

A MATTER OF HEALTH



ROYAL BAKING POWDER

A Cream of Tartar Powder, free from alum or phosphoric acid.

HAS NO SUBSTITUTE

BASKET FISH.

When dried, the Quercus Arbus Closely Resembles Plaster of Paris.

At its marine residence, away down in deep water, the name on the door plate would be "Astrophyton," and it belongs to a species called ophiurans. It has a well marked control disk, not unlike a clam, but has no shell. From this central body radiate arms, five in number, like those of the familiar starfish, and these arms are divided into minute branches, like the twigs on a tree, until they number in some cases a thousand separately defined hairlike tendrils. While the body is not large, the branches when extended measure about eighteen inches in diameter. The creature has the power of incurling these branches until it closely resembles a shallow dish. This it does when caught and about to die, remaining in that shape when dried.

It has been given the name of basket fish. It frequently (when caught by a dredge, for that is the only way it can be taken) throws off these arms or parts of them, so that a perfect specimen is hard to be procured in its natural condition.

These arms and their subdivisions are almost white when dried and closely resemble plaster of paris. They are very brittle, easily broken and cannot be repaired. The fish live among the roots of seaweeds and are supposed to feed upon these moving about by wriggling and clambering with their arms or fastening upon the roots and pulling themselves along.

Most of the knowledge regarding their habits is conjecture, for none have been taken alive and kept for sufficient time to give them proper examination and study.—St. Nicholas.

HOW TO KEEP YOUNG.

Be Hopeful, Avoid Worry and See the Amusing Side of Life.

Women more than men are possessed with a dread of growing old, not realizing that maturity has its charms and compensations. We wish young people often had it impressed upon them that they may provide for a happy old age by laying up a reserve of sound health and a store of happy memories as well as by cultivating tastes and resources which will outlast youth. As for those who are already approaching middle age, there is no surer way to grow old prematurely than to dread the future. It is essential, if we wish to keep young, to cultivate that hopeful habit of mind so characteristic of youth—the hope which makes one able to say with Browning, "The best is yet to come," and with Lucy Larcom, "Every year life is larger and deeper and more beautiful in its possibilities." Allied with this attitude of expectancy must be the ability to see the amusing side of life. Worry and vexation over what would better be laughed at result in disfiguring wrinkles. Above all, if the years bring us, as they should, a better understanding of ourselves, a broadening of active human sympathies, a firmer faith in Providence, we shall find life abundantly worth the living, no matter what may be the number of our birthdays.—Western Review.

The Heart of a Child.

That which dispenses us and quickens revolt is no less a factor in a child's emotional life. But there is this difference—we have the better opportunity to defend ourselves and to obtain reparation. So there is a certain pathetic pleasure in standing with humanity where its joys, its longings, its embarrassments and its disappointments are simplest and newest, and, perforce, where impetuosity is absolute. Give me this most uncommercial, this divinest of enterprises for my own! Give me a child to be with me with, to be in absolute confidence with! If I cannot refashion my warped, wrinkled and discolored old soul into the unblended grace of the child, let me now and again open that little door and shut myself in that little heart, just for the sheer delight of it.—Patterson Du Bois in Success Magazine.

Bad For Tall Hats.

New Year's eve, which is sacred to St. Sylvester, is celebrated in Berlin by the blowing of tin horns, the ringing of bells and all other devices for making a noise. The only horse play indulged in is at the expense of the wearer of the silk tie. Any one on the street is privileged to bring his cane down on the crown of the offending headgear as hard and as often as he can. When the man with the dilapidated hat complains to the police the only consolation he gets is, "It serves you right for wearing it on St. Sylvester's night."

Low Down.

"You are anaemic," says the physician after thumping and prodding. "You should practice deep breathing." "Deep breathing!" retorts the patient. "Why, doctor, that is just what I do all the time. I work in a subway cellar fifty feet below the street level."—Judge.

CASTORIA.

The Kind You Have Always Bought



A PATERNAL CRITICISM.

