



Your
Christmas

Whatever your plans are for Christmas buying you will find nothing as acceptable as a gift of a nice Diamond Ring, Bar Pin, Lavalier, Scarf Pin, Watch; in fact anything in the Jewelry line.

Our stock is also most complete in the following:

Sterling Silver and Community Plated Ware.

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Oscar Borg

Jeweler & Optometrist.

U. S. HEALTH SERVICE ISSUES WARNING

Increase in All Respiratory Diseases After the Influenza Epidemic Probable.

Influenza Expected to Lurk for Months. How to Guard Against Pneumonia. Common Colds Highly Catching—Importance of Suitable Clothing—Could Save 100,000 Lives.

Washington, D. C.—With the subsidence of the epidemic of influenza the attention of health officers is directed to pneumonia, bronchitis and other diseases of the respiratory system which regularly cause a large number of deaths, especially during the winter season. According to Rupert Blue, Surgeon General of the United States Public Health Service, these diseases will be especially prevalent this winter unless the people are particularly careful to obey health instructions.

"The present epidemic," said Surgeon General Blue, "has taught by bitter experience how readily a condition beginning apparently as a slight cold may go on to pneumonia and death. Although the worst of the epidemic is over, there will continue to be a large number of scattered cases, many of them mild and unrecognized, which will be danger spots to be guarded against." The Surgeon General likened the present situation to that after a great fire, saying, "No fire chief who understands his business stops playing the hose on the charred debris as soon as the flames and visible fire have disappeared. On the contrary, he continues the water for hours and even days, for he knows that there is danger of the fire rekindling from smoldering embers."

"Then you fear another outbreak of influenza?" he was asked. "Not necessarily another large epidemic," said the Surgeon General, "but unless the people learn to realize the seriousness of the danger they will be compelled to pay a heavy death toll from pneumonia and other respiratory diseases."

Common Colds Highly Catching.

"It is encouraging to observe that people are beginning to learn that ordinary coughs and colds are highly catching and are spread from person to person by means of droplets of germ laden mucus. Such droplets are sprayed into the air when careless or ignorant people cough or sneeze without covering their mouth and nose. It is also good to know that people have learned something about the value of fresh air. In summer, when people are largely out of doors, the respiratory diseases (coughs, colds, pneumonia, etc.) are infrequent; in the fall, as people begin to remain indoors, the respiratory diseases increase; in the winter, when people are prone to stay in badly ventilated, overheated rooms, the respiratory diseases become very prevalent."

Suitable Clothing Important.

"Still another factor in the production of colds, pneumonia and other respiratory diseases is carelessness or ignorance of the people regarding suitable clothing during the seasons when the weather suddenly changes, sitting in warm rooms too heavily dressed or, what is even more common, especially among women, dressing so lightly that windows are kept closed in order to be comfortably warm. This is a very injurious practice."

Could Save 100,000 Lives.

"I believe we could easily save one hundred thousand lives annually in the United States if all the people would adopt the system of fresh air living followed, for example, in tuberculosis sanatoria. There is nothing mysterious about it—no specific medicine, no vaccine. The important thing is right living, good food and plenty of fresh air."

Droplet Infection Explained in Pictures.

"The Bureau of Public Health, Treasury Department, has just issued a striking poster drawn by Berryman, the well-known Washington cartoonist. The poster exemplifies the modern method of health education. A few years ago, under similar circumstances, the health authorities would have issued an official dry but scientifically accurate bulletin teaching the role of droplet infection in the spread of respiratory diseases. The only ones who would have understood the bulletin would have been those who already knew all about the subject. The man in the street, the plain citizen and the many millions who toil for their living would have had no time and no desire to wade through the technical phraseology."



COLDS, INFLUENZA, PNEUMONIA, AND TUBERCULOSIS ARE SPREAD THIS WAY

Copies of this poster can be obtained free of charge by writing to the Surgeon General, U. S. Public Health Service, Washington, D. C.

L. MONTERESTELLI

MARBLE AND GRANITE
WORKS

PENDLETON, OREGON

FINE MONUMENT AND CEMETERY WORK

All parties interested in getting work in my line should get my prices and estimates before placing their orders

ALL WORK GUARANTEED

Mike laughed
at the Judge



for chewing Gravely.

