

About Your Health

Things You Should Know



(by John Joseph Gaines, M. D.)

INFLUENZA.

The onset of influenza is invariably sudden and intensive. There are no warnings of its approach. One point, of which we are reasonably certain is, that the infection enters the system thru the breathing passages. During epidemics, the gargle and nasal douch should be used after all exposures, as a possible preventive. Contact with suspected cases should be scrupulously avoided if possible. Large or small public gatherings, where a dozen or more are coughing, are very dangerous, and traveling in over-crowded trains that are usually crissed, often scatters millions of influenza germs.

Weakness is the predominant symptom—indeed that may be the only diagnostic symptom. No other disease prostrates the victim so thoroughly from its moment of onset. There is nothing like this weakness. Sometimes there is fever—at other times none, or so little as to escape notice. Active delirium is common in febrile cases. It is in this stage that pneumonia usually supervenes, if at all. Absolute rest, in bed is imperative, and should be resorted to promptly. Alcohol in diluted form, has proven of inestimable value in the treatment of influenza, if its use is carried on until free sweating occurs. It appears to be antagonistic to the poison, and is useful in combatting the terrible weakness. It should only be used with the advice and observation of the physician. Many doubt the efficacy of vaccines, though I have found them of great value in my cases, and am never without them. Strict quarantine is a wise measure that should not be neglected, in localities where influenza is prevalent. Good nursing is an essential upon which too much emphasis cannot be laid.

NEXT WEEK—
"A WINTER TALK."

THROAT, TOOTH TROUBLE SHOWN BY EXAMINATION

Cases of serious throat infection and bad teeth have been found to be surprisingly numerous among Springfield elementary school children, during the Health Crusade campaign now drawing to a close, according to Mrs. Ora Reed Hemenway, elementary school principal. The large number of cases, and their seriousness, creates a situation that demands the attention of the parents, Mrs. Hemenway declared.

Few children examined during the campaign proved to be so fortunate as to have escaped throat trouble, said the principal. She pointed out that tooth and throat troubles are oftentimes the source of many other bodily ills, and therefore the cases demand especial attention. Cards informing the parents of the results of the examination are to be issued at the close of the campaign.

Individual attention is being given the school children in connection with the health crusade work. The examinations are given in compliance with a law passed by the last legislature requiring them.

Hold Food Sale.

The Ladies' aid of the Methodist Episcopal church will give a cooked food sale at the Long and Cross store building Saturday.

Accepts Bank Position—Iral Nelson, who arrived this week from Red Bluff has accepted his former position as bookkeeper at the First National bank of Springfield.

Students Visit School.

Members of the class in school administration of the education department of the University of Oregon visited the Springfield High school yesterday. The class was accompanied by Prof. Stetson. Principal V. D. Bain conducted the visitors through the high school building.

Students at Conference.

Springfield High school will be represented at the High School conferences to be conducted at the University of Oregon tomorrow and Saturday. Student body officers, editors and managers of the school papers, and girls league representatives will meet.

Woodmen Offer Prizes.

In connection with a vigorous campaign for new members, the Springfield Camp No. 247, Woodmen of the World, is offering special prizes to all members who bring in two or more new candidates between now and January 5. The initiation will be held on that date.

OFFICERS NOMINATED BY AMERICAN LEGION POST

Officers were nominated by members of the Springfield post of the American Legion in meeting last Thursday night. Nominations will remain open over the December 10 meeting of the post, and election will take place at the meeting to be held December 4. Installation will take place January 14.

The officers nominated follow: Commander, W. P. Tyson; first vice-commander, John Will; second vice-commander, Marion Rewey; adjutant, Walter Gossler; finance officer, J. M. Larson, executive committee, C. A. Swarts, William Vasby, Walter Scott; member of finance committee, Trubert Henderson.

An effort will be made by the legion post to make the legionnaires' membership in the Red Cross 100 per cent. A committee to solicit the membership for the Red Cross was named as follows: J. H. Hill, M. B. Huntly, Charles Scott, Carl Senseny, and William Vasby.

New Temperance Head



Mrs. Ella A. Boole of Brooklyn, N. Y., for ten years Vice-President of W. C. T. U., has been elected its new President. She recently ran for Senator but was defeated although she polled a big vote.

PLAN TO RAISE MONEY FOR FARM HOME COTTAGE

Plans for a series of "vanishing parties" to raise money for the W. C. T. U. farm home were made at a meeting of Eugene and Springfield women at the home of Mrs. M. J. McKlin yesterday. The women desire to build a Lane county cottage and it is believed this means will be effective.

Those present at the meeting yesterday were Mrs. P. J. Bartle, Mrs. M. J. McKlin, Mrs. W. E. Knott, Mrs. Al Cook, Mrs. W. F. Walker, Miss Florence Ogden, Mrs. R. G. Masters, Mrs. E. D. Browning, Mrs. M. A. Rice, Mrs. Jane Ketels, Mrs. Margarette Baugh, Mrs. F. R. Hunt, Mrs. Mary Abrams, Mrs. Catherine Bashford, Mrs. Angie E. Batchelder, Mrs. Richard Hart, Mrs. F. E. Pursley, Mrs. J. D. Tye, Mrs. W. R. Wallace, Mrs. W. C. Rebhan, Mrs. Guskie, Mrs. Lawrence May, Mrs. M. E. Guiley, Mrs. R. D. Oldham, Mrs. Roy Loomis.

