

RELAX FROM WORK

(Continued from page seven.)

side of the legs, which are to be stretched straight out in front. Sink backward until you reach a lying position. Rise and sink five times. Sit in an easy chair, leaning back in as nearly a reclining position as the chair permits. Raise the arms with a slow, curving movement and place the finger tips upon the shoulders. After the exercises rub the body gently with the flesh brush. Go to bed with every worry and ambition thrust out from the mind. If you are troubled with sleeplessness, take means to ward off a sleepless night. One excellent remedy for insomnia is to fill a sponge with hot water and hold it against the back of the neck. Fill it again and again as fast as the water cools. The object of this is simply to apply heat to this spot, a nerve center, and other means to the same end will do as well. Perhaps you find it more convenient to go to bed with a small hot water bag pressed against the spot. The little velvet covered Japanese stoves, which are nothing but tiny boxes containing a slowly burning punk, are most convenient for such needs as this.

Light Lunch at Night.

If much time elapses between your evening meal and bedtime you may be sleepless for want of a little supper just before retiring. This must be very light. A glass of milk with or without a cracker will serve to draw the blood from the head to the stomach and so induce rest. The milk is more beneficial if warmed, but should not be boiled. A simple sandwich may take the place of the cracker, but this should be made of nothing more hearty than olives or celery. A cup of malted milk is a delightful sleeping potion. You may not enjoy the taste of it, but it will become delightful to you when you find what a soothed feeling follows it. You may indulge in the luxury of a warm—not hot—bath twice a week, and this will help the relaxation which you are seeking. If you use a toilet water you will add to the delight of the bath, and the more physical pleasure you can give yourself, the more the mental worries will disappear. Be luxurious. A luxurious woman is never fretful or anxious. Animals, ideally relaxed, enjoy physical pleasures far more than we do, with our overwrought nerves; they delight in the comfort of sleep, the refreshing coolness of the air, the comfort of warmth in weariness. Be like them.

Consumption of Tea and Coffee.

The per capita tea consumption of the United States in 1905 was about the same as fifty years ago, 1.3 pounds per annum, the increased population accounting for the increased imports, which last year amounted to 102,000,000 pounds. Up to 1865 China supplied all the tea consumption in the American market, but last year only 40.3 per cent, while Japan furnished 32 per cent, Formosa 17.2 per cent, and India and Ceylon 10 1/2 per cent. The

A Square Deal

Is assured you when you buy Dr. Pierce's family medicine—for all the ingredients entering into them are printed on the bottle-wrappers and their formulas are attested under oath as being complete and correct. You know just what you are paying for and that the ingredients are gathered from Nature's laboratory, being selected from the most valuable native medicinal roots found growing in our American forests and while potent to cure are perfectly harmless even to the most delicate woman or child. Not a drop of alcohol enters into their composition. A much better agent is used both for extracting and preserving the medicinal principles used in them, viz.—pure vegetable glycerine. This agent possesses intrinsic medicinal properties of its own, being a most valuable antiseptic and antiferment, nutritive and soothing demulcent.

Glycerine plays an important part in Dr. Pierce's Golden Medical Discovery in the cure of indigestion, dyspepsia and weak stomach, attended by sour risings, heart-burn, foul breath, coated tongue, poor appetite, gnawing feeling in stomach, sickness and kindred derangements of the stomach, liver and bowels. Besides curing all the above distressing ailments, the "Golden Medical Discovery" is a specific for all diseases of the mucous membranes, as catarrh, whether of the nasal passages or of the stomach, bowels or pelvic organs. Even in its ulcerative stages it will yield to this sovereign remedy if its use be persevered in. In Chronic Catarrh of the Nasal Passages, it is well, while taking the "Golden Medical Discovery" for the necessary constitutional treatment, to cleanse the passages freely two or three times a day with Dr. Sage's Catarrh Remedy. This thorough course of treatment generally cures the worst cases.

In coughs and hoarseness caused by bronchial, throat and lung affections, except consumption in its advanced stages, the "Golden Medical Discovery" is a most efficient remedy, especially in those chronic, harassing coughs caused by irritation and congestion of the bronchial mucous membranes. The "Discovery" is not so good for acute coughs arising from sudden colds, nor must it be expected to cure consumption in its advanced stages—no medicine will do that—but for all the obstinate, chronic coughs, which, if neglected or badly treated, lead up to consumption, it is the best medicine that can be taken.

latter made its entry into the American market in 1885 with sales of 2 per cent of the total imports. Practically all of Japan's teas go to America. The Japanese charges of only \$1 per picul (133 pounds) on exported tea has been advantageous to this trade. The India and Ceylon teas are still freer from burdens, paying no export or discriminating taxes of any kind. It may be noted that India and Ceylon teas are also competing very strongly with the Japan teas in the Canadian market, and it will be interesting to note the results of this competition.

