

COMMENCEMENT EXERCISES.

West Side School Turns Out Eight Graduates.

Amid floral tributes rarely excelled, and a large and appreciative audience, eight young students departed as graduates from the West Oregon City school last Thursday evening. The musical and oratorical entertainment was excellent and the cleverness of the participants created wonder and words of approval. Kindly faced friends and patrons of the school swarmed around Prof. Gary and his able corps of assistants, showering congratulations upon them for giving so many accomplishments to their pupils.

The program opened with a solo, "Chimney Corners," admirably rendered by Miss Deagon Harding.

"The Building of a Nation," was the subject chosen by Miss Jennie L. Gibb, and her meritorious efforts were the subject of much praise.

Walter Gibb, in a commendable manner, delivered "Speech before the Virginia Convention."

David McMillan did brilliant oratorical work in his rendition of the "Supposed speech of John Adams."

"Independence Bells" was a welcome number of the program as delivered by Miss Lottie Hoffman.

"Paul Revere's Ride" was enthusiastically recited by Arvie Batdorf.

"La Fayette's Visit" was delivered by Claude Hughes in a pleasant and forceful manner.

Words of praise everywhere greeted Miss Lily Schmidt for the splendid manner in which she handled her subject, "Revolutionary Rising."

Miss Katie Jones will long and favorably be remembered for her brilliant delivery of "The Building of the Ship."

Superintendent N. W. Bowland presented the diplomas to the class with words of encouragement, and commended them upon their diligent and highly gratifying efforts.

The class motto was "Ignorance is darkness; knowledge is light." Class colors, pink and green.

Sunday Services.

GERMAN EVANGELICAL LUTHERAN IMMANUEL CHURCH—Corner Eighth and J. Q. Adams streets, Rev. Ernest J. W. Mack, pastor. Sunday school at 10 A. M.; weekly services every Thursday at 8 P. M.; German school every Saturday at 9 to 12. Everybody invited.

ST. JOHN'S CHURCH, CATHOLIC—Rev. A. H. HILDEBRAND, pastor. On Sunday Masses at 10:30 A. M.; every second and fourth Sunday German service. After the 8 o'clock mass all other masses English service. Sunday school at 2:30 P. M.; Vespers, apostolical subjects and Benediction at 7:30 P. M.

METHODIST EPISCOPAL CHURCH—Rev. H. G. Davis, pastor. Morning service at 10:30; Sunday school at 10:30; Class meeting after morning service. Evening service at 7:30. Epworth League meeting Sunday evening at 8:30. Prayer Meeting Thursday evening at 7:30. Strangers cordially invited.

FIRST PRESBYTERIAN CHURCH—Rev. A. J. Montgomery, pastor. Services at 11 A. M. and 7:30 P. M. Sabbath school at 10 A. M. Young People's Society of Christian Endeavor meets every Sunday evening at 8:30. Thursday evening prayer meeting at 7:30. Seats free.

EVANGELICAL CHURCH—Corner of Eighth and Madison streets. Rev. S. C. Copley, pastor. Services every Sabbath at 11 A. M. and 7:45 P. M. Sunday school at 10 A. M. Prayer meeting 8 P. M. All are welcome.

ST. PAUL'S EPISCOPAL CHURCH—Rev. F. K. Hammond, pastor. Services every Sunday at 11 A. M. and 7:30 P. M. Sunday school at 10 o'clock. Services every Friday evening at 7:30. Other services as may be announced. All seats free. Strangers cordially invited.

FIRST CONGREGATIONAL CHURCH, corner of Main and Eleventh streets—Rev. E. S. Hollinger, pastor. Morning service at 10:30; Sunday school at 12; Junior Endeavor 5 P. M.; P. S. U. C. prayer meeting 6:30; evening service 7:30.

FIRST BAPTIST CHURCH—Rev. J. H. Beaven, pastor. Preaching services every Sunday at 10:30 and 7:30 P. M. Sunday school at 12 noon to 1 P. M. Juniors meet in the afternoon and the Senior Young People's Society and Bible study class at 6:15 P. M. Thursday evening regular prayer service at 7:30 P. M. Wednesday evening Bible study class at 7 P. M. C. A. rooms led by the pastor.

The "Dewey" Running Torpedoes sold at the Golden Rule Bazaar.

Wedding stationery, the latest styles and finest assortment ever brought to Oregon City at the ENTERPRISE.

The Enterprise and Oregonian for \$2.00 a year.

