OREGON CITY ENTERPRISE, FRIDAY, JUNE 16, 1905.

Oregon City Enterprise demands effort, physical or mental. CITY AND COUNTY OFFICIAL PAPER.

Published Every Friday.

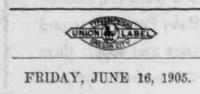
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It is not too early to begin decorating for the G. A. R. Encampment and the Firemen's Tournament and Fourth of July Celebration. It is but a short time until the old soldiers will be with us and the city should be in its best dress. Let the work of decorating be- life from reading. But if, say, a game accomplished.

editions that has been published by any must be restricted according to the Willamette Valley paper was that of amount of one's vitality and of the the Independence Enterprise, edited necessary labor that one is called upon by Walter Lyon. This paper was is to do. Exercise may easily be taken sued last week and contained a com- in such measure as to unfit a person plete review of the various resources for business of life, and it is so enand industries of the country, illus- ticing that the plea of rest, recuperatrated with a great number of splendid tion and gloriously intensified energy pictures. Such enterprise as this is that goes with it is often plain humto be commended. Especially so in bug, the truth being that this rest is a this instance for the write-uups were neglect of work for play .-- Exchange. confined entirely to a reliable and statistical review of the county without employing the usual amount of hot air inflation.

the lash is none to good.

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In his address at the opening of the estimate that about ten million Ital-Portland Fair, Vice-President Fair- lans would be welcome in the South. banks quoted Mr. McKinley's phrase, Some interesting defences of the Ital-

A man starts the day with a certain amount of vitality and nervous energy. He may be employed at very ex acting 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 be-cause 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. Gymwhich are uninteresting nastics. 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 ex-

amples, 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 gin at once and then something will be of golf will tone up the nerves and refresh the whole being after intense

mental application, it is certain that One of the best illustrated special all supplemental work and all play

ITALIAN IMMIGRATION.

The President's stand on the immigration question increases the proba-Some criticism has been offered on bility that the issue may become a the use of the whipping post as a live one when congress opens. The means of meting out deserved punish- million poor foreigners who will have ment to wife-beaters. It is designated landed on these shores during the by some of the critics as a relic of year ending June 30 are more than the barbarism. But wife-beating has be population of eighteen states, and are come a too common thing to pass more than the population of any Amerwithout treating the bully who inflicts ican city save three. The quality of such treatment to something just as the present immigration is not generinteresting. In the first place the man ally deemed equal to what we used to who strikes a woman is a coward and receive from more northern countries, when one of these physical giants, for when, also, migration to this country you seldom find a wife-beater who was caused rather by personal energy takes anything like equal chances, and ambition than by steamship combeats his wife until her features are panies, foreign police officials, and almost unrecognizable, then the whip- American employers of cheap labor. ping post and the vigorous laying on of The Italians, who now lead in numbers, are unmistakably wanted in the South, and the Italian Ambassador has THE LEWIS AND CLARK EXPOSI-TION. been working hard to turn his country-men towards the Southern States men towards the Southern States. A lawyer from New Orleans sends us an

INTERESTING LETTER WRITTEN BYA NOTABLEWOMAN

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



"For five years 1 was troubled with a tumor, which kept Mrs. Sarah Kellogg Mrs. Sarah Kellogg growing, causing me intense agony and great mental depression. I was unable to at-tend to my house work, and life became a bur-

den 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, "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, 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

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, backache, flatulence, general debility, indigestion and nervous prostration, they should remember there is one tried and true remedy. Lydis E. Pinkham's Veg-etable 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 Ore



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 smoothe and white.

AMMONIA is known to everyone as a healthful and powerful disinfector.

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

The following letter was written by Mrs. Kellogg, of 1628 Lincoln ve., Denver. olo., to Mrs. Pink-

the Pacific West and the whole terripresent 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 sheerest commonplace to say, did not forsee all the consequences of his action, but he was wise and farsighted enough to appreciate the value an 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 Bears 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 readi-The managers and exhibitors ness. 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 appreclation 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.

- 0 -THE REST IN A CHANGE OF AC-TIVITY.