Mr. Henry Irving's Comment on His Son's Early Hamlet.

H. B. Irving, son of Sir Henry Irving, was not educated primarily for the stage. Studying for the profession of barrister, while he was still in college he took part in amateur theatricals. An amusing story is told of one of his earlier interpretations of the difficult role of Hamlet. On this particular and early occasion, however, Sir Henry was "out in front," and after the performance several, including his son, crowded about him for an expression of opinion.

"What do you think of Smith as Polonius?" asked one.

"Good, very good," murmured Sir Henry in his quiet, kindly way.

"And Miss Black as Ophelia?"

"Good, very good," again murmured Sir Henry.

"And Jones as the King?"

"Good, very good," repeated Sir Henry.

"And Thomas as Horatio?"

"Good, very good," came the answer.

So the entire cast was gone through with the exception of the principal character, and each received the same praise, neat criticism, "good, very good." This time there was a slight pause, an awkward pause, after which the son, who had been waiting eagerly and anxiously for his father's opinion about his acting, managed to pluck up enough courage to stammer, "But, father—what do you think of the rest of the cast?"

Sir Henry looked blandly at his son and then remarked dryly, "Are you sure that you want to be an actor, my son?"—Bohemian Magazine.

MAN AND MONEY.

The Change That Often Comes With the Acquisition of Wealth.

The transforming power of money the moment it gets into a man's possession is one of the unalloyed mysteries of the universe. Of course we know that the poison of avarice and greed is in the character and not in the money, but it is unfortunate that the possession of money seems to develop, to bring out, some of the worst human qualities, qualities which never develop in poverty or show themselves under ordinary circumstances.

Before we get possession of money we feel sure that we will not allow it to warp and twist our ideals. We are going to show the world a sane use of money. We are going to help everybody. We are going to help struggling merit, assist poor boys and girls to get an education and to get a start in the world. We are going to be helpful and useful in the largest possible way.

But it is a strange trait in human nature that, no matter how humble or democratic or helpful and companionable people may be while poor, just as soon as the average man gets more than his fellows he begins to domineer over them and to use the very wealth which he was so anxious to get to enable him to help his fellow men to oppress and keep them down.—O. S. Marden in Success Magazine.

Not a Bad Prescription.

On a family druggist's prescription file is an oft repeated prescription bearing number 35,111. The Latin of the twentieth century reads: "Recipe. Ticketor! thesauri auctora duo signa. Take this afternoon, Dr. —"

Obviously it is an order on the druggist written by a reputable physician for two theater tickets, and the patients, mother and daughter, are enabled to take needed treatment at a matinee while the busy husband and father remains at work. The reason for the scheme as told the druggist by the doctor was the absolute need of mother and daughter for recreation, and as the druggist has a theater ticket office it was readily and satisfactorily arranged.—New York Sun.

What Breathing Amounts To.

In each respiration an average adult inhales one pint of air. A man breathes sixteen to twenty times a minute, and a young child about twenty-five to thirty-five times. While in a standing posture the number of respirations is greater than when lying down. A man takes only thirteen breaths of air to the minute while reclining. The superficial surface of the lungs is 200 square yards. The amount of air inspired by an adult in twenty-four hours is about 10,000 quarts. The least amount of air needed by an adult in one hour is 350 quarts. The heart sends through the lungs 5,000 gallons of blood daily.

Most Birds Love Toys.

Most birds love toys. The playthings help to while away the time and prevent them from losing their plumage. Parrots are especially devoted to playthings and can be trained to do simple tricks with the objects specially favored. A soft billed bird will amuse itself for an hour with a peanut which it cannot break, a toy ball or a mirror just like enough to reflect its own head.—Mary Dawson in St. Nicholas.

Fixing the Value.

James—So the price of that "old master" is \$5,000. It doesn't look to be worth \$10.

Art Dealer—Yes, but remember it

was painted in 1215. Just think what \$10 at compound interest would amount to for that length of time!

Prescriptions.

