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THE DECLINE OF VOLUNTEER WORK

A woman prominent in philanthropies in another city was speaking the other day of the difficulty of getting volunteer workers. Years ago there seemed to be a lot of young men who could be secured to visit the sick and read to them, teach in mission Sunday Schools etc.

Probably the type of women who used to do this work are now engaged in professional employment. Formerly these girls remained in their homes, helped about the housework and had much leisure time.

Thus the world gets on a more commercialized basis. The unmarried girls who used to be visiting the sick is now pounding a typewriter.

But the family that has one or more girls having a regular income should be in easier financial circumstances. The girl having become self supporting, the man of the family is relieved from one drain on his income.

The man who is relieved from the support of his daughters should remember that years ago the women used to carry on without pay many charities and philanthropies. Now much of this work has to be paid for.

THE GAP IN THE CABINET

Mr. L. M. Garrison doubtless impresses Mr. Woodrow Wilson as a most foolish person. The former retires from an eminent position of honor and trust rather than participate in a mistaken solution of the preparedness problem which would prevent if not destroy the opportunity to procure measures of real, genuine national defense.

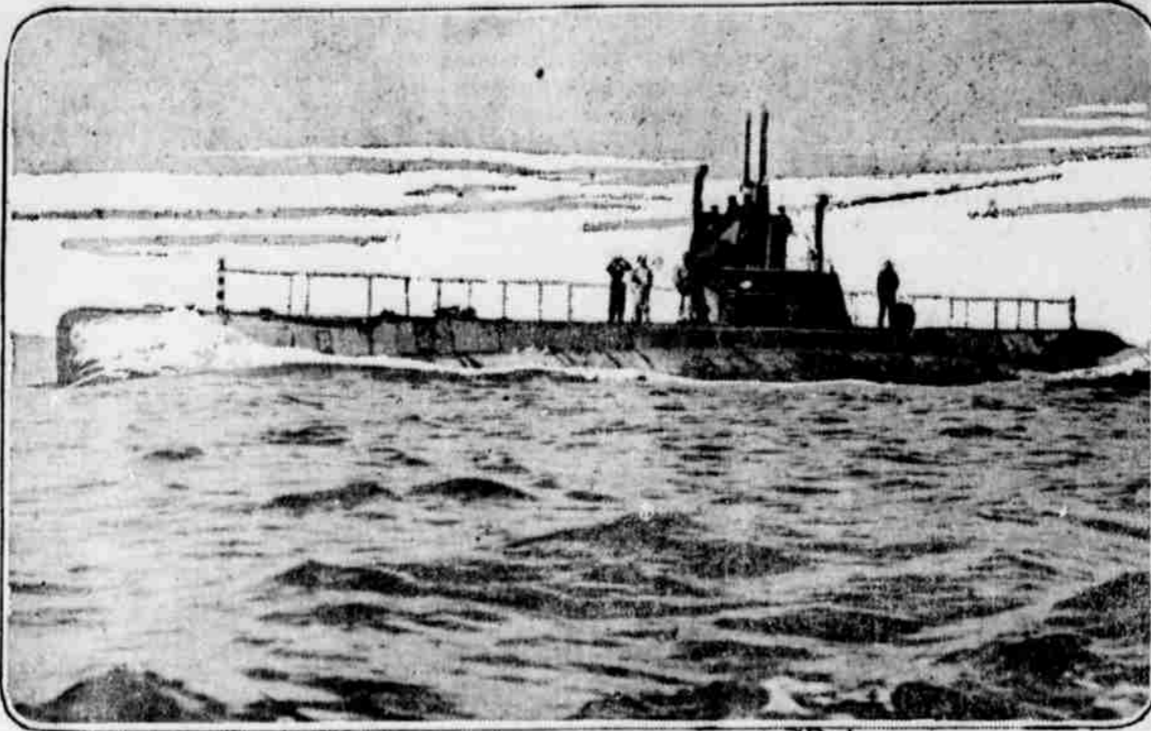
President Wilson was as irrevocably committed to the continental army proposal as was his Secretary of War. The plan was drawn by the Secretary, but the President accepted it and made it his own.