Remember that five dollars will not be enough to buy a ticket after the 425 are sold, as positively that is all that can go on the excursion to be given on the Fourth of July on the Steamer Undine. The boat, decorated with National colors, will leave Oregon City promptly at 7 o'clock in the morning. Buy your tickets NOW.

It has been arranged to have on the Fourth of July Excursion from Oregon City an orchestra as well as a first-class band. The ladies quartet, composed of the best singers to be found this side of Portland, and perhaps in Portland, will probably be obtained to render the National songs during the day. There has been other excursions from Oregon City on the Fourth of July but never an excursion like this one will be.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the

Signature of

J. C. H. Fletcher

THE SENSE OF TASTE.

IT SHOULD BE THE BEST GUIDE TO THE FOOD WE NEED.

If Not Perverted, It Will Select Those Substances For Which the Body Is Suited—We Use Entirely Too Much Salt.

The function of the taste doubtless sustains a much more important relation to digestion than has been generally accorded to it, says Dr. Kellogg. Food to be digested must be appetizing. Food which nauseates does not stimulate the secretion of the fluid necessary to digest it either in the mouth or the stomach. The sense of taste may be regarded as a sort of regulation. Hence it is an important property of food that the sense of taste may be stimulated and that it may have an opportunity to exercise its selective and controlling functions.

When one has eaten a sufficient amount of simple, wholesome food, the sense of taste informs him of the fact by declining to receive more. A perfect rule for mastication would be to chew each morsel of food until there is left only a tasteless remnant. It is useless to swallow such a residue, as it can have no nutritive value. When food is taken in this way, the sense of taste has an opportunity to say "enough" before too much has been swallowed and thus affords a perfect means of adapting the amount of food taken to the needs of the body.

A careful study of this suggestion will also show that the sense of taste, if allowed to act in a normal way, will select those substances of which the body is in great need. For example, if the blood is impoverished and needs an extra supply of nitrogenous food there will be a craving for such foods as nuts, legumes and possibly eggs and milk or some other substance containing nitrogen.

A curious analogy to this function is found in some insectivorous plants, which, as has been shown by recent experiments, refuse to capture insects or pay attention to fragments of meat placed within their grasp except when the soil upon which they grow is lacking in nitrogenous elements. By supplying a fertilizer rich in nitrogen these so-called carnivorous plants cease to be carnivorous and behave wholly like other plants. The same principle applies to the use of fat making substances, such as starch and oleaginous foods, such as nuts and cereals. The writer has frequently observed in thin patients a craving for fats, which disappeared entirely after the patient had made a gain of 20 or 30 pounds.

The taste was no doubt intended by the Creator to be a perfect guide to the quantity and quality of food to be taken and not simply a means of gustatory pleasure. Unfortunately it has been terribly debauched and perverted from its normal function. Men and women treat the palate as the pianist treats his instrument, touching it in various ways simply for the purpose of provoking pleasurable sensations, with no regard whatever for the possible damage which may be caused. The sense of taste, thus wrongly educated, becomes perverted, and its indications become confused. Abnormal cravings are developed, which demand satisfaction in the use of tea, coffee, wine and other intoxicants, mustard, pepper and other condiments, large quantities of salt, pickles and rich and savory dishes of various sorts, together with sweets, leas and tidbits of all kinds. The sense of taste has been debauched from its high position as governor of nutrition and has come to be merely the servant of a capricious and insatiable desire for an illegitimate sensation, a purely selfish animal pleasure. This is gluttony, pure and simple, and is the apt tutor and hall companion of alcoholic intemperance.

The free use of common salt must likewise be placed among serious dietetic errors. Professor Bunge of Basel, the leading physiological chemist of the world, with many others, has shown that the so-called necessity for the alimentary use of salt rests upon a very uncertain and equivocal, if not erroneous, basis and that at most salt can be used without injury only in very minute quantities. The quantity designated by Professor Bunge as within the limits of possible harmlessness is about 15 grains a day, or probably less than one-fourth of the amount usually consumed. The free use of salt leads to thirst and copious drinking in connection with meals.

Gum chewing, tobacco chewing, the use of tobacco in any form, must be condemned as harmful to the digestion through exhausting the function of the salivary glands, so that when required to maintain constant activity the saliva secreted by the glands has very little value as a digestive agent. The glands, as well as the muscles and other parts of the body, require rest in which to store up the elements necessary for their proper function.—Good Health.

His Capricious Bad Limits.