Old Doctor—What are those white subjects I see in the distance, my dear? Miss Port—Those are signs advertising your profession, sir. Old Doctor—Ah, I thought they might be tombstones. Miss Port—So they are.

Suppose the Bird Does Out?

"What day was I born on, mother?" "Thursday, child."

"Wasn't that fortunate? It's your day at home!"—Harper's Weekly.

A Remarkable Carrier Pigeon.

A remarkable story of the sagacity and physical endurance of a carrier pigeon is told in Nansen's story of his Arctic explorations. One day the pigeon tapped at the window of Mrs. Nansen's home in Christiania. It was immediately opened, and the little messenger was covered with kisses and caresses by the explorer's wife. After an absence of thirty months from the cottage the pigeon brought a note from the explorer over a thousand miles of frozen waste and another thousand of ocean, plain and forest.

GOLDSMITH'S DEBTS.

The Sale of the Manuscript Copy of "The Vicar of Wakefield."

Utter incapacity for managing his own money affairs had brought poor Goldsmith, not for the first time, to his last penny, and his landlady to the end of her stock of patience. It was in these circumstances that "The Vicar of Wakefield" was sold to pay the unhappy author's unpaid rent. Boswell tells us that one morning in 1764 Dr. Johnson received an urgent message from Goldsmith begging he would come to him as soon as possible, as he was in great distress. Johnson at once sent him a guinea and then went over to see his friend. He found Goldsmith much excited and in a violent passion because his landlady had arrested him for his rent. "I perceived," says the doctor, "that he had already changed my guinea and had got a bottle of Madeira and a glass before him. I put the cork in the bottle, desired he would be calm and began to talk to him of the means by which he might be extricated." Goldsmith then produced the MS. copy of "The Vicar of Wakefield," lying in his desk ready for the press. Johnson looked at it, perceived its merits and then took it to a bookseller named Newbery and sold it to him for £50. "I brought Goldsmith the money," continues Johnson, "and he discharged his rent, not without rating his landlady in a high tone for having used him so ill."—London Tit-Bits.

THE GULF OF MEXICO.

It is Surrounded by the Richest Region of the World.

The Gulf of Mexico is a sea 1,000 miles long from the strait of Florida to the harbor of Tampico and 800 miles wide from the mouth of the Mississippi river to the mouth of the Conacoacoas. This Mediterranean of the west is surrounded by countries of extraordinary richness in the fertility of their soil, the gentleness of their climates, the vastness and value of their forests, the variety and extent of their mineral endowments.

All these countries, capable of sustaining hundreds of millions of people are inhabited by nations and races who live under republican forms of government and cherish and maintain free institutions. The northern coast line of this important sea is in the great republic of the United States of North America, the southern half is in the next greatest American republic, that of Mexico, while on the east are the important islands of the West Indies with Cuba at their head. The region around this most important sea is destined to be far richer, more powerful and more distinguished in the history and affairs of our globe than were ever those that bordered the ancient Mediterranean of the eastern hemisphere, not even excepting Egypt, Greece and Rome.—New Orleans Picayune.

Prisoners of War.

"Treatment accorded to prisoners of war in the early part of the nineteenth century would not be endured for a moment in the twentieth century," says an English writer. "To say that we started them off in untruth; that we started them off of necessities is a fact French prisoners were kept in dungeons on board hulks at Portsmouth and Bishops Waltham. Cases are on record of the dogs of British officers paying a call on board being deceived by low, where they were killed and converted into cutlets, while the masters were chatting on the deck. Hats in the hold were fished for with book-batted with nation leaf and, when caught and cooked, were eagerly devoured. The French prisoners to kill monotony gambled. The counters were mother and daughter for recreation, and as the druggist has a theater ticket office it was readily and satisfactorily arranged.—New York Sun.

Glasgow's Cable Road.

