TILLAMOOK HEADLIGHT, OCTOBER 10, 1918.

SPANISH INFLUENZA.

How it Spread in the United States and its Symptoms.

The Spanish influenza might have been expected by people who remem-Europe 27 years ago, traveled all this taking place. Often have I over Spanish influenza like its predeces- people waste food, mostly fruit, possor, will make the circuit of the sibly quite common to them, and globe.

points in the United States.

becomes normal. He adds that convalescence requires careful managesuch as bronchial pneumonia.

At Newport, R. I., Rear Admiral Oman issued an order forbidding enlisted men visiting Boston and not long afterward extended his prohibition to prevent the men under his charge from going outside of Newport without special leave, Dr. Blue asserts there is no such thing as an effective quarantine against pandemic influenza. What is needed is that everybody shall take the utmost pre- army. caution to avoid exposure. This means keeping away from localities known to be infected. As precaution against the development of bronchopneumonia, patients with influenza should be treated is well ventilated. warm rooms.

There is no occasion to be greatly alarmed. American physicians who have had experience with Spanish in- produced foodstuffs. fluenza describe it as a milder type of the disease than the old grip.

Spanish Influenza on Pacific Coast.

Spanish influenza, a recent epidemic and the most serious that has spread over the country in the past few years has at last made its appearance on the Pacific coast and tate authorities are much concerned

pqua Valley News.

A Statement on Wastage of Food.

statements about saving in various production, and will secure for the ber how the grip, started in southern ways, but have never seen any like army no small number of men. the world. Eventually the thought how some or rather most without doubt, unnoticed by them-

From Spain it traveled to every selves. Now, for instance, when parpart of Europe, being especially ing apples, potatoes, pears, or whatsevere in the war zone. August wit- ever it happens to be, they pare nessed outbreaks at seaport cities in them awfully thick,. It is an exdifferent parts of the United States. tremely difficult to break one of this jumped during the past twelve spot," said the captain. "Within 15 This disease was epidemic at Fort habit, but a little paring knife costs Morgan, near Mobile, Ala., in Aug- only 15 cents and is well worth the ust, and about the same time a tramp money in homes where there are steamer arrived at Newport News such awful habits. I have often wonwith almost the entire crew pros- dered why people generally pick out trated. Philadelphia posted a few large fruits as named above, it is in cases five weeks ago and several order to have something left when have been reported from New York. what they call peelings removed. The Boston outbreak was noted on Another thing when eating any fruit September 11. Since then the epidem- as named above, I have seen few peoic has appeared at New London, New ple eat them the way nature meant Orleans and numerious interior them to be eaten. Just a little through the middle is taken, the rest The attack comes on suddenly, is very often thrown away. We in

People are stricken on the street, our home have always looked at this while at work in factories, shipyards as a sin, but others must look at it in offices or elsewhere. First there is a a different way. Some people leave chill, then fever with temperature their fruit on the trees to decay, from 101 to 103, headache, backache, while they buy other fruit. Perhaps reddening and running of the eyes, larger, perhaps no better. By the way pains and aches all over the body a great many people think they are and general prostration. Surgeon- savers, while they are some of the General Blue of the public health greatest wasters. This is sad but true service at Washington says those that few of them know. No matter who feel the symptoms coming on how small the remains of fruit may should go home at once, get to bed be, it should never be burned up. without delay and immediately call They are never too small for hungry a physician. Treatment under direc- porkers which may often be found on tion of the physician is likely to con- the same place. While at the same sist principally of rest in bed, fresh time pear and apple peelings and air, abundant food and Dover's cores make dandy syrups if boiled powder for the relief of pain. Doctor with a little water and drained and Blue says that every case with fever a little sugar added. I have often should be regarded as serious and thought of speaking of this when bekept in bed until the temperature ing at such a place, and was recently called upon to make this statement to be printed in the Tillamook papers ment to avoid serious complications, and I truly hope to see more war saving citizens hereafter.

-A Young Patriot.

What Has Been Accomplished by the School Children Army in 6 Months.

One million fife hundred thousand ooys and girls have responded to the call of the president and enlisted in the United States school garden

Twenty thousand acres of productive home and vacant lots have been converted into productive land. This will release an equal acreage now used in truck gardening for the production of other foodstuffs more impartant for war purposes. It will also relieve transportation congestion through home consumption of home

Fifty thousand teachers have received valuable instruction in gardening through the garden leaflets written by experts in the office and distributed from here.

