PLEA FOR BETTER COUNTRYSCHOOLS

Mrs. Clara H. Waldo Talks to the Oregon Teachers' Association.

BIG GATHERING AT SALEM

Annual Meeting Is Largely Attended. Governor Chamberlain Delivers

Address On Importance of Grade Work.

SALEM. Or, July 1.—(Special.)—A strong plea for the country school, for better rural teachers, for a revival of the singing-bea and the spelling-match, for union high schools and rural trolley lines was the theme of the principal address of the first day's session of the dress of the first day's session of the State Teachers' Association. Mrs. Clara H Waldo, grand lecturer of the State Grange, was the speaker and that her views met the hearty approval of the 600 teachers in attendance was shown by the frequent appliance by which she was interrunted

The association convened in the auditorium of the First Christian Church at 10 o'clock this morning with a crowd of teachers that filled the room to its ut-most seating capacity. Of the total numin attendance, 300 arrived this morn on a special train from Portland. p p interest is taken in all the genera department sessions, and it is evi dent that this will be one of the most successful meetings the association has

After a few selections on the plane by R. A. Whitehead, President Alphia L. Dimick introduced Governor Chamberwho, in an opening adress, spoke importance of an efficient organigation of the common schools system. He placed particular emphasis upon the need for thorough work in the grammar grades, and said that the course of study for these eight grades should be intensely practical and adapted particularly to the needs of the child who will go no farther than the eighth grade. Experience has shown that not more than 19 per cent of the children ever get beyond the eighth grade. Therefore, he would not shape the grammar school course to fit the high school or the college, but make the grammar school what it should be to meet the needs of the child who goes no further, and let the higher grades be framed to nize with this.

Need Better Rural Teachers.

Mrs. Waldo was the next speaker. While not directly disagreeing with the views expressed by the Governor, she asserted that the greatest effort must be put forth in behalf of the country school, not only in the grammar grades, but in the high school grades as well. "The city has its libraries, its churches, its entertainments, its lectures, its readingrooms and various other opportunities for educational and social development. The country has none or few of these. The vancement if anything be lacking in the school. In the country the school is almost the sole dependence for intellectual advancement, so it is essential that we

lave there the most capable teachers.

"The teacher in the country school should be the leader not only of the school, but of all the educational work of the community. I taught a country years ago. Years afterward I met some of the young men and women who went to school to me. They gave me credit for all they had attained in the way of education. How I could have carned such commendation in the space of three months I could not understand until they told me that it was not my school-room work that counted, but my effective efforts in persuading their parents to buy books and periodicals for the home. The time they spent in school was short, but they read extensively of good books and magazines at home.

"The country school teachers should be one who can lead the people of the start in the argumentation of the single.

district in the organization of the sing-ing-bee and the spelling school, which have unfortunately fallen into disuse in recent years. These features of rural life were of inestimable value in bringing the people together and giving them that polish which can be attained only by frequent contact. I sincerely hope to see these institutions revived in the rural

Plea for Union High Schools.

'We need also the union high school, which will enable the young perple to continue their studies after passing the eighth grade, without leaving the home. eighth grade, without leaving the home. A girl or boy who has completed the eighth grade at the age of 14 or 15 is too young to go away to high school or to the Agricultural College. Children of that age need the watchful care of parents. We should have rural high schools within reach of children of this age, where they can be educated until they are 17 or 18, when they may go away from home 1f they desire. The high from home if they desire. The high school course should include some work in pedagogy, so that when a pupil has completed the rural high school, a short course at the normal school will fit her for teaching. The construction of rural trolley lines will aid in the building up of union high schools, by making it easier for students to reach the schools

At the afternoon session the subject of compulsory education was discussed by State Superintendent Ackerman, of Oregon, and State Superintendent Harmon, of Montana. The State Superintendents from Idaho and Washington were to have discussed the same subject, but were not present. Superin-tendent Ackerman said in part:

