

## State Health Board Recommends Shots For Asian Flu Defense

You'd better get your annual flu shots and take special care of your health during the next few weeks.

That was the advice Friday of the state board of health after the department's disease control experts had finished reviewing influenza reports from Oregon and the rest of the nation.

Although reported Oregon influenza increased 28.5 per cent last week, from 617 to 793 cases, the disease still is "about at normal seasonal levels," according to the health board.

None of the reports so far indicate that the epidemic which has struck an estimated half-million persons in the Los Angeles area the past few days has yet

moved into Oregon.

However, Dr. Richard H. Wilcox, state health officer, warned that there is "a strong possibility" that the disease could become epidemic here within the next few weeks. Flu outbreaks have been noted recently in several other parts of the country, and Dr. Wilcox said the flu virus could be transported quickly to all parts of Oregon by travelers.

(The U. S. Public Health Service already has attributed several of the outbreaks to Asian influenza, the same disease given most of the blame for Oregon's epidemic of more than 47,000 cases two years ago.)

Flu shots were recommended as

the best defense against the disease, and Dr. Wilcox especially urged them for the very young or old persons, pregnant women, or persons already weakened by some other illness.

One shot gives protection to most older children and adults, although the health officer recommended a second shot three to four months after the first. The immunity does not carry over from one year to another, and the shots do not become effective until 10-14 days after vaccination.

Dr. Wilcox also recommended

maintenance of good personal health habits, including plenty of rest, a well-balanced diet, cleanliness, and avoidance of fatigue and chilling.

Because influenza is dangerous chiefly as a result of secondary infections such as pneumonia, the health officer urged that anyone becoming ill with suspected flu call a physician promptly.

Symptoms of Asian flu are the same as those of other types. They include sudden onset of illness, often similar to a severe cold, fever up to 104 degrees, chills, sore throat, cough and muscular aches

and pains.

- Danger signals might include:
1. A sudden rise in temperature after the 4th or 5th day;
  2. Severe chest pain, especially during deep breathing;
  3. Coughing which brings up a great deal of yellowish or greenish mucous material;
  4. Heavy, deep, difficult breathing;
  5. Unusual drowsiness or stupor;
  6. Excessive muscular pain and/or stiff neck;
  7. A sore throat not relieved by aspirin or simple home remedies.

## Vernonia Eagle

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The state health board laboratory has received "only a few" specimens for flu examination during recent weeks, Dr. Wilcox said, so it is considered possible many of the Oregon cases being reported as influenza actually may be some other disease. The next group of tests is expected to be completed by the laboratory early next week.

## Students Given Study In Alaska

**TIMBER ROUTE** — Don Siedelman was one of three students chosen from Oregon State college to go to Alaska next month to work and study with Federal wildlife conservation. They will be gone approximately for six months.

Mr. and Mrs. Les Galloway and Tom from Clatskanie and Mr. and Mrs. Hank Owens from Rainier called on Mrs. Nell Thacker Sunday.

Mr. and Mrs. Ray Thacker and Kenny of Forest Grove visited his mother, Mrs. Nell Thacker Sunday night.

Cort Siedelman returned home from Tacoma Tuesday evening. Mrs. Siedelman remained in Tacoma to be near their son Vernon who was injured in a car accident. Vernon is slowly improving although he has not regained consciousness.

John Siedelman killed six wildcats last week.

Mrs. Otto Siedelman, Cort Siedelman and daughter, Mrs. Pearl Freeman, Mr. and Mrs. Ed Siedelman, Mr. and Mrs. Albin Bergstrom, Mr. and Mrs. Henry Huntman, Mrs. John Siedelman and daughter Rose Marie called on Mr. and Mrs. Marion Siedelman Sunday. Mrs. Marion Siedelman has been quite ill the past week.

Mr. and Mrs. Carl Ernest visited at the John Siedelman home Sunday.

Staff Sgt. and Mrs. Jack Gates, Robin and Timmy from Portland visited at the home of Mr. and Mrs. Harold Shipley and Mike Sunday evening.

