

LISTEN---IT MEANS \$\$ TO YOU

Have you decided your Xmas problem? Do you have a definite idea of just what gifts would be most suitable for friends and relatives? Probably not. It's the merchant's job to make the suggestions and for you to decide as to whether or not he has used good judgment in making out his list of Xmas hints. Every progressive business man in Albany who has Xmas goods that are worth while will tell you about them in the advertising columns of the Democrat. Watch the advertisements. They will save you time and money.

HEALTH HINTS

Do You Know That--

A walk in the open is worth two in the house?

Being healthy is the first duty of a citizen?

Disease is the greatest foe to human progress?

It's the unused body that deteriorates quickest?

Fly destruction is its own reward?

Personal hygiene is the first requisite for community health?

A small mosquito is a dangerous thing?

Most of the diseases from which man suffers are peculiar to man?

—U. S. Public Health Service.

The Best--

By far the best results in the care of colds, grippe, pneumonia, etc., are obtained under osteopathic treatment. Osteopathic treatment for all infectious diseases works along strictly scientific lines by building up the immunity of patient and thus helping Nature to conquer the invading host of germs which help to cause these diseases. Don't let some old fogey laugh you out of the osteopathic idea because it is not orthodox or because our ancestors did not do it that way. Think for yourself. Reason a little. Come in and let us give you our side of the argument.

Remember--

These being the months of coughs and sneezes, that this is the way these afflictions are spread. If we were more conscientious in our use of the handkerchief, much less would be our winter sickness.

**OSTEOPATHIC PHYSICIANS
AND SURGEONS**

DR. A. P. HOWELLS

DR. MARY HOWELLS

First Savings Bank Bldg.

First Savings Bank bldg. Both phones
"Large Oaks From Little Acorns Grow"--

A dull intellect is frequently due to neglected adenoids.

Pneumonia is nearly always preceded by a simple neglected cold.

Appendicitis is nearly always preceded by constipation and neglected bowels.

Abscessed glands in the neck are usually preceded by neglected, or improperly treated colds, and the same applies to catarrhal deafness and mastoid disease.

Blood poisoning may come from an improperly treated slight prick or scratch on the hand or any other part of the body.

A goodly number of rheumatic fever cases are due to neglected tonsils.

Slight, apparently insignificant accidents—falls, strains, jars—often disarrange some part of the delicate mechanism of the body and lead to numerous internal disorders, predisposing to practically every disease known to man. It will pay you to several times a year have your body gone over by the osteopathic physician and surgeon, who is particularly trained to look for these slight troubles and to correct them. Do it before you are sick and thus avoid that suffering and expense.

"Breathe Deep"--

"When your friends misunderstand you

And Defeat has near unmanned you,
Breathe deep!

None may scorn or call you quitter
If you prove you are a hitter--
Breathe deep!"

Cures--

Osteopathy will cure 97 per cent of all cases of chronic constipation, provided the patient will do as told; and what they are told to do will not interfere with their daily work. Don't neglect this kind of a trouble, it is dangerous and drugs only make it worse.

Complete--

Osteopathy is a complete system of healing, applicable to all diseased conditions. Do not forget it, and do not let some one blarney or bulldoze you out of the idea. Call their bluff and try the osteopathy.

You Can--

Buy, on the city news stands, The Osteopathic Magazine.

—Adv.

**One Out of Eight
Drafted Men Rejected**

CAMP LEWIS, Dec. 8.—On an one man out of eight sent here by local exemption boards have been rejected by army physicians and sent back home, according to figures available here today.

A total of 5,256 men failed to meet the strict army mental and physical tests. In each case, army physicians will send rejection papers showing the cause of rejection to the local boards. Physicians are expected to study these rejection papers carefully so that the number of men sent back home in the second draft will not be as great.

Wholesale rejections caused physicians here much extra work and added greatly to the expense of maintaining the camp, in addition to causing 5,000 men great inconvenience.

TANGENT NEWS NOTES

TANGENT, Dec. 8.—(Special to the Democrat)—Howard Jenks has returned to his home after a three-

weeks trip to Chicago and other cities.

A. D. Hudson left on the noon train for Harrisburg.

Mrs. J. E. Jenks, Jessie Jenks and Mrs. Griffith were Albany visitors Thursday.

The hard times party given by the high school was a success, everybody reporting a good time.

Mrs. M. J. Smith is in Albany visiting her daughter, Mrs. Willard Davis.

The Ladies' Home Missionary society met yesterday and elected new officers. Mrs. Nina Jenks is president for the next year.

Mr. and Mrs. J. H. Scott, Mr. and Mrs. Robert Archibald and Elizabeth Sharp were in Corvallis to attend the funeral of little Earl Scott, who died in California three weeks ago.

B. J. Smith left today for Elmira, where he will make his home.

Mrs. Brown is expected home this evening from California, where she has been for the past three months, visiting relatives.

Do Your Christmas Shopping Early.

Give the Pen that Fills Itself

Conklin's Self-Filling Fountain Pen

The Practical Gift

HERE is the gift—a really good fountain pen that fills itself at any inkwell in four seconds, cleaning itself at the same time. No special ink required, nothing to take apart, just a simple pressure on the "Green-Filter" and it's ready to write. It never leaks, never clogs, won't smudge and always writes smoothly.

\$2.50, \$3.00, \$3.50, \$4.00,
\$5.00 and up. For Sale by

Conklin's Self-Filling Fountain Pen

Non-leakable; just as good a present as you can possibly get for Xmas.

See our line of fine

Pocket Knives
Bill Books
Purses
Ivory Goods

—and a complete line of fancy perfumery and Toilet Water.

OUR PRICES ARE RIGHT

Burkhart & Lee

Albany, Oregon

Basket Ball

AND GYMNASIUM GOODS

See our line of Gym Shoes and sporting goods before buying your outfit.

L. B. Hixson

129 Lyon St.


Agent for Harley-Davidson Motorcycles.

Ford

THE UNIVERSAL CAR

The Ford is an honest car in the fullest sense of the term—built on an honest design with honest materials, sold at an honest price with the assurance of honest performance and an equally honest, efficient after-service. Besides, it has been proved beyond question that the Ford is most economical, both to operate and maintain. It is one of the utilities of daily life. Your order solicited. Efficient after-service is behind every Ford car. Runabout, \$345; Touring Car, \$360; Coupelet, \$385; Town Car, \$395; Sedan, \$645; One-Ton Truck Chassis, \$600. All f. o. b. Detroit.

W. W. CRAWFORD : : Albany, Oregon



The Pathephone Is Different

It's different not just to BE different—it's different because it's BETTER!

The Pathephone will play both kinds of records—Pathe and the OTHERS—and it will play THOSE better. It's equipped with the Pathe Sapphire Ball that GLIDES over the sound-grooves, that CANNOT scratch the record, that produces a TONE of matchless, lovely smoothness. This jewel is permanent, so there are no needles to change—which means absolutely undisturbed enjoyment. And the polished sapphire ball means long life to the record. You can accumulate records for years without losing your pleasure in them! That's what this extraordinary guarantee stands for:

We guarantee every Pathe Record to play at least one thousand times with the Pathe Sapphire Ball, without impairment to the unexcelled beauty of tone and without showing any perceptible wear on the record.

That's why the Pathephone is YOUR phonograph. That's why you'll want the PATHEPHONE. That's why you ought to hear it TODAY at the Pathe dealer nearest you!

The Fortmiller Furniture Co.

Agents Albany

Each Pathephone, whatever the price, plays ALL makes of records, as well as Pathe Records—one thing alone that would make it the biggest value there is at its price!