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THE DAILY CAPITAL JOURNAL
Is the only newspaper in Salem whose circulation is guaranteed by the Audit Bureau Of Circulations

GOOD NEW YEAR'S RESOLUTIONS

To be honest, to be kind.

To earn a little, and to spend a little less.

To make, upon the whole, a family happier for his presence.

To renounce, when that shall be necessary, and not to be embittered.

To keep a few friends, but these without capitulation.

On the same grim conditions, to keep friends with himself.

Here is a task for all that a man has of fortitude and of delicacy.

SALEM'S FUTURE PROMISING.

The year 1919 ought to see very material progress made by the city of Salem.

The country in the neighborhood of the city is being developed as never before, because of the market afforded by the fruit canning, drying and packing plants and the loganberry juice industry. More production in every line is desired and inducements of substantial nature are held out to growers to increase their acreage.

For once at least in the history of the Willamette valley we need more people, not as a boom proposition for the sake of selling our land at high prices, but as a legitimate business movement to increase the production required by our factories. This is a very encouraging situation, and one that spells progress and prosperity for city and country alike, if we take full advantage of the opportunity.

Salem businessmen should be alert, now that the war is over, and see that nothing worth while that will contribute to the growth and stability of the city gets by them. There must be co-operation with the industries now established and others, flax mills for instance, should be gone after in a determined, businesslike way. We do not want to boom but we want to grow and expand, with solid support back of every step in advance. If we go to sleep other rival communities will get the things that of right ought to come here to the biggest city in the very centre of the great valley, destined to be developed far beyond its present productiveness. Always it should be borne in mind that cities do not grow up, but rather are built by the enterprise, energy and preseverance of those who reside in them.

Undoubtdly the best method of building a city is to work through the Commercial club, or Chamber of Commerce, whichever it may be called, making that body a strong central organization for community progress. It should be made a popular, democratic organization, of which every citizen with active interests here, should be a member and have a voice and vote. This is no difficult object to attain, provided every man who ought to belonog to it becomes a member, attends its meetings and takes an active interest in the work. To say that a Commercial club is dead and useless is only another way of saying that the town is stagnant and lacks enterprise. It never fails to reflect truthfully civic conditions, the activity or inactivity of those people upon whom rest the responsibility of the city's welfare and advancement. This is true in Salem and in every other community.

It is, therefore, an important matter to every Salemite that the annual meeting of he Commercial club will be held in a few days; that new officers are to be selected and the year's work discussed and possibly outlined on that occasion. Attendance at such a meeting is a duty of citizenship that cannot be lightly passed by anyone who wants to live and do business in a progressive city which has its face set toward the future, in a state where the possibilities for development and growth are wonderfully large.

Peace has come, with victory, and the problems of reconstruction as well as the promises of great prosperity loom before us. We must be builders now, drafted in our special lines of work to take full advantage of the opportunities, and what we do in this community will add to the sum total of national greatness, and wealth and, happiness.

MARSHAL FOCH'S CLOTHES.

Marshal Foch has added to his fame by calling on President Wilson in "a well-worn blue uniform and an old forage cap." Paris seems to be somewhat scandalized by this lack of formality, and excuses it only on the ground that Foch, being a genius, naturally has his little eccentricities, and being also a great national benefactor, must have them treated indulgently.

As far as Americans are concerned, this particular breach of etiquette serves to commend Marshal Foch. It is utterly different from all that the ordinary American instinctively associates with military power. Here is the greatest soldier in the world, commanding the largest army ever assembled in history. And he appears in garb which scarcely distinguishes him from his humblest soldier.

It is not affectation, either. Fro mall accounts Foch is such a sincere democrat that he is unconscious of such matters as dress. It does not even jar him into self-consciousness when the occasion is one of formal greeting to the head of a great, friendly nation.

Gold lace and decorations and all the blazonry flaunted by many military leaders are for autocrats or pretenders. They are for kaisers, not for Fochs. With the great French commander, the man is all that counts. In his simplicity of dress, which harmonizes with his simplicity of conduct and speech, is seen his true greatness.

