

There are those who
say it is all the better
with a chew of Gravelly.
It stands his nerves.



You can be the one to send him a pouch of Real GRAVELLY Chewing Plug

It pays to know the facts before you spend your money.

You will be sending your friend more tobacco comfort and satisfaction in one pouch of Real Gravelly Plug than in half a dozen plugs of ordinary tobacco.

Give any man a chew of Real Gravelly Plug, and he will tell you that's the kind to send. Send the best! Ordinary plug is false economy. It costs less per week to chew Real Gravelly, because a small chew of it lasts a long while.

If you smoke a pipe, slice Gravelly with your knife and add a little to your smoking tobacco. It will give flavor—improve your smoke.

SEND YOUR FRIEND IN THE U. S. SERVICE A POUCH OF GRAVELLY

Dealers all around here carry it in 10c pouches. A 3c stamp will put it into his hands in any Training Camp or Department of the U. S. A. Even "over there" a 3c stamp will take it to him. Your dealer will supply envelope and give you official directions how to address it.

P. B. GRAVELLY TOBACCO COMPANY, Danville, Va.
The Patent Pouch keeps it Fresh and Clean and Good
—It is not Real Gravelly without this protection Seal
Established 1831

SUCH A SMART BROTHER

But it is Entirely Probable Sister Did Not Appreciate His Peculiar Form of Wit.

A young lady in Lakewood is of the opinion that she is grown up—in which opinion she is not encouraged either by her parents or her older brother. She is fifteen, brother is sixteen. She thinks

that young men should be allowed to call on her in the evening; brother jeers, parents shake their heads.

Finally the girl's mother consented to her having a certain approved boy call, provided he came on a Friday evening. And the excited damsel called the favored youth up on the phone and imparted the glad news. It is presumed that the young man (he was all of eighteen years old) spent a good

deal of time at his toilet that evening—certainly the young lady took great care of hers. She was still primping when the wail rang the doorbell. Brother answered.

"Ah," began the caller, clearing his throat. "Is Miss Jones at home?"

"Come in," answered Brother, equivocally. Then he went to the foot of the stairs and called—

"Molly! Quit cuttin' paper dolls and come downstairs. One of your playmates wants to see you!"—Cleveland Plain Dealer.

Visiting Here—

T. J. Davis, former Albany man but now a resident of Astoria, is visiting friends in Albany.

Mrs. Ross Returns—

Mrs. W. B. Ross has returned to her home south of Albany after spending the winter in Salem under a physician's care. She is much improved in health.

Subscribe for The Democrat.



Winifred Allen in Triangle Play "For Valor."

At the Rolfe Wednesday and Thursday.



FORD CAR BRINGS A SHOWER BATH EVERY AFTERNOON

Babies Grow Whiter as Doctor and Nurse Serve Daily Baths From Door to Door.

"Good morning. We have come to give the children their bath," this, of course, said in good French. Then from off the motor car slides a portable shower bath, carried into the house by doctor and nurse.

For the next half hour that little cottage boasts of a bathroom in active service, for when the water is heated the blessing of a warm, clean shower pumped by the doctor falls on the head of Young France, while the nurse scrubs religiously and the darkening water bears witness of a whiter, cleaner child.

And as you might well imagine, the kiddies like it, except the last cold dash that the doctor slyly engineers by quickly transferring the supply pipe into a bucket of cold water—for hygienic effect.

And what a blessing it is to these meek, tortured people, who for months have been without all of life's comforts and most of life's necessities, to be ministered to in this fashion.

It is perhaps understandable to them that "les Americains" out of sheer pity might offer them that meager thing that civilization calls "char-

ity." But to be clothed, fed, sheltered and cheered as they have been by our Red Cross is more than they can understand.

For they have seen a great miracle grow out of the darkest pit of human experience. They have seen a bright light out of which has stepped the ministering angel who has taught them to smile again. They are no longer sick. They are no longer cold nor hungry, and now, wonder of wonders, this same good friend has contrived in some magic way—within the sound of the guns—to give them—baths.

BED, BATH AND BOARD IN JUNCTION CANTEEN

Brings Heaven a Little Nearer to an American Sammie.

A mother who is a Red Cross worker in her home town gave to her chapter the following letter she had received from her son in France:

"If you could have seen me yesterday, when I left trenches which the rains have turned into open sewers, even you would never have known me. I was mud from head to foot, so covered with crawling things that the poorest tramp in the world would have run from me, and I fairly ached for rest."

"You see, my first furlough had begun, and I caught a train for Paris. We were packed into a freight car. Travel is so congested we spent most of our time stopping. At last, when night came, we were dumped out at a railway junction with the information that the train for Paris would be along the next day."

Canteen Like New York Hotel.

"I tell you I was discouraged. Then suddenly across the tracks from our station I saw an American Red Cross canteen, and all my troubles were at an end."

