

SPANISH INFLUENZA--THE WAY TO TREAT IT AND TO AVOID IT

Simply the Old-Fashioned Grip Masquerading Under a New Name.

Spanish influenza, which appeared in Spain in May, has all the appearance of grip or a gripe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C., which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-90.

There is no occasion for panic--influenza or grip has a very low percentage of fatalities--not over one death out of every four hundred cases, according to the N. C. Board of Health.

The chief danger lies in complications arising, attacking principally patients in a run-down condition--those who don't go to bed soon enough or those who get up too early.

THE TREATMENT

Go to bed at the first symptoms, not only for your own sake but to avoid spreading the disease to others--take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Nature herself is the only "cure" for influenza and will throw off the attack if only you conserve your strength. A little Quinine, Aspirin or Dover's Powder may be given by the physician's directions to allay the aching. Always call a physician, since the chief danger of grip is in its weakening effect on the system, which allows complications to develop. These are chiefly pneumonia and bronchitis, sometimes inflammation of the middle ear, or heart affections. For these reasons, it is very important that the patient remain in bed until his strength re-

turns--stay in bed at least ten days or more after the fever has left you, or if you are over 50 or not strong, stay in bed four days or more according to the severity of the attack.

HOW TO AVOID THE DISEASE

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting. So avoid persons having colds--which means avoiding crowds--common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food.

KEEP AWAY FROM COLDS

Above all, avoid colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs. Use the Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapor, or better still, use VapoRub in a basin steam kettle. If this is not available, use an ordinary tea-kettle. Fill half-full of boiling water, put in half a teaspoon of VapoRub from time to time--keep the kettle just slowly boiling and inhale the steam arising.

NOTE--Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such suitable oils of Eucalyptus, Thyme, Cubeb, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors. VapoRub can be had in three sizes at all druggists. While comparatively new in certain parts of the North, it is the standard home remedy in the South and West for all forms of cold troubles--over six million jars were sold last year. VapoRub is particularly recommended for children's croup or colds, as it is externally applied and can, therefore, be used freely and often--without the slightest harmful effect.

MOTION PICTURE NEWS

What the Picture Theaters Have to Tell You.

ALTA TODAY.

In "The Kaiser's Shadow" Dorothy Dalton has a strong role dealing with love and German spies. Dorothy Dalton, the beautiful and accomplished young Thomas H. Ince star, will appear in a mystery play, "The Kaiser's Shadow," at the Alta today. It is a production that, because of its timeliness and the unusually thrilling plot, is certain to appeal to every variety of audience.

Miss Dalton in the role of a French secret service operative has a part that fits her personality, as well as her histrionic qualities, to a marked degree. She is ably supported by Thurston Hall, Edward Cecil, Leon Lorraine, Otto Hoffman and Charles French.

The story was originally written for the All Story Weekly by Octavus Ray Cohen and J. U. Geary as a serial under the name of "The Triple Cross." As a screen offering, directed by R. William Nell under Mr. Ince's supervision, it gains weight and interest, depicting the manner in which the plans for a secret "gas rifle" are stolen, hidden and finally recovered, after many remarkable and exciting adventures.

It would be unfair to those who have not seen the picture to expose the final solution of the puzzle. The story has all the elements of a first-class mystery--trap doors, secret passages, and the like. The denouement is effective and surprising. The machinations of German plotters are exposed cleverly and the picture can be honestly recommended as a most pleasurable entertainment.

The Pastime Today.

Today at the Pastime will be shown a continuation of the two popular serials, Pearl White in another chapter of the Hooded Terror and The House of Hate, a highly sensational and melodramatic play and the renowned cowboy actor, Eddie Poole, in an episode of the Bull Eye, a dare-devil drama of the west. In addition there will be shown Ford Sterling, the man who put the com in comedy, in a reckless side-splitting mirth-maker, entitled The Dare Devil Cop.

ALTA TODAY.

When Pink Turns to Red Watch Out--That Happened in Flagg Comedy--Tell That to the Marines.

When a pacifist who ordinarily sees pink is kicked hard enough to see red, watch out! That is why Elliot Brainard espoused the cause of his country against the Huns in "Tell That to the Marines," the new Paramount-Flagg comedy which will be shown at the Alta theater today.

Brainard protested against the war spirit in the militant youth of America and got into serious trouble. Nan Wolcott, his fiancée, breaks their engagement because her sweetheart is no he-man, and he goes to the country to escape the war mania. He finds his father's fiancée in the hands of a Hun spy, whom she is trading, and the spectacle rouses all his manhood to the degree that he slays the Hun and joins the Marines. All the pink in his moral vision had deepened into red and what he did to the Huns later on may be imagined.

