

BAKER GRAIN OUTLOOK GOOD

BAKER, Ore., July 15. — Baker County crop conditions have improved materially in the last 30 days according to a survey completed by County Agent Paul Carpenter. Generally the first cutting of alfalfa and mixed hays was much below normal. Mr. Carpenter states although Eagle and Pine Valleys with their heavy acreages of hay were fairly up in the first crop return.

Growers are in accord that the outlook for the second cutting of hay is considerably better than for the first in spite of the lack of water in most sections. The rains of last week have helped and the vitality of the hay plants is better than the early season prospects. Cutting off the second hay cutting will be on in full blast in 10 days in most districts.

Grain Harvest Hardly Started

While grain harvesting has hardly started a heavy acreage will have been covered by the 25th of the month the report indicates. The yield outlook for the grains is spotted but rather better on the whole than anticipated a month ago. Especially have the later sown fields of wheat shown improvement. Oats and barley both promise from fair to better returns.

Despite the short water season and the heat of the last few days the potato crop is holding up in good shape. Mr. Carpenter declares. It is said that the general use of high grade seed stocks is a major factor in the manner in which the crop is resisting the unfavorable conditions.

Water in Powder and Burnt rivers is extremely low with little prospect of increased flow. The water situation in Pine Valley is reported to be tight but hardly critical. Ditch walkers are on the job in Eagle Valley but the water supply is near ample.

HEALTH

HOW TO AVOID SUN STROKE AND HEAT EXHAUSTION

(By John Wyckoff, M. D., New York City)

Member Gorgas Memorial Institute

Heat exhaustion is the commonest form of illness resulting from individuals being subjected to high temperatures for long periods of time. Most people have experienced it in a mild form. In its graver forms it is a very serious disease and not infrequently causes death. It generally attacks children and people who have been in poor health. It finds a ready victim in the individual who is in temperate in his use of alcohol.

The symptoms are a feeling of giddiness and nausea. The legs feel unsteady, the patient looks pale and may become unconscious. Externally the body is cold and clammy. The temperature is below normal.

One of the oldest diseases on record is heat stroke, or sun stroke as it is more commonly called. It is usually brought on by direct exposure to the sun's rays in extremely hot weather, particularly if the person is exposed for a long period of time.

Its onset is sudden, and in rare cases it causes almost instantaneous death. Usually, however, it is ushered in with a terrible headache, dizziness, a feeling of oppression, and sometimes nausea and vomiting. Patients also complain that objects appear to them as being of peculiar colors.

The victim of sun stroke looks altogether different from the heat exhaustion patient. In that condition the skin is cold and clammy; in sun stroke, the skin is hot and flery. In the former condition the patients are pale; in sun stroke they are red. The temperature rises rapidly, frequently going to 110 degrees.

Enough has been said of the seriousness of the diseases of heat to show you the necessity of taking certain precautions in hot weather. Follow them, and you will be practicing the preventive measures sponsored by the Gorgas Memorial Institute.

Wear clothing of thin texture to allow the perspiration to evaporate readily and of light color to reflect the sun's rays instead of absorbing them. Wear clothing as loose as possible, particularly about the neck, so as to avoid interfering with the circulation.

As far as possible take things easy. Don't run for street cars—wait for the next one. It is better to be late than have to go to a hospital.

Don't eat too much in hot weather. Particularly do not eat hot things. Avoid pastry. Eat meat only once a day. Drink plenty of cool water, but no alcoholic drinks.

Bathe frequently. Shower baths are particularly good. In hot weather avoid, as far as possible, staying out for long periods in the sun. If this cannot be avoided be sure to wear a hat, preferably a straw hat.

If you are called in an emergency, to help someone who has been overcome with heat, summon a doctor as soon as possible. Then if the patient is pale, cold and clammy, cover him with a blanket, give him a warm drink and put a hot water bag to his feet.

If on the other hand the patient's face is red put him in a cool place. Apply ice to the head, give him a cool drink and sponge his extremities until the doctor arrives.

