



DON'T THWART BOYS' DREAMS

of a good time. All boys like to have a good time, and that means a barrel of genuine, innocent sport, and they look forward to July Fourth for many months, as a time of REAL fun.

Likewise—
Don't Thwart Your Own Dreams

of wearing good clothes, for they don't cost too much, and are not so hard to get, if you let us show you CLOTHCRAFT CLOTHES.

The Blain Clothing Company

"VALUE FIRST STORE" FOR MEN AND BOYS

RED CROSS REPORT

Report from the East Albany auxiliary of the Red Cross for June, 1918:

Moneys received as follows—

Membership fees \$3.00

Auction sale 78.00

Sale of articles since auction 3.75

Contributions from Mrs. Jacobson 10.00

Contribution from Red Cross

Stand conducted by Mr. Winterstein at Lutheran Missionary Festival 25.65

Contribution from others 2.50

TOTAL 122.90

This sum has been turned over to headquarters.

The work completed is as follows:

43 suits hospital garments, 10 coats

extra, 1,000 gun wipes, 760 compresses and 12 washcloths.

On Business Trip—

J. A. Eberle went to Portland this morning on business.

Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

Now Is the Time

TO PLANT THE FOLLOWING FOR WINTER USE—

Cabbage

St. Val Broccoli

Winter Cauliflower

and Stock Kale

A Full Line at
Murphy's
Seed Store

FARM LOANS

We have loaned more than one million dollars on Willamette Valley Farms, and we have more to loan at the best terms ever offered. You can pay \$50.00 or more at any time and stop the interest, but if your crop is short you don't have to pay anything except the interest.

J. M. & H. M. Hawkins
Albany, Oregon

RED CROSS GETS OFFER OF AID FROM STENOGRAPHER

Jeanette Gontreau, a charming little stenographic miss, entered the headquarters of the Red Cross yesterday and asked for the names of three allied prisoners in Germany. Her peculiar request excited the curiosity of the secretary of the branch who asked for her reason. Miss Gontreau replied that she was anxious to "do her bit" and she thought that a very good way was to send messages of cheer to three of the imprisoned boys. Her request was granted.

How Jeanette is made the unwitting tool of her employer, a spy in the pay of the German bureaucracy, and how the plot is exposed, involving Jeanette in serious difficulties with the government, forms a thrilling tale of suspense and adventure as told in Triangle's new photoplay, "The Flames of Chance." This picture will be shown at the Rolfe Theater Wednesday and Thursday.

It should be noted that "The Flames of Chance" is an adaptation of "The Three Godsons of Jeanette Gontreau," by Francis W. Sullivan, which appeared in the Ladies' Home Journal.

To Spend Summer—

Miss Francis Meyers left this morning for Fort Canby to spend the summer with her sister, Mrs. John Biggs.

Went to Dover—

Mrs. Alma Dean and baby went to Dover this morning to visit Mrs. Dean's parents, Mr. and Mrs. Carl Ede.

POTATO BREAD

Chocolate Potato Cake

1-4 cup butter or other fat

1-2 cup sugar

3-4 cup dry rice potato

1 egg

1-4 cup milk

1-4 teaspoon salt

1 square chocolate

3 teaspoons baking powder

3-4 cup white flour

Cream the butter, add the sugar gradually, then the well-beaten egg, and warm potatoes. Beat well. Sift the flour, salt and baking powder, then add to the first mixture with sufficient milk to make a cake dough. Bake about 35 minutes in a moderate oven.

Red Cross Dance—

A jitney dance will be given at Grand Prairie Grange hall for the benefit of the Red Cross next Saturday evening. Refreshments will be served.

To Spend Summer—

Mrs. E. G. Hodgkins and daughter left yesterday afternoon for Astoria to spend the summer with Mr. Hodgkins.

Went to Salem—

Samuel Grover went to Salem this morning to visit relatives.

Weather Report—

Yesterday's temperature ranged from 84 to 42 degrees. The river fell to 1.4 feet.

Growers Attention

We want all your red raspberries and black caps at SIX CENTS.
Any kind of blackberries at 4-1-4c
Bing Cherries (fully ripe) at 5c
Royal Annes at 6c
Currants at 4-1-4c

CASH ON DELIVERY

Linn & Benton Fruit Assn.

Both Phones—Bell 91, Home 45

W. R. SCOTT, Asst. Mgr.



SHE KNOWS

Where to get the best ice cream and confectionery. SATISFACTION IS OUR TRADE-MARK
South Side of First Street

LESLIE

Eastburn Bros. THE GROCERS

Headquarters for All Kinds of Fancy Groceries and Produce
CHERRIES, STRAWBERRIES, CANTALOPE, GRAPEFRUIT, ORANGES, LEMONS, PEAS, ASPARAGUS, LETTUCE, CABBAGE, ONIONS, TOMATOES, RHUBARB, GREEN PEPPERS, CARROTS, in fact, everything the market affords.

COME AND SEE

HAMILTONS' BEYOND COMPARE MUNSING WEAR

You will never know complete and thorough Underwear satisfaction until you use MUNSINGWEAR.

We have a complete line of ladies' separate garments and Union Suits.

DESCRIPTION	Reg. Sizes	Outsize
White Cotton, tight knee pants	85c	\$1.00
White cotton, loose knee pants	85c	\$1.00
White cotton, low neck, elbow sleeves, vests	85c	\$1.00
White cotton, low neck, no sleeves, vests	85c	\$1.00
White Silk Lisle Union Suits, L. N., N. S., T. K., N. B.	\$2.25	\$2.50
White Lisle Union Suits, L. N., N. S., T. K., N. B.	\$1.75	\$2.00
White cotton union suits, L. N., N. S., T. K., N. B.	\$1.25	\$1.50
White cotton union suits, L. N., N. S., T. K., N. B.	90c	\$1.15
White silk lisle union suits, L. N., N. S., L. K., N. B.	\$2.25	\$2.50
White cotton union suits, L. N., N. S., L. K., N. B.	\$1.25	\$1.50
White cotton union suits, L. N., N. S., L. K., N. B.	90c	\$1.15
White cotton union suits, L. N., N. S., T. K., N. B.	90c	\$1.15

DON'T SAY UNDERWEAR SAY MUNSINGWEAR



BEYOND COMPARE
MUNSING
WEAR

ALWAYS
PERFECT
FITTING



Our Store will be closed all Day

Cash Values

Worth While

HAMILTONS'



Purity Is Our Slogan
LET US DEMONSTRATE

Albany Pure Milk & Cheese Co.
Both Phones 5th and Jackson