

JOCKEYS IN TRAINING

KEEPING THE WEIGHT DOWN IS NOT A DIFFICULT PROBLEM.

Fattening Foods Are Avoided, and Judicious Exercise Is Coured—As a Rule, Riders Lost a Dozen Years and as a Class Are Not Saving.

"It is a popular belief," a well known trainer said to a reporter recently, "that a jockey has to resort to all sorts of injurious practices in order to keep his weight within required limits. The idea, however, is a far stretched one. Of course a jockey has to go through certain exercises each day and has to be very much more careful regarding what he puts in his stomach than most people in order to keep his weight down and from acquiring a superfluity of flesh, but he certainly does not starve himself, as is generally supposed. If he did so he would break down entirely in a very short time. A jockey must also be in the best possible physical trim and have his wits about him before a race, and to attain that he must be careful how he uses his constitution.

"There are two very important things a jockey has to consider in studying his diet. He must see to it that his food is of the best quality and that it contains practically no flesh forming properties. All such fattening foods as, for instance, soups, beef, pork, potatoes, puddings and pastries a jockey must deny himself. Coffee, tea or other drinks are only taken very moderately, as all liquids help more or less in putting on flesh.

"Although a jockey has to eschew such foods, there are many other varieties which he gets just as much pleasure in eating and which at the same time are equally as good and strengthening for his constitution. A few days before a race a jockey who has a mount in it will not stint himself—provided he has no fear of overridding his proper weight for the race—in anything which he thinks will not interfere with his digestive apparatus.

"Some jockeys, of course, take on and lose flesh quicker than others. I have known one or two who were particularly anxious to ride in certain races, but for which they were perhaps as much as eight or nine pounds too heavy, who reduced that weight in the same number of days. To accomplish that, however, they have to resort practically to a 'starving diet,' leaving as little as the strain on the vitality will permit without breaking down and trying to reduce their overweight by certain sweating exercises. It is needless to say that no jockey could stand too frequent repetitions of such severe measures to subtract from his weight without danger of permanently injuring his health and even sacrificing his life; still, many willingly resort to such 'light weight quick' methods where they see good opportunities of making a name or a pile of money for themselves.

"It must be remembered that by nature jockeys as a whole are not of substantial physique or imposing in height, although they are as tough as whipcord. If they were, therefore, to indulge every day in the heavy bill of fare that the average business or working man partakes of it is not probable that they would increase much in weight or height. You often see jockeys in the big hotels and restaurants at the various racing sections after a race tucking in big and expensive dinners with a gusto and relish that would give a chronic dyspeptic an appetite date stones?"

"Because, O brother," answered a weak voice, "I have not eaten these three days, and Allah has sent these stones to save my life."

"Praise be to Allah," answered the first man, "for he has saved me also, for here is one poorer than I."

And both men went into the city.

Malleable Glass of the Egyptians. Strabo and Josephus both affirm that the Egyptian glass workers were so well skilled in their art that they imitated the amethyst and other precious stones to perfection. Malleable glass was one of the secret arts of the ancients, the formula for making it being now reckoned as lost. Strabo mentions a cup of glass which could be hammered into any desired shape, the material of which it was composed being as ductile as lead.

Too Much Argument. Dan's a good deal in argument, but it can also be overdone. As long as Uncle Moses believed in sulphur and brimstone he let my cabbages strictly alone. When I had argued him into believin' dat no sich place existed he cleaned out my truck patch in 'one night.—Detroit Free Press.

The Difference. Miss Languish—Mercy! You don't mean to say you destroy all your love letters! I save mine religiously. Miss Pertly—Of course; but, then, you know it makes a difference when one has only a few.—Boston Transcript.

His Mission. "Yes," said the world he poet. "I started as office boy for an editor. I used to help empty wastebaskets." "Indeed!" said the girl who had seen some of his effusions, "and now I suppose you help fill them?"—Philadelphia Record.

Misunderstood. "Sir, you look like an optimist. You have a happy countenance. Lend me a dollar." "My friend, do you know why I look happy? It's because I haven't any wealth to bother me."—Exchange.

The Antiquity of the Ballet.

