

Colds Are Contracted Principally as Result of Mixed Infection

By DR. R. H. BISHOP, Jr., Commissioner of Health, Cleveland, Ohio

The word "cold" as familiarly used covers a number of separate and distinct diseases.

One form, rhinitis, is an inflammation confined to the nasal passages; coryza is an inflammation confined to the nasal passages and adjacent sinuses; pharyngitis is an inflammation of the pharynx or vault of the mouth.

Laryngitis is an inflammation confined to the larynx, while bronchitis is an inflammation confined to the bronchial tubes. Tonsillitis spells infection of the tonsils, and then there are influenza and the various aches and pains in different parts of the body, all of which are alluded to by most people as colds.

A cold usually begins in the mucous membrane of the nasal passages or pharynx and extends to adjacent sinuses and to the bronchial tubes.

Colds are contracted principally in two ways as a result of mixed infection. The first when germs already existing in the nasal or pharyngeal mucous membranes become sufficiently active to cause inflammation; second, when virulent germs gain entrance as a result of direct contact with some person having a cold.

There are always present in the respiratory mucous membranes groups of germs which under certain conditions will develop a cold, as when the bodily conditions are disturbed by atmospheric or physical conditions, including exposure to cold, wet clothing, chilling, drafts, etc.

The second cause, which by far results in the greater number of colds, is a result of direct contact with a person having a cold.

Every Word of Peace Advocacy at This Time Born of German Propaganda

By EDWIN ARDEN

In an address to members of the chambers of commerce and Manufacturers' association of Dallas, Tex., Maj. Stanley A. Washburn of the United States army said that, "The men who go about the land in the guise of pacifists, urging the war be ended, are your personal enemies as much as if they had knives in their hands and were stabbing your sons 'Over There' in the back.

If Major Washburn is right, and any thinking person knows that he is, why are these brazenly outspoken pacifists allowed to be at large, sowing the seeds of sedition and stabbing our boys in the French trenches with an "American" knife "made in Germany." The answer is that few of us think straight concerning the ghastly possibilities of this war affecting us individually. And even the thinkers are not yet awake to the deadly effects of this Prussic Acid which is eating into the united loyalty of the American people.

Every word of peace advocacy at this time is born of German propaganda, whose sole purpose is to create in the people of this country an inert and listless attitude toward a vigorous and mighty prosecution of this war—until our help comes too late.

What is the antidote for this poison? Action! Swift, sure and crushing. The pacifists must go; they must be effectually muzzled or exterminated, preferably the latter. As Major Washburn publicly puts it: "They should be tried by court-martial and shot with their backs against a wall."

Thrift Means Something of Ideal of National Temperance in All Living

By THOMAS LAMONT

Thrift is not and ought not to be a forced and artificial economy deliberately resolved on and carried out by a nation. Rather, thrift is an attitude of mind caused primarily by circumstance, and continued and increased by resolve. The significant thing about thrift is not that it saves and conserves merely, but that it implies, on the part of the nation that practices it, habits of self-control and self-denial. Its significance is a spiritual significance, just as waste is significant of slackness, or disorder, of a mind and spirit ill controlled. Thrift means rational living. Without its cultivation to a reasonable extent no individual, no nation, can live a rounded life.

Thrift does not mean stripping life of all relaxation and all beauty. It means no fanatical, puritanical extremes of self-discipline. It means rather something of the idea that underlay the civilization of ancient Greece—the ideal of national temperance in all living. It calls for well-considered conduct of thought and of living. It does not mean that the world will be a Utopia, but merely that the standards of the average man and the orderliness of his life will be raised. Thrift, then, is not saving and conserving merely, but something far more significant—self-control and self-denial and temperance; qualities that mean more in terms of sheer national wealth than all the gold that was ever mined.

Necessity of Safeguarding Children Attending Schools Is Emphasized

By OWEN R. LOVEJOY, General Secretary National Child Labor Committee

We must have a compulsory system of education, one which will not permit truant officers to feel that they have done their full duty when they have brought back to school children who have been staying away. We should make our schools so attractive and alluring that no child would be willing to stay away. To do this there must be a combination of book learning and hand learning.

