

UNCLE SAM NEEDS 10,000 STENOGRAPHERS, TYPEWRITERS AT ONCE

WASHINGTON, Oct. 17.—Now that Uncle Sam has the young men of the country in training for military service, he finds that he needs

Start Tomorrow and Keep It Up Every Morning

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuff from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the clogs of the system each morning and flushing out the whole of the internal poisonous stagnation matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store.

We sell coats, suits and skirts at manufacturer's prices.



10,000 typewriter operators and stenographers and typewriters, both men and women, for the departments at Washington.

The Civil Service Commission has notified all of its 3,000 boards of examiners that they should put forth their best efforts to secure these urgently needed workers.

Promotion is reasonably rapid to those whose services prove satisfactory. No appointments can be made to these or other positions in the federal classified civil service unless authorized by the Civil Service Commission under the civil service law.

Substitute for The Democrat.

CITY NEWS

Going to Los Angeles—

Mrs. A. Bowers will leave tomorrow for Los Angeles to spend the winter with her brother.

Motor to Salem—

Mr. and Mrs. J. Neely and Mrs. Neely left for Portland Saturday night on their motor trip to Salem.

On Business Trip—

Frank Barrett went to Seattle and Everett today on business for the Oregon Power Co.

Brownsville Woman Dies—

Mrs. E. E. Blackburn of Brownsville died at her home in Albany Saturday.

Returns Home—

H. E. Green, who had been in Portland for several weeks, will be home Saturday.

Cost to Fayetteville—

C. R. Hart, secretary Fayetteville, is in Albany this morning.

In Albany This Morning—

Mrs. D. E. Blackburn of Portland was in Albany this morning on her way home. She has been visiting relatives in Lebanon and Brownsville.

On Business Trip—

Owen Bean and Chas. Lamb went to Talbot this morning on business.

Shipped Cattle—

Leo Miller shipped a carload of cattle to Portland last night.

Undergoes Operation—

Mrs. Roy Bunting was operated upon this morning for appendicitis by Dr. J. E. Brinkwater. She is getting along nicely.

Went to College—

Miss Eleanor Bruce will leave tomorrow for Portland, where she will enter the Bohling-Walker business college.

Ill With Pneumonia—

E. B. Hildreth is ill at his home with an attack of pneumonia.

To Tax Tickets—

After Nov. 1 a tax of eight percent on all railroad tickets and 3 percent on all freight shipments will become effective. A war tax of ten percent on all sleeper and parlor car tickets will also be placed in effect.

Get "Club-by" with LANGHAM HIGH CLOTHES All You High School Fellows. Overcoats and suits specially made for you in sizes 31 to 29. They have the good style you admire in your older brother's clothes. Ask to see the popular trench overcoats. They show the dominating influence of the military styles. And the fabrics are smart.

HALMITONS' Dress Goods Section. Art Section. Men's Wear Section. Domestic Section. HAMILTONS' THE OLD OF THE NEW.

Sears' Phone 51 1st and Ferry Streets

Eastburn Bros. THE GROCERS. Headquarters for Fruits and Vegetables.

VIERECK'S BATHS First-class Workmen Only.

Quality Talks. We give both quality and price—a combination that's hard to beat.

A QUALITY STORE. We sell the best at lowest prices.

Real Estate Loans & Insurance. Collins & Taylor.

Fisher-Braden Undertakers. Lady assistant.

PARKER'S BAKED GOODS GROCERIES, PRODUCE and FRUITS.

You Are Invited. This beautiful Pathephone... \$75.00. Fortmiller Furniture Company.

Your Grocer will deliver Bevo. A BEVERAGE. You've enjoyed it at restaurants and other places—now you want your family and your guests to join you in the same pleasure.

THE OLD OF THE NEW. Have you investigated our new heating and cooking rate? OREGON POWER CO.

ST NATIONAL BANK. ST SAVINGS BANK. ALBANY ORE.