HOW TO PRESERVE HEALTH.

One of the best ways to keep in good health, says the Monthly Buildin, is not to think or worry too much about it. If you feel strong and well, do n't imagine that some insidious disease may be secretly attacking your constitution. Many people are like the inexperienced traveler, who anxiously inquired about the symptoms of sensickness, and how he should know when he had it. One generally knows when he is sick, and frequently many supposably alarming symptoms prove. upon Investigation, to be either perfeetly natural occurrences or of very slight importance.

Eat and drink what you desire, as long as it agrees with you. Your stomache knows pretty well what it can digest. Plain, simple food is desirable, as a general thing, but the luxuries of the table, in moderation, will do no

Alcoholic beverages are not fit for habitual use. They are true medicines, and should only be used like any other medicines under the advice of a physician. As a regular beverage they can do no good, but will almost certainly

Take all the sleep you can get, but remember that the necessary amount varies greatly for different persons tions, the guests giving the author. Some must sleep at least nine hours. Well known lines should be written on while others thrive under six. Only do n't rob yourself of what you really need. The "midnight oil" is a terribly and after the first quotation one is given expensive illuminant to burn either for purposes of labor or study.

Always treat a common cold with great respect. Ninety nine times out of a hundred it will get well any way, but the hundredth cold, if neglected, may lead to bronchitis, pneumonia, or that writer; or a subject may be given consumption. It is best to take no such and appropriate quotations called for. The one making the greatest number of

If you are sick enough to need any medicine at all, beyond the simple "Observation." On the card given to remedies familiar to all, you are sick each person is a list of ten articles that enough to need the attendance of a he is given ten seconds each to see. An

much as possible. Outdoor life is the days when one is much better off in a Post. warm, comfortable, well-ventilated house than trying to take outdoor exoutsidé temperature at zero, or allowing the snow to drift in upon his pil-

temperance in all things, and a cheer ful disposition, are the chief remedies in nature's dispensatory, and are worth more than all the drugs and the idea was not her own, and that it did "I is the great specific for malaria." medicines of the shops. Dr. Holmes not go to swell the bill with yards of has truly said that if nine-tenths of all lace, feathers, furs, passementerie, etc. the medicines, patent, proprietary, and otherwise, in the world, were poured into the ocean, it would be all the better for mankind and all the worse for the fishes; and the best phy-sician can do little without good nursing, and thus aid nature in throwing very practically carried out, and what way up so as to sell so far, nearly 100,000

Politics Make Strange Bedfellows.

complete and lasting victory."

"Indeed! How happened it then that "Indeed: How happened it then that
Mr. Blaine was unable to get even a respectful hearing for the reciprocity idea
before Mr. McKinley's committee; that
the McKinley bill passed the house
without it, and that Mr. Blaine was
only able to get it adopted in the senate
by smashing his but and declaring that
the McKinley bill passed to be small passed to b of an organ to falsity history?"

best to recover lost ground. It sees the ling for him. These at a concerted sigwisdom of freer trade, and its declaration of principles is "protection and reciprocity." Surely those two words are "strange bedfellows," but politics is in his teeth, and if the teeth and gums were the habit of making such .- East Occ-

FACT AGAINST FICTION.

An Instance of the Misleading Character of Circumstantial Evidence.

There is no figment of the imagination-if it is at all within the limit of possibilities-more curious or strange than some things that actually happen. The following is an instance in proof of

A few years ago Frank Millet, the well known artist, war correspondent and story writer, published a short story in a leading magazine which had as its principal feature the mysterious killing of a Parisian artist in his own studio. A web of circumstantial evidence led to the arrest of a model who had been in the habit of posing for him. But through some chain of circumstances which the writer of this has now forgotten, the murder-if murder it can be calledwas found to have been caused by the discharge of a firearm through the force of capillary attraction. The firearm was used by the artist as a studio accessory, and was hung in such a manner that he was directly in line with it. Its discharge occurred when he was alone in his studio.

