

Daily Democrat

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SATURDAY, JUNE 29, 1918.

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood.

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 we should see a virile, optimistic throng of rosy-checked people everywhere.

An inside bath is had by detoking, each morning before breakfast, a glass of real hot water with a teaspoonful of lime-tone 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.

These subject to sick headaches, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pale, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of lime-tone 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.

W.S.S.

WHEN ANSWERING classified ads, kindly mention The Democrat.

TO DARKEN HAIR APPLY SAGE TEA

Look Young! Bring Back Its Natural Color, Gloss and Attractiveness.

Common garden sage brewed into a heavy tea with sulphur added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Just a few applications will prove a revelation if your hair is fading, streaked or gray.

While wispy, 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, and after another application or two, your hair becomes beautifully dark, glossy, soft and luxuriant.

This preparation is a delightful toilet requisite and is not intended for the cure, mitigation or prevention of disease.

MILL ENDS GOOD ONES, 2x4's E. R. CUMMINGS

Free camping ground-free baths Daily Pack Train To and From BREITENBUSH HOT SPRINGS Mt. Jefferson, Marion Lake, Pamela Lake and all parts of the Cascades. Special Horses for Women and Children. EXPERT PACKERS For corresponding information: Cooper & Shields, Detroit, Ore. Mark Skiff, Salem, Oregon

How About Ice? Ice Cream Soft Drinks ALBANY ICE & COLD STORAGE CO.

Woodworth's Poison Oak Remedy Woodworth Drug Co.

Ford THE UNIVERSAL CAR While there's no telling what war conditions may face the country before the war is over, one thing is certain and that is that Ford cars will grow more and more into being actual necessities, both in city and country.

"How Do You Do" And "Good Bye" IT IS THE WAY OF THE MULTNOMAH HOTEL at Portland.

Your Summer Outing For health resort and mountain outings: Breitenbush Hot Springs, Mt. Jefferson, Marion and Pamela Lakes.

Albany State Bank We Invite Your Business

Bill Hart in "The Patriot" at the Globe Sunday and Monday is a five reel

FISHER-BRADEN Undertakers Auto Service Lady Assistant

SPECIAL 100 lbs. PEERLESS DAIRY SALT 95c M. SENDERS & CO.

HAY, GRAIN, FEED Stock and Poultry Supplies Gasoline and Oils U. G. HAYNE, East Third and Main Streets

Real Estate Loans & Insurance Collins & Taylor Albany Hotel Building

Repair Work Tractors and Autos a specialty Call on AUTO & MACHINE WORKS Old Watson Bldg, First Street Ben F. Ridders, Prop.

Fortmiller Bros. Funeral Directors 30th Phones - Masonic Bldg. Our Own Auto Hearse Lady Assistant

FORD Owners The J. R. Intensier makes spot-lights out of both headlights at 10 miles an hour in high gear.

CHICHESTER'S PILLS THE DIAMOND BRAND, A Radical Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper. Take no other. Buy of your Druggist. Ask for CHICHESTER'S DIAMOND BRAND PILLS. 25 years known as best, safest, Always Relief is SOLD BY DRUGGISTS EVERYWHERE

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

FLOUR 4X Patent Barley Flour—almost as good and white as wheat flour Rice flour—a good white substitute. Oat Flour—a good combination with Barley and Rice. Corn Flour—Another good substitute.

SEARS' First and Ferry - Phones 51 We run our own delivery now

WOOD! Now prepared to receive orders and fill them promptly. Old growth Fir, second growth Fir, Slabwood in four foot and 16-in. MILL ENDS E. R. CUMMINGS

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LIBERTY SIX It's Different "RIDE IN IT—DRIVE IT" WEST END GARAGE General Automobile Repairing (Accessories) HULBERT & KING, Props. 9th & Elm Sts. Both Phones

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Grow With This Bank! The fact that we are growing yearly, indicates our ability to help others grow.

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

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

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

STETTER'S Full line of Chinaware, Dishes, Crockery, Glassware, Granite, Tinware, and Groceries. WHEN ANSWERING Classified ads please mention the Democrat.

ALBANY OREGON ST NATIONAL BANK MEMBER FEDERAL RESERVE SYSTEM Every banking accommodation is afforded by the ample resources, conservative management and courteous treatment of the officers and employes of this institution. Try a checking account with us. THRIFT—The need of the American People. ST SAVINGS BANK

CLASSIFIED ADS.-BUSINESS DIRECTORY

CLASSIFIED For Sale WE HAVE ON HAND a few good used cars in the best of condition, that we are offering at a great sacrifice. Overland Garage. FOR SALE—53 acres, all in cultivation. Dwelling, barn, less than 1 mile from Albany. Good terms but no trades. Address Geo. W. Wright, Albany, Oregon. m31j31

HEMSTITCHING—10c yard. 452-R. Sue Breckenridge, 333 W. Second. ELMER C. GIPE Chiropactor Rooms 5, 7, 9, 10, Cusick Bank Bldg. Nature cannot cure a disease unless the cause is removed. Chiropactic adjustments remove the cause. DR. H. E. JACKSON Dentist Room 404-5 First National bank bldg BOTH PHONES DR. GEORGE J. KENAGY Chiropactor First National Bank Building dtf

FOR SALE—Canadian lands. Easy terms. Full information, see C. Taylor at corner of 2d and Broad-albin. 10jtf FOR SALE—Good milk Jersey cow, gentle. Inquire at 638 E. 6th St. or phone Home 1143. 28j1

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. 211 1st National Bank Bldg Albany, Oregon J. V. PIPE Bargains in Farm Lands and City property. Insurance, Money to Loan on Good Farms at 6 per cent

FOR SALE—Nice summer home for sale or exchange. Address Vallev Real Estate Co., Carlton, Oregon. j22j6

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

CHOICE BEANS and Black Republic- an cherries at Variety Fruit Farm, Call Bell phone 1F4. P. M. Mitchell. 28j1

Good Food That's our specialty Ask any customer PICNIC LUNCHES We prepare them for auto and camping parties Prices right—Service excellent The Imperial Cafe Next door to The Rolfe

FOR RENT—1 furnished house and 2 other good houses. Inquire of W. F. Pfeiffer. 28j1

Miscellaneous WANTED man with team to haul pole wood, ash and maple, on shares. Hecker & Beam, 133 Lyon St. 37j29 WANTED—Royal Anne Cherries, Kentish Cherries, Loganberries, Strawberries and Currants, taken in any amount from 1 pound up, for cash. Linn & Benton Fruit Ass'n. 24j2.

Cooking Made Easy PYREX GLASS OVEN WARE None better. YOUR OUTING We have good line of tents, campstoves and camp cooking outfits. PERFECTION OIL BURNERS

WANTED—To hear from owner of good ranch for sale. State cash price, full description. D. F. Bush, Minneapolis, Minn. t4

Barker Hardware Store

WOODSAWING—Call S. H. Bridger, Home phone 3118, Bell 393Y. Residence 1112 Elm and 11th. j6tf

WOOD SAWING—Call Newton Bros., 1439 E. 2d St., Home phone 4404. Bell phone 377-J. Office with Cummings Transfer Co. j1tf

Michelin Tires and Tubes Are more in quality and heavier compared with other tires. Therefore better service. Prices right. When you think of retiring, call on us and we will show you a real Auto tire. L. B. Hixon, Jr. 129 Lyon Street Bell phone 165R Home 2417