SUPPLEMENT.

THE "HUMOROUS COLUMN" MAN.

They are calling for copy. It's late
And the oil in his lamp is low.
But his pen creeps over the sheet
Very painfully and slow.
Is he writing a dirge of death
To a measure grave and sad?
Nay; his heart may be numb with grief,
But his pen must be keen and glad;
For when, to-morrow, at case,
You your morning paper seas
You will laugh at what he is writing now—
He's the "humorous column" man.

It's hard to be witty and gay When the beart is troubled and sore; It isn't an easy matter to Juke While the wolf anuffs under the door.

Wills the wort against the grain
To jest that others may laugh.
And to grimly mock at one's own despair
With a rolllesing paragraph.
But bread must be somebaw won,
No matter although the plan
Of winning it is as strange as that
Of the "humorous column" man.

What wonder if now and then
His jokes are a triffe weak,
Or, at times, if his pen should unawares
In bliter accents speak?
What marvel if once in a while
His laugh has a hollow ring,
And between the amiling lips of his mouth
Peeps out a half-hidden string?
For joy, like the poet, is born,
Not made at will in a span,
And his visits are few and far between
To the "humorous column" man.

Seaslekness.

NOW TO ESCAPE THE DISTRESSING DISORDER -PALLIATIONS.

Now is the season when many people begin to make arrangements for a trans-atlantic voyage and when others mourn that they cannot go because they are unable to bear up against seasickness. Others again, who have been putting off the trip for years, have at last decided to go to Europe this summer. A lady of this city, who has always had a horror of seasickness, is numbered in this company. She does not expect to escape an attack of the malady, but she intends to fight it by every means in her power. In order to do this with intelligence she consulted an eminent physician of this city, who has made many voyages across the Atlantic, and obtained the following rules, which were originally prepared for a man whose business obliged him to go to Europe every year:

1. I have every preparation made at least twenty-four hours before starting, so that the system may not be exhausted by overwork and want of sleep. This direction is particularly important to la-

2. Eat as hearty a meal as possible be-

fore going on board.

3. Go on board sufficiently early to arrange such things as may be wanted for the first day or two, so they may be easy of access; then undress and go to bed before the vessel gets under way. The neg-lect of this rule by those who are liable to seasickness is sure to be regretted.

4. Eat regularly and heartily, but without raising the head for at least one or two days. In this way the habit of digestion is kept up, the strength is preserved, while the system becomes accus-tomed to the constant change of equilib-

5. On the first night out take some mild laxative pills, as for example, two or three compound rhubarh pills. Effervescing laxatives like Seidliz or citrate of magne sia taken in the morning on an empty stomach are bad in seasickness.

6. After having become so habituated to the sea as to be able to take your meals at the table and go on deck, never think of rising in the morning until you have eaten something, as a plate of oatmeal porridge or a cup of tea or coffee with biscuit or toast.

go to bed before getting sick. medical profession has done so little to relieve. There are several popular errors with regard to seasickness. For example, there is a very general belief that it is often beneficial and is never permanently injurious. But the good physician has never been able to convince himself that any one ever was benefited by seasickness. Improvement in health from a sea voyage is, as a rule, proportioned to freedom from seasickness. His advice has been given frequently to those of depressed vital powers, whose experionce has demonstrated an innate liability to seasickness, to avoid exposure to it. Another error is that seasickness is never dangerous to life. It does not often re-

sult fatally, but sometimes does.
Some seasick patients suffer only from headache and a binding feeling across the forehead and over the temples during the whole voyage. In these cases nausea and vomiting are absent. Others do not suffer much from nausea, but are suddenly seized with vomiting. After the contents of the stomach are discharged they are entirely free from all unpleasant symptoms until the next re-currence of vomiting. With many the nausea and vomiting entirely disappear after a few days at sea. There are some persons who can never become habitu-ated to the sea. Some persons who in early life have been martyrs to seasickness have ceased to be so when they have grown older, while others who have been exempt from the malady become liable to it. Strong mental emotions, like apprehension and fright, will suddenly and completely cure the most violent sea-

