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Oregon Milk Company
Condensery, Scio, Oregon

We have a large quantity of

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Scio Logging & Lumber Company

GILKEY STATION

Mar. 25

Gospel meetings are still being conducted each night at the school house by Everett Ridgeway of Newberg. Good size crowds attend and there have been several conversions.

O. L. Holt of Portland visited Saturday and Sunday with his parents and other relatives.

The women's club of this place journeyed to Albany Thursday where they had an all day meeting at the spacious home of Mrs. Vada Whetstone in Sunrise addition with Mrs. Mrs. Grace Peterson and Mrs. Walter Morris as joint hostesses. A pot luck dinner was served at noon and it was fine. Mrs. Spencer Long of Albany was an invited guest. A contest and music was enjoyed. About twenty enjoyed this pleasant day.

Franklin Gilkey has been spending his vacation at the home of his parents.

J. G. Holt and wife were transacting business in Albany Saturday and attended the afternoon Price

DR. J. W. GOIN,
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ALBANY, OREGON

meeting. Carlos Stuart, who came from Los Angeles to attend his mother's funeral, expects to start back Thursday in order to resume his work the first of the month.

Leonard Gilkey attended the community meeting at Foster Monday evening and states it was a fine gathering. One elderly man of the hills walked 15 miles to attend the meeting.

Mabel Zysset is now home from Monmouth. Coele Zysset was home Sunday from Newberg and Ethel from Lacombe.

Many from here attended the funeral of Mrs. Stuart, in Crabtree Wednesday.

Baby Velda Kelly, daughter of Ernest Kelly and wife, and baby Rieley Kelly, son of Tim Kelly and wife have each received a wonderful seal skin coat and cap made together from their relative, Charles Mespelt, who is at Ophir, Alaska. The garments are quite a novelty here. They are very warm. They were made by an Esquimo woman.

Mrs. A. A. Muck and son Arnold returned Saturday from a visit with a daughter and sister in Alameda, California. They were accompanied home by a grandson, who comes in the hopes that a change will improve his health, as he has been under the weather for some time. They report a fine visit in the sunny climate.

State Health Board Advises

VI - NERVES

A great number of people are overexcited, worried, troubled,—in short they are far from healthy-minded. The mind isn't simply the brain in your skull. The mind lives in every extremity of the body, acting on every nerve and muscle, reacted by every change in the body. Our thoughts can change the beating of the heart. Our emotions change the very chemistry of the body. Your actions and your health are controlled by two closely allied nervous systems.

One system is concerned with voluntary movements and acts of the will. The other system is associated with the actions of involuntary muscles in the blood vessels, heart, intestines, or other organs with secretory cells. These two systems, the cerebrospinal and autonomic are closely associated in activity. The health of the nervous system, and indeed of the body as a whole depends on a nice adjustment of the work to be done by the two systems.

If you wish to obtain the best results from any hygienic measure you will have to satisfy the mind along with the body. It is better to disregard some of the rules of hygiene rather than worry over them. Health demands the elimination of fear, worry, anger, hate, envy, jealousy, and other depressing abnormal mental states.

A wholesome mental attitude is not suddenly acquired. It comes only by persistent and conscientious effort to see straight, to keep the values of life clear. The secret of equanimity consists not so much in repressing fear or worry, as in dropping or ignoring it, that is, diverting and controlling the attention. The main art of mental hygiene consists in the control of the attention.

It is quite possible for many persons to develop wholesome mental responses and for many to achieve a higher type of control than the usual and customary. To train oneself in small things and to meet the problems of life is the beginning of that power which in crises of life will find the owner strong, able, and sufficient.

Wholesome mental traits essential to health are confidence, openmindedness, unselfishness, and faith in the goodness of life. The way to develop self-confidence is to try honestly and keep at it until experience of success comes. Experience of success increases confidence. Openmindedness means plasticity of mind, ability to feel new meanings, to find new values. It makes for variety, interest and health. Unselfishness is to be cultivated because of its wholesome effect on health. Mental health and growth feed on satisfying situations. Faith in the goodness of life means optimism. Enjoy the many wonderful things of life. The path to faith in the goodness of life lies among the commonplace everyday affairs of work and play. The simple life makes for such faith.

To do anything well you must practice. The healthful mental state can be developed just as surely as exercise tends to muscular development. The art of nerve control must be practiced like penmanship, public speaking, singing, or anything else that is worth while. This is something that needs more than ordinary effort. Learn to control the power of attention and you will form a power to turn on the currents of thought as you would turn on an electric light. The most vital thing in mental hygiene is decision.

"Do Rats Talk to Each Other?"
Asks Mr. M. Betty, R. I.

