

How to Be Healthy

The Crusade of the Double-Barred Cross
Practical Talks on Disease Prevention

Prepared by the
OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

No. 2. WHAT IS TUBERCULOSIS?

DR. LAWRASON BROWN, Saranac Lake, N. Y.

TUBERCULOSIS is a disease caused by a germ, discovered by Robert Koch in 1882, which early in its course produces little nodules, called tubercles. It is widely distributed throughout the world, and attacks man more severely when he abandons a nomadic or outdoor life and lives in large centers of civilization.

There are two varieties of the tubercle germ that attack men, the human germ and the cattle germ. The cattle germ, while rarely affecting adults, causes annually the death of about 10,000 children and infants in the United States. It is conveyed by milk, and is killed by boiling or pasteurizing the milk.

The chief source of the human tubercle germ is the sputum coughed up by the consumptive and deposited too often on sidewalks and floors. The germ gains entrance into the body by inhalation of the fine droplets of sputum coughed out by the consumptive, by the inhalation of dried sputum in the form of dust and by the transference through dirty fingers of the particles of sputum in the dirt of the streets and houses, from balls, tops and other playthings, to the mouth.

The younger the child, the more readily he is infected and the more often he mouths the objects he soils in the dirt in play. By the age of puberty two-thirds to three-quarters of all children have had the germ in their bodies, but only a small percentage of these develop the disease. It is estimated that 2,000,000 persons in the United States have tuberculosis today, and without doubt many contracted it first in childhood. It is not safe, however, to conclude as some would have us do, that adults cannot catch consumption, for a rather large percentage may owe the disease in their lungs to an infection in later life.

These facts serve to emphasize the importance of good hygienic living, and the avoidance of overstrain of any sort, whether work, pleasure or play. When man lives in the open he seldom develops pulmonary tuberculosis, but when he changes this for indoor life he may succumb. The boy and girl who play and live much out of doors have little tuberculosis until they become thirteen or fourteen years old. It then increases as the anxieties of school, the burden of work, and the overindulgence in pleasure make more demands on the body, until it is most frequent between the twentieth and thirtieth year. It is then that people are most confined, and most often overwork or overplay.

A return to the outdoor life, to the simple pleasures, the avoidance of self-indulgence in any way, may quickly restore a threatened individual to health. If he once develops the disease it can be cured, but it requires time, patience and self-denial. Rest of body and mind, education in regard to what is safe and what is dangerous, good food and fresh air are the medicines that restore health. Intelligent medical supervision, freedom from care and worry, confidence in recovery, conscientiousness in carrying out every detail given by the physician, work miracles, as thousands can testify who have fallen ill of tuberculosis, but who have fought the good fight and won out.

White Stains on Hardwood.

A mixture of salt and olive oil will remove white stains from hardwood which are caused by hot dishes. The dry spot is covered thickly with salt, and then as much olive oil is poured over as the grains will take up. This stands over night, and in the morning the discoloration should be briskly rubbed with the mixture, which is then wiped off. If there is still any trace of stain, the application is repeated, again standing for hours.

The special session of the legislature, Dec. 19, is called for levying of a special state tax for the creation of a fund of \$3,000,000 spread over a period of three years, for the support of the proposed world's fair, and for stricter regulation of the speed and weight of freight-hauling motor trucks and the licensing and regulation of automobile stages, busses and "jitneys" using the public highways.

For the Teeth

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NOVEL WAY OF USING PLAITS



Spaced plaits on bodice, sleeves and skirt give a touch of distinction to this otherwise simple and conservative street frock. The band above the elbow is quite the vogue.

COMMON SENSE IN CLOTHES

Wise Women Will Hold Fast to Better Judgment and Sense of Fitness of Things.

When fashion shows a decided revolutionary tendency and nothing seems to be quite as it was before, the wise woman holds fast to her common sense and her sense of the fitness of things, and makes long and careful surveys of herself in the mirror, seeing not the lithe beautiful mannequin in the hat or frock, but herself. It is painfully easy to idealize one's own figure or face, and to get into the frame of mind that, because a fashion is smart on the beautiful creatures who are selected for just that purpose, they are going to be smart on Mrs. Smith, Jones or Brown.

Errors of judgment, as applied to the selection of one's clothes are costly, for no sensible woman can be expected to wear with pleasure a model which has turned out to be a sartorial error. It being part of every woman's duty at all times to appear at her best, she may be excused if she balks at wearing what she has purchased in the blind belief that because it would be good on some other woman it would be good on her. Even if the money-bag has a very tight string around its opening, it is often possible to remodel these errors if one cannot discard them.

If the color is at fault, there are, fortunately, excellent dyes who can remedy that defect, and since it is prophesied by some wiseacres that 60 per cent of the women of America will wear black this winter, and since black, fortunately, is possible for most types, the question of color need not raise any problem. But it is so much easier to guard against mistakes than rectify them afterward.

THE HOME-MADE PETTICOAT

Garment May Be Easily Developed by the Family Dressmaker—Many Ways to Finish.

