

Albany Democrat

Entered at the postoffice at Albany, Oregon, as second-class matter.

W. L. Jackson and Ralph R. Cronise Editors and Managers

Daily published every evening except Sunday. Semi-weekly published Tuesdays and Fridays.

Business Matter In ordering changes of address, subscribers should always give old as well as new address.

Subscription Rates—Daily Delivered by carrier, per month, .40c. Delivered by carrier, per year, \$4.00. By mail at end of year, \$3.50. By mail in advance, per year, \$3.50.

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ESTABLISHED IN 1865 THURSDAY, JULY 10, 1919

BEATING THE HEAT

Every military man knows that the way to beat the enemy is to take the aggressive to attack. Every pugilist knows the same thing. So does every good football player or baseball player or tennis player.

The same principle applies to the hot weather. The way to beat it is to defy it.

Not rashly, of course. There is no more sense in rushing into a sunstroke than in rushing into a fisti knockout. The principle must be applied rationally. So applied, it works.

If you suffer from the midsummer heat, the thing to do is to meet it more than half way.

To stand the heat, learn to stand the hot sun. Get out into it. Take it by degrees. By gradually increasing the exposure, it is possible to avoid painful sunburn, and the first thing you know you have passed the possibility of sunburn—you are immune. That is the first big victory, and the rest follows naturally.

If the day opens blistering hot, get out into the sun early in the morning, when the light is strongest and when the powers of human resistance are likewise strongest. Go preferably without a hat. If it hurts your eyes, wear protective glasses. Half an hour or an hour of exposure will fix you up pretty well for the

day. After that, why heat you have to endure in house, or office will be endurable.

It is all the better if this insurance-exposure is taken on the water. The light is strongest there, and you get the necessary dose in a shorter time, under more pleasant conditions. It is better still if you accompany or follow the sunbath with a cold-water bath.

Maybe the reader doesn't believe this. Most people don't, if one may judge from their conduct. But try it—remembering to do so not suddenly and rashly, but by degrees. You will be astonished at the comparative immunity you gain against heat that "knocks out" your relatives and friends, and the amount of energy you have to turn into your work during the summer months.

The allies may arrest and try von Bethmann-Hollweg at that. But not instead of the master whom he served not wisely but too well.

GOOD FROM WAR

Good has come out of the war, thinks General Leonard Wood, and he makes a good case in other points beside licking the Germans.

Much has been learned about medicine, about the control and prevention of disease, the treatment of wounds and injuries, which otherwise might have become general knowledge only through the slow length of years.

A people naturally light-hearted and open-handed were fast becoming merely extravagant; but war taught us thrift—taught it to us in plain, homely language that we will never be able to forget.

The love of country, which was only sleeping, to be sure, but pretty soundly, with its hand tucked under a relaxed cheek, woke suddenly into a wideawake, splendid patriotism with jaw set firmly and fist clenched hard against the aggressor.

And war removed class lines. It put men into trenches and women behind sewing machines without regard to wealth or family or pride, and we became as one.

It is all true—war did it all for us. We may be poorer materially. We may have suffered personal loss. But we are infinitely richer for what war has taught us.

And yet, who would desire that from now on war should continue to be our teacher? Nor need it be if we have truly learned, and steadfastly remember, its stern but useful lessons.

Anyway, there are two things that people always have money enough to buy—newspapers and automobiles.

Those who want to repudiate the

peace settlement might as well shout: "The war is over—hurray for war!"

If you're looking for a color that won't run, most everybody recommends khaki.

There's just one way to beat this cost-of-living game. Stop consuming.

Life nowadays is one vast conspiracy against the consumer's income.

The Fourth was none the less glorious for being safe and sober.

Holley Items

HOLLEY, July 10.—Special.—Lester Burnett, Allen McQueen, Audrey Wright and Neva Malone motored to Albany to see the airplane.

Two carloads of people from Brownsville came up the Calapooia fishing the Fourth. When returning one car broke down. It is not known if it was the load of fish that broke the car or not.

The King and Rice families had a reunion at Frank Rice's on the fourth with a chicken dinner and ice cream. Mrs. C. M. Duncan and her two daughters just from Kansas City, and

her son, Owen and family, visited at the home of T. J. Malone last Sunday. This is the first visit her daughter, Lucy Flinn, ever made to Oregon. She says she likes this country better than Kansas.

