(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.)

#### A CLEAN MOUTH

By ARTHUR M. HUNTER, D. D. S.

FEW years ago Dr. Mayo, one of America's foremost surgeons, said that A the next step in preventive medicine must be made by the dentists. In line with this prophecy, the new campaign for mouth hygiene aims to teach

e things:

1. How much damage is done to the general health of the body by an unclean mouth, with teeth badly broken down, large cavities or inflameed gums.

Proper methods of correcting mouth diseases, How to prevent dental disease.

Yery few persons realize that the three vital sources of life, food, water, and air, are affected by mouth conditions. No one can live without these three things. The Government spends enormous sums to insure the cleanliness of food and water. Housewives see that cooking utensils, china and ness of lood may be served clean. All the details of bringing pure food to the mouth are carefully looked after, but when it passes the lips the food is abandoned and left to its fare, for most mouths are passes the unclean, and food, however clean before, becomes quickly contaminated after it passes the lips.

How can the mouth best be kept clean and dental decay prevented? Here are four practical suggestions:

1. Have the mouth put in good condition by a good dentist. Go to the best man that you can find. It is economy of health and pocketbook to go to him often. Three or four times a year should be the minimum.

2. X-Ray examinations of the teeth should be made to ascertain the condition of root-fillings, and the condition of bone surrounding the root-ends of the teeth, for it is these areas that may cause systemic disturbances which will lower resistance to disease. All teeth with the pulps removed (nervekilled) must be held as suspicious characters until proven innocent. The lack of pain is not a safe sign of no infection. There may be a "blind" abscess, which only the X-Ray can discover.

8. Get your dentist to give you minute directions as to the proper way to perform your mouth tollet. It is necessary to spend at least three minutes every night and every morning brushing your gums and teeth, in order to properly cleanse them. That amount of time and energy will give you big dividends in good health. Remember a clean tooth will not decay, and a clean mouth will not pollute the food.

Stop the use of free sugar because sugar will cause the decay of teeth more than any other one thing. Nature never intended that we should use sugar in a concentrated form, but preferred to give it to us in its natural state; namely, in fruits and vegetables.

I would like to paraphase that well known quotation from Robert Burns, "Oh, would the gift the good God give us to see our mouths as the dentist sees them." The dentist not only sees the unclean mouth with inflamed guins, but he sees the long chain of events, namely, an unclean mouth, small cavities, large cavities, pollution of food with digestive disturbances, death of the tooth pulp, abscesses at the end of the root, absorption of the poison, lowered resistance against disease, and finally broken down health.

The late Professor Osler, who held a place at the head of the profession of medicine, said: "You have one doctrine to preach, and you have to preach it early and late, in season and out of season. It is the gospel of cleanliness of the mouth, cleanliness of the teeth, cleanliness of the throat. These three things must be your text through life. Oral hygiene-the hygiene of the mouth-not one single thing is more important to the public in the whole range of hygiene than that."

If the event was noted in his own, or

his father's diary, a 10-minute perusal

will give him more definite informa-

tion than a day's digging with |a

spade. There are dozens of farm prob-

lems encountered every year that

might be solved more easily, if the

farmer had access to a complete chronological history of his property.

The diary may be given a promient place in the bookkeeping records of

the farm business. Generally speak-

ing there are three purposes to be

1. To determine the farm invest-

ment, receipts, expenses, and the net

2. To furnish the net returns from

any individual farm enterprise and to

supply specific information as to its

3. To obtain a memorandum of what

The blank forms necessary for a

simple accounting system can be

worked out by the farmer himself, or

he can apply a system recommended

by his county agent. He also can ob-

tain information direct from the of-

fice of farm management and farm

economics, United States Department

of Agriculture. The chief advantage

of a farm accounting system, which

is a part of the farm diary, is in the

additional interest furnished by the

of Each Day's Routine.

ing the books of the farm business

make one an adept at writing a diary.

The only rule which can be followed

is that the entries must be kept in-

teresting, and in choosing an inter-

esting high light in the day's work

becomes dry and uninteresting. Only persistency and practice will

other people owe you and what you

served by farm accounts:

income of the business.

# DIARY VALUABLE FOR FUTURE USE

Authentic Record of Happenings and Experiences Often Prove of Great Benefit.

# VOLUME OF MUCH INTEREST

Dozens of Farm Problems Encountered Every Year That Might Be Solved More Easily If Records Were Convenient.

(Prepared by the United States Department of Agriculture.) A well-kept diary is the most interesting and valuable volume in its owner's library, and the determination to maintain such a record frequently is expressed in the form of a New

Year's resolution. Unfortunately, however, that is the first "good intention" permitted to lapse, observations by the United States Department of Agriculture have shown.

Valuable in the Future.

For the farmer, the diary will preserve a record of farm happenings and personal experiences which will be valuable in the future conduct of his business. If, when he finds his alfalfa field swarming with grasshoppers, he can look back in his diary to a summer 10 years before and find the poison balt formula that controlled the insect then, he will save much valua-

Corvallis, Dec. 26-31, 1921

# WINTER SHORT COURSES

Put Science into Farm Practice

Fruit and Vegetable Course,
Dec. 3-17, 1921 Make the Keeping of the Diary a Part Dec. 3-17, 1921

Tractor Mechanics Course.

