

### SAM ROBERTS FACES THE FAMOUS PRUSSIAN GUARD

To be knocked to earth four times and to have four rifles blown to bits in his hands is the thrilling experience of First Lieutenant Samuel Roberts, 91st division, had upon several journeys "over the top" in France. And by way of making things a bit more exciting for the officer who was formerly stationed at Camp Lewis and who is known to many here, a bit of Hun shrapnel hit him in the face. In a recent letter to relatives Lieutenant Roberts says of his experiences:

"I was hit in the face by a Hun shell, which killed hundreds, captured guns and battery after battery of artillery. We took their batteries at the point of the bayonet and the guns still smoking hot. We went twelve miles the first day by 3 p. m. I was knocked down four times by high explosives, hit in the cheek with shrapnel, had four rifles blown to pieces in my hand, my

pack cut in five places, my clothes in six and am still alive and you know what. Ready to go at them again. "Our division is cited in orders for its great work. We were in line eight days and nine nights, which is twice as long as they usually stay in. The west can sure be proud of the Wild West division, because they are classed as the best of Uncle Sam's fighting units. We were fighting the Kaiser's best Prussian guards."

#### Buying Provisions.

In order to insure proper sanitary supervision in the conservation of the health of Camp Lewis orders have been issued that all ice cream, milk and fresh vegetables required by organization messes in camp will be purchased from the Thurston County Dairy and Farm Products association, which has a depot near the school for bakers and cooks. No other firm will be allowed to supply these products to the camp. The same provisions apply to the Hostess House, to all officers' messes and messes run by civilians and patronized by officers or enlisted men.

### ADVICE TO "FLU" CONVALESCENTS

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

U. S. Public Health Service Warns Public Against Tuberculosis. One Million Cases Tuberculosis in United States—Each a Source of Danger.

Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm if Tuberculosis is Recognized Early—Patent Medicines Not to Be Trusted.

- \*\*\*\*\*
- \* Beware tuberculosis after influenza. No need to worry if you take precautions in time.
- \* Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air.
- \* Don't waste money on patent medicines advertised to cure tuberculosis.
- \* Become a fresh-air crank and enjoy life.
- \*\*\*\*\*

Washington, D. C.—(Special).—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England.

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now offers conditions favoring the spread of tuberculosis."

#### One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculosis persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

#### What to Do.

In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several examinations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

#### Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on, or your health and strength decline, remember that these are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages.

#### Patent Medicines Dangerous in Tuberculosis.

"Above all do not trust in the misleading statements of unscrupulous patent medicine fakers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

### PEACE ADDS TO U. S. FOOD TASK

Europe Needs Nearly Double Last Year's Supplies From America.

ECONOMY MUST CONTINUE.

World Survey Shows Sufficient Wheat, But Shortage of Fats—Government's Stimulative Program Justified.

With the return of peace America is confronted by a food problem even harder of solution than that with which we coped in time of war. We have an entirely new world situation in food. It will mean essential changes in our domestic program. But more important than this, it must of necessity require increased export.

Last year we shipped 11,820,000 tons of foodstuffs to the European Allies. Had the war continued we would have increased this enormous figure to 17,550,000 tons in the present year. Now, with the responsibility of feeding millions of people liberated from the German yoke, our exports must be brought up to at least 20,000,000 tons—practically the limit of loading capacity at our ports.

#### World Food Demand Increased.

The end of the war will create an enormously increased demand for food. Humanity demands that the starving millions freed from Prussian oppression shall have sufficient supplies to assure their return to health and prosperity. If these liberated nations are faced with starvation they cannot establish orderly governments. Hunger breeds anarchy in a people. The war to free the world for democracy will be lost after it has been won. America must continue its work to liberation and by sharing its food make democracy safe in the world.

