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NEW RULES GOVERNING PUBLIC EATING PLACES

Effective October 21 New Rules Will Govern the Serving of Food at Public Eating Houses—Order Will be Strictly Enforced.

A new program for all public eating places, effective October 21, is announced through R. F. Bicknell, federal food administrator for Idaho, by the United States food administration. The new rules apply to all places throughout the United States where cooked food is sold to be eaten on the premises and affect nine million regular or occasional patrons. "The public's co-operation is requested in enabling full compliance by our eating places," says Idaho's administrator.

These new regulations carry into effect the recent announcement of the food administration that in fulfilling the American promise to the Allies to send them seventeen and a half million tons of food this year the public eating places would be called upon to undertake in many particulars a more strict program than last year.

The general plan of the food administration with regard to the conduct of public eating places has been reduced to twelve definite "General Orders." These twelve rules furnish the specific measures by which the food administration plans to carry out, so far as public eating places are concerned, the announced plan that for next year the American food program will be a direct reduction in the consumption of all food, particularly the staples, rather than a series of emergency regulations such as meatless and wheatless days and meals, and the substitution of one food for another.

Concerning these twelve general orders the food administration in a circular to the proprietors of public eating places says: "It has not been deemed advisable or necessary at the present time actually to license the operation of public eating places, but in cases where the patriotic co-operation of such public eating places cannot be secured by other means the United States food administration will not hesitate to secure compliance with its orders through its control of the distribution of sugar, flour and other food supplies. A failure to conform to any of the following orders will be regarded as a wasteful practice forbidden by Section Four of the Food Control Act of August 10, 1917."

These general orders prohibit the serving of any bread that does not contain at least the 20 per cent of wheat flour substitutes, and of this Victory bread no more than two ounces may be served to a patron at one meal; if no Victory bread is served four ounces of other breads, such as corn bread, muffins, Boston Brown bread, etc., may be served. The limits named apply to any one

person at any one meal. Bread served at boarding camps excepted as is bread containing at least one-half rye flour. No bread is to be served until after the first course is on the table and no bread or toast may be served as a garniture.

Bacon is also barred as a garniture and only one meat may be served to a patron at a meal. Included in the definition of meat are beef, mutton, pork and poultry. Not more than a half-ounce of butter is to be served to one person at a meal, and Cheddar (American) cheese is limited to the same amount. "Double" cream is banned.

No sugar bowls will be on the tables, a teaspoonful is the limit for a meal, and then only when asked for. Two pounds is the allowance to be observed for each ninety meals served, including cooking.

No waste food may be burned but all must be saved to feed animals or reduced to obtain fats.

Attention is specially directed towards the conservation of bread and butter, cereals, meats, fats, sugar, coffee, cheese and ice, to fresh vegetables and fruits which should be served when possible, and to unnecessary suppers, teas, luncheons and banquets, which are condemned as "fourth" meals. The food administration desires as few fried dishes as possible.

The new regulations affect hotels, restaurants, dining cars, steamships, clubs, and other places where food is sold to be consumed on the premises. In a message to the managers of such establishments the Food Administrator fully explains the food situation with reference to the war, and tells what the people of the United States must do in the way of saving food in order to make good the pledge which, authorized by the President, he gave to the Allies at the recent conference of food controllers.

The Food Administration points out that this accomplishment in 1919 will save a host of American lives that will have to be sacrificed if the war continues until 1920. To strike the final blow in 1919 means that we must not find the men, shipping and equipment for this gigantic army, but that our army, the Allied armies and the civil population of the allied countries must, in the meantime, have ample food if their strength is to be maintained. "We can do all these things," he declares, and I believe we can bring this business to an end if every man, woman and child in the United States tests every action every day and hour by the one touchstone—Does this or that contribute to winning the war?"

LLOYD LEHRBAS NOW AT LOVE FIELD, TEXAS

Lieut. Lloyd Lehrbas of the aviation section in writing the Examiner from Dallas, Texas, says:

By the kind fortunes of war I am once more in the wonderful city of Dallas. You don't know how much that means—but Dallas is an oasis in this desert called Texas. The people treat you like the King's own, nothing is too good for you, and there's a sure-enough-city to spend your liberty in.

I was transferred here two weeks ago, but have been in quarantine until yesterday. We only had about a dozen cases of "flu" here—no deaths—but it has been an epidemic and a half in Dallas itself and in other parts of the state. There are now over 1200 cases in the city, with many deaths, and all the shows, dances, churches and public gatherings of any kind are closed. The Kaiser found a good ally in the old "soozy" because it has undoubtedly caused a falling off in bond sales as no gatherings are being held.

