

UNCLE BEN SAYS:
 —"The healthiest thing a man can have is an enemy, for an enemy is honest in his dislike and his opinion of you is the truth about you at your worst."

When Headaches are Conquered

By D. O. L. SCOTT, C.

When headaches are conquered and good health returns the woman of many complaints and little charm becomes a person of vivacity and happiness. The transformation is a natural one and yet many sufferers from nervous headache have come to believe health is not for them.

HEALTH FOLLOWS

CHIROPRACTIC CORRECTS PRESSURE ON SPINAL NERVES IN DISEASES OF THE FOLLOWING ORGANS:



THE LOWER NERVE UNDER THE MAGNIFYING GLASS IS PINCHED BY A MISALIGNED JOINT. PINCHED NERVES CANNOT TRANSMIT HEALTHFUL IMPULSES. CHIROPRACTIC ADJUSTING REMOVES THE PRESSURE. THE UPPER NERVE IS FREE AS NATURE INTENDS.

Headaches are of various kinds, but the nervous headache usually is accompanied by nausea and vomiting with evidence of stomach and liver disorder. Where the case is chronic rather than due to temporary overeating there is sure to be found a spinal condition making chiropractic spinal adjustments a necessity if the cause of the ailment is to be removed and any degree of permanent good health obtained.

Headaches and Nervousness gone

"For three years I suffered with bad sick headaches and nervousness. Thanks to chiropractic my headaches and nervousness have left me entirely."—Mrs. Mary E. Bailey, Chiropractic Research Bureau Statement No. 1316H.

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

Fred Sommer and family drove to Woodburn Sunday to visit at Clara Chappelle house.

Will Holt and T. M. Holt returned Monday from Ashland. They visited Shasta Springs in California while away.

I. N. Lemon and wife, of Corvallis, visited Sunday at S. B. Holt's.

Julian Hrudka's saw mill burned to the ground this morning with almost a total loss. The lumber was saved by the prompt assistance of neighbors. The origin of the fire is not known.

The Oak View pupils and teacher, Miss Rachel Cooke, held a picnic at the old Hickman place last Saturday.

Mrs. F. A. Serfling and daughter, Margaret, attended the play given by the Crabtree Hi at Riverside Community Hall, near Albany, Wednesday evening. "Sweet Hortense" as sung and portrayed by Melvin Ray proved to be the hit of the evening. A delicious supper was served in the large and well equipped basement of Riverside Hall.

Prokops Brothers are shearing their sheep. The fleeces average 12½ pounds each.

Leonard Cilkey and family and Mrs. Cora Smith visited Sunday at the J. N. and Will Sims homes.

A ball game was played Friday between Oak View and Riverside which resulted in victory for Riverside.

Sunday visitors at J. G. Holt's were Will Moore and family, of Salem, Mr. and Mrs. George Pugh, of Brownsville. Mrs. Pugh is remembered as Margaret Serfling.

Mrs. Sophia Minerts, age 67, who had been ill for several weeks at the Jim Reiley home, passed away there Friday.

Mrs. S. B. Alexander and children, of near Sanderson Bridge, visited Saturday at the homes of Mrs. Leonard Gilkey and Mrs. Cora Smith.

J. H. Kelly, wife and son, Ernest, called at J. H. Reiley's Sunday evening.

Mrs. Walter Morris is still very ill.

The following attended the Jer-

Community Day Specials

As an inducement for our many patrons to make a special effort to come to Scio on Community Day,

Saturday, June 3,

We are offering the following special Bargains for that day only, and for cash—they are real Bargains

Woodcock Macaroni or Spaghetti, regular price 35c, special for cash Saturday	25c
White Navy Soap, special for cash Saturday, per bar	5c
Postum, regular price 25c, special for cash Saturday, per package	20c
Kell-gg's Drinket (ready to serve) takes the place of coffee, reg. 30c, special Saturday	20c
White Crystal Syrup, a dandy white syrup, reg. 60c 5-lb. bucket, special Saturday	45c

Hibler & Gill Co., Scio, Oregon

sey Jubilee Banquet at St. Francis hotel Wednesday evening. Will Mespelt, J. G. Holt and wife, Cleatus Holt, Mr. and Mrs. Henry Preever, and Bud Struchmeir. Those who went on the first day's schedule trip were John Shepherd and wife, Leonard Gilkey and wife, Will Messelt and wife, and Cleatus Holt. J. M. Dickson furnished 50 gallons of ice cream and a beef for the dinner held at his farm.

J. A. Richardson, wife and son, of Newberg, and their daughter, Mrs. R. L. Barry, and son, of Multnomah Station, came up Saturday to spend Decoration Day with relatives and friends. Mr. Richardson says he thought they were living pretty high at Newberg, but for plenty in store and prospects in

sight, the old home town has him beat.

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.

Demonstrating the "Kissograph"



Here is the much-talked-of "kissograph," together with Miss Rita Bell, stage beauty, who demonstrated the difference between the most thrilling of stage kisses and the real thing in tests made in the hotel hospital at the Waldorf, New York city. The "kissograph" was introduced by Prof. J. V. Brettweiser of the University of California in Berkeley recently. It is an adaption of the sphygmomanometer, and depends on rising blood pressure for its accuracy.

GILKEY STATION

May 31

Ralph McDonald will give his closing school exercises Friday evening at Riverside District No. 10. A program followed by an ice cream social and bazaar will be held.

Miss Rachel Cooke will give her closing school program Thursday

evening at Oak View. A Japanese program and an ice cream social will be the features. A Cordial invitation is extended to all to attend these two entertainments.

J. H. Quinn and wife, Bessie Carrie and son, Lester, J. W. Moore and family were guests at J. H. Kelly's Sunday.

Fred Mespelt and family drove to Portland Sunday. Their daughter, Wynona Kelly, accompanied them.

Railroad Travel Costs Are Down

TO

SAN FRANCISCO and EASTERN CITIES

Via the Scenic Shasta Route

25% Saving to San Francisco and Return

Sale dates June 3 to 13 incl. Final limit July 31st.
 Sale dates June 15 to 20 incl. Final limit July 20th.

SUMMER TOURISTS FARES

East Through California

Cost much less this year.

You may visit San Francisco, Los Angeles and San Diego, wonder cities of the Pacific Coast; California's Charming Seashore and Mountain Resorts, Three National Parks and scores of inviting pleasure places.

Swing East this way and see more of the U.S.A.

ROUND TRIP FARES TO PORTLAND

Are the Lowest in Years

\$2.85 \$3.00 \$3.50

For sale dates and other particulars ask agents. Plan now to make trips this summer and take advantage of great reductions in railroad fares.

For fares, reservations, train schedules, transit limits, stopover privileges or beautiful folders inquire of agents.

SOUTHERN PACIFIC LINES

JOHN M. SCOTT, General Passenger Agent