# About Your



### OUR INVISIBLE FOES.

A happy state of mind is that which we believe that we haven't an enemy in the world. There may be good reason for not distributing such serenity. But deadly foes about us, invisible, un-recognized, until it is forever too late in many instances to check

their depredations.

The invisible foe is ever a menace to life. We may combat the known enemy—or, if he is too big for us, we may beat a safe re-treat; but the thug in the dark alley, reasons that dead men tell no tales. It is the concealed weapon that does the harm. The deadly submarine is an invisible foe, terrible in action, and yet the micro-scopic germ kills more!

It is my purpose in this series of articles, to discuss "our invisible foes" from the standpoint of one who has been for thirty-three years an active clinician, and who is still so, engaged in the honorable effort to keep men and wom-en fit, believing that life may be prolonged, and the world be made

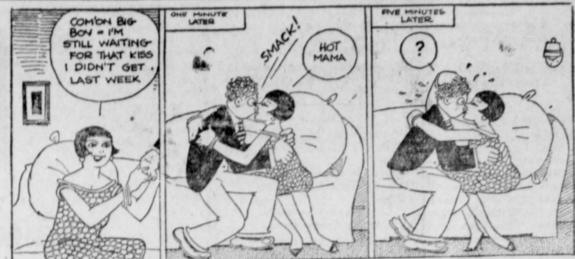
prolonged, and the world be made better thereby.

It would be an eminently wise measure if our Public School Boards would add the subject of bacteriology to the course of study, providing at least a working knowledge of the subject, which would enable the student to defend himself against many of the active foes of comfort and health, which continually beset him.

If you, dear reader of this paper, are intersted in health and its consequent longer and happier for yourself and family, we shall try earnestly to contribute thereto, by kindly advice gleaned from the field of experience.

NEXT WEEK: WHERE FIRST TO FORTIFY FOR HEALTH

Give Dancing Party-Miss Juanita Flowers and her brother, Dale, en- pork, salad oil. tertained a number of Springfield and 5.—Sugar molasses, syrup, honey, especially for young children. Eugene young people at a dancing cakes, candy and preserves, party at the Coburg dance hall Wed-





HOW TO KEEP WELL

IN HARVEST TOLD

Your paycheck is bigger when you keep well. The State Board of Health makes the following suggestions with which may carry typhoid fever and the hope that you will earn a lot of other infectious diseases. Try an in-

Keep Clean.

germs and prevents the sickness unwashed hands, your own and others. which often comes in camp from eating with unwashed hands. Washing cooking it. the feet and socks each day and rubbing soap into the socks lessens the burning of feet during the job which requires standing.

Une Your Own Drinking Cup and 3. Hread, cereals, macroni. 4.-Butter, cream, lard, suet, salt

every hundred cents spent. Take time water bottle. Take no food or Jrink. in the evening to cook enough for If pain still continues, send for the breakfast and lunch. Cook cereals

during the evening meal. Keep food from vermin and flies expensive refrigerator made by hanging a sacking-covered box to a tree or post with a constant drip of water Soap kills many kinds of disease placed above it. Keep food away from Keep meat on ice until time for

Boil all milk except that from a certified dairy.

Drink sparingly while at work When overheated wash out the mouth with cool water but do not swallow

Avoid unripe or over-ripe fruit, and all unwashed fruits and vegetables

For stomach ache-Take a half day Cooking takes time, but it helps off from work. Lie flat on your back give a dollar's worth of strength for with applications of hot cloths or hot



Waste disposal-keep garbage in covered cans, and prevent flies.

Use only the toilets provided by the about contamination of streams -State Board of Health,

Dealers keeping on display or offering for sale immoral periodicals would be subject to a fine ranging from \$5 to \$500 or imprisonment for a period of the Salem city council.

Development of the poultry industry the matter up with Mrs. Smith. in the Hermiston district has been rapid, according to H. E. Crosby, extural college. Between 25,000 and 30,be in production this fall,

Food-Choose for each day something from each of the following groups. If you leave out any of these management. Be especially careful groups you will not keep up strength,

1. Meats, eggs, milk, cheese, fish, peas, beans nuts. 2.-Vegetables such as tomatoes,

Boys Will Be Boys.

squash, lettuce, celers. 'greens."

It had reached the ears of the sumof six months under the provisions of mer boarder at Eb Smith's place that an ordinance introduced at a meeting Eb was somewhat given to beating his wife. So one day the boarder took

"Why," she asked, "do you stand tension specialist of Oregon Agricul- for your husband's beating you?" "Well, dearle," sighed the victim, 000 hens and pullets are expected to "you have to humor 'em to keep 'em peaceable, you know."

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## EXTRA GOOD

Young Steer Meat for Saturday

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Corn fed chickens that are real good.

Quality with Cleanliness

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of Springfield

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### THE FLAMES OF CARELESSNESS

Accepting what is offered without investigating to find out whether better values might not be had for the same or less cost is like throwing your money in the fire. It is a form of indifference which fosters careless and expensive methods of merchand sing-for which you pay in higher prices or lower quality.

Many clever housewives today shop in person, compare values closely and insist that their food allowances shall buy the maximum in both quantity and quality. Prices like the following-with guaranteed quality-are their reasons for shopping at Skaggs.

### FEATURES--FRIDAY, AND

Vanilla Flavors-Hamilton's Flavex brand, 4 oz. bottle

Tea, Skaggs, green or black, a new pack, 1 lb. ...............65c

Catsup, Del Monte or Sunkist. large size bottle ......23c

Peterson's Health Crisp-The three meal bread. Highly recomended, 13/1b. package ......35c Big K Flour-The highest quality all-purpose flour-a hard wheat blend. Per barrel (4-49lb.

49 pound sack .....

Citrus Granulated Soap-for washing machines and dishwashing,

A 28c package of Citrus washing powder free with each package gran-

City Delivery-Orders of \$5.00 or over free-Orders less than \$5.00 10c delivery charge

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Springfield, Ore.

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