PAY YOUR TAXES.—Parties who have not paid their taxes should do so at once, since it will be a short time, in all probability, until the delinquent list will be advertised for sale, and consequently additional costs will be attached. The county court has been very lenient in extending the time in order to afford all ample opportunity to liquidate.

ANOTHER DEFAULTER.—George F. McConnell, for nearly five years grand keeper of records and seal of the order Knights of Pythias of the Oregon domain has been missing for some time and A. O. Sinks has been appointed in his stead. It is said that McConnell is defaulter to the grand lodge in the sum of $1000, which his bondsmen will be asked to make good to the organization.

ADJUDGED INSANE.—Marshal Robinson last Monday arrested a man who gave his name as A. Gustafson, on the grounds of insanity. Gustafson was acting in a peculiar manner. He would laugh hideously at women and in other ways showed symptoms of derangement. An examination was held by Judge Doan and examining physicians, Cliff and Ross, resulting in a commitment to the asylum, where he was taken Tuesday afternoon. Gustafson is said to resemble very closely a convict who escaped from the penitentiary early in this month.

TO MEET AT NEWPORT.—State School Superintendent G. M. Irwin has issued a circular letter to teachers, stating his purpose to hold a teachers' association at Newport for four days, commencing Aug. 18th. This institute, while especially designed for the teachers of the Willamette valley, yet all of the teachers of the state are invited. While not to be considered the meeting of the state teachers' association, yet it is greatly desired to engage the attention of all teachers in the western part of the state especially

THE HOME MERCHANT IS BETTER.—If a traveling peddler comes along and tries to sell goods, ask him if he will take your butter, eggs, hides and other produce. Ask him if, when your neighbor gets ready to build a road or a bridge over a creek or slough, he will be willing to donate a few dollars to help it along. Tell him that there is a poor widow down the road who would be very thankful if he would donate some provisions. Finally say to him that money will be very scarce next season and would he mind trusting you for a few dollars, worth of goods. If he will agree to this, then patronize him.

WENT CAMPING.—Last Saturday morning a number of St. Helens people bundled themselves up and hied themselves away to the falls on North Scappoose for a couple of days outing. It took three teams to haul the people and camp equipment and the party consisted of Mr. and Mrs. J. H. Sheldon, Mr. and Mrs. J. R. Beegle, Mrs. J. G. Muckle, Mrs. R. Cox, Mrs. D. Davis, the Misses Lillie Muckle, Mary Burk and Agnes Muckle, and Masters Robert George and Wilber Muckle. The party were joined late Saturday evening by Mr. James Muckle who spent Sunday in camp, returning Monday morning while the remainder did not break up camp until in the evening. The outing, though short, was pleasant. Some of the casualities, it is true, were not pleasant, for instance, the horses getting away, the long distance to go for milk, an occasional ducking in the creek, etc. These things, of course, all belong to, and are generally a part of such occasions and consequently are expected. The greatest trouble was the shortness of the stay.

MAKES LIFE A BURDEN.—Says the Astoria Budget. A sensible woman suggests a scheme for solving the troublesome problem of social calls. Her plan is to establish a sort of society clearance-house, or club, where women may meet, drink tea and chat, and make that serve the purpose of the purfunctory visits which are now paid in conformity with a senseless fashion. It is certain that nothing could be more uninteresting or vexatious than the present system of calling. In starting out to perform this duty the dearest hope of the woman who ventures upon it, is that she may find everybody upon whom she calls away from home. If this expectation is blighted, five, ten, or fifteen minutes are squandered in an insane exchange of compliments and idle gossip and then the caller moves on to the next station. A woman with a long list of calling acquaintences is compelled to make her life a burden or be considered out of society. The clearance club idea embodies the essence of great reform. It would do more for the emancipation of woman, than the ballot.

