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W.S.S. WAR SAVINGS STAMPS ISSUED BY THE UNITED STATES GOVERNMENT

The Highland Park Press

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INFLUENZA RULES BY HEALTH DEPARTMENT

SIMPLE METHODS ADVISED

Penalty for Violating $200 Fine or Six Months in Jail or Both for Each Offense

The Illinois State Department of Public Health has issued rules and regulations for the control of influenza which, briefly summarized, are as follows:

1. Immediate reports, to local health officers of all cases known or suspected by physicians and others with immediate quarantine of reported cases. (Call City Hall, H. P. 292.)

2. Isolation of patients for three days after all symptoms have disappeared.

3. Wearing of face masks by attendants.

4. Burning or disinfecting of all articles coming in contact with discharges coming from mouth, nose or throat of patient.

5. Visiting on premises where case exists prohibited.

6. Placarding and absolute quarantine of all places not observing above rules.

7. Prohibiting of spitting, sneezing and coughing in public places unless handkerchief is used as a receptacle or protector.

8. Persons residing on same premises but not coming in contact with patient may go about their business provided they do not attend public gatherings.

9. Penalty for violating the above, $200.00 fine or six months in jail or both for each offense.

To Avoid Influenza

1. Avoid contact with other people so far as possible.

2. Avoid people suffering from colds, sore throat or coughing.

3. Avoid chilling of body or living in rooms below 65 or above 72 degrees.

4. Sleep and work in clean fresh air.

5. Keep your hands clean and keep them out of your mouth.

6. Avoid expectorating in public places and see that others do likewise.

7. Avoid visiting the sick.

8. Eat plain, nourishing food and avoid alcoholics.

9. Cover your nose with your handkerchief when you sneeze and your mouth when you cough.

10. Don't worry, and keep your feet warm. Wet feet demand prompt attention.

How to Treat Influenza

1. If you get a cold go to bed in a well ventilated room. Keep warm.

2. Keep away from other people. Do not kiss anyone. Use individual towels, handkerchiefs, etc.

3. Every case of influenza should go to bed at once under care of a physician. The patient should stay in bed at least three days after fever has disappeared.

4. Patient must not cough or sneeze except when a mask or handkerchief is held over the face.

5. Keep in warm, well ventilated room.

5. The great danger is from pneumonia. Avoid it by staying in bed while actually ill and until convalescence is fully established.

7. The after effects of influenza are worse than the disease. Take care of yourself.

8. Strictly observe the state and city rules and regulations for the control of influenza.

"EARTH'S AWAKENING BEING PUBLISHED

Hymn Written by Mrs. C. N. Kimball Soon to be Presented To the Public

Mrs. C. N. Kimball's hymn of the war entitled "Earth's Awakening," will be presented to the public by Mr. Louis Kreidler at the first Vesper service of the Presbyterian church when public meetings are again allowed.

"Earth's Awakening" was written shortly after America entered the great war. Up to this time, however,

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DOPING THE KAISER

This is the first of a series of cartoons drawn by Walter Freberg of Highland Park. Others of the set will be published by the Press from time to time. Walter is the 18 year old son of Mr. and Mrs. Charles Freberg and from his earliest years at Lincoln School gave promise of the future cartoonist.

BUSINESS MEN ENJOY MILWAUKEE TRIP

Special Train Chartered on the C. N. S. & M. R. R. Thursday For Their Annual Trip

One of the pleasant surprises of the Highland Park Business Men's Associations trip to Milwaukee last Thursday afternoon, was the excellent dinner donated by Mr. Britton I. Budd, president of the C. N. S. & M. R. R. The occasion was the annual outing of the business men. A special train had been chartered to leave at one o'clock and officials of the road had suggested attaching a dining car for the purpose of serving a luncheon to those who would not have time to eat before train time. Here is where the surprise came in. Instead of being able to buy a light lunch on the train, as the men expected, a most excellent course dinner was laid before them with the compliments of the railroad company.

The entire trip was an enjoyable one from beginning to end. Upon their arrival in Milwaukee the men split up. Some spent the afternoon bowling, some playing pool while others took in the boulevard system in automobiles. At seven o'clock they again met by appointment at the Wisconsin Hotel where they had supper, after which many of the men took in a "good show," smoking allowed.

