

# Albany Directory

This is good advice: "If you live in Albany, trade in Albany; if you live in some other town, trade in that town." But in these automobile days many residing elsewhere find it advisable to do at least part of their buying in the larger town. Those who go to Albany to transact business will find the firms named below ready to fill their requirements with courtesy and fairness.

**Albany Floral Co.** Cut flowers and plants. Floral art for every and all occasions. Flower phone 458-J.

**Bayonet bulbs now.** 50 and 75c per dozen. Allow for postage. Hall's Floral and Music Shop. Westside greenhouse products.

**CENTRAL TIRE SHOP** Tire Vulcanizing—Battery recharging. 221 W. Second. Ed Falk, Prop.

**Eastburn Bros.**—Two big grocery stores, 212 W. First and 225 South Main. Good merchandise at the right prices.

**Elite Cafeteria and confectionery** Home cooking. Pleasant surroundings. Courteous, efficient service. We make our own candies. W. S. DUNCAN.

**FORD SALES AND SERVICE** Tires and accessories. Repairs. KIRK-POLLAK MOTOR CO.

**Fortmiller Furniture Co.**, furniture, rugs, linoleum, stoves, ranges. Funeral directors. 427-433 west First street, Albany, Oregon.

**FULLER GROCERY**, 235 Lyon (Successor to Stenberg Bros.) Groceries, Fruits, Produce. Phone 263R.

**HOLMAN & JACKSON** Grocery—Bakery. Everything in the line of eats. Opposite Postoffice.

**IMPERIAL CAFE**, 209 W. First. Harold G. Murphy Prop. Phone 663. WE NEVER CLOSE.

**MAGNETO ELECTRIC CO.** PHILCO BATTERIES with the famous Diamond-Grid plates priced to suit the consumer. 423 W. First.

**Men and money are best when busy.** Make your dollars work in our savings department. ALBANY STATE BANK. Under government supervision.

**MARINELLO PARLORS** (A beauty aid for every need) St. Francis Hotel. Prop. Winifred Rose.

**ROSCOE AMES HARDWARE** The Winchester Store.

**THE MARTIN LUDWIG SHOP** Geo. L. Hurley, Proprietor and Manager. Warm air furnaces, plumbing and sheet metal work, tin and gravel roofing, general jobbing in tin and galvanized iron work, metal skylights and cornices, pumps of all kinds. 136 Ferry street, Albany. Phone 127J.

To make room for our spring stock, will sell organs at almost your own prices. We must have more room. Davenport Music House.

**Waldo Anderson & Son**, distributors and dealers for Maxwell, Challers, Essex, Hudson & Hummobile cars. Accessories, 5 phones. 1st & Broadalbin.

When in Need of an Outside PRINTER, See FRANK TAYLOR & SON Albany, Oregon

**Willard Service Station** We serve all makes Willards and sell Under new management L. M. Taylor, Prop. 121 W. Second, Albany.

If you enjoy a good meal, and know a good meal when you get it, You'll be back, you'll not forget it. Our aim is to please you.

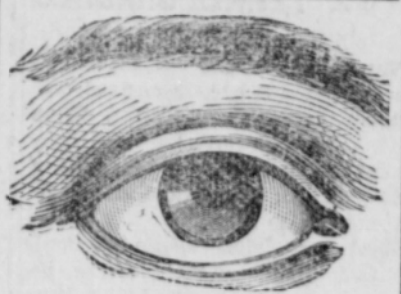
**PARAGON CAFE** ALBANY GEO. M. GILCHRIST

**FARM LOANS** at lowest rate of interest.

**Real Estate Insurance** Prompt service. Courteous treatment. WM. BAIN, Room 5, First Savings Bank building, Albany.

Why suffer from headache? Have your eyes examined **Dr. Seth T. French** with **F. M. French & Son** Jewelers Optometrists Albany

The Courtesy Shop Ready-to-wear and Millinery Mrs. C. L. Fox 117 Broadalbin st., Albany



The time for glasses—is right at the beginning of the trouble with your eyes. Delays are dangerous. The eye is the most delicate member of the human body and every moment you delay after the trouble starts you are getting just that much toward possible blindness. Come in today and let us examine your eyes.