For the past eight years there has been an ever-increasing demand for a more strin-sent compulsory law, but the State Depart-ment was loath to ask for such a law until such time as public opinion was so urgent that a compulsory law that would compel could be enforced. During the past year the press and the pulpit have made themesives heard in no uncertain terms as to the duty of the state to pass such a law, and so strong was this demand that the Department at last came to believe that the time had arrived when it would be wise to ask for legislative action. The Legislature was more than willing to pass the measure, and it is now for us so to administer it as to retain the co-operation of number it as to retain the co-operation of our people in making it effective. I, there-fore, would urge in the strongest possible manner that the strong arm of the law be not evoked until all other means have failed. I think the teacher should have a hearto-heart talk with the parent, the Scho Board use its persuasive powers, the people of the community should intercede with the refractory parent before the child's name is sent to the County Superintendent, but after all the moral sussive means have been of ne avail, then the law should be enforced without fear or favor in no un-

Pedagogues "Talk Shop."

City Superintendent W. E. Chandler, of the Washington, D. C., schools, delivered an address upon "Genetic Psy- | them

chology and Its Lessons for Educators." In the department of superintendence there was a general discussion of teach-ers' reports and annual school meetings. ers' reports and annual school meetings. The department of secondary and higher education devoted the day to problems of high school organization, the speakers being Superintendent Robinson, of Multinomah County: Principal J. H. Swan, of Klamath Falls; Principal L. A. Reed, of Park Place, and Professor J. B. Horner, of O. A. C. In the city superintendents and principals' section an address was delivered by Professor H. L. Bates, of Pacific University, on "Moral Training in the School." In the sdvanced section, Superintendent J. C. Zinser, of Clackamas County, spoke on "Grammar vs. Language." and W. L. "Grammar vs. Language," and Greenleaf, of Portland, discussed Greenear, of Fortland, disquissed Alsa-ual Training." The addresses in the in-termediate section were "Geography in the Grades," by Principal T. J. Newoili, of Woodlawn, and Miss Mary Frazier, of Portland, and "Pupil Organization for Self-Government," by Miss Audrey Srown, of Arleta. In the primary section, Mrs. W. H. Evans gave an instruc-tive talk on "First Grade Drawing." The teachers of the Salem public schools tendered the visiting members of

the profession a very enjoyable reception in Elks' Hall this evening. HOW THEY DO IT IN TEXAS

Stub Trains Are Required by Law When Through Trains Are Late.

SALEM, Or., July 1 .- (Special.) -The State Railroad Commission today ceived a communication from G. mmons, of Portland, heartily com mending the views expressed by The Oregonian in an editorial of June 26. on the subject of enforcing more efficient railroad service. Mr. Simmons says that in Texas the railroad comroad commission of the time each passenger train crosses the state line, and if a certain time behind schedule, a stub train must be put on.

The Keystone Lumber Company and the Sunset Logging Company have apparently reached an agreement garding service and rates on the latter company's line in Columbia County, for a stipulation was filed today that the cause pending before the Railroad Commission may be dismissed without

WOODS TALK STARTS ROW

SEATTLE PREACHER ASSAILS PORTLAND JURIST.

Address to Graduating Class Brings Forth Bitter Comments From Baptist Minister.

SEATTLE, Wash., July 1 .- (Special.) -The Rev. Elmer E. Thompson of the First Baptist Church of Ballard, has denounced the commencement day ora-tion of Judge C. E. S. Wood, delivered before the graduates of the Univer-sity of Washington. "Shall we believe that the president and the board of regents of the University of Washington stand committed to the re-ligious and political platform an-nounced by Judge C. E. S. Wood in his commencement address, teeming with notes of infidelity, athelsm and socialistic anarchy?" asked Rev. Elmer E. Thompson.

The preacher severely criticized the views of the Portland jurist, calling him an atheist and an anarchist, and advancing his own orthodox views in opposition to the lawyer's liberalism. He deplored the utterance of such sen-

timents on the occasion in question, de-claring that it was not good for young men and women to have such views presented to them.

Following the Ballard minister's at-tack, university officials have rallied to the defense of the class. Though Register Condon declared today that the graduating class invited Judge Wood because of his reputation as a man of letters, art crific, eminent law-

CHOSEN GODDESS OF LIBERTY FOR PILOT ROCK CELE-BRATION.



