



SEVENTH YEAR. W. J. CLARK, PROPRIETOR.

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NO. 24

MORALITIES HAVE BIG HEALTH ADVANTAGE

Abundance of Fresh Air and Sunlight Do Much to Check Ravages of Tuberculosis.

DANGER IN CLOSED WINDOWS.

National Tuberculosis Association, which sponsors the Annual Sale of Red Cross Christmas Seals, Reports 150,000 Deaths Each Year From the Disease.

People who live in the smaller towns and on farms have a great health advantage over the city dwellers in that they have ever an abundant supply of fresh air and sunlight.

These two gifts of nature, so lavishly bestowed, are always appreciated to their fullest extent. They are two of the strongest weapons against the menace of tuberculosis, or consumption, as it is sometimes called.

But consumption is not unknown in the rural districts. The death rate is sometimes as great in these sections as in the more crowded localities, chiefly because of carelessness or indifference to laws of health.

Few, indeed, are the farm houses or the homes in the smaller cities and villages that cannot have an outdoor sleeping porch. On the contrary, we often find that the windows of sleeping rooms in the home are shut tight because of the mistaken belief that night air is harmful.

This paves the way for disease, especially tuberculosis, which generally attacks the lungs.

White Plague Kills 150,000 a Year.

The white plague claimed 150,000 lives last year in the United States. More than 1,000,000 Americans are suffering from it today. These figures compiled from reports of experts all over the country and sent to the National Tuberculosis Association, the leading agency in the country to combat this disease. This organization is sponsor for the Red Cross Christmas Seal sale, from which its financial support is chiefly derived.

As medical science has proved consumption is both preventable and curable, the suffering caused by this disease is largely unnecessary. Most tuberculosis victims are between the ages of eighteen and forty-five.

Cause Half Billion Loss Annually.

These are the years when people are most active, the years of their greatest production. The snuffing out of these lives just when they are at the height of their usefulness means an annual loss to the country of nearly half a billion dollars.

Fresh air is the cheapest of medicines. Outdoor sleeping porches are not only for the sick. They help well folks to keep well, and the country dweller can have this aid to healthy living at far less inconvenience than his city neighbor.

You can help directly by seeing that you and your family are living under the most healthful conditions possible.

WAR OFFICE STOPS BOMB DISTRIBUTION

Treasury Department's Plan to Award Hand Grenades Blocked

The War Department has cancelled its contract to supply the Treasury Department with 15,000,000 hand grenades which were to be converted into savings banks to stimulate the sales of War Savings Stamps and Treasury Savings Certificates, according to a telegram received by C. A. Farnsworth, associate director of the War Loan Organization in the Twelfth Federal Reserve District, from Washington. Banks and Trust Companies of the Twelfth Federal Reserve District had ordered nearly 100,000 grenades before news of the cancellation was received.

The telegram to Farnsworth read: "As the War Department has determined that the distribution of hand grenades as souvenirs should be discontinued, and has cancelled its arrangement for supplying grenades to the Treasury Department to be manufactured into grenade savings banks, the Treasury is unable to continue the distribution of the banks."

In order, however, to recognize the efforts of the children in working and saving during the vacation time, each one who would be entitled to a bank will receive a certificate of achievement from the Treasury in appreciation of his industry in saving and buying government securities."

The hand grenades were known as Mills bombs No. 11 and were ready for shipment to American forces in France when the armistice was signed. "I am deeply disappointed as I know the people who looked forward to receiving one of these war souvenirs will be," said Mr. Farnsworth. "However, I feel

S. DAK. SENATOR GUNS FOR BOLSHEVIKS



Senator Thomas Sterling of South Dakota is gunning for bolsheviks. He will father a bill in the next congress asking that unloyal aliens be deported without trial if caught participating in revolutionary riots, to prohibit the red flag, and censorship of literature which preaches disloyalty.

sure that thifty, patriotic folks who are investing regularly in War Savings Stamps will continue to help the government."

W. S. S.

AMERICA'S MILLIONAIRES

By the income tax returns for 1917 it is shown that there were in the United States 3262 incomes between \$100,000 and \$150,000 each. If the average was \$125,000, the total incomes in that class were \$402,750,000. There were 2347 incomes between \$50,000 and \$100,000 each. If the average was \$75,000 the total incomes in that class were \$176,250,000. There were 559 incomes between \$30,000 and \$50,000 each. If the average was \$40,000 the total incomes in that class were \$223,600,000. There were 315 incomes between \$20,000 and \$30,000 each. If the average was \$25,000 the total incomes in that class were \$7,875,000. At the top of the heap were 141 incomes of \$1,000,000 or more. If the average was \$1,500,000 the total incomes in that class were \$211,500,000. The grand total for all classes gives would be \$1,643,500,000 income among 6664 individuals.

What is your income? You haven't any? Neither did these millionaires until they started to save and invest.

