

UNCLE BEN SAYS:

"I went to a swap social the other night. Everybody was supposed to bring something they didn't need. Most of the women brought their husbands."

### The Terror of An Operation

By D. O. L. SCOTT, C.

The terror of an operation is an awful thing to face. Not so many operations for appendicitis are being ordered today as formerly, but they are still considered a necessity. If the appendix is ruptured the operation may be considered a necessity, but it is not possible to be certain of this in advance.

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

Spinal Column

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.

Ordinarily in the trouble known as appendicitis there is no immediate danger, even when the pain is acute, of a rupture. The chiropractic records are full of case after case where the appendicitis operation has been avoided by chiropractic spinal adjustments and there are even records of cases where adjustments brought a recovery when the appendix was declared to have been ruptured.

#### Child of Seven Too Weak for Operation

"In November, 1919, my daughter Violet, 7, was taken ill with a severe pain in her right groin which the medical doctor called appendicitis. For several days she kept getting worse and a consultation of doctors said the appendix had ruptured and called it peritonitis. She was so run-down the doctors said she could not live and were willing a chiropractor should be called. If people only knew that chiropractors can handle critical cases! We could hardly believe our eyes as she gradually improved from day to day. I am sure the child owes her life to chiropractic."—George C. Zimpe-man, Chiropractic Research Bureau Statement No. 1308Y.

Your Health Can't Start before you telephone 87 for an appointment and make it today.

**DR. O. L. SCOTT**  
CHIROPRACTOR

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

### LOCAL BREVITIES

Henry Stepanek spent the week-end in Portland.

Watermelons on ice at the Meadow Shade Dairy

S. V. Smith, of Albany, was in Scio Saturday on business.

Mrs. Orpha Garland of Lebanon was visiting in Scio Saturday

Pictures printed and enlarged by J. F. Wesely.

Dr. Carl and wife, of Albany, were visitors at Mrs. Mary Richardson's Sunday.

Wm. Bone and wife, of Salem, spent the week-end with Z. J. Clark and family.

Mrs. Jennie Warner, of Portland, a former resident of Scio is visiting friends here.

Lawrence Poindexter, and Mr. and Mrs. Will Garland were in Albany Tuesday.

C. D. Osborn was in from Shelburn Wednesday and paid this office a pleasant call.

J. C. Keller, of the Scio Milling Co., is spending a few days in Lebanon with his family.

"Picture Ahead"—Kodak as you go, then bring your film to J. F. Wesely for developing.

Oscar Lindley motored to Portland Friday on business for the condensery, returning Saturday.

A. E. Randall and wife and Miss Daisy Bockner were Sunday visitors with relatives in Cottage Grove.

E. C. Peery was up from Portland on his regular trip the first of the week. It was the 10th you know.

The best selection of fresh vegetables in Scio, at the Meadow Shade Dairy.

R. M. Cain and family, Charles Pietka and wife, Mother Wesely and Rosa Wesely, picnicked at Wilson Park Sunday.

Joe Holub was seen traveling towards Albany Sunday alone. Friends say there is a girl attraction for him in the Hub city.

The streets were so bare of people Sunday that one could shoot a catling gun down the main thoroughfare and hit no one.

Mr. and Mrs. J. H. Poindexter, and Mrs. Will Garland and daughters visited Sunday evening at the home of M. C. Gaines at Crabtree.

Stephen Phillippi and wife were transacting business in Albany Monday. Mr. Phillippi has over 1400 sheep on the range near Roseburg.

J. S. Sticha and wife, Misses Vella Brenner and Dorris Weddle went up near the old Clark mill on Crabtree and spent Sunday picnicking and fishing.

Frank Bartu and family and Pete Shimanek spent Saturday and Sunday up Thomas creek, and Frank says that between them they caught 160 of the finny tribe.

E. G. Arnold and wife left for Breitenbush Springs Monday for a stay of about three weeks. Vacation is just one round of pleasure after another for E. G.

A. McCrae was in town Friday and found time to visit the Tribune office. He expects to leave shortly for a visit to relatives in Canada, and will be back in time for the fall election.

Mary L. Harman, Helen L. and Milady C. Mykol and Helen L. Kruml passed the eighth grade exams in June, according to announcement from the county superintendent of schools.