Miss Ina Cherry.

PILOT ROCK, Or., July 1.—(Special.)—After a spirited contest, Miss Ina Cherry, the 15-year-old daughter of Mr. and Mrs. Jake Cherry, who lives three miles southwest of Pilot Rock, was chosen Goddess of Liberty for the Fourth of July celebration at this place. She is regarded by many as the most beautiful girl in Eastern Oregon. Her father, Mr. Cherry, is a well-to-do cattleman a pioneer in this section. Miss Ina has a twin sister, also a beautiful young lady.

tion, he added that it was not the intention of the faculty to invite com-mencement-day orators who would in the least shock the sensibilities of the Christian public.

President John P. Hartman of the university of regents stated that the graduating class, subject to the approval of the university president, had the right to invite whom they wanted to make the address, Hartman did not indorse Judge Wood's speech,

Until the Ballard minister renewed the attack, university authorities thought the commencement day incident had closed. They repeated today the declaration that the graduating could accept or reject any views given by an orator. by an orator.

Arthur Melstrom Bridge Victim. OREGON CITY, Or., July 1 .- (Special.)-OREGION CITY, Or. July 1.—(Special.)—
Coroner Holman arrived here this morning from Wilsonville with the remains of
the man who fell from the bridge Sunday
afternoon and was dashed to pieces on the
rocks beneath. The unfortunate man's
name was Arthur Melstrom, and so far as
known he has no relatives in this part of
the country. His family in the East have
been notified, however, and his body in
being held pending instructions from
them.

Harry Draper's Hounds Lay Crime on Jules Delsol.

LITTLE GIRL ASSAULTED

After Chase Through Town, Prominent Citizen Is Arrested-Child, Had Been Gagged and Thrown Into a Ditch.

LEWISTON, Idaho, July 1 .- (Special.)-Jules Delson, a prominent farmer resid-ing in the East End of this city, was placed under arrest this evening by Chief of Police Hayes and Sheriff Harry Lydon, charged with criminal abduction and as-sault upon little Mary Bell. Delsol was run to earth by Harry

P***********************



The Late Miss Ollie Ione Austin. The many friends in this city of Miss Ollie lone Austin will learn sorrow of her death, which took place at Toledo, Wash., on Monday, June 17. Miss Austin, who was only in her 19th year, was a graduate of the Shattuck Grammar School, where she had been a great favorite. Her death resulted from tuberculosis, which everything that affection could suggest had been powerless to arrest. Last September Miss Austin was sent down to San Diego, Cal., to try the benefit of the milder southern climate, but her not being improved, mother went down a month ago and brought her to the home of her parents at Toledo, Wash., where she

The funeral took place at Toledo on Wednesday last, and was largely attended. The floral offerings, which unusually beautiful, hid the casket from view. In addition to her parents, Miss Austin leaves four brothers, Otis, Walter, Earl and Frank, and an aunt, Mrs. Albert Frank, and an aun Jackson, of Portland.

r's bloodhounds, after a three-chase though the eastern part of the city. The man is well known in the Lewiston country, where he resided a number of years.

The Bell girl was seized here at 10 o'clock last night, and after being gagged with a handkerchief saturated with chloroform she was carried to the wooded tract east of the city, where the assault, was attempted. The girl succeeded in removing the gag and when she cried for help she was struck with a rock and thrown into a large ditch.

Searchers found the girl wandering through the commons partially conscious

through the commons partially conscious about 2:30 this morning. She cannot give a description of her assallant, but the work of the dogs was most thorough and the arrest was made upon this show-

Mary Bell, the 15-year-old daughter of Mary Bell, the ls-year-old daughter of a contractor, was returning from a visit near her home last night when, she says, a man sprung at her from the darkness and stuffed a gag in her mouth and blindfolded her. In her struggie she was hadly bruised and beaten on the head and body, then thrown into Deisol ditch. In the meantime her father beauting body, then thrown into Delsol ditch. In the meantime her father, becoming alarmed at her, nonappearance at home organized a searching party and about 2:36 this morning found her running toward them. At sight of them she threw up her hands and exclaimed, "They are after me again." She was carried home and physicians worked over her all night. Several agrests were made on suspicion. Several arrests were made on suspicio

GO OUT AFTER FACTORIES

Business Men of Willamette Organize a Push Club.

