

Bevo is a part of the game—
it makes good sportsmen and
more enjoyable sport—good
fellowship, health and refresh-
ment—best to train on and
gain on.

Bevo
THE BEVERAGE
The all-year-round soft drink
ANHEUSER-BUSCH ST. LOUIS
Blumauer & Hoch,
Wholesale Distributors
Star Transfer Co.,
Delivery Agent
PORTLAND, ORE.
ALBANY, ORE.

Sold everywhere—
families supplied by
grocer druggist and
dealer—Visitors are
cordially invited to
inspect our plant.



NATION WAS NEVER MORE FIT

American People Have Learned Many
Valuable Lessons Under Great
Stimulus of War.

"Under the stimulus of war we have
sweated off mental, moral and physical
fat," says the New York Medical Jour-
nal. "We have been forced to curb
our appetites. We have learned to sac-
rifice without complaint, to dare with-
out bluster, and sink our will in the
common weal. Many of us went to the
training camps flabby. We learned to
rise early, bathe cold, eat plenty, work
hard, and sleep soundly. We learned
to obey promptly, to think precisely,
to work accurately, and to command
properly. One by one the vest ripples
of the body, mind and soul disappeared
and we were proud to be hard and fit
again."

"There is a great lesson in all this.
Flabbiness is man's greatest sin
against himself. It begets sloth, fear
and selfishness. It undermines the
mind, the character, the body. Is this
lesson, learned at the cost of lives
and limbs and worldwide sacrifice, to
be lost? Is the ponderous abdomen
and feeble leg of yesterday to replace
the straight front and springy carriage
of today? Are we going to shrink from
the cold bath and the hardening neces-
sities of daily life? Or will we attack
the post-war period resolved to remain
hard and fit in body, mind and soul?"

Fishes in Shipyard.

To catch a nice mess of fish right in
the middle of a shipyard, without the
trouble of walking to the river bank, is
a novel as well as a pleasant incident
of any shipbuilder's noon hour. Dean
Adams, a tool-room foreman in the
G. M. Standifer plant at Portland,
Ore., enjoyed such a run of luck a
year ago, and never told about it till
just now.

"A year ago I stood about where
the office is today," said Adams re-
cently, "and got a basketful of smelt.
Dredges were at work clearing out of
a fill and the pipes were run past here,
carrying water and sand to fill up the
swamp. The smelt run was on and it
wasn't a difficult matter to get all of
'em you wanted as they came up
through the pipes. Some fishing!"—
Fore and Aft.

He Didn't Have to Learn.

Ernest Hutcheson, the noted pianist,
tells a story related to him by the
head of a European conservatory
which will entertain many teachers. A
new pupil arrived at the conservatory
for examination. The teacher struck
a note on the piano and asked:
"What note is that?"
"Major," answered the smiling pupil.
"What note is that?" asked the
teacher, striking another.
"Minor," came the prompt answer.
"What note is this?" then asked the
amazed teacher.
"Diminished," blandly retorted the
pupil.
"Where did you learn all that?" in-
quired the teacher scratching his head.
"I didn't learn it," responded the de-
lighted pupil, "I always knew it."—
Music and Musicians.

Try This on Your Parrot.

As the automobile party passed one
corner they saw a soldier on guard,
a big white dog beside him, and then
a beautiful American flag. Of course
this combination attracted the atten-
tion of everyone in the car. The flag
was silk, the dog majestic and the
soldier proud of his trust.
"Oh, look at that dog on guard!"
exclaimed the woman.
The little boy snickered audibly. All
were impressed with the solemnity of
the scene, and this outbreak seemed to
the father uncalled for.
"What do you mean, laughing, John-
ny?" he demanded.
"Oh," cried little Johnny, "mamma
said, 'Look at the dog-gone guard!'"—
Indianapolis News.

Bad Eggs Less Common.

Much of the former \$100,000 a year
loss from bad eggs in Oregon markets
has been averted by the work of col-
lege, agricultural, railway and news-
paper men. The college specialists
have explained what makes eggs bad
and how to handle them to prevent
stale and rotten eggs. Newspaper
men and railway officers have assist-
ed in getting this information before
the people.

Pig Clubs Help Pork Production
Pork production in the U. S. has
increased more than 40 per cent in
the first 19 years of this century. This
is greater than the increase in any
other branch of livestock, says L. J.
Allen, state pig club agent for Ore-
gon. It is largely due to girls and
boys clubwork. Another result is
more purebred pigs.

Two Acres of Corn Silage, 7 Cows
Two acres of corn silage, ten tons
per acre, will keep seven cows for
one-half year. If made a 4-foot in-
diameter the silo will hold one ton
for each foot of depth. To hold the
20 tons required to keep seven cows
180 days it would have to contain 20
feet of silage. Rate of feeding is
taken at 30 pounds silage a day.

