

The Evening Herald

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FRIDAY, FEBRUARY 20, 1920.

NO PAPER MONDAY

As the readers of The Herald have learned in the past few weeks, during which time this paper has been appearing in a four-page size, the scarcity of print paper is such as to be alarming. If for any cause paper mills in the United States and Canada were to shut down for three days, the surplus stock would be wiped out. As it is, if present consumption continues for the next three months as it has been going for the past seven, there will be no surplus, and thousands of newspapers throughout the United States will have to suspend. From six to fourteen weekly and daily papers are going out of business every week, due to their inability to get paper. As time passes the number will be increased, as the mills' increasing production and new mills that will begin operation during 1920 and 1921 will not be sufficient to even meet present-day demands.

All of this is preliminary to the announcement that there will be no paper on Monday. Publishers throughout the United States are getting together on the proposal of dispensing with the issuance of evening papers on important legal holidays. This must be done in order to conserve what little paper is left in stock. The Herald has joined in

this movement, and while it will result in a serious financial loss to us and inconvenience to our subscribers and advertisers, the exigencies of the situation demand a putting aside of these considerations to the end that the number of papers being forced to suspend shall be reduced to a minimum and the supply of paper stretched out as far as possible.

NEW INSURANCE RULING LIBERAL

Under a new and very liberal ruling of far-reaching importance to millions of former service men, issued by Director R. G. Cholmeley-Jones of the bureau of war risk insurance, with the approval of Secretary of the Treasury Carter Glass, war risk (term) insurance, regardless of how long it may have been lapsed or cancelled, and regardless of how long the former service man may have been discharged, may be reinstated any time before July 1, 1920.

The only conditions are:
(1) Two monthly premiums on the amount of insurance to be reinstated must accompany the application.

(2) The applicant must be in as good health as at the date of discharge or at the expiration of the grace period, whichever is the later date, and so state in the application.

The new ruling is the most important liberalization of war risk insurance since the passage of the Sweet bill, and is designed for the special benefit of service men who failed to reinstate their insurance prior to the new law, and who have been discharged more than 18 months.

Ex-service men may still reinstate their lapsed term insurance at any time within 18 months following the month of discharge by complying with the same conditions. Within three months following the month of discharge reinstatement may be made by simply remitting two months' premiums without a formal application or statement as to health. Reinstatement may also be made after 18 months following discharge, as follows: If the insurance has not

been lapsed longer than three months, by complying with the conditions outlined in (1) and (2) above. From the fourth to the eleventh month, inclusive, after lapse, by complying with the same conditions, and in addition submitting a formal report of examination made by a reputable physician substantiating the statement of health to the satisfaction of the director of the bureau.

In announcing the new ruling, Director Cholmeley-Jones desires to emphasize the fact that war risk (term) insurance or U. S. government (converted) life insurance may now be made payable to any of the following new and enlarged group of beneficiaries:

Life insurance, now or at any time within five years after the formal termination—Parent, grandparent, step-parent, wife (or husband), child, step-child, adopted child, grandchild, brother, sister, half-brother, half-sister, brother through adoption, sister through adoption, step-brother, step-sister, parent through adoption, uncle, aunt, nephew, niece, brother-in-law, sister-in-law; persons who have stood in the relation of a parent to the insured for a period of one year or more prior to his enlistment or induction, or the child or children of such persons, parent, grandparent, step-parent, or parent through adoption of the insured's wife (or husband).

War risk (term) insurance may be converted into United States government life insurance, now or at any time within five years after the formal termination of the war by proclamation of the President.

United States government (converted) life insurance, including ordinary, twenty payment life, thirty payment life, twenty year endowment, thirty year endowment, and endowment at age 62, may now be paid in a lump sum at death, if such method of payment is designated by the insured.

Something more than a century ago paper was so dear in England that butchers used to give their customers the meat wrapped in a large vegetable leaf.

