OREGON CITY ENTERPRISE.

CITY AND COUNTY OFFICIAL PAPER.

Published Every Friday.

Subscription Rates.

One year \$2 00 Six months ... Trial subscription, two months . . .

A discount of 50 cents on all subscriptions for one year, 25 cents for six months, if paid in advance.

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Entered at the postoffice at O egon City, Oregon, a second class matter.



The Servant Girl Question.

For some three thousand years King Nebuchadnezzar has had the sympathy of all tender-hearted folk. In that comfortable frame of mind which a have doubtless felt the pangs of pity for him whose sole and scanty diet, during that long hebdomadal baked, boiled and fried dietary is nothing less than an menu, though restricted in variety, was on the right track, and highly healthful.

The raw-food idea is by no means a new one, but it has seldom been expounded with more cogency and point than by a writer in a late number of Health Culture, who presents reasons why even a Thanksgiving diner should ask for no more than liberal helpings hard-shelled hickory-nuts, and good red wheat.

The Health Culture writer's first argument is based on the fact that man, as everybody knows, is first cousin to the anthropoid ape: the undegenerate an thropoid subsists only upon fruits, nuts and succulent green leaves which grow close at hand; he is innocent of appendicitis, never has the gout, his natural rulers do not shudder at mention of perityphilitis. Therefore we who are "very slightly changed from the semi-apes who ranged," as Kipling assured us, ought to forsake the disease breeding cook-stove, and return to the folicsome irresponsibility of a "natural-food diet." This sounds as logical as any one could wish,

The raw-food man does not, however, rest his case on the appeal to physiological and anatomical testi- chea per than nine tenths of the counties of the state positive, guaranteed cure. Only 50c at mony. He calls chemistry to his aid, and shows thereby, to his own satisfaction at least, that, in the process of cooking, profound and undesirable changes in the character of foods take place. Proteid elements "are coagulated by cooking and thus rendered indigestible." Certain carbo-hydrates become too easily lots to go with the taxes unpaid. Under the law and Cared of Piles After Forty Years digestible, and the system is oversupplied. Some salts the decisions of the supreme court each lot has to be Mr. C. Haney, of Geneva, Ohio, had "gre so altered by cooking as to become entirely inert and useless for food." The mineral constituent becomes separated from its organic combination, and can not possibly be digested. Milk, through similar change, becomes, by boiling, "quite useless as food,"

But neither the argument from the simian analogy, nor the learning displayed in discussing the chemistry of food, is likely to impinge upon the feminine mind incorporated and will take charge of the property the with half the force of this short but pregnant sentence: next issue. The incorporators are A. S. Dresser, C-"Uncooked food means the emancipation of women Schuebel, C. G. Huntley, F. A. Sleight, Enos Cahill, from the drudgery of the kitchen." There you have Henry E. Stevens, J. R. Shaver, J. U. Campbell, Thos. it! This is the thought that gives one pause. For F. Ryan, G. B. Dimick, Geo. C. Brownell, Hans Paulwhat price would woman find too great to pay for sen, C. H. Dye, Tom P. Randall, H. A. Webster, F. T everlasting emancipation from those 'six mortal hours Griffith, G. F. Horton, S. M. Ramsby, J. Moffatt and health of my family. Geo. A. Harding a day" [in the memorable words of Mrs. Stetson] that L. L. Porter. It will be seen by this list of names she spends on food? What self-denial ought not man that the paper is to be run in the interest of the whole to practice to escape the curse to which Mrs. Stetson party and not in the interest of any individual or gives voice in that same vitriolic poem-to escape clique. This joining of the leaders of the party in having "the slow finger of Heredity" write on his fore- this undertaking will tend to unite the party and al-

ion of the raw-food enthusiast! Tyrant Bridget the publican by more than a thousand votes and there is Forty-Third, deposed from her cook-stove throne no reason why every county officer should not be leaves never to return, and never to be succeeded, elected by that majority. We believe that the party Annie the scullery maid, she of the fishy eye, and a, is stronger and more nearly a unit in Clackamas predilection for the butcher-boy bodeful of ill, follows county than it has been in years. in her wake. The kitchen is abolished. The stove is demolished. The pot and kettle hollowly murmur to each other as they together pass into the hands of the joyful junk-man. The gas-bill is halved. The coalbill no longer terrifies. The penetrative aroma of terest and value-one that does not consist chiefly of boiled cabbage no more greets the nostrils of the a handsome cover. That useless kind of gift book, home-coming flatite. The raw materials for the mill- thank fortune, is nearly extinct, but not quite. It mental cabinet, neatly labeled with such appetizing titles as "Cracked Butter-nuts," "Beardless Barley," "Choice Red Wheat," "Hand-Picked Rye!" Only a trice would be required to scatter upon the festal board functory gifts that must soon be relegated to the attic the United States.