In order to meet this new situation the Food Administration has made a careful survey of the food resources of the whole world in relation to the total demands. Computing supplies on the basis of the avoidance of waste and war consumption, it is found that wheat and rye may be obtained in sufficient quantities to meet economical world consumption; high protein feed for dairy animals will show a shortage of about 3,000,000 tons, while there will be sufficient supplies of other feeds to allow economical consumption; beans, peas and rice will also be found in sufficient quantities to maintain economy in consumption; there are sufficient supplies of beef to keep pace with the capacity of refrigerating space.

#### Great Fat Shortage.

The most distinct reversal of policy will come with pork and dairy products, vegetable oils, sugar and coffee. Utmost economy will be required in the use of fats and oils, in which there is a world shortage of about 3,000,000,000 pounds. There are sufficient supplies for us to return to our normal sugar consumption if other nations continue their present short rations, or even if their rations are slightly increased. If the European countries, however, are to resume their normal sugar consumption it will be through our continued conservation in order to share with them. There is a surplus of coffee.

Of the world total required to produce these results North America will furnish more than 60 per cent. The United States, including the West Indies, will be in a position to furnish a total of about 20,000,000 tons—against our pre-war exports of about 4,000,000 tons.

The bread grains situation allows the world to abandon the use of substitutes in wheat bread. Large supplies have accumulated in the Argentine, Australia and other hitherto inaccessible markets. A continued high milling percentage, economy of consumption and elimination of waste make it possible for the world to return to a white wheat loaf.

Of all our export possibilities in fats, the largest and most important item is pork. While we cannot supply the world deficiency, we will be able to help it enormously because of the past policies of stimulating production and restraining consumption. The government's policy with regard to stimulating the production of wheat and of pork, the readiest source of fats, is thus amply justified by the situation upon the return of peace.

#### Famine Specter Still Stalks.

The people of the United States must continue care and wise economy in the use of food in order to complete the work of liberating the world. But even with the utmost conservation and production in this country there will be in Europe for the next year or more starvation beyond all human power to allay. In North Russia there are 40,000,000 people to whom food cannot be made accessible this winter. Their transportation is demoralized in complete anarchy. And even if internal transport can be assured their ports of entry would soon be frozen. Millions more who have felt keenly the oppression of war will be beyond reach of assistance.

We must realize that upon our shoulders rests a greater responsibility than we have ever before been asked to assume. We must realize that millions of lives depend absolutely upon the continued service and sacrifice of the American people.

Do not realize that the specter of famine is now haunting the abundance of our table at home.

### 30,000 MEN ARE RELEASED FROM SERVICE EACH DAY

Demobilization of the home military forces at the rate of 30,000 a day, the goal set less than a month ago by the war department, has been reached if not exceeded, according to information received in camp this week.

It is announced that demobilization at home camps during the seven days' period ending December 14 was at an average of 27,000 a day, although no men were discharged from most of the camps on Sunday.

Total demobilization on December 14 had reached 29,903 officers and 188,562 men. More than 900,000 men have been assigned for early demobilization, including 21,000 divisional troops, 43,000 engineer and 16,000 men of the military aeronautics division.

#### Centralia Wants Normal School.

Centralia will wage an organized campaign during the coming session

of the legislature for the passage of a bill providing for the establishment of a state normal school in that city.

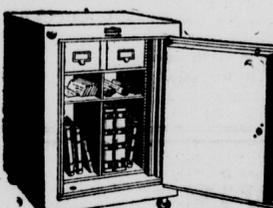
#### Californiaans Transferred.

Since several cantonments in California have been designated as demobilization points by the war department Camp Lewis will not undertake the discharge of many more enlisted men from that state, it is said. A contingent of California men was ordered to the Presidio of San Francisco last Saturday for demobilization and entrained under command of Lieutenant Frank H. Nellis, who is also to be discharged at the Presidio. Other contingents of California men have been leaving during the week, one group leaving Saturday afternoon under command of Sergeant John L. Harold. Those who were sent to the Presidio are chiefly San Francisco men, while soldiers from Southern California are going to Camp Kearney to be discharged.

## A Happy New Year

### Office Needs for the Year

Systematize your office and start the new year right by putting in modern filing devices. Remember, **SYSTEM** saves **TIME**, and **TIME** means **MONEY**.