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

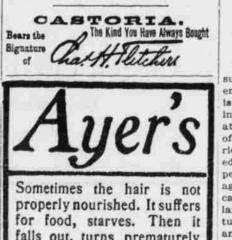
"Expositions are the timekeepers of ian character are made. The secreprogress." Certainly the story of the tary and treasurer of a New Jersey development of the "Oregon country," bank writes that in his city the memtary and treasurer of a New Jersey bers of the Italian colony have gained tory traversed by Lewis and Clark is so enviable a reputation for honesty, a marvelous record of steady and ex. industry, and enterprise that as bortraordinary progress, and it is well to rowers they are preferred by some dipause in the strenuous activities of the rectors 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 ad-

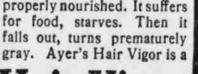
ded to the races that are already here. We need their robust health, their fine figures, their often handsome faces, their ideas of morality and honesty. In fact, Mr. Editor, it seems to me that we want to look into this matter be fore we turn this stream of immigration away. I did not always see this matter this way, and if you will come down and examine it at short range you may discover that you were nearsighted also."-Collier's.

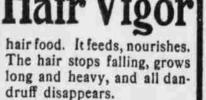
G. B. Burhans testifies after four years.

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.







"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. K. WARD, Landing, N. J.

\$1.60 a bottle. All druggists. J. C. ATER CO., Lowell, Mass., • for = oor Hair

gon Calvary 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 Calvary and the Oregon Infantry, is as follows:

To Old Soldiers.

Headquarters Association of the First Oregon Calvary and the First Oregon Infantry, La Grande, Oregon. May 22, 1905.

Comrades

The 4th Annual Reunion of the First Oregon Calvary 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 Calvary 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 1866 and to their parents, wives and descendents 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 outof-town enterprises, this argument carries no weight and is entirely disregard ed, 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 1204. 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 Fills, their troubles would all pass away. Prompt relief and quick cure for liver and stomach trouble. 25c at Howell & Jones drugstore; guaranteed



FORTY YEARS EXPERIENCE IN

Great Britain and America.



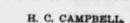
days; leaves The Dalles 7 A. M. Tuesdays, Thusradays and Saturdays. Str. "Regulator" leaves Portland 7 A. M. Tuesdays, Thursdays and Saturdays; leaves The Dalles 7 A. M. Mondaya. Wednesdays and Fr'lays.

connection at Lyle with C. R. & N. train for Goldendale and Klickitat Valley C. R. & N. train leaves Goldendale on Mondays, Wednesdays and Fridays at

steamer "Regulator" for Portland and 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, con-

Str. "Sadle B." leaves Cascade Locks daily (except Sunday) at 7 A. M. for The Dalles and way points; arrives at 11 A. M.; leaves The Dalles 2 P. M., arrives

Fine accommodations for teams and

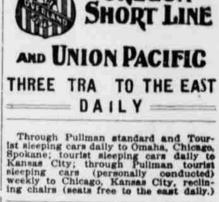


Manage



Oregon City . .

Oregon



OREGON

HOURS Portland to Chicago 70 No Change of Cars. Depart. Time Schedules. ARRIVE Salt Lake, Denver, Ft. Worth, Omaha, Kansas City, St. Louis, Chicago and East. Chicago-Portland eclal 9:16 a. Atlantic Express 8:15 p. m. via. Hunt-ington. Salt Lake, Denver, Ft. Worth, Omaha, Kansas City, St. Louis, Chicago and East. St. Paul Fast Mail G:15 p m via Spo-kane. Xane. St. Paul Iston. Spokane. Min-7:15 a m. Duluth. Miliwaukee, Chicago and East.

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Leaves.	UNION DEPOT	Arrives.
8:00 A.M. Daily.	For Maygers Rainier, Clatskanie, Westport Clifton, Antoria, War- renton, Flavel, Ham- mond, Fort Stovens, Gearhart Park, Ses- side, Astoria and	
7:00 P.M.	Seashore. Express Daily. Astoria Express.	9:40 P.M.
Alder str	STEWART, Comm'i eet. Phone Main 906. AYO, G. F. & P. A., A	
	and River Sci	a second s
8 p. m. Portland,	For Astoria, way p	oints and

8 p. m.; Saturday at 10 p. m. Dal service (water permitting) on Willan ette and Yamhill rivers. For detailed information of rate The Oregon Railroad & Navigation Ci your nearest tloket agent, or