Daily Democrat

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BUSINESS MATTER

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Established in 1865

MONDAY, MARCH 25, 1918.

THEY NEEDN'T GET FAT

Mlle. Bourrache, who has been teaching physical culture to women in France for many years, and whose services have been accepted by the French government in spreading the knowledge of how women may develop their powers to full value, has some interesting ideas on the subject of overweight put on by so many women as they approach middle age.

"As a rule woman is the victim of nature because of her inactivity," says Mlle. Bourrache. "When I see a young girl running and jumping, with every muscle brought into play, I stop and wonder what she may become in a few years. It is indisputable that women are prone to lassitude, if not laziness, physically, and this is due largely to false ideas as to their part in life. They think that the less they move about the less tired they will be. Then they are surprised when they begin to get fat. Few women stop to think that the natural way to avoid getting fat is to exercise."

There is one extremely keen sentence in the above. "They think that the less they move about the less tired they will be." It is not the avoidance of action which prevents weariness. It is the strength which allows great activity before fatigue sets in which is comfortable. Strength is gained only by action, by exercise. If moderate exercise tires, it is not an indication that it should be stopped, but that more exercise is needed.

Spading up the garden will undoubtedly hurt the first few days it is attempted. The remedy is not less gardening, but more.

Garden tools beat all the fancy obesity cures—and are so much less expensive!

The first Liberty Loan had 4,000,000 subscribers. Subscriptions to the second have been estimated at 11,000,000. The goal for the third is 15,000,000.

If we may judge from the growth of interest manifested from the first to the second loan, this is a reasonable expectation. We may indeed be able to go beyond the goal. The public understands now better than ever the nature and value of government bonds as investments, it understands better than ever the issues at stake, it realizes that the need is great, and it is resolute on winning the war.

The machinery for handling this huge loan is in better working order, too. Preparations have been made on a broader scale than before, details are perfected, everything is ready. The appeals will be picturesque and omnipresent.

A new device which ought to produce excellent results is a system of honor rolls for business organizations and cities, bearing the names of subscribers, and of honor flags to be awarded the cities exceeding their quotas. There could be no worthier object of competition between rival communities.

MISFITS

By F. P. N.

An experience which I appreciated was the partaking of the regular Friday lunch of the chamber of commerce of Seattle with my former Albany young friend, L. E. Warford, better known as Bert, who is a member of this body of boosters, one of the best in the Uniter States. It gave me an insight into the manner in which Seattle does things, putting its name on the map as one of the livest cities in the world. I sat next to Washington's secretary of state, Capt. Howells, a personal friend of Bert's.

Young Warford is publicity man for the Goodrich Tire Co. for the Northwest, one of the most competent publicity men on the coast. Through push and a striking ability for this kind of work he has come to the front as a booster for whatever he backs. Besides he has a Chesterfieldian personality that makes him friends everywhere.

One cant' be in Seattle long without feeling the spirit of the city, fast and persistent for the progress of Seattle. It does things with a pep that makes one take notice compelling two steps at a time to keep up with the crowd.

At the chamber of commerce lunch one of the speakers was the celebrated Sam Hill, who has made 40 trips around the world. Albany people will remember him as a banquet guest at that city a few times, a great good roads booster. Another speaker was John Paine, of New York City, who helped to put Cream of Wheat on the map.

While waiting to see a man near Pike and Fourth I walked around a block. In doing so I met a fine-looking man of 33, who called me by name, resulting in a visit with one of the Democrat's former carriers, who is taking care of himself in good shape—Ed Lanning Jr., son of Capt. E. J. Lanning of Tacoma, formerly of the Red Crown Mills, Albany, once a city father there. Ed is with the Mutual Creamery Co., of this city, married and doing well. He left Albany 18 years ago, and I appreciated being remembered after not being seen for a great many years.

I met Walter Hinckley, one of the owners of the Hinckley block here, who a number of years ago captured one of Albany's fine young ladies, then Miss Morris. The Hinckleys live at Briarcrest, a fine suburban section, prosperous people.

This Misfit man has a namesake here, with the same initials, and about the same age, a job printer. Think of one city with two F. P. N.'s in it at the same time.