sulting in a saving in salaries of \$116,807. As the like a department store.

system is extended, more country postoffices will be closed. The country post-office has been a characteristic feature of American life. The farmers have been The Well-Known Specialist, FRANKLIN accustomed to drive in from their farms to sit around MILES, M. D. I.L. B., will send\$4.00 the stove in the country store-which was also the post-office-and discuss the affairs of the nation. Few of them saw a newspaper from one end of the year to the other, and the town oracle—the one man who kept track of outside happenings—was a mighty power.

With a rural delivery all this is changed. The farmer to test, free, a well tried and Complete Treatment for these disorders. Dr. Aller arment for these disorders. Dr. Aller arment for these disorders. Dr. Aller arment for these disorders. has the city paper delivered daily in the box at his gate. He knows what is going on and he forms his own opinions. When he goes to the country store, as by every afflicted reader. he must still do for his trading, he has ideas of his own to express and maintain. The oracle's occupa-ordinary methods. It includes several remedies carefully selected to suit each tion is gone. Moreover, the farmer's children grow up accustomed to hearing current affairs discussed at twenty-live years of very extensive rehome and learn to form opinions for themselves. Whether the rural delivery will have a yet wider insists of a curative elizer, tonic tablets,
fluence, and stem the current of population from the
country to the cities remains to be seen. Certain it is
hat Dr. Mileo Freatment is at teast that its influence upon the heretofore more or less iso-threatment, ated dwelter on the farm is profound.

The tragic death in Paris of Mrs. Ellen Gore, the world's most successful physicians Col. E. H. Spileman, of the 9th United San Francisco student of music, should prove a warn-ing to others of her fellow countrywomen. Americans Cal., savs. "Dr. Miles' Special Treatwho know the continent of Europe through long ex- case when all else falled, I had employed perience have pointed out frequently to parents and the best medical talent and had spent guardians the dangers that lie in the path of unsus-wonderful specialist. I consider it my pecting girls who go from here to the French capital daty to recommend him." "For years pecting girls who go from here to the French capital daty to recommend him." "For years dinner-distended stomach induces, many gentle hearts to live. It is not merely that le vie de Boheme is my head, ceuralgia, sinking spells and both seductive and perilous (points out the New York Sun). There is another risk. Bachelor girls who at Jamestown, N. Y. exile, was the grass of the field. It appears that this compassion was altogether undeserved. For now will forget that the conventions are different abroad, cured him after ten abroad. come the "advanced" food experts to tell us that our and that the most innocent acts are likely to be misconstrued. The male students with whom they are had pronounced her case "hopeless. outrage upon nature, while the Nebuchadnezzarian thrown in contact do not have the same notions about worth of treatment especially adopted to women as the men they knew on this side of the At- their case, free, we would advise them to lantic. So what would be considered here to be only send for it at once. Address Dr. Frank-lin Miles, 203 to 235, State Sireet, Chia slight indiscretion, if an indiscretion at all, may lay cage, Ill.

When writing please mention this paper an art student in Pavis open to insult or worse. Some time ago an American woman living there begged of girls who proposed to cross the ocean to study not to go alone, and impressed upon their more mature sisters the necessity of caution and circumspection. The puposes, For sale at E. A. Brady's, of green leaves au naturel, fruits fresh from the tree, ters the necessity of caution and circumspection. The tragic event of the other day would not have occurred Main street, bet 4th and 5th sts. if the victim had been a little more wary and distrustful.

> THE COURIER has something to say about the tax list in its last issue. The list is long but the Courier makes it worse than it is. If people will plat large additions to Oregon City and Portland in lots, like Shaw's Addition, Minthorn, Gladstone and Una Villa, and not pay the taxes the list is bound to be long The fault is not in the law or officers but in people and Bowel Dyspepsia. But this excel-platting land for sale when there is little or no de-since using it I can eat heartily and have mand for it and then not paying the taxes. Clacka-mas county is getting its list published 40 per cen Kidney troubles Electric Bitters are a The Courier had a chance to bid in this tax list bu. G.o. A. Harding's drug store, evidently thought the list would be short and did not Use Brome Lax for coughs, colds and care to do it for less than the present price, which is la grippe. Frieg 25 cents a box a Charman & Co. Each box guitle 40 per cent less than merchants of Oregon City pay you to one guess on the guaranteed gold for similar work. Four concerns allowed long lists of watch. described separately if the purchaser gets any title. dollars could do him no lasting good, If people do not pay their taxes they must epect tott DeWitt's Witch Hazel Salve cured him pay the penalty. The county does not in the end pay borns, bringes, sprains, lacerations, ecthe bill but the delinquent taxpayer.