ARCHIVES NEED OVERHAULING
An almost amusing feature of the present war—if in such a cataclysm anything can be found amusing—is the necessity which has arisen for rummaging in the national archives, and bringing forth to the light of day unremembered and yet not innocuous old treaties, agreements and stipulations.

The continental army policy joins the others the President has welcomed in haste and abandoned at leisure when expediency called. It has entered the discard with watchful waiting, free trade, freedom of the seas, state's rights, nation wide presidential primaries, one presidential term, free passage for American coastwise ships through the Panama Canal, peace at any price, too proud to fight the new freedom, and so on, ad infinitum, ad libitum, ad nauseam.

Secretary Garrison's retirement is more serious than the mere withdrawal of the only important member of the government who seemed to comprehend the necessities of national defense and to be sincere in seeking to supply them. He alone re-

SUBMARINE K-5, REPORTED MISSING ON WAY FROM NEW YORK TO PENSACOLA



U.S. SUBMARINE K-5

Reports reaching Charleston, S. C., said that the K-5, one of the four submarines of the K type en route from the New York navy yard to Pensacola, Fla., was missing. A report from Washington told the country that one of the four submarines of the K type, a member of a flotilla of four submarines en route from the New York navy yard to Pensacola, was "lost in the fog."

duced the cabinet from hopeless mediocrity. He alone arose above petty-foggery and parochial politics in considering national questions. He alone gained and held public confidence in his intelligence and his sincerity. The remainder of the cabinet could sit comfortably in the single chair he has vacated.—Herald Republican.

ANOTHER COST OF LIVING ADVANCE

The woes of the householder multiply. One advance in cost is followed by another. One of the latest is the announcement that wallpaper, due to scarcity of German dyes, has gone up in price from 25 to 30 per cent.

The time has gone by, however, when the cost of wall paper was the principal item in interior decoration. Labor has gone up so much of recent years that an advance in the cost of the paper has become a secondary item.

This added expense of interior renovation is keenly felt by the housewife. Occasional applications of clean new paper add greatly to the attractiveness of a home. These are days of dirt and dust and smoke, and wall paper does not wear clean the way it used to. The papers that our grandfathers put on would often last a great many years, and seem fresh and neat even then.

This item of household expense can be much kept down by using dark colored papers, though as noted above these are the most expensive now. But it costs no more for the paste brush artist who puts them on. Many housewives object to dark papers, on the ground, that they make rooms look smaller, and if a house is not well lighted they diffuse an atmosphere of gloom.

In spite of these extra costs the paper hangers keep busy most of the time. As in all other departments of domestic life, the people find the price for it somehow. The landlord charges it up with his rent, and the public growls and pays the bill.

ARCHIVES NEED OVERHAULING

An almost amusing feature of the present war—if in such a cataclysm anything can be found amusing—is the necessity which has arisen for rummaging in the national archives, and bringing forth to the light of day unremembered and yet not innocuous old treaties, agreements and stipulations. Like certain obsolete laws which have slumbered for generations in the statute books of some of the earlier commonwealths, many of these dusty covered documents have passed quite out of public memory, and when brought to notice they are found to be full of vexations and absurdly unsuited to enforcement under present day conditions.

Recent illustration of this fact is found in the case of the steamer Appan, brought into a United States port by a German prize crew. The course of this government in the case has had to be in large degree influ-

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By J. R. HAMILTON
Former Advertising Manager of Wanamaker's, Philadelphia

Ninety-six per cent of all the people in the United States earn less than \$2,000 a year.

Therefore it behooves every one of you to learn to read this paper day by day with two purposes. One, that you may post yourself upon the general news. The other, that you may post yourself upon the advertising news.

The day is past when anyone can afford to overlook this second feature. It is the road to economy in every home. There isn't a day passes when money cannot be saved or when better goods cannot be bought for the same money simply by following carefully the advertising news that is published here.

