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FRIDAY, JUNE 16, 1905.

It is not too early to begin decorating for the G. A. R. Encampment and the Firemen's Tournament and Fourth of July Celebration. It is but a short time until the old soldiers will be with us and the city should be in its best dress.

One of the best illustrated special editions that has been published by any Willamette Valley paper was that of the Independence Enterprise, edited by Walter Lyon. This paper was issued last week and contained a complete review of the various resources and industries of the country, illustrated with a great number of splendid pictures.

Some criticism has been offered on the use of the whipping post as a means of meting out deserved punishment to wife-beaters. It is designated by some of the critics as a relic of barbarism. But wife-beating has become a too common thing to pass without treating the bully who inflicts such treatment to something just as interesting.

THE LEWIS AND CLARK EXPOSITION.

In his address at the opening of the Portland Fair, Vice-President Fairbanks quoted Mr. McKinley's phrase, "Expositions are the timekeepers of progress." Certainly the story of the development of the "Oregon country," the Pacific West and the whole territory traversed by Lewis and Clark is a marvelous record of steady and extraordinary progress, and it is well to pause in the strenuous activities of the present day and contemplate for awhile the achievements celebrated by such an exhibition as Oregon is now holding and asking the citizens of her sister states to visit and admire.

The Lewis and Clark exhibition commemorates a significant event in American and world history—an event to which John Fiske refers in the following terms: "The progress across the continent begun by Champlain was thus completed, 200 years later, by Lewis and Clark." It marks, to use President Roosevelt's words, "a feat of exploration a century ago which was the first step in the expansion of this republic westward across the continent, the most important step in changing a straggling line of seaboard commonwealths into a mighty continental nation."

The statesman who ordered the step it is the shrewdest commonplace to say, did not foresee all the consequences of his action, but he was wise and far-sighted enough to appreciate the value and importance of the task intrusted to the brave and enterprising captains in connection with the Louisiana purchase. The expedition confirmed our title to the "Oregon country" and gave the United States a coast line, thus leading to the acquisition of California half a century later.

And if the event was worthy of signal commemoration the people of Portland, the state and the whole Pacific Coast have deserved well of the country by the worthy and characteristically western manner in which they have carried their enterprise to completion. The fair was opened on the day originally named, and everything was in a state of entire readiness. The managers and exhibitors have done their work well, and it is now for the people of the region west of the Rocky Mountains, and by no means for them alone, to show their appreciation of the work and its fine results.

Go West, young man, and you who are no longer as young as when Chicago was celebrating a grander event, and see what industry, freedom and manifest destiny have accomplished in the short space of a hundred years in and around the Oregon country.—Chicago Record-Herald.

THE REST IN A CHANGE OF ACTIVITY.

There has been discussion in England over the value of indoor gymnastics which Professor Muirhead of Birmingham University denounces as the most demoralizing and exhaustive kind of exercise. The brain, he says, is employed in them as well as the body and they cannot be regarded as a rest for the college student.

This recalls the common assertion that the best rest is a change of work and suggests that it is by no means generally true. It often happens that there is no real rest in anything that

demands effort, physical or mental. A man starts the day with a certain amount of vitality and nervous energy. He may be employed at very exacting labors in an office which call for no physical exertion so to speak of, and yet when the day is done he may be incapable of physical exertion because his vitality is so greatly drained by his mental application.

In a case like this there is but one proper kind of rest and that is absolute repose of body and mind. Gymnastics, which are uninteresting enough at best, would be oppressively exhausting. A brisk walk would add weariness to weariness. The trouble is that the entire stock of vitality has been depleted to such an extent that physical and mental force are both affected. And the man needs no instruction as to the remedy that he should take. He throws himself down on a couch as a matter of course because he is so dead tired that he feels that he can neither stand up nor sit up.

The same law applies to the man who is first exhausted by physical labor. He has drawn on his strength so largely that there is no rest for him in a mental problem. If he were to try serious reading he could not give attention to it or hold what he had read in his memory.

