

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

REGISTERED SHORTHORN

S-A-L-E

Having leased our farm we will sell at Public Auction on the E. H. Holloway Place between Froman and Fry Stations, 4 1/2 miles southeast of Albany, on the Leavenworth Railroad,

SATURDAY JUNE 28th
—commencing at 10:00 a. m.—

38 Head—18 Cows, 11 Heifers, 7 Bulls

12 cows safe in calf by Cornerstone Prince No. 442696, first prize bull at Pacific International 1918, the herd bull of E. H. Holloway. 7 cows bred to Gay Victor No. 499527, grandson of Golden Goods, 2d place at State Fair, 1917, now the herd bull of Cole & Harold. 4 cows with calves at side and rebred. 8 heifer calves 8 to 10 months old. 7 short yearling bull calves.
One Complete Threshing Outfit, consisting of 1 20 h. p. Garr-Scott strawburner double cylinder engine. One 36x60 Garr-Scott Separator. One 8-16 Rumely Tractor, all in A1 condition.
Butter Ram. am Lambs out of my IMPORTED Butter Ram. Lunch served by the Ladies of the Grange. Bring cups.
TERMS—Six months time on bankable notes at 6 per cent interest.

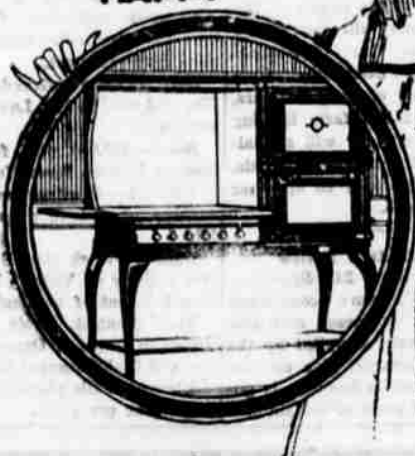
E. H. Holloway, Cole & Harold

CONSIGNORS

COL. A. L. STEVENSON,
Auctioneer

CLYDE WILLIAMSON,
Clerk

Electric Cooking KEEPS HER HAPPY



Science Built This Electric Range

to fill a positive need in the home for scientific cooking. The days of haphazard cooking are over. Food and fuel cost money. Neither should be wasted. Into the Electric Range have been built those features that stand for greatest economy—of time—of food—of fuel, and cleanliness and convenience unequalled.
TELEPHONE 15 and we will send our representative to explain.

Mountain States Power Co

Third and Lyon

Woodworth's Poison Oak Remedy

ONE APPLICATION will prevent and One Bottle will Cure any case of Poison Oak. Positively guaranteed to cure, or money refunded.

Woodworth Drug Co.

To the Public

We are continuing our usual policy of service plus quality while an insurance adjustment is pending. Our many friends have been loyal and sympathetic, and we are grateful. The First National Bank has extended financial support and our plant will be rebuilt at once.

D. E. Nebergall MEAT COMPANY



Spring Fever —What Is It?

THREE o'clock in the afternoon — and absolutely no "pep." You call it spring fever, but is it?

When you are constipated waste matter remains in the intestines, decays, forms poisons which are absorbed into your blood and carried by it to every cell in your body. When your cells are thus poisoned, of course you have no "pep."

Pills, salts, mineral waters, castor oil, etc., merely force the bowels to act, and make constipation and self-poisoning a habit. Nujol is entirely different from drugs as it does not force or irritate the bowels.

Nujol prevents stagnation by softening the food waste and encouraging the intestinal muscles to act naturally, thus removing the cause of constipation and self-poisoning. It is absolutely harmless and pleasant to take.

Nujol helps Nature establish easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world. Get a bottle of Nujol from your druggist today and watch your "pep" come back.

Warning: Nujol is sold in sealed bottles bearing the Nujol Trade Mark. All druggists insist on Nujol. You may suffer from substitutes.

Nujol
REG. U.S. PAT. OFF.
For Constipation



Halsey News Notes

HALSEY, June 23.—Special.—Mr. and Mrs. Jake Gulliford of Dufur were guests at Mr. Gulliford's sister's Mrs. E. C. Allen, the first of the week.

Mrs. O. M. Miller of Cottage Grove who had been in Portland buying fall goods, stopped off in Halsey Friday on her return trip.

Mr. and Mrs. J. A. Kirk of Athena arrived in Halsey Friday after making the trip from their home by auto. After attending the pioneer picnic at Brownsville and visiting friends and relatives in this vicinity they expect to make the return trip the last of the week.