Strictly defined, the ballet is properly a theatrical exhibition of the art of dancing in its highest perfection, complying generally with the rules of the drama as to its composition and form. It was in existence in Italy as far back as A. D. 1500, the court of Turin in that day making especial use of it and the royal family and nobles taking part in it. The ballet was first introduced in France in the reign of Louis XIII., and both that monarch and Louis XIV. occasionally took part in its dances.

In its earliest presentation the ballet appeared dexterously in combination with the other theatrical acts and is said to have "completed the chaotic medley exhibited in those spectacles, which were at once mythological, allegorical, fantastic, warlike and pastoral." The reader will not be slow to observe that its development in the present day has not apparently lost sight of these conditions.

About the year 1700 women made their first appearance in the ballet, which up to that time had been performed exclusively by men, as was the case also with plays and operas, but no woman ballet dancer of any note appeared until 1790.

Comets and Women.

The analogy between comets and women once formed the subject of the following peroration from an evening contemporary: "Comets doubtless answer some wise and good purpose in the creation; so do women. Comets are incomprehensible, beautiful and eccentric; so are women. Comets shine with peculiar splendor, but at night are most brilliant; so are women. Comets are enveloped with a lucid nebula through which their forms are visible; so are those of women in their light and elegant attire. Comets confound the most learned when they attempt to ascertain their nature; so do women. Comets equally excite the admiration of the philosopher and of the clown of the valley; so do women. Comets and women are therefore closely analogous, but, the nature of each being inscrutable, all that remains for us to do is to view with admiration the one and to love the other to adoration."—Golden Penny.

Menelek and the Missionary.

A story is told of an attempt made by a Swedish missionary to obtain a foothold in Abyssinia. No sooner had he begun to preach than he was brought before King Menelek, who asked him why he had left his home in Scandinavia in order to come to Abyssinia. The missionary promptly replied that he had come to convert the Abyssinian Jews. "Are there no Jews in your country?" asked Menelek. The missionary admitted that there were a few. "And in all the countries that you have passed through did you find no Jews or heathens?" the king continued. "Jews and heathens," the missionary admitted, "are plentiful." "Then," said Menelek, "carry this man beyond the frontier and let him not return until he has converted all the Jews and heathen which lie between his country and mine."

An Arab Legend.

"There is none so poor but there is one poorer." A poor Arab spent his last baba on a handful of dates and went up on a high cliff to eat them and die. As he threw the stones over a lean hand shot out below and caught them. "Ho!" said he. "Why do you catch my date stones?" "Because, O brother," answered a weak voice, "I have not eaten these three days, and Allah has sent these stones to save my life."

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A critic in noticing a disclosure on "The Sayings and Doings of Great Men" remarks, "It is sad to observe how much they said and how little they did."

WEEKLY REPORT OF CROPS

Issued by Edward A. Beals of U. S. Department of Agriculture.

The week has been wet and cool. Not more than two or three good days of harvesting weather occurred in any section, and the grain in shock has become damp and in danger of sprouting. But little wheat remains to be cut and threshing is well advanced. In some sections, however, it will take, at best, two weeks longer before the grain is all harvested.

The soil has been sufficiently softened by the rains for fall plowing, which is now being done in many places. Grass has made a nice start, and consequently feed in the pastures and on the ranges is good and stock is in excellent condition.

By the end of the week hop picking will be practically completed. Lice and mold have been more common than usual, but the consequent damage was not so great as expected, and the growers generally express themselves as quite pleased with the yields, both as to quantity and quality.

Corn is maturing slowly, as it needs warmer weather. Potato blight is reported to be spreading in the coast counties. Elsewhere this crop is in excellent condition.

Prune drying has become general, and with good weather during the next two weeks a big crop will be secured. Pears are ripe and being marketed as rapidly as possible. Late apples continue doing well, and it is expected about two-thirds of an average crop will be harvested.

A Certain Cure for Dysentery and Diarrhoea.

"Some years ago I was one of a party that intended making a long bicycle trip," says F. L. Taylor, of New Albany, Bradford County, Pa. "I was taken suddenly with diarrhoea, and was about to give up the trip, when editor Ward, of the Laceyville Messenger, suggested that I take a dose of Chamberlain's Colic, Cholera and Diarrhoea Remedy. I purchased a bottle and took two doses, one before starting and one on the route. I made the trip successfully and never felt any ill effect. Again last summer I was almost completely run down with an attack of dysentery. I bought a bottle of this same remedy and this time one dose cured me." Sold by G. A. Harding, drugist.