Our new address—313 West First st., next door to Western Union.

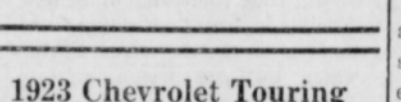
**Meade & Albro** Jewelers, Optometrists and Manufacturing Opticians ALBANY OREGON

**Albany Creamery Association** Manufacturers of **LINN BUTTER** and Buyers of Eggs A Farmers' Co-operative Creamery

**1923 Chevrolet Touring** **1926 Dodge Sedan** **Olds Coach, 1925** **2 Ford Coupes** **Jewett Touring, 1926** **1 Ford Truck, 1 ton** **Overland Touring**

**Highway Garage** First and Baker Albany, Ore. **HOWARD SRIGLEY**

**Nourishing Drink for Children**



**BABIES** and children, the same as adults, grow weary of being fed the same food in the same way each day. It is true that most children take naturally to milk, but that does not mean that they must be fed it ad nauseam. On the contrary, that is the very thing to be avoided.

Pediatricians advise consumption by children of a quart of milk a day in one form or another. This does not mean skim milk, but whole milk, for the skimmed product is lacking both in butter fat and the essential food element known as vitamin A, which is found in butter fat. Many mothers do not appreciate that removal of cream from the top of a bottle of milk results in skim milk.

In evaporated milk, a product recommended by many leading doctors for the use of infants and children and which is simply pure cow's milk sterilized in cans and with sixty per cent of the water removed, there is no cream line. The milk in the top of a can is the same as it is in the bottom of the container. This results from a process called homogenization, in which the fat globules in the milk are broken up into such microscopic bits that they remain in homogeneous suspension. Every drop of homogenized milk has a buttery taste because it contains butter fat. For this reason, in evaporated milk, there is none of the flat taste one finds in drinking from the bottom of a bottle of market milk.

In order to avoid feeding the baby or child plain milk three or four times a day, many authorities recommend the use of a mixture of fruit juice and milk, a highly palatable and refreshing drink.

Following is a recipe worked out by experts for an orange-milk drink: Mix in a fruit jar 1/2 of a cupful of orange juice, 3/4 of a cupful of evaporated milk, three teaspoonfuls of sugar, 1/2 teaspoonful of lemon juice and a few grains of salt. Shake well before serving.

# Neighborhood News

## Pine Grove Points

(By Special Correspondent)

Mrs. Jessie McLaren and Dorothy and the Misses Mary and Margaret Heinrich and the Pine Grove orchestra attended the community meeting at Riverside Saturday evening.

The Corvallis chamber of commerce put on an excellent program at the community meeting Friday evening and all enjoyed the evening very much. About \$39.00 was taken in from the supper.

Ray Mode and Will McLaren spent Sunday at Newport.

Miss Pearl Pehrsson gave the examinations Thursday and Friday to some of the sixth grade pupils, who failed in the May exams.

Mrs. Emma Sylvester, Fred Sylvester, Fred Sylvester and Eunice were Monmouth visitors Saturday.

Mrs. Johnson and daughters were Albany visitors Friday.

Edwin, Clarabell and Raymond Blood, spent the week-end visiting friends at their old home at Trent.

Mr. and Mrs. P. A. Pehrsson and Pearl attended the graduating exercises at Willamette University Monday. Miss Nora Pehrsson is one of the graduates.

About 25 people of the neighborhood gathered at the school house Saturday evening for a feed of ice cream and cake.

Monday evening, June 21 the annual school election will be held at the school house. All the voters of the district are urged to be present as there is some business to be considered.

Mr. Blood has the lumber on the ground for a new barn, work on which will commence soon.