Mr. and Mrs. Turner of Brownsville were in Halsey Saturday. Mr. Turner taking the train for Albany and Mrs. Turner going to Harrisburg.

Chas. Kirk and family arrived from Athena Saturday and will spend a week or ten days with friends and relatives in this vicinity and attend the pioneer picnic at Brownsville.

Mrs. Arthur Shick and two sons of Wenatchee, Wash., arrived in Halsey Monday and are guests at the J. B. Huston home.

Mr. and Mrs. J. A. Kirk accompanied by Mrs. Clara McCoy of Brownsville drove to Corvallis Tuesday afternoon.

Miss Dorothy Miller has finished her year's work at U. of O. in Eugene and has returned to her home in Halsey for the summer.

Lyman Marsters, who has been attending Willamette University at Salem, has returned home for the summer.

The first of a series of community sings, under the leadership of Mr. Phillips, pastor of the local Christian church, was held at that church last Saturday night, with a fair sized crowd present. Quite an interest is manifest in the sings and it is hoped to be able to continue them throughout the summer. The next will be held at the Christian church next Saturday evening.

Mayberry & Frum shipped a car of hogs and Falk Brothers a car of hogs and sheep from the local yards Wednesday.

Glenn Chance has two teams and W. F. Carter and H. E. Davis two teams delivering gravel on the streets of Halsey filling contracts recently granted them by the city council. This will mean quite an improvement to the streets of the city.

Fine Orchard—

W. J. Blankenship of near the old Santiam postoffice has one of the fine young orchards of his section of the county. He has about 1400 six year old trees which have a good crop this year. Seven hundred peach trees have a very heavy crop and of a good quality.

Harrisburg Visitor—

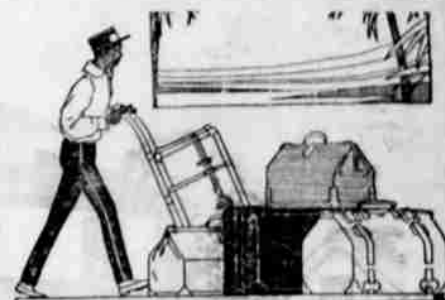
Prof. Nash, principal of Harrisburg schools, transacted business at the courthouse Monday. Mr. Nash has been employed at Harrisburg for another year.

Returned to Heppner—

Mrs. Ed Huston of Heppner who has been visiting her sister, Mrs. Dr. W. H. Davis and her brother, Henry Stuart, left for her home at Heppner yesterday.

Vale—Malheur county votes \$230,000 bonds for good roads.

HAMILTONS' TRAVELING GOODS



Summer is traveling time and we are fully prepared with the most complete stock we ever have had.

Wardrobe Trunks	\$27.50 and \$45.00
Dress Trunks	\$10.00 to \$30.00
Suitcases	\$1.00 to \$20.00
Traveling Bags	\$5.00 to \$20.50



Summer Skirts

Pique Wash Skirts, that will stand the wash and hold their shape, because they are made after the goods have been shrunk. All pre-shrunk. Special price—

\$3.95

Georgette Waists

Special Value in Georgette Waists, all colors, all sizes. Trimmed with beauteous. Also hand-embroidered—

\$5.75

SMOCKS in all new shades, embroidered with yarn. They are very pretty—

\$5.00 to \$6.50



NONPAREIL Barber Shop

Modern and Efficient

We make a specialty of Students and Children's Work. Expert service for all. Electric Massaging and Shampooing.

OPPOSITE POSTOFFICE

BUD STOVES, proprietor

Revenue Men Return—

J. J. Collette and Del Smith of the revenue department at Portland spent Sunday in Albany with home folk and left for Portland this morning.

WHEN ANSWERING classified ads, kindly mention The Democrat.

Gold Beach—Euchre creek cheese factory turning out 500 lbs. cheese daily. Means distribution of \$1500 every 24 hours among dairymen.

Astoria paper mill rapidly growing into export plant. \$40,000 improvements being made.

MAZOLA

The Perfect oil for Cooking and Salads

Unusual Economy

Equal to Butter for cooking—Better than Olive Oil for salads, at half the price of either. Better, more Wholesome and Economical than lard or compounds. Use one-fourth to one-third less Mazola for shortening than butter or lard. In frying, use Mazola over and over again to the last drop—it never absorbs odors or flavors.

FREE Wonderful Cook Book. Write today for it.
CORN PRODUCTS REFINING CO.
P. O. Box 101 New York

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to eat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headaches, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless, except a sourish twinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation. To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.