An old farmer who was in the habit of eating what was set before him, asking no questions, dropped into a Memphis cafe for dinner. The waiter gave him the menu card and explained the list of dishes the cafe served for dinner that day. Accordingly he began at the top of the bill of fare and had ordered each thing in turn until he had covered about one-third of it. The prospect of what was still before him was too overpowering, yet there were some things at the end that he wanted to try. He called the waiter and, confidently marking off the spaces on the card with his index finger, said: "Look here, I've eat from that to that. Can I skip from that to that and eat on to the bottom?"—Memphis Schmiter.

Questions for Women

If you were offered sure aid in time of trouble would you put it aside and accept something of doubtful efficiency?

If you saw before you a strong and safe bridge leading to your goal, would you ignore it to try some insecure and tottering structure?

The answer to these questions is plain. You would, of course, choose without hesitation what all evidence showed to be the safe thing, and you would risk nothing in useless experiments.

Why then do some women risk one of their most precious possessions—their health—in trying medicines of unknown value, which may even prove harmful to them?

Lydia E. Pinkham's Vegetable Compound has stood the test of years. It has the largest sale of any remedy for female ills in the world, and nothing could have given it this sale except its own merit.

Do not try any experiments, but buy what is known to be reliable. Mrs. Pinkham's Compound can do all that is claimed for it, and all statements in regard to it can be easily verified. Write to Mrs. Pinkham at Lynn, Mass., for a little book she has just published containing letters from the mayor of Lynn, the postmaster and the Women's Christian Temperance Union.

Mrs. Pinkham's advice is offered free of charge to all women who write to her for aid. This invitation is constantly renewed. A million women have been cured of serious female ills by Mrs. Pinkham's advice and medicine.

Three Letters from One Woman, Showing How Lydia E. Pinkham's Vegetable Compound Cured Falling of the Uterus:

"DEAR MRS. PINKHAM—I see your advertisement in the papers in regard to treating women's diseases, and would be grateful to you for your advice in my case. I am suffering from falling of womb, have pains in my sides and legs, in fact I ache all over. I am getting so weak I cannot stand on my feet much. I have the headache sometimes, and a choking, tight feeling in my breast and throat. Have a baby seven months old. I hope to hear from you soon, as I am in so much distress."—Mrs. J. R. COMPTON, Egghornville, Va., May 16, 1898.

"DEAR MRS. PINKHAM—I followed your advice and I am now on the second bottle of your Vegetable Compound and I think it is going to cure me. If it does I will ever praise it, for I am, and have been, a great sufferer; but now I live in hopes of getting well."—Mrs. J. R. COMPTON, Egghornville, Va., July 12, 1898.

"DEAR MRS. PINKHAM—Again I write to you. When I first wrote to you for advice in regard to my troubles I thought I could never get well again. After receiving your letter I followed your advice exactly, and thanks to you, I am cured of that dreadful disease. I cannot find words to express the good your medicine will do. It is really more than was recommended to me."—Mrs. J. R. COMPTON, Egghornville, Va., April 12, 1899.

Two Women Cured of Irregularity, Falling of the Uterus and Ovarian Trouble.

"DEAR MRS. PINKHAM—I have female weakness. Menstruation irregular, and I suffer bearing-down pains in left side and hip. My doctor said I had womb trouble and enlargement of the ovaries. I have doctored two months, but see no improvement."—Miss MARY E. REED, Swan Creek, Ill.

"DEAR MRS. PINKHAM—Your good advice has been more than all I ever received from a doctor. Words cannot express my gratitude to you for Lydia E. Pinkham's Vegetable Compound. After twelve years' suffering I am stout and healthy."—Miss MARY E. REED, Swan Creek, Ill., April 28, 1899.

"DEAR MRS. PINKHAM—I suffer female troubles. My doctor wishes my ovaries taken out, but I shall never consent. Menstruation is irregular and my head has a tired feeling. Hospital treatment does me no good. I have five children and am forty-four years old. Please advise what medicine to take."—Mrs. E. H. SONDERS, 437 N. 40th St., Philadelphia, Pa., September 27, 1898.

"DEAR MRS. PINKHAM—I followed the advice you gave me and your medicine has cured me. I felt better when I had taken the Vegetable Compound but a week."—Mrs. E. H. SONDERS, Philadelphia, Pa., February 6, 1899.

Another Case of Nervous Prostration and Inflammation of the Bladder Cured by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM—I have used your Vegetable Compound for female weakness and it has done wonders for me. I also had nervous prostration—was not able to look after my housework. After taking one bottle I began to improve, and am now better in every way and feel like a different person."—Mrs. DELLA KEISER, Marionville, Pa., February 22, 1899.

