

POWNALL CHILD IMPROVES
The eldest son of Mr. and Mrs. W. Pownall, who has been critically ill for the past three weeks, has shown improvement during the past few days and the chances are now favorable for recovery. Mr. Pownall's mother arrived last week for an extended visit.

DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach, constipation should begin this phosphate hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanse, purify and freshen the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the blood pores do.

MANY ATTEND LECTURE

The address of Dr. Lovejoy, which was given at the Y. M. C. A. Wednesday evening under the auspices of the local chapter of the Red Cross, was well attended. Dr. Lovejoy has had overseas service and her lecture was extremely interesting.

WHAT HOME SERVICE MEANS.

So many questions are constantly coming to the Home Service Section of the Red Cross that a few words as to its objects may not come amiss. The Home Service Section aims to serve the folks at home, to bring them nearer to the man in the field, and to bring him nearer to the ones at home. Sometimes it means helping to straighten out a financial tangle, sometimes help in the training of the children, sometimes being a big brother to a young lad who needs a bit of friendly counsel, or advising a young wife who may be worried about the coming due of the mortgage and what her rights under the law may be.

Then, too, there are sometimes delays in the mails or lost letters, and sometimes delays in the allotment, or errors in the amount which should be forthcoming. These problems and many others are being straightened out by the Home Service Section, without charge to the families, and with an efficiency which is daily growing more valuable. More than 300,000 calls have been answered.

For those who are worried because of the non-arrival of letters a cable is sent inquiring about the man's welfare.

In fact the Home Service Section is living up to its name—it is really the service of those at home—it is trying to be the father, brother or husband to those left behind.

FRENCH AUTHORITIES ACCLAIM WORK OF AMERICAN RED CROSS.

Dr. Chassigne of the French Military Sanitary Service and M. Goyon in recent addresses paid warm tribute to the work of the American Red Cross in the war, and M. Autrand, prefect of the Department of the Seine, praised the personal efforts of Red Cross workers.

"Your task is not ended," said M. Autrand. "Our friends and our benefactors now are more than ever indispensable to us. Our task is immense. Help us. We have known how to vanquish; we will know how to organize ourselves in victory."

RED CROSS SANTA TO FILL SOLDIERS' SOCKS

An Old Fashioned Celebration of Yuletide for American Soldiers in France.

A Christmas tree in every ward of every American hospital and in every hospital recreation hut in France!

Every wounded or sick American fighting man to receive two socks filled to the brim with fruits, nuts, candy and smokes!

These are the most interesting features of a tentative Christmas celebration program for the American hospitals arranged by the American Red Cross in France in co-operation with the commanding officers of our fighting forces in that country. Details of the plan to make Christmas as merry as possible for the soldiers in these institutions have just been received at Red Cross headquarters. Nurses and enlisted men on duty at these places will also share in the distribution of Christmas cheer. Because of the limited amount of available shipping space the Red Cross was compelled to abandon its original plan to send special Christmas parcels from here to soldier patients in France. All the articles distributed will be obtained over there.

This is to be an old fashioned celebration in every sense of the word. Every soldier will hang his socks on the tree. The socks will be tied with red ribbon and in addition to the goodies mentioned above will contain a handkerchief and a card, on which will be outlined the services the American Red Cross is prepared to render our soldiers. Each soldier will receive a sufficient number of Christmas postcards—now being designed by artists in the Red Cross service—to enable him to write to members of his family and his friends back home.

The Christmas dinner, of course, will be one of the features of the celebration. After dinner there will be musical entertainment, motion pictures and general singing.

RED CROSS FIGHTS DEADLY EPIDEMIC

Besides the special work conducted by hundreds of Red Cross Chapters throughout the country in checking the recent epidemic of Spanish Influenza, the organization through its headquarters at Washington is preparing to fight a repetition of the experience that was so disastrous this fall, educating the public thoroughly regarding the symptoms and the proper care at the beginning of an attack. In addition to this, the American Red Cross is fighting tuberculosis. The recent appropriation to the National Tuberculosis Association will be used for educational as well as relief work throughout the country.

