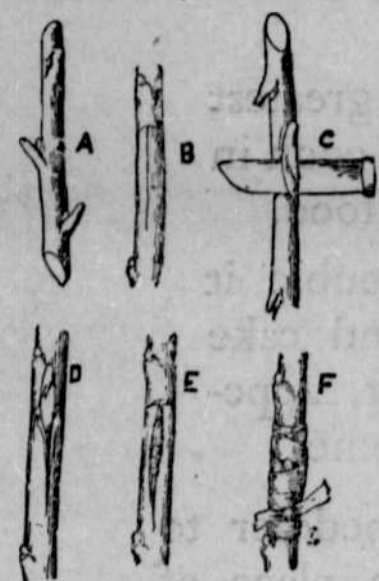




BUDDING THE APPLE.

The Main Requisites of Success. June and Fall Budding.

With the apple the operation of budding must be performed during the growing season and consists in removing a bud from a twig of the variety which we wish to propagate and inserting it beneath the bark of the stock or young seedling tree we wish to change, and this is then held in place by tying it fast until the bud and the stock have united. Then by forcing the sap and consequent growth into this transplanted bud by preventing all other growth we get a new tree of the desired variety. It is a method of



This simple little exercise indulged in for ten minutes will calm the nerves, clear the brain and expand the lungs. It will give a new direction to the thoughts and help to bring order out of disorder. I have known a delicate lad who came of consumptive stock to develop into good health and to increase his chest measure an inch in less than six months' time by merely taking ten long deep inhalations every morning at an open window.

A young woman after years of semi-invalidism bloomed into rosy health by taking breathing lessons while walking to and from the business in which she was employed. She began by inhaling while taking three steps and exhaling while taking three. After a few days she was able to increase the time to seven steps and eventually to 10 and 20. Her chest expanded, her complexion changed from sallow to rosy, and all with no aid of doctors or health resorts.

Mrs. Elizabeth Cady Stanton does not approve of the recommendation made by several New York magistrates that wife beaters should be punished by flogging. She says, "The real cure for wife beating is to be found not in disciplining an occasional brute, but in teaching men to respect women."

Properly Done, It is an Effective Cure For Disease. Thousands of human beings leave all the lower tiers of cells in their lungs unventilated and unperfused after years. They inhale and exhale the breath through the mouth and use about as much lung power as a canary bird. They are anemic and consumptive and easy victims for any disease merely because they are missing the physical machinery which was given them at birth. The lungs are the original engine of the body, and unless this engine is kept clean and in good order no machine can be depended upon to do its work properly.

There is no more effective cure for nervousness and irritability than to go into a room alone and sit in an upright position and devote 10 or 15 minutes to slow, regular, deep inhalations. Keep the mouth closed and the eyes well. Breathe from the abdomen and inhale while counting seven. Exhale slowly through the nostrils while counting the same number.

One of the most important rules of the science of manners is an absolute silence in regard to yourself.—D. H. Aubrey.

Advertising in the open air by flash or calcium lights is prohibited in London. It is claimed the lights frighten horses and endanger traffic.

Printing Without Ink. A company has been formed to control the process of printing without ink, by using electricity and chemically prepared paper. In a short time, it is expected, this innovation will be completely introduced, and old methods revolutionized. There is one thing however that has resisted all innovations; that is Hester's Stomach Bitters, which has many imitators, but no equals as a cure for stomach, liver and bowel troubles. This peculiarly has been the standard medicine of the American people for justifying ears. It is a wonderful medicine for dyspepsia, indigestion, biliousness, insomnia, constipation and nervousness. It also prevents malaria, fever and ague. It keeps the stomach in good condition, and bowel-regular. Fry it, and you will not be disappointed.

Final Settlement. In the county court for the county of Polk, state of Oregon, in and to the matter of the estate of M. N. Syron, deceased.

NOTICE IS HEREBY GIVEN TO WHOM IT MAY CONCERN that the undersigned has filed in final order of the county court of said county, that on the 10th day of August, 1900, at the hour of 10 o'clock, p. m., has been set in the same court a trial for hearing objections, if any, to said order. All persons interested in said matter are therefore notified to appear at said trial and show cause, if any there be, why said order should not be finally settled and closed and said executor discharged.

Record in Blood. The record of Howard Sarsaparilla is liberally written in the blood of millions of people to whom it has given good health. It is all the time curing diseases of the stomach, nerves, kidneys and blood, and it is doing good every day to thousands who are taking it for poor appetite, tired feeling and general debility. It is the best medicine money can buy.

How to Make French Loaf Cake. Two cups of white sugar, one scant cup of butter, three eggs, two spoonfuls of cream tartar and one spoonful of saleratus and salt. Put all together and beat to a froth; then add one cup of sweet milk and three cups of flour. Sprinkle sugar over the top before baking. Bake in a round tin.

