

Break Your Date With Hay Fever

By D. O. L. SCOTT, C.

If you are among those who have a date to begin sneezing with hay fever on or about this time of year, make up your mind to break the date this year. You never wanted to keep it anyway. To some it always comes at the same hour on the same day of each hay fever season. It was never a welcome guest. It is always a darn bore and a nuisance.



Some are immune from this ailment. Only about one in twenty keep the date. They are the ones who are susceptible. To be susceptible your air passage membranes and tissues have to be below normal in their functioning power. About the same day Nature floats the infection that starts your trouble and the under normal condition you are in makes it welcome. Chiropractic spinal adjustments will open the way for a full tide of mental energy to travel the spinal nerve lines to the air passage membranes and hay fever is conquered.

Hay Fever and Headache Gone

"For five years I suffered from stomach trouble, headaches and hay fever. During this time I resorted to every means known to conquer these troubles but without result until I turned to chiropractic. Now my headaches and

my hay fever, and my stomach trouble too, are things of the past. My health is better in every way and I am indeed grateful to chiropractic."—W. T. Perry, Chiropractic Research Bureau Statement No. 1229H.

Getting Started

toward health is merely a matter of telephoning 87 for an appointment.

DR. O. L. SCOTT

CHIROPRACTOR

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

Local News Notes

Leo Zeller was in Albany on business last Thursday.

Mrs. R. A. Scott spent the week end with friends at Junction City.

Mrs. Jos. Novak has returned from a two weeks visit at Seapooze, Ore.

Lois Holteen spent the week end at the Jas. Colgan home near Marion.

The Get-together club met with Mrs. Frieda Krebs, Wednesday afternoon.

Mr. and Mrs. R. A. Scott visited Mrs. Delia Haggard, near Silverton, last week.

Mr. and Mrs. L. J. Bond of Albany were guests at the Z. J. Clark home last Friday.

Leita Couey and Hazel Phillippi left Wednesday for Newport for a two weeks stay.

Miss Addie Tobie, of Greenrcres, Wash., visited at the H. E. Tobie home last week.

Rolla Shelton, J. S. Sticha, and Ed Myers returned Monday from a jolly fishing trip.

E. B. Day, of the Day Motor company, spent last Friday in and near Seio on business.

Oregon State Fair is set for week of Sept. 25-30. Linn County's fair will be held Oct. 2-7.

W. M. Reed has been making effective war on Canada thistles on his farm near Crabtree.

Mrs. Fred Smith is confined to her bed with tonsillitis. Dr. Hobson is the attending physician.

Mr. and Mrs. Earl Hansen were visiting Fred Smith and family while on their way to California.

Mr. and Mrs. J. L. Linn and Mrs. Deette Herring of Albany attended the dance at Seio Saturday night.

Floyd Scott and wife, of South of Albany, were guests of Mr. Scott's parents, Mr. and Mrs. R. A. Scott Sunday.

J. P. Munkers and wife have relatives and friends from California, and Mr. and Mrs. I. A. Munkers of Blodgett visiting them.

Twelve forest fires have been located in Douglas county by the Army aeroplane patrol all of which have apparently been set by over-Sunday campers.

J. L. Linn and family of Greybull Wyoming have been visiting at the B. A. Holteen home at Munkers Station. Mr. Linn and Mr. Holteen were boys together in Iowa.

F. N. Williamson, county club leader, attended a sheep fitting demonstration given by O. M. Nelson of O. A. C. at the W. W. Miller farm Monday. There were 28 club members and visitors present. At noon Mrs. Miller served luncheon assisted by the club members.

Clifford Thompson, ex-service man, who formerly lived at Seio, died at Lebanon Sunday from the tuberculosis contracted while in the service. He had been ill for more than a year. He was a member of the Knights of Pythias lodge which order will have charge of the funeral services.

County Club Leader, F. N. Williamson, and a Mr. McAllister, of the Union Stockyards, of Portland, were in Seio Wednesday night with motion pictures depicting life on the farm, and more particularly that which has to do with live stock and their diseases. They were entirely educational, were very interesting, were shown free and were well worth attending.