These, of course, are extreme examples, and not conclusive against the moderate claim that there is a value in a change of activities. Light exercise may be more than an equivalent for the couch to the brain-worker, and one who has been employed at physical labor may find a fresh interest in life from reading. But if, say, a game of golf will tone up the nerves and refresh the whole being after intense mental application, it is certain that all supplemental work and all play must be restricted according to the amount of one's vitality and of the necessary labor that one is called upon to do. Exercise may easily be taken in such measure as to unfit a person for business of life, and it is so enticing that the plea of rest, recuperation and gloriously intensified energy that goes with it is often plain humbug, the truth being that this rest is a neglect of work for play.—Exchange.

ITALIAN IMMIGRATION.

The President's stand on the immigration question increases the probability that the issue may become a live one when congress opens. The million poor foreigners who will have landed on these shores during the year ending June 30 are more than the population of eighteen states, and are more than the population of any American city save three. The quality of the present immigration is not generally deemed equal to what we used to receive from more northern countries, when, also, migration to this country was caused rather by personal energy and ambition than by steamship companies, foreign police officials, and American employers of cheap labor. The Italians, who now lead in numbers, are unmistakably wanted in the South, and the Italian Ambassador has been working hard to turn his countrymen towards the Southern States. A lawyer from New Orleans sends us an estimate that about ten million Italians would be welcome in the South. Some interesting defenses of the Italian character are made. The secretary and treasurer of a New Jersey bank writes that in his city the members of the Italian colony have gained so enviable a reputation for honesty, industry, and enterprise that as borrowers they are preferred by some directors for their personal investments to any other class. "I am beginning to believe," he adds, "that the various races that Austria-Hungary and Italy are sending us have the making of a fine race of people, or rather that they are by no means unworthy to be added to the races that are already here. We need their robust health, their fine figures, their often handsome faces, their ideas of morality and honesty. In fact, Mr. Editor, it seems to me that we want to look into this matter before we turn this stream of immigration away. I did not always see this matter this way, and if you will come down and examine it at short range you may discover that you were near-sighted also."—Collier's.

G. B. Burhans testifies after four years. G. B. Burhans, of Carlisle Center, N. Y., writes: "About four years ago I wrote you stating that I had been entirely cured of a severe kidney trouble by taking less than two bottles of Foley's Kidney Cure. It entirely stopped the brick dust sediment, and pain and symptoms of kidney disease disappeared. I am glad to say that I have never had a return of any of those symptoms during the four years that have elapsed and I am evidently cured to stay cured, and heartily recommend Foley's Kidney Cure to any one suffering from kidney or bladder trouble."—Huntley Bros. Co.

CASTORIA. The Kind You Have Always Bought. Bears the Signature of Dr. H. H. Hatcher

Ayer's Hair Vigor

Sometimes the hair is not properly nourished. It suffers for food, starves. Then it falls out, turns prematurely gray. Ayer's Hair Vigor is a hair food. It feeds, nourishes. The hair stops falling, grows long and heavy, and all dandruff disappears.

My hair was coming out terribly. I was almost afraid to comb it. But Ayer's Hair Vigor promptly stopped the falling, and also restored the natural color. Mrs. E. G. WARD, Lansing, N. J.

for Poor Hair

INTERESTING LETTER

WRITTEN BY A NOTABLE WOMAN

Mrs. Sarah Kellogg of Denver, Color Bearer of the Woman's Relief Corps Sends Thanks to Mrs. Pinkham.



