

Morning Daily Herald

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THE MAILS. Mails at the Albany postoffice close for all offices north: The Eastern states 6:30 A. M., The West side 7:30 A. M., And the Narrow Gauge R. R. 8:15 A. M.

OREGON PACIFIC TIME TABLE. Arrives Departs. Astoria 11:35pm 12:25am. Flight 3:40pm 7:45am.

THE PROPER DIET.

The consideration of what should form the proper diet for man, is a question of importance, and one that receives considerable discussion. If that discussion could be relieved of its acrimonious side, and the matter fully and with unbiased mind considered, probably the conclusion would be reached that the individual benefit forms the criterion to go by rather than any generally applied rule.

RUSSIA appears to be pushing her interests in the far east in every conceivable manner possible. She will probably take advantage of the revolt in Arabia against Turkey and gain dominion over as big a slice of country as possible.

O. K. T.—Honest Results.—O. K. T. Many of the pioneers of Oregon and Washington have cheerfully testified to the wonderful curative properties of the celebrated Oregon Kidney Tea.

THE EAST INDIA cure for these awful habits can be given without the patient's knowledge, and is the only known specific for the purpose, it is not injurious in the least degree; manufactured by Emerson Drug Co., San Jose, Cal., and for sale at J. A. Cumming's drug store only.

Have you examined that beautiful \$400 piano at Klein Bros. shoe store. Ladies and childrens gossamers at the Ladies Bazaar.

HUMPHREYS' VETERINARY SPECIFICS are scientifically and carefully prepared prescriptions; used for many years in private practice with success, and for over thirty years used by the people. Every single specific is a cure for the disease named.

THE vegetable diet differs from the animal by the condensation of the nutriment derived from large quantities of vegetables and by the chemical process of digestion into a smaller compass containing the same amount of nutriment.

DR. W. C. NEGUS, Graduate of the Royal College of London, England, also of the Bellevue Medical College. The Dr. has spent a lifetime of study and practice and makes a specialty of chronic diseases, removes cancers, scrofula enlargements, tumors and wens, without pain or the knife.

CROWDER BROS. Contractors and Builders. Office on First street with Wallace & Cusick, real estate agents, Albany, Oregon. Estimates given in all kinds of buildings or carpenter work. All work entrusted to will be promptly executed.

human stomach like a human being can adapt itself to abusive irregularities frequently of long continuance before it will break down.

The proxy business seems in some instances to be carried to the extreme. There is certainly a limit to its expansibility. A German in Milwaukee, Wis., wanted to exceed this limit. A comely young German woman, an immigrant, was detained at the N. Y. immigration office because she had no money or relatives to support her.

A PECULIAR phase of humanity is the propensity to hoard up valuables. It is estimated that the treasure lying idle in India in the shape of boards or ornaments amount \$350,000,000. A competent authority calculates that "in Amritsar City alone there are jewels to the value of \$2,000,000 sterling."

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FOR SALE.—One heating stove and one cook stove, both in good condition. For information inquire of F. E. Amberg, at Postal Telegraph office.

Children Cry for PITCHER'S CASTORIA

HEATING STOVES AT MATTHEWS & WASHBURN

WE HAVE NOT AN ELEPHANT ON OUR HANDS, BUT WE HAVE THE LARGEST AND BEST SELECTED STOCK OF Dress Goods, Fancy Goods Underwear Hosiery, Etc. EVER SHOWN IN ALBANY.

Allen Brothers, Wholesale and Retail Grocers. CIGARS, TOBACCO AND CHOICE FRUITS OF ALL KINDS IN LARGE OR SMALL QUANTITIES IN SEASON.

Still We are in the Lead! Star Bakery! Staple Groceries. Crockery, Glassware. FRESH BAKED BREAD EVERY DAY.

R. R. Men and Athletes. Wear our Vulcanized Gum Suspenders to prevent jar, strain or injury. Weak men are cured wearing our vulcanized gum suspenders of varicose (enlarged veins) nocturnal emissions and impotency.

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PLAINFIELD! CONSOLIDATION -- LOTS! The Cheapest and Best Buy in the Market.

WHY Because the lots are 50x100; because they are inside property; because they are all clear--no stumps, no roots, no rocks; because the land is elevated and has a fine view of the city; because they are near three motor lines--not in contemplation, but all now in operation; because they are near the 10th day of next month they will advance \$25 each; because they are a snap. Ask those who have seen. Seeing is believing. Are you in it?

CALL AND SEE THE VERNON HAY PRESS. Unequaled for fast work and light draft. Manufactured at the foot of Baker Street, Albany, by PRICE & VERNON.

OH, MAMMA. "Have you seen those lovely lounges at Brink's? They are the prettiest in town, and all his new furniture is simply elegant." They all say so, and an inspection will prove it. Prices always the lowest.

THE ALBANY FURNITURE CO. A FULL LINE OF UNDERTAKING. THE PACIFIC STATES AVING, LOAN & BUILDING CO. Offers an Absolutely Safe Investment FOR SMALL MONTHLY AMOUNTS.

HUMPHREYS' VETERINARY SPECIFICS. For Horses, Cattle, Sheep, Dogs, Hogs, AND POULTRY. 500 Pages, 600 Illustrations. Price \$1.00.

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Accommodations unsurpassed for comfort and safety. Fare and freight via Yaquina and the Oregon Development Company's ships, much less than by any other route west all points in the Willamette Valley and San Francisco.

SAILING DATES. FROM YAQUINA. Willamette Valley... Aug 4th. W... 10th. Willamette Valley... 27, 31.

FROM SAN FRANCISCO. Willamette Valley... July 31. Willamette Valley... Aug 9. Willamette Valley... 16, 26.

ALBANY LOCAL, DAILY (Except Sunday). 5:00 P. M. Lv. Albany. 9:00 A. M. Ar. Albany. 5:00 A. M. Lv. Albany. 9:00 P. M. Ar. Albany.

FULLMAN BUFFETSLEEPERS. TOURIST SLEEPING CARS. For accommodation of Second-Class Passengers attached to Express Trains.

Mail Train Daily—Except Sunday. 7:30 A. M. Lv. Portland. Ar. Albany 8:20 P. M. 12:10 P. M. Ar. Corvallis. Lv. Albany 12:50 P. M.

Express Train Daily—(Except Sunday). 4:40 P. M. Lv. Portland. Ar. Albany 5:30 P. M. 12:10 P. M. Ar. Corvallis. Lv. Albany 12:50 P. M.

THROUGH TICKETS. EAST AND SOUTH. For tickets and full information regarding rates, maps, etc., call on company's agent at Albany.

A WEAK MAN. Can cure himself of the deplorable results of early abuse and perfectly restore his vigor and vitality by our home treatment.

THE MARKETS. ALBANY QUOTATIONS. Wheat—\$1.00. Oats—35c. Flour—\$4.25 per bbl. Potatoes—35c.

Apples—Green, 25c per bu. Apples—Dried, 30c per bu. Apples dried—bleached 9c sundried 8c.

EGGS FOR SALE. I will sell full blood Leghorn eggs, both single and rose comb, for \$1.50 per 12. Also dotted Wyandott, Light Brahmas, Langshans and Plymouth Rocks at the same price.

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