

The effect upon the foot, muscles, arch and bones of the foot of ordinary shoes is to lessen the toe room, cramping the toes and changing the position of the bones from that intended by nature. Ground Gripper shoes have sufficient space for free movement of each toe, such as enjoyed by the barefoot child or Indian. As the weight of the body falls upon the foot the toes spread and as the body is raised they contract, grasping the sole of the shoe to give power and motion to the forward step. The shape of the sole of these shoes are exact outlines of the perfectly normal foot.

Ground Gripper Shoes for Correcting All Foot Troubles



We now have shoes, so constructed that they will cure by natural development of the muscles, foot troubles. They are the

Ground Gripper Surgical SHOES

Normal feet are not pointed in the middle or at the toes. They are longest on the inner side, and the end of the shoe should never be pointed, but should live over the normal position of the great toe, toward the inner side. The weight of the body should be thrown on the outside, which is by far the strongest. Instead of holding the muscles of the arch in a fixed position, these shoes exercise the muscles and strengthen the arch, by means of a flexible shank. Caluses, bunions and others forms of foot troubles are positively cured by proper exercising of the muscles.

Not merely a temporary relief, but a permanent cure is effected. The last is the shape of a normal foot. A rotor heel puts a gentle, constant pressure on the portions of the foot that are not properly placed, and cause them to go back to where they should be. Toes are strengthened, bunions removed, corns cured, caluses eliminated and other troubles corrected by natural developing of muscles.

What Ground Grippers Will Do for You

Here are some of the benefits derived from use of these shoes.

- 1—Make you walk parallel.
- 2—Exercises all of your foot muscles.
- 3—Give your blood circulation.
- 4—Relieve pressure and nerve affection.
- 5—Prevent and cure flat foot.
- 6—Strengthen ligaments and muscles.
- 7—Swing your great toe on a straight line.

- 8—Reduce bunions or swellings.
- 9—Balance your body weight.
- 10—Straighten out deformed bones.
- 11—Make weak ankles strong.
- 12—Prevent toeing outward.
- 13—Arch exercise at every step.
- 14—Make deformed feet normal.
- 15—You are getting medical treatment by wearing "Ground Grippers."



We now have men's and women's sizes in these Surgical and Walking Shoes. Experienced shoe men, who have personally tested them will be glad to explain more fully and let you try them. You will be under no obligations to buy. Just ask to see the Ground Gripper Shoe.

Remnants
Are Half
Price
Wednesdays
Watch for
Our
Wednesday
Specials

Hamilton's
THE POPULAR STORE FOR THE PEOPLE
VALUES for CASH WORTH WHILE

Deliveries
Leave Store
Morning 1st
8:30; 2nd
10:30; After-
noon 1st, 2;
2nd 4:30

STATE MASTER SPENCE MET WITH GRANGE AT NO. 10.

Grand Prairie Grange No. 10 had a very interesting meeting last Friday, made so by the visit of State Master C. E. Spence, accompanied by County Deputy A. C. Miller.

The morning session was devoted to routine business, followed by the usual magnificent spread given by the grange ladies.

Afternoon was an open meeting with its program under the supervision of Miss Goldie Combs, lecturer of No. 10.

First came the state master, who gave a very practical address with helpful suggestions not only for mem-

bers of the grange but for farmers generally; insistently urging cooperation in selling farm products so that more than the mere cost of production can be realized. The time is full ripe for helpful action.

Deputy Miller followed. One very striking statement, that he made was that Harmony grange over near Crabtree on a paid capital of \$1250 had during the past year done over \$1600 worth of business in purchasing supplies and making a net gain of over \$300. A. W. Carnack gave emphasis to the remarks of the previous speakers. Music, instrumental and vocal, with readings and recitations, well filled the enjoyable hours.

READ OUR WANT ADS.



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Superior Service IN EVERY DEPARTMENT

enables us to attend to your banking needs promptly and efficiently. The willing cooperation of officers and employees makes this institution a safe and satisfactory depository for your money.

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SAVINGS BANK**

ATLAS AND HIS LOAD.

It Was the Heavens, Not the Earth, the Titan of Mythology Upheld.

Strictly speaking, "atlas" is a misnomer for a map book, since it was not the world, but the heavens, that the Atlas of mythology upheld. Mercurator, the famous Dutch geographer, who made globes for Emperor Charles V. of Germany, was the first to use the name in this connection, choosing it as a convenient and in some sort an appropriate title, because Atlas, the demigod, figures with a world upon his shoulders as a frontispiece of some early works on geography.