Printing — Office Supplies  
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## Application For Dog License

To H. F. JENSEN, Co. Clerk of Columbia Co., St. Helens, Ore. Please send me a dog license for the ensuing year as follows:  
CHECK PROPER:  Male  Spayed Female  Female

### SCHEDULE OF FEES

	Before March 1st	After March 1st
Male	\$1.50	\$2.50
Spayed Female	\$1.50	\$2.50
Female	\$3.00	\$4.00

Name of Breed of Dog \_\_\_\_\_

Enclosed find Draft, Check, Money Order for \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Fill the above blank out in full and return with necessary fee. All Licenses Expire December 31st of each year. Licenses may also be purchased at Vernonia city hall.

Remit by Check or Money Order — Do not send Currency  
1-7, 1-21, 2-4, 2-18, 2-25.

## FOOD SHOPPING IDEAS

Be sure to include these items in your next order!

Try	NABISCO	HUDSON
	Wheat Thins	HOUSE
	Ritz Crackers	Olives
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## Knotty Knitting 4-H Club To Make Potholders Next

The Knotty Knitting 4-H club met at the home of Cheryl Devine on Tuesday, January 12. Election of officers was held with the following elected: President, Cheryl Devine; vice-president, Marilyn Jones; secretary, Carol Henderson; news reporter, Susan Howry; song leader, Sandra Galloway; yell leader, Judy Kyser; game leader, Becky Henderson.

The knitting project was explained and the girls will start knitting potholders at the next meeting.

Susan Howry, news reporter.

## Local Woman Wins Groceries

**NATAL-PITTSBURG** — Mrs. John Marshall won a bag of groceries in a drawing while shopping in a St. Helens store Saturday.

Mrs. Phyllis Busch and Marilyn called on Mr. and Mrs. Noble Dunlap Sunday.

Mr. and Mrs. I. J. Dass visited their daughter and family, Mr. and Mrs. Don Armstrong at Beaverton Sunday.

Mr. and Mrs. Kenneth Tupper were in Hillsboro Saturday on business. They also called on friends and were supper guests of Mr. and Mrs. Henry Beitelspach of Cornelius.

Mr. and Mrs. Gilbert Merrill of Scappoose have returned to their home after spending several weeks with Mr. and Mrs. W. Parmer.

Mr. and Mrs. Ira Peterson visited Mr. and Mrs. Albert Day Sunday.

Mr. and Mrs. Robert Lindsay and Mr. and Mrs. Noble Dunlap called on Mrs. Laura Carmichael Sunday afternoon.

Bob Hanson of Portland was a Sunday visitor at the DeeVeere Hershey home.

Mr. and Mrs. Fred Foshaug of Deer Island visited her uncle and aunt, Mr. and Mrs. W. Parmer Saturday.

Mr. and Mrs. Robert Lindsay were Wednesday afternoon visitors of Mr. and Mrs. Ira Peterson.

Mrs. Eva Pringle spent nearly a week in Portland with Mr. and Mrs. John Titus.

Mr. and Mrs. Max Oblack drove to Salem recently and visited John Oblack Jr.

# BASKETBALL



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Law's Electronic Service

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E. G. Roediger Jr. -- Plumbing

Steers Variety and Shell Oil Co.

Ben's Barber Shop

Nehalem Market and Grocery

Western Store -- Mr. & Mrs. Cliff White

Linn Grocery

Keaseys Saw Shop

The Pine Cone

Standard Oil Products -- Joe Magoff

Rose Ave. Garage -- H. H. Sturdevant

Miller's Department Store

R. D. Eby, M. D.

Dr. T. M. Hobart

The Vernonia Eagle

Kate's Cafe

Vernonia Branch  
U. S. National Bank of Portland



FRED BENDER, one of Vernonia high schools high-scoring Loggers who will be in action here against Neahkahnie Friday evening.

# VERNONIA

VS.

# NEAHKAHNIIE

FRIDAY, JANUARY 22

## HIGH SCHOOL GYM

GAME TIMES

J.V. ----- 6:30 P.M.

VARSITY ----- 8:00 P.M.



Be There!