Some of the most prominent and common of the conditions which cause seasickness are an exhausted and depressed state of the nervous system, the conse-quence often of loss of sleep, want of food, excitement, emotional causes and bad air. People who are badly prepared to resist seasickness bring it on by staying on deck when they should go below. is bad to take cathartic medicines before beginning a voyage, as a preventive of seasickness. In short passages on the American lakes, and across the Engfish and Irish channels, all that can be done is by way of prevention. Those liable to be sick should make a hearty meal two or three hours before going on board. They should select a spot as near as possible in the center of the vessel and lie down before she gets under way. The horizontal position should be rigidly kept during the voyage. The person should be well covered, not only as a protection from cold, but to keep out disageeeable sights, sounds and smells. On the English Channel packets it is not on the English Channel packets it is not advisable for persons to go below and wander in a wilderness of sick passengers and basins, but to secure by telegraph one of the cabins on deck. For ocean passages one of the most essential points is the selection of a stateroom as regards position, size, light and ventilation. The nearer the room is to the center of the ship the less motion there

State Rights Democrat | will be. In going to Europe it is better to be on the starboard side, and on re-turning on the larboard, which will be the sunny side. In the screw steamers the "inside" rooms as they are called are preferable, because they got plenty of ventilation from the deck, and the nearer the gangway the better ventila-tion since fresh air descends by the

gangway.
Of pallistives for seasickness there is no end. Some travelers suggest the drinking of a gobletful of salt water, which will cause immediate vomiting, but prevent the malady. Others recom-mend vinegar for the same purpose, while porter is extolled as a gentle stim-There is a fashion in remedie for seasickness as for all other maladies. Formerly it was the fashion to take a few drops of a solution of camphor in chloroform, both of these drugs being valuable in ordinary cases of vomiting. Then came bromide of potassium, and now chloral and nitrate of amyl are declared chloral and nitrate of amyl are declared to be sure cures. Chloral, given in doses of from fifteen to thirty grains, is said to produce a tranquil sleep, on awakening from which the patient, if not cured, is in a state of comparative comfort. The insatiable thirst of seasick persons often causes the immoderate use of ice, but this irritates the stomach and gives a sensation as of a hot iron on the throat. Of all liquids iced champagne is the best, in tablespoonful doses given every ten or fifteen minutes.

Ans pictures and a gure bestrode it hary horse, pulled back upon his haunches in the suddenness of the halt, until his long tail swept the ground, both animal and rider remaining in that attitude for a few moments, as if suddenly turned

St. Petersburg Under Gourkho.

THE CITY, THE DICTATOR AND THE DVORNIKI.

General Gourkho has a high reputation for energy and personal courage His name will remain eternally associated with the first passage of the Balkans by our troops, that brilliant but rash feat of arms which brought about so many deplorable results. The soldiers and officers who have served under him arways found that he was not a man to let obstacles stop him; he goes straight to the goal he marks out, and is quite insensible to humanitarian considerativns. It is, indeed, said that he never felt much pity for the soldiers at whose cost a victory had to be bought, and one may infer from this that he will feel still less compunction for the revolutionists and nihilists he is fighting now. In this sense the choice clearly is a good one; every system ought to be carried out by tools which are appropriate, and if dic-tatorship is introduced in order to frighten the foe, a tender-hearted chief would be wholly out of place. The regulations by which General Gourkho signaled his entrance into office have been already published by the European press. The new duties devolved on the orters, called deorniki, and the prohibition against persons keeping, buying and wearing arms of any description without a legal authorization, were un-derstood to be the only decrees which are directly due to his initiative. The utility of both measures is much disussed, and is often denied. The dvorniki have always been considered as a sort of public guardians, belonging partly to the police. They are obliged to attend to the passports of the lodgers, and to inform the police if anything suspicious or irregular happens in the house; they are required to assist police-men in arresting malefactors, and so on. By the recent regulation the Governor-General has practically promoted them so a higher rank, intrusting them at the same time with a more arduous task. They are, as the reader knows, to sit day night at the house doors, taking care that no placards or advertisements be stuck up on the walls without the due legal permission, and seeing that no dangerous or inflammable substance be cast on the pavement; and they are to arrest every suspicious-looking person. burns off it is pushed further up until 7. If subsequently during the voyage the sea should become unusually rough This latter right gives them a power think will need them. which will very likely turn out to be a These rules have been used in many cases and have always proved successful in preventing scasickness. But, besides these rules, the physician said, there are many things to be considered. There are few maladies which produce such an aggregation of human suffering as seasickness, and there is no malady which the law, and the regulations in use by rocho would not do it. the police. But the number of these comparatively learned porters is not very great, and when it was ordered that the dvorniki should immediately be doubled, and in the case of many houses even tripled, the supplementary men had nat-urally to be sought in other classes. The house-owners are obliged to have a watchman sitting at each door, under the penalty of a heavy fine of 500 rubles; and not knowing where to get them, they were glad to hire any one who offered for the duty. It may consequently be guessed that the set of dcorniki now sitting with a discontented look in our