Realty

Canadian Lands
LOANS AND INSURANCE
Geo. Taylor
Corner of Second and Broad
Bell 521; Home 3075

MISSOURI FARMER FIGHTS AIRPLANES

KANSAS CITY, Mo., July 29.—A.
P.—Whether a property-owner is also
owner of the air above his land is to
be determined through a court action
brought by Frederick Hoenemann, a
farmer. He seeks to restrain a com-
pany owning airplanes from using
the air above his farm.

Hoenemann contends that sight of
of the machines and noise of their en-
gines disturbs the livestock.

There is said to be no direct prece-
dent to guide the court, and the case
is causing wide discussion in legal
circles.

GREAT AMERICAN HANDICAP PROGRAM IS NOW READY

The program for the 20th grand
American handicap trapshooting tour-
nament, which will be held in Chicago
August 11, 12, 13, 14 and 15, is in
the mail and will be sent to any
sportsman or sportswoman upon re-
quest to the American Trapshooting
Association, 460 4th Ave., N. Y. The
program gives every detail concern-
ing the conduct of the tournament and
is a valuable booklet for anyone
intending to take in the shoot. En-
tries for the grand American handi-
cap, the event from which the tourna-
ment takes its name, will close soon.

Jennie: You can't expect a feller
to love a girl with a red nose, color-
less lips, dull eyes. So take Hollis-
ter's Rocky Mountain Tea at once.
Don't delay—it's dangerous. 35c.
Foshay & Mason's, Albany, Oregon.

Sour stomach, clogged up bowels,
pimples, blackheads, foul breath, are
evils of constipation. Hollister's
Rocky Mountain Tea regulates the
bowels, purifies the stomach, expels
decay matter from system. Nature's
wonderous herbs. Positive results. 35c.
Tea or Tablets. Foshay & Mason,
Albany, Oregon.



SAGE TEA TURNS GRAY HAIR DARK

It's Grandmother's Recipe to
Bring Back Color and
Lustre to Hair.

That beautiful, even shade of dark,
glossy hair can only be had by brew-
ing a mixture of Sage Tea and Sul-
phur. Your hair is your charm. It
makes or mars the face. When it
fades, turns gray or streaked, just an
application or two of Sage and Sul-
phur enhances its appearance a hun-
dredfold.

Don't bother to prepare the mix-
ture; you can get this famous old
recipe improved by the addition of
other ingredients at a small cost, all
ready for use. It is called Wyeth's
Sage and Sulphur Compound. This can
always be depended upon to bring
back the natural color and lustre of
your hair.

Everybody uses "Wyeth's" Sage and
Sulphur Compound now because it
darkens so naturally and evenly that
nobody can tell it has been applied.
You simply dampen a sponge or soft
brush with it and draw this through
the hair, taking one small strand at a
time; by morning the gray hair has
disappeared, and after another appli-
cation it becomes beautifully dark and
appears glossy and lustrous. This
ready-to-use preparation is a deligh-
tful toilet requisite for those who de-
sire dark hair and a youthful appear-
ance. It is not intended for the cure,
mitigation or prevention of disease.

The Most Profitable Habit

In the world, is the habit of
SAVING MONEY!
The foolish person spends all he
receives and faces POVERTY—
the WISE person saves all he
can and faces PROSPERITY.
Form the savings habit today—
Our Savings Department accepts
deposits large and small and
pays 4 per cent interest.

Capital and Surplus...\$90,000.00
J. W. Cusick & Co.
Bankers
Albany, Oregon

UNITED STATES RAILROAD ADMINISTRATION
DIRECTOR GENERAL OF RAILROADS
SOUTHERN PACIFIC RAILROAD-LINES NORTH OF ASHLAND

Vacation Resorts

A vacation is a good investment. Rest and change are very bene-
ficial to bodily health and mental vigor—July and August are the
ideal vacation months. Attractive summer resorts are within easy
reach. Excursion tickets are on sale.

NEWPORT	Season tickets from Albany	\$4.55
	Weekend tickets from Albany	\$3.85
	Corresponding fares from other points.	
TILLAMOOK COUNTY BEACHES		
	Season tickets from Albany	\$9.25
	Fares to Neah-Kah-Nie, Manzanita and	
	Bayocean slightly higher. Corresponding	
	fares from other points.	
DETROIT	Season tickets from Albany	\$2.70
	Corresponding fares from other points.	
McCREIDIE HOT SPRINGS		
	Season tickets from Albany	\$7.25
CRATER LAKE		
	Season tickets from Albany	\$27.00
	15-day tickets from Albany	\$25.00
MARBLE HALLS OF OREGON		
	Season tickets from Albany	\$13.95
	15-day tickets from Albany	\$12.20
	Corresponding fare from other points.	
VARIOUS	Special fares in effect to Columbia River	
	Beaches, Mt. Rainier National Park, Shasta	
	resorts, Yellowstone National Park and Glacier	
	National Park.	
	Inquire of Ticket Agent.	

JOHN M. SCOTT,
General Passenger Agent.

