

Daily Democrat

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BUSINESS MATTER

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By mail, at end of year 3.50
By mail, in advance, per year 2.00
Semi-Weekly
When paid in advance, one year 1.25
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Established in 1865

SATURDAY, NOVEMBER 24, 1917.

Men Wanted

Owing to strike condition, for
work in

Paper Mill

at Camas, Wash. and Oregon
City, Oregon; \$2.00 and up for
nine hours.

Apply J. A. Howard, 325 1st St.

HEALTH HINTS

Pleasure—

Comes thru toil and not by self-
indulgence and indolence. When one
gets to love work, his life is a happy
one. —Ruskin.

Responsibility—

Our personal responsibility in sup-
port of our Government does not end
with buying a liberty bond. Contri-
butions to the Red Cross are always
in order. That is a "Health Hint"
we can all give.

It Is Complete—

The science of osteopathy is a
complete system of healing with ad-
justment of structure as the hub,
particularly spinal adjustment. It
recognizes and practices successfully
conservative surgery. It teaches its
patients the principles of right living,
good sanitation, and hygiene. It be-
lieves in helping the patient to all
the optimism, good cheer, and right
and wholesome thinking which is
possible. It tries to show the patient
how to help themselves and, with its
scientific treatment, it aids them so
that they may help themselves, and
Nature, to a cure. Osteopathic treat-
ment is not rough nor harsh, tho its
enemies and some funmakers might
have you believe it. Osteopathic
treatment handles all kinds of dis-
eases, at least as successfully, and
generally more successfully, than any
other method.

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DR. A. P. HOWELLS
DR. MARY HOWELLS
First Savings Bank Building.

With our equipment including an
excellent X-ray apparatus we are
prepared to successfully handle all
kinds of broken limbs, sprains, etc.
Osteopathic physicians and surgeons
are particularly qualified to handle
these kind of cases.

A Good Doctor—

"Sunshine and fresh air are the
greatest enemies of tuberculosis,"
says a medical authority. So sit on
the sunny side of the house, the car,
the office, the fishing pool. Get out
in the field with the birds and beasts.
Face the breeze and don't be afraid
of the gale. Roll the window shade
ever up and never down. Make your
sunshade into a cane. Remember,
Dr. Sunshine is not only an enemy
to tuberculosis but to more diseases
than you can remember to name, in-
cluding the ingrowing grouch and
many other things. So let him shine
in! —Detroit Free Press.

You Can Get It—

On the news stands. The Osteo-
pathic Magazine.

Breathe Deep—

"Tell me is your honor doubted,
Your best motives coldly flouted?
Breathe deep,
Steer clear of the grip of terror.
Set your jaw a little squarer,
Breathe deep!"

OSTEOPATHIC PHYSICIANS AND SURGEONS

DR. A. P. HOWELLS
DR. MARY HOWELLS
First Savings Bank Building

Permanent Cures—

"Osteopathic cures are permanent
because they are natural. There is
no reaction against improvement
achieved under this system. Health
continues to build up steadily, as a
rule, after treatment is ended. With
the assistance of osteopathy, and ob-
serving the rules of right living, you
will give nature a square deal after
which—except for such an impossible
task as restoring dead parts of your
body—Nature may be expected to
give you the superlative degree of
health.

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Stock and Poultry Supplies
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Roasters and Carving Sets

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Watch this space for Xmas
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Carpentering and Repairing
Call me for any kind of plumb-
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to reserve YOURS for CHRISTMAS.

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Osteopathic Physicians and Surgeons

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For Sale

FOR SALE—Rent, or trade, seven-
room modern house. Inquire at
535 Second and Calapooia St. \$29.00
FOR SALE—A Ford car in good
condition; cook stove and coils,
wash stand, refrigerator, 2 rugs,
stand table. Call Bell phone 365-Y.
Or 426 E. 24 St. n23-26

FOR SALE OR EXCHANGE—A 10
million timber claim in Douglas
county for city property or good
farm land. Home 1143 f16f

FOR SALE—One fine select resi-
dence lot on Washington, paved
street, cement curb, sewer, at 25
per cent discount; terms part down
balance installments; no interest
for first year. Also other select
lots in Wright's Addition close to
store, same discount on same terms.
Also one large select block of eight
lots adjoining city, same terms.
Also farm in Linn county. See,
write or phone Geo. W. Wright,
lawyer, Albany, Oregon. n23-22

FOR SALE—One billiard table, three
pool tables, one back bar, one sofa
mountain. Inquire Leo Calien, 231
Lyon street. n21f

FOR RENT—Six room furnished
house on paved street, W. F.
Pfeiffer. n12f

Miscellaneous

WANTED—To buy all kinds of
hides, junk, sacks, second hand
goods, etc. For sale—grubbing ma-
chine and cable. Well drill. See
Rogoway, Second and Baker. n31f

LOST—One leather driving glove.
Finder please return to 243 East
Second St. and receive reward
2* n22-24*

LOST—Bay colt, heavyset, one white
hind leg, weight about 1000 lbs.
Nearly 2 years old. Call J. M. Col-
ter, Salem Road. Bell phone 2922
n22-24*

WANTED—Team, for hire or to
keep through winter, with privilege
of buying if satisfactory. Call
Home phone 1305, Bell 334-R
n22-24

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THE DRUGGISTS' REMEDY
Ladies! Ask your Druggist for
Chichester's Blood Purifying
Pills in Red and Gold wrapper.
Take no other. Box of 100
Bottle of 500. Ask for CHICHESTER'S
PILLS. Sold by Druggists Everywhere.