"Lots of people must have the same idea of these canteens that I used to have—just little shacks where you were handed out a cup of sloppy coffee. We are all wrong. These Red Cross places beat a New York hotel for variety of service, even if they don't have the gilt furniture and tip takers. Here is what happened to me:

"First I had a bath, a real one, with plenty of soap and water. While I was getting clean my clothes, every stitch, were cleaned and sterilized. Then I had a meal of real American cooking, actually sitting down at a table to eat it. After that I went into the canteen barber shop and had a shave and haircut. Then, being a gentleman of leisure, I strolled into the canteen movie theater and saw some good American films. However, I soon turned in for the night into a clean, dry bed that felt like heaven—or home."

"And now this morning, after a fine breakfast, I am sitting in the canteen writing this letter to you and waiting comfortably for my train. You just can't possibly imagine what these Red Cross women are doing for us soldiers and for the French and English, too. Each canteen takes care of thousands every day."

"They make us feel like human beings once again and give us the nerve to go on with this game of licking the Kaiser. And when we win you can give a good share of the victory to the American Red Cross."

WHEN answering Classified ads, please mention the Democrat.

BOY MADE TO ENLIST WINS VICTORIA CROSS

Henry Nobbs was shiftless. He always complained and work to Henry was sort of a bore in the Triangle play "For Valor," at the Rolfe Theatre Wednesday and Thursday.

Henry had been out of a job for some time and one evening when his father asked him why he couldn't obtain work, he said, "How can a fellow get a job with clothes like these?" His little sister overheard this remark and she gave him the money which she had saved to buy a much-needed dress.

With the money Henry bought a new suit and got a job. But instead of working hard and trying to help his struggling little sister to support her father, he had gotten to be a snob

DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphate hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood.



GERALDINE TARDAR
"The Devil Stone"
An All-Craft Picture

AT THE GLOBE

Both Ends (Producer and Consumer) Against The Middle (The Packer)

The consumer wants to pay a low price for meat. The farmer wants to get a high price for cattle. The packer stands between these conflicting demands, and finds it impossible to completely satisfy both.

The packer has no control over the prices of live stock or meat, and the most that can be expected of him is that he keep the difference between the two as low as possible. He does this successfully by converting animals into meat and distributing the meat at a minimum of expense, and at a profit too small to be noticeable in the farmer's returns for live stock or in the meat bill of the consumer.

Swift & Company's 1917 transactions in Cattle were as follows:

	Average Per Head
Sold meat to Retailer for	\$68.97
Sold By-products for	24.09
Total Receipts	\$93.06
Paid to Cattle Raiser	84.45
Balance (not paid to Cattle Raiser) \$ 8.61	
Paid for labor and expenses at Packing House, Freight on Meat, and Cost of operating Branch distributing houses	7.32
Remaining in Packers' hands as returns on investment	\$ 1.29

The net profit was \$1.29 per head, or about one-fourth of a cent per pound of beef.

By what other method can the difference between cattle prices and beef prices be made smaller, and how can the conflicting demands of producer and consumer be better satisfied?



1918 Year Book of interesting and instructive facts sent on request.
Address Swift & Company,
Union Stock Yards, Chicago, Illinois

Swift & Company, U. S. A.

DON'T SAY UNDERWEAR, SAY MUNSINGWEAR



Women's Union Suits

Low neck, no sleeves, loose knee, no buttons.

SILK LISLE	\$2.25 - \$2.50
COTTON	\$1.25 - \$1.50
COTTON	90c - \$1.15

HAMILTONS'

since his entrance into the world of finance and the realm of love, and was ashamed of his home and his family.

Then the war broke out. But Henry didn't volunteer. He felt there were plenty of other men to do the fighting. But 'Melie, his sister, didn't feel that way.

How Henry is made to enlist through his sister's sacrifice and how he wins the Victoria Cross are the stirring scenes of this Triangle photodrama, "For Valor," featuring Winifred Allen.

The work of the CORONER frequently requires the services of an Undertaker, and in the interests of both efficiency and economy it has become generally customary to choose an Undertaker for this Office.

In connection with the firm of Fisher-Braden Company I have been engaged in the Undertaking Business in the City of Albany, for a number of years, and our establishment is provided with the latest and best equipment, and is prepared to meet every requirement in that line. If elected to the office of Coroner, I would expect to perform the duties of the Office with the same careful attention that I have given to my own business, and at the least possible cost to the Taxpayers. I respectfully solicit your support.

Everett C. Fisher
Candidate for Republican Nomination for County Coroner.
—Paid Adv.



Eastburn Bros. THE GROCERS

GENUINE "BUTTERNUT BREAD" FRESH EVERY DAY.

Standard CORN, 2 cans	25c
Standard TOMATOES, 2 cans	25c
Standard PEAS, 2 cans	25c
Special for April, regular \$1.40 5-gal. OIL CAN	\$1.20
WHEAT FLAKES, large, 3-4 pound packages	30c

Highest Cash Price paid for EGGS, or taken in exchange.

HOOVERIZE—Use substitutes, potatoes and vegetables. Save your money and buy Liberty Bonds, and BACK the BOYS at the FRONT.