The instructor's job at Wichita got too much for me and I was all ready to crack. I've never worked so hard in my life as since I've been in this man's army and six and seven hours flying a day, piled on what came before it, was getting too much for me. To tell the truth I'm not feeling like a million dollars yet.

I'm flying very little here now as the school is terribly crowded, and have time for a little journalistic musing. I'm associate editor of the

Love Field Loops, one of the peppiest little papers you ever saw published in an army camp, and writing the feature stuff and attempting to write a so-called humorous column for it after the style of B. L. T. I'm sending you a copy so you can judge the paper itself.

Besides that, I'm assistant general manager and officer in charge of publicity for a big show we are to pull off here on the first two days of November to raise funds for recreational purposes. It's going to be the biggest thing in the way of flying ever pulled off in Texas, and Texas is the center of the aviation game just at present. In fact the only thing we'll take a back seat to is the great war itself.

Every stunt ever pulled will be shown, a mimic battle above the clouds between Hun and Eagle, bombing raids, night flying, parachute jump from an aeroplane and formation flying—all for four bits of these Texan farmers' money. We will have a midway a half mile long with twenty-five side-shows, including a free airplane exhibit, minstrel show, days of '49 dance, Madri Gras masque, and other carnival features. The advertising is to be done with all methods and featured by airplane advertising. I have ten ships for my use and they will visit every town within a radius of 100 miles of the city, dropping dodgers and telling the people about the big show. I have a 2500 mile trip by air cut out for me, all publicity stuff.

Fortunate is the man who doesn't find fault because he doesn't know where to look for it.



JIM SHERROD KILLED IN POCATELLO BY A NEGRO.

James C. Sherrod, a former well known young man of Montpelier, but for the past year a member of the Pocatello police force, was shot and killed by an unknown negro last Monday night while in the performance of his duties.

The Sherrod family came to Montpelier about eight years ago from Twin Falls where they resided for a short time, after arriving from Alabama, their native state. "Jim," as he was familiarly called, secured a position with the Sidney Stevens Implement Co., which he held until about four years ago, when he accepted the position of special officer for the Oregon Short Line, under Special Agent Joe Jones. A little over a year ago he resigned his position with the Short Line to go on the Pocatello police force.

A year ago last June Mr. Sherrod was united in marriage to Miss Verona Smith, daughter of Dr. and Mrs. Geo. T. Smith, formerly of this city, but now of Salt Lake. Mrs. Sherrod was in a maternity hospital in Salt Lake at the time, and Wednesday morning gave birth to a son. Word from Salt Lake yesterday morning stated that the mother and babe were doing nicely.

At the primary election last September Mr. Sherrod received the nomination for sheriff of Bannock county on the democratic ticket. That he was a popular young man is evidenced by the fact that he won the nomination over several other aspirants, who were old-time residents of that county, while he had been a resident of the county less than two years.

The bullet which caused his death was fired from a .38-calibre revolver, and entered the lower part of his abdomen. He lived about two hours after being shot. He stated that after being wounded he fired two shots at the fleeing negro and felt pretty sure that one of the bullets had hit its intended mark.

Mr. Sherrod's parents removed to Salt Lake a few months ago, although his father was working with a Short Line bridge gang and was at Sage when apprised of his son's untimely death. A sister was also teaching school at Bennington.

The remains were taken to Salt Lake Tuesday for burial. Mr. Sherrod had intended going to Salt Lake that day to remain for several days with his wife.

CLEVE HAUCK TELLS OF "CHARGING THE ENEMY."

Mrs. Peter Hauck received a letter the first of the week from her son, Cleve, who is at Camp Fremont. He was recently advanced from private to corporal. From his letter we publish the following:

We are now taking training with the gas masks and they are sure miserable things for a while but one soon gets used to them. We went over on the hills today to work out an enemy problem. It was to show us how to make a charge on the enemy, only we used targets for the enemy. They have them fixed so that they can pull a bunch of targets up at once and they are shaped like a man from the knees up. When we get to where they call the "danger zone" we have to keep watch for no one knows where the targets are until they come up. We ran into two bunches and put holes through all of them at a distance of 900 yards. The Major was well pleased with our work. We have another parade tomorrow and our company is to head the division, as we have made first since last Saturday and if we still make good tomorrow we will keep it. After the parade I think Pete and I will go over to Frisco, if nothing else shows up.