Atlas, it was said, made war with other Titans upon Zeus and, being conquered, was condemned to bear heaven upon his head and hands. Later tradition represented him as a man changed by means of Medusa's head into a mountain, upon which rested heaven and all its stars.

In any case, Atlas was always associated with a heavy burden strongly borne. Thus Shakespeare makes War wick say to Gloucester, "Thou art no Atlas for so great a weight."

It is not difficult to see how by an association of ideas this came to be chosen as the name for a book of maps which upholds and exhibits to us the whole world.

An Eccentric Bishop.

Bishop Wilson of Calcutta had as housekeeper a venerable lady who remembered the duel between Sir Philip Francis and Warren Hastings on Aug. 17, 1780. On entering the cathedral on a Sunday morning, fully robed, lawn sleeves and all, and passing the pew where the old lady sat he would pause and give her the "kiss of peace" before all the congregation, and this although he had met her at breakfast.

His sermons, too, were racy. Preaching against dishonesty, especially in horseflesh, as one of the great English failings in India, he went on, "Nor are we, servants of the altar, free from yielding to this temptation." Pointing to the occupant of the reading desk below him: "There is my dear and venerable brother, the archdeacon, down there. He is an instance of it. He once sold me a horse. It was unsound. I was a stranger, and he took me in."

FOR RENT—6 Room house at Salem and Pine. \$5 a mo. Inquire of J. L. Livingstone, 1305, Salem Road. J22-29

READ OUR WANT ADS.

MANY AMERICANS KILLED IN MEXICO

Carranza Asked to Prevent a
Repetition of Crimes.

VILLA BANDS RESPONSIBLE.

List of Outrages Against Americans or American Property in That Republic During the Past Two Years. Latest Assassination of Fifteen Miners Arouses State Department.

Following the assassination of fifteen Americans by a band of Villa's bandits in Mexico, strong representations will be made to the Carranza government to take more drastic steps to prevent a repetition of the crime. The slain men were all miners and were taken from a railroad train near Chihuahua, lined up, stripped and shot by a band of 200 Mexicans.

This government will hold Carranza responsible for the outrage and will insist that bands roaming about the northern part of Mexico be broken up in some manner. Nearly 100 Americans have been reported killed in Mexico in the last two years. Following is a list of some of the crimes against Americans or American property:

1914.
April 24—Three Americans reported killed at Soledad by General Maas; four reported killed in Mexico City.
April 25—American club attacked, Mexico City; wife and child of Joseph Smith reported killed by bandits.
May 6—Williams and White, Americans, killed at Jalisco.
May 8—Two Americans killed, two wounded in federal attack on Cinco mines.
May 9—Killing of six Americans at Tuxila mines.
May 11—C. B. Hoadley reported killed at El Favor mines.
May 20—Weston Burwell reported killed.
June 4—Thirty Americans reported killed near Tuxpan June 4.
Aug. 10—American vice consular residence at Parral stoned; wholesale confiscation of American property by rebels reported; assistance for Catholic nuns and priests asked of state department.
Oct. 2—Mexican soldiers seize money of Real del Monte mine (American); Mexican shells damage American property in Naco, Ariz.; appeals made to Wilson for protection; seven Americans wounded.
Nov. 15—United States Customs Inspector R. H. Williams wounded by Mexican bullets in Naco; five others also wounded.
Dec. 3—Ennis, American, shot near Puerto Mexico.
Dec. 4—Bodies of three Americans murdered by bandits recovered at Chocolate pass.

1915.
Feb. 26—J. Cervantes, American citizen, reported killed on Chamberlain estate at Cerritos.
March 11—John H. McManus of Chicago assassinated in Mexico City. American flag over home defiled.
April 1—Baron Smith, Houston, Tex., and Roscoe Billings, Americans, reported killed near Mexico City.
April 2—Two thousand Americans in Mexico City appeal for aid through representative.
April 4—Ten foreigners and one American reported killed.
Dec. 21—Three Americans killed by Villa soldiers soon after his arrival at Madera, 1915.
Jan. 10—P. Keane, Hearst ranch bookkeeper, killed by Villa soldiers.
Jan. 11—Fifteen Americans taken from train and shot by Villa's men.

CHINA RAISING ARMY.

Tenon Officers Training Millions. Returned Traveler Reports.

"China now has an army of 1,000,000 men under arms and within the next ten years will have a standing army of about 2,000,000 men and a reserve army of 10,000,000 men," said Captain Cushing A. Rice, U. S. A., retired, son of ex-Governor Rice of Minnesota, who has just returned to the United States from the orient and is in Denver visiting friends. He says that China has awakened to the necessity of a military strength sufficient to protect her from covetous enemies.

