

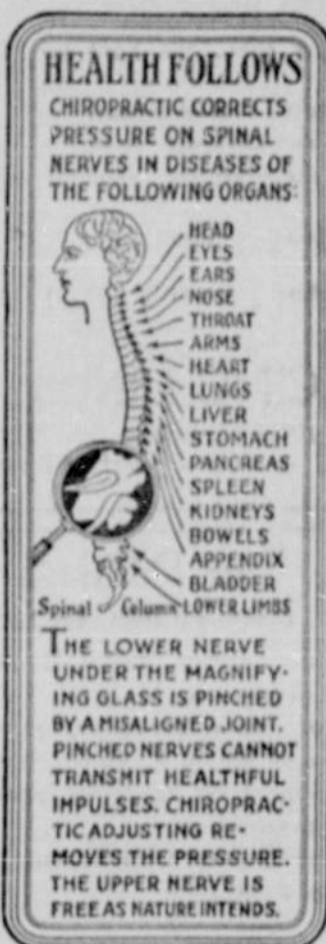
UNCLE BEN SAYS:
—“If you want a wholesome, healthy mind the first step is to grapple with and kill that thing called self pity. It's a joykiller”

When Medical Men Say "Chiropractic"

By D. O. L. SCOTT, C.

When medical men advise chiropractic is when the history of the case is one that indicates an obviously spinal cause for the ailment. Usually the case has an accident history. The sickness followed a fall or a severe strain of some kind which directly affected the spine.

But the fact about the spine is that it must pivot every motion of the body. In the living body it is a thing of utmost flexibility, and the twenty-four joints making up the three principle divisions of the spine are all movable and easily disordered by the every day activity of life. It is not necessary to suffer a severe accident to displace a joint of the spine, and when this happens it causes disease in the organ thus deprived of a normal amount of nerve impulse.



PHYSICIAN SAID TRY CHIROPRACTIC
"I fell from a scaffold to a cement sidewalk. During the following eight years I consulted any physician whom I thought might remedy my condition, but relief was only temporary. In 1917 paralysis came as a result of the original injury and my physician said medicine could not help me and referred me to a chiropractor. I had been in bed five days unable to move when I received the first adjustment. After the third adjustment I was able to get up and walk to the office, a distance of two miles. From then on my recovery was steady and after six months of adjustments I was permanently cured."—Fred Eberdard, Chiropractic Research Bureau, Sworn Statement No. 1330S.

Your Health

When your health starts depends on when you telephone 87 for an appointment.

DR. O. L. SCOTT
CHIROPRACTOR

414-19 U. S. Bank Bldg. Phone 87. Salem, Oregon

Saturday to Be

(Continued from page 1.)

will compensate for the time lost from work if you will heed his advice. He expects to see you.

A short but pleasing program has been arranged, as follows:

Song, "America," by audience, led by Rev. J. C. Spencer, of Albany.

Solo, by H. A. Howard, of Albany
Speech, by M. J. Duryea, field secretary State Chamber of Commerce, on Community Club work and organization.

Solo, by Rev. J. C. Spencer
Election of temporary officers and the transaction of any other business pertaining to the community club organization.

Membership cards will be handed to every man and woman entering the hall, and each one will be asked to sign same during the afternoon and hand to the ushers when they pass the hat.

Come, 'twill do you good.

Indoor Circus Pleased

The indoor circus, given by the high school students at the Z.C.B.J. hall last Friday night, was a huge success. The usual sidelines carried by the circus companies were much in evidence, even down to the "hot

dogs" and hamburger sandwiches. The Giraffe, the elephant, lion, monkey, tiger and bear were there, the monkey being impersonated by the little son of Norman Long, and he carried off the first prize; Dellara Sutherland won second prize in her get up as a spinster going through her first marriage contract. The third prize was won by Tueck.

The many stunts pulled by the students were comical and varied, and some were difficult, but on the whole showed much good talent. The affair was said to be successful financially, and the students are thankful to the many who attended.

The same production was given at Stayton on Saturday night, and it is reported that they were greeted by a large crowd, and the receipts were far in excess of the predictions before the circus was put on.

G. F. Gefeke, who is seeking republican nomination for the long term county commissioner, was in Scio Monday in the interest of his candidacy. Mr. Gefeke has had 20 years experience in bridge and road building, and no doubt would give entire satisfaction. He is pleasant and affable to meet, and promises common sense in the conduct and management of county affairs—conservative economy.

Tell the advertiser you saw his ad in the Tribune.

Jersey Cattle Men Coming

More than 300 Jersey breeders of the Northwestern states and Canada constituting the greatest assembly of prominent Jersey breeders ever assembled in America, it is said, will be guests of Albany citizens on the night of May 24, at the beginning of a tour through the valley, reported D. O. Woodworth and Clarence Brown at the chamber of commerce luncheon last Wednesday.

