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PHONE 96

ALBANY, OREGON, FRIDAY NOVEMBER 7,

THE CHEERFUL OLD LADY

Englishwoman who has reached the age of 100 years and is still perfectly well and doing her own housework was asked her recipe for long life and health.

The only recipe she offers is never to worry over troubles. She has practised this gospel of happiness so successfully all of her long life that her fame has gone abroad throughout the country-side, and when any of her neighbors are ill or discouraged or in trouble, they seek the advice of the cheerful old lady.

If the average person would make an honest estimate of the proportion of his time which is devoted to actual effort to master his troubles and how much to useless apprehension and ineffectual regret, the result in most cases would be illuminating.

Most of the things which people worry about never happen at all, and the serious ones which do occur generally indicate their own course of treatment when they come. But for all that, people go right on dreading and fretting, wondering what in the world they will do or wishing that they had done differently. Every such emotion takes its toll of nerve energy, brain cells and muscular tissue. So when the old lady maintains that she has added years to her life by keeping cheerful and optimistic she is telling the plain truth.

It would be small comfort to live for a century if one lived in the shadow; but to the person who lives in the sunshine, mentally and physically, old age has no terrors.

TERRORISTS ARE DOOMED

Another great organization pledging itself to the suppression of Bolshevism and terrorist rule in this country is the Mississippi Valley Association.

In an address dealing with the subject, the president, Harry Merrick of Chicago, says: "We are going to get the people back to the Constitution of the United States, as interpreted in the light of the Ten Commandments. We are going to get away from individual quacks, and back to government by law. We are going to stand by the Constitution and see that it is maintained by each and every man, no matter who he is. We are going to see that the Soviet and what it stands for is smashed so flat that you can't pick it up with a scoop shovel."

This rallying, one by one, of the representative bodies of American citizens to the defence of America's institutions suggests some words of Lowell's written during the Civil War, but applicable in full force to the awakening spirit of loyalty through the whole country today:

"That's northern natur'
Slow, and apt to doubt;
But when it does git started,
There's no gi'n' out!"

Slow, and apt to doubt, loyal America has been, but now her wrath is stirred, and the wild forces which plotted her destruction are doomed.

There need be no fuel scarcity on Mondays, anyhow. People can burn the Sunday papers.

A lot of political silk hats are in the ring for president; now won't some good business man toss in his derby?

FOOD FOR YOUR MONEY

Anyone interested in living expenses, with particular reference to provisions, may profitably ponder a weekly dietary for a family of five suggested by Prof. H. C. Sherman of Columbia University at a meeting of the food and drug section of the American Health Protective Association. Here it is:

Six and one-quarter pounds of meat and fish.
Eight eggs.
Twenty-one quarts of unskimmed milk.
One pound of cheese.
Three and one-half pounds of fats.
Four pounds of grain products, bread, cereals, etc.
Twenty-three pounds of vegetables.
Eight and three-quarters pounds of fruit.
One-half pound of nuts or peanut butter.

NONPAREIL Barber Shop

Modern and Efficient

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

OPPOSITE POSTOFFICE BUD STOVER, proprietor

One-quarter pound of coffee.

Most people will miss from this list some of their favorite articles of food. They will probably find, however, on close study, that it contains the essentials, and that even some modest luxuries may be included. The coffee allowance is small, but that will probably do no great harm. There are more fruits, meat and milk than the ordinary family allows itself when trying to get along on small butcher and grocery bills.

The milk allowance is perhaps the most impressive thing about it. There are three quarts of milk a day. The average family in modest circumstances thinks it is doing well to buy one quart a day. That, however, is where the average family makes a mistake. Even at present prices, there is probably more wholesome nourishment in a given quantity of milk, especially for children, than in any other commodity that can be bought for the same money. Milk takes the place of eggs, and insures plenty of the proteid element, which is the most important part of a diet.

This means a weekly bill of \$11.99, based on New York prices for last August. It would doubtless cost somewhat less now in New York, and still less in almost any other city.

The only unfortunate aspect of the subject is that there are too many families who have not this amount of money to spend for food. But whatever the food allowance may be, it can probably be invested to better advantage if the housekeeper will follow in the general lines of this dietary. There is no advantage in eating substitutes for real food.

GERMAN COAL MINERS

A dispatch sent from Mannheim, Germany, on Oct. 31, reads as follows:

"A general meeting at Mannheim, Baden, of associations of miners and transport workers in the Rhine region has decided, owing to the lack of coal in southern Germany to reestablish the twelve-hour day, with voluntary work Sundays until the crisis is passed.

At the same time those German miners were voluntarily preparing to work 12 hours a day, seven days a week, in order to supply the necessary fuel in a public emergency. American coal miners were preparing to close the mines and participate a national catastrophe because their demand for a six-hour day, five days a week, had been refused. The German miners offered to work 84 hours a week until the emergency was past; the American miners wanted to work 30 hours a week, or not at all.

It is not pleasant to compare Americans with Germans to the advantage of the latter.

Saturday Cash Special No. 11

We are offering this Saturday some UNPRECEDENTED bargains in meats.

Remember this is superior stuff. We would advise you to buy now, as these prices cannot obtain much longer.

Bacon Strips 29c per lb.
Picnic Hams 27c per lb.
Crackers in 6 lb. cartons 17 1-2c per lb.
(strictly fresh)

Fisher's Blend Flour \$2.98 per sack
(hard wheat)

Creamery Butter 69c

You can buy three well-cooked full weight loaves of bread for 25c

Coffee in bulk, a good blend 38c per lb.

A beautiful high quality good keeping apple 89c per box

Sweet Potatoes 5 lbs. for 25c

We have a new line of Hosiery, which we offer at reasonable prices

We pay 77c for eggs

EAST ALBANY GROCERY

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cordially invited to inspect our Cannery Sat. Nov. 8th, 1 to 6 o'clock inclusive when we will "OPEN HOUSE" to the public.

Everybody Invited

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Fried or broiled just right—hot and juicy with the delicious steak flavor left in the meat.

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AFTER THE SHOW
ANY TIME

A plate of oysters, any style is palatable and refreshing.

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Where Food is Cooked Right and Served Right

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Do not leave YOUR LIBERTY BONDS and other valuables where they will be subject to LOSS BY FIRE OR THEFT.

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