ARE YOU FIT?

The reconstruction period is at hand.
The most vital period in the history of the United States.
It will take Men and Women who have Perfect Health to gain the hilltop of Success.
Are you fit for the struggle?
CHIROPRACTIC will help You to the top.
Why not get a spinal analysis today?
We are equipt to prove our analysis by X-Ray.

Dr. Robert H. Harris, Dr. Elmer C. Gipe

Cusick Bank Bldg., Albany, Oregon

Ford

THE UNIVERSAL CAR

WHEN YOU WANT your Ford car repaired, insist always upon getting the genuine Ford Parts, made by the Ford Motor Company, in order to insure reliable quality. There are "spurious," "counterfeit," "imitation" parts made by outside concerns who have no regard for quality in material, so insist on your Garage or Repair Man furnishing you the **genuine Ford Parts. All reliable garages may now** buy the genuine Ford Parts from us—so there's no excuse for any one using the 'bogus' parts. To be sure, bring your car to us for repairs or replacements.

W. W. CRAWFORD

9th and Baker Sts., Albany

MULTNOMAH HOTEL

MOST COMFORTABLE AND HOMELIKE HOTEL in PORTLAND
Five Minutes From Anywhere
$1.50 and up
GARAGE IN CONNECTION

We Use Our Own Produce

All Fruit, Vegetables and Eggs used on our Tables come from OUR OWN FARM in North Albany.

Always Fresh
Imperial Cafe

HAYING TIME
IS NEAR

Lighten your work this year and in future years with F. E. Meyers & Bros. Hay Tools and Barn Equipment.

Hay Tracks - Slings - Rope - and Carriers
Barn Door Rollers - Latches - and so forth

You'll find our line Complete.

BARKER HARDWARE CO
216 West First St.

Daily Market Report

Local Yards

Grain

Wheat—$2.10.
Oats—70c to 72c.
Hay—Cheat, $23; clover, $25.
Turnips—2½c.
Parsnips—3c.
Carrots—3c.
Milfeed, ton—$43.00.
Mohair—60c.
Wool—45 to 56c.

Butterfat

Butterfat—60c.
Creamery Butter—52-61c.
Dairy Butter—50c.

Pork, Veal and Mutton

Hogs—18½c.
Steers—8 to 12c.
Cows—5 to 9c.
Lambs—9 to 13c.
Veal—8 to 11c.
Mutton—5 to 8c.

Eggs and Poultry

Eggs—41c.
Broilers—23c.
Hens—27c; roosters, 12c.
Potatoes—2c trade.
Cabbags,—7c.
Onions—4c.

SPECIAL ELECTION NOTICE

NOTICE IS HEREBY GIVEN, that on the tenth day of June, 1919, a special election will be held in the City of Albany, Oregon, for the purpose of voting upon a measure submitted to the voters by the Council as provided by Resolution No. 10, to-wit:

AN ORDINANCE, providing for the acceptance of the Deed of H. Bryant and Adda E. Bryant, his wife, bearing date the 14th day of May, 1919, and conveying to the City of Albany certain lands for park purposes, subject to the reservations, restrictions and conditions in said deed expressed.

The said special election will be held commencing at 8 o'clock a. m. and continuing until 8 o'clock P. M. of said day at the following named polling places in the respective wards, to-wit:

First Ward: Maple School Building.

Second Ward: City Recorder's Office.

Third Ward: Peter Reutner Building, at corner Third and Main Streets.

Dated this 21st day of May, 1919.

L. G. LEWELLING,
Recorder of the City of Albany.
m21j5

Realty
Canadian Lands
LOANS AND INSURANCE
Geo. Taylor
Corner of Second and Broadalbin
Bell 52J; Home 2075

VIERECK'S BATHS
SHAVING HAIRCUTTING
RAZORS HONED AND SET
Open 7 a. m. to 7 p. m.; Saturday 10 p. m. Corner First and Ellsworth Streets.

DR. L. E. THORNTON
Dentist
Rooms 1 and 2, Globe Theatre Building. Bell Phone 337
m10tf

CHANCES IN GAME OF LIFE

Must Be Winners and Losers, Since It Is Sure All Cannot Hold Equal Cards.