## Spoon River Sparks

(By an Enterprise Reporter)

M. B. Harding and family visited at Eugene Sunday.

C. H. Falk was a Sunday visitor at Marion Carey's.

Rawleigh Rike went to the county seat Wednesday afternoon.

Mr. and Mrs. W. R. Kirk were callers at O. J. Albertson's Thursday evening.

A. L. Falk is working on the Santiam-Cascade road.

Sam Templeton of Long Beach, California and nephew Alton Williams visited at J. P. Templeton's several days last week.

A large number from this vicinity attended the picnic at Pence's grove Saturday.

Mr. and Mrs. G. J. Rike and grand children of the former were business visitors in Albany several days last week.

Andy Christensen and wife were Sunday dinner guests at A. L. Falk's.

Mrs. J. N. Elliot and son Milton accompanied Randall and Bertha Zellmer to Albany Thursday afternoon.

Herman Stienkes visited at G. J. Rike's Saturday evening.

Ella and Della Falk visited at R. E. Bierly's Thursday.

Mrs. C. B. Philpott and daughters, Leone and Bernice picked loganberries at the King berry ranch last week.

L. R. Falk and son Charles were business callers at Albany Saturday.

Mr. and Mrs. J. P. Templeton attended the birthday dinner and supper given at the Presbyterian church at Brownsville Friday.

The dinner was given in honor of Mr. Templeton's father's seventy-fifth anniversary.

Miss Nellie Falk spent Thursday with her aunt, Mrs. Alex Snodgrass.

Mr. and Mrs. J. H. Vannice and children, Kenneth, Roberta and Edna spent last week visiting relatives in Washington and Idaho.

Gertrude Gengenbach and Mamie Falk were Sunday afternoon callers at H. J. Falk's.

Geraldine Straley visited at the home of her grandpa G. J. Rike, Wednesday. In the evening C. J. Straleys were visitors there also.

L. R. Falk and family were Sunday visitors at F. W. Falk's.

Warren Isom called at Henry Seefeld's Friday evening.

E. E. and Gilbert Carey were helping H. Seefeld last week with his new barn.

A. H. Quimby and son John were visitors at F. W. Falk's Sunday.

Leroy and Mearle Straley attended the chicken pie supper at Pine Grove Friday evening. Miss Pearl Pehrsson returned with them and spent the night with Miss Mearle at the Straley home. They attended the grange picnic at the Pence grove Saturday.

Carl Keen and wife of California are visiting at the former's parents, Mr and Mrs. Fred Keen. They expect to remain here until after the Pioneer picnic. Miss Lena Keen, who has been teaching school at Hood River expects to go to California with them.

Hope Hussey was a dinner guest at W. R. Kirk's Sunday.

James Rector visited his friends, Henry and Willis Kirk Saturday.

Mr. and Mrs. C. H. Davidson visited at W. R. Kirk's Saturday.

The Potter sewing club was entertained Wednesday afternoon at 2 p. m. at the home of Mrs. J. N. Elliot. Thirteen members responding to roll call. Interesting features of the afternoon were an "advertisement" contest conducted by Mrs. Safely and a "nickname" contest by Mrs. Albertson. Miss Vela McDonald and Miss Marie Jensen of Shedd, Mrs. W. R. Kirk and daughter Miss Grace and Miss Vida Albertson were guests of the club. Lunch was served by the hostess assisted by Mesdames Albertson and Safely and the Misses Grace Kirk and Vida Albertson. This was the last regular meeting of the club until fall.

## Alford Arrows

(By an Enterprise Reporter)

Mr. and Mrs. Ben Stump and four children of Los Gatos, California spent Saturday evening at the A. E. Whitbeck home. Mr. Stump is a Baptist minister and they are old friends of the Whitbeck's.

E. D. Isom and family visited Mrs. Isom's mother, Mrs. L. E. Bond, in Albany Sunday. Mrs. Bond has just returned from a trip to Los Angeles, Calif.