STEAMER BURNED.—About 12 o'clock on Thursday night of last week our people were startled by the sound of the firebell and the blowing of a steam whistle. In a few moments it was apparent to all who were awake that there was a fire of no small dimensions for the light of the burning steamer Messenger illuminated the city in every part. The fire department responded to the alarm in short order and proceeded to Muckle Bro's. wharf where lay the steamer Messenger with flames shooting forth from every escape. It was useless to try to save the steamer, so all efforts were centered on saving the sawmill and store, prosecuted with success. The fire was caused by the explosion of a lamp and the flames quickly spread to every part of the boat. There were several people asleep on board at the time but all were rescued safely. The steamer Harvest Moon with a barge load of wood lay alongside the Messenger, but steam was quickly gotten up and she towed the barge out into the river. After the fire had gotten in such shape that there was no danger of it spreading further the hose were turned on the steamer and in a little while the Harvest Moon took the hulk in tow and proceeded up the slough a short distance, but before reaching shallow water the burning steamer sank. The messenger had been running in place of the Young America and had made her second trip. She was owned by Mr. Peterson foreman of the Northern Pacific mill of Portland.

COLUMBIA COUNTY INSTITUTE

Held in St. Helens Commencing July 27th.

The Proceedings in Detail by "The Mist's" Special Reporter—Institute Notes.

The teachers' institute convened at the school house on the afternoon of July 27th. There were but few teachers present at the opening, but during the term more registered. Those present were: Miss Susie Godman, Willsburgh, M. Lois Steward, Baker City, Nettie Guild, Keasy, Abbie and Maud Bryant Clatskanie, Gertrude Mullins Scappoose, Mildred Boyle Scappoose, Iris W. Tarbell Yankton, Lillian A. Bonser Deer Island, Catherine A. Chandler Marshland, Minnie Miers Rainier, Mrs. J. G. Watts Scappoose, Mrs. Lucy M. Little, Delena, Mrs. Josephine Preston, Yankton, Mrs. Myrtis Phelps, Yankton, Mrs. C. E. Walker, Rainier, Mrs. Clara P. Harter, Woodland, Wash., Messrs. Geo. A. Hall, Hillsboro, J. E. Dow, Vernonia, Edgar Wilson, Mist, M. C. Case, Houlton, L. J. Meserve, Delena, R. H. Bailey, Houlton, F. C. Whitten, Clatskanie, W. A. Wood, Rainier, A. J. Smith, Mayger, the instructors, Professor W. A. Wetzell of Portland, Professor H. S. Strange of Oregon City and Professor B. J. Hoadley of Portland, and the county superintendent, Hon. J. G. Watts.

It was the first time the teachers in a body have professionally met Mr. Watts since his re-election, and of course all were glad to see him here again.

Monday little was done but organize. Mr. Watts gave a talk, after the institute had been opened by a little general singing, upon the work institutes should do and how they should help a teacher. Professor Wetzell followed along the same line, outlining the work he wished to do during the term as instructor in giving talks upon methods of teaching arithmetic, language, history, reading, writing, spelling and geography. Quite a lively and interesting discussion by the teachers upon subjects of interest to teachers followed. Mrs. Way, Mrs. Little, Miss Boyle, Mr. Smith, Mr. Watts and Mr. Wetzell took part in the discussion which turned chiefly upon school entertainments. The decision seemed to be, "give an entertainment by all means; but give a good one or none." The chief difficulty found was the lack of interest or positive objections of parents. It is too bad parents do not look at these things differently, for as it is said, "America is a nation of orators," and nearly every one must some time speak in public, the common school is the only place of instruction many will have for this public work. Let that instruction be the best that can be had and, parents, encourage the pupil and teacher in the work.

Monday evening in the opera house the session was well attended. The programme as carried out was: Song by the audience; recitation, Winnie Way; reading, Professor W. A. Wetzell; recitation, Mildred Boyle; address of welcome, W. B. Dillard; response in behalf of the teachers, L. J. Meserve.

TUESDAY.

Tuesday morning "school" opened in earnest with Professor Wetzell as "teacher." The lessons consisted of a series of lectures by the professor. Reading was first taken up and the first of his series of talks about the methods of teaching reading was given. In answer to the question, "What is Reading?" several definitions were given. An original one which was generally accepted was, "Reading orally is obtaining the thoughts of others by pursuing printed lines, and expressing them." "Reading," said the professor, "is the great key by which we can unlock all the knowledge of the universe." The fundamentals of arithmetic were next taken up. "Drill, drill, everlastingly drill," as Professor Wetzell expresses it, is the secret of success in this line. Says Mr. Wetzell, there are forty-five two-figure combinations, in addition, that every one should, at a glance, know the sum of, as one knows the word when seeing the letters, without looking at each separately. These should be taught as thoroughly as the multiplication table. Quick and thorough mechanical work is what is wanted in addition, subtraction, multiplication and division. Arithmetic is a practical, not an educational study, and should be treated as such.