It's going to be a great road-building year for Oregon and road-building of a permanent character is one of the surest evidences of general progress and prosperity. Several millions will be expended in carrying out the road program throughout the state.

Dr. Tanner, the famous faster, dies just at a time when the high cost of living makes fasting the most desirable accomplishment in the world. Again the irony of fate.

The kaiser left behind him 600 personal uniforms when he fled from Potsdam. If it takes nine tailors to make a man, it must take a lot more than that to make a king.

New Year's resolutions are fragile things, but it is a comfort to remember that if only 10 per cent of them are kept, that is 10 pe rcent more than none at all.

Wilhelm has doubtless resolved to turn over a new leaf and never start any more wars---if he gets out of this one with a whole skin.

The Oregonian is booming Senator Chamberlain for president. We presure he will run as a Teddy Roosevelt democrat.

RIPPLING RHYMES

By Walt Mason

RESTRICTIONS OFF.

They're taking the restrictions off, and now a delegate or toff may eat what seemeth best, may pour the sugar in his tea, and eat the steak that used to be both censored and suppresst. I move up to the groaning board, and see the good old grub restored, since peace came down the pike; oh, there are pies and hard boiled ham, and prune preserves and onion jam, and all the things I like. My being was profoundly loved when war was on, and Hoover hooved, with his official seal; and as I ate my hasswood bread I sometimes tore my clothes and said, "Oh, for a good square meal! I hope to live to see the day when I won't have to live on hay and fried excelsior! Oh, how I'll eat the luscious things when we have canned a lot of kings, and won this beastly war!" And now I face the groaning board, and carve the roast beef with my sword, the sword of Bunker Hill; and there are luxuries to burn, all things for which a man might yearn---and I'm unhappy still. I can't help thinking of the skates in many war-demolished states, who cannot pick and choose; the children and the weary dames who'd like to fill their bony frames with grub that I refuse. So I feel guilty as I eat the scalloped oysters and the meat, I'm rather shy on mirth; I don't enjoy the wheaten bread; as some old sage or poet said, there's no true bliss on earth. earth.

Make Arrest Of I. W. W. On Philadelphia Bombing

Philadelphia, Jan. 1.—State and federal agents and local police had made one arrest up to today in their search for the persons who placed the bombs that partially wrecked homes of three prominent citizens Monday night.

Edward Moore, who, the police charge is one of the most radical members of the I. W. W. and a revolutionary, is in custody. Socialist headquarters are being raided.

Police alleged today that they have run upon a bolshevik plot with operations destined to include the entire country. They have, they declare, a list of five thousand bolshevists who will be under continuous surveillance.

British Capture Raskulikoff Bolshevik Saval Commissioner

Helsingfors, Finland, Dec. 31.—British naval forces raiding Wulff Isle, captured M. Raskulikoff ,the bolshevik naval commissioner, it was reported.

Six Killed.

London, Jan. 1.—Six persons were killed and 15 wounded when troops fired upon bolshevik demonstrators in Bucharest, according to a dispatch from that city today.

THE WIFE

By Jane Phelps.

RUTH IS DISAPPOINTED IN BRIAN'S LETTER

CHAPTER CXXV.

Now followed a period of waiting for Ruth—waiting for Brian's letter in reply to the one she had written about the baby. She watched nervously for the reported arrival of ships; and was disappointed in not hearing from him—long before it would have been possible for a letter to reach her.

Mandel wondered at the change in her; at her repressed manner.

"She is anxious over something," he said to himself, just as he had said a short time before: "She is unhappy over something," then set himself to think of something to divert her.

Arthur Mandel longed for Ruth, yet his thought for her was singularly unselfish. The great melting pot of war, and war activities had ennobled the man. He longed to see her happy, regardless of his own love for her. And whenever he saw her looking worried or anxious, he almost cursed Brian because of it.