A massive rope is used daily in pulling all the London trains out of Glasgow from Queen street high level station over the Cowal gradient, first mile and a half of which is steep as to exceed the power of the locomotive. This rope, which is made of steel wire and is three miles long, costs £500 and lasts from ten to twelve months. It is endless and lies on the surface of the up and down tracks supported on iron pulleys, dipping underground at either end. At Glasgow each train is fastened on to it by a chain arrangement, and the rope, belted in motion by the stationary engine at Cowal, pulls the train to the summit, from which point it continues the journey unassisted.—London Graphic.

Causes of Insanity.

In England, where everything that is excessive in a great civilization is to be found, mental alienation is very frequent. Many special causes contribute to this, such as ill assorted marriages, which engender hereditary insanity; hazardous and desperate speculations; the frequency of commercial crises; the increasing fluctuations of political life; the business peculiar to the rich; the abuse of fermented liquors; and, lastly, the immense number of religious sects.—London Hospital.

So He Heard.

"I wonder if there be any industrious carried on in heaven?" inquired the town ignoramus.

"I've allers heard as how matches are made there," was the guarded answer of the local sage.—Louisville Courier-Journal.

Perseverance.

"I think," said the reporter, "that the public would like to know how you managed to live to such a great age."

"By perseverance," replied the centenarian. "I just kept on living!"—Philadelphia Ledger.

Advantages of Kilts.

The London Tailor and Cutter observes with its usual keen insight into human nature: "No one has yet suggested the utility of kilts. They never bag at the knees, nor do they ever require patching at that part, and their hygienic properties are proverbial."

Where He Saved.

Two residents were talking of the merits of gas and electricity and their comparative cost. "Well, I haven't figured it out carefully," said the man who used electric light, "but I know I save a lot of matches."

SOLDIERS HELD FOR MURDER

CONFLICT OF CIVIL AND MILITARY AUTHORITY TO BE ADJUSTED BY CASE.

Soldier Ordered By His Superior Officer to Shoot Boy Who Was Suspected of Stealing.

Pittsburg, Pa., Jan. 29.—A murder trial, the outcome of which will establish an important precedent in legal and military circles, was called here yesterday in the criminal branch of the court. Lieutenant Ralph W. Drury and Private John Dowd of the Ninth United States Infantry, were placed on trial charged with the murder of William Crowley, 18 years of age, who, on September 10, 1903, was killed near the United States Arsenal by Private Dowd, acting under instructions from Lieutenant Drury.

Crowley and a number of other boys are said to have been caught stealing inside the arsenal grounds, were pursued by soldiers and Crowley was shot after he had gotten a considerable distance outside the arsenal limits.

The question at issue is, Has a soldier the authority to kill a man outside of Government property who is suspected of a crime within Government property?

Many maintain that as the alleged crime was committed within Government property the soldiers were justified in pursuing the man.

Before he died, however, Crowley made a statement, in which he denied he was inside the arsenal, but claimed that he was sitting on the doorstep, became frightened at the sight of the onrushing soldier and ran. He said he heard a command to halt, that he did halt, but was instantly shot.

For ays following the shooting the civil and military authorities had frequent clashes. The police officials and coroner insisted that as the shooting occurred outside the Government property the prisoner belonged to them. Lieutenant Drury took a different view of the matter and the civil authorities dared not force their demands by entering the arsenal. The case was finally taken to the United States Court, where it was decided to turn the men over to the civil authorities and end the question for all time. Lieutenant Drury and Private Dowd were later released in the sum of \$5,000.

The prisoners are being defended by the Government and United States District Attorney Dunkle is their counsel. The commonwealth is represented by District Attorney George Goehring.

When court opened a large representation of military and civil attorneys was in evidence.

Local Option Urged by Preachers.

Chicago, Jan. 29.—Pastors in nearly 2,000 churches in every city and hamlet throughout the State on Sunday made the local option bill, which will come up in the Legislature this week, the text for their sermons. It was the "field day" for their Anti-Saloon League people of Illinois, and was marked by a final concerted appeal for the passage of the bill. In addition to the pastors, general officers, district leaders and an army of Anti-Saloon League's workers also delivered addresses at the church services.