Business is picking up in this part of the state. We note that a large sawmill at Garibaldi is now employing more than 250 men. The brick plant at Willamina started making bricks last week and the kilns were

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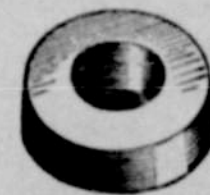
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The Scio Garage

Married

Miss Audrey Berryman, assistant principal in the Seio High School in 1915-16-17, and an accomplished musician, was married at the home of her parents, L. O. Berryman and wife at Jacksonville, Illinois June 22, 1922, to William Miller, an educator in the state of Illinois. At present they are at the University of Wisconsin at Madison, where Mr. Miller is taking post graduate work. They will teach in the middle west the coming school year. The many friends and acquaintances of Miss Berryman in Oregon extend their congratulations and hope they will come to Oregon to teach in the near future.

To Visit Clubs

Miss Helen Cowgill assistant state club leader will visit five Linn County Canning Clubs next week.

The first of the meetings will be held Monday, August 14 at 10 a. m. at Halsey at the home of the local leader, Mrs. A. H. Quimby. At 3 p. m. on the same day a meeting will be held in Brownsville at the home of Fern Lauge. On Tuesday, Aug. 15, a meeting will be held at Foster at 9 a. m. at the home of the local leader, Mrs. J. P. Harrang and at 2:30 p. m. another meeting will be held at the Liberty school at Waterloo where Mrs. Maud Shigley is the local leader. The last meeting of the series will be held Wednesday, August 16, at 10 a. m. at Seio at the home of Miss Mable Zysset.

A. J. Devaney was in Albany Monday.

Interest Received

Miss Lenore Powell, county treasurer, Thursday received from the state land board a check for \$15,047.90 as Linn county's share of the total interest accruing from the state irreducible school fund.

This money will be distributed among the 128 Linn county school districts next fall by Mrs. Edna Geer, county school superintendent, on the basis of \$1.85 for each child of school age. The total number of such children in Linn county is 8134, according to the last school census. Albany Democrat.

Clean Up

Next Monday will be a big day in the history of Seio. The Ford and Fordson demonstration and entertainment will be an event which will evoke much comment. Our streets and property, especially vacant lots, need the weeds cut and rubbish removed. We suggest that every one in Seio take a hand and let us mow the weeds and clean up the trash so that those conducting the demonstration and strangers who may be here for the day will say that Seio is the cleanest little city they have visited.

Baptist Church Services

Sunday school each Sunday at 10 a. m.

Preaching and public worship the second and fourth Sunday at 11 a. m. and 8 p. m.

Everybody welcome at all these services. J. R. Parker, pastor.

started a full crew of men being employeb. This with hop picking soon to begin and evergreen black berries ripening ought to furnish employment to all who wish it.

The Oregon Growers Cooperative Association of Salem has handled 2800,000 pounds of loganberries so far this year. Of this amount 1,040,000 pounds were dried and will be marketed in 8 ounce and 16 ounce cartons in practically all of the principal cities of the United States and Canada. Owing to the extended drought through out the season the tonnage has been greatly reduced.

Carnival and Round-up

Preparations are well under way for the big Round-up, Harvest Festival and Labor day celebration to be held at Stayton Sept. 1, 2, and 4. Every effort is being put forth to make this the biggest event ever held in Stayton. Arrangements are being made for entertaining a big crowd and Stayton promises to do her best to see that all visitors are made welcome.

Healthy Cows

Last week the federal cow tester for tuberculosis, Dr. George D. Bishop, worked in school district no. 10 and part of district no. 76 and tested 331 cows and did not find a reactor, something unusual

for that number of cows. Mr. Bishop says this is the first district he has visited in which he did not find from one to a dozen reactors and sometimes more.

Nowadays. One philosopher says "Look up!" Another says, "Watch your step!" Sure you've gotta be an acrobat to make good these days.

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