

HOW TO USE VICK'S VAPORUB IN TREATING SPANISH INFLUENZA

The Influenza Germs Attack The Lining Of The Air Passages. When VapoRub Is Applied Over Throat And Chest The Medicated Vapors Loosen The Phlegm, Open The Air Passages And Stimulate The Mucous Membrane To Throw Off The Germs.

In Addition, VapoRub is Absorbed Through and Stimulates the Skin, Attracting the Blood to the Surface and Thus Aids in Reducing the Congestion Within.

CALL A PHYSICIAN—GO TO BED—STAY QUIET—DON'T WORRY

There is no Occasion for Panic—Influenza Itself Has a Very Low Percentage of Fatalities, Not Over One Death Out of Every Four Hundred Cases. According to the N. O. Board of Health, The Chief Danger Lies in Complications Arising, Attacking Principally Patients in a Run Down Condition—Those Who Don't Go to Bed Soon Enough, or Those Who Get Up Too Early.

Spanish Influenza, which appeared in Spain in May, has all the appearance of grip or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C. which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-90.

THE SYMPTOMS

Grip, or influenza, as it is now called, usually begins with a chill followed by aching, feverishness and sometimes nausea and dizziness and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane, or lining of the air passages—nose, throat and bronchial tubes—there is usually a hard cough, especially bad at night, often times a sore throat or tonsillitis, and frequently all the appearance of a severe cold.

THE TREATMENT

Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, Aspirin or Dover's Powder, etc., may be administered by the physicians, directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course, but nature herself will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing and sometimes inflammation of the middle ear, or heart affections. For these reasons, it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 50 or not strong stay in bed four days or more, according to the severity of the attack.

Declares Germans Favor Peace On Basis Of 14 Points

Copenhagen, Dec. 25.—Count Brockdorff-Rantzau, newly appointed foreign minister, declares in an interview with the correspondent of the Politiken that the majority of the German people are in favor of a peace on the basis of President Wilson's 14 points, which are regarded as the proper basis for the league of nations.

EXTERNAL APPLICATIONS

In order to stimulate the lining of the air passages to throw off the grip germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and covered with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed through and stimulates the skin, attracting the blood to the surface and thus aids in relieving the congestion within.

HOW TO AVOID THE DISEASE

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food.

KEEP FREE FROM COLDS

Above all, keep free from colds, as colds irritate the lining of the air passages and render them much better brooding places for the germs. Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use an ordinary tea kettle. Fill half full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling, and inhale the steam arising.

NOTE: Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such essential oils as Eucalyptus, Thyme, Cubeb, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors.

VapoRub is comparatively new in New York, New England and a few western states, where it is just now being introduced. In other sections of the country, however, it is the standard home remedy in over a million homes for all forms of cold troubles—more than six million jars were sold last year. It is particularly recommended for children's croup or colds, since it is externally applied and, therefore, can be used as freely as desired without the slightest harmful effects. VapoRub can be had in three sizes—30c, 60c, \$1.20—at all druggists.

PRUNE GROWERS ARE ALL ON EASY STREET

Most Prosperous Year In The History Of Salem Fruit Union Now Closing.

For a Christmas present, Robert C. Paulus, manager of the Salem Fruit Union, sends the glad greeting to members of the 1918 prune pool that there is plenty of money on hand, that the pool's notes to the bank are all paid and that any member may draw on the pool to the extent of \$100 a ton.

In addition to this joyous greeting, Mr. Paulus sends word to members of the Salem Fruit union that it is now closing the most prosperous year since it was organized in 1909. The high recur prices have been touched this year and with the exception of prunes, prices for all fruits have been higher than that received in other districts.

Applies this year sold on a par with the Hood River crop and other well advertised localities, something that has never happened before. Growers of pears and cherries were given prices through the Union higher than the outside market.

Up to November 15 to government had commandeered every pound of prunes in the northwest. On that date permission was given to sell to civilian trade 40-50 sizes and within 40 days the union had received for shipments to the east something more than one-third of a million dollars. To be exact, it was \$335,462. And since the government removed its restriction on 40-50's, about 40 days ago, the union has shipped more than 3,000,000 pounds of prunes.