So much has been said about the aftermath of the epidemic that special attention is being given to the work along this line. The weakness which follows influenza leaves the patient in a condition which makes him a good field for the germs of tuberculosis. A thorough physical examination, proper food and clothing, the use of mild preventives, will check the progress of the disease at once.

Tuberculosis, or consumption, as it is frequently called, is both preventable and curable, provided the treatment of the disease is begun before it is too far advanced. Medicine plays a comparatively small part. The frequently advertised "consumption cures" should be looked upon as poison. The only medicine which should be taken is a good tonic which will stimulate the appetite and build up the system generally. The main cure lies in proper food, sufficient rest, fresh air and sunlight and living, if possible, according to the plan prescribed by a good physician. This renews the patient's vitality and soon kills the disease entirely.

For several years the National Tuberculosis Association has been financing its work by the sale of Red Cross seals at Christmas time. The seals sold for a penny each and by making a concerted effort enough money was usually raised to carry the work through the year. This year there will be no seals sold because the American Red Cross has made an appropriation for the anti-tuberculosis work, and those who formerly spent their time selling seals will join in the work for the Red Cross Christmas Roll Call during the week of December 16 to 23.

◆ SONG OF LITTLE THINGS. ◆
◆ By Jeanne Judson. ◆
◆ This is the song of little things, ◆
◆ A clean, white bed in a quiet ◆
◆ place, ◆
◆ A cigarette and the saving grace ◆
◆ Of smiles that illumine the ◆
◆ nurse's face— ◆
◆ These are the joys the Red Cross ◆
◆ brings. ◆
◆ This is the song of little things, ◆
◆ An old man brought to his home ◆
◆ again, ◆
◆ And children who play, forget- ◆
◆ ting pain, ◆
◆ A hut that shelters from mud ◆
◆ and rain— ◆
◆ This is the rest the Red Cross ◆
◆ brings. ◆

DO YOU KNOW?

Red Cross Christmas Roll Call

December 16th to 23rd

Do you know the Red Cross Christmas Roll Call? Do you know when it's going to be? Do you know it's the call of our brothers, who are far away, over the sea? Do you know that if you answer "present" you'll be helping some boy over there, and you'll show that you're backing our soldiers and willing to do your full share? Do you know that to millions of children this sign of a haven, indeed, for they know it means food, clothing, shelter and love to supply every need? Do you know what the millions of members all over our well-beloved land have been able to do through the Red Cross in offering a kind, helping hand? Will you answer "I'm here" to the roll call? Will you be a member this year? If you will you'll receive the "love button"—a token of Christmas good cheer.

MAKE ROLL CALL UNANIMOUS.

The official designation, and the only proper characterization of the demonstration that will occupy the attention of the American people, under the auspices of the American Red Cross, immediately preceding the coming holiday season, is "The Red Cross Christmas Roll Call."

The object of the Christmas Roll Call is to register in terms of active participation the spirit of a nation. The spirit in question is personified in Red Cross membership. It is not to be a "campaign" to raise a war fund nor a "drive" to strengthen the material resources of the Red Cross organization. Its main objective is the extension of Red Cross membership to the uttermost limit.

See to it that no false conception of the purpose of the Roll Call finds lodgment anywhere, and, while emphasizing the grandeur of the movement under its only logical name, keep everlastingly in mind the idea to—"Make it unanimous."

NEW FACES FOR OLD.

The American Red Cross has undertaken varied tasks. These range from darning the socks of the soldiers to making new faces for those disfigured by war. Mrs. Ladd, the wife of Dr. Ladd, now doing service in Red Cross hospitals abroad, is working in her Paris studio making masks to cover disfigured faces. A photograph of the soldier showing how he looked before being wounded is obtained and then a mask of copper or silver is made to resemble it and replace the part that is gone. This is made as lifelike as possible and held on, as a rule, with bows behind the ears like spectacles. The soldier cannot eat or sleep in these masks, but he can see and breathe through them. Sometimes a nose is put on so lifelike that it cannot be detected, and sometimes it is a chin or in rare instances almost the entire face. This great humanitarian work enables the victim to mingle with people without being made conspicuous or conscious that he is being avoided.