Umatilla County Is Planned.

HOOD RIVER, Ore., Dec. 10.--Without a dissenting vote representatives from all of the eight Protestant churches of the city, meeting yesterday afternoon at the Commercial Club, voted to proceed with plans for establishing a community union church here.

PROPOSES DRAMATIC REGULATIONS.

WASHINGTON, Dec. 10.--A bill proposing drastic regulation of the meat packing industry was introduced in the house today by Chairman Sims of the interstate commerce committee. It embraces a plan for

SALTS IS FINE FOR KIDNEYS, QUIT MEAT

FLUSH THE KIDNEYS AT ONCE WHEN BACK HURTS OR BLADDER BOthers.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Most forms of acid which clog the kidney pipes so they sluggishly filter or strain out part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys of your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular in passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure. It is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

BAD BREATH

Dr. Edwards' Olive Tablets Get at the Cause and Remove It

Dr. Edwards' Olive Tablets, the substitute for calomel, act gently on the bowels and positively do the work.

People afflicted with bad breath find quick relief through Dr. Edwards' Olive Tablets. The pleasant, sugar-coated tablets are taken for bad breath by all who know them.

Dr. Edwards' Olive Tablets act gently on the bowels and liver, stimulating them to natural action, clearing the blood and gently purifying the entire system. They do not irritate the delicate stomach without any of the bad after-effects.

All the benefits of castor, ketchup, griping cathartics are derived from Dr. Edwards' Olive Tablets without griping, pain or any disagreeable effects.

Dr. E. M. Edwards discovered the formula after seventeen years of practice among patients afflicted with bowel and liver complaints, with the attendant bad breath.

Dr. Edwards' Olive Tablets are purely a vegetable compound mixed with olive oil. You will know them by their olive color. Take one or two every night for a week and note the effect. 10c and 25c per box. All-Over-the-World.

YOU CAN'T FIND ANY DANDRUFF, AND HAIR STOPS COMING OUT

SAVE YOUR HAIR! MAKE IT THICK, WAVY, GLOSSY AND BEAUTIFUL AT ONCE.

Try as you will, after an application of Dandurine, you can not find a single trace of dandruff, or falling hair and your scalp will not itch, but what will please you most will be after a few weeks, when you see new hair, fine and downy at first--yes--but really new hair--growing all over the scalp.

A little Dandurine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and crazy, just moisten a cloth with Dandurine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing--your hair will be light fluffy and wavy, and have an appearance of hindrance; an incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair beauty.

Get a small bottle of Knowlton's Dandurine from any drug store or toilet counter and prove that your hair is as pretty and soft as any--that it has been neglected or injured by careless treatment. A small trial bottle will double the beauty of your hair.

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Umatilla County Farmers Take Big Stride in Machinery.

Umatilla county is recognized as one of the leading agriculture counties of the west, and naturally there must be a reason for this. In comparing farming methods of today with those when the homesteader first began plowing the bunch grass hills which are now covered by high-ly cultivated wheat fields the discovery is made that co-laboring with the growth of the farming industry has been the improvement of farming machinery of all kinds.

The first plowing was with walking plows and teams. These were followed by the gang plows to which were hitched four and six horses. Today everywhere on the large wheat ranches are to be seen huge tractors pulling plows that take over as many as 12 horses at a time.

The same change and advance is to be noticed in harvesting machinery. First the common practice is to be thresh with the small horse power machine. Following this came the steam thrasher, which is crewed by men. Then came the combine harvester which required but three or four men to operate, heading and threshing at the same time. At first many farmers looked upon these machines in doubt, but time proved them a success until now this is the recognized standard harvest machine. The early machines were driven by horses, as many as 20 animals being required. Now the horse is being replaced in this work also. Many combines are pulled by large caterpillar tractors, the machine, which the "war tank" has been developed.

E. L. Smith of this place probably had more to do in bringing about this advance in the use of harvesting machinery than any other one individual. It was he who brought to the country the first combine harvester that may be said to have been a complete success. Other machines of this type were tried before, but in each some defect was found that caused them to be laid aside after a trial.

Mr. Smith, who was the head of E. L. Smith & Co., until selling his interest in the firm about two months ago to Sturgis & Storie, brought his first machine to Pendleton in 1896. It was a Holt harvester. He sold a machine like it to C. H. Rosenberg, a pioneer rancher of the county, but this machine was not run until the season following.

Mr. Smith organized his first machine on the reconstruction of the season of 1899 and later on his land in the Jasper county.