Decorates Office—Decoration of the offices of W. H. Walker, local undertaker, is being completed today.

Red Cross Drive Ends.

Lions club Red Cross drive ends at the club luncheon tomorrow noon. Members are expected to turn in their cards at that time. More than half the cub quota was made up last week when reports were made.

INCREASING HOME USE OF SOFT-WHEAT FLOURS

It behooves the housewife to learn to tell the difference between hard-wheat and soft-wheat flours, and to know the particular use for which each is best adapted. She can then select a flour well suited to her needs, often at a distinct saving in price and to the benefit of local industry.

The increase in the production of baker's bread and in the use of machine mixers in the bakeshops has greatly increased the demand for the hard-wheat flours. Their higher gluten content gives them greater ability to absorb water and to stand the severe "punishment" given the dough by power machinery. The result is that in many sections hard-wheat flours command a higher price than soft-wheat flours.

For many home uses soft-wheat flours are just as good or better than the hard-wheat product. It is easier to make tender cake and flaky pie crust with soft-wheat flour. For thickening sauces, gravies, and the hundred and one other small household needs one kind is as good as another.



Join!
The American Red Cross

OREGON NEWS ITEMS OF SPECIAL INTEREST

The broccoli industry in the Umpqua valley is encroaching upon the turkey business, so that the once famous turkey center of the coast is rapidly losing the reputation which it has held for years in producing the greatest tonnage of Thanksgiving birds. This year the Thanksgiving market will find only about one-half the usual supply.

That better crops and improved prices have combined to put Oregon agriculture in its best condition since the world war was the belief of 25 county agents, assembled for the annual extension service conference at Corvallis. Agents from practically every section of the state, in making reports of their districts, were optimistic over general farming conditions.

A meeting of the state highway commission at Elkton on October 29 to hear arguments for and against the proposed Umpqua highway improvement district has been announced. It is proposed to join 12 districts having a total valuation of \$5,000,000 for the purpose of voting a 30-mill levy to be used for the completion of the Roosevelt highway and the Drain-Reservoir section of the Umpqua highway.

Deer along Salt creek in the vicinity of the Southern Pacific company's rail construction operations are tame, due to the fact that there has been no hunting allowed on that watershed for several seasons. Nelson F. Macduff, supervisor of the Cascade forest, has a number of photographs taken by a timber inspector on the railway tunnel construction, showing the animals in groups, evidently only 40 or 50 feet away from the camera.

Oregon pensions have been granted as follows: Albert J. Rice, Portland, \$15 a month; William Fiedler, Portland, \$12; Olava P. Welch, Portland, \$30; Robert Campbell, Portland, \$18; Mary E. Conn, Portland, \$30; Floyd W. Holmes, Albany, \$15; Anna Belle Hall, Milwaukie, \$20; George F. Euston, Bend, \$18; Annie Hart, Toledo, \$20; Edward Pierce, Grand Ronde, \$18; Martin L. Kays, Braymill, \$15; John M. Bledsoe, Myrtle Point, \$18.

Efforts of the Klamath county court to increase the assessed valuation of Klamath timber, following a recent cruise of 100,000 acres, were lost when the board of equalization refused to put the proposed valuation on the tax rolls, which would have made an increase of 3.58 per cent in the county's taxable property. The equalization board held that it would not be fair to tax some timber land under the new cruise until all timber of the county had been reclassified.

One of the largest transfers of Polk county timber in recent years was revealed with the recording of a deed at Dallas from the Weyerhaeuser Timber company to the Charles K. Spaulding Logging company transferring 1855.45 acres of Polk county timber to the Spaulding interests. The consideration was approximately \$112,000. The land transferred lies in the Bald mountain country, tributary to the Valley & Siletz line over which Spaulding has been logging. It contains 88,115,000 feet of timber.

The city special election held at Vernonia for the purpose of voting on two measures, one for changing the charter to collect an additional 2 per cent on personal property, carried 99 to 72. That to levy a tax for more than 6 per cent for the year 1926 for a tax of \$14,175, to raise an additional \$4000 which the budget did not carry to pay interest on the general bonded indebtedness of the city, carried by 104 to 69.

To comply with necessary legal requirements whereby the city of Medford can hold its recently purchased and long unused Medford & Coast railroad, between Medford and Jacksonville, until a possible future purchaser appears to operate and extend it to the timber and mineral resources of the Applegate section, the city administration has organized among its members a holding company. The company will run the railroad's one engine once every 60 days between Medford and Jacksonville to show the world it is a going concern.

