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**WEDNESDAY, MARCH 21, 1917**

**THE GERMAN RETREAT**  
 Whether the German retreat on the western front is an indication of the approaching military collapse of the Central powers, or merely a piece of strategy skillfully carried out by the commander of the Teutonic army is no means certain in the minds of those who have been close observers of the operations in France.  
 The view which is held by the British press is summed up in the following despatch which was sent out with the official approval of the British war office:  
 "The German retirement, coming so closely on the heels of the beginning of unrestricted submarine war, forms one of the most interesting phases in the progress of the great war. The Germans gave the intimation of the approach of their retirement when they evacuated Grandcourt.  
 "This was evident of new German tactics, for throughout all the bitter fighting of 1916 they never yielded an inch of ground until they were driven out at the point of the bayonet. The backward movement begun at Grandcourt now becomes the greatest retreat of this front since the battle of the Marne."  
 In our judgement the above statement is a fairly accurate analysis of the military situation on the western front.  
 There are those however who are firmly convinced that in the war of attrition which has been waged since 1914, Germany now shows her first material weakness and assert that the retreat is in fact the first genuine sign of a speedy peace which has thus far been observed in the many sided and complex military situation on the other side of the Atlantic.

**WATCH YOUR SNEEZE!**  
 Got the Grippe?  
 Feeling Blue?  
 Head stopped up?  
 Ache all over?  
 If you do, then try  
**CARVER'S Cold Tablets**  
 25c.  
 at **FRED DAWSON'S**  
 Lane-Davis Drug Co. Portland, Ore.

**M. J. E. COFFEE**  
 at  
**Holloway's Farmers' Store**  
 1th 25c 2 1-3 lbs 85c 5 lbs \$1.70  
 Can you beat it?

**ALBANY PLANING MILL**  
 All kinds of Mill Work  
 Glue and Wood Sheds.

**W.F.W.**  
 We make a specialty of  
 Friendship Engagement, and Wedding Rings  
**F. M. FRENCH & SON**  
 Jewelers and Engravers

**PROPER BREATHING**  
 It Plays a Large Part in the Promotion of Good Health.  
 Proper breathing is one of the great big factors in promoting and retaining good health.  
 It is no great number of years since the subject of deep breathing has engaged not only the attention of physicians, but trainers of athletes and the public generally. Recent authorities give special emphasis to the efficacy of deep breathing for asthmatics and for children and young adults who are predisposed to tuberculosis.  
 Professor Arnold Hiller in the Berlin Clinical Weekly notes that it increases the passage of blood through the liver; that it increases the secretion and excretion of bile; that the stomach when filled with food may likewise be favorably influenced because the movement of the stomach contents through the pylorus is facilitated.  
 "Deep breathing," says the New York Medical Record, "is the most scientific resource for the prevention of uric acid disease. One must begin with diaphragmatic breathing, which naturally precedes rib breathing. The inspiratory movements are now slowly increased until all the muscles involved in rib breathing gradually participate. One begins with three daily periods of fifteen or twenty minutes each. The position of the breathers is immaterial. He may do his forced breathing while standing or walking.  
 "In some individuals a very deep breath appears to arrest the pulse because of the compression of the subclavian artery; hence inspiration should be limited to a certain number per minute."

**HOW MODERN SHIPS SINK.**  
 Times When Water Tight Bulkheads Are a Menace to Life.  
 Nearly every class or design of vessel sinks in a particular way. For instance, the old type of single bottom steamer, with few or no bulkheads—that is, in the modern sense of the term—almost invariably founders on more or less of an even keel, which means that it sinks level and not with its bow or stern up in the air.  
 This is accounted for by the fact that at whatever point the water may enter it practically finds its own level, so there are no subdivisions to obstruct it.  
 Now, in the case of a modern vessel, which is built with numerous subdivisions, it invariably happens that she founders with her bow or stern high out of the water, or else she sinks with a heavy list, or cant, to one side or the other. The reason for this is that the bulkheads prevent the water which enters the vessel from finding its level. Consequently when one particular portion of the ship is full of water, while the remainder is practically water tight, that part which is water laden sinks first, owing to its greater weight.  
 It is for this reason that such terrible loss of life frequently occurs in modern shipwrecks. Owing to the uneven sinking it is often found impossible to lower the majority of the lifeboats, as they would fall to reach the water.—London Answers.

WHEN answering Classified ads, please mention the Democrat.