Essex & Essex to close their doors FOREVER. See the Ad.

NOSE CLOGGED FROM A COLD OR CATARRH

Apply Cream in Nostrils To Open Up Air Passages.

Ah! What relief! Your clogged nostrils open right up, the air passages of your head are clear and you can breathe freely. No more hawking, snuffling, mucous discharge, headache, dryness—no struggling for breath at night, your cold or catarrh is gone.

Don't stay stuffed up! Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic cream in your nostrils, let it penetrate through every air passage of the head; soothe and heal the swollen, inflamed mucous membrane, giving you instant relief. Ely's Cream Balm is just what every cold and catarrh sufferer has been seeking. It's just splendid.

Eat Vegetables

FRESH PEAS
FRESH GREEN PEPPERS
FRESH SWEET POTATOES
FRESH LETTUCE
FRESH RHUBARB
FRESH CELERY
FRESH RUTABAGAS
FRESH TOMATOES
FRESH CUCUMBERS
FRESH CAULIFLOWER
FRESH CABBAGE
FRESH TURNIPS
FRESH CARROTS
FRESH BEETS
CUBAN GRAPEFRUIT (can be eaten without sugar)
FLORIDA GRAPEFRUIT
BANANAS
ORANGES
APPLES
—and so forth.

Holloway's Farmer's Store

WHERE GROCERIES ARE SOLD RIGHT—phone 7

Auto & Tractor Owners Attention

Statistics show that a very large percentage of the mechanics and auto repair men are now serving their country.

Statistics also show that a large percentage of auto owners wait until late spring to get their cars overhauled.

Consequently, if you wait until the roads are good to see if your car is in good shape, you may have to wait a few weeks before you can get your work done.

MORAL—Get your car in shape NOW. We will give you an estimate of the cost of your work, if you come and see us.

ALL WORK ABSOLUTELY GUARANTEED

Special Notice

Until the first of April we will only charge 60c per hour for all Automobile and Tractor work. After that date we will raise to the usual price of 75c per hour. Now is your chance to get your car or tractor in shape for spring.

We sell the Diamond Tires and Tubes. Satisfaction is our Slogan.

ALBANY Auto & Machine Shop

Corner First and Jackson Sts. Albany, Ore.
BELL PHONE 360-J HOME PHONE 1226
GLENN W. WILLARD——Props.——GEORGE E. HERREN
Successors to Ben J. Ridders.

Ford

THE UNIVERSAL CAR

More and more the enclosed motor car grows strong in popular favor. It's natural, especially with Ford cars, which are busy running every day of the year—winter and summer the Ford serves faithfully and profitably. So for a real, genuine family car there is nothing equal to the Ford Sedan at $695 f. o. b. Detroit. Seats five. Large doors, plate glass sliding windows, silk curtains, deeply upholstered seats, latest type ventilating windshield—a car of refined luxury with the everlastingly reliable Ford chassis.

W. W. CRAWFORD, - Albany, Oregon.

BARRED ROCKS OF QUALITY

Every hen in our yards has from 6 to 12 hens in her pedigree with records from 200 to 261 eggs each in a year.
We sell 15 eggs for $1.50
50 eggs for $4.00
100 eggs for $7.00
HART & DANNALS
Albany, Oregon

EAST END
Auto Repair Shop

Anyone 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

FISHER-BRADEN
Undertakers
Auto Service Lady Assistant

CHICHESTER S PILLS

THE DIAMOND BRAND. Ladies! Ask your Druggist for Chi-ches-ter's Diamond Brand Pills in Red and Gold metallic boxes, sealed with Blue Ribbon. Take no other. Buy of your Druggist. Ask for CHI-CHES-TER'S DIAMOND BRAND PILLS, for 25 years known as Best, Safest, Always Reliable
SOLD BY DRUGGISTS EVERYWHERE

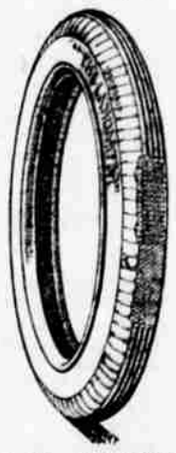
Fortmiller Bros.
Funeral Directors
Both Phones — Masonic Bldg.
Our Own Auto Hearse
Lady Assistant

Lime and Sulphur SPRAY

ALSO NIAGARA SOLUBLE SULPHUR COMPOUND IN DRY FORM.

