

Daily Democrat

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ESTABLISHED IN 1865

TUESDAY, OCTOBER 22, 1918.

NEW FOOD RULES

Beginning Oct. 21, the estimated
9,000,000 people who take their meals
in public eating places will go under
stricter food regulations than last
year. The new regulations of the food
administration are planned to avoid
wheatless, meatless and other emer-
gency days, replacing them by a system
which evenly reduces the consump-
tion of all foods and eliminates
waste.

Hotels, restaurants, cafes, club and
dining car service throughout the country
are affected by the 12 regulations. All
bread served in such places must con-
tain at least 20 per cent of wheat flour
substitutes. Two ounces of this Vic-
tory bread or four ounces of cornbread
or muffins, Boston brown bread, rye
bread, etc., are the maximum allow-
ance for one meal. Bread may not be
used as a garniture or under meat,
and it must not be put on the table
until after the first course is served,
thus preventing wasteful nibbling.

One kind of meat only may be served
at one meal. Meat includes beef,
mutton, pork, poultry and all by-pro-
ducts of these. This eliminates bacon
as a garniture.

Only half-ounce portions of cheese
and butter are allowed per meal, and
cream must not contain over 20
per cent of butterfat.

The sugarbowl is to be completely
banned from table or counter. Pat-
rons may have it upon request to the
extent of one teaspoonful or its equiv-
alent per meal. The sugar ration for
public eating places is two pounds for
every 90 meals served, including
cooking and table use.

In addition to these regulations
which directly affect the patron, the
management of any hotel or restau-
rant, or other public dining room must
not burn and food waste. All should
be saved to feed animals or reduced to
obtain fats and fertilizers.

This system will make it impos-
sible for thoughtless or wilful food
hog to get more than his share or to
waste food. It simplifies the diner's
problem of eating patriotically. It is
one of the wise measures put into op-
eration to save for our allies the 17-
500,000 tons of food they must buy of
us this year or go unfed.

TWO WAYS OF GOVERNING

Just by way of contrast, the follow-
ing proclamation issued by Allenby to
the people of Jerusalem upon his en-
trance to their city, is refreshing. The
notice was printed in seven different
languages and posted everywhere
throughout the city:

"I hereby inform you that it is my
desire that every person should pur-
sue his lawful business without fear
of interruption. Furthermore, since
your city is regarded with affection
by the adherents of the three great
religions of mankind, and its soil has
been consecrated by the prayers and
pilgrimages of multitudes of devout
people, for many centuries, therefore
I make it known to you that every
sacred building, monument, holy
shrine, spot, traditional site, endow-
ment, pious bequest or customary
place of prayer of these three reli-
gions will be maintained according to
the existing customs and beliefs of
those to whose faith they are sacred."

This is as typical of Great Britain's
treatment of her conquests—or of
France's, Italy's, and America's, for
that matter—as it is opposed to Ger-
man habits of rule as exemplified in
every case of military occupation thro-
out this war, and in colonial adminis-
tration before the war.

HALLOWE'EN

We have Bogie Books on sugges-
tions for Halloween Parties and Deco-
rations of all kinds; Crepe Paper,
Garlands, Favors, Tablecloths, Nap-
kins, Dollies, Plates, Hats and Caps,
Bon Bon Boxes, Festoons, Aprons,
Lamp Shades, Lanterns, Cut Outs,
Seals, Place Cards, Invitation Cards
and Score Cards. These will all be
sold at less than cost—get your selec-
tion early—see window display.

C. G. RAWLINGS

17630* 121 Broadalbin St.

As the sun of life
sinks toward the west

Life has been said to consist of a constant
succession of breakdowns and repairs.

In old age, the former predominate.
The body machine is more or less worn
out. Digestion is less perfect, elimination
of waste is increased in quantity, but
reduced in efficiency.

Hence, constipation is particularly pernicious.
Constipation means more than mere failure of the
bowels to move regularly and thoroughly. It means
stagnation of the contents of the intestine, increased
fermentation, putrefaction and germ action, the
production of irritating and poisonous substances,
that are absorbed into the blood and carried all over
the body.

This is always serious—in old age it is especially
dangerous.

Constipation cannot be cured by drugs at any age.
It is especially harmful to an aged person to use pills,
salts, and similar strong purges in order to force the
bowels to act.

But The Nujol Treatment for Constipation is not
only safe, it is in every way efficient.

Nujol is not a drug, does not act like any drug.
Nujol helps nature to re-establish ease, soft,
thorough bowel evacuation—as "regular as clock-
work."

Nujol softens and keeps properly moist the in-
testinal waste.

Nujol makes it easy for the intestinal muscles to
act, and prevents them from becoming
tired.

Nujol absorbs poisons and carries them out of
the body.

Get Nujol from your druggist and take it according
to directions.

Warning: NUJOL is sold only in sealed
bottles bearing the Nujol Trade
Mark. Insist on Nujol. You may suffer from
substitutes.