CENTENNIAL SERVICES IN ILLINOIS CHURCHES

Sunday, October Sixth, Has Been Set Aside As Illinois Centennial Day

On Sunday, October 6th, in churches throughout Illinois, special reference will be made to the centennial of the state. The day has been set aside by the Illinois Centennial Commission as Centennial Sunday. Centennial music will be sung and the deeds of the pioneer settlers of Illinois who laid the foundation for the great state will be recalled.

At Springfield a field mass will be given on the campus of the Sacred Heart Convent, under the direction of the Knights of Columbus and the Daughters of Isabella and prominent Catholics from every part of the state are expected to be present. All of the Springfield churches have made plans to celebrate the occasion.

Most of the distinguished guests who will come to Springfield on Saturday to attend the great centennial celebration in connection with the laying of the corner stone of the centennial memorial building and the dedication of the statues of Lincoln and Douglas, will remain over to witness the field mass or attend one of the Springfield churches.

The Centennial Commission is urging that as part of the morning service in all of the churches of the state, at 11:15 a. m., the entire congregation shall sing the new stanza added to the song, "America," since the country entered the war.

FOURTH LIBERTY LOAN AND HIGHLAND PARK

VOLUNTEER YOUR MONEY

Do Not Wait for Solicitor, Call at Any Bank or Liberty Loan Headquarters at 15 St. Johns Av.

With all the odds against it the local Liberty Loan Committee has been forging ahead with the fourth issue in Highland Park. Well over $200,000 of the quota of the $600,000 is in—so far these are volunteer subscriptions on the part of those who realize the tremendous toll of labor and time which a house-to-house canvass would exact.

Through all this week of stress for Highland Park, this committee has been on hand for business at Liberty Loan headquarters, 15 S. John's Ave.

Except for the Liberty Loan we have not made an enviable record in war drives, but in this and this only Highland Park has made a shining record.

Our quota is set by the state board—an organization well qualified to pass on this matter. This, then, is our share of the war in so far as the Fourth Loan is concerned. Shall we accept it and make it? Or shall we fall short?

The young men of this town were selected by our Government and told what was demanded of them. If they were sent to the front, it was not for them to say. "No, we prefer merely to enter the army. We do not care to go to the front line." Their orders were to go.

Let Highland Park remember that we have an easy end of this job. Only our money is wanted for the best investment in the world—a guaranty of our faith in Uncle Sam's government. And what is money? It is that which serves as a medium of exchange while the government at Washington endures.

If you are going to subscribe to the loan, go to the bond committee and volunteer your money at headquarters. Answer this like a man and a patriot, as you would answer the draft summons. This is your share.

LEGAL ADVISORY BOARD AT CITY HALL DAILY

The three members of the legal advisory board will be at the City Hall every evening except Sunday until next Tuesday and longer if necessary to assist registrants in filling out questionaires. This service is free and all those desiring assistance are cordially invited to avail themselves of this opportunity.

BOB O' LINK CLUB OFFERS BUILDING

The directors of the Bob O' Link Golf Club have offered the Club House to the Board of Health to be used as an emergency hospital if it becomes necessary to have more room. At present all cases are being well taken care of and in all probability the Bob O' Link will not be needed.

HIGHLAND PARK COMBATS INFLUENZA EPIDEMIC

ALLOW NO PUBLIC MEETINGS

Churches, Schools and Theatres Closed. Death Percentage Small in Proportion to Number of Cases

Every means known to combat the influenza epidemic is now being used by the doctors, nurses and workers of Highland Park. A systematic house-to-house canvass project has been organized and is now under way. Under this system it will be impossible for any cases to escape notice.

Patients in the emergency hospital are receiving excellent care and at least the epidemic is under process of solution.

By order of the local board of health, schools, churches and theatres were closed last Friday until further notice should be given. Public gatherings of all kinds were also forbidden for the period.

The number of deaths from influenza the past week is not a large percentage in proportion to the population of the city. In a small community like this where people are well known to one another, even this small proportion assumes an exaggerated significance.

