NEW RAIL FASTENER.

Holds Bass Flange to Tie by Maans of

The usual method of fastoning a rail scatters the glycerin in very fine drops to the ties has the disadvantage that along the walls of the cylinder containing the ventilator, and the 200 cu-The usual method of fastening a rail the claws of a hammer under a nall bic meters of air which are passion head to pry the spike out of the wood. through the cylinder are purified sin-A better construction would seem to be one in which the axis of the spike contact with the little circles of liquid lay at right angles to the pull of the particles, which carry with them as

construction a new type of rail fastoner has just been invented which is above in the necompanying engraving. The fasteners may be applied or removed without the use of a hammer and are adjustable to compensate for shrinkage in the ties. Fig. 1 shows a really diminish the risks of contagion of a rail fastened to a be sorrest of scariation, smallook and cross section of a rail fastened to a tie by means of two of the improved rall fasteners, A. The rall fasteners



as indicated in Fig. 2, are formed with hooks at the lower end, adapted to en-gage a pipe, B, preferably of cast metal, which is fitted into a bole in the tie. The upper end of each fastener is provided with a threaded sperture. in which a bolt, C, is fitted. The bolt is adapted to be screwed down on the base flange of the rail. Fig. 3 shows a slightly modified form of the fas-

For street railways a different construction is required, as indicated in Fig. 4. Here the fasteners, E, are formed with threaded sleeves, F. Screw plugs. G, are adapted to be screwed into the sleeves, b', so as to bring their lower points into contact with the base flange of the rall. The rail and fasteners are imbedded in concrete or the street paving material, with only the upper ends of the sleeves exposed. It is merely necessary to tighten the screw plugs, G, once in awhile by inserting a key wrench in the sockets, H. The inventor of this rail fastener is George Dorffel, Fruit-vale, Cal. - Scientific American.

Sugar as Cure For Heart Trouble. clonce and medical congress, recently beid at Salzburg, Professor Adamkiewicz of Vienna read a paper combating the received theory that the cause of the heart's rhythmical action is mechanical and due to the anatomical arrangement of the ventricles, valves of the arteries. Professor Adamkiewicz claims to have proved as the result of experiments on human beings that the rhythm of the heart depends in the first instance upon chemical causes. Disturbances of the rhythm take place from a loss of "heart power" quite independently of any lesions of the heart itself. The heart, in fact, resembles a steam engine, which, though in perfect order, works badly if the fuel is insufficient. Professor Adamkiewicz has further found that the fuel in the heart's case is the sugar in our food and that the combustion of sugar in the blood has the same significance as the combustion of coal In an engine furnace. This theory, if true, is of great practical importance, because Professor Adamkiewicz declares that what is merely a lack of sugar is at present often explained as due to real heart disease and can be remedled by increasing the consump-

A Parsee rentleman has invented what sounds like a decidedly lugar-ious electrical apparatus which bids fair effectually to prohibit forgery, says the London Times. By its aid a person is to be able to write with an electrically operated pen, from which "sparks instead of ink will flow. burning a continuous series of almost imperceptible perforations on the paper." Each hole is carbonized by the process, and to alter the order of the markings is impossible.

Piping in a Liner.

In a big Atlantic liner there are over 1,000 tons of piping of various kinds. The bolier tubes if placed end to end would stretch about ten miles, the condenser tubes over twenty-five miles. The condensers pump up more than 50,000 tons of water a day, and the furnaces consume about 8,000,000 cubic feet of air per hour. No fewer than 50,000 separate pieces of steel are

An Arizona Asbestus Mine. United States is located near the bottom of the Grand Canyon of Arizona, food is one of the cheapest things there but it must be taken twelve miles down the canyon, 4,000 feet up the other side and then hauled twenty miles farther to the railroad.

PURIFIES THE AIR.

French Scientist Invants Apparatus For Removing Germs.

The distinguished physiologist Professor Charles Richet of the Academy of Medicine, Paris, has contrived an apparatus called an air filter, the principle of which is based on the method adopted by certain physiologists and notably by the director of the Mont Souris observatory at Miquelon for determining the number of germs con-

Professor Richer's air filter consists

meters of air an hour. Beneath the glycerin. The rotation of the fans ble meters of air which are passing ay at right angles to the pull of the particles, which carry with them as all base.

With a view to providing such a construction a new type of rail fastener has just less less outside the particles, which carry with them as they full the germs, dust, microbes and spores always found in the air.

The mechanical sterilization of air

by germs of scarlatina, smallpox and

#### RE-ENFORCING POLES.

Decayed Butts Strengthened by Steel Rods and Concrete.