Life is like a game of cards. Some must win. Some must lose. It all depends upon the player and on the gambling chances that may favor or disappoint him.

All have the same gambling chance, so the player's ability really determines whether he shall be a loser or a winner. Assiduity, persistence, practice and patience all help to make him a winner, and the lack of these a loser.

Those who win make their gains at the expense of those who lose. There must always be winners and losers, the winners rejoicing and the losers disappointed, complaining and jealous of the winners.

How much like the experience of everyday life! Some succeed because of their diligence, earnestness and ceaseless ambition, others lose because of the lack of these winning qualities.

Some live in well-deserved ease and comfort on the proceeds of their success, others in discomfort, proclaiming that they suffer from injustice.

Everybody must play the game of life, and, like the game of cards, in the end every gamester must be a loser. Only the Grim Reaper is sure to be the winner in the end.—John A. Sleicher in Leslie's.

No More Dark Continent.

One may no longer believe in the existence of a strange white people in Africa. Rider Haggard's splendid race is probably only the Bahima, originally discovered by Speke in southwestern Uganda. At least Sir Harry Johnston claims to have discovered in them the clue to many of the mysterious white-race legends found in the dark continent. He was engaged in nothing more thrilling than a tour of inspection of Ankole when he came across them. They are of a very light complexion, and are the aristocrats of this region. Sir Harry holds that they are obviously descendants from a Galla, Somali or other Hamitic stock, and adds that some of them are more like Egyptians than is the case with Galas and Somalis. Romance disappears before the tread of the explorer. The dark continent is dark no more.

The one safe rule—for the average person—is to expect and prepare to wear glasses for reading not far from the age of forty.

There are no unsightly lines in Kryptok lenses and they aid the eye and conserve its efficiency.

E. C. MEADE
Optometrist

Auto Service Lady Assistant
FISHER - BRADEN
Undertakers

CHICHESTER S PILLS
THE DIAMOND BRAND.
Ladies! Ask your Druggist for Chi-ches-ter-s Diamond Brand Pills in Red and Gold metallic boxes, sealed with Blue Ribbon. Take no other. Buy of your Druggist. Ask for CHI-CHES-TER-S DIA-MOND BRAND PILLS, for 25 years known as Best, Safest, Always Reliable
SOLD BY DRUGGISTS EVERYWHERE

CITY'S PRIDE WELL FOUNDED

Alexandria, Va., Has Right to Boast of Her Present as Well as Her Past Glories.

Alexandria, Va., is a thriving little southern city with a historic background. The city can never decide of which it should be proudest—its prosperous present or historic past. As a rule it divides its pride equally between them. Several times it has been given an opportunity to become part of the District of Columbia and proudly refused.

Alexandrians will show you with equal pride their busy shipyards and harbor and then escort you to one of their ancient landmarks, such as Christ church or the Carlyle house. Christ church is sacred to the memory of the south's two greatest heroes, Washington and Lee. The Washington and Lee pews in the church are side by side, their names marked by silver plates. Twin mural tablets on the church's wall are inscribed to their memory. The chancel rail is the one before which they knelt, the tablets of the Lord's prayer and Apostle's Creed were there in Washington's time. In the vestry room relics of the heroes are preserved—the record of their purchase of their pews, the Bible and the long handled purse used in Washington's time for the offerings.

The congress of Alexandria met in the old Carlyle house, over twenty years before the battle of Lexington was fought. It was the first protest against "taxation without representation" held in Virginia. It was in this same old mansion that the Braddock expedition was decided upon. Washington was a frequent visitor to the house. His diary has often the words: "Lodg'd at Col. Carlyle's."

OLD LAW ON STATUTE BOOKS

If British Judges Were Guided by It There Would Be Some Confusion in the "Island Empire."

Many curious acts of parliament still remain on the statute book, remarks the London Daily Mail. Every little while these appear in the courts, but as the British judges decide cases more by the public interest than by the law they cause very little trouble.

Three acts have been quoted this week. One referred to an act of George II., which allowed the landlord to charge a tenant he wished to leave his premises double rent. The plaintiff claimed, but lost his case.

Another was a claim by the admiralty for freight on bullion carried from South Africa on a warship. This claim was decided in favor of the bankers, who got their freight free owing to an act that was passed in 1819 for the purpose of stopping the abuse of the privilege of conveying bullion in king's ships by the commercial community.