"DEAR MRS. PINKHAM—I cannot praise your Vegetable Compound enough for the good it has done me. I suffered from inflammation of the bladder. I tried doctors, but obtained no relief. At last I decided to write to you, and now, thanks to your remedy, I am entirely cured."—Mrs. K. S. GRADY, 131 Union St., High Bridge, New York City, April 11, 1899.

ALL ABOUT CALIFORNIA.

A Handsome Series of New and Useful Publications.

California is the natural paradise of the holiday maker. Its resources are inexhaustible, its invitation universal, and its resorts and attractions among the most noted in the world.

The Southern Pacific Company publishes descriptive literature containing valuable information about all of them. It is for free distribution and may be obtained from any Southern Pacific agent, T. H. Goodman, General Passenger Agent at San Francisco, C. H. Markham, General Passenger Agent at Portland, Ore. If you apply by mail inclose a stamp for each publication.

"Resorts and Attractions Along the Coast Line" is a handsomely illustrated folder, giving a description of the health and pleasure resorts on the coast between San Francisco and Los Angeles.

"Shasta Resorts," embellished with beautiful half-tone engravings, describes the scenic and outing attractions of the vast and wonderful Shasta region, the grandest of pleasure grounds.

"California South of Tehachapi" tells all about the charms of that remarkably favored semi-tropic garden spot, Southern California.

A handsome map of California, complete in detail, reliable, skillfully indexed, and full of information about the state's resources. It is the only publication of its kind conveniently folded for pocket use.

"Summer Outings" is a 32-page folder devoted to the camping retreats in the Shasta region and Santa Cruz Mountains. It appeals more directly to the large and growing class of recreation seekers who prefer this popular form of outing.

"Pacific Grove" is the Chautauqua of the West, and this folder not only describes the pretty place itself, but gives a program of the religious and educational meetings, conventions, schools, etc., to be held there this summer.

Other publications are "Lake Tahoe," "Geysers and Lake County," "Yosemite," "Hotel del Monte," "Castle Crags," each brimful of information about the places named, and printed in the highest style of the art.

Use Allen's Foot-Ease in Your Gloves.

A lady writes: "I shake Allen's Foot-Ease into my gloves and rub a little on my hands. It saves my gloves by absorbing perspiration. It is a most dainty toilet powder." We invite the attention of physicians and nurses to the absolute purity of Allen's Foot-Ease. Dr. W. C. Abbott, editor of the Chicago Clinic says: "It is a grand preparation; I am using it constantly in my practice." All drug and shoe stores sell it, 25c. Sample sent FREE. Address Allen S. Olmsted, LeRoy, N. Y.

Ivy poisoning, poison wounds and all other accidental injuries may be quickly cured by using DeWitt's Witch Hazel Salve. It is also a certain cure for piles and skin diseases. Take no other.

George A. Harding.

Hats trimmed and untrimmed at a great reduction. Miss Goldsmith.

DO YOU WANT ONE HUNDRED DOLLARS?

Any good man or woman can organize a lodge of the Banker's Union of the World, of Omaha, Nebraska. Teachers and students find the work highly remunerative and pleasant. The leading fraternal society in the West. Pays Death, Disability, and Old Age claims, and Issues Joint Policies for man and wife. Pays sick and accident claims. Lodges in thirty states. Large membership of men and women. Splendid reserve plan. If you care to make \$100.00 or more in a week or two, write to the General Manager, Banker's Union of the World, Portland, Oregon, for a contract as local or district manager and organize a lodge.

Every Day's Delay Means Your Monied Loss.

TELL YOUR SISTER.

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. Karl's Clover Root Tea acts directly on the bowels, liver and kidneys keeping them in perfect health. Price 25 cts. and 50 cts. C. G. Huntley, Druggist.

Drying preparations simply develop dry catarrh; they dry up the secretions, which adhere to the membrane and decompose, causing a far more serious trouble than the ordinary form of catarrh. Avoid all drying inhalants, fumes, smokes and snuffs and use that which cleanses, soothes and heals. Ely's Cream Balm is such a remedy and will cure catarrh or cold in the head easily and pleasantly. A trial size will be mailed for 10 cents. All druggists sell the 50c. size. Ely Brothers, 76 Warren St., N. Y.

The Balm cures without pain, does not irritate or cause sneezing. It spreads itself over an irritated and angry surface, relieving immediately the painful inflammation. With Ely's Cream Balm you are armed against Nasal Catarrh and Hay Fever.

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Everything in millinery the latest styles and best prices. Miss Goldsmith

The Latest Yarn.