BEAR LAKE WILL GO OVER TOP IN FOURTH LOAN DRIVE

The Examiner is pleased to be able to state that Bear Lake will go over the top in the Fourth Liberty Loan Drive, which closes tomorrow night. We are unable to give the total amount subscribed in this issue, but Chairman Hoff informed us yesterday that reports from the various towns, including Montpelier, showed that the total subscriptions received to date, with others that were to come in, would place the county several thousand dollars above its quota of \$240,000.

STUDY THE BALLOT IN THIS ISSUE OF THE EXAMINER.

Elsewhere in this issue is published the names of the candidates to be voted for on Nov. 5 in the form in which they will appear on the official ballot. Our readers will notice that there is a material change in the form of the ballot this year as compared with that of former years. Instead of the names of the republican and democratic candidates appearing in separate columns the names are all in one column, under the heading of the office for which they are seeking. The politics of each candidate is designated to the right of his name, and the voter will place a cross in the square to the right of the name of the candidate for whom he wishes to vote. It will be impossible this year for a person to vote a "straight ticket" by placing a cross in a circle at the top of his party ticket. Voters must place a cross opposite the name of each candidate for whom he wishes to vote.

Be careful not to place a cross after the name of both candidates for the same office. For instance, if you should place a cross after the names of D. W. Davis and H. F. Samuels, the candidates for governor, your vote could not be counted, as the judges of election would have no means of deciding which of the two men you intended to vote for. This rule will apply for every office except for district judge. In this case you should vote for two, as there are two judges to be elected, and there are four candidates for this office.

Read the ballot over carefully so that you will be able to vote quickly and intelligently when you go to the polls on Nov. 5.

Bear in mind that you cannot vote unless you are registered. You cannot "swear in" your vote on Nov. 5. The registration books will be open until 9 o'clock Saturday night, Nov. 2. If you registered prior to the primary election you will not need to register again.

TIME TO BE SET BACK ONE HOUR OCTOBER 27.

October 27th timepieces will be set to the old time at 2 a. m. This is the official announcement of the U. S. railroad administration.

All clocks were set ahead one hour at midnight March 31, and life throughout the United States since that time has been regulated by this time schedule.

Exactly 210 hours of daylight, or eight and three-quarters days' time will have been saved since the daylight saving plan was inaugurated on the last night of March.

One more hour of sleep will be enjoyed by everyone in the country October 27, for when the hands of the clock point to 2 in the morning they will be set back to 1 o'clock.

Better be a tramp in the woods than a hobo in the woodshed.

INFLUENZA STILL RAGING THRUOUT UNITED STATES

Despite the Drastic Measures Which are Being Used the Disease Numbers Its Victims by Hundreds—Local Condition Still Good.

The Spanish influenza still has a strong grip on this country, despite the hard fight that is being made against it. However, in some sections of the country, where the disease first appeared, the conditions are much improved, but it is continuing to spread throughout the land and there are but few places in the United States where it has not made its appearance.

In Utah the disease has spread rapidly the past week, but the percentage of deaths has been light. The Utah State board and the Salt Lake city board of health are working in conjunction to keep the situation as well in hand as possible. However, Dr. Beatty stated Tuesday that, according to all indications, the disease had just strated in Utah and a long and bitter fight could be expected.

Wednesday the Idaho state board of health said that there were between 400 and 500 cases of influenza in the state, Bannock county, with 140 cases, having the largest number of any county that had reported to the state board. The state board has directed the county and city boards of health to use every means possible to stamp out and prevent the spread of the disease.

At this writing, Thursday afternoon, the situation in Montpelier is good, which is due largely to the stringent orders that have been put into effect by the city board of health. The great trouble in keeping the disease out, is the handling of people who come into the city from infected districts. So far this phase of matters has been well handled.

A quarantine has been placed against the people of Star Valley, in which there were two deaths up to Wednesday and a large number of cases. In fact, a telephone message was received here from Afton Wednesday evening, asking if nurses or help of some kind could be sent there, as there were 14 cases in the town with no nurses and very limited medical assistance.

If the people will co-operate with the local board of health in carrying out the latter's orders, it is barely possible that anything like an epidemic of the disease can be averted in Montpelier.

Dr. Woods Hutchinson, the noted American authority on health and sanitation, was in Salt Lake Tuesday, having come from Boston where he went through the epidemic of influenza in that city. He gave out some statements relative to the disease and its action, which are of interest. Probably the most startling announcement made by Dr. Hutchinson was to the effect that medical treatment won't prevent or cure the malady. He stated that no medicine has been found that would prevent a person who was susceptible from taking the disease if he were exposed and medicine would not cure him after he got it.