"Yuan Shih Kai," he says, "is going about preparedness as rapidly as he can, and the 1,000,000 soldiers already under training show what he can do. These soldiers were trained and drilled by German and Austrian officers. Most of the soldiers are from the northern part of China and are big, husky fellows."

"On my visit to Japan I found the people to be friendly to the United States. Whatever feeling Japan had against Americans has died out with the realization that other white countries are making similar objections to Japanese immigration that have been made in this country."

Captain Rice's home is in Havana. When in the United States, unless traveling, he lives at the Army and Navy Club in New York city. While in Australia and China he spent much of his time hunting.

THIS IS A HEALTHY TOWN.

Only the Very Old Seem to Die in North Hempstead, N. Y.

North Hempstead, in New York state, where William K. Vanderbilt, Jr., Mrs. O. H. P. Belmont, Payne Whitney, Howard Gould, Clarence H. Mackay and other prominent New Yorkers live is the healthiest town in the state, according to the annual report of Dr. J. H. Rogert, health officer.

While the population is more than 23,000, there have been only 189 deaths during the year. Of this number fifty-five were more than sixty years old, eighteen were eighty, and one was 101. The total death rate of the town was 0.94 a thousand. The rate of the state was about fourteen a thousand. The number of births in 1915 was 485. There was only one suicide during the year.



Here Today, Tomorrow, and
Next Day---Dr. Mok

Banish Your Foot Troubles

At a considerable expense we have secured the services of Dr. M. Mok, a noted Chicago foot specialist. No matter what your foot trouble is, you are invited to consult this Specialist at our expense. You are not obliged to make any purchase, nor will there be any charge for consultation and examination. Dr. Mok will be in attendance at our store only Tuesday, Jan. 25th and Wednesday, Jan. 26th. Start 1916 on good feet. No need to suffer, there is help for everyone.

The McDowell Shoe Co.

"Quality for Less"—Everwear Hosiery

338 W. First First St.

Albany, Oregon

That Face!
"Look me straight in the face and tell me you really love me," he said warmly to the sweet young thing who stood in front of him with downcast eyes.
"Oh, I couldn't do that," came from the lips of the clever girl.—Yonkers Statesman

The Cause.
"What is the cause of social unrest?" "The desire," replied Mr. Dustin Stax, "of the workman for leisure and of the idler for money."—Washington Star

So Thoughtful.
Tailor—How many pockets in your trousers? Customer—Only one, please. My wife is a busy woman, and I want to save her time when she goes through them.—Buffalo Courier

BIG STATE IRRIGATION CONGRESS TO BE HELD

Will Meet in Portland in February to Submit Solution of Oregon Problems.

The state wide conference on irrigation, drainage and rural credits authorized by the last session of the Oregon Irrigation congress will be held in Portland during February.

The delegates who have been or will be named are asked to draft legislation providing a limited state guaranty of principal and interest of irrigation and drainage district bonds. In reality their duty is to submit a solution of these great Oregon problems.

The following will send delegations: The Oregon State Grange, Farmers' Educational and Co-operative Union, Oregon Federation of Labor, Portland Chamber of Commerce, Northern Pacific Railroad company, Great Northern Railway company, Oregon-Washington Railroad & Navigation company, Spokane-Portland & Seattle Railway company, Southern Pacific company and Portland Railway Light & Power company.

Oregon Development League, Oregon Drainage Association, West Coast Lumbermen's Association of Oregon and Washington, Central Oregon Development League, Oregon Agricultural College, University of Oregon, Oregon State Press Association. The governor of the state of Oregon and four delegates at large to be appointed by him. The president of the senate of Oregon and four state senators to be appointed by him. The speaker of the house of representatives of Oregon and four state representatives to be appointed by him. Oregon State Bankers' association, Morning Oregonian, Oregon Journal, Evening Telegram, and Daily News.

Monday Night Bible Lecture—We finish our work with the book of Genesis tonight. This is the six-

teenth lecture on that great book of Exodus free. Now is a good time to begin a thorough study of the Word of God. Come tonight, 7:30 to 9:00. Attendance tonight will receive a copy.



Theda Bara in the Wonderful Wm. Fox Feature from the Grand Opera, "Carmen," at the Rolfe Friday and Saturday.

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Buy your ticket to Los Angeles the Metropolis of Southern California and from that city select the various attractions you wish to see.

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