The story was a vivid and ingenious flight of the imagination. Now for its

The Albany Law Journal tells of the GENERAL parallel in fact. arrest of a man upon the charge of killing his cousin. The dead man was found lying upon a lounge about 3 an interest of \$100,000 in his death, was alone with him in the house at the time. The discovery of the real cause of death was due to the lawyer of the accused, who took the rifle from which the ball had been fired, loaded and hung it upon the wall, and then marked the form of a man upon a white sheet and placed it upon the lounge where the man had

been found. Then a heavy cut glass pitcher of water was placed upon a shelf above. The temperature was 90 degs. in the shade. The pitcher of water acted as a sun glass, and the hot rays of the sun shining through the water were refracted directly upon the cartridge chamber of the was a puff and a report, and the ball struck the outlined form back of the ear, and the theory of circumstantial evidence was exploded.

This is interesting, not only because the real occurrence is quite as strange as the imagined one, but because the fact came after the fiction and paralleled it so closely.-Detroit Free Press.

MY SAILOR LOVER.

I watch and walt,
My ship is late
That brings my sailor lover.
I watch the sails as they go by
But duely outlined 'gainst the aky,
But none brings back my lover.

To me alone
The waves' low moan
Tells of my sallor lover.
Years have I watched, but all in vain;
Oh, ahali I see on earth again
My long lost sallor lover? With weary beat
The waves repeat,
"Gone is thy author loves,"
They tell to me in monotone,
Of secrems that are rarely known—
Tell of my long less loves.

Ere life's sad day Fre He's and day
Shall pass away
Bring back, O sea, my loces.
O'er mountain, hill and winding stream
I see the sum's last, fading beam—
Thus shall my soul pass over

The Stygian river,
Gone, gone forever
To meet my long lost lover;
But still I watch, but watch in vain,
White at my heart grows keen the pain,
For my departed lover.

-Byron D. Burdick in Yankee Blade,

A pleasant game for an evening at home, among a few reading people and their neighbors, is called "Quotations." A card with some appropriate lines may announce the evening to your friends, and for an hour the hostess or some one else assigned the duty may read quotaslips of paper and put in a pretty ribbon basket. The guests are seated in a circle, a minute to name the author. If he fails, the reader gives the right name and No. 2 reads the next quotation and passes to his next neighbor.

To give variety an author's name may be given, and a point is made by the first one who responds with a quotation from points wins the game. Another game that calls for quick thought is called

brings a curio and tells the history of it. In the same manner a geographical natural condition of mankind, and the club sometimes varies its evenings by

She consented at last; the dress was a great success. A few weeks after I had occasion to call on the dressmaker, and what was my surprise to find several dresses in the showroom with my idea dresses in the showroom with my idea his indomitable will be has worked his an came in, to find she was wearing my Nothing seems to dishearten him; ob-idea practically demonstrated on her stacles laid in his way that would have Recently the New York Tribune own back.-Brooklyn Eagle.

"You can never put too much water that the two must go together, parts of ertson, the Canadian dairy commissioner.

The druggist is no longer a manufac-To this the New York World made there of his compounds, and has ban-his reply: whirling machinery does the work.

the McKinley bill, as it stood, would not contrary to the rules of the guild of his make a market for another bushel of workmen. His men objected, but he rewheat or barrel of pork. Is it the duty fused to accede to their demands, and they concluded to make an example of The Republican party is doing its him. He had more than 100 men workaway from the place without showing bloody he was allowed to go out.

The plot was gotten up on the basis that there was do capital punishment in China for biting. They bit the man to death and the matter came to the cars of the government. There was a little to the work and live at large transfer and the state of the s fuse about it, but the guild was a strong one, and only the man who took the first bite was punished. The punishment of members within the guild for acting contrary to its rules are equally terrible. Frank G. Carpenter in National Trib-

of these cellars varies from 12 to 36 degs. Fahrenheit, and the rats and mice were so destructive that three years ago twelve cats were caught and placed in them. At first they had to be closely confined, but they soon adapted them-

selves to their new conditions of cold

and darkness, and now seldom venture into the light and warmer air. When

brought up they at once attempt to return to their cold quarters. Five of the original twelve remain Their hair has grown very thick and remains without change through the year. Two litters of kittens have been born in successive years, all having very thick hair. The room where they were found was at a temperature of 31 degs. -Philadelphia Ledger.

