

Proper Food for Weak Stomachs

The proper food for one man may be all wrong for another. Every one should adopt a diet suited to his age and occupation. Those who have weak stomachs need to be especially careful and should masticate their food thoroughly. It is also important that they keep their bowels regular. When they become constipated or when they feel dull and stupid after eating they should take Chamberlain's Tablets to strengthen the stomach and move the bowels. They are easy to take and pleasant in effect.

Mortgage Loans Negotiated Notary Public

N. M. Newport

Attorney at Law
(CITY ATTORNEY)

LEBANON OREGON

H. C. ROLOFF

AUCTIONEER

WATERLOO OREGON
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Mortgage Loans Negotiated Notary Public

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Scio Meat Market

HOLECHEK BROS., Props
Fresh Meats of All Kinds
Reasonable Prices

Main Street Scio, Ore.

Dr. T. K. Sanderson

DENTIST

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SCIO OREGON

Best Remedy for Whooping Cough

"Last winter when my little boy had the whooping cough I gave him Chamberlain's cough remedy," writes Mrs J B Roberts, East St Louis, Ill. "It kept his cough loose and relieved him of those dreadful coughing spells. It is the only cough medicine I keep in the house because I have the most confidence in it." This remedy is also good for colds and croup.

Scio Produce Market

Under New Management
NOW OPEN FOR BUSINESS

Will pay the HIGHEST CASH PRICE for all kinds of Country Produce. We will buy Cream for the Hazelwood Creamery and will give you a square deal.

Anyway, let us get acquainted. If you have a grievance make it known and we will endeavor to rectify it.

J. W. MOORE, Manager

Railroad Time Table

Arrival and Departure of Passenger Trains

Woodburn-Springfield Branch
WEST SCIO

North 7:50 a.m.
South 5:31 p.m.

Corvallis & Eastern
MUNKERS

To Albany 7:25 p.m.
From Albany 9:22 a.m.
Motor to Mill City 7:05 a.m.
" from " 4:21 p.m.

§ Daily except Sunday
Auto bus leaves Scio postoffice 7:10 a.m. & 5:00 p.m. for West Scio 8:15 a.m. & 1:30 p.m. for Munkers

MUNKERS and WEST SCIO STAGE

Bilyeu & Bilyeu, Props.
Phone 6-515
STAGE MEETS ALL TRAINS

—Leaves Scio Postoffice—
at 7:10 a.m. and 5:00 p.m. for West Scio and 8:15 a.m. and 1:30 p.m. for Munkers

Federated Church

SCIO, OREGON

Sunday School 10 a.m.
Preaching 11 a.m.
Christian Endeavor 6:30 to 7:30 p.m.
Song Service 7:30 to 8:00 p.m.
Prayer Meeting, Thursday 7:30 p.m.
Brother Meikelfohn, Leader.

H. B. Her, Pastor

Final Account

Notice is hereby given that the undersigned administratrix of the estate of John W. Powell, deceased, has filed her final account in said estate with the County Clerk of Linn county, Oregon, and the County Court of said county has set Monday, August 20, 1917, at one o'clock in the afternoon, at the County Court House in Albany, Linn county, Oregon, as the time and place for the hearing of objections to such final account, and the settlement thereof.

Dated and published the first time this 12th day of July, 1917.

MARGARET M. POWELL,
Administratrix of the estate of John W. Powell, deceased.

SAM'L M. GARLAND,
Attorney for Administratrix.

Notice to Creditors

Notice is hereby given that the undersigned, by order of the County Court of Linn county, Oregon, has been appointed and is now the duly qualified and acting executor of the estate of Charles Wesely, deceased, late of said county and state.

All persons having claims against the estate of said deceased are required to present the same with the proper vouchers within six (6) months from the date of this notice to the undersigned executor at his residence in the city of Scio, Linn county, Oregon.

Eated this 10th day of July, 1917.
JOSEPH F. WESELY, Executor.

The Scio Tribune \$1.50 a year

We make a specialty of Friendship, Engagement and Wedding Rings. F. M. French & Son, Albany, Oregon.

THREE WINGED WORDS.