Begin now and build up an income. Buy a five dollar United States War Savings Stamp. It pays 4 per cent, compounded quarterly.

If you haven't got four dollars and twenty cents—that is what a five dollar stamp costs—buy a twenty-five cent Thrift Stamp.

Get started. Get an income. An income from War Savings Stamps is not taxable.

W. S. S.

RABBIS BLESS MEAT AS STEAMSHIP LOADS

First Kosher Meat in Five Years Goes to European Jews as Gift.

New York—Included in the more than \$8,000,000 worth of supplies sent abroad by American Jewish relief agencies thus far this year were several hundred tons of "kosher" meat. The steamer Ashburn, which left here some time ago for Danzig, carried 500 tons of this commodity, while the Huchua, which has just sailed, is carrying a smaller consignment to Constantza, Rumania.

Unusual interest attaches to both these shipments. Prominent Jews of this city inspected the first cargo. Jewish rabbis blessed the barrels of meat as they were lowered into the ship's hold. The meat was a gift from the Jews of America to their co-religionists in Poland and other parts of Europe. These European Jews have eaten virtually no meat in five years, for their religion prohibits them using meat other than that killed by a rabbi and in an orthodox manner, and "kosher" meat has been unobtainable.

Among the other supplies sent in these regular shipments are soap, clothing, shoes and shoe-repairing materials, large quantities of notions, medicines, hospital supplies and a long list of additional articles, every one of which is lacking in the war-wrecked countries across the Atlantic.

Funds to continue these regular sailings of relief ships are now being sought by the American Jewish Relief Committee, whose headquarters are at 15 East 40th Street, this city. Louis Marshall is chairman and Henry H. Rosenfeld director of this organization. Campaigns are scheduled for this fall in some twenty states, and it is expected to bring the total contributions for Jewish relief this year up to \$35,000,000.

DON'T CUSS THE MILK MAN

MOTHERS ARE WONDERING HOW THEY WILL BUY MILK FOR THE KIDS.

Here is a little true story that may interest some of the mothers who wonder how they are going to be able to buy fresh milk for their growing children.

We noticed announcement of a sale of one of the chief dairy herds in our country.

This dairyman had a fine herd of pure bloods. He had never been anything but a dairyman, he knew the business thoroughly, was fitted for it, equipped for it, making money by it.

We ask him why he was going to disperse a herd that had taken 15

years to build up.

"See those hands?" he asked, trusting out two great swollen fists. "I have to quit, we have 60 head of milk stock, it has been impossible to get a competent crew of milkers at any price. The boy, my wife and myself have been forced to milk that herd all spring and summer, and human endurance has reached its limit. I quit."

This dairyman was satisfied with his profit, his cows were netting him about \$1 a day a head; he was willing and able to pay a fancy wage to a couple of good "string" milkers; and, though his dairy was near a big city, full of employment offices, still he could not secure competent help at any price.

This is the fifth big dairy herd in the county to be sold in three months it is the last big herd in the county.

These sales mean not only the dispersal of expertly-managed, big-producing herds; they mean the end of scientific breeding in the county, and mean lower production and higher costs for the next ten years.

Meantime the city housewife is forming leagues and boycotting the dairymen in the vain hope that the day of the five or ten cent quart of milk will return.

From what we can discover the city families will be lucky if, in a couple of years, they can buy sweet clean rich milk at any price.

What is there to be done about it? Nothing so far as we can see.

ATL DAD DOES IS DIG. DIG! DIG!

HIGH COST OF LIVING KEEPS DEAR OLD DAD SCRATCHING TO MAKE ENDS MEET

There was a movement a while back to establish a day for dad.

Father was going to have one day of respect and tribute along with mother.

But dad is such an easy-going unromantic person that even the holiday maniacs couldn't get up much enthusiasm.

And when a holiday maniac gets discouraged it must be a dreary topic indeed, for the maniac delights in nothing so much as injecting a half dozen more holidays into an already overburdened calendar.

With the returning of the legions to school we feel that dad should get a few words of sympathy.

Teacher and mother and pupil all have their words, but dad gets nothing; all he does is dig.

And how the poor man has to dig this fall.

The children have to be dressed decently; they have to be equipped with books and tools and charts and maps, and the hundred and one expensive incidentals that modern manual and technical training demand.

Shoes for a family of four will take a week's paycheck of the average laborer.

School books change faster than do the styles.

A simple little dress for the oldest girl costs more than father's suit did a few years back.

And the knee pants suits of Eddie suits that get shabby and tattered and patched so quickly, eat up dollars like waffles do butter.

And how to afford enough fresh milk and butter and meat for growing children is something else again.

And as to rents—there they're impossible.

So dad digs and digs and stands off the butcher and keeps the doctor and dentist waiting; and gets a bit shabbier and more frayed around the edges every month, and keeps scratching; hoping that sometime, somehow, he will dig out today-light and breathe a contented breath.

