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It doesn't cost money, as many

suppose. To have a good time on the earth:

The best of its pleasures are free unto those Who know how to value their

The sweetest of music the birds . The loveliest flowers grow wild:

The finest of drinks gushes out of the spring-All free, to man, woman and

No money can purchase, no ar- • tist can paint Such pictures as Nature sup-

Forever, all over, to sinner and . saint. Who use to advantage their •

Kind words and glad looks and .

And yet all the wealth Monte . Carlo could save Can make no such pleasures .

To bask in the sunshine, to breathe the pure air, Honest toil, the enjoyment of health.

slumber. refreshingthese pleasures we share • Without any portion wealth.

Communion with friends that • are tried, true and •

happy and long free to whoever v

## THE FRUITS OF DECEPTION,

Mill owners at Hoquiam, Aberdeen and other points in western Wash- those directly responsible for them as forth only Americans need apply. They are willing to pay higher wages they must now deal with the pests in order to secure native born work- brought forth by the tree.

The announcement means that great employers of labor have reaped unexpected results from the importation or cheap labor from the downtrodden masters of industry have engaged in the importation of cheap labor while at the same time urging the continuance of a high tariff policy on the hypocritical pretense of protecting American workingmen.

But while cheap at first imported labor is now proving expensive. The mill owners have found their workers are not as submissive as they seemed. Having been here a short time they show the same resentment towards our government they mani-

## HIS TROUBLE NOT OF HEART

Real Facts In Regard To F. R. Buffman's Iliness. Relief Obtained By Curing His Stomach Ailments.

Waynesville, N. C .- Mr. F. R. Huffman, of this city, says: "I suffered dreadfully with what I thought was heart trouble, and tried various medicines in vain.

After other remedies had failed, Thedford's Black-Draught restored me to health. I would not feel safe without Black-Draught in the house. I consider

it worth its weight in gold. It cured my indigestion, and by this means I was restored to health. I can not express my gratitude for its benefits."

Good health depends on the condition good health do not go together.

thoroughly cleanse and set in order your

It has done this for others, during the

market. Try it. Insist on Thedford's. Price 25c.

BAKING-POWDER!

Absolutely Pure

MAKES HOME BAKING EASY

**Light Biscuit Delicious Cake Dainty Pastries** Fine Puddings Flaky Crusts

The only Baking Powder made from Royal Grape Cream of Tartar

part of the government so character- a chicken pen. istic of citizenship in a republic. They smiles cheery and brave • listen eagerly to the I. W. W. orator Cost nothing-no, nothing at ♦ and are ready to trample the stars and stripes in the dust and follow the red flag of anarchy.

It is a deplorable state of affairs that now besets many coast towns and industrial centers almost everywhere in the country. It is hard to forsee just what the thing will lead But it could all have been avoided had the masters of capital themselves followed out in sincerity the "Full Dinner Pail" arguments which they preached during the last three or four presidential campaigns. They deceived the country by telling it the · protective policy was for the benefit of the workingman. With the pro-In fact, all that makes a life • tective system established they proceeded to pocket the tolls themselves with cheap European labor. It was a deceptive game and one destined to bring forth bitter results in time. The worst trouble is that the present burdens do not fall so much upon ington, now announce they want no upon society at large. The people more foreign labor and that hence- as a whole got a miserably small share of the fruits of protection but

## GET READY TO VOTE,

One thousand qualified voters in Umatilla county have not yet registered for the primary election and al a second time. tering. Furthermore the contest on respects be the most important election Oregon has had in years. It is portant issues are at stake. The rows. Leave a margin of eight inches at this time. The fight for nominations will be the real batle for the litical convictions register now and get ready to vote at the primary. Don't throw your citizenship away at books, papers, fancy work, handkera time like this.

## WISCONSIN.

In Wisconsin yesterday the people voted strongly for La Follette and Woodrow Wilson as the respective Here Is an Idea for Farmers. candidates for president and the socialist mayor of Milwaukee was defeated for re-election. It appears from the results that the people of before coming to the table. These fairs and machinery as would make Wisconsin are progressive but not impractical. They want political con- add much to the washing. O. B. M. ance as future voters and officeholdditions that will bring about an equitable distribution of the fruits of industry but they do not want to pick the fruit while it is green. It contain also potash and other saits, rights of nature; that a nation includes produces stomach ache,

## IS THIS IMPERTINENCE?

Why do local home owners having small lawns persist in covering their lawns with trees and shrubs? Good landscape gardening calls for keeping lawns free from obstructions so that of your digestion. Poor digestion and the lawn will look more expansive. Trees properly belong in the park-Thedford's Black-Draught will ing along the sidewalk and if shrubbery is desired it should be located so as not to mar the appearance of the lawn. Have you noticed the differpast 70 years, and is today the most ence in appearance between lawns popular vegetable liver remedy on the that are covered with trees or bushes and lawns where such shrubbery is massed around the edges? If you

ments from which they recently es- of landscape gardening look at the caped. And when they strike, the court house grounds. The county is foreigners are more unreasonable spoiling the lawn effect to raise a than native workers. They lack the forest. At the city hall it seems apideals of the American born, the sell parent there is fear the lawn will get restraint and the feeling of being away so it has been fenced in with

> German papers are roasting Col. Goethals because he was entertained by the kaiser. They seem to have a peculiar idea of how to treat a guest.