- Filing Cabinets
- Filing Cabinet Indices
- Blank Books
- Desk Calendars
- Inventory Blanks
- Loose Leaf Binders
- Transfer Cases and Folders
- Remington Typewriters
- Typewriter Supplies

## The Bookstore

## Well, Well, Folks How Are You?



It's been a long time since I've been advertising.

I haven't had to, for my practice has kept me humping.

But there are a lot of newcomers here who should know that right here in Olympia they can get their eyes examined by a graduate of two optical schools. I'm the man. I've been practicing for over 20 years—the last 10 here in Olympia.

It doesn't make any difference what kind of glasses you want—I can furnish them.

Satisfaction Guaranteed

### Dr. G. R. Ridgeway

Optom. Olympia

108 East Fourth Street

Open nights by appointment.

## A Healthy AYRSHIRE

This champion three-year-old is a notable example of perfect health. Her yearly record is 15,036 lbs. of milk and 589.2 lbs. of butterfat.

JOIN THE "Healthy Cow" MOVEMENT

Present-day prices for dairy products are making dairymen everywhere think more about the milk production of their cows.

The "poor-milker" is usually non-productive because of some disorder of the digestive or genital organs that is sapping at her health and strength. Even apparently slight troubles of this nature usually lead to more serious ailments so common among dairy cows, such as Abortion, Retained Afterbirth, Barrenness, Scouring, Bunches, etc.

A sick cow should be treated like a sick person—with medicine that will correct the trouble. Kow-Kure is the most valuable and best known remedy for the prevention or treatment of cow ailments because its medicinal properties act on the organs where disease originates. Keep KOW-KURE on hand always. Druggists and feed dealers sell it, in 60c. and \$1.20 packages.

Free Book, "THE HOME COW DOCTOR" is yours for the asking.

### DAIRY ASSOCIATION CO.

LYNDONVILLE, VT.



## Groceries

That the New Year may be the happiest of all your years, is the wish of this store for its friends and patrons.

M. E. GEORGE  
Grocer  
4th and Columbia Sts. Phone 116



## Eat An Active Food

TO AVOID INDIGESTION AND CONSTIPATION—Eat less of the highly refined, fancy cereals and starchy foods. The stomach, liver and bowels require an unrefined active cereal to keep them working right.

### DR. JACKSON'S ROMAN MEAL

Has a beneficial effect on the system. Doctors recommend it.

For sale by all grocers.

## GET THIS BIG COMBINATION IN CONNECTION WITH THE WASHINGTON STANDARD

THIS IS YOUR OPPORTUNITY to get your own home paper and THE WESTERN FARMER, both for one year, at a saving.

THE WESTERN FARMER is acknowledged to be the best farm magazine published in the West for the West. It is well printed, well illustrated and contains much useful and interesting information each issue. This big magazine contains not alone the latest authentic information of value to the farmers of this state, but many interesting stories, household helps, forceful editorials, etc. It is a clean, constructive magazine with live departments of interest to every member of your family—it is the kind of paper you can live by and farm by.

Seventy thousand farmers now take WESTERN FARMER and swear by it. If you do not take it you are the loser, for you are missing the best farm paper published in the entire West.

Mr. E. E. Faville, editor of WESTERN FARMER, is a leading authority on agricultural subjects and a very able writer. His slogan, and that of his paper, is: "We grow by helping others grow."

Take advantage of this unusual offer today to get WESTERN FARMER, together with this paper, for one year. Cut the coupon and mail it or bring it to this office, together with the amount named below, and we will send you both papers for one year.

If your subscription is expiring soon, we recommend that you take advantage of this splendid offer without delay.

### SUBSCRIPTION COUPON—Clip and Mail

Gentlemen: I accept your special offer. Send me your paper and WESTERN FARMER for one year. Inclosed find remittance to cover.

Name .....

Address .....

This Paper and Western Farmer One Whole Year for