



WOOLEN SOCKS will not shrink, get hard or knot up when washed with Grandma. No more heartaches after spending hours knitting a pair of socks and then having them ruined by washing with an inferior soap.

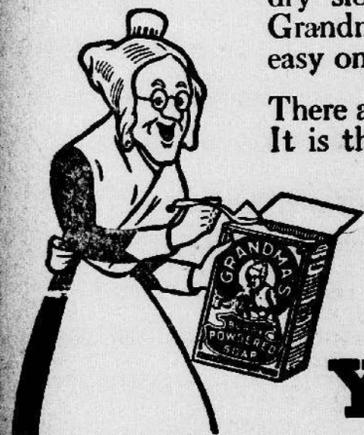
GRANDMA'S Powdered SOAP

Follow these instructions and you will never have any trouble: Sprinkle some Grandma in luke warm water—wonderful suds in an instant. Wash the socks in this water then rinse in clear, luke warm water. After rinsing shake out well (do not wring) then hang up to dry slowly. Socks washed this way with Grandma are sure to be soft and fluffy and easy on the feet.

There are hundreds of other uses for Grandma. It is the greatest "all-round" household soap of the age and is by far the most economical. It's powdered—you measure it out with a spoon—no waste. Try it today.

5c and Larger Size Packages

Your Grocer Has It!



Mr. and Mrs. Alton Smith returned Friday afternoon to their home in Hildell, after several days spent here with Mr. and Mrs. J. E. Smith and family.

Miss Gladys Smith returned Tuesday night from Baton Rouge where she has been spending the past six weeks with Mr. and Mrs. Ed. J. Terbonne and family.

Mrs. H. K. Barrow and children, Jackson, N. C., arrived Wednesday night to spend several weeks here with Mr. and Mrs. C. L. Smith.

Private Alvin M. Smith, of Camp Bowie, Texas, spent last Sunday at home here.

Judge P. B. Carter and District Attorney Brock, of Franklinton, arrived Monday here, having come to attend the session of the district court, which adjourned that day.

Mrs. O. M. Cambre, of Baton Rouge, is visiting her parents, Mr. and Mrs. Geo. Robinson.

Mrs. Louis M. Bourgeois returned Friday night from New Orleans where she spent several days.

Mrs. James Prevost has returned from New Orleans where she spent several days with Mr. and Mrs. Wm. Prevost.

Miss Retta Moses, of New Orleans, spent the week end at her home.

Mr. W. H. Yenni has returned from Atlanta, Ga., where he went as the guest of the Metropolitan Life Insurance Co., having proven one of their star salesmen in the sale of War Savings Stamps.

Mrs. R. H. Bienvenue, of New Orleans, is the guest of Mr. and Mrs. Jas. Bienvenue and family.

Mr. Jas. T. Burns returned Monday morning to his duties at Tulane University, after a week spent here at his home.

The young ladies' clubs of Covington have disbanded during the epidemic of influenza. Announcements will be made when they again start their entertainments.

Mr. Lawrence Smith of the U. S. Naval Station at Norfolk, Va., arrived Thursday morning, on account of the illness of his mother, Mrs. Chas. L. Smith.

Mrs. W. Livaudas and son, of New Orleans, have taken possession of the Pollack cottage on Old Landing Road, for the winter months.

Corporal John Brewster has returned to Camp Martin, after having spent several days at his home here.

Mrs. John Brewster has returned to her home in New Orleans after having spent several days here, having been called here on account of the serious illness of her son, Sheriff T. E. Brewster, who, we are glad to report, is rapidly improving.

Mrs. Nannie Mooring, grandmother of Mrs. Jasper E. Nilson, after several months spent in Covington, has left for her home in New Orleans.

Mrs. J. H. Ruth, of Houston, Tex., is spending some time here as the guest of her son-in-law and daughter, Mr. and Mrs. F. F. Planche.

NOTICE.
1. Sidney Craig, convicted of manslaughter, am applying for parole. oc19-3t
SIDNEY CRAIG.



1898
\$15,000

1918
\$1,000,000

During the twenty years of our successful record, the resources of our bank have grown even faster than the resources of the Nation. Our large Capital and Surplus, backed up by able and conservative management, has won the confidence of the banking public, without which our success could not have been attained. We appreciate this confidence and we renew our pledge to so conduct our business as to not jeopardize the interests of our depositors.

No business too large for us to handle---no business too small for us to appreciate.