He constantly gave her all the consideration possible in her work but even so she carried a great deal of responsibility. He often wondered what he should have done in this crisis without her. Many of his clerks were either overseas or in camps. Some had volunteered, others been drafted. Like other business men, he was slowly replacing them either with men above the draft age, or with women. But it takes time to induct new help into such an establishment; and mistakes are costly. So Ruth often went home wearied in body and mind.

Little Brian was growing fast, and Mrs. Clayborne said bid fair to be entirely spoiled when he became old enough to take advantage. Rachel worshipped her "little Massa" and Ruth idolized him. Mrs. Clayborne loved him dearly; although in her heart she regretted that he was growing to resemble Brian.

"I wish he had looked like Ruth," she often murmured when she looked at the tiny features.

True to her determination, she tried to make things more lively for Ruth. She invited Mr. and Mrs. Curtiss, then Mr. and Mrs. Roberts in for cards, and occasionally to dinner. They were almost the only friends Ruth had made, so their circle was necessarily limited. Then once in a while she would ask Mr. Mandel. She was often puzzled by his manner when with Ruth. That he loved her niece she knew; but that he was becoming so unselfish in that love that Ruth's happiness, not his own, was his first consideration, she had not realized.

When finally a letter came from Brian, Ruth's hands trembled so she could scarcely open it. To her almost unbearable disappointment, it was not in reply to the one telling him he was a father, but a belated one written about the time she had sent her own.

Tears of disappointment filled her eyes as she read. Then a fear took possession of her; fear that Brian might never know. He had expected to be sent from the place where she had addressed the letter, and more than half expected—as he expressed it—to be in the fighting line when she received the letter.

He was plainly enthusiastic over the idea—rebellious because of the long waiting. She pictured the exploits of some of the men who had gone over the top with honor and safety in glowing terms; and spoke of those who had gone west in the discharge of their duty fortunate to have the privilege to die for their country.

Then he spoke again of Mollie. He told how she cheered the wounded, both our own boys and the blesses of France. How brave she was, and how she hesitated at nothing, no matter how menial the task to help.

"There are many like her over here" he wrote," but I tell you of her because you know her. The men all love her. They call her 'Little Mother' and she does mother them all, from bearded men to boys of seventeen, many of who I strongly suspect have lied about their ages to fight for Uncle Sam. But such lies will not be held against them should they go west now; or should they come through. Of that I am sure.

"I looked for a letter today, but none reached me. The mails are so uncertain that I am not blaming you, but them. I feel that there is a nice, long letter from you somewhere, waiting to be delivered to me, and I will try to possess my soul in patience until it appears. By the way, send me more chocolate next time I have found a chum over here whose sweet tooth beats anything I ever heard of. So send me double measure if you expect me to get a single cake. His name is 'Henderson,' 'Larry' his front name. He has your address so in case I am injured he will let you know. So unless you hear from him you may know that I am O. K. and loving you. Brian."

Tomorrow—Brian is pleased that he has a son.

Italians at Inusbruch.

Copenhagen, Jan. 1.—Italian troops are concentrating in the neighborhood of Inusbruch, presumably for occupation of southern Germany, in case there are bolshevik disturbances.

The Journal Job Department will print you anything in the stationery line—do it right and save you real money.

SPANISH INFLUENZA---JUST GRIP CAMOUFLAGED UNDER NEW NAME

Most Authorities Now Agree That This Disease Is Simply The Old-Fashioned Grip, The Same That Has Swept Over The World Times Without Number. Since 1831 The United States Has Had Five Epidemics.

The Last Epidemic in 1889-90 Came From Russia by Way of France and Was Given a French Name, LaGrippe. This Time It Comes by Way of Spain.

ORIGIN OF THE DISEASE

Spanish influenza, which appeared in Spain in May, 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 tonsilitis, and frequently all the appearances of a severe head cold.

THE TREATMENT

Go to bed at the first symptoms—take a purgative, and plenty of nourishing food, remain perfectly quiet and don't worry. Nature herself is the only "cure" for influenza and will throw off the attack if only you conserve your strength. A little Quinine, Aspirin or Dover's Powder may be given by the physician's directions to allay the aching. Always call a doctor, since the chief danger of grip is in its weakening effect on the system, which allows complications to develop. These are chiefly pneumonia and bronchitis, some times 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.