How the Famous Expression "Swat the Fly!" Originated.

Once upon a time there was a man with a large assortment of ideas, and he went to a baseball game to find success from thought in the crack of the bat and the long hit. Now, the particular idea that had been buzzing the loudest in his head at that time was the common housefly and how to make it uncommon.

He never could look at a fly without feeling a cruel desire to squash it. He was, in fact, about to publish a health bulletin indicting the fly on more counts than the fly has eyes, and it has several thousand and fifty. Well, when he got to the game and had just rid himself of the whole notion for a moment and was eagerly awaiting action on the part of the batsman somebody—in fact, a lot of them—shouted, "Swat the ball!"

The batsman did. He swatted the prettiest fly any fan would ask to see. And then while the crowd roared the fly hater took out a pencil and scribbled on a bit of paper those three winged words that were destined in the months that followed to fly around the world and back again, "Swat the fly."

The man was Dr. S. J. Crumrine of Kansas.—J. Wainwright Evans in Nation's Business.

THE SHORT STORY.

Its Chief Failing as Seen by a Somewhat Cynical Critic.

The short story, taken in the aggregate, is a collection of 6,000 words that tell how the hero happened to marry the girl. It seldom mentions the enormous number of girls that the hero has kissed prior to the affair in hand, nor does it bear heavily on the previous little love affairs of the heroine. The chief trouble with the short story is that it fills the reading public with the idea that to be happy one needs only to be married.

This idea is erroneous, for the success of a courtship depends not on the marriage, but on the manner in which the contracting parties readjust their ideas and peculiarities in order that there may not be a wholesale interference of ideas and peculiarities and a consequent stripping of mental gears and wrecking of hopes.

Every short story should have footnotes attached explaining the status quo of the hero and heroine at the end of five years, together with the condensed but honest reason for the unsatisfactory or satisfactory results.—Puck.

Spiking the Guns.

The expression "spiking guns" is a survival from the day when all that was necessary to put a gun out of action provided, of course, that you had access to it was a large nail or spike and a hammer. You simply drove the nail into the touch hole at the breech. If the nail was long enough to turn round at the end on the bottom of the bore so much the better. It is just as simple, perhaps simpler, to put a modern gun out of action. All you want is a hammer. The breech block of the modern gun is held closed by screw threads. After the breech block is shut on the shell a turn of two or three inches engages the threads. By knocking a bur on these threads you prevent them engaging. Any attempt to fire the gun without the breech block being perfectly closed would, of course, be of material assistance to the enemy.

An Ancient Infernal Machine.

In the Diary of Samuel Pepys, under date of March 14, 1692, he says: "Home to dinner. In the afternoon came the German Dr. Knuffler, to discourse with us about his engine to blow up ships. We doubted not the matter of fact, it being tried in Cromwell's time, but the safety of carrying them in ships; but he do tell us that when he comes to tell the king his secret, for none but the kings, successively, and their heirs must know it, it will appear to be of no danger at all. We concluded nothing, but shall discourse with the Duke of York tomorrow about it."

Ananias.

The name Ananias is in disrepute because of the liar of that name mentioned in the fifth chapter of the Acts of the Apostles. Two others of the name are mentioned in the Scriptures. One of these was a high priest in A. D. 48 who was afterward assassinated; the other was a Jewish disciple at Damascus. Tradition makes him to have been bishop of Damascus and to have died by martyrdom.

Marriage in Argentina.

In the Argentine republic if a man engaged to marry hesitates beyond a reasonable time in leading his fiancée to the altar he is heavily fined, and if a resident of the republic should fail to marry he is taxed until he reaches the age of eighty.

The Giraffe's Neck.

"Why does the giraffe have such a long neck?" asks the teacher. "Because its head is so far away from its body," hopefully answers the boy.

GIVE THE CHILD A TREE.

If Possible, Let Him Plant One and Own It All Himself.

Every child should own a tree. A tree is a symbol of life. It lives. It stands for everything that is noble. It is rooted in the soil and stretches itself toward heaven. It stands for patience, humility, persistence, beauty, courage and God.