The Anti-Saloon League's local option bill will be handed in both

houses of the legislature this week. The bill provides that any precinct or combination of precincts or ward or community that is a political unit can by a majority vote create a prohibition district.

Crushed to Death by Elevator.

San Francisco, Jan. 29.—J. W. Duffey, a clerk in the passenger department of the Southern Pacific Company, was instantly killed last night by being crushed by an elevator in the James Flood building.

As Duffey entered the lift the elevator suddenly shot up, catching him

between the floor of the elevator and the wall of the elevator shaft, crushing his chest flat. No reason can be assigned for the sudden starting of the elevator.

Fined \$4000 for Importing Workmen

Chicago, Jan. 29.—The Allis-Chalmers Company, manufacturers of mining machinery, was fined \$4,000 by Judge Landis in the United States District Court following the return by a jury of a verdict finding the company guilty of importing four iron molders from Manchester, England, in violation of the alien contract labor law.

The Kedah postoffice authorities have

a somewhat blunt way of putting things. Copies of a Penang paper posted to a subscriber were the other day returned marked, "Addressee hanged for murder."—Bangkok Times.

The man or woman who smiles, filling

the hours of leisure from day to day with sunshine, does more for the world than all the medicines of the apothecary.

Kodol Dyspepsia Cure

Digests what you eat.

COCHINEAL.

The Way the Tiny Insects Live and How They Are Gathered.

Merry millions of little beetles support the vast cochineal industries. Where the tiny cochineal insect comes from is something of a mystery, but he does come wherever the nopal plant grows and for a long time was thought to be a seed or a flower of the plant. The living female insect is twice as large as the male, weighs one-tenth of a grain and loses much weight in drying, so that 70,000 are needed to make one pound. During the rainy season millions of the creatures are drowned or washed off the plants, so that when the long dry summer comes there are but a few survivors on each plant. But these multiply so rapidly that before long the plants are covered. The last act of the female's life is to deposit a large number of eggs, from which her dead body rests, protecting them from the burning rays of the sun until the little ones emerge. In about six weeks after the beginning of the dry season comes the first harvest. The plantation laborers make the round of the nopal and with a brush go over the entire plant, sweeping the creatures into a bag. They then are killed by immersion in hot water, by exposure to steam or by drying in hot ovens. The hot water or steam makes them a dark reddish brown or black cochineal. The hot ovens make them a red gray hue or silver cochineal. The females outnumber the males by at least 200 to 1, a fortunate fact for the planter, since the males are of no use to him whatever.

THE CABS OF NEW YORK.

They Are Not an Integral Part of the Life of the City.

The cab is no integral part of New York life. Venice without the gondola was as unthinkable as a woman without hair. No little of London's compelling charm is in its swift rolling hackneys. These things we know, but one can't think of New York in terms of cabs. Once upon a time I was in exile. Only in memory did the great city rise before me, and what I saw was this: Huge canyons of stone and steel, filled with noise and darkness, through which great yellow worms crawled, one after the other, in mid-air. That is the picture of New York that haunts the exile, even as the outlawed Venetian is obsessed by slim black gondolas cutting across lanes of moonlight. Your true New Yorker is a steam projected, electrically carted person. Only in exceptional moments of gloom or anxiety does he ride "in a carriage and pair." He calls it a "cab" to a funeral. He calls it a "cab" to a funeral. He calls it a "cab" to a funeral.

A College in Bokhara.

There lay behind the great arch and the domes and the minarets a retired precinct of ancient trees and shaded walks, a grove in the midst of a city, colonnaded in quadrangle by the pointed arches of the students' cells. Under the trees was a sort of summer house or pavilion. Two or three young men were walking in an avenue against the further colonnade, and on the stone steps of a wide, shaded pool sat several mollans on their praying rugs. We visited a number of the students in their cells—monastic little brick walled rooms where they live the year around (there are no vacations in Moslem colleges) and for years on end. It is not unusual for a student after passing the primary school to spend as much as fifteen or twenty years at his higher studies, though usually in such a long course he will go through several different colleges in the order of advancement. Quiet men, these students, mild eyed, patient, often middle aged.—Minneapolis Belman.