Farmers Needs

GRAIN BAGS

Seconds, good for Oats and Barley 10c
TWINE—Special price on a good strong twine \$1.00 per lb.
SEAMLESS BAGS—For Clover-seed. First class seconds at a
bargain.
SACK NEEDLES—Hand made, spring-eye 50c each
HAY SALT—Half-ground \$1.00 per cwt. Fine 75c 50-lb. sack

Murphy's Seed Store

Bring us your Grain, Vetch and Clover. We are prepared to handle
it RIGHT.

NOTICE TO PROPERTY OWNERS

Notice is hereby given all property
owners that tall dry grass, rubbish
and refuse must be cleaned out of all
lots according to the ordinance of the
city of Albany bearing upon the sub-
ject. Any property not properly
cared for will be cleaned up by the
city and the costs assessed to the
owners. Burning of rubbish without a
permit will also be punished accord-
ing to law.

By order of L. B. Hixson, Jr., As-
sistant Fire Chief. 25jy31

AUTO TOPS

We make and repair Auto
Tops, Curtains and Cushions.
HORSLEY'S TIRE STATION

SAYS HOT WATER WASHES POISONS FROM THE LIVER

Everyone should drink hot water
with phosphate in it,
before breakfast.

"To feel as fine as the proverbial
fiddle, we must keep the liver washed
clean, almost every morning, to pre-
vent its sponge-like pores from clog-
ging with indigestible material, sour
bile and poisonous toxins, says a noted
physician.

If you get headaches, it's your liver.
If you catch cold easily, it's your liver.
If you wake up with a bad taste, furred
tongue, nasty breath or stomach be-
comes rancid, it's your liver. Sallow
skin, muddy complexion, watery eyes
all denote liver uncleanness. Your
liver is the most important, also the
most abused, and neglected organ of
the body. Few know its function or
how to release the dammed-up body
waste, bile and toxins. Most folks
resort to violent calomel, which is a
dangerous, salivating chemical which
can only be used occasionally because
it accumulates in the tissues, also
attacks the bones.

Every man and woman, sick or
well, should drink each morning be-
fore breakfast, a glass of hot water
with a teaspoonful of limestone phos-
phate in it, to wash from the liver and
bowels the previous day's indigestible
material, the poisons, sour bile and
toxins; thus cleansing, sweetening
and freshening the entire alimentary
canal before putting more food into
the stomach.

Limestone phosphate does not re-
strict the diet like calomel, because it
can not salivate, for it is harmless, and
you can eat anything afterwards. It
is inexpensive and almost tasteless, and
any pharmacist will sell you a quarter
pound, which is sufficient for a dem-
onstration of how hot water and lime-
stone phosphate cleans, stimulates and
freshens the liver, keeping you feeling
fit day in and day out.



"Now I can see both near and
far with one pair of glasses."
—That's because he wears

KRYPTOK GLASSES
—The invisible bifocals. Na-
tionally accepted as the only
two-sight glasses without a
seam or hump to fog the vision.

E. C. MEADE
Optometrist



Cool, Delicious ORANGE FLOAT

JUST HITS THE RIGHT SPOT
Try a LIBERTY SPECIAL. Give the kids a CONE—they'll enjoy
one here

LESLIES CONFECTIONERY
WEST FIRST ST.



Take a Tumble and inspect
our stock of Auto, Motorcycle
or Bicycle Tires for your boy.
The most complete line in the
City and prices are Right.
And don't forget that NOW
is the time to have your bi-
cycle overhauled and put in
shape for the season.
We do it.

U. S. Tire Service Station

L. B. HIXON Jr.

Both Phones 129 Lyon Street, Albany

The wise House wife

Always has her shelves well stocked with canned
goods from our store;

Then she is ready for any emergency. She can
pack a picnic lunch on a moments notice, or if unex-
pected company comes she is ready.

Why don't you stop today and see the many things
we have ready to serve awaiting your choice? We al-
so have a fresh stock of sanitary bakery supplies at
all times. Give us a trial. Our price and service is
RIGHT.

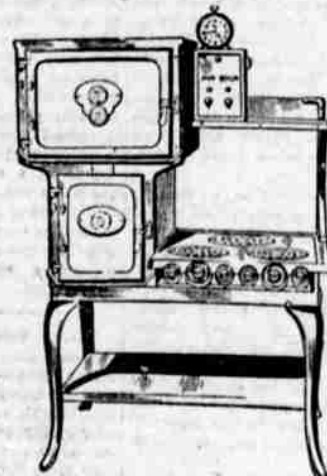
HOLMAN & JACKSON
OPPOSITE POST OFFICE



**MULTNOMAH
HOTEL**

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

Attention People



The prices of Electric Ranges are going up. Have you got yours?
If not don't wait until it is too late. We have a range for every
kitchen, both large and small.
Drop in our office and look them over, or phone and our represent-
ative will be glad to call.

**MOUNTAIN STATES
POWER CO.**

THIRD AND LYON STS. PHONE 15