In the afternoon geography was taken up and we were told how to begin to teach geography to those who know nothing of it. "From the known to the related unknown," is Mr. Wetzell's motto in this. From the geography of the immediate vicinity spread out, so to speak, to the surrounding country, the state, the United States. Let the child have practical ideas of geography before it is given a text book. The instructor described a map which he once saw. A piece of ground 15x20 feet had been burned over thoroughly, then spaded up until the earth was fine, and the map of the United States made there. The mountains were really mountains, on a small scale of course, with lime sprinkled on the snow capped peaks; the valleys were real depressions with colored lines for rivers; the arid places were bare and the fertile valleys green with vegetation. From this map, said the professor, one could learn more about the United States than in a lifetime of study of books. The first of the two talks upon history followed this. A child should be taught history from the time it enters the school room, but not by books; not even, at first, chronologically. Let the teacher tell interesting stories, using as few dates and prominent names as necessary; later on, reading to the pupils from interesting books; so that when the real study comes—which should not be until the pupil is advanced enough to enter the fifth reading class—he will constantly find familiar things and will not think history dry or hard to learn.

Tuesday evening, in the opera house after a song by all present, a musical duet was sung by Miss Grace Miles and Mrs. Curry Another musical treat was the song by the quartet, Mrs. Watts, Miss Boyle and Messrs. W. and J. G. Watts. A recitation by Iris W. Tarbell was given next. Professor Whitten reproduced an address upon the Cuban question which was enthusiastically received. Next was a song by six little girls. Then came the great feature of the evening, a lecture by Professor H. S. Strange, of Oregon City, on the subject, "The Full Man." As a starting point, Mr. Strange quoted from Bacon, "Reading maketh a full man, writing, an exact man, and conversation, a ready man." A full man, educationally, must be full of ideas which he gets from reading, exact and a ready conversationalist. This does not always imply a college education, nor the reading of any great number of books, but it does mean, according to Mr. Strange, the intelligent reading of good books. "Read much, but not necessarily many" is his motto about books.

WEDNESDAY.

Wednesday morning Professor Wetzel took up under arithmetic, factoring and told how this should be taught that the pupils may use it intelligently. Use the brains God gave you—think for yourselves—teach your pupils in such a way that they will think—give them something to think about. Such sentiments ran all through Mr. Wetzel's talks.

Mr. Strange then gave a talk on discipline in which he said that discipline was a part and in part of all the school work. Good ventilation and correct temperature are necessary to good order. He prefers the noise of the workshop to the quiet of the funeral.

Wednesday afternoon Mr. Wetzell gave a short talk in Profit and Loss ,in arithmetic, and then for reading, studied with the class part of Benjamin F. Taylor's poem "The Vane on the Spire" and gave a practical illustration of how much can be gotten out of a reading lesson. A second talk on History was then given and at its close we played a History game. Professor Wetzell had cards arranged each containing the name of some historical character and short statements about him. Mr. Wetzell read the statements and as each one guessed the name, he or she arose, until the statements were all read, when somebody gave the name. For example: Ferdinand de Soto. 1. A Spanish explorer. 2. He landed at Tampa Bay with 600 men. 3. He traveled two years in Florida. 4. He discovered and named a great river. 5. He died and was puried in the river a year later. An interesting game and excellent review drill. Mr. Strange gave a short talk on the duty the teachers owe the state. Thorough preparation, and the best work they can do, is what he thinks they owe the state.

Wednesday evening in the opera house another excellent programme was rendered. Recitations were given by Misses Nettie Guild, Gertrude Mullins and Anna George, and a declamation by Professor Whitten. The song, "Sweet Oregon," was excellently rendered by a choir.