streets present a very mixed and strange

array. Most of them do not quite know

what is expected of them; still less are

they aware how they are to discover sus-picious persons. In their methods of

going about it great variety is to be

found. The apathetic natures say that they cannot distinguish innocent from dangerous men, and they let everybody go their way, meanwhile reading a news-

paper or sleeping on their hard seat. Another class of them, endowed with a sanguine temperament, look more seriously upon their duty. They anxiously scrutinize every passer-by, and if the man stops on his way, or puts his hands into his prockets over the seriously seriously and the man stops on his way, or puts his hands into his prockets over the seriously seriously as the seriously seriousl into his pockets, or even throws a fragment of paper or some other trifle into the river, they are immediately after him, asking him his explanation of such alarming deeds. If he hesitates and does not give ready answers he is led to the authorities. Is it not possible that after some practice acquired in this line, these energetic dvorniki will bethink themselves of drawing some advantage from authorities. Is it not possible that after some practice acquired in this line, these energetic dvorniki will bethink themselves of drawing some advantage from their powers? The majority of the persons threatened with summary arrest will be giad to escape from it by paying a few rubles. As to complaining afterward of such exactions they well know that there will not be much chance of the summary of the summary arrest ward of such exactions they well know that there will not be much chance of dames (Signor Campanini) was an exa few rubles. As to complaining after-ward of such exactions they well know that there will not be much chance of

The Mexican Nomad.

The Jarocho, the half-breed of the Mexican lowlands, forms the subject of an entertaining Vera Cruz letter in the New York Post. A typical Jarocho is thus described: Of medium size, rather sparely built, with lithe, sinewy imbs, and betraying a vigorous life in his poise; his features, somewhat Moorish in type, but very handsome; an oval face sharply defined; piercing black eyes, long black hair, lips and chin sparsely bearded, small white, regular teeth, complexion of a clear brown, with a cinnamon or olive tint. He was dressed in full ranchero costume and more pic turesque apparel is not anywhere to be found. A checkered kerchief bound about the head, over which sat lightly a broad-brimmed black hat, encircled with a band of shining pearls; a manga or circular cloak of scarlet cloth, elaborately braided at the neck, fell back from into stone. It was a picture that could be seen only on Mexican soil—a Jarocho, pure and simple, the half-breed of the lowlands, the gitano of the tierra caliente. Apparently of a kind from which the lazzaroni of large cities would be drawn, the Jarocho cherishes a supreme contempt for the town and its ways, and prefers the country, and even the solitude of vast forests, where, in his meager shell of a hut, he can dwell undisturbed by bustling activity and enjoy to his heart's content the far niente of the tropics. Unlike the gipsy, to whom he bears so close resemplance, and to whom his ancestry is often attributed, he is not a nomad, nor like him socially, either an outcast or a vagabond. The nominal proprietor of a few acres, he is the master of the scenes around him, and varies intervals of leisure with an occasional occupation. With estates where cultivation is carried on he will have nothing to do. Disliking regular employment, agriculture savors too much industry, since it necessitates toil. Systematic labor he leaves to the patient plodding Indian, who breaks the

clod at this hour as in the days of Mon-tezuma. Beside, agriculture would necessitate walking, one of the lost arts.
A jarocho on foot would be an anomaly, an impossibility. The idea of walking anywhere never seems to occur to him. His horse, or andante, as he calls it, stands ever ready saddled at the door, tied to a tree, or under a shed near at hand. If his errand be but fifty yards away, he never thinks of executing it on foot. He disdains a creeping method. Whatever the business, it must be executed in the saddle. If water is wanted to boil his frijoles, he slings a pair of water-jars that balance one another by a strap over the saddle-bow. Then mounting, he rides to the adjacent stream and wades in until the jars have filled themselves. Returning to the hut, he slips out of the saddle, and, if possible, leaves his wife or other member of the family to unload and secure the horse. If wood is needed to bake his tortillas, he brings it in the same free-and-easy fashion. lecting a fallen log in the forest—to fell one himself would be too much labor he throws one end of his lasso over it and ties the other to his horse's tail Then, mounting the animal, he drags the log to the hut, or more frequently in-side, where it is set free and one end thurst into the cinders. As the end the whole is consumed and another re quired. In this easy fashion is the hearth replenished. If it were not easy the ja

