

BUY OREGON QUALITY GOODS

Patronize Home Industries of Your State and Help Make Oregon Grow

SUPPORT of Home Industries
is One Form of Patriotism.

WOMEN Are Purchasing Agents in Most
homes. Their cooperation is necessary

PAY-ROLL Money Stays at home
helps make Oregon prosperous

Health Hints

War Gardening as a Reducer—
I exercised at stated hours,
I walked and banted;
But although I perspired in showers,
And panted,
And faved, still I lost no weight—
And I was vexed; and never hid it
—Not any one of all of these
Could make me any less obese.
—But HOOVER did it!—Life.

Good Out of Nazareth—
Osteopathy came out of Missouri,
when that now imperial common-
wealth had scarcely emerged from
the pioneer stage of its history.
Osteopathy's founder was himself
the brave and rugged pioneer, not
of the West only, but of the realm
of the mind as well.

And this extraordinary new thing,
Osteopathy, born in the brain of a
pioneer, is consistently permeated
with the independence of the front-
iersman; it carries with it the free
spirit of the early days.

Yet it makes most converts among
the cultured. It finds little support
among the ignorant and superstitious.
With its scientific calm, and its
habit of fearless investigation, it
makes its most powerful appeal to
those souls who would see clearly,
know all, bear their own burdens, and
control their own lives.

To these, especially, Osteopathy
may bring the vision and insight,
and sometimes the MECHANICAL
ADJUSTMENT that are needed to
help them to independent living and
to unfettered thought.—Osteopathic
Magazine.

**OSTEOPATHIC PHYSICIANS
AND SURGEONS**

DR. A. P. HOWELLS
DR. MARY HOWELLS
First Savings Bank Bldg. Both phones

Eat less. Walk more. The results
will astonish you.

'Orrors of War—
"Wot you got there, mate?"
"Serum, pills, quinine, an' plum an'
apple jam."
"Lor! All the 'orrors of war!"
—The Sketch.

**Spinal Adjustment an Osteopathic
Fundamental—**

The Osteopathic physician and
surgeon in his care of the human
body while he pays due attention to
the errors of eating, drinking, think-
ing, environment, habit, and all fac-
tors which may influence health, pri-
marily looks upon the human body
as a vital machine, which when all
of its parts are in structural harmony,
will run smoothly along from infancy
to old age. But when some of the
multitudinous parts of the body are
out of their right relation with each
other, there will be pressure some-
place where there ought not to be,
and the machine will not run smooth-
ly, the body will be diseased.

This bodily machine is controlled
by the brain thru the nerves, and as
an expert body machinist, the Os-
teopathic physician finds that the
point where the nerves connecting the
body parts with the brain are most
often affected is the spine. This is the
part of the human machinery which
most often needs adjusting, hence
the Osteopathic in his practice gives
the greatest measure of his attention
to the spine.—Osteopathic Magazine.

**OSTEOPATHIC PHYSICIANS
AND SURGEONS**

DR. A. P. HOWELLS
DR. MARY HOWELLS

First Savings Bank Bldg. Both phones
Moses—Hoover—
Moses put the children of Israel
on a diet. Mohammed put the Arabs
on a diet. And now we have—
HOOVER.

Requirements—

Osteopathic colleges require at
least four years of eight months
each actual attendance. Their pre-
liminary requirements are not less
than a high school diploma or its
equivalent and one year's work of
college physics, chemistry and bi-
ology. They are just as thoro and
scientific as any medical school, but
consider adjustment of body struc-
ture as more important than drug-
gery, with all its attendant ills.

Do Not Forget—
To order the Osteopathic Mag-
azine, for sale on city news stands.

—Paid Adv.



**Preferred
Stock
GROCERIES**

**FRUITS
VEGETABLES
TEAS, SPICES, EXTRACTS, ETC.**

ALLEN & LEWIS' BEST BRAND

**PEARL
SHORTENING**

A Product of Home Industry
Government Inspected

Economical and highly dependable
wherever a high grade shortening
is desired.

UNION MEAT CO.
North Portland,
Oregon




**Purola Toilet Preparations
and Medicinal Remedies are
Guaranteed to Please.**

Every Druggist in Albany Sells them

Sworn Statements

OF ALL LIFE INSURANCE COMPANIES ON FILE
WITH INSURANCE DEPT. AT SALEM SHOW

Oregon Life
Leads in Oregon in

1. Insurance written in 1916.
2. Gain in Insurance in force 1916.
3. Gain in Premiums collected 1900 to 1916.
4. Gain in Insurance in force 1900 to 1916.

Before you sign an application for Life Insurance in-
vestigate our new Low Premium Policies.

Oregon Life Oregon's Successful Life
INSURANCE COMPANY
Oregon Money Invested in Oregon.

HOME OFFICE Corbett Building,
Fifth and Morrison.
A. L. MILLS, President. C. S. SAMUEL, General Manager.

PORTLAND, ORE.
E. N. STRONG, Assistant Manager.

ALBANY D. M. JOHN
Dist. Representative

Let
TRU-BLU



Be
Your
Baker

TRU-BLU BISCUIT CO., PORTLAND

CROWN FLOUR

THE PURE FOOD FLOUR

CROWN FLOUR is made from the choicest of wheat
in the best mill on the coast. Therefore, bleaching or arti-
ficial coloring is not necessary.

If you are using another brand of flour it is probably
bleached as nearly all western mills employ artificial meth-
ods in coloring their flour.

Use Crown Flour and eliminate any possibility of get-
ting flour that has been artificially colored.
Ask your Grocer for CROWN FLOUR.



Promote Life and Vigor
GOLDEN ROD

ROLLED OATS
WHEAT FLAKES
PANCAKE FLOUR
WHEAT NUTS
RALSTON BRAN

On "Wheat-less" days use Golden Rod Oats, Corn Meal, Rye Flour
and Buck Wheat Flour.

Larger Bottles of Better Dressing

At The Same Price



DIAMOND

**Mayonnaise
Dressing**

A Delicious Dressing
For Salads, Meats or Fish.

Ask Your Grocer For
DIAMOND "W" PURE FOOD PRODUCTS

WADHAMS & CO.
Manufacturers and Wholesale Grocers.

**REDUCED
EXCURSION FARES**

TO

**WILLAMETTE VALLEY
POINTS**

Saturdays and Sundays
Return Limit Mondays

There are many places in the W
illamette Valley to visit, and
Newport Beaches are fine at th
is season of the year. Take a
trip to Portland over Sunday.

**NEWPORT
BEACHES**

Week-End fare from Albany. Train
leaves Albany for Newport at 12:55
p. m. daily, except Sunday. On Sun-
days, train leaves Albany for New-
port at 7:30 a. m.

Ask your local agent for particulars.

JOHN M. SCOTT, General Passenger Agent

Portland, Ore.

Southern Pacific Lines

It Pays to Buy the Best
Ask for
Olympic Flour

Makes
Whitest,
Sweetest,
Healthiest
Bread



Makes
Health
Happiness
and
Success

Made from carefully selected Northwestern Wheat,
thoroughly cleaned and scoured by the most modern meth-
ods known. All the nutritious qualities of the Wheat are
retained and it reaches you clean, pure and wholesome.

The Portland Flouring Mills Co.