"I got five cakes of Rat-Soap and threw pieces around feed store. Got about half a dozen dead rats a day for two solid weeks. Suddenly, they got fewer. Now we haven't any. Why, I told them about Rat-Soap. Rats dry up and leave no smell. Three sizes: 35c, 65c, \$1.25.
Sold and guaranteed by
Kelly's Drug Store, Scio, Oregon.

Indecision is a mind worrying with itself which is a waste of much useful energy. Learn to make clean-cut decisions and you will establish a habit that does not know failure.

Gas service for producing heat in the winter and cold in the summer is a possibility of the near future, according to industrial gas engineers of the American Gas Association who predict that the year 1924 will witness the perfection of four or five gas-refrigerating systems, which will mark the commencement of a new era in gas usage.

When you patronize our advertisers you are patronizing mutual friends.

County Paragraphs

The Albany fire department has collected \$139 of the \$175 necessary to install a radio outfit in the department. This amount was donated by the business men who are in favor of the idea.

A petition has been presented to the City Council at Brownsville asking that billboards be removed from the city. The billboard company has promised to eliminate objectionable advertising, such as tobacco and cigarette advertising if the council will allow the billboards to remain.

About 300 were present at Halsey last Wednesday when steps were taken to organize a branch of the Linn County Open Forum. Nine districts were represented. Ice cream and cake were served after the meeting.

Wild strawberries are blooming in the Sweet home community. Plum trees are also budding.

Frank Doolittle opened a new garage and service station at Lebanon on Saturday, March 15. A free gallon of gasoline was given to purchasers of five gallons or more.

Four half-century members will be honored at the meeting of Crowfoot Grange No 314 at their meeting today. Governor Pierce has promised to be one of the speakers.

Fire almost totally destroyed the home of P. A. Mitchell and wife of Lebanon last Friday night while they were attending a party. The loss is estimated at about \$4000.

Fish Lake has been recommended as the central camping place for the four county boy scout organizations. Amos Wilkins, age 70, of Harrisburg, died at a hospital at Eugene

last Thursday of injuries received on his farm on the Wednesday before. Mr. Wilkins was well-known and highly respected in his community.

A \$34,000 tax turnover was made by the sheriff's office Saturday to the county treasurer. This is the second turnover and brings the amount now collected to about \$70,000.

Fifty applications have been received by the board of education for the position of superintendent made vacant by the resignation of Superintendent C. W. Boettcher.

A \$1500 fire was reported at the Sawyer Lumber company's mill at Brownsville last Thursday morning.

A flat iron bar which he was using in putting on a new tire on the rim of his car wheel slipped from its grip and struck Rev. E. H. Eaton in the eye almost causing him to lose the eye.

Samual Howson Mitchell, age 92, died at the family home at Shedd Sunday night.

Cold and stormy weather with an 18-inch snowfall is reported in the vicinity of Mill City the past few days.

10,369 people from every state in the union and some provinces in Canada visited Bryant park in Albany during last season. They were conveyed in 3,182 automobiles. The largest number from any state was California, and the second largest number was from Oregon.

During January and February the Salvation Army assisted 641 needy people and expended \$161 in the work.

"Patsy," a spaniel at the Hague kennels in Silverton last week gave birth to 11 bobbed-tailed pups. The mother is of the clipped tail variety. Report says that so far a similar case has not been revealed in dog history.

A Jersey calf club has recently been organized at Harrisburg.

Sterling H. Goin, Scio; H. C. Thompson, Brownsville; S. W. Moore, Halsey; J. C. Irvine, Lebanon; C. P. Kinzer, Harrisburg; J. P. Harrang, Foster; and Heike Ohling, Albany, have been made members of the Linn county land settlement committee which will act with the state chamber of commerce in bringing settlers into the county.

"I Got Real Mad when I Lost My Setting Hen," writes Mrs. Hanna, N. J.

"When I went into our barn and found my best setter dead I got real mad. One package of Rat-Soap killed six big rats. Poultry raisers should use Rat-Soap. Comes in cakes, no mixing. No smell from dead rats. Three sizes. Prices, 35c, 65c, \$1.25. Sold and guaranteed by
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Good Boll..... 8c-10c
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Roast..... 14c-15c
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Salt Pork..... 18c

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Choice Light Bacon..... 23c
Heavy Bacon..... 18c-20c
Ham..... 25c
Shoulders..... 16c-18c
Wieners..... 20c
Bologna..... 18c
Summer Sausage..... 25c

Every Saturday Is Bargain Day

Look in our window and see how cheap and what good meat you can get for your money.

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\$2,500 in Prizes

ENTER the International Crow-Shooting Contest. Du Pont offers \$2,500 in merchandise prizes. No entrance fees. Destroy the menace to game and crops. Write today for booklets giving full information on the crow.

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