In a review of the changes in the machinery used by the farmers of

TODAY ALTA TODAY

CHILDREN 10c ADULTS 25c THOMAS H. INCE SPECIAL



DOROTHY DALTON in 'The Kaiser's Shadow' A Paramount Picture

"The Kaiser's Shadow"

Her Heart Jumped at the Sight of the Silent, Grim Old Sentinel but--Her Mission was for FRANCE, LIBERTY and DEMOCRACY, and come what would it must be fulfilled!

REMEMBER A BIG INCE SPECIAL

IN ADDITION JAMES MONTGOMERY FLAGG'S COMEDY

TELL THAT TO THE MARINES

Olin Howland and Beatrice Tremaine. A rollicking, Roaring Patriotic Comedy IN ADDITION--ALTA SCREEN TELEGRAM. How the Allies Won.

Itching Pimples For Three Years

Very Large and Wee All Over Face. 1 Box Cuticura Ointment and 2 Cakes Soap Healed. Nothing Purer, Sweeter, For All Skin Troubles Than Cuticura.

"I was troubled with pimples for three years. They would start small, and then they would get very large and were all over my face. They got hard and festered and broke, causing more to come, and they itched till I had to scratch them.

"Then I heard of Cuticura Soap and Ointment, so I sent for a free sample. It was so good I bought more, and I only used one box of Cuticura Ointment and two cakes of Cuticura Soap when I was healed." (Signed) Miss A. B. Trumppower, Mist, Calif., Aug. 8, 1917.

When used for every-day toilet purposes Cuticura Soap not only cleanses, purifies and beautifies, but it prevents many little skin troubles if assisted by occasional use of Cuticura Ointment to soothe and heal the first signs of skin troubles. Absolutely nothing better. Sample Book Free by Mail. Address: Post-Card, Cuticura Dept., R. Boston, Mass. Sold everywhere. Soap 25c, Ointment 25 and 50c.

Bank Thief Sends Back Papers. PORTLAND, Dec. 10.--The robbery of the East Side Bank of Portland by Arthur C. Davis, a 29-year-old bank clerk, about November 1, broke into the limelight again yesterday when H. H. Sewhall, president of the bank, announced that Davis had returned all the non-negotiable papers he had taken when he stole \$18,500 in liberty bonds and cash.

The suitcase was shipped by express from Salt Lake City, Utah, affording the police the first clew to the whereabouts of young Davis since he made his escape after looting the bank in broad daylight.

Mr. Sewhall received a letter from Davis about 16 days ago telling of the clerk's intention to send back all the papers which were of no value to him.

Calls Meeting of Cabinet by Wireless

WASHINGTON, Dec. 10.--President Wilson called a meeting of the cabinet for this afternoon by wireless at his request. Vice President Marshall will preside at the conference between the heads of the executive branches of the government.

BADGE OF PEACE GIFT TO WILSON

GRAND FORKS, N. D., Dec. 7.--A special cable despatch to the Normandy in this city from Christians indicates that the Noble peace prize for 1918 may be awarded to President Wilson, who, according to the despatch, probably will be invited to visit the Norwegian capital in order to accept personally the prize.

The Danish and Swedish governments are also said to be considering extending an invitation to the President.

What's Wrong With Your Ford? START HARD? WEAK MAGNETS? DIM LIGHTS? NO PEP?

All you need is THE LECTRO. In the space of a few minutes and without taking down your motor or magneto, THE LECTRO will positively tone up your motor and magneto. It will immediately brighten your lights and put new pep in your engine. It develops in your car a more powerful and even flow of current from the magneto and creates a stronger spark, which means gas economy and an easy starting motor that can be throttled down to a minimum. Inexpensive and the results are lasting.

Lectro is sold exclusively by **Simpson Auto Co.** Water & Johnson Sts. Phone 408

THE WONDER BURNER

The Wonder Coal Oil Gas Burner is being demonstrated at the Bowman Hotel Building. A wood and coal saver. Any one interested should come and see, and especially the ladies. Can be installed in any range cook stove or heater.

PASTIME TODAY

CHILDREN 5c ADULTS 20c

PEARL WHITE

"The House of Hate"

Thrilling--Sensational. EDDIE POLI in "THE BULL'S EYE"

Daring--Dangerous. Keystone Comedy--Ford Sterling in THE DARE DEVIL COP.

NOODLES, CHOP SUEY, CHINESE DISHES. GOEY'S KWONG HONG LOW 116 West Alta St., Upstairs, Phone 433

Holt Harvesters

MUST BE ORDERED NOW

To Insure Your Getting One For Spring Delivery

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FORMERLY E. L. SMITH & CO. Agents for Holt Manufacturing Co.