

Oregon City Enterprise.

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Marmot... Adolph Aschoff

The way to build up Oregon City is to give Oregon City People your Patronage.

If we should have two admirals it would be a little peculiar.

Some of the people of the county seem to think that the cut in the salary of the county officers is now in effect.

THERE is no probability that there will be an election of a senator in Pennsylvania.

CALIFORNIA is getting rain after a drouth of nearly two seasons.

THE two wings of the democratic party are having a war over the Jefferson banquet.

THE amount of business the country is doing is beyond all precedent.

THE Courier-Herald in trying to apologize for the amount of stationery that these two papers put into the court house...

THE news from the Philippines it causes pride by the gallant way the Second Oregon has acquitted itself.

noticeable in the whole community. The shadow of what may happen casts a gloom on the satisfaction of knowing that our boys are made of the material that has made the Anglo-Saxon the conqueror.

Our worthy contemporaries are trying to insinuate that we tried to get a high price out of the county for the printing. It is because we did not try to do anything of the kind that we object.

The advance toward the insurgent capital steadily goes on. The fight with the insurgents is a running one, they steadily retreating from one position to another.

OUR BOYS. The news from Manila, though pulsing with victory, is yet heavy with the weight of sorrow that it carries to American homes.

There can be but one result of this fighting; upon that point all are agreed. Victory will be with our armies. Having put their hands to the plow, the American people cannot turn back if they would.

Volcanic Eruptions. Are grand, but Skin Eruptions rob life of joy. Buckle's Arnica Salve, cures them; also old, running and fever sores, ulcers, boils, felons, corns, warts, cuts, bruises, burns, scalds, chapped hands, chilblains, heat pile cure on earth.

New lot of wrappers trimmed in velvet, lace and braid. All prices. At the Racket Store.

THE NEWS OF THE WEEK

Friday March 24.

Alger takes most of the authority from Gen. Miles making him a figure head. The three powers are at a dead lock over Somoa. There is severe suffering in Russia from failure of crops many of the peasants dying.

Saturday March 25.

Crops destroyed by floods cause great suffering in China on the Yellow river. There is no chance for Quay's election. McCoy gets the decision in the fight with Choynski. The disbanding of the Cuban army will commence in the east.

Sunday March 26.

The agreement of England and France as to territory in Africa takes in all that is open to grabbers in that continent. The loss of the Thistle in Alaskan waters cost nine lives. The settling of the Samoan question has been transferred to Washington.

Monday, March 27.

Mayor Mason of Portland died this morning. Bryan finds endorsers for his side in the democratic row. Dr. Ohas. Corey shoots his wife while he is asleep at Tacoma.

Tuesday, March 28.

Alger holds a conference at Havana with the American authorities. Many persons are hurt in a Chicago fire. Dawson has a bad fire.

Wednesday March 29.

MacArthur advance against the insurgents has been so well executed that he is looked up as the hero of the hour. Sound money league meets in New York and receives much encouragement. The naval board passes all the newly appointed rear-admirals.

Thursday March 30.

The army is within three-and-a-half miles of Maloloes, the insurgent capital. Oregon's wounded will be sent home on the first transport. The English and American warships bombarded the natives under Mataafa at Apia. The German consul upheld the rebels.

Friday, March 31.

A beautiful complexion is an impossibility without good pure blood, the sort that only exists in connection with good digestion, a healthy liver and bowels. Kar's Clover Root Tea acts directly on the bowels, liver and kidneys keeping them in perfect health.

A Daring Horseman.

"The day before General Lee surrendered," said a Confederate officer, "I crossed Sailor's creek, a small stream in Prince Edward county, Va., which follows the track of the Richmond and Danville railroad and empties into the Appomattox river. There was only a handful of my company left, and as I reached the summit of the hill which skirts its eastern bank I turned to see if the Federals—who had been hotly pursuing us—were in view.

"At this moment a long steel tipped blue line of Federal infantry crowned the hill above, in full view and within easy range of the horseman. Apparently abandoning all hope of escape, the latter turned and rode directly toward the enemy's line. As we watched him, breathless with anxiety lest the signal of surrender should be too long delayed, he suddenly wheeled about, put spurs to his horse, and dashing down the declivity cleared the stream with a bound. Not a shot was fired at the bold rider.

His Mongoose Experience.

"Although I sold tickets in a red circus wagon for years," continued the dime museum man, "I was badly fooled once in an animal deal. I mean by this that I fooled myself. I got a letter from a collector, who wanted to know if I would buy a mongoose. I wrote back to have it shipped at once, and it was to be in the museum ready for exhibition one Monday morning.

"The picture was finished Sunday, and I couldn't help but rub my hands when I looked at it. The moment it was hung out people flocked around it, and the early morning attendance Monday was remarkable. The doors were opened before I got down, and as I went up stairs I could hear a subdued growl. "That's the mongoose," I said to myself. "The idiots haven't fed it."

It is a sober truth that people who live only to amuse themselves work harder at the task than most people do in earning their daily bread. In the sixteenth century fencers held the sword in their right hand and a dagger in the left to ward off blows.



A man must reap as he sows. If he sows ill-health he will reap ill-health. If he neglects his health the weeds of disease will grow up and choke it. It is a daily and hourly marvel that men will recklessly neglect their health, when a moment's thought should tell them that they are courting death.

Dr. Pierce's Pleasant Pellets cure constipation. One little "Pellet" is a dose. Don't make underwear when it can be bought at such very low prices at the Racket Store.

FOOD THAT INJURES.

THINGS THAT AFFLICTED PERSONS SHOULD NOT EAT.