The lecturer for the evening was Professor B. J. Hoadley, whose subject was "Psychology." Professor Hoadley is surely not only a deep thinker but an intelligent thinker as well. His sentences are so full of truth and so straight to the point that they bear being quoted separately as follows:

1. Education cannot change the soul. 2. The mind wonderfully depends upon the nervous system. 3. The brain reaches its full size at the age of 15 and begins to decrease at 40 years. 4. The thinking brain should be fed with nourishing food. 5. Arouse the curiosity and you have the attention; change also catches the attention. 6. One notices quickest what one is most interested in, as the bootblack notices the shoes, the hatter the hat, and the barber the hair. 7. Early impressions have their impress on the future life. 8. The trouble with many people is that they look, but do not see. 9. Memory recalls things from the past into the present; the mind works easily in youth, so store the mind, then, with facts for use in future years. 10. Attention is the mother of memory, and interest is the mother of attention; to make sure of memory secure both her mother and her grandmother. 11. The teacher needs a bright imagination. 12. History and geography should be so taught as to train the imagination. 13. To think is to unite things with like things. 14. The youth cannot be as deep a thinker as the man, but he can be started on that road. 15. A man should be able to see all sides of a question. 16. Cheerfulness is catching. 17. Express emotion to enlarge it; repress it to make it die. 18. Society is suffering from center to circumference because its members forget to keep their good resolutions. 19. If attention wanders, catch it and bring it back as you would a runaway colt. 20. Let us, as teachers, remember we are doing a greater work than statesmen; they shape some of the external affairs of life, but the teacher molds the character.

After the lecture recitations were given by Jennie Gilson, Mrs. J. G. Muckle, Opal Cox, Winnie Way and Gertie Weed. Sixteen girls gave a very pretty flag drill, the music for the march being furnished by Miss Maud Decker at the organ. At the close of the programme Mr. Dillard, who always does the right thing at the right time, gave a reception where the teachers and a few friends spent a very enjoyable time and were so royally entertained by Mr. and Mrs. Dillard that they could not have helped enjoying themselves if they had tried; but no one did, and every one was perfectly happy.

THURSDAY.

Thursday morning fractions were taken up during the arithmetic hour, and a great many new devices were suggested by Professor Wetzell, by which the teacher could help the pupil to understand this bugbear of young scholars and help them to work intelligently in it. Professor Campbell, of Monmouth, suggested a chart made by the teacher from sheets of manilla paper, with circles, halves, quarters, eighths, etc., of tissue paper pasted on it to help the younger pupils get the concrete idea of a fraction.

Under the head of "Reading," Professor Wetzell gave the essentials of good reading as follows: First, ability to recognize and utter words correctly; second, word utterance, in three parts, correct pronouncation, clear enunciation, and distinct enunciation. The third essential is to express the thought and feeling of the selection and to have a clear mental picture of the description. Last but not least the fourth essential is a good voice, pleasant and under full control. In reading and in speaking the words should be so spoken that an idea of their meaning is conveyed. The voice should fit the idea conveyed in the word. A short talk was then given by Professor Wetzell on the subject of "Maps and Map-drawing." He says that it is not the exact little crooks and turns given in the book that should be insisted upon by the teacher, but to see that the pupil has the correct geographical idea. It is better to have them study the map and then, without the book, be able to draw a rough outline of the state from memory than to take the book and make a map exactly like the one there. He suggested as a pleasant exercise in their having one pupil sketch roughly on the board, outlines of states or countries and having the other pupils guess what state it is from the partly finished outline, the first one to guess, rise and others rise as they guess it. Another thing he suggested was for the teachers to draw or have drawn upon the board the cross section profile of the country, studied to show the mountains, plateaus, slopes and plains of the country. Another suggestion was the produce map. Have an outline map of the country and in each part have pasted a sample of the production of that place.

Thursday afternoon Professor Wetzel gave a very interesting talk about spelling and words, bringing out many new and interesting points.

Professor Campbell then addressed the institute speaking especially of the Normal Schools and how they help the teacher and how the teacher helps them. The Professor thinks that the most necessary qualification of the teacher is the professional spirit, which makes them do their work because they love it not from selfish methods.

State Superintendent G. M. Irwin followed Professor Campbell giving a short talk and ending by inviting the teachers to attend the Western Oregon Summer State Teachers' Association, which he will hold at Newport for four days beginning Aug. 18th.

The teachers who registered during the latter part of the term are, Misses Tillie Cheidelen, Allie Lyons, Cassie Helmer, Fannie Burke, Mrs. Josie Rentfrow, Mrs. L. Belle Gaddis, Miss Marie Watts, Miss Bertha Detrick, W. C. Fisher and I. B. Shoemrker, Mrs. Kate Perry and Miss Grace Moeck and Miss Ida Morgan.