THE ENTERPRISE PUBLISHING COMPARY has become | Harding head, "strive as he may, 'His mother was a cook!" "? lay any feeling more than any other event that has Picture the scene that must unfold to the rapt vis- taken place in some time. Clackamas county is re-

Books as Christmas Gifts.

When in doubt, give a book. Give one of real inennial meal, we take it, would be stored in an orna- belonged to the same class as the pretty but useless brie-a-brac on which people still spend untold sums every holiday season. The money wasted upon perthese simple and savory dishes. It is claimed that constitutes a problem which every sensible man ought the devotees of raw food number several thousands in to sit down and study prayerfully some day when he has got through his annual busy season of sinning in Swamp-Root is soon realized. It is sold that direction. But the giving of a good book never The rural free delivery system was established for that direction. But the giving of a good book never cent and one dollar the convenience of the farming communities; its decalls for repentance. The space for bric-a-brac, rugs sample bottle by mail the convenience of the farming communities; its development already proves that it is to have a widespread influence upon American life. Last year 1906 to the contrary notwithstanding, but there is always post-offices in country districts were discontinued, re- room for another book without making the home look

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ment has worked wonders in my son'

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A large assorted lot of wine has just

Individuals Money to Loan.

At 6 and 7 per cent. Call on or write JNO. W. LODER. Oregon City Oregon Stevens' building.

Saved at Grave's Brink.

"I know I would long ago have been in my grave," writes S. H. Newsome, of Decator, Aia., "if it had not been for Electric Bitters. For three years I sutfered untold agony from the worst forms of Indigestion, Waterbrash, Stomach

zema, tetter, salt rhenm, and all other skin diseases. Look for the name De-Witt on the package—all others are cheap, worthless counterfeits. Geo. A.

If you feel ill and need a pill Why not purchase the best? DeWitt's Early Risers Are little surprisers, Take one—they do the rest.

W. H. Howell, Houston, Tex., writes-I have used Little Early Riser Pilis in my family for constipation, sick headache To their use I am indented for the

Every hat trimmed or untrim-med at a great reduction. Miss C. Goldsmith.

Women as Well as Men Are Made Miserable by Kidney Trouble.

Kidney trouble preys upon the mind, discourages and lessens ambition; beauty, vigor and cheerfulness soon disappear when the kidneys are out of order or diseased.

Kidney trouble has become so prevalent that it is not uncommon for a child to be born afflicted with weak kidneys. If the child urinates too often, if the

urine scalds the flesh or if, when the child reaches an age when it should be able to control the passage, it is yet afflicted with bed-wetting, depend upon it, the cause of the difficulty is kidney trouble, and the first step should be towards the treatment of these important organs. This unpleasant trouble is due to a diseased condition of the kidneys and bladder and not to a habit as

most people suppose.

Women as well as men are made miserable with kidney and bladder trouble, and both need the same great remedy. The mild and the immediate effect of by druggists, in fifty-

thousands of testimonial letters received from sufferers cured. In writing Dr. Kilmer mention this paper,

HOLIDAY GOODS

Are now being unpacked and shown in our windows and show cases. By early and careful buying w have succeeded in obtaining some special bargains or you in the way of Christimas dainties. Being our first year in business we have no old shop worn jonk to work off on you, but every article is new, nobby and the very latest. A fine line of perfumes, fancy stationery, toilet soaps, leather goods, framed and

ing sets, aibums, photograph frames, collar and cuff boxes, necktic boxes, handkerchief boxes, glove boxes, in fact all kinds of goods at all kinds of prices except high,

unframed pictures, shaving sets, baby sets, thanicur-

Where is there a better place to buy

gifts than at a Drug Store.

When are goods so varied, so dainty, so impressive and so acceptable? We would be willing to guar antee the every gift bought from this navo scone will reach the recipient's heart. You can't go amiss f you choose here. Come in and let us belp you with your selections. Our time is yours.

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Are at the top. Have won at two of the largest shows in the Northwest, 1901-1902, also at the state fairs. Look up their record. Some fine breeding cockrels from our prize winning strain \$2.00 and up. Also a few white rock cockrels \$2.00. Eggs \$2.00 per setting.

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