The Formosa tea trade with America shows a steadier and more healthful growth than that of any other country. The Formosan Oolongs have entirely replaced the Amoy Oolongs, which they have supplanted. Chinese teas are still popular in the United States, deservedly so because of the small amount of tannin in the leaves. A number of analyses by Professor Ditmar show that a five-minute infusion of Chinese tea developed only 3.06 per cent tannin, and with ten minutes' infusion 3.78 per cent, while the India tea developed 6.77 and 8.09 per cent tannin, respectively. Having the quality, it therefore behooves the Chinese tea producers, exporters, tea guilds and government to awaken to the competition and do their utmost to save the American market, which the India tea trade is already striving hard to secure.

That the American tea market is capable of great development is not to be questioned. The American taste has been toward coffee, the consumption of coffee having increased from 2.8 pounds per capita in 1820 to 11.8 pounds in 1899. Coffee-drinking is more expensive than tea, and proper methods of advertising China tea in America would bring profitable results. An American-China association might be organized, this association to embrace the exporters and importers of China teas, the Chinese buyers and the China tea guilds, in order that the expenses of an advertising campaign might be shared by all those to be benefited.—Vice-Consul Arnold of Foochow.

Wanted More Than Five Acres.

Just forty-one years ago, in the Scottish village of Cupar Angus, word was passed around that young Bob Reid, the carrier's son, was going out to Australia to seek his fortune.

"Eh, lad," said one local worthy, "but it's a mighty purr outlook for ye. Ye'd do far better to stick on here in the hopes o' gettin' your uncle's cottage and bit o' land."

The uncle was a prospective emigrant; he'd heard the news and sought Bob out.

"What's this I hear about your gaein' to Austr'ly?"

Young Reid told him.

"Now, look here," said the uncle, a retired blacksmith, "stay on in Cupar Angus an' I'll gie ye a piece o' land for your very ain. Now, what do ye say?"

"I'm very fond o' land," said the boy, "but I want more than I can get in this cillage. I'm going out to see a bit o' the world."

"Ye'll live to repent it," said the uncle.

"I hope not," replied Bob; "but many thanks all the same."

Thirty years later Robert Gillespie

Reid, a prominent Montreal railway contractor, sat in his office in the Canadian metropolis. A large map of North America hung before him on the wall. Having migrated to Canada, says the Grand Magazine, he had as a contractor built large portions of the Canadian Pacific railway and was still looking about for new fields of endeavor.

He picked up a letter from his desk. It was from the government of Newfoundland accepting his tender for building a railway across the island. By the terms of the contract, now about to be signed, Reid would build the road at \$15,600 a mile. As a railway is useless unless engines and carriages run over it, the contractor agreed to operate it "for a grant in fee simple of 5000 acres of land for each mile for a period of ten years."

The government accepted this offer. Reid smiled, his thoughts at the moment going back to his boyhood and to his Uncle Henry. By a single stroke of the pen he became the master of 2,500,000 acres of timber agricultural and mineral land.

He was the greatest private land owner in the world. But that was not all. He became possessed of an additional estate. His Uncle Henry died and bequeathed him the five and a half acres in Cupar Angus!—New York Sun.

Preliminary Practice.

"Your friend Popley hasn't had his auto very long, but he seems to manage it very well. He seems particularly clever at steering through a crowded street."

"O! Popley's all right. He's had years of experience with a baby carriage."—Philadelphia Press.

MARKET QUOTATIONS

"Make Salem a Good Home Market."

SALEM MARKET.

Steiner's Market. Dealers in fish, game and poultry. Highest cash price paid for eggs. Prompt delivery. State street.

Local Wholesale Market.

Wheat—57c. Local wheat—65c. Oats—32c. Barley—\$20.00 Flour—\$3.25. Mill feed—Bran, \$18.00; shorts, \$20.00. Hay—Cheat and clover, \$6.00 per ton; timothy, \$10.00 per ton. Eggs—33c. Hens—10c; young chickens, 10c. Ducks—10c; geese, 8c; turkeys, 16c. Butter—35c; butter fat, 33c. Onion—65c cwt.; potatoes, 60c cwt. Hops—Choice, 13 1/2 c; prime to choice, 13c; medium to prime, 10@11c. Chittim bark—5 1/2 @ 6c.

Retail Market.