One of the easiest tasks with which the home dressmaker can turn her hand is the making of petticoats. "Roughly estimated," as builders say, two widths of 31-inch silk joined together at each side and narrowed off a little toward the waist make an excellent little petticoat for ordinary purposes and, to insure perfect fitting, the front should be slightly scooped out at the waist, and then the whole thing run onto an elastic band. There are many ways in which these petticoats may be finished; an accordion-plaited frill from twelve to fourteen inches deep gives freedom for walking, or three small fitted frills make a very good finish, and there are many shops today which do knitting, accordion plaiting, picot edging and hem-stitching. Another pretty way of making a petticoat is to cut the hem into large scallops and edge them round with a narrow knitting; this gives the uneven hem which is rather popular just now.

For an entirely accordion or sun-ray plaited petticoat one requires three times as much material as the intended width of the petticoat; for instance, the Christian Science Monitor directs, if the petticoat is to measure one and one-half yards at the hem, it would require the material to be four and one-half yards wide; this would probably mean about five widths joined together into a quite straight piece. The hem could be tacked up and sent to the shop to be hemstitched and then accordion-plaited; when it returned nothing would remain to be done but to join up the last seam and sew an elastic at the waist.

A crepe de chine petticoat, made in this style, is most successful; it takes the plaiting so well and is light and dainty to wear.

Phonetic Stuff.
When Cupid shoots his arrow he usually Mrs. Faith without works is dead.

Christmas Gifts SHOULD BE SELECTED NOW

WE will gladly reserve anything you want from our large stock of useful Christmas gifts and deliver them when you want them.

We sell EVERYTHING used to furnish the home at prices that will mean a saving to you.

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2 good sets Heavy Work Harness for sale
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See me for new farm implements.

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Sweet Thoughts

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Public Typewriter.

Mrs. A. A. Wheeler
Enterprise office.

Jots and Tittles

(Continued from page 1)

J. W. Rector was an Albany visitor Saturday.

Mr. and Mrs. J. W. Moore spent Friday in Albany.

J. C. Bramwell carried mail on the rural route Friday for Grant Taylor.

The Raleigh Templeton family spent Thanksgiving with relatives in Brownsville.

Mrs. P. J. True and Miss Dudley, her daughter, spent Friday in Albany.

E. S. Lowden of Crawfordsville got the bounty on two wildcats the other day.

Miss Alberta Koontz was a passenger to Salem Saturday to have some dental work done.

The Brownsville public library has been given a three-year lease of its quarters in the city hall.

Mrs. J. J. Corcoran and little daughter spent Saturday in Albany, returning the same day.

Tuesday of last week a six-pound girl appeared at the home of Arthur Mills and wife, Brownsville.

The Brownsville farm bureau invites all berry growers to discuss their problems at a meeting Dec. 15.

Last week Tuesday a horse kicked John Galbraith of Sweet Home and tore three ribs loose from his backbone.

Brownsville has bought 4000 feet of four-inch wood pipe for its water works. Hope she never regrets it as false economy.

Guy Bramwell and wife, Brownsville, were in Halsey to attend the Warmoth funeral. Mrs. Bramwell is a sister of the deceased.

Mrs. Lillian Howe, a trained nurse from Brownsville, arrived Friday to take charge of Mrs. Pittman, who is not well.

Mrs. J. W. Kyle of Forest Grove spent the holiday at the home of John Willbanks, three miles from Halsey, and she left Friday.

Helen Templeton got the second prize from the Brownsville Times when the first was taken from a plagiarist and awarded to John Gross.

J. W. Moore and family put in several days in Albany last week. Mrs. Moore contracted a severe cold from which she is still suffering.

Miss Alice McNiece of Harrisburg passed through Halsey Friday on her way to Brownsville, where she was to be a guest at the Powers home.

Mrs. G. E. Munkers, who lives a mile from Brownsville, was a Thanksgiving visitor at the home of her parents, Mr. and Mrs. H. L. Straley of Halsey.

Mrs. Ida Mae Cummings, former county school superintendent, returned to her home in Albany Friday morning after attending the funeral of Mrs. J. Porter.

The Santiam Fish and Game association meets at the St. Francis hotel, Albany, tomorrow. This paper goes to press too late to make an extended notice of the proposed doings of interest.

The Alco Adjusting bureau of Albany reports that Mrs. Holt has deeded property to the city of Brownsville for \$200, from which it is surmised that the much-discussed alley west of Main street will soon be established.

The new Brownsville city well is not yet in use, a motor of the wrong voltage having been sent, causing delay for exchange. The river submerged both old and new wells in the recent flood and there was several feet of water in the pump house.

Miss Beth Allen of Tacoma has gone home, after a strenuous time getting here Thanksgiving day to visit the G. W. Mornhinwegs. Homer Mornhinweg of Shedd accompanied her from that place. Miss Allen's visit was short, as she lost most of her holiday traveling in the trains. Mrs. Mornhinweg accompanied her as far as Shedd.

Mrs. Harry McClure of Portland left on Friday morning's train for her home after a week-end visit with her aunt and uncle, Mrs. and Mr. Henry Moran of Brownsville. Mrs. McClure reached Halsey last Sunday evening and made an attempt to reach Brownsville at that time, but was compelled to return to Halsey, where she spent the night with her old-time school friend, Mrs. Lois Hayes. Mrs. McClure returned to Portland Friday. She reports that her uncle