"It is true that a vaccine has been

developed which has been found to give fairly good results in prevention and has been quite effective in reducing fatalities, but this is so limited in quantity, and the possibilities of its manufacture are so limited that it cannot be gotten in quantities sufficient to be of material use in this epidemic," said Dr. Hutchinson.

"Hence the only thing to do is to take every possible precaution to protect yourself from infection. Using medicines for this purpose is useless. Nothing has been found that is effective. The only thing that is at all effective is the gauze mask and people who want to protect themselves should wear them, even in street cars, on the streets and other places where they are likely to come into contact with the disease.

"If you get the disease you don't need a hospital, a physician and a trained nurse. They cannot do anything more for you than any other person who will wait upon you and see that you have what you want. No medicine has been found which has any effect upon the disease, so you don't need medicine. If you get the disease in the pneumonia stage, what you need is not a hospital with doctors and nurses, but a tent out in the fresh air with someone, protected by a mask, to see that you have water to drink and nourishing food. If the resistance powers of your constitution are sufficient to throw off the poison you will get well. If they are not you will be dead in about three days. But you stand far better chances for recovery out in the fresh air than in a most modern hospital. Fresh air is the only medicine and the only treatment that seems to have any effect at all. But experience has demonstrated that fresh air is effective, therefore it should be used to the fullest extent."

"If a susceptible person gets a dose of the germs in his nose," said the doctor, "he is going to get the disease in spite of everything. Whether he will throw it off or will die from it depends entirely upon whether his constitutional resistance is sufficient to overcome the poison."

In short, Dr. Hutchinson says that if you wish to guard against infection wear a gauze mask, and if you get the disease, go to bed in the fresh air and stay there.

"It is a peculiarity of the disease that it attacks the physically strong and robust just as quickly and as fatally as it does a weak person. In fact, it seems to hit the strongest more fatally than the weak. But it is also peculiar that the malady does not seem to attack children and old people to any extent. It is persons from 25 to 35 or 40 among whom it seems to spread most."

The doctor explains that the bacilli of the disease have the queer habit of disappearing from the nose and mouth of the infected person in light cases within two or three days and the patient thinks he is well. Then he suddenly develops a lung infection that is highly fatal. The bacilli merely move from the mouth and nose to the lungs, he explained, and there gather force for the infection which is so quick and so fatal.

Pathological tests that have been made, the doctor stated, have shown that the lung infection in fatal cases was neither pneumococcus nor streptococcus pneumoniae, but pure influenza. He says that the influenza bacilli are found in pure culture and without mixed infection.

XMAS PARCELS STATIONS AT MONTPELIER AND PARIS

Mrs. M. J. Davis, chairman of the local Red Cross chapter, has decided to establish only two Christmas parcel stations in the county—one at Paris and the other one in Montpelier. The Paris station will be at Red Cross headquarters in the Browning block, and the Montpelier station will be in the large room in the Groo & Toomer garage, where a Red Cross representative will inspect and wrap the Christmas parcels, each afternoon from Nov. 7 to 14th. It is expected that the cartons in which to send Christmas presents will be received within the next two weeks. The sending of Christmas presents, under the direction of the Red Cross, applies only to soldiers who are overseas. Those having sons, brothers or sweethearts at any of the cantonments in the United States will not have to secure the cartons in which to ship presents. Bear in mind, however, that postmasters cannot accept parcels for shipment overseas unless

they are in the regulation cartons and bear the Red Cross seal.

SALE OF WAR SAVINGS STAMPS FOR SEPTEMBER

During the month of September Thrift Stamps and War Savings Stamps were purchased in Bear Lake county to the amount of \$5,706.80.

The report of the various precincts is shown by the following report submitted by Chairman E. C. Rich:

| | W.S.S. | T.S. | Value |
|-------------------------|--------|------|-----------|
| Bennington | 15 | 13 | \$ 46.25 |
| Bern | 95 | 97 | 433.50 |
| Bloomington | 37 | 135 | 189.15 |
| Dingle | 15 | 97 | 87.25 |
| Fish Haven | 27 | 130 | 145.90 |
| Geneva | 154 | | 646.80 |
| Georgetown | 47 | 40 | 251.40 |
| Liberty | 20 | 35 | 92.75 |
| Nousan | 140 | 94 | 495.50 |
| Ovid | 81 | 119 | 369.95 |
| Paris | 174 | 400 | 829.20 |
| Pegram | 8 | 9 | 35.85 |
| Raymond | | | |
| Montpelier and Wardboro | 901 | 1246 | \$4065.70 |
| | 1008 | 1450 | 4621.80 |
| Total | 1909 | 2696 | \$7046.50 |