If You Have a Tendency to Gout, Shun Meat as You Would Torture. A Little Advice to the Great Army of Sufferers From Dyspepsia.

A physician, writing in the Philadelphia Inquirer on "Foods and Their Effect on the Human System," says: That out of sorts feeling from which most of us suffer half the days of our life is usually due to our eating things we shouldn't. Although we are constructed on the same model, scarcely any two people have exactly the same kind of heart, liver and other organs, and as a result nothing is truer than the saying that "One man's meat is another man's poison."

Meat, for instance, is a slow poison to a number of individuals. If there is a gouty strain in your family, you are storing up future torture for yourself every time you eat a chop or piece of beef. Gout is simply the result of too much uric acid in the blood, and meat is full of the material from which uric acid is made.

You may think that so long as you have not to sit in an easy chair all day there is no need for precautions in diet. But the first symptoms are always mild, and if you feel irritable and unable to settle down to work you had better be careful how much meat you eat. Englishmen are said to be the worst tempered people on earth. They are also the most gouty, and there can be no doubt that they are the greatest meat eaters.

Nothing is more nourishing than sugar, yet it is absolutely poison to those who are prone to diabetes, and any one inclined to corpulency should regard it as a natural enemy. Two lumps of sugar per day in excess of the quantity required by the body would add 60 pounds to a man's weight in five years—that is, of course, if he had the sort of constitution that easily puts on flesh.

But it is not sugar alone which is injurious to diabetic and stout people. The former should not look at porridge, rice, beet root, Spanish onions, port wine, rum or ginger beer; the latter should take neither soup, beer, potatoes nor treacle, while gouty people should not touch peas or beans.

If any near member of your family has St. Vitus' dance or epilepsy, you should eat meat very sparingly and grapes not at all, while you might as well think of committing suicide as frequenting the barroom.

For dyspeptics it is impossible to say what food is good, because everything is bad. White bread remains undigested for hours, brown bread is most irritating and injurious, vegetables are converted into gases and painful acids, and most kinds of meat are too heavy. The dyspeptic, in fact, ought never to have been born.

However, since the sufferer from dyspepsia must eat, let him follow this rule, and it may bring relief: Eat a little of everything, but eat sparingly, never leaving the table with a sense of having eaten sufficient; eat slowly. Masticate all food thoroughly and never drink while eating. If he must drink, let him drink after he has finished eating.

No doubt the majority of people see no connection between their ailments and the breakfast or dinner which they have enjoyed. But there are many persons who are so severely affected by particular articles of diet that there is no question about the fact that some kinds of food are more or less poisonous to us all, although we may not suffer very greatly after eating them. An acquaintance of the writer's, for example, falls into convulsions if he eats a single strawberry, and even the odor of strawberry jam in the neighborhood of jam factories almost throws him into a fit.

The writer knows a lady whose heart comes to a stop if she eats an egg. Of course she never intentionally eats one now, but frequently on taking a piece of cake or some kind of pudding or sauce containing eggs she swoons. Many people get cramp in the stomach from eating honey, and more than one death has resulted from this cause. Others are made violently sick by the smell of apples, and a patient of the writer's has often avowed that even the sight of beet root seemed to suffocate him, while another had to give up drinking milk because it produced intense inflammation of the eyes.

Many kinds of fish cause serious illness. Lobsters and crabs produce most painful itching in some people, and the writer has known several who after eating salmon felt a horrid taste in the mouth, and soon after suffered so badly from headache as to be compelled to go to bed. These latter are the extreme instances of injury from food, but they prove that thousands of people suffer in a less degree, and that probably no one can lunch or dine without swallowing something poisonous to his system.

FRAGILE. Scene—A railway carriage. First Actress—Children don't seem to me to sell now as they used.

A German historian directs attention to the fact that in the middle ages the Mediterranean was connected by a canal with the Red sea, and that in 1685 the Mohammedan powers had a project of re-building this predecessor of the Suez canal.

YOU TRY IT.

If Shiloh's Cough and Consumption Cure, which is sold for the small 25 cents and 50 cents and \$1.00, cure take the bottle back and refund your money. Sold for 25 years on this guarantee. Price 25 cents and 50 cents. C. G. Huntley, agent.

Ribbons, laces, embroideries and notions of all kinds at the Store.

For Young Men and Young Women.

There is nothing that will improve a young man or woman so to have inferior laundry work. They may dress ever so well, but if their shirt front or shirt money their neat appearance is ruined. The Troy laundry makes a special ladies' and gentlemen's line. There can be no better work done at the Troy. Leave your laundry to Johnson's barber shop.

ACTIVE SOLICITORS.

Everywhere for "The Star of Philippines" by Major Halstead, donated by the Government as a tribute to the War Department. It was written in army camps at the time of the Pacific War, and is a record of the Pacific War, and a record of the Pacific War, and a record of the Pacific War.

J. Underwood.

- Blacksmithing.
Horseshoeing.
Wagon Making.
4th and Main st. - Oregon.

Kodol Dyspepsia Cure.

Artificially digests the food in nature in strengthening and structuring the exhausted digestive organs. It is the latest discovery of a most potent and efficient remedy for dyspepsia, indigestion, flatulence, sour stomach, Sick Headache, Gastralgia, etc. All other results of imperfect digestion.



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Dr. Shiloh's Cough and Consumption Cure.

This is beyond question the most successful Cough and Consumption Cure ever known to science. It is sold in bottles of 25 cents, 50 cents, and \$1.00. It is sold in bottles of 25 cents, 50 cents, and \$1.00.

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