The child should plant the tree himself and thereafter watch it grow year by year. He should put his hands on its rough bark and say: "This is my tree. I will stand by it and live up to it."

It is curious how blind we sometimes are to certain ideals because we cannot see and handle them. We need something to connect us with the invisible but none the less potent and formative world of aspiration and inspiration. What could be better than a tree?

There is something about the silent beauty of a tree that casts over us a spell of calmness and invincibility. The storms of life may away us and break our branches; the grim and melancholy autumn may strip us of our brilliance, but the spring will come once more and clothe us in a new glory. So we go on fulfilling the majesty of the law.

If your child owns a tree the memory of its beneficent influence will cling to him through life.—Country Gentleman.

WINDOW BLINDS.

Called an Invention of the Evil One to Keep Out Sunlight.

"God said, 'Let there be light.' The devil whispered to men and blinds were invented." So writes Dr. F. Robbins of New York in an article entitled "Heliophobia, a Menace to the Community," published in the Medical Record.

According to a bulletin of the American Association for the Conservation of Vision, at least half the educated population of the United States is afflicted with defects of eyesight.

As a matter of fact, sunlight so far from being injurious to the eyes is one of the most successful cures for trachoma, the commonest of eye diseases.

Dr. Robbins is amazed at the number of persons who find sunlight trying and at the number who still cling to the old and long exploded notion that sunshine is bad for the eyes. He blames the persons in authority in our libraries, postoffices and railroad companies for persistently pulling down the blinds in their institutions and cars.

He urges those who are oppressed by sunlight to wear smoked glasses and not to deprive others of the beneficent brightness. Sunlight kills more noxious bacteria than all other germicides put together.

Women With Mustaches.

The Ainu, aboriginal race of Japan, live in the island of Yeddo, although the race has become so reduced that there are now not more than 10,000 or 17,000 of them left in the country. The most noticeable peculiarity about Ainu women is that they have tattooed upon their upper and lower lips what resembles a mustache. The women are not considered attractive, and their matrimonial prospects are quite injured without this decoration. The mustache is begun when the girl is quite a child. It is done gradually, a little each year, until it extends partly across the cheek, the material used being the soot from burning birch bark. The face is cut and the black rubbed in. Afterward it is washed in a solution of ash bark liquor to fix the color.

Commonplace Terms.

A humorist saw an announcement in a hardware store, "Iron sinks," and he went in and told the man that he knew iron sank. "Yes," said the man, "and time flies, but wine vaults, grass slopes and music stands; Niagara falls, moonlight walks, sheep run and holiday trips; scandal spreads, standard weights, indiarubber tires, the organ stops and the whole world goes round; trade returns." "Yes," said the humorist, "and marble busts!"

Agates.

The English agate derives its name from the river Achates, on the banks of which, according to Pliny, it was first found. But as agates are met with in many countries, this stone, which is of the quartz family, was doubtless from the earliest times known to the nations of the orient.

Water Lilies.

Water lilies have a shining appearance because of an oil on the leaves which prevents water remaining on them and clogging the mouths or stomas, through which the plant breathes. The leaves are large, flat and nearly round.

The Restorative.

"How's your wife's cold this morning?" asked a neighbor. "Much better, thank you. There's a dance tomorrow evening that she wants to go to."

A Faint and a Faint.

Sadie—Did you ever faint? Susie—Once. But I bumped my head so hard that I fainted really and truly, and I've never tried it again.

Road to Happiness

Be amiable, cheerful and good natured and you are much more likely to be happy. You will find this difficult if not impossible however, when you are constantly troubled with constipation. Take Chamberlain's Tablets and get rid of that and it will be easy. These tablets not only move the bowels, but improve the appetite and strengthen the digestion.

DR. A. G. PRILL
Physician and Surgeon
Calls Attended
Day or Night
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How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.
F. J. CHENEY & CO., Toledo, O.
We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him from
NATIONAL BANK OF COMMERCE, Toledo, O.
Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 50 cents per bottle. Sold by all Druggists.
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Get Rid of Your Rheumatism

Now is the time to get rid of your rheumatism. You will find Chamberlain's Liniment a great help. The relief which it affords is alone worth many times its cost.