The following letter was written by Mrs. Kellogg, of 1638 Lincoln Ave., Denver, Colo., to Mrs. Pinkham, Lynn, Mass.: Dear Mrs. Pinkham: For five years I was troubled with a tumor, which kept growing, causing me intense agony and great mental depression. I was unable to attend to my house work, and life became a burden to me. I was confined for days to my bed, lost my appetite, my courage and all hope. "I could not bear to think of an operation, and in my distress I tried every remedy which I thought would be of any use to me, and reading of the value of Lydia E. Pinkham's Vegetable Compound to sick women decided to give it a trial. I felt so discouraged that I had little hope of recovery, and when I began to feel better, after the second week, I thought it only meant temporary relief; but to my great surprise I found that I kept gaining, while the tumor lessened in size. "The Compound continued to build up my general health and the tumor seemed to be absorbed, until, in seven months, the tumor was entirely gone and I a well woman. I am so thankful for my recovery that I ask you to publish my letter in newspapers, so other women may know of the wonderful curative powers of Lydia E. Pinkham's Vegetable Compound."

When women are troubled with irregular or painful menstruation, weakness, leucorrhœa, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, back-ache, flatulence, general debility, indigestion and nervous prostration, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such trouble.

No other medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of cures of female troubles. Refuse to buy any other medicine.

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

Health is too valuable to risk in experiments with unknown and untried medicines or methods of treatment. Remember that it is Lydia E. Pinkham's Vegetable Compound that is curing women, and don't allow any druggist to sell you anything else in its place.

WILL ENTERTAIN THE VETERANS.

Twenty-Fourth Annual Encampment of the Boys in Blue.

Eight hundred delegates are expected to attend the twenty-fourth Annual Encampment of the G. A. R. and the W. R. C. which will be held in this city next week, June 20, 21 and 22. B. F. Pike, of Morrow county, Department Commander, and Mrs. Birdie Smith, of Portland, Department President, will be in attendance.

In conjunction with this encampment, there will be held Tuesday, June 21, the Fourth Annual Reunion of the First Oregon Cavalry and the First Oregon Infantry, United States Volunteer Association.

Meade Post, G. A. R. of this city, has employed an experienced decorator who will extensively beautify Main street for its entire length, the suspension bridge and the halls in which the meetings are to be held.

It is especially desired by the members of the G. A. R. Post that the business men and residents of Oregon City proceed at once to properly decorate their places of business as well as their residences.

The official call for the fourth annual reunion of the Oregon Cavalry and the Oregon Infantry, is as follows:

To Old Soldiers. Headquarters Association of the First Oregon Cavalry and the First Oregon Infantry, La Grande, Oregon. May 22, 1905. Comrades: The 4th Annual Reunion of the First Oregon Cavalry and First Oregon Infantry, United States Volunteers Association will be held, in conjunction with the state encampment of the Grand Army of the Republic at Oregon City, Oregon, on June 21, 1905.

All comrades are requested to be present and participate. A cordial invitation is given to all persons who served in either the First Oregon Cavalry United States Volunteers or in the First Oregon Infantry United States Volunteers and did duty in Oregon, Washington, Idaho, Utah or Nevada from 1861 to 1895 and to their parents, wives and descendants to join in the reunion and talk over incidents of long ago. GEO. B. CURREY, Commander. M. M. HILLEARY, Adjutant.

Deserves Your Patronage. The growth of a community and the success of its local institutions depends entirely on the loyalty of its people. It is well enough to preach "patronize home industry" but except the service given at a home institution equals that of out-of-town enterprises, this argument carries no weight and is entirely disregarded, as it should be. But with Oregon City people it is different. A few months ago E. L. Johnson established the Cascade Laundry. It is equipped with the latest improved machinery and is daily turning out work that is equal to any and superior to much of the laundry work that is being done in Portland. Being a home institution and furnishing employment for many Oregon City people it is enjoying an immense patronage. The high standard of the work being done commends it to the general public. Laundry left at the O. K. barber shop will be promptly called for and delivered to any part of the city. Telephone 1294. E. L. Johnson, proprietor.

