

# GREAT ALTERATION SALE

Commencing Tuesday, September 8th, 1903

Our Store will be in the hands of the Carpenters and Painters on the 25th inst. and for the next two weeks we are going to make

**GREAT REDUCTIONS**  
in all Departments to save money

**C. H. COOPER**

The Leading Dry Goods and  
Clothing House of

**ASTORIA, OREGON**



CAPTAIN O. D. HENDERSON,  
Co. M of Woodburn.

Camp Summers, Gearhart, Sept. 7.—(Special.)—Alternation of rain and sunshine only adds variety to life at Camp Summers, and despite the temporary inconvenience an occasional drenching may bring, everybody is in good humor. The soldiers are making the most of the situation. They are permitted to go in the surf once a day and at low tide they are on the beach as thick as Siletz Indians at Newport, digging clams. This is a treat each soldier is permitted to enjoy to the full of his bent and none is overlooking it. Never before have the soldiers of an Oregon National Guard encampment had access to clams.

There was a large crowd present Sunday to witness the regimental review by General Owen Summers and visitors come and go daily. The Ninth regiment band U. S. A., since its arrival has enlivened camp life and its concert noon and evening are a treat to soldiers and visitors.

The many diversions to be had at camp Summers are not allowed to interfere with the daily routine of work laid out. Company drills, regimental drills, setting up exercises, guard duties, and rifle practice are gone through with daily. Today, the First and Second battalions had their turn at rifle practice. As yet no crack shots have developed, but all firing has been at right angles with a stiff breeze. Colonel Gantebeln also gave the officers of the regiment today, a drill in the manual of the sabre.

The health of the camp continues remarkably good. There is yet but one patient, a fever case, in the hospital. Colonel Whiting, regimental physician, states that the health is better than he has ever known in any camp. There were a few trivial cases before the summary court today but the guard house is not yet nearly full.

There was dress parade this evening, and tonight a number from camp are attending the Labor day ball at Seaside.

Captain Frank C. Stellmacher, of Albany, is officer of the day, assisted by Lieutenant Marcellus A. Herr, of La Grande, senior officer of the guard, and Lieutenant William W. Brown, of The Dalles, junior officer of the guard.

Captain Charles A. Murphy, of Salem, had to return today for business reasons. The Salem company is left in command of Lieutenant Whit Holman.

**PERSONAL**

Mrs. N. A. Marrs and son leave this morning for a visit with relatives in Seattle.

Dr. O. B. Estes and family have returned from their summer cottage at Seaside.

Miss Clara Simpson has been quite ill for a few days, but is now much improved.

Mr. J. C. Newberry from Seattle is visiting in the city, the guest of D. M. Stuart.

Mrs. W. Hawkins, wife of the Methodist minister at Clatskanie is visiting with friends in the city.

Lieutenant Slettmel, of Co. I, O. N. G., stationed at Woodburn, was over from Gearhart for a short time yesterday.

George Ohler will leave on a vacation today for The Dalles and points in Washington and will be absent from the city for two weeks.

Mrs. Harry Bell who has been visit-

ing in the city with her mother Mrs. S. L. McKean, returns to her home this morning accompanied by her sister Mrs. Alfred Tee and her brother Master Arthur McKean.

**FOR SALE**—Furniture of six room cottage. Enquire Mrs. Duncan Stuart, Franklin ave., 1st East Grace Episcopal church.

Wanted—By a young lady, a place in a family of two, to work mornings and evenings for board.

A too rapid boiling ruins the flavor of any sauce. It must boil up once, but should never do more than simmer afterwards.

One of the most prominent oil magnates in Los Angeles is a woman, who is said to control about half of the whole product.

A nightly gargle of salt and water strengthens the throat.

Moonlight rides in an airship will never become popular with the American girl unless the machine can be managed with one hand.

The flat-chested girl may be a nice girl, but she is not attractive outwardly. But there is one thing she can do, and that is develop herself.

As you walk keep the chest pushed out and the abdomen and stomach drawn in. See how long you can hold your breath and as you hold it raise the chest higher and higher.

If you were as careful with your sons out of bad company as you are to keep your daughters out of shabby company, you might possibly be the parents of gentlemen.

Look around and see where you can put a vine. A prairie rose on the porch or piazza, a gourd on the hen house, and even flowering beans are not to be scorned. Of course there must be morning glories, and try the variegated hop.

Don't let the hands swing down at your sides unless you want the veins to become filled and the hands turn red.

If you line your flat iron holder with a piece of soft old leather, like that of the top of a shoe, your hand will receive a good protection from the heat.

There are 2,700,000 widows in the United States and only 1,200,000 widowers. This speaks volumes of the greater powers of marital endurance of the fairer sex.

To clean linoleum without washing, remove all the dust, then take a bit of flannel sprinkled with paraffin and rub the linoleum. It will not only make it appear like new but will preserve it.