Boards of Education and other civic organizations have been influenced to give financial and moral support to the school and home garden movement and to pay extra salaries for supervision and teaching. Hundreds of thousands of parents

ing of a disasterous epidemic .--- Um- shipyards President Piez of the em- U-BOATS KNOCKED ergency fleet corporation and Provost Marshal General Crowder will accomplish a double good. They will British Destroyer 'Drops Depth rid the shipyards of workmen who I have often seen in the papers loaf on their jobs and slow down

> OLD HIGH COST OF LIVING JUMPS.

But That Makes no Difference to the Millionaire With a Hobby.

Old High Cost of living has so months that mere existence has become a sort of luxury.

Your groceryman tells you he simply has to charge the price asked, the ciothier informs you that the same all our starboard guns opened fire suit he sold for \$20, are now \$40 and and the conning tower was riddled." \$50 each, and a bargain at that; your milkman strikes you off the the other German U-boat. list in a hurry if you dare demur to \$3.75 per quart a month; your wife's winter coat will be close to the \$60 the British submarine, "and about mark, and her shoes will be bargain haif a minute later there was a terat \$14.50. As to your winter's wood rific explosion, a big flame and a Superintendent Water Division No. 1 pile-the least said the better.

Such are the fruits of war, and high. The German submarine totally County. such are the burdens to be borne by disappeared. There was a lot of oil the great army of the secondary de- about and the smell of parafine, but fense.

It's a great life-if you don't weakheard shouting in the water and

picked up one man. But what would your groceryman say if you asked him to knock off his profit in these troublesome times? What would happen if you informed your shoeman, your milk man, your dry goods man, and the rest of the the Cross of Honor bestowed annual- and it is strange that they should bunch, that they would have to let you have the goods at a reduced Society for conspicuous and notable ter use. price? Would these gentlemen politely accede to your request? They year was given Marshal Joffre. This It is expensive. The work of unloadwould not. Bankruptcy would follow if they did.

You couldnt' expect it- you would eral for the honor, and this reply not ask it! These are not the good old was received: days of old. Costs have gone up on of legislation that Sam Jackson, editor of the Portland Journal would It is astounding to the person unacquainted with the facts, but to those who understand the motives underlying the ' proposed measure, Mr. Jackson's scheme is petty, diabolically dirty, and as malicious as any piece of legislation that was ever

ation.

army.

zens of Oregon. You have your home paper, you believe in it, and you realize that its in- The trouble with most of the specu- by those who have used the Vaughn fluence as a community builder is big. Do you know, also, that a man high in affiars of the nation has recently stated that the first, Second, Third and Fourth Liberty loans would never have been possible without the generous support of the press of Oregon and of the nation? series of German lines. Actually, the big logs into stove length. Do you know too, that not one cent chief obstacle, as has been demonthe government to help the press strongest army lines, is the German make the loan a success

But to return to Jackson's malietaste. He therefore has prepared an forces of the Germans. When they any time, See him.

OUT OF BUSINESS Charge on Submarine and Ends Career. London, Sept. 26-The destruction

of two submarines by British naval craft is thus described: The captain of a destroyer saw a U-biot attack a merchant steamer two miles off. The destroyer went to the assistance of the steamer and the submarine dived.

Sir Douglas Haig Honored.

Manner.

'When I judged that we were di rectly over her I let go a depth charge with a life buoy to mark the seconds of the explosion, the submarmah County. ine came to the surface with a slight list to starboard. Immediately the

conning tower showed above water County. Superintendent of Public Instruction A British submarine accounted for ty. Labor Commissioner.

County:

County.

County.

Marion County.

Governor.

"I fired both bow torpedoes almost simultaneously," said the captain of Public Service Commissioner. FRED A. WILLIAMS, of Josephine County.

fountain of water a hundred feet Superintendent Water Division No. 2

GEORGE T. COCHRAN, of Union no sign of any part of the boat. I County.

Fire Wood.

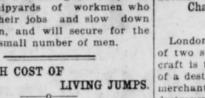
It is an odd sight, here in Tillamook, to see carloads of slab wood Washington, Oct. 5-Field Marshal being shipped in for the cheese factor Sir Douglas Haig was today awarded ies and farms surrounding the town, ly by the American Cross of Honor choose to use this fuel for their win-