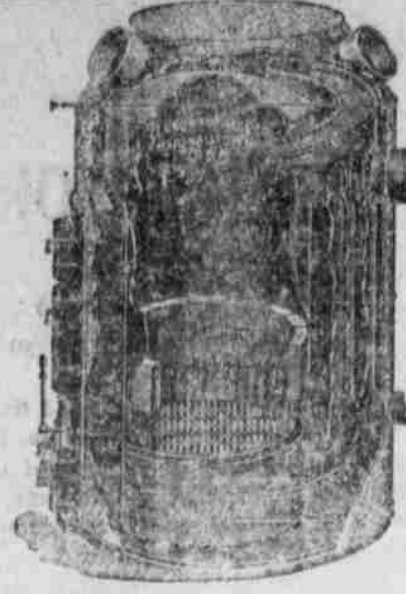
Flour—\$1 per sack. Bran—65c per sack, \$20@21 per ton; shorts, 90c per sack, \$22@24 per ton. Hay—Timothy, 65c per cwt.; cheat and clover, 45c per cwt., \$8 per ton. Oats—\$1.15 per cwt.; wheat, 75c; rolled barley, \$26 per ton. Eggs—40c. Apples—50c to \$1.00, according to quality. Butter—Country, 30c; creamery, 40c.

Livestock.

Cattle—1100@1200 lb steers, 3 1/4 c. Lighter steers—2 1/4 @ 2 1/2 c. Cows and heifers—900@1000 lb, 2 @ 2 1/2 c. Hogs—175@250 lb, fat, \$6.00 @ \$6.25. Stock hogs—5 1/2 @ 6c. Sheep—4 1/2 c. Lambs—5c. Veal—Dressed, 8 1/2 @ 7. Hogs—Dressed, 8c.

PORTLAND MARKET.

Wheat—Club, 65@66c; valley, 67c; blue stem, 67@68c. Oats—Choice white, \$26@26.50. Millstuff—Bran, \$16. Hay—Timothy, \$11@12; alfalfa \$11.50. Vetch—\$7@7.50. Potatoes—75@85c. Poultry—Average old hen, 13@14c; mixed chickens, 12@13c; young rooster, 13@14c; dressed, chickens, 14@15c; turkeys, live, 17@19c; turkeys, dressed, 21@22 1/2 c; geese, live, 10; ducks, 15@16; pigeons, \$1@1.50. Pork—Dressed, 6@6 1/2 c. Beef—Dressed, 5@5 1/2 c. Mutton—6@7c. Hops—11@14c lb, according to quality. Wool—Valley, coarse to medium, 20@21c; eastern Oregon, 13@15c. Mohair—26@28c. Butter—Fancy Creamery, 30@35; store butter, 16@17c.



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No. 2— Leaves Albany 12:50 P.M. Leaves Corvallis 1:45 P.M. Arrives Yaquina 6:15 P.M.

Trains to and From Detroit.

No. 3— Leaves Albany 7:30 A.M. Arrives Detroit 12:30 P.M.

No. 4— Leaves Detroit 1:00 P.M. Arrives Albany 5:55 P.M.

Trains for Corvallis.

No. 5— Leaves Albany 7:55 A.M. Arrives Corvallis 8:35 A.M.

No. 10— Leaves Albany 2:25 P.M. Arrives Corvallis 3:05 P.M.

No. 6— Leaves Albany 7:35 P.M. Arrives Corvallis 8:15 P.M.

No. 7— Leaves Albany 6:00 P.M. Arrives Albany 6:40 P.M.

No. 11—(Sunday only)— Leaves Corvallis 11:30 A.M. Arrives Albany 12:15 A.M.

No. 12—(Sunday only)— Leaves Albany 12:50 P.M. Arrives Corvallis 1:33 P.M.

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Central Lodge No. 18, K. of P.—Castle Hall in Holman block, corner State and Liberty streets. Tuesday of each week at 7:30 p. m. E. W. Hazard, C. C.; W. I. Staley, K. of R. and S.

Modern Woodmen of America.—Oregon Cedar Camp No. 5246. Meets every Thursday evening at 8 o'clock in Holman hall. W. W. Hill, V. C.; F. A. Turner, Clerk.

Woodmen of World.—Meet every Friday night at 7:30, in Holman hall. F. R. Capper, C. C. P. L. Frazier, Clerk.

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Agents—Canvassers, mixers, peddlers, solicitors, mail order people, etc., should buy Kramer's Book of Trade Secrets. Regular price \$5.00, but balance of last edition for \$1.25 as long as they last. Guaranteed. Order quick. Sioux Publishing Co., Southland, Iowa. 11-28-1m.

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Butte & Wenderoth.—Fine wines, liquors and cigars. We handle the celebrated Kellogg and Castle whiskies. Cool and refreshing beer constantly on draught. South Commercial street. 9-3-1yr

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"I was taken with epileptic fits; had eleven in less than 12 hours. My father sent for our family physician, but he could do very little for me, and I grew worse every day, and at last they had three doctors with me, and I still got worse. My father heard of Dr. Miles' medicines and bought a bottle of Nervine and a box of Nervine and Liver Pills. I had taken only a few doses until I began to feel better. I took 12 bottles, and it cured me sound and well. It has been worth all the world to me. I recommend it wherever I go. You may use this as a life-long testimonial to the merits of your medicine, for I am enjoying the best of health, and feel that my life and health is due to this wonderful medicine." E. F. D. No. 2, Boston, Ga.

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