Thursday evening the first on the programme was a song by the Multnomah quartet, of Portland. They were enthusiastically encored. Next followed recitation by Mrs. Josephine Preston, solo by Miss Frankie Way, and address by State Superintendent G. M. Irwin. Mr. Irwin says $1,200,000 have been spent the past year in this state as salaries to teachers of the public schools, and that this amount has been distributed among 3500 teachers. Mr. Irwin was accorded the closest attention during his address, which was along the line of patriotism. After several selections by the quartet, the session closed for the evening, after which the teachers and their invited guests from other parts of the state, together with about 125 of our home people, repaired to Masonic hall, where ice cream and cake were served. The evening throughout was very pleasantly spent.

The institute closes today, and the expression of many of the teachers is that this has been the most successful one ever held in the county. Superintendent Watts has labored faithfully to this end, and success is his just reward.

PERSONAL AND LOCAL.

M. A. Swager, of Kelso, was in this city Tuesday.

D. B. English, of Long Beach, Wash., was in this city Tuesday last.

Ex-Judge Blanchard of Rainier, was a caller on Thursday of last week.

Judge Doan, of Rainier, was in this city Tuesday attending to the duties of his office.

Mr. Hieder, who has lived at Goble for the past two years has gone to San Francisco to live.

Mrs. T. C. Watts, of Reuben, was the guest of Mrs. J. R. Beegle, Wednesday and Thursday of this week.

Captain and Mrs. James Good returned the latter part of last week from Clatsop beach, where they had been for several days.

County clerk, Weed and Mr. E. E. Quick left last Monday for Rock creek in the Nehalem valley where they will rusticate for a few days.

The wood flume is completed and is ready for operation. It is expected to have wood running onto the wharf in a few days.

Mr. Orchad, the veteran water warks man, has a franchise for putting in a water system at Castle Rock, Wash, work upon which has already been commenced.

The first issue of the Columbia County News, by G. A. Sanford, is before us, and makes a very creditable appearance. It is populist in politics and asks the support of that party.

Mr. Dolman is having a warehouse constructed on his property here, the dimensions of which is 28x60 feet. It will be used as a storeroom or rather an annex to his already spacious store.

Mr. H. C. Brown and family, who have resided at Goble for several years have moved to Portland where they will in future reside. They were passengers up on the Kellogg, Wednesday.

A rattle snake twenty inches long with four rattles and a button, was killed at Ed Henrici's place on Sauvies island last Sunday. It is thought the reptile came from east of the mountains on drift wood.

Mr. George Hall, a prominent Washington county teacher, has been in attendance at the institute, here this week. Mr. Hall has also been employed to teach the fall term of school in this city.

The families of Captain Hooghkirk and Mr. Frank Dow, started Wednesday morning for upper Nehalem where they expect to enjoy the mountain air, scenery and other luxuries which are not found in the more densely populated sections.

Mr. and Mrs. Thomas Cooper returned last Saturday from Washington county where they had been summoned to the bedside of his mother who died on Friday. Miss Lottie who had been there for a month, returned with him.

Cure for Headache.

As a remedy for all forms of headache Electric Bitters has proved the very best. It effect a permanent cure, and the most dreaded habitual sick headaches yield to its influence. We urge all who are afflicted to procure a bottle, and give this remedy a fair trial. In cases of habitual constipation Electric Bitters cures by giving the needed tone to the bowels, and few cases long resist the use of this medicine. Try it once. Fifty cents and $1 at Dr. Ross' drug store.

Jones, He Pays the Freight.

Send for a copy of "The Buyers' Guide," with latest reductions and market reports. Sent free to any address. Freight on $20 order of goods paid to any point on the Columbia river, reached by Portland boats. Jones' Cash Store, 105 Front street, between Washington and Stark, Portland, Oregon.

Bucklen's Arnica Salve.

The best Salve in the world for cuts, bruises, sores, ulcers, salt rheum, fever sores, tetter, chapped hands, chilblains, corns, and all skin eruptions, and positively cures piles, or no pay required. It is guaranteed to give perfect satisfaction or money refunded. Price 25 cents per box. For sale by Dr. Edwin Ross.

Awarded
Highest Honors—World's Fair,
Gold Medal, Midwinter Fair.

DR. PRICE'S CREAM BAKING POWDER

Most Perfect Made.
40 Years the Standard.

The regular teachers examination will take place in this city on Wednesday Aug. 12.

The county board of equalization meets at the court house on Monday Aug. 31.