In Mad Chase. Millions rush in mad chase after health, from one extreme of faddism to another, when, if they would only eat good food, and keep their bowels regular with Dr. King's New Life Pills, their troubles would all pass away. Prompt relief and quick cure for liver and stomach trouble. 25c at Howell & Jones druggists; guaranteed.

The SOAP that sells the fastest IS AMMONIA A B BENZINE. If you have it you'll agree with me; if you haven't you know nothing about it. Those that are using it is because it is all soap—100 per cent. pure. It acts like magic on delicate fabrics, rug carpets, woodwork, dishes. Excellent for laundry, leaves the clothes sweet and clean, the hands smooth and white. AMMONIA is known to everyone as a healthful and powerful disinfectant. BENZINE is the highest refined product of petroleum, having all the cleansing qualities found in coal oil without its impurities. Read here how to secure a bar of this Soap Free! To the first fifty customers making a cash purchase of fifty cents at my store, you will receive a bar of A B Soap absolutely free. GET IT, TRY IT AND YOU WON'T DENY IT. H. P. BRIGHTBILL Phone 1261 503 Main Street

CASTORIA. The Kind You Have Always Bought. Bears the Signature of Dr. H. H. Hatcher. Until my new building on Main street is completed, I will be located in the building on Main street near Fourth street, recently vacated by G. A. Heinz.

F. C. GADKE The Plumber.

THE DENVER & RIO GRANDE RAILROAD. You Will Be Satisfied WITH YOUR JOURNEY. BECAUSE There are so many scenic attractions and points of interest along the line between Ogden and Denver that the trip never becomes tiresome.

W. C. McBRIDE, General Agent PORTLAND, OREGON

JOHN YOUNGER, JEWELER Near Huntley's Drug Store, FORTY YEARS EXPERIENCE IN Great Britain and America.

YOU PUT IT DOWN IN Black and White. That our guarantee is your Gibraltar. We promise a satisfactory enduring job at the lowest price for good work and stand behind our guarantee at all times. Why not let us estimate with you? A. MIHLSTIN, Main Street, near Eighth Oregon City Oregon

COLUMBIA RIVER SCERY Portland and The Dalles ROUTE

REGULATOR Line Steamers

"BAILEY GATZERT" "DALLES CITY" "REGULATOR" "SADIE B." "METLAKO" Str. "Bailey Gatzert" leaves Portland 7 A. M. Mondays, Wednesdays and Fridays; leaves The Dalles 7 A. M. Tuesdays, Thursdays and Saturdays.

C. R. & N. train leaves Goldendale on Mondays, Wednesdays and Fridays at 6:30 A. M., making connection with steamer "Regulator" for Portland and way points.

C. R. & N. train leaves Goldendale on Tuesdays, Thursdays and Saturdays at 8:30 A. M., connecting at Tyle with steamer "Sadie B." for The Dalles, connecting there with O. R. & N. trains East and West.

H. C. CAMPBELL, Manager. Gen. Office, Portland, Oregon.

O. R. & N. OREGON SHORT LINE AND UNION PACIFIC

THREE TRA 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, reclining chairs (seats free to the east daily.)

70 HOURS Portland to Chicago No Change of Cars. 70

Table with columns: Depart, Time Schedules, ARRIVE. Rows for Chicago-Portland, Atlantic Express, St. Paul Post Mail.

Astoria & Columbia River Railroad Co.

Table with columns: Leaves, UNION DEPOT, Arrives. Rows for 8:00 A.M. Daily, 7:00 P.M.

C. A. STEWART, Comm'l Agt., 540 Alder street. Phone Main 996. J. C. MAYO, G. F. & P. A., Astoria, Or. Ocean and River Schedule For San Francisco—Every five days at 8 p. m. For Astoria, way points and Portland, Oregon. 8 p. m.; Saturday at 10 p. m. Daily service (water permitting) on Willamette and Yamhill rivers. For detailed information of rates, The Oregon Railroad & Navigation Co., your nearest ticket agent, or General Passenger Agent, A. L. CRAIG.