**"Tastes Like More"**  
 Sear's cake and bread made from very best materials  
 We specialize in cakes for clubs, teas and socials  
**Sear's Grocery and Bakery**

**Look the List Over**  
 If you are interested call and get our prices.  
**WINDOW GLASS, ALL SIZES**  
**VARNISH, STAINS, ENAMELS PHOENIX PURE PAINTS**  
**SHEEP DIP STOCK TONIC POULTRY FOOD**  
 —and a new and up-to-date line of Wall Paper. **WE BUY RIGHT—WE'LL SELL RIGHT.**  
**Burkhart & Lee**  
 Albany, Oregon

**A Word to Girls.**  
 The late Inez Millholland Boissevain, the beautiful suffragist, never wearied of impressing on young girls the duty of being as beautiful as possible, for she knew what an instrument for good beauty rightly used can be.  
 One of Mrs. Boissevain's favorite dictums was:  
 "A girl can't help her looks, but her looks can help her."  
 Why Catch Them at All?  
 An Indianapolis man recently saw for the first time a "Rock" of flying fish in the Pacific ocean.  
 "I am perplexed as to the proper thing to do in the case of flying fish," he writes. "Should one catch them with a hook and line, shoot them or use a bird net?"—Indianapolis News.

**READ OUR WANT ADS**  
**Real Estate for Sale**  
 Bargain in farm lands, city property; money to loan, insurance written in the strongest old line companies. Call on J. V. Pipe, 203 W. 2nd St.

**6 1/2 Mortgage Loans**  
 have plenty of local money to loan on good farms, long time. No 6 1/2% Large or small amounts. Write or call on J. V. Pipe, 203 West Second Street, Albany.

**Quality**  
 Marathon Tires are built to meet the demand for Quality—not the competition of Price.  
 They appeal to that growing class of motorists who realize the economy of paying just a little more in order to get something a great deal better.  
**RALSTON MOTOR CO.**



**Williamette Lodge**  
 No. 859 L. O. O. M. meets every Wed. evening Moose Hall cor. 2nd and Lyon Sts. J. F. Kennedy, Secy. Visiting members welcome.

**Who's Your Plumber?**  
 Now about that water system you planned to put in this spring. Let us give you a price for this and your plumbing.  
 Don't forget the DELCO ELECTRIC LIGHTING PLANT at our store—it lights up the old farm house and brings cheer to every home

**Barker Hardware Store**

**Shaving 15c** Bell phone 198-J  
**Hotel Albany Barber Shop**  
 Three of the best barbers in the State.  
 We want you and your children—the shop of class—Yours for good service.  
**STRATTON-WORLEY and HUSTON**  
 Absolutely Antiseptic  
 110 West Second Street

**VIERECK'S BATHS**  
 First-class Workmen Only  
 Open from 7:30 a. m. to 7 p. m., Saturday 10 p. m.  
 Cor. First and Ellsworth Streets

**HAYNE & REED FEED STORE**  
 Flour and Feed, Chopping and cleaning.  
 Gasoline and Oils  
 Third and Main Streets  
 Bell Phone 569-R Home 2278

**Salesman's Position Open**  
 Good territory Liberal terms  
**ALBANY NURSERIES**  
 First National Bank Bldg. Albany, Oregon.

**THE BEST BAKED GOODS GROCERIES, PRODUCE and FRUITS**  
 at  
**PARKER'S**  
 "The Sign of Quality"  
 136 Lyon St. Both Phones

**Fortmiller Bros. Funeral Directors**  
 Masonic Building, Albany, Or.  
 Both phones. Lady Assistant

**STETTER'S FOR GROCERIES AND CROCKERY**

**A. STARK, Physician and Surgeon**  
 Both phones 60  
 330 W. First St. Albany, Ore.

**A QUALITY STORE**  
 We sell the best at lowest prices  
 Watch Repairing  
**F. G. Will**

**Golden Rule Dairy MILK and CREAM**  
 2 Daily Deliveries. Both phones  
**H. M. PALMER, Prop.**

**ED. ROGOWAY, Prop. ROGOWAY'S FURNITURE STORE**  
**PACIFIC JUNK SHOP**

**For Taxicab**  
 Call 327 Bell; 6 Home  
 Office Hotel Albany  
 Closed taxis Experienced drivers

**Every Day Is Orange Day**  
 at  
**Eastburn Brothers**  
 We can supply you by the dozen or case. 'he price is right.  
 Better buy a box of APPLES  
 We are still selling good VALLEY FLOUR at \$1.75 per sack.  
**Eastburn Bros.**

**E. C. MEADE, Optometrist**

**P. B. PHIPPS**  
 Graduate of the Weltmer Institute  
 Drugless Healing, Chronic, Nervous, Lung and Female Diseases.  
 734 Lyon St. Albany, Or.  
 Home phone 2185. Bell 364-R.