A woman who though over 80 has cheeks like a wild rose always uses a little cormeal in the water when she washes her face. This used to be a famous beautifier in the days of our grandmothers.

Sweetbrier, though not really a climber can be trained to reach the second story windows, and after a summer shower filling the favored rooms with its refreshing fragrance.

A couple of handfuls of sea salt added to the bath is very invigorating altho a trifle rough. Many people also find that the salt rub will do wonders toward keeping the body in a vigorous condition and so diminishing effects of the heat.

"My weakness is in brooding over little things," as the hen said when she gathered her chickens under her wing. There are many people just like the hen; they allow the little trifles to worry them when they should save their strength for the large ones.

Until about fifteen years ago the life insurance companies uniformly refused to insure the lives of women on any terms and yet the life tables of seventy-five years show the average death rates of all males to be 21.5 per thousand and of all females 19.7 per thousand.

"Don't you think the modern woman is in danger of getting so busy she has no time to be kind," asked a sweet old lady the other day. "We hear so much about making every minute count and always having some work or course of study for spare hours and systematizing our activities that there is no room left for wayside kindness.

Here is something worth knowing. When a splinter has been driven deeply into the hand it can be extracted without pain by steam. Nearly fill a wide-mouth bottle with hot water, place the injured part over the mouth and press tightly. The suction will draw the flesh down and in a minute or two the steam will extract the splinter and the inflammation together.

**STATE NORMAL SCHOOL**  
MONMOUTH, OREGON

Training school for teachers' courses arranged especially for training teachers for all branches of the profession. Most approved methods for graded and ungraded work taught in actual district school. The demands for graduates of this school as teachers far exceeds the supply. The training department, which consists of a nine grade public school of about 250 pupils, is well equipped in all its branches including sloyd, music, drawing and physical training. The normal course the best and quickest way to state certificate. Fall term opens Sept. 22. For catalogue or information address.

E. D. RESSLER, President.  
Or J. B. V. BUTLER, Secretary.

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the roomy retiring rooms cosy compartments and the many little conveniences especially arranged for their comfort on the



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NOT A CATHARTIC — NOT A PATENT MEDICINE.

So long as Medical Lake can Provide

the requirements of an enfeebled constitution, you need not suffer. Here are Nature's own remedies, direct from the hand of the Creator, brought to you in the shape of pleasant, agreeable, health-giving Salts, composed by our own process. They have lost absolutely no virtue—no strength. By analysis, the waters of Medical Lake contain twelve ingredients, each and all standards of the pharmacopoeia. By analysis the Salts have the same in exactly the same proportion. Nature has compounded them so efficiently that man has tried in vain to make them. But art can never compete with nature, when nature evolves a masterpiece. That the Salts are a masterpiece, their history proves. To Medical Lake, a little woodland gem hidden high up in the mountains, among the forests of Washington, the Indians for centuries came. Here they worshipped and drank of the pleasant waters. The well were made stronger and thrived on the delicious beverage, and the sick and ailing were restored. In all diseases of the BLOOD, RHEUMATISM, NEURALGIA, PALARIA, and in all cases of KIDNEY and LIVER TROUBLE, MEDICAL LAKE SALTS WILL MAKE A CURE, if taken faithfully; yes, cure as sure as the sun shines. Man, with all his learning and his cunning, his experience and his skill, cannot make remedies like these, which nature freely gives.

25 CENTS, 50 CENTS AND \$1.00 A BOX, AT DRUG STORES

The Salts are also reduced, as a convenience, to Tablet form; five grains in each Tablet. Such a Tablet dropped into a glass of water, makes a remedy for the same troubles and at the same time an equally delightful cooling beverage

**MEDICAL LAKE SALTS MFG. CO., Sole Manufacturers**  
NEW YORK AND SPOKANE, WASH.

Medical Lake Salts Mfg. Co., Spokane, Wash.  
Dear Sirs—At the battle of Farmington, Miss., in 1862, my head was severely injured by the explosion of a rebel shell, and soon after a discharge began from my ear. This continued uninterrupted for years, and was both offensive and annoying. Physicians were unable to give me any relief. I moved to Medical Lake in 1890, and began the use of strong solutions of lake water, which were ejected in to the ear, and in a few weeks was entirely cured. The disease has not shown itself since. At the same time I used the Medical Lake Salts for chronic disorder of the stomach, which trouble was contracted during my service in the war with the south, and in three weeks' time my dyspepsia had gone, never to return. Though living at Medical Lake, I constantly keep the remedies in the house as a matter of convenience.  
JACOB KLINE, Medical Lake, Wash.  
For sale in Astoria by Frank Hart, corner Twelfth and Commercial, the Conn Drug Company Twelfth and Commercial and Charles Rogers, Old Fellow's building