THIRTEEN ARRESTS

Sunday was a busy day for the police department, as well as Saturday night. During those day there were fifteen arrests and all were arraigned before Judge Ott Monday. There were white men and a white woman among them, the former charged with gambling and the latter with running a disorderly house.

FOR SALE—Chauffeur car in good condition, which I will sell cheap for cash. Phone or address W. C. Tryon, Bogalusa, La.

PRESCRIPTIONS

CALLED FOR AND DELIVERED TO ANY SECTION OF THE CITY

Choosing your druggist is just as important as selecting your physician, for you want to know that when your physician writes a prescription that it will be ACCURATELY FILLED, and that the INGREDIENTS will be the BEST and FRESHEST. If they are not your doctor cannot get the results he and you expect. At this store prescriptions are filled by W. Emmett Hall, the proprietor, who recently made a high percentage before the examining board of the state. Each and every prescription will be ACCURATELY FILLED and we will send for and deliver your prescription without any extra charge. Send your prescription here and give our service a test.

CITY DRUG STORE

W. EMMETT HALL, Proprietor

Phone 105 Austin St. at Alabama Ave.

DYEING FOR THE PUBLIC

There are two processes of dy(e)ing. One is to give up the ghost, a change of life, as it were; the other is transformation in garments—a changing of color.

The Bogalusa Steam Laundry

Now has a real expert dye-man and an ample supply of dyes obtained after many efforts, and is offering services dyeing, cleaning and pressing in a most superior manner.

Telephone 34.

LOOKING FOR GOOD BOARD AND ROOMS WITH CONVENIENCES AT FAIR PRICES?

If you are having trouble in securing room and board in Bogalusa, why not avoid all the running around trying to find a place which will meet your requirements by going to the Colonial Hotel, South Side, in the heart of the city, where you have good food, clean rooms and every modern convenience?

SPECIAL RATES MADE TO COUPLES OR FAMILIES

For further information apply L. SAUX, Manager PHONE 472

Christmas Goods on Display

Be patriotic and make your selection of Christmas Gifts Now!

We are displaying a number of articles which would make ideal CHRISTMAS GIFTS, and also announce

OPENING OF TOYLAND

You will find most any kind of toys here and at prices which are far below price asked elsewhere. Come and look at the display and make your selections.

KING'S NOVELTY STORE

AUSTIN STREET, NEXT TO N. O. G. N. BLDG.

YOUR CLEANING AND PRESSING

You'll get absolutely the best work here, because we have experts employed who have followed no other occupation for years. No garment too delicate, and all work guaranteed.

MEN'S FURNISHINGS

We have also opened a new and complete stock of Men's Furnishings, and you will find the most popular styles here at prices which are low, considering the high cost of everything.

YOU'RE ALWAYS WELCOME

M. SINGERMAN

AUSTIN STREET

Former Location of Rice Woolen Mills.

ORDER A CASE THROUGH YOUR GROCER

GOLDELLE GINGER ALE

You have probably paid 25c to 35c per bottle for Ginger Ale. We believe that we are offering a Ginger Ale which will excel any ever produced in this country and we want YOU TO KNOW that the GOLDELLE GINGER ALE, which is made here in Bogalusa, can be secured through your grocer for \$1.75 per case, containing two dozen bottles, and when the case with the empty bottles is returned, you will be allowed 50 cents in cash rebate. Then you will be getting this famous GOLDELLE GINGER ALE for about 5 cents a bottle.

Order a Case Today Through Your Grocer!

You will find it a most invigorating and healthful drink. It is something each member of the family will enjoy, and no home should be without it during the holiday season.

BOGALUSA COCA COLA BOTTLING WORKS

PHONE 67