A Chinese custom is the throwing into the sea of thousands of pieces of paper when a friend is about to sail away. Each piece bears written on it a prayer.

HOME NURSING IN INFLUENZA

(Published by request of the Red Cross.)

Symptoms: Fever, chill, sore throat, marked weakness, discharge from nose, cough, headache, vomiting, disturbance of digestion, aching of limbs.

Treatment of Patient

First, call a doctor—if no doctor is available, follow these suggestions for treatment:

Patient should be put to bed in a room alone, with plenty of fresh air and no draughts.

Hot tub bath to induce perspiration before going to bed unless patient is weak.

Liquid diet—such as egg nog, cocoa, milk soup, milk, lemonade, weak tea and coffee, broth every two hours.

Give water freely—one glassful every hour.

Give cathartic—one tablespoonful castor oil or one or two tablespoonfuls Epsom salts. If bowels do not move well in twelve hours, give an injection or repeat the cathartic.

If fever is high, give as much water as patient can take.

Very weak patients should be coaxed to take liquid nourishment every two hours at least.

For sore throat, gargle with hot salt solution—one teaspoonful salt to one pint water.

For pain in the chest—rub chest and back twice daily with camphorated oil, with a few drops of turpentine added.

For profuse perspiration, rub patient dry with towels and change clothing. Do not expose the patient.

For headache apply cold compress or ice-bag to head.

Patient should not be allowed to sit up more than 10 or 15 minutes the first few times. Increase the time gradually and watch patient for signs of weakness.

Patient should not be allowed out of bed for any reason until temperature has been normal for 48 hours, or as doctor orders.

For delirious patients, keep ice to the head and watch carefully.

Do not give medicines except the cathartic unless they are ordered by the doctor.

Care of Mouth

Use salt solution—one teaspoonful salt to one pint of water, with a pinch of baking soda or some good antiseptic mouth wash. If able to use tooth brush, patient should cleanse his mouth as often as necessary. If patient is not able to do so, the attendant should use swabs made of tooth picks wound with cotton and cleanse mouth thoroughly. Use vaseline or cold cream on lips for sores or cracking.

Unless patient is very feverish or perspiring profusely, do not insist upon daily bathing. Guard against chilling at all times. Wash face and hands before and after eating.

Continue to give liquid diet until temperature is normal. Then give gruels, cooked cereal, milk toast, jellies, soft boiled egg.

Keep sick room quiet. Patient should get as much sleep as possible. No visitor.

Precautions

Avoid dust in the sick room. Do not dry-sweep.

Care of sputum—Fasten paper bag to side of the bed. Use toilet paper, or paper napkins or newspaper, and burn several times a day.

Scraps of uneaten food and mouth swabs should be burned immediately.

Milk containers should not be taken into patient's room and should be boiled before returning to the milkman.

All handkerchiefs, linens, sheets, masks, towels, should be covered with cold water in the sick room. Boil 20 minutes. Anyone may safely finish caring for the linen.

Were there is no toilet with running water, all mouth washes, bath water, discharges from bowels and bladder, and all uneaten liquid foods should be disinfected with solution of chloride of lime before being thrown into toilet. The toilet should be kept thoroughly scrubbed with hot water and soap.

To Make Chloride of Lime Solution—Mix thoroughly one pound chloride of lime with one gallon water. Use twice as much of this solution as the material to be disinfected. Allow to stand for one hour before emptying.

Care of the Family and Precautions for the Nurse

Keep other members of family out of the room.

Keep patient's dishes separate and boil 20 minutes before putting them into family use.

Scrub hands well with hot water

Danger! Danger!! Danger!!!

We have had mighty good and warm weather this winter. There is a reason for it; Spring will be here mighty soon. Let us start right now around the house and see if we need any Screens on our windows and any Screen Doors.

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**ADVISES SERVICE
MEN REGARDING
RED CROSS AID**

By F. WESTERFIELD
(Publicity Committee, American Legion.)