Jan. 2-March 18 1922

Dairy Manufacture Course,
Jan. 2-Mar. 18, 1922

Agriculture course, Jan. 2-Mar. 18, 1922

Dairy Herdsmen's Course,
Jan. 2-June 18, 1922

Grain Grading Course, \_\_\_Jan 9-21, 1922

Beekeeping Course, Jan. 30-Feb. 25, 1922

Homemakers' Conference, Mar, 20-25, '21 personal items. The diary supplies items of supplementary interest which usually are left out of the accounts. Without the diary, the task of keep-

# Oregon Agricultural College

Pull information on any course by riting THE REGISTRAR, O. A. C., Corvallis, O. A. C.

as well as to the present. It is important to write the records regularly. Make entries in the diary every evening at a certain time, and consider it as a part of the daily routine. Once the owner commences to slight his diary, its failure is certain. Best Materials Essential.

It never pays to use inferior materials in the making of a farm diary; the work is important enough to merit and binding, a good pen, and ink that

the must have an eye to the future, will not fade in a few years are essentials in preparing a volume that will grow in value and interest as its age increases. It is a mistake to think a small blank book is sufficient. The limited size of the sheets makes writing cramped and uncomfortable and detracts from the pleasure of writing up the record.

While a dfary can hardly supply the required amount of bookkeeping for a large and extensive farm busithe use of good tools. Good paper ness, it does record facts and figures that are never preserved in any other

# Christmas Gifts

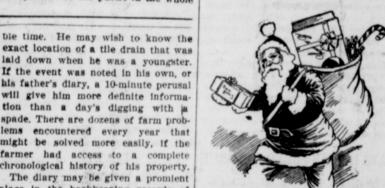
# SHOULD BE SELECTED

# NOW

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

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

BARTCHER & RORBAUGH The Albany Furniture Exchange 415-421 West First street, Albany, Ore.



# **Xmas Confections**

for the tree, stockings or presents. Good to look at, good to eat. Our candies are pure and wholesome. Try us for candy satisfaction. Please your friends and yourself by buying ours.

# CLARK'S CONFECTIONERY.

# SECOND HAND

2 good sets Heavy Work Harness for sale 1 set heavy Hack Harness set single buggy Harness

Clipper Fanning Mill, in first-class shape, for sale. Have you a good milch cow to trade for new machinery? See me for new farm implements.

G. W. Mornhinweg Implement Store

#### THE-

# HALSEY STATE BANK HALSEY, OREGON Capital and Surplus \$34,000

Interest paid on time certificates of deposit We invite your banking business

C. H. KOONTZ, Pres. D. TAYLOR, Vice-Pres. B. M. BOND, Cashier

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Real Estate and Insurance

### **Automobile Insurance**

Fire, theft, collision, property damage and personal liability. Protect yourself against loss.

\*

C. P. STAFFORD, Agent.

#### La. 22, 1921

We are sorry to hear of Mrs. Wheeler's illness The few times we visited the Enterprise office, we were met with her smile, and! we sincerely hope she will be at her place in the office in the near

Shedd Shots

Cyrus C. Arnold and Miss Anna Wessell were married Nov. 26 a the bride's home in San Barnardino, The groom is working in the Santa Fe railway shops. The couple ex pect to make their home in San Bernardino.

B. V. Crawford passed away on Thursday evening. He had been suffering with heart trouble for years. For the last few months ne was under the doctor's carcontinually. Mr. Crawford was

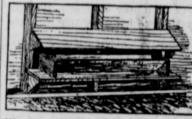
Saturday Mr. and Mrs. J. W Sprenger went to Albany, where they attended the funeral of M Srenger's uncle, Nick Sprenger.

Mr. and Mrs. R. C. Farwell spent Sunday at the A. D. Elder

# KEEP DRINKING WATER CLEAN

Overhanging Strip Prevents Fowls From Roosting on Edge or Getting Into Trough.

To keep drinking water clean, provide a low shelf on the inside of the poultry house for the water trough and an overhanging strip, as shown in the sketch. The wood strip is fastened just far enough above the top of the trough to allow the chickens to drink easily, but prevents them from roosting there, or getting into the trough Pans or basins can be used with the



Keeps Fowls Out of Water.

same arrangement, although if trough is made for the purpose, it will fit in better and, during the winter months, the ice will be forced upward and there will be no danger of breaking. This arrangement will be found excellent for feeding the flock hot mashes and other feeds, also.-Dale R. Van Horn of Nebraska, in the Farm

#### FEEDING TESTS WITH FOWLS

Mixture of Bran, Middlings, Meat and Corn Meal is ideal for Producing Egge.

