

# 36 Inch Light Percales

Pretty Neat Patterns to choose from, really worth 20c a yard. ON SALE TOMORROW ONLY—No Phone or C. O. D. Orders Accepted—specially priced at—

## 12c Yd.

WORTH'S DEPT. STORE  
"THE QUALITY STORE"

# NO RUBBING Laundry Help

You can Wash Your Clothes Perfectly Clean Without and Rubbing Whatsoever.

Put a little of the powder into your boiler of soap and water. Put in your clothes, turn on the fire and in 30 minutes, take them out, rinse in hot or cold water, hang on the line and they will be beautifully white and clean.

25c PACKAGE ENOUGH FOR 10 WASHINGS  
GUARANTEED HARMLESS AND NON-INJURIOUS  
AT ALL LIVE DEALERS

## Geo. E. Wightman Co.

90 ELEVENTH STREET PORTLAND OREGON

# East End Auto Repair Shop

Any one wishing their car overhauled and at the same time get acquainted with your car—starting, lighting, magneto and generator, bring it to the East End Auto Repair Shop. All work guaranteed. Prices right. GIVE ME A TRIAL.

EAST END AUTO REPAIR SHOP

J. King, Proprietor

Home phone Shop, 1247; Residence, 3165

# The New Harley Davidson Bicycle

HAVE YOU SEEN THEM?

We have just received a few of these Bicycles and would be pleased to show them to you. A

## L. B. HIXSON JR.

Bell Phone 165-R

129 Lyon St.

Albany Oregon



## The Picture Tells the Story

WASHDAY IS A NUISANCE in homes where the old-style tub and washboard rule.

You never know it is washday, when you employ an Electric Washer. It does the work quickly, neatly and at scarcely any cost. It's an investment that more than pays for itself inside of one year.

Why not let Electricity do your washing?  
\$10.00 BUYS AN ELECTRIC WASHER

# Oregon Power Co.

BOTH PHONES 15

306 W. SECOND

## SCHMITT TELLS OF NEW FOOD REGULATIONS

Editor Democrat: For the information of the public the Food Administration will publish, from time to time, through the columns of the local papers, such rules and regulations as are enacted.

Let every Oregon family take stock of its patriotism as represented by its loyal support of the Food Administration.

FLOUR—No dealer is permitted to sell to a city or town customer more than one-fourth of a barrel at one time, and no consumer should have on hand more than this quantity. Customers living at a distance from the nearest trading point may purchase not to exceed one-half a barrel at one time, sales of larger quantities to distant customers can be made only on a permit secured from the County Chairman of the U. S. Food Administration. Stores in selling to consumers must sell on the basis of one pound of substitutes for every three pounds of wheat or rye flour purchased. The following are some of the substitutes suggested: barley flour, corn flour, buckwheat flour, potato flour and finely ground oatmeal.

SUGAR—Stores in the community can only purchase from wholesalers ten sacks at one time. Stores can sell to city and town customers only one dollar's worth of sugar at one time. Customers living outside of the city limits may purchase at one time in lots not to exceed 25 pounds. Hotels, restaurants and boarding houses are limited to ten days' supply. Where it is known that sales in lesser quantities would work a hardship on the purchaser, on account of the distance from the source of supply, modification of the above regulations may be made on making arrangements through the county chairman of the U. S. Food Administration. Restaurants and hotels must keep sugar bowls off the table, except when required by guests, and limit sugar service to three saucers or two medium sized lumps, or an equal amount of soft sugar.

ALFRED C. SCHMITT, Chairman, Linn County Food Administration.

Went to Portland— Mrs. E. C. Gipe went to Portland this morning to hear Harry Lawler.

Happy, bright, alert—vigorous and vivacious—a good clear skin, a natural, rosy complexion and freedom from lines, are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists who should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach. Those subject to sick headaches, biliousness, nasty breath, rheumatism, colds, and particularly those who have a pallid, sallow complexion and who are constipated, very often, are urged to obtain a quarter pound of limestone phosphate at the drug store, which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.

J. W. DILL'S Eucalyptus Ointment FOR COLDS—CROUP BURNS—TONSILITIS Sold by V. L. CALAVAN EAST ALBANY PHARMACY 203 Main Street EXCLUSIVE AGENTS Price 50c Beware of Substitutes

# VALENTINES

by Clarence Moore

On the morning of St. Valentine's day the boarders at Mrs. Munson's gathered around the long table with perhaps an unusual interest in the morning's mail. But the postman was late and breakfast lagged. Once or twice Mrs. Munson had thrust her sharp nose into the room and had even asked Mr. Root if there was anything more he wished.

Second helpings of anything being rare at the Munson table, Mr. Root's fellow boarders gazed appreciatively when Selma thudded heavily in with a second coffee of a mucky mixture, politely called coffee.

"Expecting a valentine, Mr. Root?" asked mischievous Ethel Raymond, the little stenographer, who was to be married at Easter.

Mr. Root blushed furiously and looked into his coffee.

"I am looking for an important letter," he said severely.

"Valentines are important," teased Ethel, for she liked the quiet little gray man who had been bookkeeper for twenty-five years in a downtown warehouse. Mr. Root's bachelor quarters at the top of the house had been spoken of as a model of comfort by the men of the Munson boarding house but the women would have it that the little man must be lonesome, and among themselves they had secretly decided that it would be a fitting romance if Mr. Root married Miss Ida Wingfield, the schoolteacher who sat at the end of the table.