The local chapter of the Red Cross, at the suggestion of division headquarters at Seattle, consented to let them send in a social worker to clean up the odds and ends of the troubles of the ex-service men who have not received proper medical care and attention or have not received their bonuses or allotments or been able to straighten out their insurance. In fact, she is to be a general utility woman for those who have a proper grievance.

At a recent meeting of the local American Legion post quite a number thought that it was charity misapplied and so were inclined to oppose it, but did not want to go counter to the Red Cross. No doubt many felt that the government ought to do this without making the men dependent on charity, and money spent to pay a social worker could not be spent for charity. Nevertheless, a social worker through the Red Cross organization might be able to more readily unwind the maze of governmental red tape and so help some of the men who might need it.

This social worker has to be paid by the local Red Cross and is to stay only so long as needed. All service men who have any grievance should prepare their data and turn the same over to Fred Nicholson, post adjutant, or to the Rev. E. P. Lawrence, secretary of the local Red Cross, so that when the social worker comes, about March 1, she can go to work at once and will not have to hunt around for something to do. Do not wait for her to come to you. Go to her. Anyone knowing of a service man who has had trouble

and soap after handling the patient or the bed.

Keep your hands away from your face.

Families can help doctors, nurses and attendants by having hot water ready for use.

When taking care of a patient the attendant should try to get enough sleep and rest. Take plenty of nourishing food. See that bowels move well every day. If necessary, take a cathartic every other night. Get out of doors every day.

To Avoid Getting the "Flu"
Get plenty of sleep and rest.

Take nourishing food, but do not over-eat.

Avoid all crowds.

Avoid getting near anyone who is coughing, sneezing, spitting, or who seems to have a cold.

Avoid using common towels, drinking cups, soap, or anything handled by others in public places.

Wash hands thoroughly before eating.

See that bowels move regularly every day.

If you feel sick or "catch a cold," go to bed at once and send for the doctor.

about his medical attention, allotment or bonus should tell him to look after it at once.

I have favored letting this worker come in because I think she can help some of our men, and will certainly favor letting her go elsewhere the minute she has outlived her usefulness here. It was exceedingly nice of the local Red Cross to do this, and we have no right to prolong the expense needlessly. If all have their data ready, she should get through in a month or six weeks.

I would especially urge that all try to look after those who are backward, who cannot read or do not know their rights or how to get them. The men in town and those belonging to the Legion will be easily looked after. It is those living in the woods and rural districts who need looking after. No one person can know the troubles of all of them, so if you know of one, just look after it.

In case the influenza should get very severe, I am sure no ex-service man will object if the local Red Cross cancels the social worker and uses the money to fight the disease if it is needed for that purpose. Do not expect the social worker to know your troubles, but tell her about them.

**SOUTH POLE
FLIGHT WILL
START IN JULY**

LONDON, Feb. 3. (By Mail.)—The British Expedition to the South Pole, which plans to start in July next, will use a "Kangaroo" airplane, formerly a fighting machine, for the final stage of the journey. This plane will be fitted with skis instead of wheels to enable it to land in the snow.

It is proposed to take a crew of not less than four, in addition to which a sledge containing a tent, shovels, cooking stove and camping equipment and provisions for at least 10 weeks must be carried. These provisions and the sledge are necessary in the event of an accident, which might compel the party to return to the base on foot, will weigh approximately 750 pounds.

This weight, together with the necessary fuel for a 1,500 mile flight, necessitates a big powerful machine, as the mountains to be flown over are 12,000 feet above sea level.

The "Kangaroo" was one of the latest fighting bombers designed for the British air ministry, and at the time of the armistice was largely used on the anti-submarine patrol service. The machine is a biplane, measuring 75 feet from wing-tip to wing-tip and is fitted with twin engines developing 550 horsepower.

One great trouble to be overcome is the question of cooling, or rather the heating of the engine, as the temperature which will be experienced is only 12 degrees above zero in summer, and experiments are now being carried out with a view of overcoming the difficulty.

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