She Was Tired Anyway. L-— had been trotting her little feet off waiting upon the elder members of the family, as little children can. At last, weary from slipping down from her chair so often, and out of patience at the demands made upon her, she exclaimed, "Well, I guess I get tired as anybody, if 'tis only a small tired!"-New York

Tribune. which English audiences use this word, regardless of the number and sex of the performers whom they wish to applaud. A tenor is, of course, brave; but a prima donna is brava. More than one male artist can only be bravi, and if there are more ladies than one on the stage, and no man is to be included in the applicate, they should be hailed as brave—at least according to Italian grammar.—Notes and Queries.

The art of longevity, all the world over, is a regular life, temperate in all things, with abundance of pure air and water, and freedom from anxiety, care

Dead Sea Fruits.

They slay multitudes when they are evening devoted to curios, after the the product of neglect of inciplent By all means take as much exercise as fashion of some of the clubs, is also both disease. A "slight" cold, a fit of inyou can, and be in the open air as delightful and profitable. Each guest digestion, billousness, or constipation, each orany of these "minor ailments" advance in many cases with "leaguemore one can have of it, the better, having each member bring a picture of destroying strides." Give them a The practice must not be carried to some spot where he has traveled and swift, early defeat with Hostetter's extremes, however. There are many give a little talk about it .- New York Stomach Bitters and avert the danger. Abernethy administered an alarming In reference to obstinacy in dress- that he had "only a cold" "Only a ercise in a midwinter storm, or under makers for carrying out ideas I had an cold," repeated the dector. "What his bed-room window open with the the best things we went to a big dress- low them to get up a full head of steam? pretensions. Among the things ordered Put on the brakes with the Bitters. there was one for which I wanted my The genial warmth which this superb Fresh air, sunlight, good and suffici- own way. The woman exclaimed: "But medicine diffuses through the system, ent food, pure water, outdoor exercise, that is not practical. You women have the impetus it gives to the circulation ideas, but they can't be carried out." of the blood, its soothing and strength-"Well, if it cannot be carried out I will ening effect upon the nervous, specially be responsible for spoilt cloth if there be recommend it to the enfeebled and sick.

Beatty's Planes and Organs. Hon. Daniel F. Beatty, the great organ and piano manufacturer, is building and shipping more organs and was my greater surprise, when the wom- of Beatty's organs and planes since 1870. wrecked any ordinary man forever, he advertisement, and con out of it brighter than ever. His "Shallow men used to imagine that he was opposed to reciprocity because he was resolute for protection. As early as any man in public life he saw that the two many in public life he saw that the two many in the saw that the s that during the next ten years he in-tends to sell 200,000 more of his make. That means a business of \$20,000,000 if we average them at \$100 each. It is already the largest business of the kind in existence.—Send to Daniel F. Beatty, of the products of laboratories where Washington, New Jersey, for entalogue





J. H. MORAN.

Oregon. Monmouth,

o'clock in the afternoon with a 33-caliber ball in his brain. The cousin, who had Good grain and stock farms and choice fruit lands;

town property of all kinds.

Those having property for sale, please call.

PIONEER MEAT MARKET F. B. LEWIS, Proprietor,

rine. Eight witnesses were in the room, and a few minutes after 3 o'clock there was a puff and a report, and the ball pork, etc. All bills must be settled monthly.

Open Sundays from 8 to 9 a.m.

Free delivery to all parts of the city.

Independence, Oregon. Main street,

There is an interesting collection of cats in the cellars of a cold storage ware-house on Front street. The temperature



BINDERS

General Stock of Shelf and Heavy Hardware.

The intelligent foreigner is highly W. J. CAMPBELL, MGR.

Clodfelter Building, Cor. C and Main sts.,

- OREGON. INDEPENDENCE,

Prescott & Veness. -PROPRIETORS OF-

Independent Sau mill.

MANUFACTURER. ... COMP MEALERS IN FIR AND HARD WOOD, ROUGH AND DRESSED LUMBER

Independence, Oregon.

rebuke to the man who informed him Stylish Turnouts Always in Readiness.

Jones, we are now better prepared than ever to meet the demands of the public, as we are now making and are preparing to make many substantial improvements. Teams boarded by the demands of the public as we are now making and are preparing to make many substantial improvements. a July sun, and no one ever strength-ened his constitution by sleeping with Paris was too short for my dressmaker matism and la grippe are easily extin-Jones, we are now better prepared than ever to meet the demands of well-Traveling men a specialty.

nte a daily stage line between Salem and Falls City. Stage at tailing leaves Independence for malon at 9 a.m. From [In ne] beares Independence for Falls City at t.p.m.