Quite a number of Holleyites went to Albany to celebrate the Fourth and see the sights.

T. J. Malone has his feedstore going. He is selling feed, also buying eggs, quacara bark and is 'hello boy'

for the Holley central.

George Weddle and family have just returned from California where they went to see if it would benefit their health. They say it is too warm there for them and too many mosquitoes. George is Mrs. T. J. Malone's brother.

Mac Moss has moved his family from Lebanon, where they moved to

school their children last winter, to his farm at Holley, getting ready for harvest.

John Splawn was taken to Albany Thursday and operated on for appendicitis.

Myrtle and Pearl Davis of Marcola came over a few days ago and are staying with their grandma, Lizzie McQueen.

Prof. C. L. Malone and family have moved back to their farm at this place after closing a successful term of eight months' school at Sweet Home.

Warranty Deeds C. J. Howe and wife to Chas. Nelson. Lands in Tp. 13 S., R. 3 West. Guy Bramwell et al to N. B. Cummings et al. Lands in Tp. 13 S., R. 4 West. E. A. Miller to R. B. Hamilton. Lands in Tp. 12 S., R. 4 West. Ala Sandler to C. L. Webb. Lands in Tp. 11 S., R. 4 West. H. F. Benahoff and wife to Inez Henshoof. Lands in Tp. 12 S., R. 2 West. Inez Benahoff to H. F. Benahoff and wife. Lands in Tp. 12 S., R. 2 W.

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FOR SALE—Cheap, 160 acres good stock or farm land. 120 acres fenced. Good house and water. In Wasco Co. Cash price \$1,000. Will trade. Box 26, Mill City, Oregon. Jy8as

FOR SALE—2 Jersey cows for sale and 1 seven-eighth shorthorn and 12 fullblood black minorca hens. Phone K528. 9jy11

FOR SALE—Barrels of all sizes and kinds, good for pickling or packing butter. Enquire at the Elite. 8jy10

FOR SALE—Fine farm of 210 acres, all in cultivation. Near Spicer station. Price very reasonable. This is one of the best farms in the district. Call on J. V. Pipe, 203 West 2nd St. No Phone. 8jy15

OR SALE—47 acres of good land near Dever. Fair improvements. Price \$5500. Terms reasonable. Geo. E. Chambers, Albany R. F. D. No. 2, Phone 3552. J14jy14

FOR SALE—45 acres river bottom land. Sandy loam; no gravel. Unimproved. Near K. R. Station at Kingston. \$30 per acre. Call at Democrat Office. J28jy28*

FOR SALE—My residence on 4th and Baker Sts. Will give best of terms and 6 per cent on deferred payments. C. G. Rawlings, 121 Broadalbin Street. J17tf

FOR SALE—25 acres Santiam bottomland; 20 acres in cultivation, balance pasture. About 9 tons of hay, 1 acre of potatoes, 3 horses, 40 chickens, all farm tools on place. Price \$4,000, \$500 cash, \$500 in 1 year, balance \$300 per year. Act quickly. Hoflich & Hornback. 9jy11

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Miscellaneous.

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WANTED—2 or 3 housekeeping rooms close in. Address A. R. care Democrat. J30tf*

WANTED—A live wire man to sell a specialty. Every businessman a prospect. Live man should make \$20 a day. See Rawlings, 121 Broadalbin St. J26tf

HELP WANTED—Want man or boy to cut cordwood 1 mile from town. Good chance to get winter's wood on shares. Owen Beam, 133 Lyon Street. 7jy12

WANTED—To buy, furnished house, or will rent house and buy furniture. Address L. M. D., care Democrat. J25tf*

WANTED—To rent or buy, a tract suitable for chicken ranch near Albany. Address L. B., care of Democrat Office. 9jy11

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3 cups Flour, 1 cup Sugar, 1/4 cup Argo Cornstarch, 4 teaspoons Baking Powder, 1/2 teaspoon Soda, 1 1/2 teaspoons Salt, 3 Eggs, 1/2 teaspoon Nutmeg or Cinnamon, 2 tablespoons Karo, 3 tablespoons Mazola, 2