This week the shipments of prunes will run from 10 to 12 cars. Each car load is valued at about \$8000. Money from these shipments is being disbursed to the growers as fast as it is received. Some difficulty has been experienced in fitting the size of the 40-50 prunes to the needs of the trade, as this is the only size left after the government takes its needs. However, arrangements have been made with eastern buyers that are satisfactory.

The prune pool for 1918 included between 2400 and 2500 acres, more than 700 acres than last year. Taking everything into consideration, including tonnage and average, the year 1918 has been the greatest prune year ever experienced in this part of Oregon.

The union is operating besides its Salem plant that of Dr. Scarborough at Creswell. Dr. Scarborough had 125 acres of prunes in bearing this year from which he harvested half a million pounds and for which the gross payment was in the neighborhood of \$60,000.

Many of the larger growers make claims this year of crops running all the way from 1 1/4 tons to four tons of dried prunes to the acre and the price has averaged from \$180 to \$190 a ton.

The lowly prune, so despised and sovelled about by the groceryman a generation ago has come into its own. Every government allied with the United States has buyers in this country and now it is the lordly prune, with the finest crop coming from Oregon that stands highest in the markets of the world. The prune grower, this year is on an easy street, and with the big crop and the finest grade over shipped east, to fame of the Oregon prune is secure.

MERCURY DOWN TO 25 CHRISTMAS EVE

Coldest Christmas Since 1900 And One Of The Few Without Any Rainfall.

For the first time since the government's official weather records have been kept in Salem, dating from 1900, Christmas day came in with the sun shining cold and clear.

And from a standpoint of temperature, Christmas for 1918 is the coldest Christmas experienced for the past 18 years, according to the official weather records. The minimum temperature last night was 25 above and at 8 o'clock this morning it was 27 above and the weather record reads cold and clear with the river 3.1 feet above zero and falling.

Every Christmas since 1900, excepting today has been cloudy in Salem. And since 1902 it has rained on every Christmas excepting in 1903, 1910 and 1912.

The minimum temperature this morning of 25 almost breaks the year's low record as on only one night during the past year—Jan. 31,—did the mercury drop lower when it touched the 23 above notch.

The official weather records for Christmas since 1902, showing the maximum and minimum temperatures, and rainfall are as follows:

Year	Max.	Min.	Rainfall
1902	50	35	.36
1903	49	35	.00
1904	43	35	.10

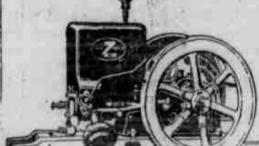
1905	47	41	.16
1906	44	40	.94
1907	51	43	1.48
1908	49	41	.52
1909	35	31	.34
1910	47	36	.00
1911	49	35	.03
1912	46	31	.00
1913	41	34	.11
1914	48	36	.12
1915	48	38	.04
1916	49	37	.03
1917	49	38	.22
1918	42	25	.00

League Of Nations Must Come First, Says Writer

London, Dec. 25.—Solid foundations for the league of nations must be laid at the outset of the peace conference or trouble may be expected in organizing the league, declares the Paris correspondent of the Times.

"Common sense begins to assert itself, and the truth is recognized," says the correspondent. "Unless the solid foundations for the league of nations are laid at the outset of the conference by agreement among the allies themselves, the league may be hard to attain and hard to maintain."

The circles in which some of us move are but a scant half-mile track.



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Police Positive Schroer Murderer Of Collins

Seattle, Wash., Dec. 25.—What the police today regard as confirmation of the murder of Daniel A. Collins, Seattle salesman, in a room at the Hotel Diller here early Sunday morning by Albert Schroer of Walsenburg, Colo., developed with the identification of one of three watches carried by Schroer as Collins' property. The identification was made by G. F. Collins, brother of the murdered man.

This points to the theory of robbery, however, and does not shed additional light on the mystery of Schroer's suicide immediately after the murder. The police do not believe that a burglar even though forced to kill a man would attempt self destruction.