Mr. and Mrs. C. A. Curtis and Delta, Charles, Deau, Anna Louise and Elnora spent Sunday at the Jay Curtis home near Lebanon.

Mrs. J. H. Rickard, daughter Miss Lillie and son Emory attended the wedding of their niece and cousin, Miss Jessie Jenks to Mr. Wm. Pendleton, son of the Methodist minister, in Tangent at the M. E. Church Thursday of last week.

Mr. and Mrs. A. F. Whitbeck were Sunday afternoon callers at the Carl Seefeld home.

Mr. and Mrs. John Rolfe drove to Duena Vista Wednesday of last week taking their grand daughter, Vena Godwin home after a two weeks stay. She was helping to care for her grandmother during her illness.

Mr. and Mrs. A. F. Robnett and daughter Doris of Eugene spent Sunday evening at the E. D. Isom home.

Wilma and Lois Falk spent Sunday with Velda and Alice Curtis.

Work at the Porter gravel pit has stopped for a few days to allow the men to care for their hay crop.

Joe Ingram of Harrisburg spent Saturday night with his nephew, Lee Ingram and family.

J. H. Rickard and family spent Sunday at the F. E. Jenks home near Tangent.

Mrs. E. D. Isom, Carl and Beverly, Mrs. A. E. Whitbeck, Mrs. George Workinger, Kenneth and Lois Jean, Miss Gladys Willbanks and Mrs. Lee Ingram and daughter Thelma all attended the Grange picnic at Pence's grove Saturday.

Velda and Alice Curtis visited Bertha Cornely Monday afternoon.

Mr. and Mrs. Perry Bond and four children of Glide are visiting at the Julius Falk home.

Lee Ingram and family accompanied by Joe and Bob Ingram of Harrisburg took a trip through part of Benton county Sunday.

Wheat—Big Bend bluestem, \$1.39; hard white, hard federation, \$1.38; soft white, western white, \$1.39; hard winter and northern spring, western red, \$1.35.

Hay—Alfalfa, \$18.50@19 ton; valley timothy, \$19@19.50; eastern Oregon timothy, \$21.50@22.

Butterfat—41c shippers' track. Eggs—Ranch, 24@27c. Cheese—Prices f. o. b. Tillamook; Triplets, 27 1/2c; loaf, 28 1/2c per lb.

Cattle—Steers, medium \$6.85@8.00. Hogs—Medium to choice, \$13.50@15.50. Sheep—Lambs, medium to choice, \$11@13.00.

Seattle. Wheat—Soft white, western white, Big Bend bluestem, \$1.42; hard winter, \$1.38; western red, \$1.37; northern spring, \$1.39.

Hay—Alfalfa, \$26 timothy, \$23; timothy P. S., \$20; do, mixed, \$26. Butter—Creamery, 38@40c. Eggs—Ranch, 26@32c.

Hogs—Good, \$15.10@15.25. Cattle—Prime steers, \$8.00@8.25. Cheese—Oregon triplets, 24c; Washington triplets, 21@22c.

Spokane. Hogs—Good, \$15.60@15.35. Cattle—Steers, good, \$7.00@8.00.

## Young At 60, Or Old At 40? Diet Decides

Women are as old or as young as their state of health. A woman may be young at sixty years or old at forty. It all depends on her physical well-being.

Youth and beauty have a foundation in sound health. And food is easily the most important item in health. In giving consideration to the subjects of diet and beauty, women should not forget the food essentials that make for the preservation of teeth, hair, figure and complexion.

Blame for round shoulders, flat chest and poor teeth among women is due in large measure to faulty diet, or, specifically, to a lack of lime and phosphorus. Milk, or evaporated milk, which is simply cow's milk with 60 per cent of the water taken away, is especially rich in lime.