Miss Kellogg's Success in London. Thursday night will be marked with red Thursday night will be marked with red at Her Majesty's Theater. "Alda" was produced with more magnificence and success than was even hoped by the most sanguine. Hitherto this splendid opera has been monoplized by Covent Garden, where it had been beautifully mounted, and with other advantages counted that of Patricia the title sole. "A Mankey of the control of the and with other advantages counted that of Patti is the title role. Mr. Mapleson, conducting his competition with undeniably spirit and enthusiasm. determined to mount and perform "Aida" superbly, and it must be confessed by imperial judges that Her Majesty's has entirely eclipsed Covent Garden on this occasion. Signor Manani, under whose direction the scenery was prepared for the production at Cairo, was engaged. He brought over the scenes and properties, and added to them in various ways. Asand added to them in various ways. As sisted by distinguished foreign and Eng-lish artists, he mounted "Aida" at Maple-son's theatre better and more perfectly than opera has ever been mounted in my time. Scenery, dresses, weapons, symbols, gods, music, everything, was complete in detail, as if Wagner had been the inspiring spirit of the antiquarian and the artist. We were in the old land of the Pharaohs, in its palace, its temples, its tombs. We wandered by the Nile; we assisted at the religious rites, at the tri-umphant marches, the solemn judicature of "conquering kings and persecuting priests." The stage pictures were received with bursts of applause from all parts of the house, an unusual exhibition of enthusiasm at the opera. No wonder Miss Kellogg, who had come from America to make her appearance here in a part with which her name is creditably associated was nervous. I noticed among the brilward of such exactions they well know that there will not be much chance of their being believed by the magistrate. The government will think it incumbent upon itself to take the part of its agents, not letting a shadow be cast on their honesty. The most prudent course obviously is to pay the blackmail in silence. If all these drawbacks are taken into consideration, even without dwelling on the heavy tax imposed by the house-occupier, what good is to be looked for from the watch of the dvorniki? Its usefulness appears very problematical, and nearly everybody thinks that such a mode of rule cannot last long.—Contemporary Review.

The City Directory contains some 8000 more names than last year's. This is supposed to represent an increase of about 40,000 in the population. If we keep on at this rate it won't take us long to catch up with Paris. In 1875 we had a total of nearly 1,100,000. Next year's census will probably give us fully

Oxygen in the Eun.

Professor Henry Draper, of this city had an enthusiastic reception in London, the other day, when he brought before the Royal Astronomical Society the re-sults of his investigations as to the presence of oxygen in the sun. In the paper which he read Dr. Drawer met many of the objections urged against his theory, and added numerous confirmatory proofs to those already published of the sound-ness of his conclusions. His views were strongly supported by some magnificent photographs of the solar spectrum, which were greatly admired by the English savans. The London Times paid the professor the compliment of a laudatory column and a half article, and summed up in his favor as follows: "We think that most spectroscopists will admit that Professor Draper does not pass beyond the limits of scientific caution in claiming that the coincidence, shown in his photographs, between the bright lines of oxygen and bright parts of the solar spectrum establishes the probability of the existence of oxygen in the sun. The burden of proof, or, rather of disproof, should not fall on those who consider that the coincidence may, after all, be merely accidental. To us it seems that if such evidence as Professor Draper has obtained is rejected, hardly any spectro-scopic evidence can suffice to prove the existence of an element in the sun. We certainly have not stronger evidence in the case of sodium, elements which every physicist regards as present in the sun, than Professor Draper has obtained in the case of oxygen." In the discussion which followed the reading of the paper, Mr. Raynard, Mr. Proctor and Dr. Gladstone warmly supported Dr. Draper's views. Dr. Huggins was overwhelmed with a sense of the conscientious care which Dr. Draper had bestowed upon the investigation, but suspended his judgment until he had examined the coincidences by direct vision himself.