Foley's Honey-Tar

Keeps Coughs From Coming Back

SINGLER'S PIANO HOUSE

We sell the Weber, Chickering and Kimball and forty other makes PIANOS FOR RENT and sold on easy terms. Agent for Wheeler & Wilson and Singler Sewing Machines.

AUG G. SINGLER, MEDFORD, OREGON

ADMINISTRATOR'S NOTICE.

Notice is hereby given that the undersigned has been duly appointed by the County Court of Jackson County, Oregon, as Administrator of the Estate of Levi H. Paucett, deceased.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Medford, Oregon, Nov. 6, 1906. Notice is hereby given that in compliance with the provisions of the act of Congress of June 8, 1896, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892,

SEMI-ANNUAL AND FINAL REPORT

In the County Court for Jackson County, Oregon. In the matter of the estate of Levi H. Paucett, deceased.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Medford, Oregon, Nov. 6, 1906. Notice is hereby given that in compliance with the provisions of the act of Congress of June 8, 1896, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892,

ADMINISTRATOR'S NOTICE.

Notice is hereby given that the undersigned has been duly appointed by the County Court of Jackson County, Oregon, as Administrator of the Estate of Levi H. Paucett, deceased.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Medford, Oregon, Nov. 6, 1906. Notice is hereby given that in compliance with the provisions of the act of Congress of June 8, 1896, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892,

ADMINISTRATOR'S NOTICE.

Notice is hereby given that the undersigned has been duly appointed by the County Court of Jackson County, Oregon, as Administrator of the Estate of Levi H. Paucett, deceased.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Medford, Oregon, Nov. 6, 1906. Notice is hereby given that in compliance with the provisions of the act of Congress of June 8, 1896, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892,

ADMINISTRATOR'S NOTICE.

Notice is hereby given that the undersigned has been duly appointed by the County Court of Jackson County, Oregon, as Administrator of the Estate of Levi H. Paucett, deceased.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Medford, Oregon, Nov. 6, 1906. Notice is hereby given that in compliance with the provisions of the act of Congress of June 8, 1896, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892,

ADMINISTRATOR'S NOTICE.

Notice is hereby given that the undersigned has been duly appointed by the County Court of Jackson County, Oregon, as Administrator of the Estate of Levi H. Paucett, deceased.

NOTICE FOR PUBLICATION.

Department of the Interior, United States Land Office, Medford, Oregon, Nov. 6, 1906. Notice is hereby given that in compliance with the provisions of the act of Congress of June 8, 1896, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892,

NATURE PROVIDES FOR SICK WOMEN

a more potent remedy in the roots and herbs of the field than was ever produced from drugs.

In the good old-fashioned days of our grandmothers few drugs were used in medicines and Lydia E. Pinkham, of Lynn, Mass., in her study of roots and herbs and their power over disease discovered and gave to the women of the world a remedy for their peculiar ills more potent and efficacious than any combination of drugs.

Lydia E. Pinkham's Vegetable Compound

is an honest, tried and true remedy of unquestionable therapeutic value. During its record of more than thirty years, its long list of actual cures of those serious ills peculiar to women, entitles Lydia E. Pinkham's Vegetable Compound to the respect and confidence of every fair minded person and every thinking woman.

When women are troubled with irregular or painful functions, weakness, displacements, ulceration or inflammation, backache, flatulency, general debility, indigestion or nervous prostration, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound.

No other remedy in the country has such a record of cures of female ills, and thousands of women residing in every part of the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable compound and what it has done for them.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. For twenty-five years she has been advising sick women free of charge. She is the daughter-in-law of Lydia E. Pinkham and as her assistant for years before her decease advised under her immediate direction. Address, Lynn, Mass.

TIMBER LAND, ACT JUNE 3, 1878. NOTICE FOR PUBLICATION.

United States Land Office, Medford, Oregon, October 10, 1