato Planter; 2 Hay Rakes; 1 3½ in. Wagon; 1 Single Buggy; 1 Pair Bob Sleighs; 1 Fanning Mill; 1 Planet Jr. Seeder; 2 Lawn Mowers; 1 Post Maul; 1 Pick; 1 Hog Oiler; 1 Double Pulley, Block and Tackle Rope; 3 Riding Saddles; 1 Sickle Grinder; 2 Sets Breeching Harness; Lead Harness; 1 Set Double Buggy Harness; 1 Set of Single Buggy Harness; 1 Lot of Halters; 1 Warehouse Truck; 1 Cider Press; 1 Manure Spreader; 1 Grindstone and Frame; 1 Post Hole Digger; 8000 feet of Good Lumber; 1 Riding Spring-tooth Harrow; 1 Sulky Plow; Gasoline Engine; 1 Road Drag Scraper; 1 Walking Plow; 1 Wheel Barrow; 1 Blacksmith Forge, combined; 1 lot of Shingles; 4000 Grain Bags; 1 Universal Range; 2 Air-tight Heaters; 1 10-ft. Dining Room Extension Table; 2 Bedsteads and Springs; Some Rugs; 2 Mahogany Tables; 1 Set of Mahogany Chairs and Other Articles too numerous to mention.

TERMS: All sums of $25.00 and under, cash. Over $25.00, 6 months time on bankable note drawing 8 per cent interest, with privilege of renewing after six months.

COL. T. B. JOHNSON, Auctioneer.
L. V. Johnson and J. E. Reynolds, Clerks.
FREE LUNCH AT NOON

O. E. SILVERTHORN
Owner