**Fisher-Braden Undertakers**  
 Lady assistant  
 Auto-Hearse service if desired.

**Oregon Hide & Junk Co.**  
 Retail and wholesale dealers in old rubber, metals of all description, old auto tires, bones, sacks, iron of all description, bottles and hides, rags and paper. Don't sell before you get our prices.  
 Home 1333 Bell 72 J  
 201-205 East First St.

**Many Salaried People**  
 have a Checking Account with this bank—and many more can be accommodated.  
 To systemize your payments by using a check, and know where every dollar goes is a decided help in building a bank account. Let us help you.  
**CAPITAL AND SURPLUS \$90,000.**  
**J. W. CUSICK & CO., Bankers**  
 Albany, Oregon

**Bought New Stock**  
 I wish to announce that I have purchased the stock of the Dugan Second Hand Store at Second and Baker streets, which I will continue to run in addition to my regular business at the Pacific Junk Shop. I will continue to buy, sell and exchange all kinds of second hand goods and will guarantee satisfaction to all.  
**ED. ROGOWAY, Prop. ROGOWAY'S FURNITURE STORE**  
**PACIFIC JUNK SHOP**

**Notice of Impounded Dog**  
 Notice is hereby given that I have taken up and impounded a red and white male shepherd dog with white ring around the neck. If said dog is not redeemed within 5 days it will be killed according to law.  
 Dated Albany, Oregon, March 16, 1917.  
 signed  
**JOHN CATLIN,**  
 City Marshal.  
 m 17-22

**CITY TREASURERS NOTICE**  
 The undersigned, as the City Treasurer of Albany, Oregon has funds on hand to pay general fund warrants Nos. 207 to 297 inc. of the issue of 1915. Interest will cease with the date of this notice, March 20, 1917.  
**H. B. CUSICK,**  
 City Treasurer.  
 m 20-21-22-23

**Real Estate Loans & Insurance**  
**Collins & Taylor**  
 Albany Hotel Building

**FOR SALE**—Seed potatoes, 'Early Sunrise' variety, best in the valley, W. H. Curry, 1140 W. 12 St., Albany. m 6 tf

**FOR SALE**—Buggy, two ton of vetch hay, gasoline wood saw, bay mare, nine year old. Bell phone 7F31A. D. Shew. m 14-21\*

**FOR SALE**—One light team, set harness, one light wagon, top buggy, nearly new, one Jersey cow, one cream separator and household goods. Dr. Ellison, phone Bell 1F22 R.F.D. 1. m19-21\*

**FOR SALE**—80 acres, newly improved, located 2 miles northwest of Plainview, all in cultivation, sold subject to one year lease, 1-3 going to purchaser. Address J. S. Nicewood, Halsey, Ore. M3 a3&sw\*

**MOTOR CYCLE FOR SALE**—Indian "Twin," electric equipped, \$100 cash takes it. Home phone 3186. m20-22

**ST. NATIONAL BANK**  
**INSURANCE**  
 gives only INDEMNITY in case of loss but cannot replace valuable papers or prized keepsakes. Our carefully guarded safe deposit vaults PREVENT loss—and for a fraction of what insurance costs. Arrange to leave your contracts, securities, receipts, deeds, silverware, jewelry, your will and other valuable documents in our vaults where they will be safe from fires, burglars, meddlers and every evil agency.

**ST. SAVINGS BANK**  
**BUSINESS DIRECTORY**  
**CLASSIFIED**  
**WANT ADS**

**BUSINESS DIRECTORY**  
**CHIROPRACTOR**  
**ELMER C. GIPE**  
 Chiropractor.  
 Rooms 5, 7, 9, 10, Cusick Bank Bldg  
 Nature cannot cure a disease unless the cause is removed. Chiropractic adjustments remove the cause.  
 Examination Free  
 Dr. Geo. J. Kenagy  
 Suite 401-2 National Bank Bldg.

**LAWYERS.**  
**WEATHERFORD & WEATHERFORD**  
 Lawyers, Albany, Ore.  
**C. C. BRYANT**  
 Attorney at Law  
 201-2 New First National Bank Building, Albany, Oregon.

