

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 prevent its sponge-like pores from clogging 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 becomes rancid, it's your liver. Yellow 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 before breakfast a glass of hot water with a teaspoonful of limestone phosphate 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 restrict 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 demonstration of how hot water and limestone phosphate cleans, stimulates and freshens the liver, keeping you feeling fit day in and day out.

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First and Ellsworth Sts.

If You Keep Money

In the store or office, it's subject to loss by fire or theft.

If you keep checks too long before depositing, they're sometimes returned marked "No Funds."

The safe way is to have a Check Account with this bank, and deposit daily.

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J. W. Cusick & Co. Bankers

Albany, Oregon

HUNGER KNOWS NO ARMISTICE IN CAUCASUS

Colonel Haskell Reports to Near East Relief on Desperate Needs of Helpless.

"Peace may come elsewhere in the world, but hunger knows no armistice in the Near East," says Colonel William N. Haskell, Allied high commissioner in the Trans-Caucasus, in an appeal to Near East Relief, 1 Madison avenue, New York city, for food and supplies for the relief of the starving millions.

Colonel Haskell is in charge of all operations and disbursements of Near East Relief in the Caucasus.

"There is no fuel or shelter for the greater part of them during the terri-



COLONEL HASKELL.

ble winter in the mountains," he says, "and the existing food supply is entirely inadequate for the great number of refugees without resources of any kind.

"By a recent agreement between the premiers of the republics of Armenia, Azerbaidjan and Georgia to cease hostilities and settle all differences by arbitration one obstacle to relief work in the Caucasus has been removed and makes accessible a great number of destitute people who otherwise would perish this winter.

"Two hundred thousand destitute Armenians and Tartars can now be reached in the districts of Karabagh, Shusha and Nakhichevan, in the southern section of the Trans-Caucasus, and we are planning to extend our work there. The economic situation is so desperate and food supplies so scanty that the Georgians have ordered 100,000 persons, mainly Russian refugees without employment, to leave the city of Tiflis. About 45,000 workers in the oil fields of Eaku have been ordered by the Azerbaidjanese to leave the city because there is no work for them and food is scarce.

Around every station along the railway are gathered groups of hundreds of homeless people lying huddled together on the ground, the majority of them too weak even to try to help themselves. From time to time the stronger ones climb on freight cars and move elsewhere, always seeking better conditions, which do not exist. Two hundred and sixty-three thousand homeless refugees from Turkish Armenia thus are constantly milling about throughout Russian Armenia, making the relief work conducted by the Americans a problem requiring infinite patience and organizing ability.

"This is especially true in view of the existence of 248,000 destitute inhabitants of Russian Armenia who possess homes, but no food, as well as 150,000 Greeks, Russians, Persians, Syrians and Yezidis who have been driven out of parts of Transcaucasia.

"One hundred and forty thousand Moslems, whose villages were destroyed in the course of five years of constant warfare, are helplessly encamped in the open around villages of their former enemies, begging infinitesimal quantities of flour, which they mix with dirt to give the illusion of nourishment.

"These hundreds of thousands of suffering adults, mostly homeless and lacking every necessity of life, having nothing more to lose, are concentrated in a country as yet inadequately policed or governed. They constitute a fertile field for the seeds of Bolshevism or any form of anarchy, the spread of which once loosed would be impossible to predict.

"It is generally admitted in the Caucasus that the Americans of the Near East Relief already have saved the lives of at least 30,000 babies and children and of 500,000 adult refugees and destitute. This work still is continuing."

In an effort to procure funds to carry on the work and save the lives of these hundreds of thousands who otherwise will die of starvation and exposure Near East Relief, of which Cleveland H. Dodge is treasurer, is making an appeal to the American people.

Mission Sermons At St. Mary's Interesting

Speaking Monday evening at St. Mary's church, Father Olsen said that labor was at last coming into its own and that capital sooner or later would have to come to terms with the laboring class in its rightful demands. The condition of labor up to this time was but a little better than slavery in our great industrial centers and this was a source of interminable evils in the social, the economic and religious life of the people. The very dignity of man was disregarded and the result was unrest and discontent.

Tuesday night the preacher talked on what religious program the Catholic man must stand. It was plainly shown that without the love of God's law and the keeping of the commandments, there can be no growth in a country, in a community or in a parish.

Gates Gatherings

GATES, Ore., Jan. 28—W. B. Robertson while splitting wood one day last week made a very painful cut in the top of his foot. He has been confined to the house since the accident.

