

Safeguard Yourself Against Spanish Influenza

"AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE." THE U. S. SURGEON GENERAL ADVISES KEEPING THE MOUTH, THROAT AND NOSE THOROUGHLY CLEANSED WITH ANTISEPTIC GARGLE AND SPRAY. WE HAVE A NUMBER OF THESE COMPOUNDS WHICH WE RECOMMEND, ALSO ATOMIZERS FOR SPRAYING THE NOSE AND THROAT IN A THOROUGH MANNER.

Williams' Drug Co.
PERFECT SERVICE PURE DRUGS

CITY AND COUNTRY

Albert Quartier was home Sunday.
Additional short news items on Page 3.
Don't miss "Crashing Through to Berlin."
Ed Owen returned to Vancouver last Monday.
Harold Herron was here from Astoria this week.
H. B. Fletcher was here from Portland this week.
Mrs. F. O. Parker is clerking at Eddy & Carbray's.
K. C. Eldridge was in Medford several days last week.
Mr. and Mrs. Will Woods are here from Portland this week.
Mr. and Mrs. Claude Skinner motored to Newport Tuesday.
J. S. Cooper has been looking after business in Toledo this week.
Dallas and Falls City have been closed up because of the "flu."
M. P. Baldwin is here from Black Rock visiting his mother and aunt.
Uncle Sam is asking everybody to do their Christmas shopping early.
W. H. Park, who has been quite sick for some time, is reported much better.
The city council has ordered a new crossing built on Zag street at the Christian church.
Miss Madeline Kremer is home from the O. A. C. because of the influenza epidemic.
William Mackey of Bend was at the home of his daughter, Mrs. S. E. Owen, this week.
Elmer Paddock has been admitted to the S. A. T. C. at the University of Washington, Seattle.
Misses Pauline Stapleton and Ora Fenton received instructions today to go to Medford Monday.

POLK COUNTY POST

Twice A Week
Phone M. 621

News items of public interest are gladly received and much appreciated. Bring them, send them, phone them or mail them. We thank you.

Miss Gertie Jewell was called to Eugene yesterday because of the serious illness of her brother.

Miss Marietta Shinn has returned from Portland because of the closing of all schools in the metropolis.

There will be three productions of "Crashing Through to Berlin." Afternoon at 2:30 and evening at 7:30 and 9:15.

Buy an atomizer at the Williams Drug Co. and keep your nose and mouth in shape to combat the germs of influenza.

The ladies of the M. E. church will serve their annual cafeteria chicken dinner Thursday, Oct. 31, in the church parlors. Come.

Mrs. Oliver Smith sang a solo at the Methodist church last Sunday evening which was very much appreciated by those present. Next Sunday evening Mrs. Claire Irvine will be the soloist.

Mr. and Mrs. Calvin Kremer and family arrived here this week from Twin Falls, Idaho, and are domiciled in the T. J. Fryer residence. Mr. Kremer is a brother of our esteemed O. A. and will be associated with him in business here.

Monmouth Herald: Alva Craven who was under the weather last week was operated on Wednesday in the Salem hospital for appendicitis. The appendix was not removed, as it was found to have burst and there was danger of infection, but the injury is being treated and there are good prospects of a speedy recovery.

"The restricted use of milk would mean a serious loss of energy, and a serious menace to the winning of the war" says G. A. Morgan in *Hoard's Dairymen*.

Starts Off Well: Rev. C. T. Cook preached his first sermon at the Methodist church Sunday night and made a very favorable impression.

Looking More Like Grand Dad Every Day: Dr. H. C. Dunsmore visited his daughter, Mrs. O. A. Macy, at Toledo last week end. He reports little Margaret Dunsmore Macy growing prettier and more like her grandfather every day.

Black Sheep Now Boards at Buena Vista: Leland Prather of Buena Vista held the lucky number that drew the sheep that was raffled off that Carl DeArmond gave that brought fifty dollars that the Red Cross got at the recent carnival.

Now Has Studio at the Normal: Miss Mabel Claire Ground now has a studio established in the Normal at Monmouth. Her class there is growing very rapidly. She gives instruction on Saturdays, Mondays and Tuesdays, affiliated with the Normal and with its co-operation.

Crabs Are Fed By Doctor and Mrs. Butler: Dr. and Mrs. O. D. Butler were very charming hosts to the Crab Club last Friday night. The guests enjoyed an excellent six o'clock dinner which was followed by other diversions. Besides the club members, Dr. and Mrs. M. J. Butler of Monmouth were present.