LIST OF DEATHS

Mrs. Frank A. Sheeks

Irene Sheeks, wife of Frank A. Sheeks, of Highland Park, passed away last Sunday at her residence, 320 Bloom St. Death was caused by pneumonia, preceded by influenza. Mrs. Sheeks was a beautiful woman, beloved in the home as wife and mother, and outside the home by a large circle of friends. A member both of the Mystic Workers of the World, and of the Highland Park Woman's Club, she filled faithfully a very real place in the community. She was born in Chicago thirty-four years ago and lived in Highland Park during the last twelve years of her life. Surviving her are her husband, two sons and a mother. The funeral services were held from her late residence Wednesday (yesterday), Rev. C. G. Unangst officiating. Interment took place at Memorial Park Cemetery.

Frank J. Leuer

Frank J. Leuer passed away at his home on Glenview Avenue Sunday evening at 7:45 after an illness of only a few days. He was born in Glenview January 11, 1888, and moved to Highland Park with his parents about twenty years ago. On September 16, 1914, he was married to Miss Helen Zahnen of West Chicago. Mr. Leuer was a partner with his brother in the Highland Park Auto and Transportation Co.

On March 27th, 1915, he lost a foot in an automobile accident at the Elm Place railroad crossing, at which time a younger brother was killed, and only recently has he been able to be around and take an active part in his business. He had just completed a new home on Glenview Ave., and he and his brother had just moved their business to their new garage on North Green Bay Road.

He was a member of the Catholic church and the Knights of Columbus.

Mr. Leuer leaves a wife and baby boy six months old, a father and mother, one brother, William, two sisters, Teresa and Margaret, four step sisters, Mary, Katherine, Helen and Florence, and two step-brothers, Herman and Joseph.

Funeral services were held at the Deerfield Catholic church Wednesday morning at 10:00 o'clock, Dr. J. D. O'Neill officiating. Interment at Mooney's cemetery.

Mable H. Benson

Sunday morning at 11:15 occurred the death of Mable H. Benson, oldest daughter of Mr. and Mrs. August Benson of 116 S. Green Bay Road, after an illness of only one week.

Mabel was suddenly taken ill while acting as a delegate at the Luther League convention, at Bethel church in Chicago. She was an active member of the Swedish Lutheran church and League of Highwood, Ill. also of the Y. W. C. A. of High-

Continued on Page 5

EXMOOR COUNTRY CLUB TURNED INTO AN EMERGENCY HOSPITAL

INFLUENZA PATIENTS ARE RECEIVING SKILLED CARE

Highland Park Goes Over the Top in Meeting Big Emergency. Finance Committee Raises Over Five Thousand Dollars to Meet Influenza Situation.

Ever since the outbreak of Spanish Influenza in this city, it has been the painful and repeated duty of Walter H. Baldwin, and the Hospital Board to refuse influenza patients admittance into the Highland Park Hospital. And this was the only alternative, for unless a hospital has a contagious ward, especially set aside for contagious diseases, no board of directors have authority to admit such cases. It would hardly seem necessary to explain in detail just why this ruling must of necessity be so iron-clad, but on taking thought, it must be evident to everyone that obstetrical cases, for instance, cannot be cared for in a small hospital together with contagious diseases.

An Emergency Building Essential

The hospital board conferred with the mayor, and Mr. Hastings, as eager as they, called a meeting at the City Hall last Sunday afternoon at four o'clock to discuss the matter and decide on some line of procedure. It had become evident however that an emergency building to be used as a contagious hospial was the only expedient. At the appointed time about fifty people had answered the summons, comprising the physicians of Highland Park, the Hospital Board, City Commissioners, and representative citizens. Mayor Hastings acted as chairman of the meeting, and Mr. Walter H. Baldwin, chairman of the Hospital Association, as secretary.

After a short resume of the existing conditions by the doctors in which it became evident that drastic measures must be adopted, Mr. Edson White, President of the Exmoor Club, arose and offered the Highland Park Hospital Association the use of the Club House at Exmoor to be used as an emergency annex to the Highland Park Hospital for influenza patients for the remaining period of the epidemic. This plan which had originated in the mind of Mr. E. V. Price, a member of the Hospital Board, previous to the meeting, was promptly adopted as an expedient which, under the circumstances, is most ideal. The Exmoor Club was to be vacated the following day by noon, and the Club House taken over by the Highland Park Hospital Board and operated under its direction.