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If any merchant is so careless as to overlook the great combined purchasing value of thousands of you readers every day, the chances are he is overlooking many a good merchandise value when it comes his turn to go into the markets and buy.

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There isn't one family that cannot reduce its cost of living at any time simply by carefully reading and buying entirely through the advertising pages of this paper day by day.

enced and determined by the provisions of a treaty concluded by the United States with Prussia nearly a century ago. Prussia was then an independent state, under its own monarch, and only within less than half a century has the kingdom become a part of the German empire with its king as German Kaiser. But the old treaty, though almost forgotten, remained in force, and compliance with its terms on our part has resulted to Germany's material advantage. The comforting feature of such an incident is that it testifies to the harmony and tranquility that have characterized the relations of the two governments. At the same time it suggests that once in a while there should be a thorough house cleaning of the state department, and that from the dusty vaults there should be extracted the ever accumulating mass of diplomatic verbiage, with a view to its revision or repair in case it is worth keeping or its putting away permanently in case it has outlived its usefulness.—Deseret News.

AEROPLANE IS FEATURE OF PARADE

A feature of an enormous parade

held recently at the inauguration of the newly elected lord mayor of London was an aeroplane attached to the rear of an automobile and pulled through the streets as one of the spectacular floats. The use of a flying machine in such connection was unusual, especially in such an old time pageant as the lord mayor's parade. The first of such affairs was held in 1215 and grew out of a requirement in a charter granted by King John that the citizen chosen to be mayor should be presented to the king or his justice for approval. The mayor rides in an elaborate coach in such parades.

MAKES AN IMPRESSION

In the speech Mr. Wilson delivered before the Railway Business Association there was ample evidence that he had accurately appraised the nature of the work that lies before him. He did not speak as a partisan politician; he sought no advantage for himself; nor for any other individual; he did not impugn the motives of any body of men. What he did attempt to do was to convince his hearers that the safety and welfare of the United States require at this

time and under the circumstances now obtaining a reasonable establishment for the protection of American ideals and the preservation of their integrity.

Mr. Wilson typifies the vast citizenship before which he lays the case of this country. He is himself an advocate of honorable peace; he is not one of those who "see red when all the world seems to run with blood," and therefore his words will have a greater weight with reasonable men. And who, believing that Americans are worthy of their heritage, can believe that his solemn and sober warning and plea will fall on deaf ears?—New York Sun.

A LEAP YEAR ANSWER

I have listened, Amaryllis, I have heard your story through, And, as I remarked to Phyllis, I believe it all is true— It doth ring, O quite sincerely, and it fills me with delight, For I love you quite as dearly as the moonbeam loves the night.

It is sweet to know you love me with the whole of your dear heart, And by the stars above me I would gladly do my part, For I find my love is burning not less ardently than yours, And the substance of my yearning my sincerity assures.

But—I feel that I must say it—tho my lips would rather not— In this game of life I play it at a pace that's rather hot, I'm a man of many fancies for the luxuries of life, And I've some extravagances that might vex a willing wife.

I have clubs—some ten or twenty—and a score of motor cars, Father gives me money plenty for my neckties and cigars, As you know, I'm quite a dandy, and my costumes are au fait— Seven suits all spick and spandy are my portion every day.

I should say that forty thousand it now costs to play the game— That's the sum my dad allows, and you would have to do the same; So that when you come to court me I must ask one thing of you: Do you think you can support me in the style I'm 'customed to?

Lead or Paint Poisoning

Dr. H. J. Frederick, head of the Veterinary Science Department of the Utah Agricultural College is authority for the following article:

Many animals, principally cattle, are lost each year as a result of leaving paint cans or buckets around the corrals or in places where cattle are kept. Again, where animals have access to garbage or refuse dumps they often find empty paint receptacles and often get fatally poisoned. Old paint buckets or cans or scrapings of white, yellow or red lead—in fact lead of any form—has been left over from painting is thrown out with the garbage or the manure where it will last for years, and finally animals will find it and lick it thus causing their death. The sweet taste of some of the compounds seem to offer an attraction to animals.

