

### Valve Grinding

Done quickly on a machine that is scientifically accurate, and is the only one of its kind in Linn county. Try us next time. Auto parts both wholesale and retail.

**C. H. Torrance**  
212 E. First Phone 379  
ALBANY, OREGON

### SHELburn NEWS

Sept. 15

T. M. Russell made a trip to Mr. Rosthacker's, 1 1/2 miles south of Green's bridge, Friday evening and brought home a fine lot of tomatoes for canning.

Mrs. Rose Miller spent last Friday with her daughter, Lena McClain and family.

Opal Shilling spent a pleasant Sunday with Delma and Hellen Brown.

Mrs. Mary Brown of Corvallis visited her son, Marion, Sunday.

Kuiken & Wyman Bros. filled silo Tuesday for Geo. C. Miller.

Clyo and Ellen Russell are spending a few days with their grand parents.

R. O. Russell and little daughter, Dorris, of near Sheridan spent Sunday with his brother, T. M. Russell and family.

T. M. Russell and wife are doing repair work on their house in Salem this week. They are staining and varnishing the inside woodwork and installing hot water connections.

C. O. McClain and family spent Sunday with Wm. Manis and wife near Stayton.

County Clerk Russell and wife spent the week-end with home folks.

Mrs. Mary Cannon was shopping in Shelburn Monday afternoon.

C. D. Osborn, who has Mrs. Anna Hiron's farm rented for next year, is hauling his winter wood this week.

H. O. Shilling and sons, Virgil and Ralph, and son-in-law, wife and son Archie, visited the Crown mine on the Eikhorn last Sunday. They were well pleased with the trip, but say one needs to go with good hiking shoes to be able to climb the last 1 1/2 mile of the way to the 700 foot tunnel.

While scalding tomatoes Monday morning, Grandma Shilling upset a pan of hot water on her feet, scalding them badly. They called for her grandson, Virgil Shilling, who was visiting his father, to come home and help her with the work.

Fred Roadarmel and nephew, Raymond Harris, of Shelburn, and J. I. Shelton of West Scio, visited the Crown mines Sunday.

Mr. and Mrs. Weibe Kuiken took their son, Lester, to Salem Monday and had his adenoids removed. He is improving nicely.

Ralph Shilling is spending this week with his sister, Iva, at West Scio.

Walter George is assisting his uncle, James Trollinger, with his wood hauling.

### Mt. Pleasant-Cole News

Sept. 15

George Sandner filled his silo last Saturday.

Tony Geisler has been hauling wood to Stayton for Mrs. Ed Maertz.

The party given at Elmer Limbeck's last Friday evening was well attended and all had a good time.

Louie Ray and family spent Sunday with home folks, B. F. Darby and family.

George Sandner and family and Clarence Overholts spent Sunday with Will Dart and family at Woodburn.

E. C. Maertz and family of Salem spent Saturday night and Sunday with his folks.

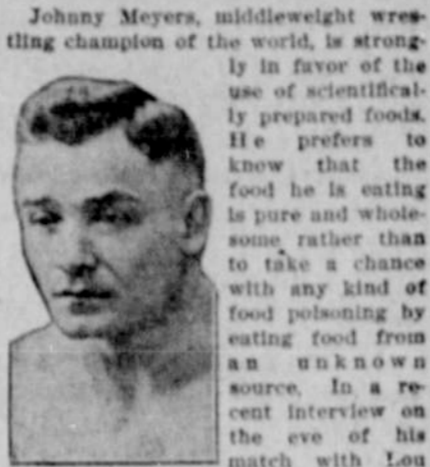
R. F. Darby and family were in Stayton Monday evening.

Frank Hottinger called on J. A. Schultz Tuesday morning.

George Sandner and family made a trip to Stayton Monday evening.

Any girl in trouble may communicate with Ensign Lee of the Salvation Army at the White Shield Home, 565 Mayfair Ave., Portland, Oregon.

### Champion Wrestler Tells What to Eat



Johnny Meyers.

Johnny Meyers, middleweight wrestling champion of the world, is strongly in favor of the use of scientifically prepared foods. He prefers to know that the food he is eating is pure and wholesome, rather than to take a chance with any kind of food poisoning by eating food from an unknown source. In a recent interview on the eve of his match with Lou Talaber, from whom he won his crown, he said: "I expect to win the crown from Talaber. He is a fine wrestler and uses more science than any man of the mat today. However, I feel sure that my superior physical condition will prevail and that I will emerge victorious and the champion of my division. Diet is a very important part of my program in training for a match. The system that I use is really very simple, involving only good judgment and caution in the selection of food. I prefer to eat scientifically prepared foods whenever possible and I never eat anything to which is attached the slightest doubt of its purity. I eat a great deal of canned foods because I am sure that they are pure and will have no ill effects on my digestive system. Take just as an example of what food can do for the body—milk. It is the greatest of body builders and a very important part of any man's diet. But is sometimes impure or contaminated and may be the source of illness if used. Because of this fact, I use evaporated milk entirely and find it very satisfactory. I know that it is pure and that I will not suffer from its use. I know that it is a great body builder because the concentration of it gives it such food value. I know that it is easily digested, more so than market milk, in fact, because I drink it before going to bed and feel no effects of it in the morning. This is usually hard to do with ordinary market milk. This plan, in substance, is the same one that I use regarding other foods. If there is any chance or suspicion of impurity or low food value, I use something else.