How to Make Fish Stock. Fill a saucepan with three quarts of water, three spoonfuls of salt, a wineglassful of vinegar, one carrot and one onion (both sliced), two tablespoonfuls of whole peppers, one bunch of parsley roots, three eggs of thyme and three bay leaves. Boil for 15 minutes, strain, cool and put away to use when needed for various ways of cooking.

For Over Fifty Years. An old and well tried remedy. Mrs. Winslow's Soothing Syrup has been used for over fifty years by millions of mothers for their children while teething, with perfect success. It soothes the child, softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. It is pleasant to the taste. Sold by druggists in every part of the world. 25 cents a bottle. Its value is incalculable. Be sure and ask for Mrs. Winslow's Soothing Syrup and take no other kind.

How to Polish a Table. Wash the table with turpentine so as to eradicate any stains of grease that may be on it and clean this off with linon rags. Dip a soft cloth in cold drawn linseed oil and apply it to every part of the surface. Let the oil remain on for about 12 hours; then rub it well with a woolsen cloth. As soon as it appears perfectly dry apply linon cloths to remove any moisture that may remain behind. In three or four days repeat the application of the oil as before, and when this operation has been performed three or four times sponge the top all over with lukewarm water. Wipe it quickly and dry with a soft cloth. The luster may not come out as quickly as expected, but by perseverance a brilliant and lasting polish will be obtained which will bid defiance to stains from hot dishes, fruits or boiling water. This polish is not suitable for rosewood, as it would render it too dark.

Referee's of Real Estate Property. NOTICE IS HEREBY GIVEN THAT by virtue of a commission issued out of the circuit court of the state of Oregon for the county of Polk, and to me directed on the 27th day of June, 1900, upon a decree and order duly rendered and entered of record of said court on the 7th day of June, 1900, in a certain suit therein pending wherein Mary E. Cleffelter and Clarence V. Cleffelter are plaintiffs, and Thomas Ora Cleffelter, Mary E. Cleffelter and Sarah K. Cleffelter are defendants, directing a sale of the real property sought to be partitioned in said suit and thereinafter described, and appointing me as referee to sell the same on the terms hereinafter set forth, and report such sale to said court, and to carry out the subject of such decree according to law, I will, on

Saturday, the 28th day of July, 1900, at the hour of 11 o'clock, in the forenoon, at the court house door, in Dallas, Polk county, Oregon, sell at public auction to the highest bidder, all the legal title, interest and estate of the plaintiffs and defendants in and to the following described premises, to-wit: Lot No. 3, block No. 5, Hill's town of Independence, Polk county, Oregon. Said sale will be made for cash in hand, subject to confirmation of said court.

Administrators Notice. NOTICE IS HEREBY GIVEN THAT I, H. L. Fenton, have been appointed administrator of the estate of H. Thompson, late of Polk county, deceased. All persons indebted to said estate will make immediate payment to me, and all those having claims against the same, will present them, duly authenticated, to me within six months from the date of this notice.

Scientific American. A handsomely illustrated weekly. Largest circulation of any publication. Published by Scientific American Publishing Co., 435 N. York St., New York.

APHORISMS.

Victory belongs to the most persevering.—Napoleon. An obstinate man does not hold opinions—they hold him.—Butler. We cannot always oblige, but we can always speak obligingly.—Voltaire. No thoroughly occupied man is ever yet very miserable.—L. E. Landon. He who thinks his place below him will certainly be below his place.—Saville. The less we parade our misfortunes the more sympathy we command.—O. Dewey. Who dares do all that may become a man and dares no more, he is a man indeed.—Shakespeare. There is no great achievement that is not the result of patient working and waiting.—J. G. Holland. To owe an obligation to a worthy friend is a happiness and can be no disparagement.—Charron. He that does good for god's sake seeks neither praise nor reward, but he is sure of both in the end.—Ivan. One of the most important rules of the science of manners is an absolute silence in regard to yourself.—D. H. Aubrey.

ITEMS OF INTEREST.

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FRAUD AS A FRIEND

James Halsted started nervously as the train whistle shrieked announcing the hour of departure. James Halsted, familiarly known as Jimmy, was a successful novelist—so successful that his last book had put a very appreciable profit in his pocket and a disinclination for sleep in his brain that threatened to transfer that profit to the physician's hands. The doctor had prescribed a trip south. The rain beat against the window, hurrying the landscape as he turned with a yawn to the paper before him. Picking up the first one at hand, a Boston weekly known as The Illustrated Comforter, that had not as yet won general recognition, he glanced over the list of contents—"Affairs in Turkey," "Prospect of European Interference," "Salt Pork a Marketable Commodity," "The Vision of a Phantom."

"Name of that last sounds familiar; wonder where I've heard it before? By—by Evelina Montresor. Bluestocking with a romantic turn, I suppose. I'll have a try at the lady's thriller." His eye wandered idly down the page; then he started and caught her on important business." Halsted inquired at the station regarding the trains to Boston and reached that city late in the afternoon of the same day.