The limited supply and steadily in-creasing cost of wooden poles for elec-tric light, telephone and rallway transmission lines present a serious prob-iem to large consumers of this kind of timber, says the Electric Rallway Journal. Preservatives are used to prolong the life and service of poles to be set in the future, but the constant rehe wais of old poles which were set trees. Outside of the polelike enculy as before the value of preservatives was realized require large quantities of new poles each year to take the place of those dangerously decayed at the ground line. These poles are perfectly long list of street or garden trees, and sound above the ground line, and a the pleasing green is of the brightest shade. We may have trees that surplan for re-enforcing them consisting of a cage of steel rods surrounded with a shell of concrete was recently

The pole to be re-enforced is supported by tripods or held securely in place by temporary guy ropes or wires. The earth is then removed for a distance about eighteen inches from the clides of the pole to a depth that will expose the solid portion of the butt remaining. The decayed perilon of the pole is then scraped out. Steel rods one-half lach in diameter and from three and one-half feet to six feet long are used for re-enforcing. The rods are pointed at both ends, the



upper end being bent at right angles length to span the decayed section of the pole and be driven into perfectly sound wood. The points of the rods are usually driven into the pole from twelve inches to eighteen inches above the ground level. From four to eight rods are used to form the re-enforcing is desired.-Los Angeles Times, cage, depending on the diameter of the pole. Concrete is filled in around the pole, replacing the decayed portions of the wood and forming a protecting envelope for the rods about six inches thick, as shown in the cut. This concrete extends above the ground sufficiently to cover the upper terminals of he rods and protect them from the action of the moisture in the air. The top is finished neatly by a special sheet metal form and when complete appears as shown in the illustration,

### DANGERS OF UNDERFEEDING.

Mortality is Highest Among Those Who Are Poorly Fed.

It is a common saying among vegetarians and other apostles of a slender his teeth and that two-thirds of our diseases are due to overfeeding." such the facts advanced by Dr. Woods Hutchinson in the Cosmopolitan will doubtless cause considerable perturbation. Certainly some weighty arguments will be necessary to disprove

Dr. Hutchinson holds that "it is no principle of progress to hold men down to a starvation diet any more than it used in the main structure of the ship. is to starvation wages, and, while economy may be an admirable thing in business, it is in dicieties usually not The best asbestus yet found in the only shortsighted, but wasteful, for, compared with human life and health,

are." Dr. Hutchinson says further: "From the extraordinary claims put forth for the advantages of a slender dlet one would surely conclude that the most imposing array of diseases in our text books of medicine and the hugest total in our death lists would be found directly and unmistakably enrolled under the head of diseases due to overcating and that under the head of diseases due to underfeeding there would be found a vast and elo-

quent blank. What are the facts? "Of the forty-two principal causes of death in the United States census of 1900 only three are to be found which are in any way due or possibly related to overfeeding-diseases of the stomach, diseases of the fiver and diabetes. On the other hand, those dis-

cases which are either directly due to underfeeding or in which the mortality is highest among those who are poorty fed and lowest among those who are abundantly fed—consumption, pneumonia, diarrheal diseases, typhoid and inaution in polite official term for starvation—account for a death roll of 250,000 victims, or nearly 30 per cent of all deaths."

Again. "the stern and unimpeachable records of mortality and morbidity show that the blameless and frugal poor have the highest death rate, the highest disease rate and the lowest ngevity rate of any class in the comenut fact "that practically every pro-longed famine is followed by the out-break of some epidemic. In fact, from one-half to two-thirds of the deaths in a famine are due to some form of fe-ver which the lowered nutrition of the victims has allowed to gain a foot-

#### THE PEPPER TREE.

More Adaptable Than Any Other For Street and Roadside.

Each successive year that we experiment with street and roadside trees brings a growing and well merited appreclation of the pepper tree. For all situations, all soils, general conditions and variety of treatment there is none to compare with this our finest of the piensing green is of the brightest shade. We may have trees that surpass in some points, but when all are considered it will be found that the popper averages higher than any other. In the general adaptability it occuples a similar position to the maples of the Mississippi valley, the elms of New England and the oaks of the "sun-ny south." One who has visited these sections will have noted how these sorts predominate in the different great natural divisions of our country. In some cities, notably Washington, may be found the trees of all sections save southern California, and could they grow the pepper tree it is safe to say it would be found on more than one-half the streets of our national capitar.

It has now been grown in all parts of the west where the climate will allow. the west where the climate will allow.