I advocate the physical examination of every child entering kindergarten and the system of following up that child with a record of his physical resources which will be like his own shadow. When he is through school and ready to enter the business world there will be his health card ready to show his prospective employer. By this means, if we should have another war ten or fifteen years hence, we would be definitely sure we should not have a generation of weaklings to offer for service. Some of our states show 80 per cent of the volunteers rejected because they were physically unfit.

New Separate Skirts With Tunics



The separate skirt has made a permanent place for itself among the things looked for with the return of each spring, like the robins and leaves. It isn't a question any more of whether or not we will have separate skirts, but how we will have them. Judging from those now before the eye of the buying world we are to have them with tunics. The tunic is the center of interest on the new model, and it is a tunic amplified and intricate that moves in devious ways its wonders to perform.

Unlike the skirt in spring suits the separate skirt is not very narrow, those in silk are cut rather full. The over drapes, or tunics are almost always uneven in length and draped in unusual ways. Two somewhat eccentric and wholly original examples of the new tunic skirts are shown in the picture.

We may wear skirts of silk, fibrous, or cotton, and have them full, with a clear conscience. There are enough fabrics of this kind to go around, even when skirts are a long way around, without depriving the government of anything it needs for the soldiers and sailors. Therefore the skirt at the left may be excused for hanging in ample folds at the back and sides with somewhat less fullness at the front plaited into a yoke. The over drape is one of many that is shorter in the back than in front. There is an odd girdle of the silk that is narrow at the back and widens to pointed ends at the front, where it fastens with button and buttonhole.

The skirt of taffeta in navy blue and white shows odd, tapering streaks of white on the blue ground. This is a favored color combination for spring. It has a short plaited tunic that falls over longer side draperies of the silk and a wide girdle, also of silk like the skirt, fastening at each side of the back where the tunic drapery is arranged in a double box plait.

Meeting Spring Halfway



It has come to be the fashion to begin wearing in January millinery that takes note of the coming of spring and ignores the bitter fact that the thermometer sticks around the zero mark with a cruel persistence. Some women even wear a straw hat in defiance of weather that compels them to fortify themselves against it with heavy fur coats. Others choose cheerful, demi-season hats that seem to be designed for any climate, they do not belong definitely to any season.

In this new spring song of millinery that makes itself heard everywhere in January, they are the important and sustaining theme.

A group of three of these first hats of spring is pictured above. Women who are going south may choose any one of the three with the assurance it will bear comparison with any of the hats it will meet. Women who are not going, or whose stay will be brief, may select two out of the three, and wear them anywhere.

The hat at the top is made of dark purple velvets, over a frame that is covered with purple satin. It is just a mass of flowers crowded together, with a sash and bow of purple velvet lined with corse satin tied about it. It looks no more out of place in the midst of Northern snows than the violets in the florist's window, and is just as refreshing to look at.

The hat at the right is of varnished black millah braid, faced with black taffeta silk. It has a crushed sash and a generous bow of many loops made of

Home Town Helps

EVERY YARD TO HAVE GARDEN

Writer Urges Importance of Movement, to Be Impressed on All Members of the Community.

One of the first necessities, says Dr. John H. Finley in a recent paper on gardening, is to arouse interest in the work among the young people of the community, but fully as important as this is securing the co-operation of the parents. It is quite necessary for the entire success of this movement that the older people not only realize the importance of increased production during the coming year, but that they also take an active part in the production.

It is especially important that only good seeds and good plants be used. Therefore, those who are in charge of this work should see to it that those having gardens be referred only to reliable firms for seeds. In order that lack of capital may be no handicap to those desiring to take up the work, there should be provided and administered a loan fund for those who need assistance in buying manure, hiring vacant lots or large garden plots, and in paying for plowing and harrowing same.

Now is the time to deal with next winter's disturbances; high cost of living, boycotts and embargoes. A national preparedness for war demands that immediate steps be taken by every individual to do his share in the production movement. "A garden in every yard" should be our slogan.

ADOPT CITY-MANAGER PLAN

Twelve Cities of Texas Have Proclaimed Allegiance to That Form of Civic Government.

