

# Here's How to Make Masks; Foil Germs

Any woman is capable of making influenza gauze masks for her family or her own use.

The Red Cross is swamped with orders for the masks, and is unable to produce sufficient supplies to meet the extraordinary demand. Three factories and many auxiliaries are busy night and day. Those who are able to handle a needle and thread are requested to make their own. Here are the details of the mask making:

From gauze 36 inches wide cut 36 inches on the selvage.

Divide into strips 9 inches wide.

Fold each strip into halves, then into thirds, making six thickness of gauze.

Turn in raw edges and stitch all four sides to hold firm. (Selvage need not be turned in. Can be stitched on the sewing machine or by hand.) Mask now measures 7 inches by 6 inches.

Put three pleats on ends to allow room for chin.

Attach a tape of 11 inches long to each of the two lower corners.

Attach a tape 13 inches long to each of the two upper corners.

Tape may be one-quarter, one-half or five-sixteenths of an inch wide.

Place a black thread in center of mask to designate the outside.

# Red Cross Wants 1,000 Nurses Mother and Daughter Ill in Bed Many Other Cases Cry for Help

BY ANNIE LAURIE

THE RED CROSS wants a thousand nurses—right here in San Francisco today.

Trained nurses, untrained nurses, good women with common sense and endurance, strong, vital girls who aren't afraid of a little hard work; women who are fond of children and don't want to think of hundreds of little ones suffering for want of decent care, while their mothers are sick in bed or gone to the hospital; women who never saw the inside of a hospital, but who know enough to give a feverish child a drink of cool water and not tear the house down to do it; women who have been straining every nerve for the last five or six months to get to France; women who want to do their bit to help defeat the Kaiser; loyal women, brave women, practical women, women with big hearts and women who are not afraid of taking a chance for the sake of helping a helpless fellow-being.

Here's a little family out in Shetwell street—five children and a mother, all in bed, helpless—every one of them can be saved if they get some kind of decent, practical care. The father of that family is over in France, fighting for Old Glory. Who wants to help keep his wife and his children alive for him?

There's a mother and daughter out in the Mission, strangers in town, both in bed, very ill, and not a living soul to do one thing for them!

Who will volunteer?

There are two of the dearest little boys up on Telegraph hill you ever saw—both down with the influenza. They'll get well if somebody will come and take care of their mother and persuade them not to be so frightened and tell them a story or so and give them the right medicine at the right time.

Their two little sisters are running the streets with "a bad cold." There's nobody to do a thing for any of them.

There's a dear little old couple out in the Castro. They had their golden wedding not long ago. They are both helpless, and all the old wife thinks of is how terrible it is that she should have to lie there and not be able to help "William," and all William thinks of is that he will never hold up his head again if anything happens to Mary—because he can't stagger across the room to get her a little sip of water.

He tried last night, and fainted. One of the neighbors looked into the window and found him lying on the floor, and went and brought help or tried to. But there's a nurse needed there—a plain, practical woman who will treat these old people as she would want her own parents treated if they were ill and helpless away from her.

The treatment for influenza is not difficult. Any woman with common sense can carry out the doctor's orders. It doesn't take expert nursing at all, and if it did there are no expert nurses to be had, though there are families in town offering \$100 a week for them.

The volunteer ambulance girls are working in three shifts a day, running for eight hours at a time, doing magnificent work. One of them told me some stories yesterday that made my heart bleed and then she told me some that made me want to stand right there in the middle of the street and sing "The Star-Spangled Banner" at the top of my voice. Stories of courage and heroism and devotion that cannot be beaten by anything we hear from France.

The Red Cross will pay any able-bodied, sensible woman \$20 a week if they have to, and they will pay and be glad to pay \$10 or \$15 when the woman who is willing to nurse can afford to go out for that.

Some women are going for nothing and laying their devotion and humanity on the altar of their country. And some are going for nothing in memory of a dear son lying asleep in the broad fields of Flanders, and some are going out to do this work because there is no one who needs them and they feel that this is their chance to make up for a life that has not always been unselfish and not always attuned to the great note of this great time.

One little girl of 23 drove up in her own little car yesterday and took a family of six children, mother and father, all down. She had her gas mask on, started up her little roadster, waved a gay farewell to the Red Cross women in the office and was gone.

This morning she phoned that all her patients were a little better today and the doctor said she got there just in time to save them.