M. Senders & Co.

6,000 Miles Wiregrip Tires



W. W. CRAWFORD
Albany, Oregon

Real Estate Loans & Insurance

Collins & Taylor

Albany Hotel Building

Remember the Wheatless and Meatless Days and keep them wholly.

Subscribers.
If the boys fail to deliver the paper each evening kindly phone to the office. The management invites complaints from its patrons and will do its best to correct faulty service.

Your Car

Should be overhauled before spring. We guarantee our work absolutely. General overhauling, starting, lighting, magneto and generator troubles by competent workmen. You will find fair treatment here.

RALSTON MOTOR CO.
121 E. Seventh St.

THE BEST
BAKED GOODS
GROCERIES, PRODUCE
and FRUITS
at
PARKER'S
"The Sign of Quality"
136 Lyon St. Both Phones

ALBANY PLANING MILL
All Kinds of Mill Work
Glass and Wind Shields.

Plant ITALIAN PRUNE TREES

We can supply this variety in the different grades at satisfactory prices. All other fruit, nut and ornamental trees, shrubs, roses and small fruits as well. Do not delay placing your order.

ALBANY NURSERIES
Bell 57 Home 454

Four Per Cent Interest

compounded on savings SECURITY for them, and money back when needed is this bank's plan for all who deposit at our Savings Department.

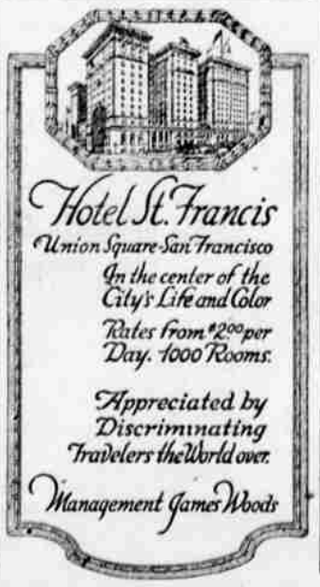
Take advantage of it.

CAPITAL AND SURPLUS
$90,000.00

J. W. Cusick & Co.
Bankers
Albany, - Oregon

VIERECK'S BATHS
First-class Workmen Only
Open from 7:30 a. m. to 7 p. m., Saturday 10 p. m.
Cor. First and Ellsworth Streets

STETTER'S
Full line of Chinaware, Dishes, Crockery, Glassware, Granite, Tinware, and Groceries.



1 ALBANY ORE

1ST NATIONAL BANK

4% INTEREST

Beginning April 1st, 4 per cent interest will be paid by the First Savings Bank on yearly Time Certificates of Deposit.

1ST SAVINGS BANK

CLASSIFIED ADS.-BUSINESS DIRECTORY

CLASSIFIED

For Sale

CAR BARGAINS—We have a few good second hand Maxwells and Fords for sale, in fine condition and newly painted. Waldo Anderson & Son. m7tf

FOR SALE—Rent, or trade, seven-room modern house. Inquire at 535 Second and Calapooia St. s23tf tf

FOR WOOD—Call Peebles' Transfer, Res. Home phone 1505 and 334-R. All wood in shed and dry old fir, second growth, and oak. 1m31

FOR SALE—One of best lots in Central Add. On paved street. Corner lot. Terms if desired. Davenport's Music House. 1mtf*

FOR SALE—Barred Rock eggs, $1.50 per setting; hens first class and males from high record hens from Kreny stock of Eugene. Guaranteed fertility. Home phone 4555. Bell 188-J. Mrs. John Kirkland, Sunrise. m19a13

FOR SALE—18 choice young hens, just about ready to lay. Mostly Plymouth Rocks. Also one R. I. Red Cockerel. Am moving away. Address Wm. Holloway, Fry Station. 23m26*