Juniors Treat the Freshmen: Last Friday night, the Junior High entertained the Freshies. Everything was done in the proper way to make them feel that they would some time rise to the same plane with their superior hosts if they did not fall by the wayside. A rousing good time was furnished for all present.

And His First Name Shall Be John: John Grant was in Independence yesterday on business and incidentally discussed his candidacy for sheriff. While he finds that the war is occupying the most prominent place in the minds of the voters, he has learned for a certainty that the first name of the next sheriff of Polk county will be John.

Independence Girls Will Go to Medford: Misses Ora Fenton and Pauline Stapleton, who made application for membership in the Students' Nursing Corps were notified several days ago of their acceptance. They were advised to hold themselves in readiness to report for duty at the Sacred Heart hospital at Medford. The young ladies are highly pleased that they will take their course at the same hospital.

Important Meeting of the Civic Club Next Tuesday Afternoon: There will be a business meeting of the Civic Club at the Library next Tuesday afternoon at 2 o'clock. Chairmen of committees for the Liberty Day Carnival are requested to be present. A report on the outcome of the entire carnival will be made. Those wishing to unite with the Club are most cordially invited to be present and begin the year's work, which will continue to be very active.

MILK AS STRENGTH BUILDER ADVOCATED

Dr. Mae Cardwell, Back From
Washington, Advises
Housewives.

Dr. Mae H. Cardwell, of Portland, who recently returned to Oregon from Gary, Ind., New York and Washington, where she was engaged in medical research work for the Children's Bureau of the Department of Labor, said in an interview: "The dairy industries must be encouraged. The children of America must have milk. They cannot thrive without good clean milk. Housewives must use more milk. If they demand it the dairyman will find some solution to his problems and will see that his cows get the feed and that he keeps them alive and in good health. However, if the women don't order the milk, the dairyman isn't going to keep his cows around just as pets and ornaments. Feed is too scarce and labor too high for that. It's up to the housekeepers."

"Are you sending your breadwinners to work with all the vigor and strength you can muster for them in the way of proper food?" asks Dr. Cardwell. "If they don't get the right food they can't think or work well. The same applies to the school children. See that they have milk to drink; milk in puddings. The kitchen is the power plant of the family and consequently, of the nation. Don't waste a drop of milk or an ounce of butter, but use plenty. The health of the nation is the kitchen question. Milk is one of the main factors in a diet."

Baby Expert Preaches Greater Use Of Milk.

A milk bill and healthy children is cheaper than a doctor's bill and an underfed, under-nourished child. It would be cheaper to start right. So says Mrs. A. Bayley, of the Parents' Educational Bureau, Oregon Congress of Mothers, who has presided at the testing of thousands of babies. She finds the milkfed youngster of three or four years scores much higher than the child who has had little milk in his diet. Mrs. Bayley preaches a greater use of milk for young and old.

Dairy Commissioner Sees Encouraging Signs.

J. D. Mickle, State Dairy and Food Commissioner, stated recently that the

dairy situation, in spite of high prices of feed and scarcity of labor, is not all gloom. Reports have come to him from various parts of the state showing that the housekeepers are beginning to see that they must pay more for milk than they did a few years ago. The dairymen are beginning to take heart, too, in some instances and are looking to the future when the cow of today will be worth much more money alive than she would now, slaughtered. And that future isn't so far off if the dairymen only continue to have courage and patience.

The wise man and the one who is far-seeing, is keeping his herds intact. True, he won't keep the old boarder who would just eat the food and bring no returns, but he is holding his good stock. The sensible housewife, too, must know a man can't feed and care for cows, keep a first class dairy, and provide clean bottles and well paid deliverymen without some expense. The Oregon Dairy Council is doing much to get the situation straightened out. The exhibit at the state fair, the splendid cooperation of the Food Administration, the public schools, Oregon Agricultural College and the Bureau of Health, all help the educational work and are part of the great task of "keeping the home fires burning," which task includes the preservation of essential home industries and the health of the nation.

