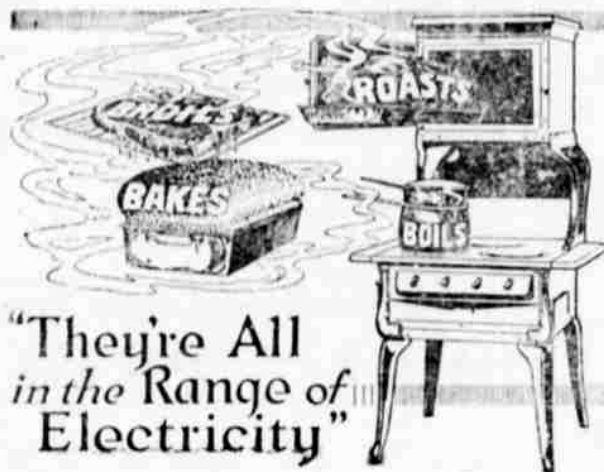


The Albany Bakery

WILL OPEN FOR BUSINESS again at 321-325 Lyon Street on Saturday, January 4, 1919. We kindly ask our old friends and customers as well as new ones to come and see us. We shall try and do the square deal by all and do the best we can.

The Albany Bakery



"They're All
in the Range of
Electricity"

MOUNTAIN STATES POWER Co.
306 West Second Both Phones 15

WILL BUY POTATOES—I PAY CASH
at loading point F. O. R. car. I also handle Number One Hay
or Second Grade Hay.
M. G. REED Both Phones

WE CATER

TO THE PUBLIC TASTE with the Season's Best Offerings—FISH, OYSTERS, POULTRY and INSPECTED MEATS

D. E. Nebergall Meat Co.

Both Phones 47



"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 making The Multnomah

PORTLAND'S LEADING HOTEL

TIME IS MONEY

And one should be saved as well as the other. A checking, or savings account with this bank helps you accomplish both. A Home Bank for Home People.

ALBANY STATE BANK

4 per cent on Savings

CITY NEWS

Went to Salem Today—

Merrill Ohling went to Salem today for a short visit.

Here for Day—

Rev. J. M. Whitely of the Methodist church of Glendive, Montana, was in Albany today as the guest of E. S. Hock, of the Forestry service.

In Salem for Day—

Mrs. Fred Ward went to Salem this morning where she will spend the day with Mrs. Fred Thompson.

Returned Today—

Hiram Turbett returned this morning from Fayetteville, where he spent New Year's day with friends.

Went to Portland—

I. T. Schultz left today for Portland on a business trip.

Visiting in Portland—

Mrs. J. M. Hawkins and Mrs. I. M. McDowell left for Portland this morning where they will be for several days.

Spent Day in Philomath—

Mrs. Pearl Friend returned this noon from Philomath, where she spent New Year's day.

Spending Few Days in Portland—

Mrs. Alma Branshagen is spending the New Year's holidays in Portland.

New Baker at Leib's—

M. P. Menges arrived last evening from Seattle and has accepted a position as baker in Leib's Bakery.

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.

Fix the Furnace row.

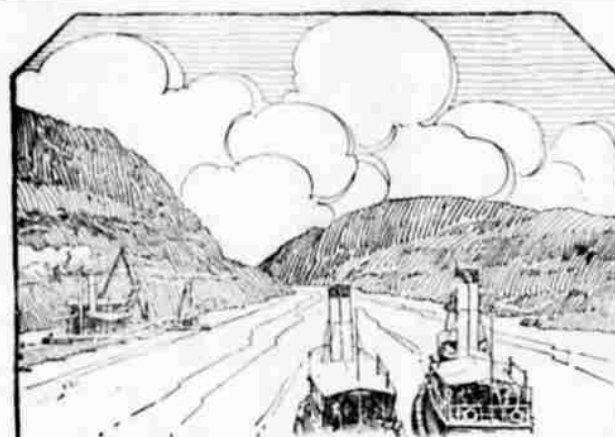
The prudent man will have his furnace put in thorough order at the present time. Letting it go till fall would be rash at a time when labor is so scarce as now and when there are sure to be so many other people anxious to have their furnaces put in order. There was considerable complaint last winter of the quality of some of the coal, which was explained by the stories received from the mining regions of the working over of heaps at the pit heads, some of which represented the accumulation of many years. This winter the coal may contain fewer impurities, but necessity for getting the greatest possible return in service for every pound burned will be obvious in view of the rule that consumers are allowed to purchase only a percentage of the total amount they used for heating their houses a year ago. A furnace that is out of order will waste a great deal of coal. No one can afford to have that sort of thing going on at the present time.