The Judge came right back at Mike with a friendly chew—just a couple of little squares off his plug of Real Gravely.

Mike found that the chew stayed with him for a long while, and the more he chewed the better it tasted.

"There's the real tobacco satisfaction," says the Judge: "and it costs nothing extra to chew this class of plug."

It goes further—that's why you can get the good taste of this class of tobacco without extra cost.

PEYTON BRAND

Real Gravely Chewing Plug
each piece packed in a pouch

P. B. GRAVELY TOBACCO CO., DANVILLE, VA.

Does the Farmer Make the Country, or Does the Country Make the Farmer?

At one time, I was almost convinced that the country makes the farmer—but now, I feel differently.

I have been thinking of the farmers that live in this community, the farmers that come to this yard to buy their building materials, and I have decided that the farmer makes the country.

You have made two blades grow where one formerly grew.

That is why I say the farmers of this community have made it what it is.

Some of you were pioneers—the days were longer then for there were fewer comforts—there were fewer people on the roads.

First, you built a small home, barn or stock shed. Perhaps, you would not call it home today, but it was a protection to your loved ones. And, that is what we call home.

Mother Nature has done her share, for we have had rain, sun and wind. But, without your labor, the weeds would overrun the best of farm land.

You have taken a lot from the soil this year—a good crop and at top prices.

Let this community of farmers prove beyond a doubt that it is the farmer that makes the country. You can do this by building your wife a new home. She has earned it—a home with conveniences in the kitchen—a home that will save steps—a home that is warm in Winter and cool in Summer—a home that will be economical to build and economical in the arrangement of space.

You have been successful because you worked. We want to prove to you that we can be successful for the same reason.

We all like to be successful. We like to show our neighborhood farmers and business men that we are doing more than our part to live up to what the successful farmer and business man should do.

We will do our part.

Will you do yours?

Will your stock sheds take care of the cattle? Are they warm? And, have you plenty of light in them? Remember, light kills germs, foul odors and makes better, beefier, and healthier stock.

How is your fence? We have posts that are as good as a pair of old-fashioned knit socks. Successful farming and a good fence go hand in hand.

Do you need a walk leading from the house to the barn and sheds? Don't track mud into the house. Help keep it clean.

When you come to town with grain and farm products, don't drive home with an empty wagon. Load her up with lumber and coal. Do this now for a car shortage may deprive you of the supplies later on.

Do you need some battens for the barn? Make it as warm as possible. Line the inside with tar paper. Re-hang the old doors that do not fit.

And, by all means, protect your machinery from the weather. You would not allow your automobile to stand out all winter. Then, why leave your implements out?

And, how about the hen house? Make it dry and warm. The chickens will reward you by announcing in their own way "big, big, big, big, big egg."

My company is at your service. Come in and talk these things over. We will gladly help you in every way, and remember one price to all. There is at least one grade for the work that will give you the best job for the least amount of money.

We want to play our part in building up good farm buildings, by helping you. By rendering you SERVICE.

All stock is up to grade, bright, fresh and easy to work.

You like this country—we like it—but no town or country will ever be so good we can't improve it.

Let Our Engineer Tell You How to Build It.

Tum-A-Lum Lumber Company

LEXINGTON

IONE

Give something Useful

We have it;
Come see.



WHAT'S THE USE OF BUYING CHRISTMAS PRESENTS THAT ARE FORGOTTEN AND GONE IN A DAY?

WHEN YOU BUY YOUR GIFTS FROM US YOU GET SOMETHING THAT WILL LAST AND BE USED FOR MANY YEARS.

YOUR FAMILY AND FRIENDS PREFER LASTING GIFTS AND YOU CAN REALLY SAVE MONEY BY BUYING YOUR XMAS PRESENTS IN OUR STORE.

COME IN AND SEE OUR GIFT GOODS.

USE OUR HARDWARE; IT STANDS HARD WEAR.

Peoples Hardware Co.

Successors to Tash & Akers