The meeting is being held in this State in recognition of the fact that of the eight world record cows in the United States, seven are in Oregon, and more than fifty percent of the champion Jersey cattle, both male and female, are to be found in this state. Mr. Woodworth, chairman of the committee on entertainment, said that arrangements had been made to serve supper in the dining room parlors of the First Presbyterian church, and the program will be held in the main auditorium.—Albany Democrat.

One of the places to be visited in Linn county by the Jersey cattle breeders when they visit Oregon this month is the S. B. Holt farm. Mr. Holt is fast gaining a reputation as a breeder of Jerseys of merit—and he deserves it. Probably as much or more time will be spent in Linn county than in any other county during the visit of the 300 or more delegates this year—a tribute well earned and duly recognized.

Eli Plummer is 90 Years Old

Eli Plummer is one of the few who pass the 90th mile stone in life active and healthy, doing a days work every day and getting a nights rest every night. And he explains his "kittenishness" is the natural love of keeping busy all the time.

He was born May 12, 1832, in Aina Maine, and came to the Pacific coast in 1863 by way of Panama, first to San Francisco and on Fort Stevens in 1865. Since then he has made his home near Scio, farming for 30 years at Providence and leading a retired life in Scio for more than 20 years.

Up until Thursday night Mr. Plummer had been assisting his son, A. L., with planting grain, and then laid off to celebrate his birthday Friday, and returned to work Saturday morning.

Mr. Plummer says he will not be fondish and waste another working day until he celebrates his 100th birthday, in 1932.

To Visit Holt Farm

The Orego Jersey cattle club will take a three day trip over the Willamette valley beginning on Wednesday of next week for the purpose of visiting Jersey breeders.

A banquet will be held in Albany Wednesday evening at 7:30 and an entertainment which will include a glee club from the O. A. C. and other interesting features. They will leave Albany at 7:30 Thursday morning and go to Henry Stuart's farm and from there to J. C. Brown & Son's, will visit the Boy's and Girl's calf club at Shedd and will take dinner at J. M. Dickenson & Son's. In the afternoon they will visit S. B. Holt's farm at 2:15 and from there they will go to Pichards ranch at Marion, Neal's at Turner and then through Salem to Independence to see the record Jersey cow, and will end their tour at Portland on Friday.

All who can are invited to join the party in making these visits.

The Rebekah lodge entertained the high school basketball team at their hall last night. Refreshments were served at the close of the entertainment.

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ELECTRICITY PRODUCES SLEEP

Easy Way to Conquer Insomnia Described

Drawing congested blood away from the brain by means of high-frequency electricity, and thereby producing sound, restful sleep, is described in a book that is being distributed free by the Renulife Violet Ray Headquarters, Salem, Oregon. Treatment of a hundred disorders is given in the same book. A low-priced appliance makes it possible to take this treatment at home.

Science has long credited High Frequency Electricity with being a valuable agent for quickly building up rundown bodies. It is only recently, however, that it has been possible to take this treatment without resorting to expensive sanitariums and hospitals with costly equipment. It is now possible to get these benefits at home. Full particulars and the big treatment book will be sent to persons communicating with the

Renulife Violet Ray Headquarters,

Salem - - - Oregon

Facts Worth Knowing and Telling

Scio is the trading center of the north forks of the Santiam.
Scio has population of about 500.
Scio is in the heart of the best dairying section of Linn county.
Scio farms grow most anything that can be grown from soil.
Scio owns its water and electric light plants—plenty of power at a cheap rate for any number of enterprises.
Scio has a milk condensery, and no better milk is canned any where.
Scio has a flouring mill, and its product finds a ready market at all times.
Scio is close to billions of feet of standing timber, and soon big mills will be busy making it ready for market.
Scio has a hospital second to none.
Scio—if you want to know more about Scio and the surrounding country, write to the bank, the mayor or to the editor of this paper.

WHEN OPPORTUNITY KNOCKS

It is now knocking at your door through the columns of the Scio TRIBUNE. Will you recognize the gentle tap at your door? What papers do you take? Here is the opportunity for you to save 50 cents—see the price:

Scio Tribune . . . \$1.75
Albany Herald . . . 4.00
" Democrat 4.00

Either Albany paper and THE Scio TRIBUNE . . . \$5.50

If You Can't Come, Write Today!

Mrs. Katherin Kester will visit her sister and other relatives in Eugene next week while attending the grand lodge of Rebekah's.

The Grand Lodge of Rebekah's meets in Eugene next week. Several members of the local lodge are planning to attend.

D. C. Thoms is on an electioneering trip throughout the county, a little late, but it ought to be good for him.

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A great surprise for the home knitters of Oregon, but still a fact. Furthermore, this yarn is absolutely virgin wool yarn; the wool was grown in Linn county, sold by Mr. Sanders to the Oregon Worsted Company (mills located at Sellwood), made into worsted yarn by Roy T. Bishop, son of C. P. Bishop, proprietor of the Woolen Mill Store of Salem. Oregon knitters try this yarn out. All colors. 45c per ball of 2 ozs. Samples sent on application. Address C. P. Bishop, Box 75, Salem, Oregon.

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