DAMON & COOK, Proprs.

WE ARE WITH YOU

B. F. BURCH & SON.

We can be found four doors south of the First National Bank, and would be pleased to have you drop in and see us; and if you have anything in the real-estate line, we are the persons you are looking for. This is the best portion of the Willamette valley, People are beginning to learn the fact, and are coming this way. Because of that fact, we are here; going to stay! keep our eyes open and rustle! If you have property to sell, list it with us. If you want to buy, we can suit you.

We will insure your property, or do your collecting.

It will be to your interest to call and see us before you list or purchase property

Groceries Glassware Queensware Tobacco Cigars

I have on hand a large lot of canned goods that will be sold by the case very cheap. Also, a lot of very fine lamps, that will be sold very near cost.

elements thus

strength and vigor will fol-cure or money refunded. Dr. Sanden's Electric

testify, and from many of

Remember the old stand of J. D. I.

Since LEATHER - A full assortment

Harness, Saddles, Whips, Oils, Robes, and Brushes. BEAMER & CRAYEN.

HOTEL

J A. VENERA

Leading Hotel of the Northwest Fire proof. Hydraulic elevator, electric bells and all modern improvements. Nowly farmished, newly painted, new ly expelled, though refarrant countered with the house one hundred and eighty rooms.

C. W. KNOWLES, PROPRIETOR PORTLAND. - OREGON.

EAST AND SOUTH -- YIA--SOUTHERN PACIFIC ROUTE.

SHASTA LINE.

Express Trains Leave Portland Daily,

PART P. M. L.V. Poerland Ar. Top A. M. P.C.P. M. L.V. Albany Ar. 120 A. M. Ell A. M. Ar. Ban Praintings Lr., 1812 P. M.

Roseburg Mail, Daily,

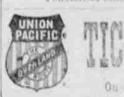
Athany Local, Darly except Souday Pand 500 p.m. Albany 000 p.v.

PULLMAN BUFFET SLEEPERS Second-class Sleeping Cars, For the accommodation of passingers tolding accommodation is buts, attacted to as.

West Side Division. Between Pertland and Corvalits MAIL TRAIN DAILY (Except Sunday.) f 20 a. M. Lv. Portland Ar. & 200 pc m. It 13 a. M. Ar. Independence Ar. Les p. m. It 10 c. M. Ar. Corralise Lv. 12-50 p. m. At Albany and Corvaille connect with trains of

EXPRESS TRAIN DAILY (Except Sund'y THROUGH TICKETS TO ALL POINTS EAST AND SOUTH.

For tickets and information regarding rates maps, etc., call on company's agent at indepen M. KOMHLER, R. P. ROGERR, Maringer, Agel. C. F. & Pass, Age



Deerer, Omako, Kannas Cily, Chicago St. Paul, St. Louis,

EAST, NORTH, AND SOUTH THROUGH SLEEPERS, RECLINING CHAIR CARS, AND DINERS.

Steamers from Portland to San Francisc Every's Doors.

For rate and general information call on or W. H. HURGHURL, Asst. Genl. Pass, Agt.

Fruit Trees.

MEN! WHY ARE YOU WEAK?



the effects of abuses, excesses, worry and exposure. For such sufferers in our marvelous invention, which requires but a trial to convince the most skeptical, or by excesses, or exposure, you may have unduly drained your system of nerve force electricity—and thus caused your weakness or lack of force. If you replace into your drained, which are required for vigorous strength, you will remove the cause, and health, low at once and in a natural way. This is our plan and treatment, and we guarantee a Send for our Illustrated Pamphlets, free; sent by mail, scaled.

Belt is no experiment, as we have restored thousands to robust health and vigor, falled, as can be shown by hundreds of cases throughout this State, who would gladly whom we have strong letters bearing testimony to their recovery after using our Belt.