D. C. Pelton, President.

F. H. Rothchild, First Vice-President.

John A. Keating, Second Vice-President.

up the river from here, has become im-bued with the spirit of push that is agitating the other towns of the Willamette Valley, and Saturday night the citizens met and organized a push club to be known as the Willamette Improvement There were 47 of the residents of the

village present, and all were enthusiastic about the work that the club is expected to accomplish. It is the intention of the club to act as a board of trade or a comcrub to act as a board of trade or a com-mercial club, and to expend money and time in persuading factories and indus-tries to locate at that place. It was also the sentiment of the meeting that the vil-lage of Willamette offers unrivaled advantages as a place of residence, and it was thought that money could be wisely expended in setting forth the attractions f the place as a village of homes. At this meeting officers were chosen as ellows: President, D. K. Bill; vice-president, El Mass; secretary, F. R. Sizer; treasurer, J. F. Sanders. A committee was also appointed to publish the ad-vantages of Willamette abroad and to make known its attractions to the in

BEGIN TO CELEBRATE TODAY

Two Days' Racing at Corvallis-Exercises on the Fourth.

CORVALLIS, Or., July 1 .- (Special.)-A three days' celebration of the Fourth begins here tomorrow. The first two days will be devoted to racing events for which prizes aggregating about \$900 have been hung up. The third day of the celebration will include the usual parade and patriotic exercises with Congressman Hawley as orator and G. A. Peterson as reader. Miss Nellie Marvin will be Goddess of Liberty. Many prizes are awarded for athletic sports. Special trains are to be run from both ends of the Corvallis & Eastern railroad with a round-trip rate of only \$1 from the remotest points, and similarly generous fares for intermediate stations

DEAD OF THE NORTHWEST

Ashley O. Stevens.

EUGENE, Or., July 1 .- (Special.)-Ashley O. Stevens, a pioneer of Lane County and a well-known citizen, dled at his home on East Eleventh street at 10 o'clock today of heart failure, at the age of 77 years. Mr. Stevens came to Lane County in 1846. He was married in 1855. His wife and, one daughter, Mrs. George Smith, survive

Week's Celebration in Lake County. LAKEVIEW, Or., July 1.—(Special.)

July 4 will be fittingly celebrated in Lakeview. Preparations have been making for several weeks, and when the fireworks are started they will continue without interruption for six days. Beginning on Monday, July 1, there Beginning on Monday, July 1, there will be programme and entertainment for everyone. Independence day week is the festal season of the year in Lake County, and everyone comes to Lakeview for a part or all of the week. Some of the other towns have celebrations lasting a day or two, and have good crowds, but after their powder is burned all repair to the county seat

Everything that goes to make a Fourth of July celebration is on the billboards for next week here. Racing, baseball, tournaments, tugs-of-war, parades, dancing, etc., will be ready for those who wish to participate. There are who wish to participate. There are who wish to participate. There are none who will do more justice to the and season than will the people of Lake County.

Mead Makes Appointments. OLYMPIA, Wash., July 1.—(Special.)

Governor Mead has made the follow-

ing appointments:

J. W. Arrasmith, State Grain Inspector for term ending July 8, 1909, succeeding himself, term expired. R. C. McCroskey, of Garfield, suc-ceeding D. F. Anderson, of Rosalia, deceased, and William H. Reed, of Ta- the new service, the new depot of the O. coma, succeeding himself as member of the State Grain Commission, for the term ending July 8, 1909.

Rev. John LeCornu, chaplain of State Penitentiary, for term ending June 7, 1909, succeeding himself.

Night Prowlers Rifle Tents.

OREGON CITY, Or., July 1 .- (Special.)-Many of the residents of this town are taking advantage of the warm weather and sleeping out of doors in tents. A sneak thief has become cognizant of this fact, and during the past few nights has committed depredations upon some of the worthy citizens. A few nights ago the County Superintendent of Schools, J. C. Zinser, had his trousers and a new pair of shoes taken while he slept, and last night John Gleason was robbed of his money and gold watch.