Chamberlain's Cough Kemedy cures colds, croup and whooping cough. It is pleasant, safe and reliable. For sale by Dr. Edwin Ross.

Rev. W. L. Blackwell will preach at Houlton, Sunday, Aug. 2, at 11 o'clock a. m., Warren at 3 p. m., and St. Helens at 8, p. m.

The steamer, Young America has made a special rate to Portland next Sunday. The fare on that day will be 35 cents for the round trip. Quite a number of people from Warren and St. Helens are contemplating taking advantage of the special rate to visit the metropolis.

A game of baseball will be played this afternoon at 2 o'clock between the St. Helens nine and a nine composed of the visiting school teachers. It is likely that the home team will cross bats with Scappoose again next Sunday at the St. Helens grounds. A challenge has also been received from a Portland clud to play in the near future.

A party of serenaders visited a number of homes in this city Tuesday evening and rendered life more enjoyable for a time by vocal music. It has been many years since a serenading party has been seen on the streets of St. Helens, but hope in futute such scenes will be more frequent.

Professor H. S. Strange, of Oregon City, one of the state's prominent educators has been attending the institute this week. The line of thought presented in his lecture Tuesday evening was clear, concise and to the point, showing beyond doubt that the speaker was thoroughly familiar with the better methods of education.

Last summer one of our grand children was sick with a severe bowel trouble. Our doctor's remedies had failed, then we tried Chamberlain's Colic, Cholera and Diarrhœa Remedy, which gave very speedy relief. We regard it as the best medicine ever put on the market for bowel complaints.—Mrs. E. G. Gregory, Frederickstown, Mo. This certainly is the best medicine ever put on the market for dysentery, summer complaint, colic and cholera infantum in children. It never fails to give prompt relief when used in reasonable time and the plain printed directions are followed. Many mothers have expressed their sincere gratitude for the cures it has effected. For sale by Dr. Edwin Ross.

The Discovery Saved His Life.

Mr. G. Cailliouette, druggist, Beaversville, Illinois, says: "To Dr. King's New Discovery I owe my life. Was taken with la grippe, and tried all the physicians for miles about, but of no avail, and was given up, and told that I could not live. Having Dr. King's New Discovery in my store I sent for a bottle and began its use, and from the first dose began to get better, and after using three bottles was up and about again. It was worth its weight in gold. We won't keep store or house without it." Get a free trial at Dr. Ross' drug store.

When Baby was sick, we gave her Castoria.
When she was a Child, she cried for Castoria.
When she became Miss, she clung to Castoria.
When she had Children, she gave them Castoria

NOTICE.

U. S. Land Office, Oregon City, Or., May 12, 1896.

COMPLAINT having been entered at this office by John Walczak against George Gutman for abandoning his homestead entry No. 8585, dated May 9th, 1890, upon the sw¼ of section 27, township 5 north, range 3 west, in Columbia county, Oregon, with a view to the cancellation of said entry, the said parties are hereby summoned to appear at U. S. land office at Oregon City, Oregon, on the 6th day of August, 1896, at 10 o'clock A. M., to respond and furnish testimony concerning said alleged abandonment. j3a6 ROBERT A. MILLER, Register.

Notice of Final Settlement.

NOTICE is hereby given that the undersigned administrator of the estate of Levi French, deceased, has filed his final account and petition for final settlement in the matter of said estate, in the County Court of Columbia County, Oregon, and the judge of said Court has appointed Friday, the 7th day of August, A. D. 1896, at the incoming of Court, on said day, as the time for hearing objections to said final account, if any, and the final settlement of said estate. LINDLEY MEKKER, Administrator of the Estate of Levi French, deceased. j10a7

Wood Wanted!

20,000 Cords, delivered on Milton Creek or tributaries. Contracts entered into for immediate delivery. Apply to or address
OREGON WOOD CO.,
C. H. PIGGOTT, Manager.
St. Helens Hotel, St. Helens, Or.

For Sale.

The cheapest place in Columbia county. Inquire of R. O. HAZEN, Warren, Oregon. tf

EASTERN COFFEE AND CHOP HOUSE
D. H. BROWN, Prop.
Best Meal in the City for 15c
AND UPWARDS.
170 Third St., No Chinese Employed. PORTLAND, OREGON.