Miss Wingfield, once pretty, now pale and tired, with rather a distinguished air lent by her abundant gray hair, always played Mr. Root's accompaniments when he brought his violin down to the parlor.

"There's the postman now!" cried Ethel Raymond eagerly.

A loud knock came at the basement door and Selma plodded slowly to take in the handful of letters.

Ida Wingfield picked up her valentine, broke the seal with a reverent finger and pulled out a charming concoction of lace paper and golden hearts and flying cupids. There were roses and forget-me-nots and arrows scattered everywhere.

"Ah!" breathed the excited table as Miss Wingfield replaced it in the envelope.

"You are satisfied, Mrs. Munson?" asked Mr. Root in a rasping tone.

"I'd like to know who sent it," sniffed Mrs. Munson as she went out and banged the door after her.

"Impertinent—insufferable!" gasped old Mrs. Dodd, as she followed the schoolteacher out into the basement hall. "I wouldn't remain here a day longer only Mrs. Munson is an excellent cook and as neat as wax—personally she is impossible!" She pounded

Sweet Odors Always Popular. From the very earliest ages man has loved sweet odors. In the Bible we read of the burning of incense on the altars and the very word perfumery (under which head we may include all delicate fumes or smells) comes from the Latin fumus, smoke or vapor. The early Egyptians knew the use of the still, and adapted it to the separation of the odorous principle from fragrant plants, but the most ancient odors were drawn from natural gums, such as camphor, myrrh and cinnamon.

Collie Got Name From "Collar." The collie's name appears to be shrouded in mystery, but there seems to be a fairly reasonable foundation for supposing that it is from "coll" or "collar," on account of the broad white mark around the neck which is seen in the majority of these dogs.

READ OUR WANT ADS

## COMB SAGE TEA INTO GRAY HAIR

Darkens Beautifully and Restores Its Natural Color and Lustre at Once.

Common garden sage brewed into a heavy tea, with sulphur and alcohol added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get the ready-to-use preparation improved by the addition of other ingredients a large bottle, at little cost, at drug stores, known as "Wyeth's Sage and Sulphur Compound," thus avoiding a lot of fuss.

White gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared. After another application or two your hair becomes beautifully dark, glossy, soft and luxuriant and you appear years younger. Wyeth's Sage and Sulphur Compound is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.

## THRIFT MEANS PROSPERITY NOT PARSIMONY

Every man, woman and child ought to avoid wasteful expenditure—ought to save wherever possible, but not to the point of parsimony.

Save some money by all means, you have a golden opportunity, invest in Liberty Bonds, Thrift Stamps and War Savings Certificates. Do it until it hurts. You'll help your country. You'll help yourself. You'll have a profitable investment and one that is secure.

If a Liberty Bond or War Savings Certificate is not safe—backed by Uncle Sam—nothing can be safe. But do not hoard, keep most of your money moving—just as you always have.

The needed and legitimate purchases should be made just as ever.

We must have reasonable clothing and can probably buy it now more cheaply than later. We must and should have time and labor saving devices in our homes, offices, factories—just as always.

Let us spend our money for these desirable things. But let us spend it more carefully, more advisedly, more wisely than ever. Let us habitually read and study the advertisements before buying. Let us make every dollar count.

Let us renew our obligations to work harder—keep cheerful—spend wisely, and never flinch a moment from our duty.

We have now a government authorized agency for the selling of Thrift Stamps and War Saving Stamps (For Sale at Our Office.)

Cash Values Worth While

THRIFT MEANS PROSPERITY NOT PARSIMONY

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# HAMILTONS'

## Thrill Means Prosperity Not Parsimony

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Save some money by all means, you have a golden opportunity, invest in Liberty Bonds, Thrift Stamps and War Savings Certificates. Do it until it hurts. You'll help your country. You'll help yourself. You'll have a profitable investment and one that is secure.

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# Eastburn Bros. The Grocers

Why pay two prices for Vanilla Extracts, when you can get extra strength extracts of us at half the price others are charging. Try it, if not satisfied your money refunded.

- 2-ounce M. & R. VANILLA EXTRACT ..... 25c
- 4-ounce M. & R. VANILLA EXTRACT ..... 40c
- 8-ounce M. & R. VANILLA EXTRACT ..... 75c
- 16-ounce M. & R. VANILLA EXTRACT ..... \$1.25
- 32-ounce M. & R. VANILLA EXTRACT ..... \$2.15

## STILL SELLING

- 2 cans SWEET CORN ..... 25c
- 2 cans STRING BEANS ..... 25c
- 2 cans SUGAR PEAS ..... 25c
- 2 cans GOOD TOMATOES ..... 25c
- Best Quality MACARONI, per pound ..... 10c
- Fancy Oregon Dried PRUNES, pound ..... 10c
- All Kinds of FRESH FRUITS and VEGETABLES IN SEASON
- The Famous SIMONS BROCCOLI has commenced to arrive.

McPherson Post, was a welcome visitor.

Ellsworth Post, was a welcome visitor.

OPEN MEETING—Willamette Camp No. 5466, M. W. A. extends an invitation to the public Wednesday evening, Feb. 13th, to hear Head Camp Auditor J. G. Tate on Woodcraft, and musical program.

Arrangements were made for carpeting the hall floor.

Post Commander W. Newton, of

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