Miss Florence Lawson was a weekend visitor at the home of her parents, Mr. and Mrs. T. L. Lawson. Miss Lawson is teaching school near Lyons.

Wm. Still has rented the Ed Wolfe ranch and took possession Friday of last week.

James Gregory came up from Silverton to attend to business in Gates and took in the dance at Mill City Saturday night.

Wm. M. Hudson, who passed away at the hospital, in Mill City Jan. 21, from apoplexy was born in 1854 in Pike Co., Illinois. He was a member of Green Mountain Lodge I. O. O. F. of Gates. He was a highly respected citizen and leaves many friends and relatives to mourn his demise. Interment took place in Fairview cemetery under the auspices of the order of which he was a member.

Born to Mr. and Mrs. Ronald Chblle January 23, a daughter. Mother and babe are doing nicely.

A car load of dance lovers motored to Mill City Saturday night to attend a dance at that place.

Shelburn News

SHELburn, Ore., Jan. 28—Mrs. Charles Ransom, of Aumsville, and son, Wayne visited Mr. and Mrs. John Ransom and family this week end.

Mrs. C. M. Tindall and daughter Pearl, are spending a few days in Salem.

George A. Stoddart, who is working at Jefferson spent Sunday afternoon at the home of his parents.

The leap year dance given in the Chamberlin hall was well attended and there will be another dance the seventh of February.

Mrs. Will Miller and daughter, Wilma were in Salem Monday.

Fred Bowman, who is attending school at Corvallis spent the weekend at Shelburn.

The Misses Gladys and Sylvia Thibodeau and staying with their grandfather, James Smith, who has been ill a short time.

Eugene Bowman, who is working at Gooch, spent the week end in Shelburn.

Mr. and Mrs. Claude Churchill and daughter Blanche returned home Monday from Washington where they have been visiting Mrs. Churchill's sister.

Miss Mya Stoddart spent the week end at home.

Mrs. Ben Gooch and daughter, Letta, of Mt. Angle spent Saturday evening with Mrs. Frank Gooch.

Mr. Doss Osborne was an Albany visitor Saturday.

Mrs. Frank Gooch was in Aumsville Thursday visiting her friend Mrs. Robert Colvin.

The people of this vicinity are well pleased with the weather these days.

Every ancient city of not was located on or near the sea or a river.

8,000 Miles GUARANTEED Without Punctures or Blowouts



Perfect service for Fords, Maxwells and Chevrolts—without pumping, patching or repairs. Cheaper per mile than ordinary tires.

Easy riding as a pneumatic. Let us demonstrate.

Louis K. Geil Distributor
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COUNTY NEWS

Notes from all parts of Linn County

Tennessee Locals

LEBANON, Ore., Jan. 28—Mr. and Mrs. Al Hart and three children, who have been visiting at the home of George Anton left Monday for their home in Idaho. Mrs. Hart and Mrs. Anton are sisters.

E. E. Minsey and family spent Sunday with Mrs. Munsey's father Mr. A. R. McDonald near Seio.

Arthur Burkhardt and son, Robert have taken a contract for cutting one hundred cords of wood for J. G. Swink.

W. E. Evans has bought thirteen acres of the Mefford ranch. Mr. and Mrs. Mefford expect to move to Portland in the near future.

Farmers here have been improving their time by plowing both with tractors and horses. Had the good weather continued the plowing would soon all have been done.

Mrs. Bertha McClellan left for Idaho Monday where she has employment. Her mother, Mrs. Chas Carroll will care for her children in her absence.

Berley Densmore drove to Jefferson recently and brought his Grandmother, Mrs. Fanny Prior, home. Mrs. Prior had been visiting at the home of her youngest daughter, Mrs. Andy Densmore.

All the sick are much improved at this writing except Miss Eva Densmore who has tonsillitis.

Frank Carroll has returned from southern Oregon and is assisting his father with some grubbing for Clyde Burkhardt.

Luther Keith had a very severe attack of Appendicitis last Monday and for a time it was thought an operation would have to be performed but he has improved now and is able to walk about the house.

Tennessee Literary, was as usual, well attended. The program being long the debate was postponed until the next regular meeting on February 7.

R. W. Swink who has been teaching school at Talbot, has been compelled to resign on account of failing health. He is visiting with his brother J. Q. Swink.

W. E. Evans is improving his home by papering, painting and putting in Dutch kitchen and water system. Elmer Harden has been doing the papering and painting.