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SPECIAL SALE

Patronize Home INDUSTRY
SPRING AND SUMMER 1896

SINCE REMOVING TO OUR NEW STORE
81 and 83 THIRD ST, S. W. Cor. Oak

Men's All--Wool Suits

Fifteen Patterns. Every Suit Warranted Made From Our Celebrated Albany Woolen Mills Cassimeres.

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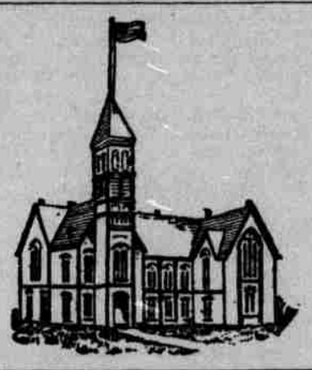
Samples with plain rules for self-measurement sent free to any address.



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MONMOUTH, OREGON.

A training school for teachers. Senior year wholly professional.
Twenty weeks of Psychology and General and Special Methods; twenty weeks of Teaching in Training Department.
Training School of Nine Grades, with Two Hundred Children.

Regular Normal Course of Three Years

The Normal Diploma is recognized by law as a State Life Certificate to teach.
LIGHT EXPENSES: Board at Normal Dining Hall, $1.50 per week. Furnished rooms, with light and fire, $.75 to $1.00 per week. Board and lodging in private families, $2.50 to $3.50 per week.
TUITION: Sub. Normal, $5.00 per term of ten weeks; Normal, $6.25 per term of ten weeks.
Grades from reputable schools accepted.
Catalogue cheerfully furnished on application.
ADDRESS: P. L. CAMPBELL, President.
or W. A. WANN, Secretary of Faculty.

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Buy where you can get the best goods for the least money . . . . . .

TAN SHOE SALE

Gent's $4.00 Shoes for	$3.00	Ladies' Oxford, $2.50 Shoes for	$1.75
" 2.00 "	1.75	Misses $1.50 Shoes for	1.25
Ladies' Oxford, $1.75 Shoes for	1.35	Children's $1.25 Shoes for	1.00

All Tan Goods at Reduced Prices.

LEO SELLING,

167 Third Street, between Morrison and Yamhill, Portland, Oregon.

Has a new and complete stock of the latest styles in footwear, which he is offering for sale at bottom prices.

CASTORIA

for Infants and Children.

MOTHERS, Do You Know that Paregoric, Bateman's Drops, Godfrey's Cordial, many so-called Soothing Syrups, and most remedies for children are composed of opium or morphine?

Do You Know that opium and morphine are stupefying narcotic poisons?

Do You Know that in most countries druggists are not permitted to sell narcotics without labeling them poisons?

Do You Know that you should not permit any medicine to be given your child unless you or your physician know of what it is composed?

Do You Know that Castoria is a purely vegetable preparation, and that a list of its ingredients is published with every bottle?

Do You Know that Castoria is the prescription of the famous Dr. Samuel Pitcher. That it has been in use for nearly thirty years, and that more Castoria is now sold than of all other remedies for children combined?

Do You Know that the Patent Office Department of the United States, and of other countries, have issued exclusive right to Dr. Pitcher and his assigns to use the word "Castoria" and its formula, and that to imitate them is a state prison offense?

Do You Know that one of the reasons for granting this government protection was because Castoria had been proven to be absolutely harmless?

Do You Know that 35 average doses of Castoria are furnished for 35 cents, or one cent a dose?

Do You Know that when possessed of this perfect preparation, your children may be kept well, and that you may have unbroken rest?

Well, these things are worth knowing. They are facts.

The fac-simile signature of Chas. H. Fletcher is on every wrapper.

Children Cry for Pitcher's Castoria.

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MANUFACTURERS OF
Dimension Lumber, Flooring,
Rustic, Sheathing, Casings, and a complete stock of every variety of
Rough and Dressed Lumber
ALWAYS ON HAND.
AT THE OLD STAND, ST. HELEN OREGON

ORIENTAL HOTEL
A. H. BLAKESLEY, Proprietor.
Board by Day, Week or Month
AT REASONABLE RATES.
The table is supplied with the best the market affords. Everything clean. A share of your patronage is solicited. ST. HELENS, OREGON.

ST. HELENS LIVERY STABLES
THOS. COOPER, Proprietor.
Horses Boarded and Cared For.
TURNOUTS ON SHORT NOTICE.
ST. HELENS, : : OREGON