The speed with which the fund for the tri-state league baseball team was raised shows there is good baseball spirit here when good baseball

They should hurry on with that Mexican revolution. We will have a presidential campaign of our own underway very shortly.

The terrible winter having broken the middle states are now bothered with floods.

## THE REALM FEMININE

Ironing May Be Made Easier,

If two small horses are kept for the ironing board to rest on, just high enough for one's knees to fit under when seated. In this way all the small pieces in the wash may be ironed while one is sitting, saving much fatigue to the back and feet. Kansas

Cleaning Spiral Bedsprings. Has always been a trial for the housekeeper. It may, however, be easily accomplished if she uses dish-mop and keeps one just for that Get the dust out of the springs first with the dry mop, then dampen the mop and go over the met-M. S. B.

. Will be useful to the woman who works in a garden. Seed packets are liable to be mislaid or overturned, but an apron designed especially for them will keep them safe. Make it of strong gingham, adding little pockets in all around. Pennsylvania.

A Convenience for a Sick Person. Is a good sized shoebag, with ampresidency this year. If you have po- ple pockets, that may be fastened with large safety pins to the mattress, on whichever side of the bed it is needed. In the pockets may be stored chiefs, and various articles that are constantly being lost in the bed. This idea is suggested for one who is confined to a bed for some time, yet is able to read, write and amuse one's D. J. A.

Sent in by a farmer's wife who likes neat. She furnishes clean crash or coats cover soiled shirts, and if they

Lemon juice in attacks." makes an excellent gargle. slice of the fruit is excellent for removing the disagreeable taste from a coated tongue and for cleansing the mouth. This fruit has a definite place on the toilet table, for it quickly removes stains from the nails, and rubbed on the hands its effect is to whiten and soften the skin. And these are only some of its uses. **VOTES FOR WOMEN** 

ful of water before breakfast is often

of use when one is subject to "bilious

perseverance and the honesty of purpose to assist in the uplifting of the state. They have a strength which should not be cast aside in the struggle for better things. They are the complement of men and in the purest sense their co-workers.

The reasons why women should vote are the same as the reasons why men should vote, the same as the reasons for having a republic rather than a monarchy. To vote is simply to express one's opinion. A ballot is the instrument used. Speaking generally, the only real qualification governing its use is intelligence, for without intelligence one's opinion on any subject is worthless. Equal suffrage would increase the proportion of educated voters. The high schools of every state in the union are graduating more girls than boys-often twice or three times as many.

There are thousands of teachers, of whom 85 per cent are women. The teaching of civics is obligatory. It is fair to expect a woman, without that to see everything about her table took last sign of civic responsibility, the ballot, to possess such comprehending linen coats for "the help" to slip on and practical knowledge of public afher an inspiring teacher of civics for are used only at mealtime they do not boys who already feel their import-Is she in a dignified position to do so? How can she teach the Lemons contain 89.3 per cent of great truths of democracy-that it dewater. The chief acid is citric. They rives its authority from the eternal It hardly seems fair that a fruit so all its social elements and forces; useful as the lemon should be the ob- that a true national representation, ject of such frequent gibes. Many girls find the addition of a little lemon juice to certain foods, such as desire of this neglected force to be

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# **Embroideries** tor FRIDAY

TWO Big Lots Will be Placed on Sale Friday Which Are Great Values

This lot has been selected from our stock and is a wonderful bargain, values 8c, 10c and 15c

DON'T MISS THIS

This lot is displayed in our window and you can see val. 25c, 30c 40c and 50c

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Ladies

Bring this Coupon to our store it is good for

CUT OUT THIS COUPON

10 Stamps 10 on a 50c purchase or over.

Good for Friday only, April 5. ALEXANDER'S DEP'T. STORE Easter Gloves and Neckwear Ladies



broiled fish, a great aid to digestion, represented will invitably lead to the earner, and man's co-worker. Propaid be represented on the very purpose of the existence of the same basis for men and women. the nation is the progressive develop- It is fair and right that those who ment, happiness and activity of all its must pay taxes should have a voice as social elements and forces-how can to the size of the tax and the way it she teach these truths and explain the shall be spent,

non-representation of women to clear The inalienable rights of person as sighted boys and girls? they are affected by legislation must Women are conscientious, and it be preserved to women, and no one would create a large reserve vote for can fully represent her in framing civic righteousness. Those elements laws, which deal with them. Repreof the community who are least consentative democracy without trolled by the dictates of conscience suffrage is impossible because it is are always found among the oppoonly through this form of government nents of equal suffrage. She is inthat people who are subject to laws terested directly in good government; may have a voice in making them. bad laws, and the non-enforcement of Restriction of the franchise tends to good laws, directly affect her in all encourage aristocracy, while equal of her relations, as home-keeper, wage suffrage will encourage democracy.

## It's what you eat

that gives you the energy necessary to meet the daily grind. us your order for

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and as a result you'll have plenty of

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