

H. A. BEAUCHAMP, M. D.
Physician and Surgeon
STAYTON, OREGON

C. H. BREWER, M. D.
PHYSICIAN AND SURGEON
STAYTON, OREGON

W. N. Pintler, D. M. D.
DENTIST
Office Opp. Lanefield Shoe Store
Phone 2152 Stayton, Ore

V. A. GOODE
LAWYER and NOTARY PUBLIC
Office Room No. 6, Roy Bldg.

S. H. HELTZEL
Attorney-at-Law—Notary Public

FUNERAL DIRECTOR
—J. M. RINGO—
STAYTON OREGON

Dr. Paul Fehlen
VETERINARY SURGEON
DENTAL EXPERT
Calls Answered Day or Night
Phone—Res. 3X24
STAYTON OREGON

STAYTON MEAT MARKET
SESTAK &
THOMAS,
Proprietors.

Fresh, Salt & Cured Meats
Lard, Creamery Butter
Highest Market Price Paid For Fat Stock

Dr. L. W. Horn
VETERINARIAN
Calls promptly attended to day
or night
Office in Residence
Phone 1522
Stayton Oregon

Dr. UTTER
DENTIST
No charge for examination, and
estimates willingly given.
One of the best equipped offices
in the valley
414 Bank of Commerce Bldg.
Phone Main 606 Salem, Oregon

New Schedule Effective Nov. 1 '18
Kingston—Stayton—Salem
AUTO STAGE

7:37 a. m.	Lv Kingston Ar	1:45 p. m.
7:50 "	Stayton	1:20 "
8:00 "	Sublimity	1:10 "
8:20 "	Aumsville	12:50 "
8:40 "	Turner	12:30 "
8:55 "	State Hospital	12:15 "
9:00 "	Cottage Farm	12:10 "
9:10 "	Ar Salem Lv	12:00 "

STAYTON-KINGSTON
7:15 a. m. Lv Stayton Ar 2:15 p. m.
7:25 " Ar Kingston Lv 2:00 "


Meets Train at Northbound
ROUND TRIP TICKETS GOOD
FOR THIRTY DAYS

Kingston-Salem \$1.75
Stayton-Salem \$1.62
Sublimity-Salem \$1.50

Hamman Auto Stage

There is more Catarrh in this section of the country than all other diseases put together, and for years it was supposed to be incurable. Doctors prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Catarrh is a local disease, greatly influenced by constitutional conditions and therefore requires constitutional treatment. Hall's Catarrh Medicine, manufactured by F. J. Cheney & Co., Toledo, Ohio, is a constitutional remedy, is taken internally and acts thru the Blood on the Mucous Surfaces of the System. One Hundred Dollars reward is offered for any case that Hall's Catarrh Medicine fails to cure. Send for circulars and testimonials.
F. J. CHENEY & CO., Toledo, Ohio.
Sold by Druggists, etc.
Hall's Family Pills for constipation.

Shorty gets a hunch from the Captain



"When you get such real lasting tobacco satisfaction from a small chew," says the Captain, "it can't cost any more to chew this class of tobacco."

Good taste, smaller chew, longer life is what makes Genuine Gravelly cost less to chew than ordinary plug.

Write to:—
GENUINE GRAVELLY
DANVILLE, VA.
for booklet on chewing plug.

Peyton Brand
REAL CHEWING PLUG
Plug packed in pouch

Save Today for Tomorrow's Needs

Do you live "from hand to mouth?" There is a system of living whereby Today may be made to provide for Tomorrow—this year for next year—the prime of manhood for old age.

SAVE

This one word tells the story. Just a little regularly deposited in our savings department makes a pleasantly surprising showing in the years to come
Capital \$50,000.00

Farmers & Merchants
Bank of Stayton, Oregon

A GOOD PLACE TO TRADE

We carry a large line of dry goods, shoes, notions, gents' furnishings, hats, caps and rubber goods, etc.

OUR GROCERY DEPARTMENT

has a large line of fancy and staple groceries, canned goods, smoked meats. In fact everything you will find in a first-class Merchandise store is to be found here at prices that are right.

GEHLEN'S STORE

Lesley Hotel

MRS. FRANK LESLEY, PROP.

We cater to the traveling public
CLEAN ROOMS GOOD BEDS

Make this your home when in Stayton

STAYTON OREGON

physical training, development, and conditioning of those recruited for military service must be the first and most important concern of a nation at war.

4. Object sought by this course:—The object, therefore, that a course in physical training for the recruits must aim to attain is the development of

every individual's physical attributes to the fullest extent of their possibilities, so that he may enter upon the duties his profession imposes with the utmost confidence in his ability to discharge them successfully under any and all circumstances.

