



## Over 3000,000 Soldiers Will Soon Need Civilian Wear Now That the War is Over

Now that the war is over, nearly four million soldiers and sailors who will soon commence to be demobilized will require civilian clothing. Of course the process of demobilization will be as gradual as possible, but it will put a strain on all woolen mills and manufactures of men's clothing. It will also tax our supply of wool to the utmost.

**It Behooves You to Order Early**

There is no likelihood that men's wearing apparel, or any woolen goods for that matter, will decrease in price. In fact, it is more than likely that the price will have an upward tendency.

Mere prudence will dictate that you should buy early all the clothing you will need in the near future. It can be supplied now without taxing the capacity of mills, factories or stores. It's a patriotic duty to buy early.

## It's Wise to Buy Good Clothes

Good clothes are always the cheapest in the long run. They wear longer, thus releasing labor for other essential work. The quality of our clothing needs no recommendation.

Hart Schaffner & Marx  
Suits and O'Coats  
\$25 TO \$50

Salem All Wool Suits  
and O'Coats  
\$20 TO \$40

## Salem Woolen Mills Store

### U. S. HEALTH SERVICE ISSUES WARNING

**Increase in All Respiratory Diseases After the Influenza Epidemic Probable.**

**Influenza Expected to Lurk for Months.**  
How to Guard Against Pneumonia.  
Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers."

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases."

#### Common Colds Highly Catching.

"It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ-laden mucus. Such droplets are sprayed into the air when careless or ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent."

#### Suitable Clothing Important.

"Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice."

#### Could Save 100,000 Lives.

"I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medicine, no vaccine. The important thing is right living, good food and plenty of fresh air."

#### Droplet Infection Explained in Pictures.

"The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who

would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phraseology."



Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.

Our exports since the country entered the war have justified a statement made by the Food Administration shortly after its conception, outlining the principles and policies that would govern the solution of this country's food problems. "The whole foundation of democracy," declared the Food Administration, "lies in the individual initiative of its people and their willingness to serve the interests of the nation with complete self-effacement in the time of emergency. Democracy can yield to discipline, and we can solve this food problem for our own people and for the Allies in this way. To have done so will have been a greater service than our immediate objective, for we have demonstrated the rightfulness of our faith and our ability to defend ourselves without being Prussianized."

### SAVE 16,000,000 BUSHELS OF WHEAT THAT FORMERLY WAS LOST IN THRESHING

Farmers, Urged by Food Administration, Provide Seven Extra Loaves of Bread for Every American.

By adopting cleaner threshing methods and by literally combing harvest fields to gather grain formerly wasted, threshermen and farmers of the United States this year saved fully 16,000,000 bushels of wheat, estimated as equivalent to about seven one-pound loaves of bread for every person in the country. This result, accompanied by corresponding savings of barley, oats, rye and other grains, is shown by reports from 33 grain states to the U. S. Food Administration. Other states, although not prepared to furnish definite figures of conservation in the grain fields, report greatly reduced harvest losses.

This rural food saving achievement, accomplished in scarcely six months time, was in direct response to requests by the Food Administration, which asked farmers and threshermen to reduce harvest losses from about 3 1/2 per cent.—the estimated average in normal times—to the lowest possible minimum. Country grain threshing committees carried into every grain growing community the official recommendations for accomplishing the results desired.

In numerous instances drivers of racks with leaky bottoms were sent from the fields to repair their equipment and frequently had order threshing machines were stopped until the cause of waste was removed. But in proportion to the number of persons engaged in gathering the nation's grain crop, cases of compulsion were comparatively rare. The Food Administration freely attributes the success of the grain threshing campaign to patriotic service by farmers, threshermen and their crews. Incidentally grain growers of the United States are many millions of dollars "in pocket" as a result of the grain saved.

NO ONE SUFFERED HERE.

Boy.  
Howdy!



If you only knew tobacco you'd get a pouch of Real Gravelly today. Then you'd have a satisfying chew, a good tasting chew. It lasts so much longer than any

man can chew this class of tobacco without extra cost.

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

PEYTON BRAND  
Real Gravelly Chewing Plug  
10¢ a pouch—and worth it  
P. B. GRAVELLY TOBACCO CO. DANVILLE, VA.

### Save Today for Tomorrow's Needs

Do you live "from hand to mouth?" There is a system of living whereby you may be made to provide for Tomorrow—this year for next year—the prime of manhood for old age.

**SAVE**

This one word tells the story. Just a little regularly deposited in our savings department makes a pleasantly surprising showing in the years to come.  
Capital \$50,000.00

Farmers & Merchants  
Bank of Stayton, Oregon

### A GOOD PLACE TO TRADE

We carry a large line of dry goods, shoes, notions, gents' furnishings, hats, caps and rubber goods, etc.

### OUR GROCERY DEPARTMENT

has a large line of fancy and staple groceries, canned goods, smoked meats. In fact everything you will find in a first-class Merchandise store is to be found here at prices that are right.

## GEHLEN'S STORE

The Mail is \$1.50 a Year

### Lesley Hotel

MRS. FRANK LESLEY, PROP.

We cater to the traveling public  
CLEAN ROOMS GOOD BEDS

Make this your home when in Stayton

STAYTON

OREGON