Carlton Will Celebrate.

CARLTON, Or., July 1.-Carlton will celebrate the Fourth with a log-rolling contest, sports of all kinds, horse racing, nutromobile races, balloon ascension, etc. In the evening there will be dancing and a display of fireworks. Carlton is now enjoying a great boom, owing to the com pletion of the Carlton Lumber Company's nawmill one of the largest on the Coast. Frains leave at 7 A. M., returning late in

Will Fill Pulpit at Eugene. EUGENE, Or., July 1 .- (Special.)-

Rev. W. B. Pinkerton, of Wahasha, Minn, has accepted the call of the Congregational Church of Eugene, and he will fill that pulpit next Sunday OREGON CITY, Or., July 1.-(Special.) morning.

Bankers and Lumbermens Bank

Second and Stark Streets, Portland, Oregon

Deposits July 1, 1906 Deposits July 1, 1907

CAPITAL . \$250,000 -

END HEARING TODAY AFRAID OF PARALYSIS

Commission Not to Resume Till Next Week.

R. B. MILLER ON THE STAND

Testified Roads Had Joint Rates From Interior-G. W. Ford Swore Grain Prices Were Higher at Competitive Points.

OLYMPIA, Wash., July L-(Special)-The state hopes to complete its testimony by tomorrow night in the joint rate investigation. Adjournment will be taken n this matter to next week. Friday and Saturday the Commission will resume taking of testimony on the valuation of

railroad property.

R. B. Miller, of Portland, general freight agent of the O. R. & N., was called to the stand by the state today. Through him the state brought out that that road had made joint rates with the Great Northern and Northern Pacific from the interior to the Sound, on oats and barley; that under the Western classification cats, barley and wheat went in the same class and that usually the O. R. & N. treated them as the same class of freight. Late in the day the questioning of the railroad man was designed to bring out that divisions be-tween the lines were made when joint rates were in effect.

The first witness called this morning was G. W. Ford, a grain buyer of Spokane. Mr. Ford testified that when he was employed by the Northwestern Grain Company, of Portland, that firm daily gave him two quotations, one price to pay for wheat on Northern Pacific, or ompetitive points, and the other, sometimes 2 cents lower, to pay on O. R. & N. non-competitive points. He also swore that Portland, with no state grain inspection law, is able to job growers on grading the grain, while in Washington, if the purchaser's grading is not satisfactory, there is always appeal to the State Grain Inspector. He also testified that independent buyers and millers connot sell either wheat or flour at Port-

Attorney Snow, for the O. R. & N. asked on cross-examination how it was, if these facts are true, any wheat goes to Portland from competitive points. The wit ness said one reason was the farmers had been fooled on facts. In explaining while the best bargain is not always taken, he went on to say that he sold many grain sacks and usually his prices were from \$3 to \$5 less than the prices charged by other dealers and yet he did not sell all the sacks nor as many as he wanted to.

SPOKANE - SOO LINE OPENED

Fast Service Will Be Maintained Over the Corbin Railroad.

SPOKANE, July 1.—Passenger service ver the Soo Line & Spokane International, the Corbin road to the East, was inaugurated teday, the first train leav-ing here this afternoon for Minneapolis. train also left Minneapolis yesterday and there will be a daily service hence-forth. A schedule of 45½ hours will be maintained, which will be the fastest be-tween Spokane and Minneapolis. The train is one of the best-equipped in the Northwest and is known as the Soc-Spekane Limited express. It consists of a combination express and mail car, standard coach, tourist car, dining car, sleeper

and observation car.
In connection with the inauguration of R. & N. was thrown open today. This building has been under construction for over a year. It cost approximately

DELTA IOTA CHI CONCLAVE

Delegates From Three States Are En-

tertained by Spokane. SPOKANE, Wash., July 1.—(Special.)
—Delegates are here from Scattle,
Portland, San Francisco and San Pedro. attending the annual conclave of the Northwestern Branch of the National Sorority Delta Iota Chi, of "Dix" as it is commonly known, the girls' High School fraternity. The delegates are being entertained at the homes of the Spokane members of the Sorority, of which there are 36 members. An attractive social programme has been arranged, covering three days of the conclave. Last night there was a reception, and tomorrow there will be a reception, and another reception will be given tomorrow night. Wednesday night there will be a dance.