Proper Breathing Help to Swimmers.

Any one's body will float when the lungs are filled with air, but as a human body is a trifle heavier than water it will sink unless buoyed up by air in the lungs, says Dan Beard in Boys' Life. Consequently if you learn to breathe so that you blow out your breath in time to intake a new breath before you sink, it is evident that you will not sink at all. When breathing while swimming do not take too many breaths, but let your mouth serve as the intake. It can do it quicker than your nose because your mouth is bigger than your nostrils or nose holes. Now if any of you tenderfoot drown this season it will be your own fault. Breathe right and you will float.

German Resources.

The resources of Germany before the war were estimated to be \$80,000,000,000. The annual expenditures then of the imperial government were about \$800,000,000. Her debt now is \$30,000,000,000, and her resources and man power have been severely impaired. After the war she is confronted with additional expenditures growing out of the war totalling some \$4,000,000,000.



How Is Your "Culebra Cut"?

The Panama Canal is a clear passageway as far as the Culebra Cut. But Gold Hill has a way of slipping into the cut. And until dredges can clear the channel, the industrial schedule of the world is out of gear.

How about your own canal? The intestinal canal is a clear passageway as far as the large intestine. There, if you become constipated, waste matter is allowed to stagnate. It becomes unnaturally dry and undergoes abnormal fermentation and putrefaction. Germ activity is increased. Your whole system is out of gear. Result, the production of irritating and poisonous substances, which are absorbed into your blood and carried all over your body, liable to produce disease anywhere. The longer such stagnation is allowed to exist, the harder it is to clean out the canal. 90% of human disease originates in the "Culebra Cut."

If engineers tried to blast out the slide from Culebra Cut they would have more slides to cope with. If you try to blast out accumulated waste from your Culebra Cut with pills, salts or purges, you will increase your constipation—and next time you will have to take stronger medicine in a larger dose.

You can't dredge your canal.

You can clean it out with Nujol.

Nujol softens the mass, and supplies the intestinal canal with sufficient moisture to replace deficient mucus. It causes the obstructive waste matter to pass gently out of your system at a regular hour, absorbing and removing the poisons as it goes. Nujol regularity keeps the traffic of your mind and body operating on schedule.

You admire the Panama Canal system. Why not safeguard your own? Your druggist has Nujol.

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



HAMILTONS

Lower Price
Downstairs Store

HAMILTONS

NECKWEAR FOR LADIES. The newest styles of collars in silk and lace, two lots. 25c and 48c

SILK UMBRELLAS made out of small pieces, a real bargain. 79c

WAISTS—

Crepe de Chine . . . \$3.39 and \$3.48

Lingerie . . \$1.19; Jap Silk . . \$2.48

CORSETS. Well and strongly made, for \$1.48 and \$1.89

CHILDREN'S UNION SUITS. 59c and 79c (according to size.)

LADIES' BRASSIERES, two styles, neat and well made. 48c and 59c

LACES — Torshons, Point-Venice, Fillet, in a numerous variety 5c & 8c

LANTERNS, Deitz Lanterns in two sizes \$1.00 and \$1.55

SOX. Army Cashmere Sox. 73c pair. (natural color)

Blue Bird Fliers for Friday-Saturday

Cut prices on Dried Fruit, special clean-up prices

Home Dried Apples 15c lb.

Home Dried Pears 12½c lb.

Extra Fancy Halved Pears. . . 15c lb.

