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I will permit thee with my whole heart, I will give thanks unto thee. I give my will unto thee that Thy will may be done now upon and in the earth. Praise and thanksgiving do I give with a full and sincere heart. This is my day rejoicing for Thou art with me. Thy rod and Thy staff they comfort me. Praise be unto Thee, my God and my Father.

From now until March 4th next there will be many rumors of cabinet changes when the President enters upon his new term of office. It is announced as absolutely certain that Secretary Hay will remain and it is more than probable that Mr. Moody will still continue as Attorney General and Mr. Wilson as secretary of Agriculture. When the time does arrive it is possible their will really be few after all.

NATURAL RESOURCES

Much is said and written about natural resources as the basis upon which fortunes are built in new countries, but there are very few who stop to give serious thought as to what natural resources are, or rather to consider the conditions that render it possible to make available the latent sources of wealth that abound in most new countries.

It is a mistake to think that the natural resources of a country renders it independent of other countries and that business of any kind can be successfully carried on in a new country without reference to the outside world or that a new country can be developed, that is rendered desirable to live in by civilized people, without capital.

The past history of Union county illustrates the proposition that the pioneer is dependent on outsiders. Grand Ronde valley soil was just as fertile now as when in 1812 Wilson P Hunt and his party of trappers made their New Years dinner on dog and poor horse on Ladd Creek after weeks of Starving in Idaho. The natural resources of Union County were of little avail to these hungry wanderers and all the capital that is property saved up, that they could find was a lank dog and travel worn horse

But for them the partner of John Jacob Astor a millionaire would have miserably perished for food in this valley fifty two years ago.

What could A B Conly or any of the Wheat Kings have done in this valley with their gang plows harvesters and steam threshers before their wheat was within reach. When the white immigrants passed through this valley fifty years ago if Mount Emily had been a mass of merchantable wheat it would have been worthless save the few bushels that the travel worn teams could have carried in addition to their already heavy burdens to be parched for a substitute for coffee or boiled into hominy. It was then three hundred and fifty miles to a grist mill.

All the white people in Oregon would not then have consumed for bread the crop of one of our Wheat Kings. To have stocked and provided with machinery a large wheat farm in this valley prior to the coming of railroads would have been a sheer folly. The natural resources of the valley were as good then as now but these was no market for a big crop and it would have been a financial blunder to grow one.

Since our relation to the outside world has changed and we have been placed in touch with the markets of the world we can profitably expand large sums annually to grow wheat, fruits beef cattle horses and dairy products but to grow these large capital is necessary.

To Obtain a Slim Waist

It's nice to be plump, but to be plump in the wrong place is misery. French women, though they get quite redundant, have their redundancy located properly owing to the training of their figures from girlhood. The best thing for a woman to do when she has allowed her "form to get out of form" is to regain it by taking gymnastic training of some kind, fencing or clubs of dumbbells. In the modern gymnastics there is such an apparatus for the waist—two great ropes from the ceiling terminate in a pair of padded metal rings, into which you slip your arms, and, pointing your toes within the central disk on the floor, you swing yourself round and round in a circle, making your toes the pivot. It is splendid for indigestion, this apparatus, and for one's condition generally as well as one's figure. The action comes greatly from the waist, which should be the strongest part of the body and which by no means implies the thickest. The waist should be firm and in reason slight.

The nails should be the color of a rose leaf and as clear as a seashell.

Mother of pearl, if it were a little rosier, would about describe the texture of the ideal nail.

How to Improve Starched Hair

Starched hair is much improved by the addition of a little salt or dissolved gum arabic. A useful thing to remember is that the iron will not stick to the clothes if the starch used has been mixed with soapy water.

How to Cure Distemper

Strips of huckabone will cure dogs of distemper if given in time. Three or four doses should be given daily, and about a teaspoonful at a time. Let the animal sleep near the fire and feed it on hot milk until its appetite comes back.

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How dear to my heart is the old-fashioned washboard. That mother used to wash on when I was a boy. With its zinc-covered ridges the suds used to play in. And soap bubbles gambled to my childish joy. Ofttimes have I watched her when wearing her knuckles. As over the ridges our duds she would rub. I never will forget how she snatched and she slathered. The old-fashioned washboard that stood in the tub. CHORUS The old-fashioned washboard; The zinc-covered washboard; The back-breaking washboard that stood in the tub. Some folks always kick about up-to-date laundries, And say they wear out their clothes every day; But give them to me, so I will have a hot dinner. At home, with the smell of the soap suds away. I know that the washing machine is much easier. On all of our clothes than to take them and rub. Till the buttons and bosoms are lost and worn out. By the old-fashioned washboard that stood in the tub. We are not the old-fashioned kind.

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