SWIMMING

(By Dr. Frederick Stricker)

This is the person when swimming takes up place as the head.

An Air Flivver



This diminutive De Havilland "moth"—a regular flivver of the air—was used by Col. and Mrs. Semple of London in an 800-mile air jaunt. It has a four-cylinder, 27 horse power motor and goes 29 miles to the gallon of gasoline. The wings fold up when it is not in use so that it can be housed, as shown above, in an ordinary garage. Below Col. Semple and a lamb inspect the plane after a landing in a sheep pasture.

ing out-of-door sport. Swimming is the most healthful and by far the most refreshing of sports. Few persons, however, attempt to acquaint themselves with the sanitary environment of the water in which they swim. When in doubt, it is a wise rule to stay out of the water. Swimming places in streams should not be exposed to the discharge of raw sewage. The presence of garbage, refuse or waste is evidence of contamination sufficiently great to warrant the exclusion of bathers.

The water in artificial pools should be kept as pure as possible by filtration, sterilization and change, or by a combination of these processes. Every person should refrain from entering the water when he is not well. A common cold, a skin eruption, an inflammation of the eye, ear, nose or throat, or fever should be sufficient to deter a person from entering a swimming place.

When a swimmer comes to a realization that the prevention of a matter of mutual concern, just that soon will pink eye, sinus infection, and other disagreeable and serious infections be greatly reduced in number. The practice of spitting into the water is reprehensible. Care should be taken not to pass water into or out of the mouth or swallow the fluid less intestinal infection occur. It is well for both men and women to wear rubber caps which will prevent the entrance of water into the ears. This simple precaution may prevent inflammation of the middle ear. It is best not to enter the water when overheated. Failure to observe this rule may cause cramps. Then too it is unwise to swim until two hours after eating. Every one who swims should know how to protect himself while in the water, and also be familiar with life saving methods. Diving in shallow water, unnecessarily long swims beyond reach of assistance, and swimming beneath objects are acts of poor judgment. Swimming is a sport to be encouraged, because of its value as exercise and diversion. A casual swimmer soon discovers unused muscles and finds himself breathing more deeply than has been his custom. It is an exercise not limited to age, being available to the elderly as well as to the young. Provided you have no organic impairment, it reacts well to the hard exercise of the bowels.

To the mentally and physically tired, swimming acts as an excellent terminator of fatigue produces, planting in their stead a feeling of well-being and exhilaration. It is distinctly a sport worth cultivating.

A train has just been devised for the transportation of the precious helium gas used in American dirigibles. The gas is contained in long bottle-like cars designed somewhat like a vacuum bottle.

New uses just discovered for the ancient Chinese drug, opium, indicate that it will be a great aid to modern physicians in raising blood pressure and for use as an anesthetic.

Hermit



For eight years Chicago has had a mysterious hermit without knowing it. Otto, shown above, has a lair in some rocks along the lake front, near the Field Museum and close to the downtown district. He supports himself by catching minnows, which he sells to fishermen.

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THE Maytag is sold by washing, not talking. Its speed, thoroughness and carefulness are so unusual that to simply describe them would sound boastful without the backing of the well-known Maytag sales plan—"Try it before you buy it."

To wash with a Maytag and see a full tub of clothes washed clean in 3 to 7 minutes is a revelation. To see the grimy cuff edges, collars and wristbands come out beautifully clean without hand-rubbing, gives you the true significance of the Maytag Gyrofoam action.

To wash with a Maytag convinces you of the real value of the cast-aluminum tub, that keeps the water hot through a big washing, that cleans itself in thirty seconds, that empties itself, that lasts a lifetime, and that is so scientifically shaped as to give water action in every inch of the tub all of the time.

There are nine particularly striking advantages of the Maytag which you can best appreciate by washing with it in your home.

Why not make your free trial next washday? Test the Maytag on a week's washing, in comparison with any other washer you believe to be as good. If the Maytag does not sell itself to you don't keep it. Phone!

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