Buy Interest in Hospital.

HOQUIAM, Wash, July 1.—(Special.)— Drs. A. J. McIntyre and J. F. McDonald today assumed half ownership in the Ho-quiam General Hospital, of this city, and now the staff consists of Drs. H. C. Wat-kins and W. B. Wells in addition to the above-named physicians.

Mill Closes for Repairs. HOQUIAM, Wash., July 1.—(Special.)— The Northwestern Lumber Company

\$214,420.93

\$1,778,373.89

E. C. Mears, Cashier.

H. D. Story, Assistant Cashier.

Platt & Platt, General Counsel.

pale people? The answer to that question explains why a remedy that acts on the blood can cure nervous troubles.

A NERVOUS SUFFERER CURED BY DR. WILLIAMS' PINK PILLS.

The Medicine That Makes Rich, Red

Blood and Performs Wonders as a Tonic for the Nerves.

Why are nervous people invariably

It explains why Dr. Williams' Pink

Pills for Pale People are also for nervous It is because of the intimate relation

between the red corpuscles in the blood and the health of the nerves. The nervous system receives its nourishment through the blood. Let the blood become thin, weak and colorless and the nerves are starved-the victim is started on the road that leads to nervous wreck. Nervous people are pale people—but the pallor comes first. Eurich the blood and the nerves are stimulated and toned up to do their part of the work of the body. Dr. Williams' Pink Pills make red blood and transform nervous, irritable, ailing people into strong, energetic forceful men and women.

Mrs. Harriet E. Porter, of 20 Liberty avenue, South Medford, Mass., says:

"I had never been well from child-hood and a few years ago I began to have dizzy spells. At such times I could not walk straight. I was afraid of paralysis and was on the verge of nervous prostration. Then neuralgia set in and affected the side of my face. The pains in my forehead were excruciating and my heart pained me so that my doctor feared neuralgia of the heart. I tried several different kinds of treatment but they did me no good.

"One day my son brought me some of Dr. Williams' Pink Pills and I found that they strengthened my nerves. I took several boxes and felt better in every way. There were no more diray attacks, the neuralgia left me and I have

been a well woman ever since."

Dr. Williams' Pink Pills are invaluable in autemia, rheumatism, after-effects of the grip and fevers and in sick head-aches, nervousness, neuralgia, and even partial paralysis and locomotor ataxia.

Our booklet "Nervous Disorders, a
Method of Home Treatment" will be sent free on request to anyone interested. Write for it today Dr. Williams' Pink Pills are sold by

all druggists, or will be sent, postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y

closed today and will not resume tions for several weeks, during which time new machinery will be installed and nec essary repairs made. The National Lum ber & Box Company has been running overtime in order to catch up with orders and allow several days' shutdown for the

Indians Are Patriotic.

HOQUIAM, Wash., July 1 .- (Special.)large number of Indians from the fumptulips, Quiniault and Quillust reservations arrived here today for the pur pose of attending and participating the Fourth of July sports to be held Aberdeen next week. Many Hoquiam launches will enter the races,

Body of Suicide Sent Home.

OREGON CITY, Or., July 1 .- (Special.)-The body of Rose Norris, a resident of Clackamas County, was received here last night from Salem, where she had committed suicide in the Insane Asylum, to which she had been confined for some

SUPERIOR TO LEMONADE.

Horsford's Acid Phosphate.
A teaspoonirul added to a glass of cold water with sugar, makes a delicious summer tonic.

Under the New Pure Food Law

All Food Products must be pure and honestly labelled. BURNETT'S VANILLA

was fifty years ahead of the Law. It was always pure Vanilia. Every bottle now bears this label: Gnaranteed under the Food and Drags Act June 30th, 1905," Serial Number 81, which has been assigned to us by the U. S. Dept, of Agriculture. JOSEPH BURNETT CO., BOSTON, MASS.