Seeded Home Dried Prunes, two pounds for 25c

Figs, small white cooking figs 15c lb.

Apricots, small evaporated apricots, 15c lb.

Petite Prunes, 3 lbs. for 25c

Italian Prunes, large, home dried black prunes, 2 lbs. for 25c

HAMILTONS' HAMILTONS'

CHILBURN

(Special to the Democrat)

Walter Churchill and family of Hebo is spending the Christmas holidays with his mother.

Mrs. Hewitt and daughter of Benton county are visiting her daughter Mrs. Ed Zink.

Lee George, who works up at Gosh with his family.

Mrs. W. H. McLaine has returned from McCay where she has been for a couple of weeks taking care of her daughter.

Delmer Churchill and family of Portland is visiting his mother.

H. O. Shilling and family ate Xmas dinner with their daughter, Mrs. McCrea, near Jefferson.

The Shelburn school began again after having shut down on account of influenza and holidays.

Mrs. Rose Miller is reported quite ill.

The freezing and frosty weather caused Frank Pietroke to shut down his sawmill.

Alfred Powell went to Jefferson Saturday to see his brother Ernest who had just arrived from Camp Lewis.

Those who knew Mrs. Maud Holand will be surprised to learn that she came home this Tuesday a bride of a Portland man.

Reads the Classified Ads Today

REMINGTON

**.22 Caliber
Rifles and Cartridges
for Shooting Right**

"FIRST get the right rifle and ammunition—then shoot right," says the old sportsman. He loves shooting, will not tolerate "putting" around at tin cans, dummies, "target shooting" competitions that are not regular, and his advice rings true.

Remington UMC .22 Rifles are made in nine different models, from single shot to autoloading repeater. Every one of them is made to shoot right with Remington UMC .22 Cartridges—some models are the favorites for shooting to win the Marksmen, Sharpshooter and Expert Rifleman U. S. Government decorations awarded to civilian and junior marksmen by the National Rifle Association at Washington.

Get a Remington UMC Rifle and Cartridges and be sure you are right.

Sold by Sporting Goods Dealers in Your Community

Clean and oil your rifle with REM OIL, the combination Powder Solvent, Lubricant and Rust Preventer

THE REMINGTON ARMS UNION METALLIC CARTRIDGE COMPANY, Inc.
Largest Manufacturers of Firearms and Ammunition in the World
WOOLWORTH BUILDING NEW YORK CITY

CHICHESTER'S PILLS

THE DIAMOND BRAND.
Ladies! Also your Druggist has Chichester's Diamond Brand Pills in Red and Gold wrapper. Take one or other. Buy of your Druggist or write to CHICHESTER'S DIAMOND BRAND PILLS, 25 YEARS' SUCCESS AS DRUGGISTS, 111 N. 3rd St., Philadelphia, Pa.

SOLD BY DRUGGISTS EVERYWHERE

PACIFIC EMPLOYMENT CO.
"ALWAYS AT YOUR SERVICE"
Help of all kinds FURNISHED Free to Employers
RESPONSIBLE, RELIABLE. PHONE, WIRE OR WRITE.
J. F. COYON, Manager.
223-225 Burnside Street, Portland, Oregon

**OPEN NOSTRILS! END
A COLD OR CATARRH**

How To Get Relief When Head and Nose are Stuffed Up.

Count fifty! Your cold in head or catarrh disappears. Your clogged nostrils will open, the air passages of your head will clear and you can breathe freely. No more snuffling, hawking, mucous discharge, dryness or headache; no struggling for breath at night.

Get a small bottle of Ely's Cream Balm from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed-up and miserable. Relief is sure.

Don't let that old range bother you and

Spoil Your Food

another year.

To get the most benefit out of a new range, use it as long as you can this year and that means start using it right away and not miss a single day.

Come Then

Into our store and investigate the BANQUET, COLONIAL AND PERFECTION

\$50 to \$95 ranges. Perfect of construction, with all the up-to-date conveniences.

FISHER-BRADEN CO

"The Store with a Welcome"