DR. SANDEN ELECTRIC BELT Is a complete galvanic battery, made into a belt so as to be easily worn during work or at rest, and it gives soothing, prolonged currents which are instantly felt throughout all weak parts, or we forfeit \$5.000. It has an Improved Electric Suspensory, the greatest boon ever given weak men, and we warrant it to cure any of the above weaknesses, and to enlarge shrunken limbs, or parts, or Money Refunded. They are graded in strength to meet all stages of weakness in young, middle-aged or old men, and will cure

SANDEN ELECTRIC CO., 172 First St., PORTLAND, ORECON.



DRUGGISTS. We have just opened a new drug store in Monmouth, which we have of boot-and-show learner, soles, calf and fitted up with a complete line of kip skins, for sale at Boarner & Craven's, drugs and druggists' snudries. Our Our prices will be reasonable, and by thir dealing and courteens treat. TO ALL POINTS LAST and SUT stock is pure, fresh, bright, and new, your patronage. Prescriptions as It is the DINING-CAR ROUTE. It

C STREET, OPPOSIVE POSTOFFICE.

Suits in Any Siyle Made to Order

AT BEASONABLE RATES.

curately compounded. Monmouth, Oregon ST. PAUL

Merchant Tailor! BEATTY'S

ORGANS AND PIANOS.

For Catalogues, address,

DANIEL F. BEATTY, Washington, N J.

From TERMINAL or INTERIOR

POINTS the

is the line to take

runs Through Vestibuled Trains

Every Day in the Year to

and

Composed of DINING CARS un-

surpassed, Pullman Drawing

Room Sleepers of latest

equipment,

TOURIST SLEEPING CARS,

Best that can be constructed, and

in which accommodations are

both free and furnished for

holders of first or sec-

ond class tickets,

ELEGANT DAY COACHES

A Continuous Line, Connecting

with all Lines,

CHICAGO



Scientific American

City Truck and Transfer Co.

Hauling of all Kinds Done at Reasonable Rates. Agents for the O. P. Boats.

All bills must be settled by the 10th or each month.

Independence, Oregon. MRS. A. M. HURLEY,

Naut to Independence Sational Back. INDEPENDENCS, . . OREGON

Millinery : Fancy Goods

THROUGH TICKETS to and from an England, and Europe, can be purchased at any toket office of this company. Full information regarding rates, time of trade, routes, and other details, furnished on application to any agent, or A. D. CHARLTON, Assistant General Passenger Agent, No. 121 First street, oor Washington

PORTLAND, OR JAMES GIBSON, LOCAL AGENT Independence, Oregon.

THE PEOPLES

GEO. HOYT, PROPRIETOR.

We have recently established a first-class meat market, on C street, opposite Little Palace Hotel, and keep on band all kinds of

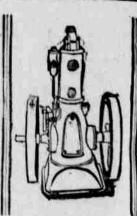
FRESH and SIALT MEATS,

SAUSAGE, etc. Everything First-class.

Walker Bros.

Carry a complete line of LUXURIES, CANNED GOODS, FRUITS, VEGETABLES. STAPLE AND FANCY GROCERIES.

We solicit a share of your patronage.



Free Delivery

No Batteries or Electric Spark to care for. - Makes no smell or dirt. No double or false Explosions, so frequent with the unreliable spark, it fals itself Automatically. Just light the Burner, turn the Wheel, and

It runs all day.

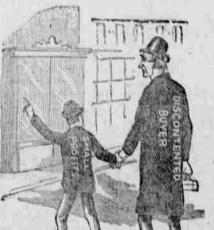
It runs with a cheaper grade of Casoline than any other Engine, and jourse-quently it COSTS LESS to run it.

For Simplicity it Boats the World, 'It has fewer parts, and is therefore less likely to get out of order than any other Cas or Casoline Engine now built. SEND FOR ILLUSTRATED DESCRIPTIVE CIRCULAR TO

San Francisco, Cal. PALMER & REY, and Portland, Dr.

W. E. GOODELL, SUCCESSOR TO H. D WALLER

DEALER IN



NEW GOODS ARRIVING EVERY WEEK.

My stock is now more complete than ever before. Shall be pleased to have all the customers of the store continue trading, and hope to induce many to trade who never did before. In connection with my store is a

REPAIR SHOP

Where boss and shoes can be repaired or manufactured under the management of M. A. BAKER. Remember the name and place,

W. E. GOODELL, - Main Steet, Independence.