FOR SALE—2 second hand Fords and 1 Dodge. Call Irvin's Garage. 23m26

FOR SALE—42 acres, a nice little farm close in, good buildings; all tillable, price $65 per acre. W. J. Moore & Son, Brownsville. 22m25*

FOR SALE—New Zealand rabbits. Address E. Chamness, Albany, Route 3. 22m24*

FOR RENT—5-room house, barn and garage, chicken houses and 2 acres of ground. Also have about 40 white Leghorn pullets for sale. Wm. G. Meyer, Home phone 8754. 22m26*

Help Wanted—Male

Wanted.—Splendid opportunity for capable man at Albany with agency Old Line Health and Accident Insurance Company. Good immediate money and permanent business. Direct contract. National Casualty Company, Detroit, Michigan. M. 21-23-28*.

MEN WANTED—For wooden shipyard. Laborers and carpenters. Good pay. Geo. F. Rodgers & Co., Astoria, Ore. 22m24

WANTED—Man to assist in bakery. Good pay. Holman & Jackson. 15mtf

For Rent

WANTED—First-class mechanic — Good wages. Second rate man need not apply. King's Auto Repair Shop, 1132 East Second St., Home phone 3165. 23m26

Miscellaneous

FOUND—Small gold knife with letters "T.E.W." on handle. Owner may have same by calling at the office of Sheriff Bodine and paying for this ad. 22m24*

WANTED—Eggs. Will pay cash. Albany Bakery, 115 E. Third. 21m27

Wanted.—A cow to keep for her feed with privilege of buying. Call Home phone 2537. *

WANTED—To buy all kinds of hides, junk, sacks, second hand goods, etc. For Sale—Counters and showcases. See Rogoway, Second and Baker. d1tf

REFRIGERATING PLANTS for sale and repaired. Steam and hot water heating. 110 East 1st St. Home phone 1244. d4tf

WOOD SAWING—Call Newton Bros., 329 Pine St., Home phone 4404, Bell phone 377-J. Office with Cummings Transfer Co. a1tf

WANTED—$1,000 worth of raw furs. I make to order all kinds of furs. Old furs remodeled. Patterson Fur Co., 101 Lyon St. j23tf

FOUND KEYS—A bunch of geys were found. Owner can obtain same by calling at Democrat office and paying for ad. 23f

BUSINESS DIRECTORY

WILSON MUSIC STUDIO—Opens for enrollment of pupils Saturday, September 22nd, at 10 a. m. A. M. Schmitt, Hunt Bldg., Broadalbin, corner of Third. S-15-tf

HEMSTITCHING—10c yard. 452-R. Sue Breckenridge, 333 W. Second. tf

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

DR. H. E. JACKSON
Dentist
Room 404-5 First National bank bldg.
BOTH PHONES

DR. GEORGE J. KENAGY
Chiropractor
First National Bank Building d1tf

Oregon Hide & Junk Co.
201-205 E. 1st St.
Dealers in Hides, Pelts, Furs, Rubber, Metals, Machinery and all kinds of second-hand goods
5,000 Potato Sacks for Sale
Bell 72-J. Home 1333

Real Estate, Insurance and Money to Loan

H. F. MERRILL
Insurance, Loans, Surety Bonds
Special attention given to care of property belonging to non-residents. Room No. 1, second floor, First Savings 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-tf

For Sale—Real Estate

J. V. PIPE
Real Estate, Farms and City Property. Fire Insurance. Notary Public. S-1-tf

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

AGRICULTURAL CREDIT CORPORATION OF OREGON
20-year farm loans at lowest rates.
HECKER & BEAM, AGENTS
133 Lyon St.

Can you give your mirror a clear-eyed smile? Or do you squint and frown and stare at it? Are you sure your eyes give you a real, accurate impression of the object your mirror reflects? Have your vision made standard and know that you are seeing yourself as others are seeing you.

E. C. MEADE, Optometrist

"THE BLUEBIRD" for Happiness.

Frank G. Will
JEWELER
High class Jewelry, Silver, Cut Glass and Hand Painted China