There are two kinds of lead poisoning—the acute and the chronic. The greater the amount absorbed the more acute will be the symptoms, whereas in the chronic form sometimes very little has been absorbed and animals may recover.

Symptoms of Lead Poisoning
There is a shortening of breath, paralysis of the extremities, and often of the tongue, so that the animal is unable to swallow, and where it runs a chronic course a blue line is found on the gums along the teeth. They may show blindness, stupor, coma, convulsions, or delirious excitement, fits occurring at intervals, cattle bellowing, pressing the head against solid objects and pushing with all their might often bellowing at the same time. Animals are at first constipated and may later be affected with a diarrhoea, the feces containing pieces of mucus of a black, fetid color. There is usually profuse salivation (slobbering) and muscular cramps. In cases there is a suppression of milk and urine.

Treatment for Lead Poisoning
In the treatment of lead poisoning the first object is to prevent further solution of lead in the stomach and intestines and to carry it off. Sulphate of magnesium (epsom salts) or other forms of sulphate may form an insoluble with the lead and help to carry it out of the digestive tract. Sometimes dilute sulphuric acid is given for the same reason, but where

a sufficient amount of lead has been taken in and absorbed there is no method of saving the animal and it is often a human act to destroy it. Beware of lead in all its forms where animals may have access to it.

COLD IN THE HEAD

Everyone dislikes a cold. It means great discomfort and plays havoc with the personal appearance. The fresh, rosy color disappears, or is replaced by a feverish flush most unbecoming, the eyes lose their sparkle, the nose becomes red and swollen, and an unsightly fever blister often blots the lips. So that from the standpoint of looks alone, we must avoid catching cold.

Winter colds bear a very close relation to respiration; indeed, many people testify to warding off colds by deep breathing, and one remedy for catarrh consists solely of breathing exercises. Any cold means congestion. A cold in the head means the presence of acute inflammation of the membrane lining the nose, generally an infection caused by germs gaining access to the tissues. During undue or unaccustomed exposure to cold, the small blood vessels are contracted, consequently less blood is brought to the surface, resistance weakens, and the germs can attack more easily. Poor air is worse than cold, because it carries germs besides weakening bodily resistance.

Good respirations will counteract this. A full breath quickens circulation; the rich blood, purified by the extra amount of good air in the lungs races along expands the tiny blood vessels, and sends a glow of warmth over the body. The work of the germs is canceled. The next time you go out and feel the chill wind strike through you, and you start to hunch up your shoulders and contract your chest to get rid of the shivers, stop! Throw your head up, assume the correct standing posture with chest out and weight well forward. For a second you will shiver. Then take a deep breath, expanding your lungs to the utmost of their capacity, and exhale slowly. Always remember to breathe through your nose. The nose serves to warm and moisten the air so that it will not irritate the delicate structure of the lungs. Now start walking forward briskly, swing your arms easily, and breathe as deeply as you can.

AFTER LAGRIFFE—WHAT?
F. C. Prevo, Bedford, Ind., writes: "An attack of lagrippe left me with a severe cough. I tried everything. I got so thin it looked as if I never would get well. Finally, two bottles of Foley's Honey and Tar cured me. I am now well and back to my normal weight." A reliable remedy for coughs, colds, croup. Sold everywhere.—Adv.

EUROPE'S SHORT SUGAR BEET CROP

Dr. H. C. Prinsen Geerligs, the well known Dutch sugar expert commenting early in December on the 1915 sugar production of the various beet countries of Europe said: "The best sugar crop is over and the meagerest European sugar output of the last decades is in the ware houses. Probably the estimates made for the production in most countries have not been attained as the tonnage returns as received left must to be desired, perhaps as a consequence of the poor tillage and fertilization in 1915, but perhaps also and to the strongest degree, owing to the farmers utilizing much of the crop as fodder for the cattle."

GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD

Delicious "Fruit Laxative" can't harm tender little Stomach, liver and bowels.

Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad; has sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains full directions for babies, children of all ages and for grown-ups.

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