

1-For the muscles of arms and chest.



No. 2-Stretches the chest muscles.



No. 3-Develops the striking out muscles. No. 4-Excellent for the biceps



No. 5-Builds up the wrists



No. 6-Good for the entire upper part of the body

systematically, and continually. First and most obviously, they should be exercired for the protection they afford to the entire body against physical violence of

any sort and in emergencies. In the fore and upper arms is well equipped to save himself from almost any building catches fire and he is on the sixth floor, with all avenues of escape shut off except a rope or a fireman's ladder, he need feel no hesitancy in descending rope or ladder, for his arm muscles, ly the fragile support that will take him of theracle expansion, from impending death to a place of safety. For developing the front muscles b region will have no, or scarcely any, ef-fect on the actions of heart and lungs. Again, if a man is placed in a situation where his calvation depends on his ability to push hard or to clirch, these two bis

equipped to save himself from almost any muscles keep rheumatism out of shoulders and elbows, where it frequently settles.

having been properly taken care of, will lift the chest, and the more air will get give his fingers the power to grasp firm- into the lungs, which means greater power

If the muscles over the front of his chest are exercised, hard blows in this region will have no, or scarcely any, ef-

GR several equally important reasons the front nuncties of the upper part to fine body should be developed to the front nuncties of the upper part to fine body should be developed to the protection they afford to the protection they afford to the airc for a many sort and in emergencies of the arms of the shoulders and these nuncties and the several stands and most obliviously. They asked to the protection they afford to the airc for a many sort and in emergencies of the arms of the shoulders and the several stands and protection they afford to the shoulders and the several stands and the several stands are the shoulders and the several stands and the several

Exercise II-Pirst gaining the correct standing position, which is the initial es-sential step in all beneficial exercise, hold at the arms in front of the body on a level with the shoulders, and have the closed fingers lightly touching. Swiftly who practices them 10 minutes before throw the arms back as far as you can breakfast and 10 minutes before going to bed will soon feel bimiself deriving much benefit from them. Why not be that man yourself?

The sound is a second of the sound of the sound of the sound of the core. Also draw the chest well for the sound of the core. clea technically called the pectoralis | Exercise I-Start from the correct stand | ward and out, and hold back the rest of arm is as close to the shoulder as it will

straighten fully the arms as they reach out above the head.

Exercise IV. Do you aspire to possess nicely molded biceps? Then do not neglect this exercise, which is easy and quickly accomplished. Form a right angle with the thumbs toward the body and the right arm. Make a fist of the right arm arm of the holds are such that the body is at right angles with the body is at right angles with the body is at right angles with the deeply, many parts of the lungs do not receive supplies of fresh air and, as a result, they deteriorate through disuse and, finally, these neglected parts engender such dangerous diseases as consumption. In these breathing exercises simply try to take in all the air that you possibly can. Exercise VII. This is a severe exercise for the entire upper part of the body, When you can do it well five or six times in succession, you will have the pleasure of knowless that the pl the right arm. Make a hat of the right hand and bend the hand inwards at the first tupper part of the body. When you can do it well five or six times down hand with the left hand on the right of knowing that you are do it well five or six times of the closed hand. Then press down hand with the left hand on the right of knowing that you are getting strong, (figure 4), all the time raising up the right forearm to the shoulder. After the forearm to the shoulder. After the forearm is as close to the shoulder as it will have the pleasure to the shoulder as it will now the best possible opportunities for expanding.

Exercise Vii. This is a severe exercise and in these cerecises won't develop your observing, of course, the unchangeable to do standing properly so that the chest nothing will—you're beyond hope and will have the best possible opportunities should make your will and prepare for expanding.

Exercise Vii. This is a severe exercise won't develop your observing, of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course. If these exercises won't develop your observing, of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchangeable rule of standing properly so that the chest observing of course, the unchange this exercise even one

## GEORGE ADE'S FABLE IN SLANG

was strong on the Brotherhood of

He ran a little Sunshine Factory all of his own. Secdo of Kindness, the Farm Drill was a | Morgue

Anyone who happened to be nursing a their John and secured Salaried Positions | They had come from the Columbia River, for Nice Fellows who were willing to do threading the dense woods to the upper anything except Work, he got many a end of the sound near Olympia, where Jolt, but he was not discouraged.

arbitrate a Domestic Scrap, merely out of One of the four, who were the first the Goodners of his Heart.