Nujol Laboratories

STANDARD OIL CO. (NEW JERSEY)
50 Broadway, New York



Piano Wanted

We will exchange a Victrola and Records for a Used Piano, or will
pay Cash for a Used Piano in first-class condition.

Woodworth Drug Co.



"How Do
You Do"
And
"Good Bye"

You Use Those Words
when friends come to
your home. You are
glad to see them, and
sorry that they are
leaving.

IT IS THE WAY OF THE MULTNOMAH HOTEL at Portland.
Cordiality of Greeting, nice service, garage for your use if you are
driving a car, and close proximity to all places of interest, are mak-
ing The Multnomah

PORTLAND'S LEADING HOTEL

DO YOU KNOW

You can sell live poultry or can buy dressed poultry any time.

at

D. E. Nebergall Meat Co.

Both Phones 47

Second and Lyon Sts.

FARM HELP SHOULD BE
PROTECTED FROM DRAFT

O. A. C., Corvallis, Oct. 21.—It is
the duty of the farmer in Oregon to
apply to the draft board for deferred
classification for all farm help needed,
says the farm help specialist, J. W.
Brewer, of O. A. C. This is recom-
mended by the war and the agricul-
tural departments.

"Thru lack of knowledge or from
mistaken chivalry," he says, "men who
are far more valuable on the farm
than in the trenches will not ask for
deferred classification."

"There is a prospect of serious
shortage in every county of the state
if the present supply is depleted any
further. Daily calls come to this of-
fice for farm help, but with the heavy
competition of shippers and indus-
tries only a small part of the demands
can be met."

Local and district draft boards are
now passing on the questionnaires
and classifying the men for service.
This classification will determine the
status of every man.

Agricultural advisers have been ap-
pointed for each of the three Oregon
districts. Information placed in their
hands will be brought to the atten-
tion of the boards. Farmers in the
Portland district should send their
data to Wm. Schulmeister, Hillsboro;
those of the Eugene district to Rich-
ard Scott, Corvallis, and those of the
LaGrande district to Jay H. Dobbins,
Enterprise.

CASH paid for
USED FURNITURE
See us at 215 Lyon Street
E. L. STIFF & SON

URIC ACID IN MEAT
CLOGS THE KIDNEYS

Take a glass of Salts if your Back hurts
or Bladder bothers you—Drink
more water.

If you must have your meat every day,
eat it, but flush your kidneys with salts
occasionally, says a noted authority who
tells us that meat forms uric acid which
almost paralyzes the kidneys in their ef-
forts to expel it from the blood. They
become sluggish and weaken, then you
suffer with a dull misery in the kidney
region, sharp pains in the back or sick
headache, dizziness, your stomach sour,
tongue is coated and when the weather
is bad you have rheumatic twinges. The
urine gets cloudy, full of sediment, the
channels often get sore and irritated,
obliging you to seek relief two or three
times during the night.

To neutralize these irritating acids, to
cleanse the kidneys and flush off the
body's urinous waste get four ounces of
Fad Salts from any pharmacy here;
take a tablespoonful in a glass of
water before breakfast for a few days
and your kidneys will then act fine. This
famous salts is made from the acid of
grapes and lemon juice, combined with
lithia, and has been used for generations
to flush and stimulate sluggish kidneys,
also to neutralize the acids in urine,
so it no longer irritates, thus ending
bladder weakness.

Fad Salts is inexpensive; cannot in-
jure, and makes a delightful effervescent
lithia-water drink.

WANTED

Three teams to haul piling at
once. O. V. GAMBLE,
Jefferson, Oregon.

WAR SAVINGS STAMPS
ISSUED BY THE
United States
Government
MAKE THE SAFEST INVESTMENT IN THE WORLD
4% COMPOUND INTEREST

Equipped
With Every
Facility

—for handling accounts in a
prompt and reliable manner—
this bank solicits the business of
corporations, firms and individ-
uals.

If you have need for a satis-
factory banking service—we
can fill it.

Capital and Surplus \$90,000.00

J. W. Cusick & Co.

Bankers

Albany, Oregon

We Never
Use Bait

TO GET CUSTOMERS
INTO OUR STORE

Just Good, Clean Merchandise
at a Fair Profit—no time spent
in printing the figure "9", so
popular nowadays with depart-
ment stores. They say billions
of this figure is used every day
as real bait for customers.

OUR DRUGS AND CHEMICALS
are the BEST

that Money Can Buy—We sell
them to you at fair prices, with
good service.

Burkhart
&
Lee

Repair Work

Tractors and Autos a specialty
Call on

AUTO & MACHINE WORKS

Old Watson Bldg, First Street
Ben F. Ridders, Prop.

FISHER-BRADEN

Undertakers

Auto Service Lady Assistant

Cash Paid for
Junk

Bring in all kinds of metal, iron,
scraps, sacks, rags, etc. Help
the Government conserve its
metal.

FOR SALE—Several thousand
grain and potato sacks. Also
5-passenger Ford.