An act that is still enforced is one of James I., dated 1424, a Scottish statute. It reads:

"If any mine of gold or silver be found in any lord's lands of the realm and it may be proved that three halfpennies of silver may be fined out of the pound of lead, the lords of parliament consent that such mine may be the king's, as is usual of other realms."

Weather Signs.

People living near the seashore say a storm is "brewing" when the air is salty, caused by the wind blowing from the east.

A red or copper-colored sun or moon indicates great heat. A silvery moon denotes clear, cool weather.

The old Indian sign of a dry month was when the ends of the new moon were nearly horizontal and one of them resembled a hook on which to hang his powder horn.

Many people troubled with rheumatism and neuralgia usually are excellent barometers and can predict changeable weather by "feeling it in their bones."

And the advice of the old weather sage is "never go out during April month without being accompanied by your umbrella."

Verdure Visitors—

Mrs. Grant Thompson and Mrs. Coates of Verdure were Albany visitors Wednesday.

BAKERY DELICACIES

Why Waste Time

Over your own oven when you can buy such delicious goods for almost the same money?

CAKES - PIES - COOKIES - CINNAMON ROLLS - DOUGHNUTS - BISCUITS - and many other good things.

ALCO BREAD —— NONE SO GOOD

HOLMAN & JACKSON
GROCERS and BAKERS

THE ALBANY BAKERY

Is the Place where you get Quality and Quantity for your money

QUALITY means 'fluffy' bread, which can be had only from the Best of Materials.

QUANTITY means the amount of baked bread you get for your money—Ours is one pound or more for a 10-cent loaf. Weigh your bread.

Our DELICATESSEN COUNTER is quite complete—Our Eggs, Milk, Butter and Cream is always fresh.

Bring your bread, cake, meat or other things to us—We will bake or roast it at a small cost to you.

THE ALBANY BAKERY

Both Phones 321-325 Lyon St.
We are the People's Economists and Conveniencers in Eats

Notice To Irrigation Water Users

In order to provide the most satisfactory water service to users, irrigation will be permitted on alternate days. The **houses with odd numbers**, or the houses located on the East and North sides of the street, will irrigate on the **odd numbered days** of the calendar month; the **houses with even numbers**, or the houses on the South and West sides of the street, will irrigate on the **even numbered days** of the calendar month; provided, that when there are 31 days in any calendar month, all water users will be allowed to use water for lawn sprinkling and irrigating purposes on the 31st day thereof, excepting those who have violated the foregoing requirements made in the best interest of all concerned.

Irrigation hours are from 6 a. m. to 10 a. m. and from 5 p. m. to 9 p. m.

MOUNTAIN STATES POWER CO.
Third and Lyon

NURSING BOTTLES
BATHING Necessities
and EVERYDAY NEEDS

Careful Attention to Little Things makes us all the better able to serve you in Greater Things.

BABY FOODS - STORK GOODS - SANITARY NURSING BOTTLES - NIPPLES - Everything for the Baby.

Burkhart & Lee
Druggists

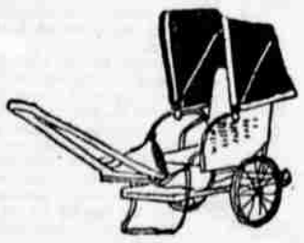
THE BEST
BAKED GOODS
GROCERIES, PRODUCE and FRUITS
at
PARKER'S
"The Sign of Quality"
136 Lyon St. Both Phones

We are now receiving
Strawberries and Gooseberries
--at our Barrel Plant, Second and Calapooia Streets
W. R. Scott, Mgr.

ALBANY STATE BANK
A Home Bank for Home People with Every Convenience at Your Command
We Solicit Your Business

"A THRONE for a MONARCH"

Go-Carts and Baby Carriages for Baby



A very wide assortment of splendidly-made Buggies.

Go-Carts
$1.00—to—$18.50

Baby Carriages
$22.50—to—$59.00

There's one thing you can be sure about and that is the Quality is Good, no matter which one you select from our large stock. Buy NOW, and give the Baby the benefit of the out-of-doors all summer long.

Fisher-Braden FURNITURE CO.