Blue Pencil if inserted at this Point,

When a kind-hearted Herring starts out to be a Relief Bureau and First Aid to the at his home on Fifteenth avenue, this Injured and a portable Home for the week, surrounded by his family, ripe with Friendless, nobody tries to take the Job accumulated years and honors for the away from him. His Acquaintances do reaper's scythe, and ready for the sumwhat they can to boost his Game,

A. would say, "Here, I'll give you a letter Introduction to my old friend Jasper. He is a Samaritan from away back." It came about that Jesper's Outer Office

was frequently coagulated with a Choice Assortment of Pan-Hundlers and all the short-winded Prothers who want to hitch on to somebody's else Pull, as they say At times Jasper would become weary of

having Folks come along and turn their Private Griefs over to him, but he did not want to become a Cynic and lose his Faith in Human Nature. He was frequently Stung, but still he could not resist any Appeal that was backed up by a few Weeps.

In the Course of Time he came into quite a Bundle of Money and then all the Bread that he had cast on the Waters came back to him a Bakery at a time. Those whom he had succored came around

A Promoter whose Schemes he had guaranteed, because the Man's Children needed Shoes, now had a Chance to show his Gratitude. He let Jasper in on the Ground Floor of a Company organized to manufacture an Automobile that could be turned out of the Shop for \$25 and would run 50 miles on a pint of Gasoline.

Gentlemen who were getting along without Gyercoats came in to see him about Mining Stock that was sure to touch Par by January 1st. The only reason they came to him first, instead of tackling John W. Gates, was that he had always been a True Friend and they wanted to

put him next to a Good Thing. After one or two of these Gift Enterprises had been slipped to him, he began to back water and be a trifle Leary. Yet he found it very Hard to be discourteous to one who came in and did the Brother Act. Besides the Bunk who has the Joint Note already made out and ready to be signed usually has a Talk calculated to

make a Heart of Stone mellow to the Consistency of a Baked Apple. What really did more than any other one Thing to cure him of his Innate Goedness was an Experience with a

Wretch quite unworthy of her.

The unselfish Benefactor who tries to that he said would go a long Way to head off the Deal.

out unhappily is always a Candidate for Accordingly he did a Fatherly Talk to

When it came to scattering the Hospital, with a Long Shot at the induction of the Daughter of his Old Friend, giving her a Straight Line on the Conduct of the

NCE there was a moving Target who | Sweet Girl who was being courted by a | kind and disinterested and was accustomed

Morgue.

The Sweet Girl in Question was the High-Roller who was trying to warm up daughter of an Old Friend, for whose Funeral Expenses he had been landed.

She thanked him right from the Bottom

Snap away and begged him not to do anything Desperate. He said that whatever he did, he would do out of Love for her. After which he went home to oil up his Pocket Hardware.

Next Morning the Man who wanted to help Everybody did a Flying Leap down, the Back Stairway of his Office. Just as he ducked a Bullet and cut into the Alley back of the Poetoffice, it occurred to him that the True Friend Gag had its Draw-becks. backs. He escaped with his Life, but there was

HENRY VAN ASSELT.

they bargained with an Indian to pilot leved as One of his regular Assignments was to them to Elliott Bay.

whites to land and make their homes on In this way he managed to reunite a the shores of Elliott Bay, was Henry In this way he managed to reunite a the shores of Eillott Bay, was Henry Arthur A. Denny, established a camp at number of Couples who were afterward. Van Asselt, a native of Holland, a sol- Alki Point in November, 1851. Van Asserty that they had been reuned and dier, farmer, experi rifleman and of hardy selt was born in Holland April 11, 1817. what they said about him would get the spirit. The others were: Jacob and Sam. uel Manle and L. M. Colling.

Van Asselt, the last of the group, died mons for which he had waited for nearly Therefore, when any one in that Com-munity sought out a Busy Man of Affairs stroke of paralysis in 1896. He recovered and began to unwrap his Tale of Woe and offer to exhibit his Wounds, the B. M. of knew that the end was not far off. Being a God-fearing man, for 30 years an active worker and officer in the Metho-

be promised to do what he could to square Indian cance at the mouth of the Du- to his neighbors on Renton Hill, the old Matters, even though he had to cut in wamish River, where it spreads in two man's figure seated in an invalid chair where he wasn't wanted. In flying around, branches over a wide delta of sand, at on his front porch during sunny weather where he wasn't wanted. In flying around, branches over a wide delta of sand, at trying to reinstate No-Goods who had lost the south end of the harbor of Seattle. was for five years a familiar near of Kins lost the south end of the harbor of Seattle. ably the death of no pioneer of King County has caused more sincere mourn-ing than that of Henry Van Asselt, who was as widely known and as deeply beloved as was the late Arthur A. Denny, one of the builders of Seattle.