The only dissentient voice was that of
Mr. Christic, of the Boyal Observatory, Mr. Christie, of the Royal Observatory, who was afraid if they accepted Dr. Draper's theory, that the solar spectrum is made up of a continuous spectrum with bright lines upon it, and these are again modified by dark lines, they would be landed in absolute uncertainty as to the sun's composition, since they would not be able to ascertain whether any of the ordinary dark lines were merely inter-spaces between bright lines, or were ab-sorption lines. On the whole, Dr. Draper is to be congratulated upon his successful reception.—New York Tribune

ROBERT BROWNING .- A well known literary man had the curiosity to lend the whole of Mr. Browning's then published works to his housekeeper, having often, as he said, "found that, like Mo-liere's literary adviser, her judgments upon poetic art were improved by her knowledge of the art of cookery," though we confess the connection is not alto gether apparent. To watch her as (through her tortoise shell spectacles) she courageously tried to master the poet's meaning was often the amusement of an afternoon. At last, pushing the book from her in despair, she delivered herself of this memorable criticism: "Take 'em back; bewilderments I hate; and predicaments I can't a-bear!" The happiness of the word "predicament" (in its vulgar meaning) cannot be exag-

Six million pounds of wool are raised within a radius of forty miles surrounding Steubenville, Ohio, which at the average price of thirty-five cents will realize \$2,100,000. This immense sum, in return for so little labor and expense as is required in the keeping of sheep, ought to be sug-gestive to our farmers.

It must be hot in New Orleans. The cation in the hottest weather.

FNTOZOA. - A group of invertebrate animals which during some period of their existence live within and derive nourishment from the bodies of other animals, and with but few exceptions belong en-tirely to the class of helminths or worms. Animal parasites form in fact a sort of sub-fauna, and their number is only to be estimated by the extent of the animal kingdom. The presence of helminths or worms in mankind is alarmingly baneful and prevalent, and their existence until recently was so little known that many persons have died from this cause who were treated for some other ailments. Indeed it is only within a few years that heminthology has attained to the position of a true science, and chiefly through the labors of a few observers in Germany. Dr. Vandenberg has on exhibition at his office, No. 212 First street, Portland, a large and varied collection of these wonderful and mischisvous internal parasites which by his medicines he has expelled from many well known individuals in Portland and elsewhere, As the doctor charges nothing for advice, the af-flicted should consult him.

SELF BINDERS .- In another column will be seen the result of a competitive trial of self-binders, at Tangent, Linn county. In this trial there were ten Granges of Patrons of Husbandry represented by one delegate from each Grange, who constituted the committee of judges and whose decision was unanimously in favor of the Oaborne Self-Binder for superiority of work. These machines have many valuable improvements for 1879, which make them absolutely perfet. The other machines engaged in this contest were the Osborne, Wood and McCormick—the last two of which utterly failed in "down grain."

WHAT THE BASE DIRECTORS SAY .- At a meeting held a day or two since of var-ious bank directors of Portland, the question arose as to what was the reason of the increase of their deposits. A shrewd director solved the question by saying that heretofore the people had been compelled to pay 25 cents for lunch; but since the opening of the now famous Pine Street Coffee House in Portland they had been enabled to save 15 cents on each lunch, and by this arrangement they were enabled to make both ends meet, and put the extra money to their eredit in the various banks.

Portland Business Directory

PHYSICIAN AND SURGEON. EATON, F. B.—Southwest cor, First and Mor-rison streets; diseases of the eye and ear a specialty. CARDWELL, W. B.-S. E. cor. First and Mor-rison, over Morse's Palace of Art.

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julistic

Osborne Self-Binding Harvester. ALBARY, Or., July 17, 1879.

MERMA, NEWBERY, CHAPMAN & CO.:

Gentlemen: In relation to the trial of Belf-Binders on the farm of Mr. Dan. Houck, near Tangent, Linn county, Oregon, I desire to state (as my word in the matter has been comtradicted) that the OSBORNE SELF-BINDER received all the votes of the committee for superiority of work done on that occasion. Respectfully yours, GAMALIEL PARRISH,

President of Linn Co. Council, P. of H., and member of committee.