"And if a man is so situated that it is impossible for him to get the proper amount of exercise, he must be doubly cautious not to partake of any but the purest food. On the whole, if a man eats with wisdom and observes the fundamental rules for good health, there is no reason why he should ever have a sick or uncomfortable day."

### IN THE CIRCUIT COURT OF THE STATE OF OREGON IN AND FOR THE COUNTY OF LINN.

DEPARTMENT NO. TWO

Joe Holub, Josephine Snid, Anton Holub and Emma Holub, his wife, and Mamie Herman and Frank Herman, her husband, Plaintiffs,

vs.

Agnes Dotson and Eli Benjamin Dotson, her husband, Frank Holub and Emil Holub, Defendants.

Notice is hereby given that under and by virtue of a decree and order of sale duly made and entered of record in the above entitled Court in the above entitled cause on the 27th day of August, 1925, authorizing and directing the undersigned as referee to make sale of the real property hereinafter described, I will on Saturday, the 10th day of October, 1925, at the hour of one o'clock in the afternoon of said day, at the front door of the County Court House of Linn County, Oregon, at Albany, Oregon, offer for sale for cash in hand to the highest bidder all of the right, title and interest of the plaintiffs and defendants above named in and to the following described real property, to-wit:

Beginning in the center of a County road 57.50 chains North of the southwest corner of Section 17, in Township 10, South of Range 1 West of the Willamette Meridian, Oregon, running thence North 85 degrees East along the center of said road a distance of 6.52 chains; thence South 194 feet; thence North 85 degrees East 642 feet; thence South 28.52 chains; thence West 16.95 chains to the Western boundary line of said Section 17; thence North along the Western boundary line of said Section 17 to the place of beginning, containing 63.15 acres, more or less, situated in Linn County, State of Oregon.

Said sale to be made subject to the confirmation of the above entitled Circuit Court.

Dated this 8th day of September, 1925.

FRANK RICHARD, Referee.

### School Supplies Sold for Cash Only

Watch This Space  
Next Week

Yours to live and let live,

J. F. Wesely, Grocer

China ware Furnishings Garden Seeds Notions

### Children's Sweaters for School

AT

Hibler & Gill Company

Scio, Oregon

### The Scio Meat Market

Having purchased the two meat markets in Scio, I consolidated them under the above name, and will strive to render efficient service and give courteous treatment at all times. Will carry a full line of

### Fresh and Cured Meats

I will buy your beef cattle, veal and hogs (alive or dressed) and pay you the top prices. See me first.

Herbert Shelton, Mgr. Shop. C. J. BRUCE, Proprietor

DR. A. P. HOWELLS

### Osteopathic Physician and Surgeon

Send for Osteopathic Literature  
Office—Phone 6  
Residence: 210  
Office First Savings Bank Building  
ALBANY, OREGON

Call and Get Our Prices on

### Paints, Vanishes, Wall Tints, Brushes and Wall Paper

Third St. F. C. DANNALS Albany, Or.

### Albany Planing Mill

E. W. SEARS, Prop.

Sash, Doors, Moulding, Glass, General Mill Work, Windshields, Kitchen Cupboards, Window and Door Screens, Hardwood Flooring, etc.

Bring Us Your Estimates Prompt Service

Phone 140-R Albany, Oregon

We are stocked again with

### Cherry City Feeds

Come in and bring your cream and produce.

### The Dairy City Produce

FRED MUMMER, Proprietor.

### Our Store Will be Closed Wednesday, Sept. 23,

While we are in Portland attending the I. O. O. F. Sovereign Grand Lodge.

**N. I. MORRISON**  
SCIO, OREGON

### ATTENTION People of Scio!

We handle New and Second Hand Furniture, so get our prices before you buy or sell elsewhere. Best prices paid for all kinds of Junk.

### Albany Bargain House

Corner 2d & Baker  
Phone 411-J Albany, Ore.

### The Highway Repair Shop

Second and Baker sts

Telephone 442

Cylinder Boring  
General Auto Repairing

A. R. BURT M. A. KLAPOTZ  
Albany, Oregon

### Albany's Only Exclusive Optical Parlor

Everything Optical

Bancroft Optical Co.  
213 West First Street Albany, Oregon

### EAT TO LIVE

The better you eat  
The better you live

### Imperial Cafe

PAT MURPHY, Proprietor  
Albany, Ore.

### SNYDER & SON

404 E. 2d st. Albany, Ore.

### Welders

We have just installed a new machine for tightening wheels. Bring in your car or truck and let us show you how scientifically this machine works either on steel or wood fellow wheels without the use of shims and at right prices.

### Farm Loans

Write for booklet describing our twenty-year amortized rural credit farm loan. Insurance company rates are very low. No commission or other expense.

**Beam Land Co.**  
Albany, Ore.

### Catarrhal Deafness

is often caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing. Unless the inflammation can be reduced, your hearing may be destroyed forever.

HALL'S CATARRH MEDICINE will do what we claim for it—rid your system of Catarrh or Deafness caused by Catarrh.

Sold by all druggists for over 40 Years. F. J. Cheney & Co., Toledo, Ohio.

Advertise in The Scio Tribune and get results.

Subscribe now—\$1.75 the year