"A soldier of the legion lay dying at Algiers. There was lack of woman's passing, there was dearth of woman's tears.

How long ago was it you said that in school—and smelled the lilacs in bloom in the garden next door and wondered what was going to be for dinner when you got home?

"Lack of woman's nursing"—can it be possible that there will be such a story as that told of San Francisco some day when all this misery and anxiety is over?

The Red Cross headquarters at 30 Montgomery street, that's where to offer your services. The place is full of people coming there to ask for help. Don't go unless you either want help or are willing and able to give it for your own sake, for humanity's sake, or in memory of some dear son you will never see again.

# S. F. DON'S GAS MASK TO STOP FLU RAVAGES

1,260 New Cases Reported in City Yesterday, Making Total of 7,505 Since Malady Arrived

## Red Cross Submerged by Giant Task; Citizens Urged to Co-operate in Checking Epidemic

San Franciscans donned their gauze masks yesterday and began in earnest to assist the medical authorities in the fight against the Spanish influenza epidemic which is now raging throughout the city.

Twelve hundred and sixty new cases of the influenza were reported to the Board of Health up until 6 o'clock last night, making a total of 7,505 in San Francisco to date. The number of deaths yesterday totaled fifty-eight at the same hour, making a total to date of 222.

The slight increase in new cases and deaths in the early part of the day led the Health Department to advise the citizens to wear masks, but at the same time they were warned that every precaution be taken by the citizens to guard against the spread of the epidemic.

### CITIZENS AWAKENING

The citizens are now well awakened to the epidemic, issued by the Board of Health, "dearly Dr. Hatcher last night. If the precautions are being taken now in force a week ago the present ravages would have been cut nearly in two."

The Red Cross yesterday established district headquarters in various sections of the city and perfected its organization for the better work in behalf of the influenza patients.

While the epidemic appeared to increase in San Francisco a report issued last night by the military authorities at Western Division headquarters declared that the Spanish influenza was well under control at all the army camps in this vicinity. "We were warned that the epidemic therefore reducing the influenza cases to a minimum," was the statement of Colonel L. Mervin Mass, Western Department surgeon.

Reports received from points throughout the State showed a steady improvement in the situation.

### S. F. IN FOR SIEGE

"San Francisco is in for a siege of Spanish influenza epidemic and the citizens must buckle down to the task of combating the epidemic and giving relief to the needy," declared Dr. Hatcher, health officer, last night.

"Wear your gauze masks at all times and remind the person who refuses to wear one. As the situation now stands we will have three more weeks of the epidemic with the number of cases in the city at 20 per cent a day. We can cut this line of cases considerably if more of the citizens will only wear the masks."

It was noticed by the names of the patriotic citizens in wearing the masks, but it estimate only 25 per cent of the population are wearing the masks. A man in the city who is in this mask campaign and the citizens should take the necessary steps to control them with whom they associate to help in the fight.

"One point is necessary in the work ahead of us, and that is that the citizens refrain from hysteria, but follow the instructions in wearing the masks in the home as well as in the street and upon the street. That is the best precaution."

### MASKS BECOME POPULAR

The "flu" masks became quite popular when once the Red Cross and Board of Health appealed to the citizens. In every downtown business establishment the masks were worn religiously, while street car employees, policemen, letter carriers and tradesmen set the style for the average citizen.

Considerable difficulty was experienced by those of the Lady Moberly hair and the fellow who invents a method for smoking through a mask will be quite popular. Young women in the downtown offices were quick to seize upon an opportunity to make the gauze mask popular. Several sewed dots and various other figures on the outside of the masks to be out of the ordinary, but at the same time within the provisions of the Board of Health and "safely first."

The United States Department of Public Health continued its activity yesterday in supplying doctors and nurses to those sections where there was urgent need. Seven physicians were detailed to the local Board of Health, while doctors were dispatched during the last few days to a number of California towns.

Sewers of San Francisco have nothing to do with the present epidemic of Spanish influenza, is the statement of Dr. Hatcher of the Health Board last night. "You might as well sit out and watch the chances of the moon," went the way Dr. Woods Hutchinson answered the question.

Orders to the police force yesterday by Chief of Police E. A. White instructed the policemen to wear their masks at all times and to examine all peddlars and drivers of vehicles to see the masks.

The officers of the fire department have been instructed to wear their masks and check places of business on their health and to examine the premises of all places where a large number of people are gathered.