A new gasoline lamp has been installed in the Tennessee school house by the Literary Society.

Avery Swink, of Berlin has been running the tractor on the John Swink farm.

Donald Munsey, one of Tennessee's youthful stock men, shipped a fine beef to Portland last week which netted him a nice profit.

R. C. Burkhardt, of this locality and Roy Snodgrass, of Lebanon went to Portland recently where they purchased two carloads of Durham cows and had them shipped here where they will feed them from their silos. Mr. Burkhardt and Mr. Snodgrass are extensive dealers in Shorthorn cattle and own a number of fine registered cattle.

East Knox Butte News

Miss Isa Wasson, of Portland spent Sunday at the home of her brother Curtis Cole, left for Baker Ore.

DRINK HOT TEA FOR A BAD COLD

Get a small package of Hamburg Breast Tea at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time during the day or before retiring. It is the most effective way to break a cold and cure grip, as it opens the pores of the skin, relieving congestion. Also loosens the bowels, thus driving a cold from the system.

Try it the next time you suffer from a cold or the grip. It is inexpensive and entirely vegetable, therefore safe and harmless.

RUB BACKACHE AND LUMBAGO RIGHT OUT

Rub Pain and Stiffness away with a small bottle of old honest St. Jacobs Liniment

When your back is sore and lame or lumbago, sciatica or rheumatism has you stiffened up, don't suffer! Get a 30 cent bottle of old, honest "St. Jacobs Liniment" at any drug store, pour a little in your hand and rub it right into the pain or ache, and by the time you count fifty, the soreness and lameness is gone.

Don't stay crippled! This soothing, penetrating oil needs to be used only once. It takes the ache and pain right out of your back and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin.

Nothing else stops lumbago, sciatica and lame back misery so promptly!

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yet you will agree that we have accomplished almost the impossible! For look where you will, where will you find such attractive offerings as are now shown by this establishment?

General Clear-a-way of the Remainder of Our Children Coats and Dresses



Most unusual savings may be afforded in these especially low-priced lots, broken sizes and limited numbers, which must be closed out within the last three days of this sale. The Sale Prices on the Coats are:

\$2.65, \$3.40, \$5.10, \$5.65, \$6.40, \$7.15, \$9.60, \$10.85, \$12.40 and \$17.25

The Sale Prices on the Dresses are: \$4.35, \$5.25, \$5.95, \$6.00, \$10.85, \$9.00 and \$12.90

Want a Sweater

Who doesn't, for a Sweater is possibly the most practical and most useful article of wearing apparel. The sale of Sweaters at the lowered prices below is an important feature of this initial sale of 1920. Every one of our assortment is included. Every desired style represented. Make your selection early at the special prices, which are:

\$3.15, \$6.05, \$7.15
\$9.00, \$12.15, \$16.20
and \$24.75



DRESS SKIRTS AT SAVING REDUCTIONS

The woman desiring an extra skirt to round out the season should take advantage of this Big Saving offered by the discount in price of all our fancy and plain Dress Skirts. The season's best styles at these lowered prices:

\$5.35, \$9.00, \$10.15, \$12.40
\$15.10, \$16.65, \$20.45,
\$22.50 and \$24.95

HAMILTON'S HAMILTON'S

Sunday to look at some shorthorn cattle which he expects to purchase. Mrs. Patterson, of Eugene is visiting at the home of Mr. and Mrs. Copeland this week. Alex Harold, of Salem visited his niece Mrs. Cole last Sunday.

A. W. Martin, of Salem, formerly of this neighborhood, who has been very sick is slowly recovering.

O. H. Todd of Eugene, is spending a few days at the E. B. Wallace home.

Miss Ruth Marshall was on the sick list last week but is recovering.

The Albany Automobile Dealers Association Announce Their Second Annual

Automobile, Truck and Tractor Show

To Be Held at the

ARMORY Albany, Oregon, February 12-13-14

3—BIG DAYS—3

There will be presented the largest showing of the latest creations in the automotive industry yet seen in the Willamette Valley. All the leading standard makes of cars, trucks and tractors will be on display, and a day at the show will be worth weeks of catalog study and shopping to prospective purchasers.

Something New to Learn
New Features in Automobile Construction
Demonstrated

SPECIAL ATTRACTIONS
There will be programs and amusements each day and a big dance each evening in one of Albany's beautiful new garage buildings.
Beautiful Decorations
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