**REAL ESTATE & INSURANCE**  
**B. M. PAYNE**—Farm lands and city property for sale. Real estate loans. Fire insurance. Surety Bonds. Rooms 19-21, Cusick Bldg., Albany, Oregon.  
**E. F. SOX**  
 Real Estate, Loans, Fire Insurance.  
 First National Bank Building

**H. F. MERRILL**  
 Insurance, Loans, Surety Bonds  
 Special attention given to care of property belonging to non-residents. Room No. 1, second floor, First Savings Bank building, Albany, Oregon.

**FOR SALE**  
**FOR SALE**—Fresh cows on easy terms. H. Bryant. D4tf  
**FOR SALE OR EXCHANGE**—A 10 million timber claim in Douglas county for city property or good farm land. Home 1143 116tf

**FOR RENT OR SALE**—Cheap, a small place close to the North Albany school house, a six room house and a good barn. Inquire of J. S. Morgan, 333 Jefferson St., Albany. m 19\*

**FOR SALE**—One 1915-5 passenger Dodge Touring car, just overhauled, first class shape, look this up. 2 new tires.  
 Ralston Motor Co. t 26tf

**FOR SALE**—Clover hay, clean, \$11 per ton on place, 3-4 mile east of Albany, Santiam and Green house road. Bell phone 1F31, S. G. Talia, Albany.

**FOR SALE**—A good lot in west Albany at a sacrifice, 518 West 9th St., Home phone 1276. mia1\*

**FOR SALE**—Two choice lots on Calapooia Street between Seventh and Eighth. Price reasonable. Address, 734 Washington, St., Walla Walla, Wash. m 2-tf

**FOR SALE**—On easy terms, 20 small tracts of bottom land. H. Bryant. m 3-may 3\*

**FOR SALE**—Buggy, two ton of vetch hay, gasoline wood saw, bay mare, nine year old. Bell phone 7F31A. D. Shew. m 14-21\*

**FOR SALE**—One light team, set harness, one light wagon, top buggy, nearly new, one Jersey cow, one cream separator and household goods. Dr. Ellison, phone Bell 1F22 R.F.D. 1. m19-21\*

**FOR SALE**—80 acres, newly improved, located 2 miles northwest of Plainview, all in cultivation, sold subject to one year lease, 1-3 going to purchaser. Address J. S. Nicewood, Halsey, Ore. M3 a3&sw\*

**EGGS FOR HATCHING**—For sale, Barred Plymouth Rocks, 75c per setting. Call Home phone 4535. Mrs. Jno. Kirkland, Sunrise m20-a20

**FOR RENT**—Four furnished house-keeping rooms on ground floor, 630 West Seventh St.

**FOR RENT**—Light housekeeping rooms, 423 W. 1st St. Reasonable price. Bell phone 317-R. m31tf

**WANTED**—Woman wants washing to do at home. Will go away to work on Saturdays. For information call Home phone 1266. n13tf

**FOR RENT**—New 7 room bungalow with 8 lots, Hazelwood, also 7 room house 2 lots College Hill, see Fish & Hodges. m 15-21

**WHEN answering Classified ads, please mention the Democrat.**

**WANTED**—Girl for housework in Portland. Apply Wednesday morning M. Sternberg & Co. Ladies' Shop. m20-22

**WANTED**—Experienced waitress at once, call Home Restaurant. m19-21

**WANTED**—Second hand shoes, mens preferred, high cut. Can use tops if bottoms are worn out. Burns the Shoe Doctor, across the street from Postoffice. m10-a44y-wk

**WANTED**—Ford car. Home phone 4347. D&SW Pntf

**WORK WANTED**—Will go out or take work home. Lace curtains a specialty. 25c per pair. Bell 596-J, or 323 E. 2nd a4tf

**WOMAN WANTS WORK**—Washing, ironing, crocheting, or any kind of work. Home phone 1263 or 281 Madison St. Jan19tf

**WANTS WORK**—Lady wants work by day or hour. Home phone 3489.

**MISCELLANEOUS.**  
**HEMSTITCHING**—10c a yard. Sue Breckenridge, 333 Second St. Bell 96. Home 182.

**BOARD AND ROOM**—Tremont Hall offers board and room to young women after Jan. 1. Make arrangements now. D15tf

**Daily Democrat by Carrier, \$4 Year.**

**WOULD YOU LIKE TO OWN YOUR OWN HOME?**  
 I will sell you a new modern home on small cash payment, balance on monthly payments. Or will sell you lot, help you design your house, draw plans and build to suit your own ideas. I can furnish you with all the very latest improvements in the modern homes. Call at 834 West Ninth St., or phone 8F31 Bell phone.  
**GEO. C. RICHARDS, Contractor and home builder.** J10tf