But Van Asselt came to this county two months in advance of the Denny party, which, including David T. and He crossed the Atlantic in a sailing vessel in 1849, and in the same year made his way as far west as Iowa. The next Spring found him with a large party on the trail to the gold fields of California. His superior marksmanship was valuable to the expedition in keeping off the hos-tiles and in providing game. At the forks of the California and Oregon roads Van Asselt and a few others came to Oregon. They landed in the Summer of 1850 at Oregon City. Later he spent several months in the gold mines of Cali-fornia. The Spring of 1851 found him back at Oregon City. There he organsctive worker and officer in the Methodist Protestant church, Mr. Van Asselt's River, made his way to Puget Sound. last years were to him days of waiting Van Asselt on his arrival here took up

Hard-Luck Story would hunt up sympathetic Jasper and give him the Grip

Scattle. Dec. 12—(Special.)—Fifty—cheerfully for the end of this life and a donation land claim of 20 acres in the sible, under certain conditions, to accounts of the poisoning of jackrabbits by the use of paragreen and self. Care pathetic Jasper and give him the Grip

Scattle. Dec. 12—(Special.)—Fifty—cheerfully for the end of this life and a donation land claim of 20 acres in the sible, under certain conditions, to accounts of the poisoning of jackrabbits by the use of paragreen and self. Care by the use of paragreen and self. Care pathetic Jasper and give him the Grip one years ago September 14 last the beginning of a new and better one. heart of the richest part of the Duwam-adjoining or additional homestends withten weep on his Shoulder. Usually four young white men landed from an To hundreds of old-timers in Scattle and worth from \$1500 to \$3000 an acre.

held 100 acres of the old place at the time of his death. The town of Van Asof the broad acres which the sturdy Hollander had transformed from a dense forest to a most productive farm. The land was rich, and Van Asselt prospered. He retired from business in 1883, since which time he has done nothing but\_care for his large interests here.

Many interesting tales are told of the fead ploneer. When crossing the Columbia River in 1851, he was accidentally shot, the builet lodging in his shoulder. The Indians of the Duwamise country learned of this, and in several brushes had between the early settlers and the savages they held him in fear and reverence. They believed that as he had lived through a gunshot wound and carried the leaden pellet with him, he was invul-nerable to attack, save with the tomahawk. This fact, it was told, saved his life on more than one occasion in the Indian wars of 1855.

Mr. Van Asselt's widow was the daugh ter of Jacob Maple. They were married here in 1852, being one of the earliest marriages in the history of King County. Three children, Dr. J. H. Van Asselt, Hattie J. Burling and Mrs. J. W. Benodom, of Hoquiam, survive.

### Mastodon Tusk.

Will you kindly give me a description of the mastodon tooth or tusk said to be at the Portland Museum, giving weight, length, circumference, where it came from, etc. SCOTCHMAN.

There are quite a number of both mastodon and mammoth teeth in the free museum. There is one large tusk of a mammoth which is probably the one referred to. This tusk is 8 feet 31/2 inches long, 25 inches, in diameter and weighs about 200 pounds. It is good, solid ivory in a good state of preservation. It was found on Hunker Creek, Alaska, 50 feet underground, on bedrock in the frozen gravel. It was thawed out of a shaft by the miners, and seven dogs drew it to Dawson over the snow. It is only a fragment.

### Papers Not Ordered.

1. Has a publisher of a farm paper got any right to send his paper through the mail if it is not paid for in advance. If a subscription runs out and the subscriber asks the editor to discontinue the paper, can the editor legally collect

his money for the paper if he keeps on 1. Why, certainly. Anybody has a right to send mallable matter through the mail regardless of whether it is paid for in

### Repeal of Homestend Act.

advance or ever paid for.

"Bill Introduced to Repeal Homestead Will you kindly advise whether this bill affects a homesteader from prov-ing up in 14 months, who has filed prior to the passage of this law, or do I have to live on same five years if same is

TWENTY-YEAR SUBSCRIDER.

We understand that the new bill would do away with the commutation privilege.

# QUESTIONS AND ANSWERS

residence in two places at one time. But, having an original homestead, it is pos-

### A Luwful Fence.

(L) What constitutes a lawful fence in Eastern Oregon? (2) I remember of reading some time ago in a farm journal a statement that parisgreen mixed with salt was being used to kill jackrabbits. If any of your subscribers have tried it, I would like to hear from them. hear from them. G. P.

inches high from the surface of the of Congress and reduce that body itself ground, and it may be constructed of under the police power of the state. That, rails, poles, pickets, posts, planks, stone, lof course, could not be tolerated by a turf or earth, according to details set | covereign government. forth in the laws. It is required that wire | 12. Ask the County Clerk. fences east of the Cascade Mountains, except in Union County, shall be constructed no follows: They shall have posts 61/2 feet in length, and

(2.) The Oregonian has published full accounts of the poisoning of jackrabbits must be taken that the poison is not placed where domestic animals will get

### District of Columbia.

1. Why le it that the District of Columbia can never become a state?
2. Does the nog law extend all over Linn County or not?