PACIFIC JUNK COMPANY
E. Rogaway

Second and Baker Streets, Bell
345-R, Home 2227

Realty

Canadian Lands

LOANS AND INSURANCE

Geo. Taylor

Corner of Second and Broadalbin
Bell 52J; Home 2075

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BAKED GOODS
GROCERIES, PRODUCE
and FRUITS

PARKER'S

"The Sign of Quality"

136 Lyon St. Both Phones

Frank G. Will
JEWELER

High class Jewelry, Silver, Cut
Glass and Hand Painted China

STETTER'S

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

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Every banking accommodation is afforded by the am-
ple resources, conservative management and courteous
treatment of the officers and employees 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

FOR SALE—2 Shorthorn bulls, six
months old, Bell phone 10F3. W.
C. Obermeyer. 17c23

FOR SALE—Used car bargains: One
1913 Ford newly painted, \$350; one
1917 Ford \$500. One 1918 Ford
\$675. C. H. Murphy, at Irvin's Gar-
age. o9tf

FOR SALE—1 10-20 new International
Titan Gas Tractor at a bargain.
Also 1 Bull Tractor with 2 14-inch
Tractor Plovers used but short time.
Murphy & Harold at Irvin's Garage.
o9tf

FOR SALE—New Zealand Red rab-
bits. Both male and female. 6453
Home phone. 19c22*

TO SELL, OR TRADE—Timberlands
worth \$8,000. Will take real prop-
erty in exchange. Box 43, Brown-
ville. o19tf

For Rent

FOR RENT—Good modern house. In-
quire of Mrs. Sarah Brenner, 327
W. 3d St., Bell phone 1903. 19c22*

FOR RENT—7-room house and 6
acres, 1 mile from courthouse, Al-
bany, Ore. Fish & Hodges.

FOR RENT—1 large furnished room.
Modern. 416R. 15c22

FOR RENT—Very large modern fur-
nished room, close in. Inquire at
this office. 8c22

PASTURE FOR RENT—For 4 spring
calves. Good shelter, plenty of
straw and separate from other
stock. Price \$1 per month. James
McCourt, 306 North Oak St. or Bell
phone 424R

Miscellaneous

PIANO LESSONS—Progressive Ser-
ies. Mrs. Winnifred Worrell. Bell
phone 473R. 636 W. 3d St. o11tf

FOUND—Pair of glasses in case. Can
be had by identifying and paying
for this ad. Call at Democrat Of-
fice.

WANTED—An "Oriole" baby basket
at the Red Cross Store.

WANTED—200 acres of land to plow
with caterpillar tractor. Address A.
W. Ream, Box 95, Albany, Oregon.
o17tf

MAN WANTED—for farm work. Call
at 291 1st Nat. Bank Bldg. 17c23*

WANTED—Man with team or tract-
or to plow 10 acres of land. Bell
phone 510L. W. E. Hunt, Sius-
law. 10c25

LOST—Cap off of a gasoline tank of
car. Call 376J. 21c23*

FOUND—A cap with chauffeur's li-
cense 1918, state of Oregon. Call at
Police Station, and pay for this ad-
vertisement. 19c22

FOR SALE—1 8-18 Case gas tractor
with 2 14-inch plows, power lift,
John Deere make, at a bargain.
Murphy & Harold, Irvin's Garage,
Albany, Oregon. o19tf

Try--

Our Fresh Olympic Oysters

Any Style at Any Hour

Imperial
Cafe

VIERECK'S
BATHS

SHAVING HAIRCUTTING
RAZORS HONED AND SET

Open 7 a. m. to 7 p. m.; Satur-
day 10 p. m. Corner First and
Ellsworth Streets.

WANTED—To hear from owner of
good ranch for sale. State cash
price, full description. D. F. Bush,
Minneapolis, Minn. o1926n923d728*

PIANO LESSONS—Mrs. Winnifred
Worrell, authorized teacher of The
Progressive Series of Piano Les-
sons, will begin Oct. 1st. Bell phone
473-R. 636 W. 3d St. s10tf

FURNITURE bought and sold. Call
E. Rogaway, 2nd and Baker Sts.
Bell phone 345-R. Home phone
2227. a16tf

UMBRELLAS—We are showing our
summer line of "Hull" Detachable
Handle and suitcase Umbrellas in
black and white and colors. The
"Hull" quality is always depend-
able. Your initial engraved free of
charge. F. M. French & Son,
Jewelers and Engravers. m2tf

WOODSAWING—Call S. H. Bridger.
Home phone 3118, Bell 393Y. Resi-
dence 1112 Elm and 11th. s6tf

BUSINESS DIRECTORY

HEMSTITCHING—12½¢ per yard,
thread furnished. Bell phone 452R.
Sue Breckenridge, 333 W. 2d St.

HARRY G. HOY

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Courts and before the Department
of the Interior

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Chiropractor

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

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Room 404-5 First National bank bldg.
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d11tf

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Money to Loan

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property belonging to non-residents.
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ings Bank building, Albany, Oregon.

J. V. PIPE

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property.
Insurance, Money to Loan on Good
Farms at 6 per cent

FEDERAL FARM LOANS
5½ per cent interest
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L23tf

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