One is always sure of the pepper, for few ever die at any stage, and of all our trees it is the most drought resistant. If sown from seeds nearly every seed will grow, and the resultant seedlings are no more care than they are later in life. They may be successfully transplanted at any age or at any time of the year. Like all other sorts, it will beat develop with some care. it will best develop with some care for the first few years, and for at least three years it should be carefully pruned, irrigated and the soil kept loosened about the trunk. When planting the holes should be dug both wide and deep, and no raised side-walks or broken curbs will result. Properly planted, pruned and cared for, every pepper tree will become a thing of beauty. It is not natural for

the pepper to be gnarly and ill shaped. This tree, like our native live only should be allowed to head low for the first few years and the branches short ened to until the stem grows sufficient ly stout to support a higher head, when the lower ones should be re-moved and in this way cleared below annually until the desired beight above the ground has been reached. If trees to six inches long. The straight end of treatment given for the first few years the rod is driven into the sound por-tion of the butt at an angle by the use tertained for the ultimate growth, as of a special driving tool, as shown in seldom does one demand care with the illustration. The upper portion of years of age except lower hanging the rod is then bent in toward the pole. Ilmbs removed to clear the way for and the dog driven in to its full length. driver and pedestrian. The amount of The length of the red used is such as care and the attendant expense are no to permit the proper anchorage of its greater than for other trees, and some lower end in the sound wood of the require more treatment. It is usual butt and to allow the portion extend-ing above ground to be of sufficient possible and leave them to shift for themselves. In spite of this neglect, usually develops into a fine tree. With intelligent care it easily takes first rank for every purpose where perpet-ual shade with a maximum of beauty

> Health In the Water Pitcher. A good rule for the whole day is to drink a little water somewhat oftener than thirst prompts. A course or this treatment will remind the restored mind in sound body of the words of the hymn, "Washed all my sins away." There are sins against the body no less than there are sins against the soul. For the consequences of the for-mer find the medicine in the pitcher .-Washington Post.

A Big Stick of Timber. The tall timber that forms the centerpiece of the Nome circle at the Alaska-Yukon-Pacific exposition has a total length of 107 feet and is thirty inches in diameter at the butt and regimen that "man digs his grave with four inches at the top.-Popular Me-

> A Great Coal Saver.
>
> The Ningara falls bydro-electric plants during the year 1908 saved the equivalent of more than a million tons

### KASPARILLA

This sterling household remedy has long been recognized as the best and safest Blood Purifier, the most successful prescription for spring humors and such disorders of the blood as boils, pimples, pustules, blotches, sores and cutaneous eruptions. Kasparilla is admitted to be the best remedy for that lack of energy and the peculiar debility so prevalent during the close of winter and the opening of spring. For derangements of the digestive organs it is a natural corrective, operating directly upon the liver and alimentary canal, gently but persistently stimulating a healthy activity. Its beneficial influence extends, however, to every portion of the system, aiding in the processes of digestion and assimilation of food, promoting a wholesome, natural appetite, correcting sour stomach, bad breath, irregularities of the bowels, constipation and the long list of troubles directly traceable to those unwholesome conditions. Kasparilla dispels drowsiness, headache, backache and despondency due to inactivity of the liver, kidneys and digestive tract. It is a strengthening tonic of the highest value.

THE BEST SPRING MEDICINE



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Notice For Publication.

Notice For Publication.

Department of the Interior,
U. S. Land Office at The Dalley, Oregon.
Way 13th, 1910.

Notice is hereby given that
Henry W. Pickett,
of Barnes, Oregon, who, on April 1st, 1904,
maile Homestead, (Serial No. 03123) No.
13344, hor SE'4, SW'4, S-2, SE'8, Ser. Il and
SW'4, SW'4, sect on 12, Township 18 South,
Range 22 kast, Williamette Meridian, has
filed notice of intention to make final fiveyear pressf, to establish claim to the land
above described, before Warren Brown,
county clerk at his office, at Princeille,
Oregon, on the 21st day of June, 1910.
Claimant names as witnesses: James Gilchrist, Lewis W. Jennett, Wesley Street,
Bruce Balfour, all of Barnes, Oregon.
5-19p C. W. MOORE, Register.

Notice for Publication.

Claimant names as witnesses: William Claimant names as witnesses: William Marks, William Adams, John F. Morris Frank T, Cox, all of Princylle, Oregon. 444p C, W. Moore, Register.

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Mrs. J. S. Fox, M. E. Church organist, would the to take a few pupils for the organ of danc: Many years successful experience in Janobiag. Thorough, practical methods forms reasonable. Two lessons a week one house east of Commercial Club. Notice for Publication.

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