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# JELLS JAMS

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About It

### HEALTH NOTES

#### REPORT ON DIPHTHERIA

For almost thirty years diphtheria antitoxin has been used, nevertheless, in Oregon in 1924, 107 deaths from diphtheria were reported and there were probably others not reported. When diphtheria antitoxin is given on the first day of the disease, 2.2 per cent of the cases die. If given on the second day of the disease, 7.6 per cent of the cases die. If on the third day, 17 per cent die. If delayed until the fourth day 24 per cent die, while if delayed till the fifth and sixth days 34 per cent of the cases die. These figures give you some idea of the importance of immediate attention of this dreaded disease.

The germ of diphtheria lives only on a small area in the body ordinarily in the throat, mouth or nose. The damage is done by a poison which is made by the germ and is carried to all parts of the body by the blood. The poison attacks especially the nerves of the body and the heart. This accounts for the frequent cases of paralysis following diphtheria and deaths from heart failure under exertion after the disease seems to be over.

Antitoxin is an antidote of diphtheria poison, but it must come in contact with the poison while it is free in the blood stream. After the

poison has been taken up by the tissues the antitoxin will not neutralize it. The damage has then been done.

The best authority advises the use of the antitoxin even though there be a question in the diagnosis with respect to throat infections. It is often deadly to delay until an absolute diagnosis can be made.

The Coos county health unit has performed a number of Schick tests for diphtheria, and has immunized 153 school children against diphtheria. Many other children were immunized by their family physicians.

Splendid reports are being received from other counties, and due respect is being given to the preschool as well as the school children. City Health Officer.

#### Upper Nehalem

Mrs. Oscar Shiffer of Timber died very suddenly in a Forest Grove hospital recently. She leaves a husband and four children to mourn her loss.

The Upper Nehalem gave a picnic last Sunday, having a good crowd present to enjoy the festives and lots of good eats and ice cream.

Several of the Upper Nehalemites motored to Hillsboro to spend the Fourth celebration. All report a good time.

The Sunset camp has shut down for two weeks.

Mrs. Ohler and Mrs. Smith called on Mrs. Ornduff and spent the day last Monday.

A. F. Ornduff had the bailers working for him last week.

Mr. and Mrs. Elmer Bergeson spent the evening with the Ornduff family last Wednesday evening.

Mr. and Mrs. Deetz and Mr. and Mrs. Ike Larfield were also callers on Mrs. Ornduff and spent the evening Wednesday.

Everybody is busy picking blackberries these days.

Claude Miller motored to Forest Grove Monday and drove back a new Star car.

#### CIVIL SERVICE

P. O. Clerk exam, to be held soon to secure eligibles from which local appointments can be made. Home-study instructions furnished. Low cost. Description free. Write, G. A. Cook, 945 Pa. Ave., Washington, D. C.—Adv.

The library has their new book cases, and new books keep on coming. More people are enquiring for books. Be a good idea for every one in town to present the library with a new book.

## Health and Home

### CAMPING AND PROBLEM OF FOOD

There is no healthier sport than camping. During the warm and balmy spring and summer days, it is real recreation. To get out in the fresh air and sunshine, free from worry and care, enhances the health of anyone, be he office man, salesman or what not.

But due to the entirely inadequate means of food preservation and refrigeration found in the majority of camps, there is the ever-present danger of sickness from infected foods. The utmost care must be taken in order that this may be avoided. Butter and eggs should be bought only as used. The milk is a problem in itself. Perhaps the solution lies in the use of a milk other than market milk, in order that purity and sterility may be assured. For such use, evaporated milk is ideal. Many people are wont to confuse evaporated and condensed milk but there is no similarity between the two. Condensed milk is a combination of sugar and milk and can be used only when both of these substances are desired. Evaporated milk is merely pure, fresh milk with about sixty per cent of the water removed and the nutrient content left intact. It is absolutely sterile and pure, having been sterilized before leaving the factory. The water, removed by evaporation, may be replaced very easily and the milk returned to its original volume. Evaporated milk may be obtained in small cans, containing six ounces or in larger ones containing sixteen and can be taken to the camp in quantities sufficient for the needs of the entire period, thus assuring a constant supply of pure, fresh milk without the worry or the danger attached to the use of the market product.