Since Schroer's body was discovered swinging from an apple tree in a back yard of a Tacoma home Monday morning, 24 hours after Collins' murder, Seattle detectives have been seeking a motive for the crime.

Toledo Wettest Place In State Month Of November

Salem experienced just an average rainfall for the month of November compared to other cities in the western part of the state, according to the climatological data, published by the weather bureau of the U. S. department of agriculture.

For November the rainfall at Salem was 3.94 inches while other cities in the state report as follows: Albany, 5.25 inches; Astoria, 9.01 inches; Corvallis, 4.99 inches; Eugene, 5.24 inches; Grants Pass, 3.06 inches; Portland, 4.30 inches; Roseburg, 4.73 inches. Over in the eastern part of the state as opposed to the wet-footed section of Oregon, the November rainfall was as follows: Baker, .56 inch; Bend, .86 inch; Heppner, .88 inch; Klamath Falls, 1.44 inches; La Grande, 1.30 inches and Pendleton, .83 inch.

But when it comes to the real wet footed country, the Willamette valley isn't in it with the coast country. During November just passed, Toledo was the wettest place in the state with a rainfall of 16.39 inches.

Then Newport comes in a close second for precipitation with 9.45 inches for the month. Waldo, in the Rogue watershed ranks well along with the wet towns with 9.04 inches rainfall with Astoria and its 9.01 inches next. Marshfield with 8.75 inches lived up to its record as a winter rainy country. Hillcrest orchard in the Rogue water shed experienced 7.88 inches of rain and Cascade Locks on the Columbia river 7.93 inches.

SORROWFUL CHRISTMAS

Chicago, Dec. 25.—Two women tried to end their lives in Chicago just as Christmas Day dawned. Early morning pedestrians found a woman believed to be Mrs. Anna Adziewicz lying unconscious in the snow on the steps of St. Mary's Roman Catholic church.

Another woman, pretty, well dressed, was found lying in a deserted street. She gave the name of Elizabeth Crady. Both had swallowed poison, the police said. It was feared both would die.

CHRISTMAS IN JAIL

Portland, Or., Dec. 25.—John R. Grek is spending his Christmas in jail here today and three soldiers of Vancouver barracks have their Yuletide celebration marred by scratches on their faces as a result of an automobile collision last night.

Sergeant W. C. Jorgenson, Sergeant Charles E. Smith and Private Joseph Gilgerton, all of the 149th spruce division, were riding with Grek here when he rammed into another machine. None was seriously hurt. Grek went to jail because he is alleged to have been drunk.

STOLE \$100,000 IN DIAMONDS

Chicago, Dec. 25.—One hundred thousand dollars was the value placed by Mose Traison on diamonds stolen from



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A Merry Christmas And
A Happy and Prosperous
New Year
Portland Clear Salt Co.

To MY SALEM FRIENDS
A MERRY CHRISTMAS
From BENJAMIN BRICK AND FAMILY
Tacoma, Washington.

him yesterday by four bandits who held him up in his office in the busiest part of Chicago. The robbers made a thrilling escape fleeing down seven flights of stairs pursued by officers who shot at them. One robber was believed to be wounded. An appeal will be taken from the jury's findings. Kelly announced today

Police believe the robbers were the same men who held up the Rose Heller jewelry store here a year ago, escaping with gems worth \$150,000.

LIFT IMPORT RESTRICTIONS

Washington, Dec. 25.—All import restrictions on manufactured rubber goods, asbestos, honey, Brazil nuts and shelled nuts were lifted today by the war trade board.

CAMP LEWIS AMUSEMENTS

Tacoma, Wash., Dec. 25.—After deliberating 22 hours, a superior court jury brought in a verdict of \$33,000 in favor of H. F. Proctor against Stephen Ap-

pley and Elliott Kelly, promoters with Proctor of the Camp Lewis Amusement company. The verdict awarded Proctor the return of 400 shares of stock in the company which he charged were fraudulently withheld from him. An appeal will be taken from the jury's findings. Kelly announced today

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