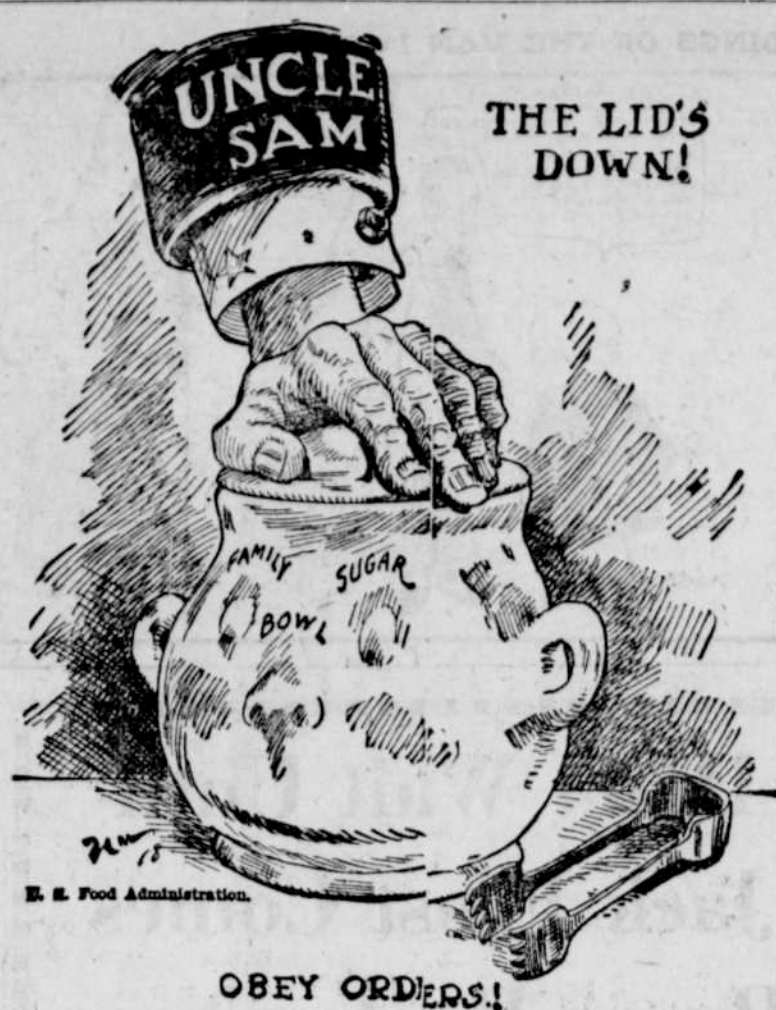
A farmer may slaughter his dairy herd in three hours but he could not replace it in three years.

"The food value of a quart of milk is the equivalent of three fourths of a pound of beef, two pounds of chicken or eight eggs. Compare the costs and milk wins." Dr. E. V. McCullom of Johns Hopkins University who visited Oregon not long ago made this statement. He adds "For the sake of your family's health, and for the reduction of your living expenses, use more dairy products, and then some more."

Food Records Coming In.

It is gratifying to note the promptness with which the women are returning the food records which will show where the county stands in regard to home preserved foods. It is hoped by Miss Mills that a complete report of this work can be given during the next two weeks so that the people of the county may know just what Polk has done toward being self supporting in this respect.—Polk County Observer.

Tell The Post.



You may know from your own experience the injurious effects of poorly fitted shoes—how they ruin the feet and menace the general health and efficiency. Then let your boy or girl profit by the lesson—

Always Buy Shoes That Fit

Our children's shoes are designed to give little feet ample room to develop naturally. And we know just how to fit them, having studied the question thoroughly.

We also fit grown folks perfectly and carry for them the latest styles at prices that are sure to satisfy.

Conkey & Walker



A MIXTURE of dough and dirt may not be offensive to the Moki Indians because they do not know any better, but the Moki women would soon be out of a job if their menfolk could have a taste of

Our Cakes

The people of this community know how good they are, and also know they are clean and made of the best materials the world produces. There is an art in cake baking in which we are proficient.

Quality and cleanliness are the twin mottoes of this bakery at all times.

C. A. Lochridge

THE POST FOR EXTRA GOOD PRINTING.

Best Groceries

WHEN you sit down to a meal you like to know that your food came from a store where reputation counts—a store where best quality goods are really best quality.

This store gives you that advantage. We buy our stock more carefully than our most particular customer.

STAPLE AND FANCY GOODS
AT LOW PRICES

It pays to buy quality goods, particularly when you can get them at prices as low as ours. A fair trial here means a steady customer every time.

HONEST VALUES MAKE US GROW
JOHNSON & COLLINS