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PHONE 96

ALBANY OREGON, TUESDAY, JANUARY 13

## MEASLES

An epidemic of measles is spreading all over the country. Measles is not "just one of these children's diseases" to be laughed at and treated lightly. It is a disease which is peculiarly likely to have "complications" and bad after-effects.

This year it is not only coming earlier in the year than usual, but is proving more severe. The danger of pneumonia is always present if the patient becomes chilled during convalescence, and the danger of chill is particularly great in measles—the little patients seem more liable to it than in most other illnesses.

Moreover, doctors have observed that ear troubles are very common with measles this year. It is a respiratory disease primarily, and if the nose is blown hard, infection is likely to enter the ear passages. If a doctor has not been called before, the first sign of ear-ache should be the signal for his visit. Neglected, the ear-ache may develop into a serious matter involving the puncturing of the ear drum and a long, difficult recovery.

Children who are old enough to read should be forbidden the sight of a printed page for at least three weeks after measles is over. This means three weeks after the cough has disappeared. They may go to school and listen, perhaps, after the cough, which from the first moment to the last is the contagious feature, but they must not study, sew, crochet or knit. A great many of the eye troubles which develop later in life are due to strain during and after measles. Measles begin at first as a "common cold." The child with running nose, bleary eyes and slight cough should be kept at home and watched carefully. The chances are he has it. It is not wise to try to treat it without the doctor, either. One visit with its good advice taken in time may save a dozen to a very sick child later.

## SACCHARIN

Saccharin is many times sweeter than sugar, and is consequently being used a good deal at the present time. But it should be remembered that it is not a substitute for sugar, but a totally different thing.

Sugar is a valuable food, which tastes sweet," says Dr. Philip Shaffer, professor of biological chemistry in Washington University Medical School. "Saccharin tastes sweet, but has no food value whatever."

The appetite for sugar is a normal appetite for a real food. Saccharin does not satisfy that appetite at all, but merely deceives the tongue by pretending to be food. The sweetness of sugar is accidental, so to speak—the fuel value of the food is real. Saccharin has this taste of sweetness, but the body's need for fuel is not supplied thereby.

The substitution of dates, raisins and other sweet fruits, the generous use of bananas, oranges and apples is far wiser than the use of saccharin in making desserts which taste sweet but lack the essential food value. The fruit sugars are not only just as valuable to the body as the cane or beet sugars, but the other qualities of the fruits make them valuable parts of the daily diet.

The old expressions, "blind-drunk," and "dead-drunk," are certainly appropriate for wood-alcohol intoxication.

## Reliable Service

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If you want to be liberated from care and want in your old age, hang onto your Liberty Bonds.

Prices are bound to go down now. Why? Simplest reason in the world—how could they go any higher?

There are two "Friday-the-Thirteenth's" in 1920. So, according to the New Optimism, there will be at least two very lucky days.

## Comment of the State Press

Snappy Gleanings from the Press of the Valley

### Harnessing The Ford—

Many new uses have been found by Ford owners for their flivvers but it remained for H. L. Briggs a Portland inventor to make "Lizzie" drive a wood saw, says the Roseburg Review. Mr. Briggs was in the city today demonstrating his invention with the result that he got in touch with a number of prospective purchasers. A pulley is attached to one of the rear wheels and a wood sawing device attached to the front end of the machine. When the rear end of the car is jacked up from the ground and the power transmitted by a belt it is claimed that one man can saw up 12 cords of wood in a days time. Mr. Briggs is demonstrating the invention throughout the county.

### Douglas County Books—

The school library books were today apportioned to the various school districts of the county and are being mailed out by the county superintendent. As rapidly as they can be sorted out and distributed they are being prepared for shipment and probably all libraries will be supplied within a short time.

Linn county has a similar supply of books on deposit at the court house here.

### Tourist Camp—

That idea set forth by a local business man in reference to making a park, tourist camping grounds and a pleasure resort generally "out of the fair grounds is a capital one. No better location could be secured and the proposition is surely worth considering," remarks the Roseburg News. Bryant Park of Albany is already on the map.