Because of the concentration of evaporated milk, which is regulated by government standards, it is of double the richness of ordinary market milk, as is shown in the following table:

| Ordinary Milk.   |                      |
|------------------|----------------------|
| Fat              | 3.5 to 4 per cent    |
| Sugar (lactose)  | 4.5 to 4.75 per cent |
| Proteins         | 2.5 to 4 per cent    |
| Minerals         | .7 to .75 per cent   |
| Evaporated Milk. |                      |
| Fat              | 7.5 to 8.5 per cent  |
| Sugar (lactose)  | 9.5 to 10 per cent   |
| Proteins         | 7.5 to 8.2 per cent  |
| Minerals         | 1.4 to 1.6 per cent  |

A quart of milk a day for adults is recommended by doctors not only because of its high mineral content, but for the reasons that it helps keep the digestive tract in proper condition, strengthens the body to resist disease, and gives proper balance to the diet.

Salads also play an important part in the dietary. Some sort of a salad, lettuce, tomato, fresh fruit, cabbage or vegetable, should be eaten at least once a day. Neither is the daily menu complete without a generous quantity of coarse, leafy vegetables, valuable for their high vitamin content. Fruit juices also have very beneficial properties.

If a woman follows out the rules of diet, birthdays to her will be nothing more than occasions for a celebration.



D. W. Crossland of Montgomery, Ala., one of the most widely-known Shriners of the South, who was elected imperial potentate at the Imperial council held in Philadelphia.

## MILLIONS CHARGED OFF ON PROJECT

Washington, D. C.—Department of interior figures made public, placed the wiping off of construction charges against irrigation settlers at \$27,456,371, in accordance with the new omnibus reclamation adjustment act.

The bureau of reclamation said that \$44,537 above the original recommendations of the board of survey and adjustment would be eliminated in charges. The government, it added, will assume definite losses totaling \$14,677,965, with payments suspended involving probable losses of \$12,788,406 on the construction costs of 19 projects.

The sum represents the charge-off which congress has authorized to be lifted from the obligations of farmers for project construction.

Among the other projects receiving substantial relief under the new law were:

- Umatilla, Oregon, \$1,479,944.
- Okanogan, Washington, \$820,173.
- Yakima, Washington, \$381,192.
- Klamath, Oregon-California, \$64,293.

## BRIEF GENERAL NEWS

A heavy hail storm damaged 2000 acres of wheat on farms northeast of Kimball, Neb.

One hundred and fifty-two cadets were graduated from the United States military academy. They will be commissioned as second lieutenants.

Evidence showing expenditures of at least \$2,000,000 in the recent republican primary campaign in Pennsylvania has been presented to the senate investigating committee.

The contest brought by ex Senator Magnus Johnson against Senator Schall, republican, of Minnesota, was dropped when the senate committee filed its report recommending dismissal of the case.

Returns from the republican senatorial primary in Iowa, showed Smith W. Brookhart, insurgent and former senator, nominated over Senator Albert B. Cummins, administration supporter, by about 70,000 plurality.

Every man, woman and child in the United States should have had 22 cents more on June 1 than on June 1 a year ago, the treasury disclosed in announcing that the per capita distribution was \$42.11 on that date. The amount was a per capita advance of 10 cents over May 1.

## Committee Action Kills Wet Bills

Washington, D. C.—The senate judiciary committee reported eight wet bills with a recommendation that action on them be indefinitely postponed. This means that the measures will die with but little if any serious consideration on the floor. The bills reported included the proposal by Senator Bruce, democrat of Maryland, for a constitutional amendment to let states decide whether they want prohibition.

## U. of W. Graduates 1500.

Seattle, Wash.—The largest graduation class in the history of the University of Washington left that institution, when the 51st commencement exercises of the university were held in the stadium. Approximately 1200 students completed courses this quarter and nearly 300 during the winter quarter, making a total of 1500.

## 149th Anniversary of Flag Observed.

Philadelphia.—Philadelphia observed the 149th anniversary of the Stars and Stripes Monday with a double celebration, marking the anniversary of the birth of the American flag and the dedication of the Sesqui Centennial exposition.