Poor dad! Mother has her troubles but she also has her biographers and her chroniclers, but dad, who is beneath the entire load, and who just barely stumbles through, gets nothing but bills.

Cheer up, dad; you're manufacturing citizens and a free nation.

MONEY TO LOAN—FEDERAL FARM LOANS AT 5 1/2 %

If you need money this fall, file your application now. Loans made in Polk, Yamhill, Marion, Benton and Lincoln counties. For particulars write to E. K. Piascki, Secretary-Treasurer.

DALLAS NATIONAL FARM LOAN ASSOCIATION.

PARIS CALLS HER LEGS "MOST-BEAUTIFUL"



New York theater goers are questioning this young lady's claim—or to be specific—Paris' judgment in regard to young women's lower extremities. Mile. Mistinguett has just arrived in New York with "the most beautiful legs in Paris" insured for \$100,000. It is said. This charming Parisian is conceded to be one of the most popular French stage favorites.

ARE WE ALL A LITTLE DIPPY?

THE SIMPLEST AND PLAINEST LAWS OF HEALTH ARE OUT RAGED EVERY DAY.

Man drinks whisky and that clogs the valves; he drinks beer, and that rusts the cogs; he pours down lemonade, ginger ale, buttermilk, ice water, tea, coffee, Tom-and-Jerry, hot scotch, highballs, soda water and sudsy soup and then wonders why the fires under the boilers do not burn. If one should put an ox, a polar bear or an ostrich through a like performance it would be dead in twenty-four hours. The simplest and plainest laws of health are outraged every hour of the day by the

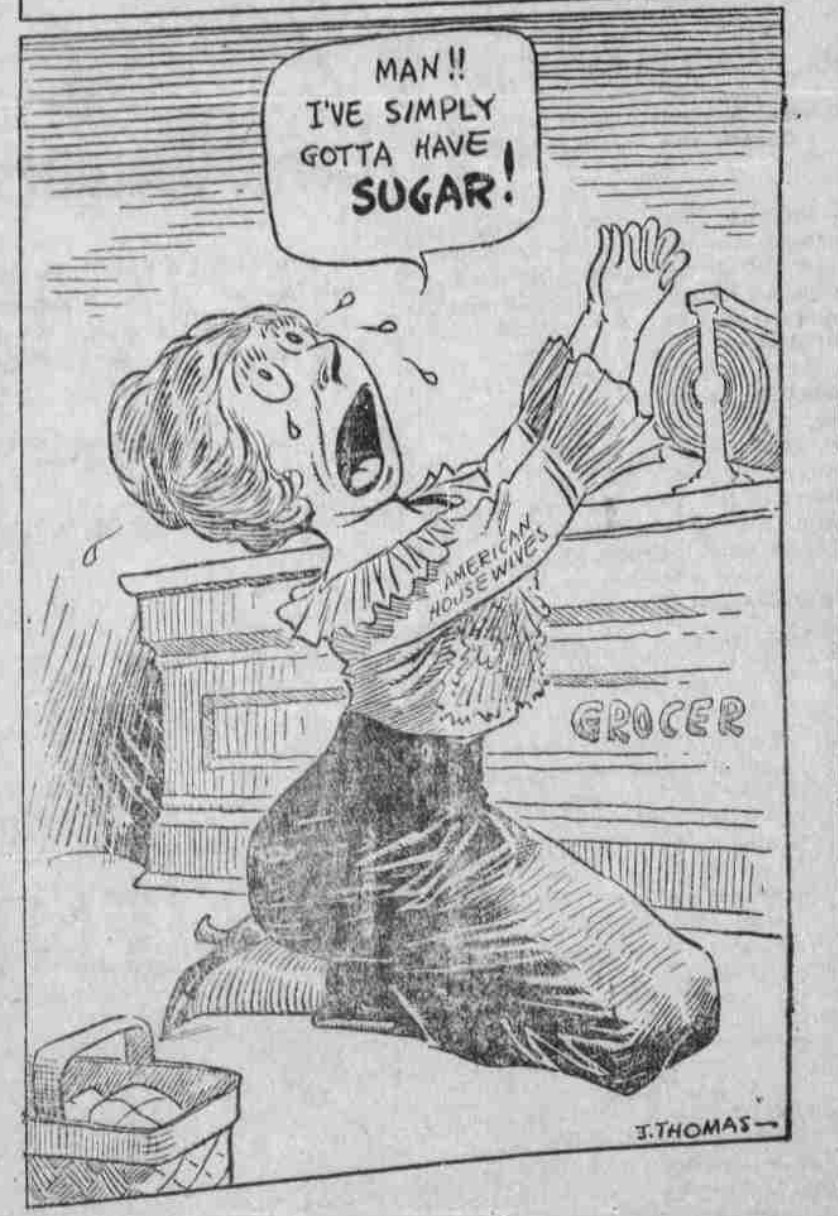
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