Of the 51 cities in the United States that have adopted the city manager plan, or some modification of it, Texas leads with 12 cities. Texas was the father of the commission form of government idea, and seems destined also to lead in the movement to adopt the city-manager plan. The following Texas cities have adopted the plan outright: Amarillo, Brownsville, Denton, San Angelo, Taylor, Tyler, Bryan, Sherman and Yorkum, Brownwood, Teague and Terrell have adopted modified forms of the city-manager plan. Salaries are paid Texas city managers ranging from \$1,200 to \$3,000 per year. Salaries outside of Texas for the same work run much higher. For example, the city manager of San Diego, Cal., receives \$6,000 per year; of San Jose, Cal., \$5,000, and of Dayton, O., \$12,500.

A recent bulletin issued by the bureau of municipal research and reference of the University of Texas contains information about the spread of the city manager idea, as well as a discussion of its development out of the commission form of government, with a clear exposition of what the plan really is. In addition, a complete bibliography of articles that have been written on this new way of governing American cities is given. Free copies may be had by addressing Dr. H. G. James, bureau of municipal research and reference, University of Texas, Austin, Texas.

Jacobean Architecture.

The architecture of the Jacobean house came through the walls, forming a background for furniture that in turn reflected its motifs. A massive chimney was usually the most finished factor in the room. It bore the mantel arms.

Celling and walls were a frank confession of the house structure—hand-hewn beams broke the rough-plastered walls, giving the room a vigor and crudeness characteristic of the times. The gallery was not an uncommon feature in this period.

In addition to the stone fireplace, the sturdy oak furniture, the wrought iron lights and the timbered walls, the finer of Jacobean rooms had another feature—an oriel window broken in places with colored medallions.

Hint to Cities.

The National Housing association apparently does not regard as an obstacle to improved housing generally, the admitted fact that all American communities impose a heavy burden upon citizens who erect dwellings upon vacant sites, whether for their own use or the accommodation of others, says The Public. At a time when the high cost of labor and materials has brought building to a full stop, although the need for additional housing is keen and unsatisfied, it would seem an obvious emergency measure that the city or town should exempt buildings from all possible burdens, but no public bodies seem to think so.

Building Lawns.

Lawns that are patchy or spotted may have bad spots filled with new soil and sown or planted with sod taken from elsewhere and well fitted and battered down. The latter is the better way. If the lawn is to be made anew, please remember it cannot be too heavily stirred, too heavily fertilized nor can the fertilizer be too thoroughly mixed with the soil. Then settle thoroughly with water before seeking to make it smooth.



WASH THE KIDNEYS!

All the blood in the body passes thru the kidneys every few minutes. This is why the kidneys play such an important role in health or disease. By some mysterious process the kidney selects what ought to come out of the blood and takes it out. If the kidneys are not good-workmen and become congested—poisons accumulate and we suffer from backache, headache, lumbago, rheumatism or gout. The urine is often cloudy, full of sediment; channels often get sore and sleep is disturbed at night. So it is that Dr. Pierce, of the Invalids' Hotel and Surgical Institute in Buffalo, N. Y., advises "Washing the Kidneys," by drinking six to eight glasses of water between meals and then if you want to take a harmless medicine that will clear the channels and cure the annoying symptoms, go to your druggist and get Anuric (double strength), for 60c. This "Anuric" which is so many times more potent than lithia—will drive out the uric acid poisons and banish the kidneys and channels in a soothing liquid. If you desire, write for free medical advice and send sample of water for free examination. Experience has taught Doctor Pierce that "Anuric" is a most powerful agent in dissolving uric acid, as hot water melts sugar. Send Dr. Pierce 10c for trial package.

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Thought Ownership Changed.

A little boy and his mother were seated across the aisle from me in the car and I asked the mother to let the boy ride with me. After sitting beside me a few minutes, he asked: "Do I belong to you now?"—Exchange.

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"I'd rather get a letter like that, says Peterson, than have John D. Rockefeller give me a thousand dollars. It does me a lot of good to be able to be of use to my fellow men.

For years I have been selling through druggists a large box of PETERSON'S OINTMENT for a trifle. The healing power in this ointment is marvelous. Eczema goes in a few days. Old sores heal up like magic; piles that other remedies do not seem to even relieve are speedily conquered. Pimples and nasty blackheads disappear in a week. 30 cents a box. Adv.

Pretty.

"Is she very pretty?"
"Very. She keeps her father broke buying gowns to equal her face."

To Dyspeptics: Others have found a steady course of Garfield Tea a pleasant means of regaining health. Why not you? Adv.

Worth While Quotation.

"A laugh is just like sunshine—it brightens all the day."

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