Following are recipes for a few dishes that are best adapted for camp consumption because of ease of preparation, purity and food value.

#### Tomato Soup

1 pint tomato pulp 1 1/2 cups water  
or canned tomato soup Salt and pepper to taste  
1 1/2 cups evaporated milk 1/4 tsp. soda

Bring tomato pulp or soup to the boil, add the seasonings and soda. Heat the milk and water and combine slowly with the tomato mixture.

#### Stirred Eggs

1/2 cup evaporated milk 1/2 tsp. paprika  
1/2 cup water 2 eggs 2 tsp. fat  
1/4 tsp. pepper Grated cheese

Beat the eggs, add the milk, water and seasonings. Melt the fat in a frying pan. Add the egg mixture and stir until the mixture is creamy. When almost done, sprinkle with grated cheese. Serve on slices of bread, toast or crackers.

## Health and Home

### FEEDING BABY DURING SUMMER

Milk is recognized as the ideal food for young children. It should be carefully guarded during the warm summer months, to insure its freedom from germs or bacteria that might cause harm to the child. Because of its nature, it is, under certain conditions, a breeding and propagating ground for germ life and may soon become unfit for use unless it is handled with the utmost care and vigilance. Perhaps the ideal way to obviate this risk is through the use of evaporated milk. This milk is only pure milk with sixty per cent of the water removed from it and is absolutely sterile. It is of double richness but may be modified by the addition of water, which will return it to its original volume with a greatly enhanced food value.

Evaporated milk is sterilized and has a high nutritive content. This causes it to be a very excellent food for the young child and the infant. In fact, many of the leading pediatricians of the country advocate its use after the child is deprived of its mother's milk. A formula, evolved by these pediatricians, through experimentation, is as follows:

From Sixth Week to Third Month.  
Milk, evaporated ..... 8 ounces  
Lime water ..... 8 ounces  
Milk sugar ..... 8 ounces  
Bottled water ..... 24 ounces

Seven feedings in twenty-four hours; 4 to 5 ounces at three-hour intervals during the day and four-hour intervals at night.

From Third Month to Fifth Month.  
Milk, evaporated ..... 7 1/2 ounces  
Lime water ..... 8 ounces  
Milk sugar ..... 8 ounces  
Bottled water ..... 25 1/2 ounces

Six feedings in twenty-four hours; 5 to 6 ounces at three-hour intervals during the day and a feeding at 10 p. m.

From Fifth to Seventh Month.  
Milk, evaporated ..... 10 ounces  
Lime water ..... 8 ounces  
Milk sugar ..... 8 ounces  
Bottled water ..... 28 ounces

Five feedings in twenty-four hours; 6 to 7 ounces at four-hour intervals, the last feeding to be given at 10 p. m.

From Seventh to Ninth Month.  
Milk, evaporated ..... 11 ounces  
Lime water ..... 8 ounces  
Milk sugar ..... 8 ounces  
Bottled water ..... 30 ounces

7 to 8 ounces at four-hour intervals during the day. Last feeding at ten at night.

From Ninth to Twelfth Month.  
Milk, evaporated ..... 12 ounces  
Lime water ..... 8 ounces  
Milk sugar ..... 8 ounces  
Barley water ..... 24 ounces

5 to 6 ounces at four-hour intervals during day. Last feeding at ten at night.

# Miller Mercantile Co.

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Vernonias Leading Store

### LOCALS Picked Up About Town

The lumber camps adjacent had all resumed work.

F. J. Brewer spent a few hours in Portland Tuesday.

Roland Coates and family spent the Fourth at the beaches.

Mr. and Mrs. Poterfield spent the Fourth in St. Helens.

Harry Dickens spent the Fourth with his family at Seaside.

Mr. and Mrs. Kullander spent a few hours at Newport on the Fourth.

Mr. and Mrs. Ira Mann spent the Fourth at Seaside.

Mrs. Nellie Bradey is a new subscriber to the home paper this week.

Mr. and Mrs. H. O. Dissmore spent Saturday and Sunday in McMinnville, visiting with relatives.

Mr. and Mrs. Haycox and son of Silverton spent the Fourth with Mr. and Mrs. Earl Smith.

Mr. and Mrs. Sonnicksen spent the Fourth in Seattle visiting with Mrs. Sonnicksen's relatives.