J. D. W.

1. The District of Columbia is the seat of the National Government and is directly under the jurisdiction of Congress, If (I.) According to the new Bellinger and It were to become a state its government Cotton compilation of the Oregon laws, a would be of the republican form guaranlawful fence, except where otherwise pro- teed by the Constitution, which would vided, shall be not less then 4 feet 5 take all local regulations out of the hands Probably he does not himself know. Cecil

Homestend Right,

| sound timber; such posts shall be set in the on the same piece of land, have I lost my 1. Can a person buy Government land;
2. Can I buy Government land;
3. Can I buy Government land;
3. Can I buy Government land;
3. Can I homestead two 86s in different locations at the same time if I improve both 88s?

1. Cartainly Practically all the arriver customary manner, and at the distance of the lower wire shall be fastened to the posts securely in the customary manner, and at the distance of the lower, you cannot take a homestead.

#### First Governor of Oregon. I see by The Gregorian that John Whitenker was the first Governor of Oregon. When was Peter H. Burnett Gov-ernor of Oregon? Was not Joseph Lane

the first Governor after Oregon was admitted in the Union? Burnett was the first Governor of Callfornia, not of Oregon. Lane was the first

Governor of Oregon Territory, Whiteaker

of the State of Oregon.

The Richest Man. Who is the world's richest man? Wue

Cecii Rhodes so accredited? It cannot be stated with any degree of occuracy who the world's richest man is,

Weight of Fruit in Boxes. Please give weight of a box of apples, of pears, of cherries, of grapes,

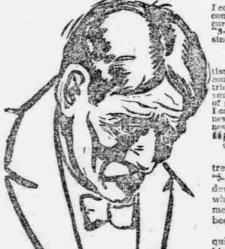
Rhodes was not the richest man,

A box of apples weighs 50 pounds gross, 45 net; of pears, 45 pounds gross, 41 net; d no follows:

If I have taken homestead right and then relinquish my right back to the of cherries, 12 pounds gross, 41 net; of cherries, 12 pounds gross, 40 net; of cherries, 12 pounds gross, 10 net; of cherries, 12 pounds gross, 22 net.

## SUFFERED WITH RHEUMATI YEARS. MANY

ONE BOTTLE OF SWANSON'S "5-DROPS" CURED HIM



T.C. BURNETT Nobility Texas, writes—"I had Rheumatism for over twelve years. I could hardly walk because the pain would go to my left slde near my heart and would come very near killing me. The doctor said it was Rheumatic pains and that he could nover cure me but what the pain would return whenever I took cold. I sent for a bottle of your "5-DROPS" and used it according to your directions, and have never felt any of the pain since. I think it is the best remety in the world."

CURED HIM OF RHEUMATISM AND NERVOUSNESS.

ALONZO WELLIS. Tower Hill, Va., writes—"I have been a sufferer with Rhenmatism for over eight years. I was so bad hast fall that I could not get up when down, and sould scarcely do any work at all. I was also so nervous I could not hold anything still. I tried every medicine I could get, but nothing did me any good until I obtained a bottle of your "s-DROPS." I have taken almost one bottle of the remedy and it has done me a world of good. I feel that I can never sgain be without the wonderful "S-DROPS" in my howe. I can now do a hard day's work and have a splendid appetite. I am 75 years old and have never seen any medicine to equal "S-DROPS" for the cure of Kheumatism and Norvous-ness. I will recommend your remedy to all tuberers.

5-Drops" cures rheumatism and neuralgia.

It makes no difference how many kinds of medicines you have tried whattreatments you have taken or what the doctors say we know positively that "5-DROPS" will cure Rheumatism or Neuralgia in any of their forms or stages of development. Our letter files are filled with testimonials from grateful people who write us that "5-9RCPS" cured them even after other methods of treatment had failed. It is the only positive cure for these diseases that has ever

"5-DROPS" is an internal and external remedy. Applied externally, it gives quick relief from Khenmatic or Neuralgic pains. Taken internally at cleanses the blood of all poisons and restores the entire system to a healthy period; condition. thus insuring a permanent cura. This is the only correct method of treating these diseases and the only way in which a complete cure can be effected.

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Cut out the Coupon in this advertisement and send direct to Swanson Rheumatic Cure Co., with your name and ad-Gress, and a trial bottle of "5-08298" will be mailed to you at once. WRITE TODAY.

(EUE)

No. 224

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