As a result of eight years' feeding tests at the United States Department of Agriculture poultry yards at Belts ville, Md., a mash feed has been compounded which gives uniform high egg production. This mash, which has been tested for three years, is made of 4 per cent bran, 4 per cent mid dlings, 26 per cent meat scrap, and 66 per cent cornmeal. In the experiments the hens were allowed to select their own mash ingredients. This is the proportion of those different feed which they ate during the year Several pens of 30 hens each, both of Leghorns and of Rhode Island Reds have averaged from 140 to 155 eggs aplece while this mash was fed. While the mash seems to be especially adapt ed for Leghorns, it has given very good results with Reds. Wyandottes and Plymouth Rocks were found to get too fat on the ration and a mash somewhat lower in meat scrap has given better results with these breeds Both the Wyandottes and Plymouth Rocks at Beltsville are large standard sized fowls. The tendency to become overfat on this mash probably would not be found in a smaller type of Plymouth Rocks, such as is often found on commercial poultry farms

Simple Wireless Messages. The waves of wireless stations are

unceasingly passing through our houses and our bodies and we neither see, hear nor feel them. Yet if there be interposed a few strands of wire, a metal plate and a tiny glowlamp and if these accessories be ranged in order, the wireless messengers will carry the sound of a voice speaking thousands of miles away.-Brooklyn Eagle,

Two hundred and seventy-seven leachers in the high schools of the state are graduates of the University of Oregon. Only 66 are men The highest paid woman among hese graduates is a principal o a western Ooregon high school who s receiving \$2500 a year.

Farmers' week at O. A. C. is he opportunity for every farmer o learn some of the things that he vants to know about his business but doesn't, It is from Dce, 26 to Dec. 31 inclusive and the railroads carry people to it at reduced rates

#### Jots and littles

PAGE 5

FRIRISE

(Continued from page 1) Born, Dec. 12, to Mr. and Mrs. Ira Miner, a son.

Dr. T. I. Marks drove to Albany Friday afternoon.

Miss Mary Smith has been ill he past few days.

E B. McKinney and family were Albany visitors Friday. J. P. Templeton and wite were

Albany shoppers Friday. Mr. and Mrs. E. B. Penland were

Albany callers Thursday. Mrs. G. W. Mornhinweg was a

passenger to Albany Friday. Rowland Marks, from O. A. C ..

spent the week end at home. Lewis Skirvin, from the U. of O., was at home over the week end.

Mrs. J. W. Drinkard and Mrs. P. Stafford went to Albany Friday.

Cleone Smith of the U. of O. spent Saturday and Sunday with her father.

Mrs. Etiza Brandon attended he fundral of Mr. Crawford at Shedd Saturday. Mrs. G. W. Laubner returned

Saturday evening from a two-days visit with friends in Albany. Rev. Mr. Morris of the Methode

ist church at Brownsville made a Saturday morning call on Rev. Mr. Cook. School district 138 has been

formed of a portion of 97 and some territory not heretofore in any district. Nicholas Sprenger of Albany, brother of Thomas B. Sprenger of

Shedd, died Wednesday night of last week, aged 73. The highway commission has promised enough aid to the Albany-Cascadia road to make, with the

federal contribution, \$100,000. Marion Pike has returned to his ome in Portland after several veeks spent with his grandmother,

Mrs. M. E. Bassett, in this city. Mr. and Mrs. G. Mitzner arrived rom Paisley, Ore., where they have been making their home for he past two years. Mrs. Mitzner's health has not been good and they felt that they should seek a lower altitude.

Mr. and Mrs. Ray S. Hansell bassed through Halsey Friday on their way to their farm at Glentale and stopped for a short visit vith Mr. Hansell's nephew, C. P.

Christmas weather, the real article, came last Saturday morning when a soft white robe covered Halsey. Ireland's colors showed bru it in many places before night, out by Monday morning all the oreaks had been repaired with a new covering.

Only two more days in which oaid-up subscribers can get Christnas presents by bringing new subcriptions to this office. Saturday light, Dec. 24, is the time limit or them. Mail subscriptions postnarked on the 24th or earlier will accepted.

Master Ronald Whitlatch of Euene has been visiting his grand. ather, Grant Taylor. His father, Charles Whitlatch, and family, are noving to Portland, where Master Ronald will go when they get set-/led. Mr. Whitlatch is employed y the Southern Pacific,

The Enterprise does not claim to make no mistakes. It makes plenty of them. But it did not print 'Bookkeeping" for "Beekeeping" in the advertisement of the O. A. C. winter courses now running in this paper, as the coilege people say that more than one out of four papers did.

A Brownsville dispatch to the Albany Democrat, dated Saturday, says: The news of the death of Mrs. Arthur McDonald of Dillon, Montana, reached relatives here today. The deceased was a sister of Miss Minnie Stanard and W. O. Stanard of Portland. The other survivors are Arthur McDonald, husband, who was at one time editor of the Brownsville Times; Bessie McDonald of Montana, daughter; Mrs. John Miller, Brownsville, daughter; Byron McDonald of The Dalles, and Howard Mc-Donald of Montana, sons. Besides the brother already named, she is survived by Rev. Frank Stanard of Chehalis, Harvey Stanard and C. E. Stanard of Brownsville.

Crabtree's independent telephone company claims the switching charged for connection with the oig company at Albany, about #9