For styles and prices go to Miss Goldsmith's.

Letter List.

The following is the list of letters remaining in the postoffice at Oregon City, Oregon Sept. 17, 1903:

- WOMEN'S LIST. Brown Miss M. Schmale Miss Olga. Brown Miss Retha. Wood Miss Ilena. McIntyre Miss N. Verner Mrs. MEN'S LIST. Bohman Mr. Lambier Geo. Cooper Gus W. Lee H G. Dunlavy George. Olson H. Dunne Frank. Oar Ben W. Erickson J. Polindexter W N. Evanson E L. Sears E. Forside Mr. Smit W W. Gifford Chas S. Terrell Ed. Howell D C. Wormouth Robert. Hunter H C. Yates Ed. TOM P. RANDALL, P.M.

A Brilliant Retort.

After dinner speaking is an art, and, like many other arts, its excellence has much to do with the mood of the artist. Some of the best of our after dinner speakers sometimes fail, but it is not often that failure results in the enrichment of the world's store of epigram, as it did in the case of Lord Erskine many years ago.

When Lord Erskine was made a member of that highly honorable body, the Fishmongers' Company of London, he made an after dinner speech on the occasion of his first appearance among them as a member. Upon his return he said to a friend:

"I spoke ill today and stammered and hesitated in the opening." "You certainly floundered," was the reply, "but I thought you did so in compliment to the fishmongers."



I have had occasion to use your Black-Draught Stock and Poultry Medicine and am pleased to say that I never used anything for stock that gave half as good satisfaction. I heartily recommend it to all owners of stock. J. B. BLSHER, St. Louis, Mo.

Sick stock or poultry should not eat cheap stock food any more than sick persons should expect to be cared by food. When your stock and poultry are sick give them medicine. Don't stuff them with worthless stock foods. Unload the bowels and stir up the torpid liver and the animal will be cured, if it be possible to cure it. Black-Draught Stock and Poultry Medicine unloads the bowels and stirs up the torpid liver. It cures every malady of stock. If taken in time, Secure a 25-cent can of Black-Draught Stock and Poultry Medicine and it will pay for itself ten times over. Horses work better. Cows give more milk. Hogs gain flesh. And hens lay more eggs. It solves the problem of making as much blood, flesh and energy as possible out of the smallest amount of food consumed. Buy a can from your dealer.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought In Use For over 30 Years.

The Columbia River Seen from a "Regulator Line Excursion Steamer."

It is a custom to apply fanciful titles to American rivers, mountains and lakes in simile to those of other countries. Thus we hear of "The American Rhine," "The Switzerland of America," "The American Alps," and so on, and here on the magnificent Columbia River, in all its wealth of scenery, we may find another Rhine. The towering snow-capped mountains, gorges, ravines, waterfalls and even cataracts duplicate and even excel the famous scenery of Switzerland, and for the desire of being able to say "When I was abroad" thousands of Americans are willing to be ignorant of their own country in not seeing some of the finest scenery of the world as here on the Columbia.

In a tour of the West it is the thing to do, and the one thing not to be missed—the voyage on the Columbia river between Portland and The Dalles—that is made in one day's daylight on board of the splendid boats of the Regulator Line, and the people of Oregon and Washington should make it a point to remind their friends that are coming from the East not to miss making a trip on this beautiful river.

Your ardent admirer makes the trip up and down both ways, on the boats, as it gives opportunity to pay heed to attention to both sides of the river and for the views ahead on the going and returning voyage. But the man in a hurry may go up on the boat, returning by rail, or vice versa, or the passengers west bound may leave the train at The Dalles and go down the Columbia river by boat to Portland.

The Regulator Line palatial excursion steamer "Bailey Gatzert" leaves Portland every morning (except Monday) at 8:50 to Cascade Locks and return, right in the heart of the Cascade Mountains, affording an excellent one day trip to view the magnificent scenery and also enjoy the exhilarating ride through the famous rapids of the Cascades, returning arrive in Portland about 7 P. M.

The round trip fare to Cascade Locks is \$1.50, round trip to The Dalles \$2.50, one way fare from Portland to The Dalles or vice versa \$1.50. The meals are excellent and served on all steamers of this line.

Right Work at Right Prices.

