

OWES HER LIFE TO

Lydia E. Pinkham's Vegetable Compound

Chicago, Ill.—"I was troubled with falling and inflammation, and the doctors said I could not get well unless I had an operation. I knew I could not stand the strain of one, so I wrote to you sometime ago about my health and you told me what to do. After taking Lydia E. Pinkham's Vegetable Compound and Blood Purifier I am to-day a well woman."

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If you would like special advice about your case write a confidential letter to Mrs. Pinkham, at Lynn, Mass. Her advice is free, and always helpful.

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SEEDS The Kind That You Can't Keep in the Ground THEY GROW J. J. BUTZER 188 Front Street PORTLAND, ORE.

THE INFLUENCE OF MUSIC UPON NATIONAL LIFE

Can music cast out fear and thus permit courage to assert itself? The battlefield is pre-eminently the place where we expect to see exhibitions of greatest courage; and we shall find a striking answer to our question if we will but note the prominence given to music in warfare, among all nations, savage or civilized.

A recent instance is but one of many hundreds which might be given to illustrate: When the memorable battle of Santiago was being fought, and many were suffering from a fearful rain of shot and shell and most deadly rifle fire. Suddenly one brave enthusiastic soldier struck up the train of the Star Spangled Banner.

Others, as they caught a fresh gleam of the bit of sacred banner, joined in the song; and with souls thrilled anew, and hearts nerved by what seemed almost superhuman power, they pressed forward, and victory crowned our name.

History is full of examples of the wonderful power of song and music upon the battlefield, in turning the tide of battle and in invigorating men with a courage that was simply sublime, the soul of man, when listening to the inspiring strains of music, lives temporarily in an atmosphere and in a clime whose air and sunshine are the result of the most exalted emotions.

The modern development of music is but a response of humanity for a vehicle for the expression of the emotions, the soul feelings, which cannot find utterance in words, and for a medium which will calm these emotions or will exalt them beyond the power of words. Music is the most popular of all arts.

Music has held a prominent place in the educational system of all nations. It has gone hand in hand with intellectual and aesthetic culture, and has ever been reckoned as a divine art, an acknowledged force in moulding character and government. The most highly educated and civilized people have been the most musical.

FRATERNAL INSURANCE

There are in the neighborhood of six hundred fraternal beneficiary societies in the United States, with an aggregate membership of about five millions. Approximately one half of these societies maintain systems of benefits which are chiefly remedial, and which can not properly be characterized as systems of insurance.

During the year of 1899, one of the largest orders providing this kind of benefits expended \$3,119,254.77 in relief work, yet the organization in question is not a fraternal insurance society. It simply does relief work on a grand scale.

Have the Courage. One of the hardest things in this world to do, is to hold to the right in the face of adverse criticism.

There is one thing which disheartens the would-be honest ones: If you frankly acknowledge that you are poor, yet keep out of debt and wear and eat solely what you can pay for, keeping your own counsel as to shortages, sacrifices and self-denials, your neighbors will at once determine that you are secretly hoarding money; that you have a big bank account and are living on "easy street," while being openly "close" as a blind. You may even get the name of being a millionaire and work people will charge you with prices for everything they do for you, and the average store-keeper, who will, without question, keep a "running account" (and often a losing one) with his "charge" customers, will, if you ask for a credit of a few days, look at you with suspicion. You must have the courage to bear these injustices, and go on being honest and of kindly intent to every man.

Have the courage to live within your income, at it right or small. Have the courage to live on two meals a day, yet to pay for your three and if there seems no prospect of betterment in your circumstances one meal a day will save your self respect. Besides, hygienists tell us that an occasional fast is a good thing.

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THE FIRE-FIGHTER OF TODAY.

The fact that most of the great firemen of the United States rose from the ranks is good proof that the men in the ranks today are, as a rule, efficient, intelligent and ambitious fire fighters. The true firemen, and there are many of them, does not require any special genius to make a good fireman, however a number of specialties, amounting almost to special faculties, develop rapidly in the born fireman.

The kind of fireman's work which so many comment upon, such as darning death near falling walls, dashing drives to the fires, and other spectacular performances which the honest fireman regards as mere incidents in his daily routine of duty, are not always the best methods by which to judge of the true value and effectiveness of a fireman's work.

A second hand hay press at a bargain. See C. J. Rice & Co., Woodburn, Oregon.

THE BUILDING OF HOSPITALS.

More hospitals are building or in course of organization and development in proportion to their numbers than there are of any other kindred institution in the educational or religious world. The relation of the tubercle bacillus to consumption and of the mosquito to yellow fever are the two great stimulating discoveries leading to the hospital movement of the present. Hospital and sanitation have come to the cynosurus in their meaning to the medical profession, and to the practitioner the possibilities of careless infection are more to be considered today than the chances of cure to the infected.

DAIRY PRODUCTS AS FOOD.

The products of the dairy are perhaps the most useful articles included in the human diet. A meal made up of dishes into which no product of the dairy cow enters would not be such as to inspire "the turnpike road to people's hearts I find lies through their mouths, or I mistake mankind." Take away the butter for the bread, the cream for the coffee and the porridge, the shortening in the crust and the biscuits, the milk in the gravy and in the puddings, the cream for the dessert and the various kinds of cheese which please and satisfy, then take away the cup of milk for the little one and the meal that would be left would be neither tempting nor nutritious.

The health of our people depends so much upon an adequate supply of pure dairy products that even a scarcity is always attended by suffering and death.

Butter is sometimes referred to as a luxury. This is a mistake. Butter is not a luxury, but one of the necessities of life, and its composition is such that nothing can take its place and perform the same functions. It is nature's product compounded in the material organism through the process in accordance with nature's plan, a law which man can imitate but cannot understand. Man can manufacture from various fats and oils a substitute for butter but it cannot take the place of nature's product because man cannot understand the needs of the human body as nature understands them.

The animal body is developed best when nourished by foods which have been little manipulated by man and machinery. Dairy products are, as a rule, consumed nearly as nature produced them. This is particularly true with milk upon which the growing baby must depend. In the case of butter only a small percentage of other products are added to the fat extracted from the milk. Man only manipulates it in order to put it in convenient shape for use. It can still be termed a product of nature designed as only nature can design for use as food by the human body.

Have the Courage. One of the hardest things in this world to do, is to hold to the right in the face of adverse criticism. It is not easy to keep out of debt and wear and eat solely what you can pay for, keeping your own counsel as to shortages, sacrifices and self-denials, your neighbors will at once determine that you are secretly hoarding money; that you have a big bank account and are living on "easy street," while being openly "close" as a blind. You may even get the name of being a millionaire and work people will charge you with prices for everything they do for you, and the average store-keeper, who will, without question, keep a "running account" (and often a losing one) with his "charge" customers, will, if you ask for a credit of a few days, look at you with suspicion. You must have the courage to bear these injustices, and go on being honest and of kindly intent to every man.

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COUNTY COURT

Table listing names and amounts for various districts: Road District No. 1, District No. 3, District No. 5, District No. 6, District No. 7, District No. 8, District No. 9, District No. 10, District No. 11, District No. 12, District No. 13, District No. 14, District No. 15, District No. 16, District No. 17, District No. 18, District No. 19.

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Table listing names and amounts for various districts: District No. 18, District No. 19, District No. 10, District No. 11, District No. 12, District No. 13, District No. 14, District No. 15, District No. 16, District No. 17, District No. 18, District No. 19.

William Stone ATTORNEY At Law ASSOCIATED Geo. C. Brownell All Legal Business Promptly Attended to

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