Of experience enables us to know the western shoe trade. Our reputation has been made on honorbuilt shoes that have won merit and given satisfaction.

Kirkendall's Electric Welt Shoes

are at the head of the western shoe trade on their merits. Their popularity is due to completely satisfied purchasers. Combining style, ease, elasticity, comforfand durability, they are unequalled by any manufactured. Special tunned sole leather is used. Made in latest styles, in all leathers, uppers silk fitted, and containing the best obtainable materials, Kirkendall's Electric Welt Shoes stand pre-eminently for quality and satisfaction.

Insist on seeing them. If your dealer cannot supply you, write us. We'll learn why and sdvise where you can get them. F. P. KIRKENDALL & CO. Western Made for Western Trade.

NOT INTOXICATING

FOR WOMEN ONLY for FEMALE TROUBLES AND IRREGULARITIES. Cure the most obstinate cases in 8 to 16
Price \$2 per box, mailed in plain Dr. J. PIERCE, 181 First



Through Rates to Jamestown At Last

ROCK ISLAND LINES will now sell through first-class round-trip tickets to Norfolk, Va., on following dates:

July 9, 10, 11. August 19, 29. September 11, 12, 13. Through rate from Portland,

\$98.10

Also special first-class roundtrip tickets to CHICAGO, ST. LOUIS, KANSAS CITY, OMAHA, ST. PAUL, MINNE-APOLIS, on sale

July 3, 4, 5. August 8, 9, 10. September 11, 12, 13.

One First Class Fare Plus \$10 For further information regarding routes, going and returning; also for sleeping-car reservations, call on or address C. A. HUNTER, Gen'l Agent, 140 Third Street, Portland, Or.

The Handy Doctor in Your Vest Pocket

TS a thin, round-cornered little Enamel Box-When carried in your vest pocket It means Health-Insurance.

It contains Six Candy Tablets of pleasant taste, almost as pleasant as Chocolate. Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver.

Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters. Neither is it like Castor Oil, Glycerine,

stomach.

It will not purge, sicken, nor upset the

or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time. . . .

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels. Cascarets are practically to the Bowel Muscles what a Massage and Gold Bath

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten.

are to the Athletic Muscles.

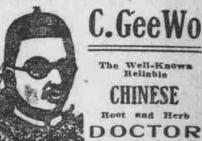
They don't help the Bowels and Liver in such a way as to make them lean upon similar assistance for the future. This is why, with Cascarets, the dose

may be lessened each succeeding time instead of increased, as it must be with all other Cathartics and Lazatives.

Cascarets act like exercise.

alf carried in your vest pocket, (or carried in My Lady's Purse,) and eaten just when you suspect you need one, you will never know a sick day from the ordinary Ills of life. Because these Ills begin in the Bowels, and pave the way for all other diseases. "Vest Pocket" box 10 cents.

Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."



Has made a life study of roots and herbs, and in that study discovered and is giving to the world his wonder-ful remedies.

Inl remedies.

NO MERCURY, POISONS OR DRUGS
USED. HE CURES WITHOUT
OPERATION. OR WITH OUT
THE AID OF THE KNIFE.

He guarantees to cure Catarrh,
Astima, Lung, Throat, Rheumatism,
Nervousness, Nervous Debility, Stomach, Liver, Kidney Troubles; also Lost
Mannood, Female Weakness and All
Private Diseases. A SURE CANCER CURE

Just Received From Peking, China, Safe, Sure and Reliable, IF YOU ARE AFFLICTED DON'T DE-LAY. DELAYS ARE DANGEROUS.

If you cannot call, write for symp-tom blank and circular. Inclose 4 cents in stamps. CONSULTATION FREE. The C. Gee Woo Chinese Medicine Co., 1621/2 First St., Cor. Morrison, Portland, Or. Please Mention This Paper,

HAND SAPOLIO

It insures an enjoyable, invigorating bath; makes every pore respond, removes dead skin.

ENERGIZES THE WHOLE BODY

starts the circulation and leaves a glow equal to a Turkish bath. ALL GROCERS AND DRUGGISTS