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Bell Phone 198-J
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Hotel Albany Barber Shop
Three first-class barbers
We want you and your children
Absolutely Antiseptic
110 West Second Street

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First-class Workmen
Only

Open from 7:30 a. m. to 7 p.
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Cor. First and Ellsworth Streets

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ducks and geese for sale at East-
burn's store and Pratt's store on
East Main street, Saturday. n23-24*

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their home and in the same time
you can get acquainted with your
car. I can give first class refer-
ences if anyone wishing this op-
portunity call me up by Home
phone 4125, after 6 p. m. J. King
n23-27

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Best 35c and 50c meals in
the city.
Mr. and Mrs. Grant Pirtle,
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Schmitt, Hunt Bldg., Broadalbin,
for enrollment of pupils Saturday,
September 22nd, at 10 a. m. A. M.
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Dealers in Hides, Pelts, Furs, Rubber,
Metals, Machinery and all kinds of
second-hand goods
\$1,000 Potato Sacks for Sale
Bell 72-J. Home 1333

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329 Pine St. Home phone 4404.
Bell phone 377-J. Office with Gum-
mings Transfer Co. o15-n15*

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Insurance, Loans, Surety Bonds
special attention given to care of
property belonging to non-residents.
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ings Bank building, Albany, Oregon.

6 PER CENT MORTGAGE LOANS
—long time, any amount, for good
cultivated farms. Call on J. V.
Pipe, 203 W 2nd St. S-1-1f

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Fire insurance. Surety Bonds.
Rooms 19-21, Cusick Bldg. Albany,
Oregon.

For Sale—Real Estate

J. V. PIPE
Real Estate, Farms and City Prop-
erty. Fire Insurance. Notary Pub-
lic. S-1-1f

Loans Surety Bonds
E. F. SOX
Fire, Casualty and Automobile
Insurance. Real Estate
213 1st National Bank Bldg

ELMER C. GIFFE
Chiropractor.
Rooms 5, 7, 9, 10, Cusick Bank Bldg.
Nature cannot cure a disease unless
the cause is removed. Chiropractic
adjustments remove the cause.

Fortmiller Bros.
Funeral Directors
Both Phones — Masonic Bldg.
Our Own Auto Hearse
Lady Assistant

Wood Car Vine Maple E. R. Cummings

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and
phosphate prevents illness
and keeps us fit—

Just as coal, when it burns, leaves
behind a certain amount of incom-
bustible material in the form of ashes,
so the food and drink taken day after
day leaves in the alimentary canal a
certain amount of indigestible ma-
terial, which if not completely elimi-
nated from the system each day, be-
comes food for the millions of bacteria
which infest the bowels. From this
mass of left-over waste, toxins and
poison-like poisons are formed and
sucked into the blood.

Men and women who can't get feel-
ing right must begin to take inside
baths. Before eating breakfast each
morning drink a glass of real hot
water with a teaspoonful of lime-
stone phosphate in it to wash out of
the thirty feet of bowels the previous
day's accumulation of poisons and
toxins and to keep the entire alimen-
tary canal clean, pure and fresh.

Those who are subject to sick head-
ache, colds, biliousness, constipation,
others who wake up with bad taste,
foul breath, backache, rheumatic stiff-
ness, or have a sour, gassy stomach
after meals, are urged to get a quarter
pound of limestone phosphate from
the drug store, and begin practicing
internal sanitation. This will cost
very little, but is sufficient to make
anyone an enthusiast on the subject.

Remember inside bathing is more
important than outside bathing, be-
cause the skin pores do not absorb
impurities from the blood, causing poor
health while the bowels pores do.
Just as soap and hot water cleanses,
sweetens and freshens the skin, so
hot water and limestone phosphate
act on the stomach, liver, kidneys and
bowels.

STETTER'S FOR GROCERIES AND CROCKERY

Old Furs Rebuilt

NEW FURS
MADE

—Our Specialists

PATTERSON

TAXIDERMIST CO.

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To buy, all kinds of
USED FURNITURE
From \$1 to \$1,000. All kinds
are wanted.

We now have a good line of
New-SecondHandFurniture

Bargains of all descriptions.
Complete line of everything de-
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do well to see

E. ROGOWAY

Second and Baker Sts.

Bell 104-R. Home phone 2227

MAKE ALL
YOUR
SOCKETS
FULL SOCKETS
—AND DO IT
YOURSELF
No electrician
necessary. Simply
buy an Arrow E.
Pull Socket At-
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35524, and screw
it into your pres-
ent socket.
For sale
by the
RALSTON
ELECTRIC
SUPPLY CO.

BUSY CORNER Grocery

Goods bought right and sold
right.

Sweet Potatoes, 6 lbs. 25c
Sauer Kraut, quart 10c
Good Coffee, lb. 19c
Best White Laundry Soap,
five bars 25c
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Grant Froman, Prop.
381 Lyon Street Both Phones

Hotel St. Francis
Union Square San Francisco
In the center of the
City's Life and Color
Rates from \$2.00 per
Day. 1000 Rooms.
Appreciated by
Discriminating
Travelers the world over.
Management James Woods

LIGHT LUNCHES

Sandwiches,
Tamales,
Hot Coffee and Chocolate,
Hot Drinks of all kinds.
FINE HOME MADE
CANDIES

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Both phones
W. S. Duncan, Prop.

Real Estate Loans & Insurance Collins & Taylor

Albany Hotel Building

WE ARE LOOKING FOR
MEN WHO CAN SELL
Your wages are not limited.
Complete line of superior nur-
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open. Secure our new contract
at once
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1st National Bank Building
Albany, Oregon