A Pittsburg drummer tells this new yarn: I always carry a bottle of Kemp's Balsam in my grip. I take cold easily and a few doses of the Balsam always makes me a well man. Everywhere I go I speak a good word for Kemp. I take hold of my customers—I take old men and young men, and tell them confidentially what I do when I take cold. At druggists, 25c and 50c.

TO-NIGHT!

Don't forget the social at the residence of Dr. and Mrs. Sommer, given by the ladies of St. Paul's Guild. Good music has been engaged and a good time is promised, as these ladies are noted for their popular parties. Don't let the rain keep you away. Everybody will be made welcome.

HOW IS YOUR WIFE.

Has she lost her beauty? If so, Constipation, Indigestion, Sick Headache are the principal causes. Karl's Clover Root Tea has cured these ills for half a century. Price 25 cts. and 50 cts. Money refunded if results are not satisfactory. C. G. Huntley, Druggist.

Shake Into Your Shoes.

Allen's Foot-Ease, a powder. It cures painful, smarting, nervous feet and ingrowing nails, and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired, aching feet. Try it today. Sold by all druggists and shoe stores. By mail for 25c. in stamps. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Beauty Is Blood Deep.

Clean blood means a clear skin. No beauty without it. Cascarets, Candy Cathartic, clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin to-day to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets—beauty for ten cents. All druggists, satisfaction guaranteed, 10c, 25c, 50c.

BEST FOR THE BOWELS

CANDY CATHARTIC

Cascarets

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REGULATE THE LIVER

Pleasant, Palatable, Pure, Taste Good, Do Good, Never Sickens, Weakens, or Irritates. Write for free sample, and booklet on health. Address: Sterling Remedy Company, Chicago, Montreal, New York, etc.

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This is the nearest and most direct route to the great Nehalem valley.

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Lv Portland 8:30 A. M. 7:00 P. M.

Lv Oregon City 9:22 A. M. 7:52 P. M.

Ar Ashland 12:03 A. M. 11:30 A. M.

Ar Sacramento 5:00 P. M. 4:35 A. M.

Ar San Francisco 7:45 P. M. 8:15 A. M.

Ogden 5:45 A. M. 11:45 A. M.

Denver 9:00 A. M. 9:00 A. M.

Kansas City 7:25 A. M. 7:25 A. M.

Chicago 7:45 P. M. 9:30 A. M.

Los Angeles 1:20 P. M. 7:00 P. M.

El Paso 9:00 P. M. 6:00 P. M.

Fort Worth 6:30 A. M. 6:30 A. M.

City of Mexico 9:35 A. M. 9:35 A. M.

Houston 4:00 A. M. 4:00 A. M.

New Orleans 6:25 P. M. 6:25 P. M.

Washington 6:42 P. M. 6:42 P. M.

New York 12:43 P. M. 12:43 P. M.

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SCHEDULES OF TIME

SOUTHERN PACIFIC RAILWAY

SOUTH BOUND.

Train No. 11 9:22 a. m.

" " 13 4:51 p. m.

" " 15 9:14 p. m.

NORTH BOUND.

Train No. 16 7 a. m.

" " 14 9:22 a. m.

" " 12 5:40 p. m.

POSTAL SCHEDULE.

BY SOUTHERN PACIFIC RAILROAD.

Mail closes going North 5:30 p. m. and 7:45 a. m.

Mail closes going South 5:22 a. m. and 7:22 p. m.

BY EAST SIDE ELECTRIC LINE.

Mail closes for Portland and distributing points, 12 m.

Mail closes for Milwaukie and Sellwood 9 a. m.

Mail arrives from Portland 1:30 p. m.

SIDE ROUTES.

Oregon City to Ely, Carns, Mullino, Liberal and Molala leaves at 12 m. and arrives at 1:30 a. m. daily.

Oregon City to Beaver Creek, Shubel, Clark, Meadow Brook, Union Mills and Colton leaves at 8 a. m. Tuesday, Thursday and Saturday, and returns on following days at 4:30 p. m.

Oregon City to Viola, Logan and Redland leaves Oregon City Monday, Wednesday and Friday at 1 p. m., leaving Viola same days at 7 a. m.

Oregon City to Willamette, Stafford, Wilsonville and Gresham arrives at 10:30 a. m. and leaves at 11:30 a. m. daily.

General delivery window is open on Sunday from 10 to 11 a. m. All letters dropped into the box at the door is promptly sent off Sunday as on other days.

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BEST FOR THE BOWELS

CAND