EXTERNAL APLICATIONS

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.

NO OCCASION FOR PANIC

There is no occasion for panic—influenza or grip has a very low percentage of fatalities—not over one death out of every four hundred cases, according to the N. C. 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.

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 avoid crowds—common drinking cups, roller towels, etc. Keep your bodily strength by plenty of exercise in the open air, and good food.

KEEP FREE FROM COLDS

Above all, avoid colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs.

Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use an ordyinary teakettle. 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 volatile oils as Eucalyptus, Thyme, Cubebs, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors. VapoRub can be had in three sizes at all druggists. While comparatively new in certain parts of the north, it is the standard home remedy in the south and west for all forms of cold troubles—over six million jars were sold last year. VapoRub is particularly recommended for children's croup or colds, as it is externally applied and can, therefore, be used freely and often without the slightest harmful effects.

Inexperienced Men Accepted At O. A. C.

Oregon Agricultural College, Corvallis, Jan. 1.—For the first time inexperienced butter and cheese makers will be admitted to the dairy short course at the college, January 63-1. Both men and women may enter. Creameries are short of butter and cheese makers in Oregon, other states, and Canada, from all of which many inquiries indicate a big enrollment. Students will be given instruction and practical experience in pasteurization of cream, determination of salt and moisture content of butter, and judging of both cheese and butter.

MIDDLE WEST IN BLIZARD

Chicago, Jan. 1.—The weather man shifted his gears today and gave mid-America a sample of 1919 vintage weather.

Sudden drops toward zero, or below, stinging winds and snows were reported from the northern tier of states to the rim of the semi-tropic regions.

Denver reported twelve below. The Dakotas basked in temperatures of 28 below in spots Texas shivered in her first blizzard.

A Doctor's Gift to The World

A Remedy to Overcome Catarrh and Catarrhal Conditions was Dr. Hartman's Legacy to the World of Suffering.

The Doctor early recognized the insidious nature of catarrh and consecrated his life to checking the ravages of the worst of all health destroyers.

PERUNA

The Greatest of All Catarrh Remedies

Catarrh first attacks the mucous linings in the nose, throat, lungs, stomach, bowels or any other part of the body. Unchecked it finally breaks down the tissues and chronic ailments develop which, if not fatal, are always difficult to cure.

Guard your health with Peruna. Don't wait until too late. Peruna is excellent for coughs, colds, effects of the grip and all catarrhal inflammation and congestion of the mucous linings.

Many startling recoveries have been recorded.

TOOK IT FOR CHRONIC BRONCHITIS.

"I was troubled for four or five years. A few doses of Peruna would always bring relief. In the Spring of 1914, I began taking Peruna in earnest and used twelve bottles and have not had an attack in two years. I feel better and can do more work than in ten years.

Peruna also cured me of chronic Bronchitis and I recommend it as a splendid remedy."

MR. O. F. McBRIDE.
Santa Fe, Ohio.

WRITE FOR THIS BOOK.

If sick and in doubt, write The Peruna Company, Dept. S 81, Columbus, Ohio, for Dr. Hartman's Health Book. It is free. Sent in a plain wrapper to any address.

DO IT TODAY

HAD CATARRH IN WORST FORM

"I had catarrh and was all run down. Many claimed it was consumption and I really thought so myself. I had a pain in my lungs and left side, no appetite, could not sleep, always weak and tired. My weight was 89 pounds.

I took fifteen bottles of Peruna and am entirely cured. I now weigh 135 pounds. Thanks to Peruna."

MRS. A. J. NETKOWS.
3954 Tyler St.,
Minneapolis, Minn. N. E.

If you want health, insist upon having Dr. Hartman's World Famous Peruna Tonic.

IN LIQUID OR TABLET FORM.

Sold Everywhere.

Ask your Dealer for a Peruna Almanac