Miss Lois Dixon, Mr. Scott, Miss Bessie McDonald and Mr. Harry Keasey spent the Fourth in Portland.

Otas Laramore was a delegate from here attending the national C. E. convention in Portland.

James Churchill will receive the Eagle each week. Mr. Churchill is a new subscriber this week.

Lester Sheeley and family and Mr. Sheeley's mother, Mrs. W. A. Smith spent the Fourth at Seaside.

Mr. and Mrs. R. L. Simmons and family enjoyed a couple of days at Seaside the first of the week.

Mr. and Mrs. Tipton spent the Fourth at their farm home at Oregon City.

Mrs. P. R. Rogers of Portland is visiting at the home of Mrs. Dewey Drorbaugh this week.

Tourist travel will be heavier than ever this summer despite the fact that the flappers furnish plenty of scenery at home.

One of the first things a good Vernonia housekeeper wants is a nice dining room, so she can make the family eat in the kitchen.

Mr. and Mrs. J. W. Brown and Mr. and Mrs. Earl Smith spent the Fourth, "up on the ranch," in an old style picnic time.

The Frank Hinkle family, the Oliver Andrews family and the U. M. Whitsell family spent the Fourth at the Big Eddy camp ground.

Mr. and Mrs. Dewey Drorbaugh of Vernonia and Mr. and Mrs. P. R. Rogers of Portland spent a few days in Condon, Oregon, last week.

Mr. and Mrs. King, Mrs. Wardle, Mr. and Mrs. DePue and children spent Sunday at a picnic on Rock Creek.

The Ever Ready Hat shop adds posit of another years subscription to the joys of the editor with a deposit of another years subscription to the Eagle.

The Ratcliffe family and Miss Theresa Bays motored over to Hillsboro, spending the Fourth. They report a very enjoyable time in the little city of roses and homes.

Mrs. Heber and children are enjoying an outing at Soap Lake, Wn., Mr. Heber is leaving this week for Freewater, Ore., where they will make their future home.

Mr. and Mrs. W. E. Harbaugh of Portland were out last Sunday to visit at the home of the editor, but unfortunately we were out of town. Mr. Harbaugh is employed on the Oregonian and they are long time acquaintances of "us" We hope they come again when we are here to "show them the town."

Hillsboro got some from Vernonia, St. Helens got quite a crowd from here. Portland, Forest Grove and

other places, but the beaches drew a crowd. Vernonia was well represented at the different resorts on the Fourth. Among the Vernonians at the popular beach of Rockaway we hear of Mr. and Mrs. Ray Emmott, Mr. and Mrs. Cleve Mellinger, Mr. and Mrs. Al Repass, Mr. and Mrs. J. W. Bush and family, Mr. and Mrs. Schroeder, Mr. McCallister, Miss Phoebe Greenman, Miss Frances Lappe, Mr. Bateman, Miss Shella Williams, Mr. and Mrs. H. E. McGraw and family, Mr. and Mrs. E. S. Thompson and family and Mr. and Mrs. Frank Hartwick.

F. E. Malmsten reports that out of a well they are digging on his place, while down 33 feet, found in a piece of soap stone, a chunk of charred coal, resembling part of a tree limb burned into pure bright perfect charcoal. How did it get down there in the soap stone 33 feet under ground? And when?

Try a Eagle Want Ad for results

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OF THE VERNONIA FAMILIES READ THEIR HOME PAPER.

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We have inaugurated a separate department in our store for Bargains only, and named this department "THE PIT." In the Pit you will find only merchandise at special prices only. Remnants of all descriptions, broken lines of all sorts. You may find what you want at the Pit at the price to suit. Come and see. Take your time, select what you want, take it to a clerk and they will do the rest. Try it.

#### SATURDAY SPECIALS

- Womens and Children Garden Hat. Special .....25c
- White Canvas Shoes for Women and Children, Special ..... 25c
- Brown Khaki Hats for men and Women, with or without ventilators. Special..... 39c
- Boys' Overalls ..... 98c
- Men's Canvas Gloves, medium or heavy weight, Special ..... 19c
- Men's Rockford Sox, Special ..... 19c
- Childrens Black ribbed hose, Special ..... 19c
- Womens Silk Hose, popular colors. Special .....59c

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