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Portland, Oregon. THE GREAT WORM EXTERMINATOR

Loss of San Francisco.

Would inform the sick generally that about 46 years extensive practice of modiches and surgery in Europe and the United States, of which 29 have been in Callifornia, has, by chose observation and great experiments come to the conclusion that there are more acute and choose diseases by worms, hyadadida, antimeculas or other, species of entences. The public generally, or the profession at large, are not aware of the number of patents, who are troated by eminent physicians for this, that, or such a complaint, without any relief. If the disease has been inderestood, a few domas of Dr. Van Denberg's Sovereign Worm Remedy world have immediately cured the complaint, and have saved many a great many lives. Dr. Van Denbergh's has noilected a large variety of California roots and herbs, which, by snalyzing, close observation and extensive experiments, he can conscientiously as that he has discovered new runsclies for successful cure of the following diseases:

Dyspepsis, Chronic Affections of the Liver and Ridneys, first and second stages of Communition, White Swelling, Paley, Spermatorriess or Local Weakness, Nervous Debillity, Epileptic Fits, Rheumatism, Neuralria, Diarriese, Incontinence of Urine, Gravel, Fluor Albus, Diabetes, Dropsy, and all those diseases which are known under the name of Veneral, such as Syphilis, in all its forms, Genorrhes, tiest, Strictures, False Passages, Infantonation of the Eladder and Frestrate Giante, Executations, Pontales, Piles, Pinspies, Blotobes and all Cutaneous Eruptions of the Skin. Cancer Tumors cured with or without operation. In recent Veneral Jisanss the Doctor effects a cure in Irom three to six days, or mediange.

For the eyes, are and throat, Dr. Van Denbergh possesses new and invaluable remodies.

Dr. Van Denbergh's Infallible Worm Syrup for Children Price St. Warnatied to expel the worms, or the money refunded.

By consulting and undergoing a sample examination, the afficied can learn if their diseases are caused by worms or not; at all events, Dr. Van Denbergh can tell t

A Large Teacup Full of Worms Expelled.

This is to certify that Dr. Van Denbergh expelled a large teacup full of worms from m., some measuring eight to ten inches in length, and now I feel like a new man again. I reside on Twenty-second street, between E and F. Portland, Oregon.

A. LUMBERS,

Over 2000 Worms Expelied.
One bottle of Dr. Van Denbergh's Worm Syrup expelled over 2000 worms from my son 12 years of age.
E. S. Galpytte, 59 Salmon stress.
PORTLAND, MAY 21, 1879.

Burder Will Out.

One bottle of Dr. Van Den Bergu's Worm Syrup expelled over 2000 worms from my son Louis, and had the effect of curing him of Nervous Sparms. I reside on Eighteenth and one-half street between P and Q.

Burland, Onngon, June 24, 1879 A Life Saved when Beath Seemed Inevit-

able.

Sav Prancisco, March 4, 1879.

This is to certify that I had been linguring for fifteen years with a complication of chronic diseases and for moutile conflict on the cotors who attended madily in the physicians and in the conflict of the conflict

ered by myself and friends a miracie.

E. B. LOVINE.

I certify that the above facts are true and I have known Mr. E. B. Lovine for a number of years during this sickness.

CHAS. C. O'DONNELL, M. D.,

Office 803 Kunruy street, San Francisco.

Office 808 Kunruy street, Sai Francisco.

Da. J. P. P. Van Dangman — Dear Sir: I deem it my duty to make the following statement: For the last three years I have been suffering with constant grawing pain and a quivering sensation in my stemach; also pain in my other and heart; my food would not digest, and I was so nervous that it was with difficulty I could follow my occupation, which has been here in Salem for the past ten years, as a practical dentist. In fact, from from the constant pain and miscry, I had wasted to a more skelston. I had been dectoring a great deal without any benefit, and believing there was no help for me but to linger on until death would relieve me of my suffering. Some of my framus thought I had worms, and had better see Dr. Van Denbergh. He told me at more that worms were the cause of all my troubles, so he gave me five small powders, and in shout four hours about 700 wurms, from one inch to one and one half inches long, came away freen me that day, and the following night some more earns, and I am now happy to my I teel like another man again, and my gaining strength from day to day.

H. HelfTH: hi, D. Halem, Oregon, September 23, 1371.

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