service to humanity. The medal last At its best, slab wood is poor fuel year the British government was re- ing it from the cars is hard. The quested to name an Admiral or Gen- hauling it from the freight depot is costly. It takes up car space now so badly needed for the transportation "In the opinion of His Majesty's of war materials and every loyal everything, and quite naturally, too. government, the services which American should bear this in mind. In view of the general condition of Field Marshal Sir Douglas Haig has When it is finally set down at its affairs it is a rather astounding bit rendered and is rendering in the destination it must be cut into stove common cause of the two countries lengths and this costs more money would seem to indicate him as sout- and more time for handling. In Tillfoist onto the statute books this fall. able recipient of the society's decor- amook and all through the county, wood of the fiest quality is plentiful, and the only reason we can think of Victory Will Come in Unexpected to account for the shipping in of slab wood is a shortage of labor. The cutting of logs has always been Allied victory, in all probability a slow job, and we suppose that the will come about in a wholly unex- ranchers have found it impossible to framed to be "put over" on the citi- pected manner, and since the feeling 'get out their wood in the usual way, s growing that a decisive victory is and so have turned to the slab wood. not far off, the subject is of interest. But the problem has been solved lation regarding a military decision Light Drag Saw. This useful little springs from the hypnotic effect of saw eats its way through a big log the familiar battle lines. The allied as a boy bites through a pie. They task in the west has been to sweep are mobile as machine guns and as the Germans out of France and Bel- steady as armored tanks. One of gium, and the obstacle to that them in a day will get out an imachievement, in most minds, is the mense quantity of wood, cut out of

A number of farmers or cheese of advertising was appropriated by strated with the breaking of the factories might co-operate in buying one of these saws and get out their winter's wood in a fortnight-bid While we have been watching the defiance to the slab pile,, have betious measure. He and some Portland swaying Hindenburg line and wait- ter wood at less cost, have more attorney have decided that the legal ing for it to break. Marshal Foch has cleared land and more neighbors and advertising rate which provides that been trying to break the German the consciousness of having done publishers shall not be paid a greater army instead of the Hindenburg line. something towards winning the war. sum than five cents per line, is alto- His objective is not Berlin or the Kuppenbender will demonstrate the gether too high to suit his imperial Rhine, but the remaining organized Vaughn Light Drag Saw to you at

Terms begin as follows.





over its alarming headway in the eastern states, which may result likewise here. County Health Officer K. 1. Miller was today notified by telegram from the State Health Officer R. E. L. Holt, of Portland, of the seriousness of the situation and was urged to seek the immediate co-operation of every Douglas county physician in fighting this dread disease. It is urged that all cases of the influenza be reported at once upon thorough diagnosis in order that epidemics may be prevented which might seriusly and materially hamper war

Surgeon Genral Rupert Blue, of the public health service, has wired tate headquarters from Washingon, D. C., requesting state medical uthoritics to wire reports of all ases of influenza and from this very act can be seen the alarm that is elt by the United States authorities. yet there has not occurred in this ounty a case of the disease, but evry precaution must be taken, and . Miller stated today that every atation would be given to this sers matter and that measures would Blaken upon discovering a case in s locality to combat the disease proughly. The malady has made its pearance in 26 states from the flantic to the Pacific coast, but as t is not a epidemic on the Pacific ast where a few cases have been covered in Washington and Calirnia. Over 29,000 soldier alone ve been stricken with the disease h deaths to date amounting to Following the influenza, which malady very similar to la grippe, monia occurs and the death rate m this is increasing alarmingly. ng the civilians in New England tes alone have occurred between ,000 and 75,000 cases of the influwith 1000 deaths in the past 10 ficer's wife, in the Atlantic. 107 deaths occurring in two rs in Boston, Mass.

oncerted efforts are being made oughout the east to stamp out

It was inevitable that a considerdisease and because of the seriess of the epidemic the health should find shelter in the shipyards, transact such other business as may same to the undersigned at Tillawrities of Oregon are in the fu- drawn there by the promise of high properly come before said meeting. to take every precaution to pre- wages and release from military serits spread here and the local vice. Under the best of conditions, ens are urged to co-operate in where industrial plants increased matter and to consult a physi- their working forces so rapidly, a at once upon discovering signs certain proportion must prove unfit assets. grippe as precaution early in or inefficient. To comb them out regame may mean the saving of quires time and vigilance. In underlives, and prevent the spread- taking to shift out the slackers in the

have become interested in the garden movement and are working with accordance with his wishes. their their children in home gardens. This is Millionaire Jackson's way er takes place before the enemy is In Salt Lake City alone 5200 mothers representing sixty-two parental as-

sociations are actively supporting food production in the schools. Thousands of civic, commercial and patriotic organizations have become son's single tax and other campaigns interested in the movement and are

giving it hearty support. One and one half million children have been given something to do this

summer; something that will help carry the burden of their country in this struggle for freedom, something that will help them to build character and something that will appeal to

develop their patriotism. Home and vacant lot gardening in cities, towns and villages have been dignified and made popular to a degree that practically insures them a prominent place in the school system of our country. It would be difficult to estimate the educational

and material value of such results.