Compilation of data on the timber lands of Linn county is under way with a survey and cruise being made by Dennis Merrill, local timber man. The cruise was started last summer as an experiment with an appropriation of \$3500. The first work was so successful that the budget this year allows \$6500 for the work next summer. There remains work to be done that will cost \$54,000, and it is the plan of the county court to make such appropriations next year as to complete the work in three years. This will raise the valuation of the county about \$3,000,000, County Judge Payne believes.

In From Wainerville—H. K. Jennings of Wainerville was in town on business today.



Better Than Home-made Bread

Perfection Bread, scientifically compounded from the purest materials, baked in a sanitary bakery in an oven just the right temperature is more wholesome and nourishing than home-made bread. Now is a good time to try it.

Perfection Bread is Made in Springfield by Springfield People.

Springfield Bakery

F. G. Frese, Prop.

DEPARTMENT STATEMENT EXPLAIN PIG SURVEY

Explanation of pig surveys made by the United States Department of Agriculture through cooperation of the rural mail carriers is made in a statement received from the department by Postmaster John Hamlin.

The surveys are made with the help of the rural carriers, who either distribute the cards to a certain number of farmers along the route with the request that they be filled out, or fill out the card after interviewing the farmer. The need for each farmer making his report complete and accurate is emphasized in the report, in order that the general figures compiled by the department may be accurate and thus beneficial to the farmers in promoting more balanced production and better market distribution.

Books Presented School.

The latest edition of Aldrich's Encyclopedia was presented to the Junior High school at a Parent-Teacher meeting Friday night by Mrs. Paul Brattain. The set of books was received by Principal Burcham of the Junior High school.

Another feature of the meeting was the announcement that there are now 78 mothers enrolled in the P-T-A candy sale, held at the Lincoln school building, netted \$8 for the organization it was reported.

The association voted to pay for hauling gravel to the high school grounds. Miss Van Valsah gave an interesting report of the recent P-T-A convention, stating that the convention went on record strongly endorsing better American homes and law enforcement, especially among juveniles.

The P-T-A is choosing the ways and means committee alphabetically for each month, so the following will serve during December: Mrs. Paul Brattain, chairman; Mr. and Mrs. V. D. Bain, Mrs. Brownfield, Mr. Burcham, Miss Bosen, Mrs. Chase, Mrs. Nellie Carr, Mrs. Wayne Clover, Mrs. D. J. Daniels, Mrs. George Dito and Mrs. K. Duncan.

The next regular meeting will be held December 18. There will be a social evening at the high school for parents some time during the coming month.

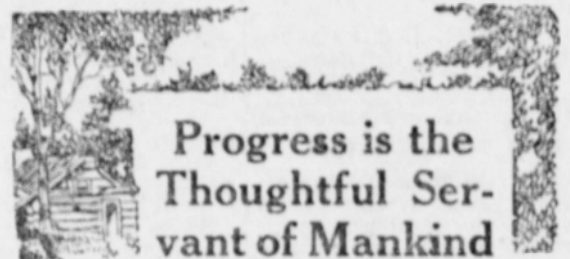
Baptist Church.

Bible school, 10 o'clock, services, 11 o'clock.

Subject, "The Usable."
Young Peoples and Men's meetings at 6:30 p. m. Evening service at 7:30 o'clock, subject, "The Two Resurrections."

Midweek service of prayer and Bible study, Thursday, 7:30 p. m.

G. G. Langhein, state evangelist, will hold a meeting at the church beginning January 31, 1926.

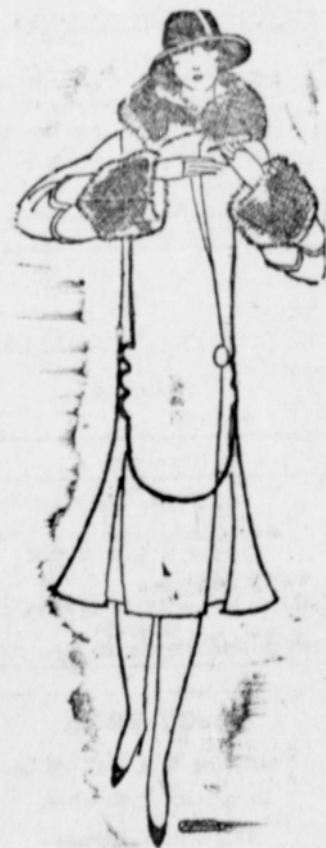


Progress is the Thoughtful Servant of Mankind

To perfect the arrangements that modern sensibilities demand the latest knowledge and improved facilities aid us in arranging the Service of Sincerity.

PHONE W.F. WALKER 228
62-J FUNERAL SERVICE MAIN ST.
SPRINGFIELD, ORE.

75 DRESSES 75



NEW
Down to the Minute
Values to \$25.00

\$9.85

COATS

\$19.85 \$24.85
Values to \$35.00 Values to \$45.00

\$49.85
Values to \$89.50

\$10.00 Lusterlite Rain Coats

\$5.95

BEARD'S

Eugene, Oregon