High grade artistic work at reasonable prices is the explanation for the great amount of job work that the Enterprise office is turning out daily. This office is better prepared than ever before to do all kinds of job work at prices entirely consistent with first class service and a recognition of the union scale of wages that is being paid for labor. This office is again this year headquarters for top check printing and all kinds of printing required by hop and fruit men. We are also better prepared than ever before to do all manner of job work, commercial and book printing, business stationery, cards, dance invitations, programs etc. We respectfully solicit work of this character and desire at all times to figure with any one desiring printing of any kind. If your work is done at the Enterprise office it is done right and will give satisfaction. Give us a trial.

Record Subscribers.

The Clackamas County Record having suspended publication, the subscribers of that paper who this week receive the Enterprise, will understand that the Enterprise takes the place of the Record. Anyone receiving the Enterprise under these conditions and not wanting it will please notify this office.

THE CLACKAMAS ABSTRACT & TRUST CO. are the owners of the copyright to the Thorne system of abstract indexes, for Clackamas county, and have the only complete set of abstracts in the county, can furnish information as to title to land at once, on application. Loans, investments, real estate abstracts, etc. Office over Bank of Oregon City, Call and investigate. Subscribe for the Enterprise.

O. R. & N

Oregon Short Line and Union Pacific

THREE TRAIN TO THE EAST DAILY

Through Pullman standard and Tourist sleeping cars daily to Omaha, Chicago, Spokane; tourist sleeping cars daily to Kansas City; through Pullman tourist sleeping cars (personally conducted) weekly to Chicago, Kansas City, returning chairs (seats) into the east daily from Portland

Table with columns: DEPART, TIME SCHEDULES, ARRIVE. Rows include Chicago Portland Special, Atlantic Express, St. Paul Fast Mail, etc.

Excellent Meals. Best Service. For detailed information of rates, berth reservation etc, call or write agent at warf. General Offices, H. C. CAMPBELL, Portland, Ore. Manager.

Ocean and River Schedules FROM PORTLAND

Table with columns: DEPART, TIME SCHEDULES, ARRIVE. Rows include All Mailing dates subject to change, Columbia River Steamers, etc.

70 HOURS Portland to Chicago

No Change of Cars. Tickets east via all rail, or boat and rail via Portland.

SCHEDULES OF TIME SOUTHERN PACIFIC RAILWAY

Table with columns: NORTH BOUND, SOUTH BOUND. Rows include 7:00 a. m., 9:22 a. m., 6:10 p. m., etc.

Daily River Excursions OREGON CITY BOATS.

Table with columns: DEPART, TIME SCHEDULES, ARRIVE. Rows include Foot Taylor St., Foot Eighth St., etc.

Return trip good on Electric Line. L. Lewis, Comm' Agent, 242 Alder St. Portland, Ore. Write for the novel and catchy Seaside pamphlet, just issued, telling all about Summer Girls, Sea Serpents and Sunsets at Seaside.

COLUMBIA RIVER SCENERY



Regulator Line Steamers

Portland and The Dalles ROUTE ALL WAY LANDINGS

"Bailey Gatzert" "Dales City" "Regulator" "Metlako" Connecting at Lyle, Wash., with the Columbia River and Northern Ry. for Nakkasau, Daly, Centerville, Goldendale and all Cheketat Valley points. Steamer leaves Portland daily (except Sunday) for The Dalles 7 a. m., arrives The Dalles 6:30 p. m.; steamer connects with C. R. & N. train at Lyle for Goldendale. Steamer leaves The Dalles daily (except Sunday) for Portland at 7:30 a. m., arrives Portland 6 p. m.; C. R. & N. train leaving Goldendale at 6:15 connect with the steamer for Portland.

Str "Metlako" makes daily round trips between Cascade Locks and The Dalles; leaves Locks 6 a. m., returns 6 p. m.

The Palatial Steamer "Bailey Gatzert" leaves Portland daily (except Monday) 8:30 a. m., Sundays 9 a. m., for Cascade Locks and return, affording an excellent opportunity to view the scenery of the Cylumbia River.

Excellent meals served on all steamers. Fine accommodations for teams and wagons. For detailed information of rates, berth reservations, railroad and stage connections write to or call upon S. McDonald, agent, Alder street wharf, or H. C. CAMPBELL, Manager, Portland, Ore.

CASTORIA The Kind You Have Always Bought