The Spirit of the Army Woman.

These army women don't complain. I have yet to meet one who is not a state have a God-given right to live thoroughly good sport. They know in Oregon, in spite of Editor Jackwell enough why they are in the son's personal wishes in the matter. struggle, and the knowledge of a kind of wholesome and sustaining spiritual food. They stiffen to their heroic best. One mother-and she hates sewing-makes all the clothes for herself and little girl. The southerner, too, has risen to the occasion and taken half a house for the summer, and plans to do all the work for herself and family. We've never known her to do anything but dress herself prettily, read novels, and take the children to the movies .--- An of-

Shirkers in Shipyards.

waged by the Journal. He has chosen the psychological time to carry out his nefarious plan-a time when probably ninety per cent of the papers of the state are struggling to keep the wolf from the door, that

they may "carry-on" in their important mission of helping Uncle Sam's war activities. It is a scheme quite worthy of Jackson and a really clever In which we keep our kerosene. way to cut the throats of the country He wasn't very neat and clean. editors. Bring his advertising rates But how so neat and clean is he, down below cost and you can run him out of the field! Isn't it a commendable work for a millionaire pub-

lisher to be engaged in? Unfortunately for Jackson the voters are onto his little game. They And often got a lot of blame believe in their own communities, they believe in their home papers. He was so shiftless, goodness knows and they are generous enough to ad- If he had ever brushed his clothes! mit that the newspaper men of the But now a soldier man he is

Notice to Creditors.

In the District Court of the United States, for the district of Oregon. In the matter of E. J. Arenz, bankrupt. No. 4955 in bankruptcy.

Notice is hereby given that on the 23rd day of September A. D., 1918, E. J. Arenz, of Tillamook, Oregon, the bankrupt above named, was duly undersigned Adolph Schild, by an adjudicated bankrupt, and the first order of the County Court for Tillameeting of his creditors will be held mook County. Oregon, duly made at my office, 8th floor, Title & Trust and entered, has been appointed ad-Building, Portland, Oregon, on the ministrator of the Estate of Margar-15th day of October, 1918, at 10 a. etha Schild, deceased, and has gualim., at which time said creditors may fied as such. Notice is further given and I can certainly recommend them attend, prove their claims, appoint a that all persons having claims again- to anyone who wants a reliable kidable number of loafers and slackers trustee, examine the bankrupt, and st the said estate must present the ney medicine. I was more or less sub-Claims must be presented in form after this date, duly verified and After I have taken a box or two of required by the Bankruptcy Act, and with proper vouchers.

sworn to. The schedule filed discloses no

Dated September 30, 1918.

A. M. Cannon,

Referee in Bankruptcy. Johnson & Handley, Attorneys.

initiative petition and wants the vot- are defeated, we will have victory, ers of Oregon to lower the rate, in not when the Hindenburg line is broken or the Rhine crossed, if eith-

of "getting even" with the press of smashed. For this reason it is better Oregon. He has been unable to dictate to count prisoners and guns taken to the thinking editors of the state and German divisions defeated than who have steadily refused to be to measure allied success by ground whipped into line to support Jack- gained, be it ever so impressive.

Metamorphosis.

Somewhere on the ocean is The boy who brought our groceries Before the war began. His name is Willie, and he took The orders daily from the cook, And wrote them in his little book, Fourth Term-April 12. And carried off the can day of the term. The boy who brought our groceries And stands so straight You'd never know him for the same

Stoop-shouldered, carless boy who came,

For bringing thing so late, The boy who brought our groceries, And gone to shoot a Hun.

them-

strain.

ache and pain;

Sunday he called on cook to say Goodby before he went away; And pop shook hands with him that day

As proud as any one. He is so soldierly and trim We all are proud of knowing him.

Administrator's Notice to Creditors.

Kidney Pills. Notice is hereby given, that the Residents of this vicinity endorse them. Can Tillamook people doubt the folowing evidence? Mrs. H. C. James, 420 Pacific Ave. Forest Grove, Ore., says: "Doan's Kidney Pills are a medicine of merit

ject to kidney disorders and at times mook, Oregon, on or before 6 months I suffered from severe backaches.

Dated this October, 3, 1918.

come normal." trator of the Estate of Margaretha Schild, deceased, Tillamook, Ore.

Price 6oc., at all dealers. Don't simply ask for a kidney remedy-get Doan's Kidney Pills. Foster-Milburn Co., Mfgrs., Buffalo. N. Y .- Paid Ad.

Adolph Schild, Adminis-