### Billion Dollar Corporation—

Henry Ford is credited with planning a billion dollar corporation which will pay its least employe a minimum of \$8 a day. The concern is to have its branches in all foreign countries and is to be, through hereditary succession, always controlled by one man. Henry Ford has demonstrated a capacity, perhaps greater than that of any other American, to make his dreams come true, but no man can or ever will establish an industrial monarchy. Nature won't stand for it. Sons or grandsons of the self-made rich uniformly scatter the wealth their sires or grandfathers gather.

—Evening News, Roseburg.

### Deported Reds—

There is a possibility that those deported Reds may be taken through the English channel. That ought to help in getting a lot of their meanness out of them.—Gazette Times.

## EASE THE PAINFUL RHEUMATIC TWINGE

Sloan's Liniment will bring comforting relief quickly

NEVER breaks faith, Sloan's Liniment doesn't. Just penetrates without rubbing and eases the external pain and ache, rheumatic twinges, lumbago, neuralgia, sciatica, lame, sore, strained muscles, bruises, sprains.

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All Druggists—35c., 70c., \$1.40.

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We make a specialty of Students and Children's Work. Expert service for all. Electric Haircutting, Massaging and Shampooing.  
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## COUNTY NEWS

Notes from all parts of Linn County

### Tennessee Locals

LEBANON, Ore., Jan. 13—After and absence of a few weeks we will try to again to inform your readers, what the people of Tennessee are doing.

Roads here are in such a bad condition it is almost impossible for cars to get over them. If wood hauling and other heavy truck hauling is continued the Farmers will feel that the donation and all other work done in an effort to improve the roads has been for naught.

The regular meeting of the Tennessee Literary was held Saturday evening at the School house. A splendid program had been arranged by Mrs. Anton, Mrs. R. C. Burkhardt and Miss Eva Densmore. The house was filled to more than seating capacity.

Mr. Berg and Mrs. Bowland of Lebanon are cutting a large amount of wood for John Parton on his farm here using a drag saw to do the sawing.

Perry Wright had the misfortune to drop a cross cut saw on his hand, cutting a very ugly wound and making it necessary for him to consult a physician. He will not be able to cut wood for some time. He had been cutting for J. Q. Blackburn.

Joe Girroll has returned to Camp Lewis after a furlough of six days spent with his parents here.

Mrs. L. W. Densmore is suffering from an attack of Tonsillitis and Lagripp.

Roy Evans is quite sick at this writing suffering also from tonsillitis. Mrs. Cora Fritzwater and three children have moved to her father's, J. Q. Swinks, where they will reside indefinitely.

Mrs. Cora Ryan, who has been visiting her parents, Mr. and Mrs. Taylor Evans since Christmas left Saturday for her home in Washington.

A number of friends gathered at the home of John Parton on the evening of December 28, it being Mr. Parton's 46th and his daughter, Miss Garves' 15th birthday. The evening was spent in games and music. Home made candy and popcorn were served.

Mrs. Lola Douglas went to Albany Friday on account of the death of her uncle, William Long.

Mr. and Mrs. John Douglas entertained about thirty friends at their home on the eve of January 1. Games were played and refreshments were served.

Dr. Schenk and family of the "Sweat" Home Hotel were recent visitors at the E. E. Munsey home.

O. C. Keefhafer has finished the setting of ten acres of prune trees. Others, who will put out trees soon are Clyde Burkhardt, Chester Meyers, William Evans, John Parton, E. E. Munsey, Chas. Ensey and Ben Keebler.

The recent cold weather has damaged some prune trees in this locality. The bark of the trunks were frozen until it is loosened from the wood.

### MADAME EUGENE

Scientific palmist, can read your life from the cradle to the grave. Your destiny is written in your hand. Advice given in business, love and family affairs, consultations daily and Sunday, hours 9-30 to 5 evenings 6 to 9. Room 4 Davenport rooming house 423 West 1st Street. 6j13\*

The salmon leaves the sea and enters fresh water in order to breed, while the eel leaves the fresh water and enters the sea for the same purpose.



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**AN IRRITABLE**, fault finding disposition is often due to a disordered stomach. A man with good digestion is nearly always good natured. A great many have been permanently cured of stomach troubles by Chamberlain's Tablets after years of suffering. These tablets strengthen the stomach and enable it to perform its functions naturally. Try them. They only cost a quarter.

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**CADILLAC Touring car**—A real bargain, new paint, tires almost new, perfect mechanical condition, absolutely guaranteed.

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