Mrs. Lizzie Turner of Warterville, Wash., Mrs. Myra Carl of Portland, Oregon, and Mrs. Vina Brenner of Roseburg, Ore., are all at the bedside of their mother, Mrs. Mary A. Richardson, who is very low.

S. H. Goin and wife were in town Friday, having come over after attending the funeral of Mrs. H. O. Shilling at Shelburn. Mr. Goin is a candidate on the democratic ticket for representative in the legislature.

The S. P. Ry. has put into effect the 10 per cent freight reduction ordered by the Interstate Commerce Commission. It became effective July 1.

Mr. Earl Koontz, Miss Letha Graham, of Monitor, Ore., and Miss Philis Tweedy, of Stayton, were Sunday visitors at the home of Will Garland.

August Norman, of near Crabtree, appeared before Judge Oliver in Albany Saturday and was fined \$10 and costs, or a total of \$23.50. He was recently tried for assault upon Mrs. Sophia Pepperling, and found guilty.

Pauline Sims has returned from a week's visit in Corvallis. She has accepted a situation with the Tribune and hopes in time to become a full-fledged printer. Any courtesies extended her in behalf of the Tribune will be duly appreciated by the editor and Miss Sims.

John Neal has purchased the lease of Jim Hoffman, near Crabtree, and has moved his household goods and family to the farm. This is the Perry Bilyeu old home, and Mr. Neal says he secured a splendid farm and equipment at an attractive figure. Mr. Hoffman sold because of the necessity of taking his small son to a climate better adapted to the cure of asthma, from which he is a sufferer.

By an oversight the reporter missed a very important item recently, that which would announce the departure on a visit of two or three weeks of our friend and booster, W. S. Carpenter and wife. They visited relatives and friends in Tillamook, Astoria and other places, and report a most pleasant vacation. They are back home now and feel younger for having been away and enjoyed life.

### You'll Find Your Want Here

10 per line, but nothing under 25c per line

Shakes for Sale or Exchange. What have you? Write or phone Oliver Howard, Scio, Oregon.

For Sale—Two-year-old Jersey cow, giving 2½ gallons of milk a day. Fresh two months. Price right. Inquire at Scio Hotel.

For Sale—Good gentle pony, broke to ride or work, single or double. Price \$15. Inquire of L. Osborn, route 2, Scio, Oregon. 49p

For Sale—Clapboards, any quantity. Price is right and satisfaction guaranteed. John A. White, 48p Route 3, box 60, Scio.

Hop Pickers wanted—An agent for one of the largest hop yards in the valley, where all conveniences are had, and picking will be good. See Miles Carry, Scio, Oregon, route 2. 48p

To make room for my pullets, I will sell 400 1-year old White Leghorn hens—Hansen-Hogan strain—laying 50 per cent now, at 75c each. Guy McKnight, route 4, Scio, Oregon, ½ mile north of Gilkey Station.

### The Hen

Will always appreciate the appearance of its owner if carefully cared for. **CHERRO** Poultry Feeds are most appreciated.

Carried by **SCIO MILLING CO.**

## Week-End Trips

TO



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—Are the Lowest in Years—

NOW'S THE TIME to realize big profits in transportation costs

**\$2.85 Round Trip from West Scio**

Tickets on Sale FRIDAY, SATURDAY and SUNDAY—Good until following Tuesday.

Ask agents for further particulars, or about low fares east, or to nearby resorts.

**Southern Pacific Lines**

48-3

JOHN M. SCOTT, General Passenger agent

## SCIO GARAGE



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we are equipped to do most any kind of repair work on any make of car, and our workmen are mechanics. Try us once.

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All Pennsylvania Cup Tires are reduced about 20% in price so get your Tire now.

ONE FORD TOURING CAR FOR SALE

Our Batteries and Battery Service give satisfaction

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## The Scio Garage

### WHEN AND WHERE?

With Middle Age comes a full appreciation of what money is for. With the mistakes of youth behind and the needs of old age ahead, the importance of saving shows up unmistakably. Do not wait for middle age—start to save today. Open an account, by mail or personally, with the First Savings Bank and your money will work for you.

### The First Savings Bank of Albany, Oregon

"WHERE SAVINGS ARE SAFE" 4% interest and no worry

### Play Safe

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Will have Grain Bags and Twine for you when you need them.

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