5. What course must embrace:—In order to accomplish

Yes Ma'am
Farmers' Cash Store

151 High Street Salem, Oregon Phone 453

Will Continue Their
CLOSING OUT SALE

On FRIDAY and SATURDAY. The enormous stock of Groceries, Dry Goods, Clothing, Shoes and Rubbers must be reduced without delay—to make room for our entire new stock. We will begin to move to the J. L. Stockton store the 15th of this month and will be open for business MARCH FIRST under the name of

THE PEOPLES' CASH STORE

Our Prices Are As Follows

Crown and Olympia Flour	\$2.95	One Pound Candy Kisses	23
Fishers Snow Fall Hard Wheat Flour	2.75	Soda and Oyster Crackers, per lb.	17
Fishers Waldo Hills Patent Flour	2.65	Almonds, per pound	24
Valley Flour	2.55	Best Standard Lard, No. 10, pail	\$2 75
10 Pounds Pancake Flour	.65	No. 5 Compound, per pail	1 15
10 Pounds Graham Flour	.60	Vegetable, 5 pound can	1 39
10 Pounds Rolled Oats	.70	Umeco Butter, per pound	33
3 Pounds Head Rice	.30	Fresh Eggs, per dozen	35
3 Pounds Japan Rice	.25	\$1.65 Brooms	70
3 Pounds Best White Beans	.25	VEGETABLES	
1 Pound Reliance Coffee, best quality	.35	Burbank Potatoes, per sack	\$1 65
1 Pound Plantation Coffee	.27	Best Selected Onions, per sack	\$1 60
2 Pounds Cocoa in bulk	.45	We also have a big surprise sale on clothing, dry goods, shoes and rubbers.	
2 Pounds Dried Prunes, Apples, Pears	.25	We give free premium coupons with the purchase of every dollar good for valuable premiums, such as glassware, high class dishes and silverware.	
Standard Canned Tomatoes, can	.15	Please call and see our premium department. Free delivery with purchase of \$1 and over. Place Your Orders Early.	
Hunter Boy Sweet Corn, can	.15		
Pineapple, per can	.23		
Ripe Olives, per can	.13		
Apple Butter, per can	.19		
5 Bars White Flyer Soap	.25		
1 Pound Mixed Cookies	.20		

The Farmers' Cash Store

151 High Street Salem, Oregon Phone 453

We move into J. L. Stockton Store March First

this object the course must embrace those means that will develop:

- General health and organic vigor
- Muscular and nervous strength endurance and fortitude.
- Self-reliance and confidence.
- Smartness, activity, alertness and precision.

6. As the extent of the development of all the physical attributes is determined by the HEALTH and VIGOR, these must be considered the basis of all physical training.

7. The possession of ROBUST HEALTH and ORGANIC VIGOR is not, however, sufficient for the field soldier; his profession requires that he also possess more than the average amount of MUSCULAR and NERVOUS STRENGTH, ENDURANCE and FORTITUDE, against which he may draw in times of stress.

8. With robust health and organic vigor as a basis, and with the knowledge that he possesses an unusual amount of muscular and nervous strength, he must be taught how to conserve the former and how to use the latter to the best advantage. By learning to do this he will unwittingly develop SELF-RELIANCE and CONFIDENCE, which are, after all, physical qualities, since they give him the courage to dare because of the consciousness of the ability to do.

9. SMARTNESS, ACTIVITY, ALERTNESS and PRECISION are all physical expressions of mental activity, and as such they are the powers that guide and control the physical forces to the best advantage. They also make for personal

pride and self respect and discipline, the voluntary, intelligent, co-ordinated, and equal subordination of every individual unit, through which alone the objects of the mass can be achieved.

In view of the foregoing extract of Special Regulations No. 23, it is apparent that, though the war is about over, a decided benefit, even in civil life, can be by those that partake enthusiastically.

Further, statistics point to quite a large percentage of physical defects of young men of high school age, examined for military service, which could have been remedied in early youth by proper physical training.

An institution fostered by dad, will stimulate interest in Sonny. This is not poetry or sentimental moonshine but may carry enough of the meaty kernel to cause our worthy citizens to pause a minute and look into the future. Anonymous.

2000

Casings Wanted for
Gates HALF SOLE Tires
Cost One Half as Much
Guaranteed Puncture Proof

MONTY'S
TIRE SHOP

154 S. Commercial Phone 428
Salem, Oregon

Willard
STORAGE BATTERY
SERVICE STATION
Copyright registered, 1918

Never Put Acid into It

Don't monkey with Acid.
It won't strengthen your battery.
It won't ginger up your starter or brighten your lights.
It won't put fire in your spark.
But it does burn the life out of the plates—increases the need of repairs—makes your battery cost more and makes its life shorter.
If you think your battery needs acid, come in and get an expert opinion.
Ask for a copy of the booklet—"A Mark with a Meaning for You." It tells a vital story.
418 Court St., Salem, Oregon

TOWER'S FISH BRAND REFLEX SLICKER

Practical as a plow, and just as necessary. Make every rainy day count.

Waterproofs Absolute are Marked thus—



TOWER'S FISH BRAND A.J. TOWER CO. BOSTON