COVINGTON BANK & TRUST COMPANY

St. Tammany's Million Dollar Bank

GIRLS! LEMON JUICE IS SKIN WHITENER.

How To Make a Creamy Beauty Lotion for a Few Cents.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold cream. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, whitener and beautifier. Just try it! Get three ounces of orchard white at any drug store and two lemons from the grocer and make up a quart pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands.—Adv.

TAKES OFF DANDRUFF. HAIR STOPS FALLING

Save Your Hair! Get a Small Bottle of Dandruff Right Now—Also Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf. There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Dandruff to-night—now—any time—will surely save your hair. Get a small bottle of Knowlton's Dandruff from any drug store. You surely can have beautiful hair and lots of it if you will just try a little Dandruff. Save your hair! Try it!—Adv.

UNCLE SAM'S ADVICE ON "FLU."

(Continued from page 1)

In response to a request for definite information concerning Spanish influenza, Surgeon General Rupert Blue of the U. S. Public Health Service has authorized the following official interview:

What is Spanish influenza? Is it something new? Does it come from Spain?

"The disease now occurring in this country and called 'Spanish influenza' resembles a very contagious kind of 'cold' accompanied by fever, pains

Orient, spread first to Russia and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

"Although the present epidemic is called 'Spanish influenza,' there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention to the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917."

How can "Spanish influenza" be recognized?

"There is as yet no certain way in which a single case of 'Spanish influenza' can be recognized. On the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds, which usually occur in the cold months, epidemics of influenza may occur at any season of the year. Thus the present epidemic raged most intensely in Europe in May, June and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

"In most cases a person taken sick with influenza feels sick rather suddenly. He feels weak, has pains in the eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow.

"In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly 'bloodshot,' or 'congested,' as the doctors say. There may be running from the nose, or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

"In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing 'Spanish influenza,' for it has been found that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized."

Coughs and Sneezes Spread Diseases



As Dangerous as Poison Gun Shells

in the head, eyes, ears, back or other parts of the body and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovers. Some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called 'Spanish' influenza is identical with the epidemics of influenza of earlier years is not yet known.

"Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the

meeting, or from careless people who spit on the floor and on the sidewalk. As in most other catching diseases, a person who has only a mild attack of the disease himself may give a very severe attack to others."

What should be done by those who catch the disease?

"It is very important that every person who becomes sick with influenza should go home at once and go to bed. This will help keep away dangerous complications and will, at the same time, keep the patient from scattering the disease far and wide. It is highly desirable that no one be allowed to sleep in the same room with the patient. In fact, no one but the nurse should be allowed in the room.

"If there is cough and sputum or running of the eyes and nose, care should be taken that all such discharges are collected on bits of gauze or rag or paper napkins and burned. If the patient complains of fever and headache, he should be given water to drink, a cold compress to the forehead and a light sponge. Only such medicine should be given as is prescribed by the doctor. It is foolish to ask the druggist to prescribe and may be dangerous to take the so-called 'safe, sure and harmless' remedies advertised by patent medicine manufacturers.

"If the patient is so situated that he can be attended only by some one who must also look after others in the family, it is advisable that such attendant wear a wrapper, apron or gown over the ordinary house clothes while in the sick room and slip this off when leaving to look after the others.

"Nurses and attendants will do well to guard against breathing in dangerous disease germs by wearing a simple field of gauze or mask while near the patient."

Will a person who has had influenza before catch the disease again?

"It is well known that an attack of measles or scarlet fever or smallpox usually protects a person against another attack of the same disease. This appears not to be true of 'Spanish influenza.' According to newspaper reports the King of Spain suffered an attack of influenza during the epidemic thirty years ago, and was again stricken during the recent outbreak in Spain."

How can one guard against influenza?

"In guarding against disease of all kinds, it is important that the body be kept strong and able to fight off disease germs. This can be done by having a proper proportion of work, play and rest, by keeping the body well clothed, and by eating sufficient wholesome and properly selected food. In connection with diet, it is well to remember that milk is one of the best all-around foods obtainable for adults as well as children. So far as a disease like influenza is concerned, health authorities everywhere recognize the very close relation between its spread and overcrowding of homes. While it is not always possible, especially in times like the present, to avoid such overcrowding, people should consider the health danger and make every effort to reduce the home overcrowding to a minimum. The value of fresh air through open windows cannot be over emphasized.

"When crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

"It is especially important to be aware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"In all health matters follow the advice of your doctor and obey the regulations of your local and state health officers."

"Cover up each cough and sneeze. If you don't you'll spread disease."