

SOME LINES.

Now "Bell" himself, in sanctum sits, He'll exercise his brain and wit, To make THE WEST SIDE bright with news, And only seek just claims and dues.

SALT IS GOOD.

A Few of the Things that it is Good For, With some Reasons Why.

"Salt is good." It is the language of inspiration, as well as of therapeutics, says the New York Evening Star.

Heated dry and applied to the outer surface over the seat of inflammation or congestion, it will give almost instant relief.

Put both in a tin vessel and heat over a flame. When there is a good showing of vapor, place the vessel underneath a covering that envelops the head as well, and inhale the vapor through both nose and throat.

For those who have sensitive gums, inclined to bleed on the slightest provocation, a mouth wash of salt and cold water used once or twice a day will harden the gums and prevent soreness.

There is an old belief that salt water injures the hair and a delightful old lady once explained to the writer the reason therefor.

Besides all this, salt is good for the stomach. A pinch of it in hot water taken either just before or just after a meal, is a valuable aid to digestion.

Anything more that salt will do? Yes, the most grateful of all—cure the toothache, sometimes.

However beneficial the therapeutic action of salt may be, there is no question but salt taken into the system with the food in too great quantities is extremely harmful.

The state of Washington has a bonded debt of \$300,000, on which it pays 2 1/2 per cent. interest, and a floating debt of \$325,000, drawing 10 per cent. interest.

THE NORMAL INSTITUTE.

ABOUT EIGHTY TEACHERS PRESENT.

One of the Most Successful Institutes Ever Held in Polk County—Fine Instructors—Notes.

The Polk County Normal Institute began its session in the State Normal building in Monmouth last Tuesday, Prof. Reynolds, superintendent of Polk county, in the chair.

Our lessons given by Prof. Getz, on paper folding, mat weaving, etc., during the week have been exceedingly interesting.

We sometimes have violent controversies during work in the various branches, although we have a period of forty minutes set aside especially for discussions.

The calisthenic drill given by Miss Tutbill, coming during the usual hour of recess in the afternoon, is enjoyed by all.

Our number in attendance is seventy. On Thursday evening we gave a stereoptical entertainment, charging an admission fee of fifteen cents, which is to be used to defray the expenses of the institute.

We have a jolly set of teachers. We know this because our evenings are spent with uproar and laughter. We have two croquet sets, also a lawn tennis set.

Mrs. Fauble conducts instructions in primary teaching; she is a broad-minded lady and her entire soul seems to be into her work.

Our teachers, most of them, board at the dining hall. I have heard some of them speak highly of the good quality of food, and also of its being well prepared.

Superintendent Reynolds deserves praise for his efforts. He realizes what is necessary for our teachers, that they may take a step in advance.

Prof. Getz gave a valuable lesson on color, Friday, immediately after noon. Prof. Getz left for his home in Ashland Saturday. He will not be with us any more this year.

The faculty of O. S. N. S. have about 50,000 circulars bound. This is a great number and no doubt it is a wearisome task for those who have to fold them.

Three tents owned by teachers are stretched near the college building. This shows that teachers come to our institute for enjoying the opportunity of camping, as well as to improve practically. A good idea. Many more should enjoy the same opportunity.

Excitement Runs high at the drug stores in this place over System Builder as everybody is using it for catarrh, of stomach, dyspepsia, constipation and impure blood.

Children Cry for Pitcher's Castoria.

THE WEST SIDE IS THE LEADING PAPER OF Polk County.

This paper gives all the current news, fresh and crisp; also, it gives from TWO to THREE COLUMNS of the latest

TELEGRAPHIC DISPATCHES

Which is a popular feature of the paper, giving all matters of importance up to the hour of issue. It is

Independent in Politics, And outspoken on all the important questions of the day.

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All work done at Portland and San Francisco prices.

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RAILROADS.

TIME TABLE. Independence and Monmouth Motor Line. Leaves Independence: 6:00, 8:10, 10:15, 12:30, 2:45, 4:50, 6:15. Leaves Monmouth: 7:30, 9:30, 11:30, 1:45, 3:50, 5:15.

YACQUINA BAY ROUTE Oregon Pacific Railroad

Express Trains Leave Portland Daily. South: 7:00 P. M. | Lv. Portland | Ar. 1:30 A. M. 10:20 P. M. | Lv. Albany | Ar. 4:20 A. M. 11:10 P. M. | Lv. San Francisco | Ar. 8:00 P. M.

STEAMER SAILING DATES. Steamer WILLAMETTE VALLEY

Leaves San Francisco: Aug. 18, 21, 24. Leaves Yacquina: 4, 11, 21, 28. Train No. 3 will run Tuesdays, Thursdays, and Saturdays, and on intermediate day when necessary.

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