Mrs. Kennedy, secretary of the State Nurses' Examining Board, who happened to be in town at the time, awaiting a call for duty overseas, volunteered to take charge of the Emergency Hospital. Mrs. Fyffe, as chairman of the Visiting Nurses' Association, offered the services of the visiting nurses in Highland Park, also her own in any capacity wherein she might be called upon to serve. Other women present promptly volunteered their services and announced their willingness to hold themselves in readiness at all times for any form of service at the new hospital.

Committees were appointed to carry on the big project at hand. Mrs. John M. Tuttle was made chairman of the Executive Committee, comprising nine women and eight men with Mr. George H. Lytton acting as vice-chairman.

A finance comuittee was appointed consisting of four members with Mr. Henry Glidden as chairman. If the women were generous and forgetful of self in their offers of service, their fine example was immediately emulated by the men in their liberal donations to the financial budget. An emergency guarantee fund of $5000 was promptly pledged with a promise of more to follow if needed.

Bills Will Be Rendered at Cost

To all those who are financially able to defray their own expenses at the emergency hospital, bills will be rendered at cost, says Walter H. Baldwin.

The Highland Park Hospital Association, suddenly confronted with such a large undertaking, naturally had no funds on hand for such an emergency. The volunteer fund therefore, which citizens of the town have guaranteed, is the only method open to them in the pressure of this crisis.

Exmoor Club Cleared for Action at 11 O'clock

The Exmoor club which, according to arrangement was to be ready for patients by noon Monday, was cleared for action at 11 o'clock. At noon patients began to arrive, and at 7:00 o'clock there were twenty-eight cases. Later in the evening more came in, making a total of thirty-five cases by night.

Mr. Prior turned his ambulance over to Koon's garage where it will remain at the disposal of the hospital as long as the need exists. It will be driven by Mr. Koon or some of his employees.

Mr. Cushing of the Moraine Hotel furnished fifty beds for use in the improvised hospital with a generous offer of anything whatever that he happened to have which might be needed.

Improvised Baggage Men

Although Messrs. Henry Glidden and George Lytton have had no vast experience in transporting baggage, yet they took one of Rafferty's wagons and a horse offered for the purpose, and transported the handbags and trunks of the patients of the emergency hospital.

Noble Work of Mrs. Mackin

Had it not been for the noble work of Mrs. Mackin, housekeeper of the Club House, this large project could hardly have gone through, says Mrs. Fyffe of the executive committee. Mrs. Mackin has given the matter her very efficient assistance every step of the way and been unsparing in her energy and devotion to the enterprise.

Employees Remain

Every employee at the Exmoor Club remained at his post of duty, ready and willing for any kind of service. No one has left the ship.

The women's locker room was made the ward for women while the main dining room was requisitioned for the men. The entire first floor has been turned into a hospital and private rooms upstairs are slowly filling.

The old fashioned round-oak stoves, gas stoves and electric heaters have been set up at intervals throughout the main floor, and a coterie of trained nurses is coming and going at their tasks of healing. The whole scene is symbolic of a changed order of things, and it will always remain as a monument in the annals of service for the people of Highland Park.

Trained Nurses Only on Cases

So far, Mrs. Kennedy has not found it necessary to call on the women of the city who have offered their services for nursing, but these same women are helping in various other ways and working assiduously every minute. At present, however, they have a sufficient number of trained nurses on duty to take care of the present needs.

Those desiring to enter patients at the emergency hospital are requested to call Mrs. Goodson of the Highland Park Hospital, Tel. 816, or the Exmoor club, Tel. 486.

ISREAL STEINBERG DIES THIS MORNING

As we go to press word was received of the death of Isreal Steinberg at the Exmoor Emergency Hospital. He is a son of Mr. and Mrs. M. Steinberg of 1020 N. St. John's Avenue. He is twenty-six years old and has been ill one week. He leaves a father and mother, one sister and two brothers. Funeral arrangements not yet made.