Hurrying to the offices of The Illustrated Comforter, he demanded the desired information concerning Evelina Montresor's real name and identity. Aided by the agent novelist's presence, the chief surlily acceded to all his demands. "A Miss Trevor, 13 Blank street. Little apartment you know. Lives there with her little mother. Young? Yes, very young. And a little—er—crude, or shall we say, robust, but a promising writer. Good day, sir. Don't mention it. Glad to be of any service to you." And he politely bowed his impatient visitor from the office.

"A tidy little maid opened the door in answer to Halsted's hasty ring. "Yes, Miss Trevor lives here, but the ladies see no one." "I must have come," Halsted insisted impatiently. The little maid stared at him, then silently ushered him into a small room and left him. The furniture was simple, but it had a cozy, homelike look which his luxurious apartments lacked. Evidently she didn't reap a very rich harvest from her piffling, he reflected, and began to wish he had not come. Just then the door opened, and a tall, slender girl with sunny hair entered the room.

"Miss or Mrs. Trevor?" he asked, bowing stiffly to the youthful apparition. "Miss Trevor," replied a silvery voice. "You wish to see me?" "So this was the thief! Well, if she did have glorious hair, a silvery voice and a sweet smile she should pay the penalty just as if she had been the sentimental old lady he had pictured.

"He mentioned his name, expecting to see her gait stamped upon her face when she heard it. "Mr. Halsted," she said wonderingly, "the novelist?" "Precisely I have come," Halsted replied. "My mother is very ill," she interrupted. "I will only detain you an instant. I am anxious merely to satisfy my curiosity concerning the means you employed to obtain possession of my story, 'The Vision of a Phantom.'" "Your story?" she gasped. "I am, of course, highly flattered," he pursued ironically, "that you should have selected on its merits that which every publisher in the country failed to discover, but I am none the less mystified."

"She looked at him with startled eyes. "Like a lamb in the lion's grip," he reflected. "And you mean to denounce me?" "No; simply, I am curious." "Oh, be patient with me. I will reimburse you. I would do it now, only the money has gone for necessities for my mother, who is very ill. I will reimburse you afterward, indeed I will," she insisted, noticing Halsted's gesture of dissent. He was beginning to regret his presence there, but a silvery voice and sunny hair compensated for much, so he staid on. "I will, indeed, repay you; besides, I didn't know to whom the story belonged. It had no name attached, having sent his firstborn forth unsuspecting. I found it in a closet at Glenn Reid when my mother needed these things, and I was so worried I could think of nothing to write. I copied it. But I—" "Elsie, Elsie, where are you?" came a tremulous voice through the door. "Here, mother, dear," and she ran from the room.

The editor of The Illustrated Comforter was much surprised the following day to receive a proposition to publish a serial story to be written by James Halsted and Evelina Montresor. The collaboration on the latter's part had been the sine qua non of her forgiveness. A year later the critics, commenting on the story, wrote: "The fantasy of Mr. Halsted fascinated by the charm of his style, but left his readers' hearts empty and unconvinced by his love passages. This defect he has remedied, and the latest production from his pen carries its message of sincerity to every ear. The novelist smiled as he glanced at the golden head across the room; then, interrupting the silvery voice reading this notice, he remarked: "My dear, it's very dishonest and immoral, no doubt, but fraud is the best friend I've ever had. It gave me the happiness of my life and taught me how to talk to them sincerely. But what would justice say?"—Condensed From the French For New York Commercial Advertiser.

How to Steam Biscuits. Scald a pint of milk, add two ounces of butter and when lukewarm add one yeast cake previously dissolved, a tablespoonful of sugar and flour enough to make a soft dough. Knead lightly, put back in the bowl, stand aside three hours until very light, pinch off into little round biscuits, stand them in a braising pan with water underneath and steam for ten minutes. Remove the lid, brown quickly, glaze them and sprinkle with chopped nuts.

Papa Was Opposed to Ecceors. "One more kiss," pleaded the departing lover. "Here," cried her father, who was the manager of a continuous performance house, "your act is limited to 25 minutes, and you are already ten minutes over time!"—Philadelphia North American.

Good Luck. Barnes Turner—And what success did you have on the road with your farce? "All kinds of money" was the name, was it not? "Roscius de Hamme—Correct. Oh, we did a fair business. We got back with everything except the title."—Indianapolis Press.

Nothing Like Being Explicit. "This hurts me as well as you, Willie," said the old gentleman as he led the way to the wood shed. "I will not say that it hurts me as much as you, because I propose to lay it on so hard that it will hurt you a whole lot more than me."—Chicago Evening Post.

A Young Girl's Mistake. Many a young girl makes the mistake of thinking that because she would die for a man she truly loves him. In this restless, throbbing age it is necessary for her to ask herself in all seriousness, "Would I take in washing for him?"—Detroit Journal.

Country Eagerly Awaits Their Advice. Eminent Statesman—I must confess that I do not know what to do to save the country. Wise Politician—Better wait a month and let the sweet girl graduates tell us. —Baltimore American.

W G McPHERSON General Agent on the Pacific Coast for Richardson & Boynton Co's warm air furnaces. John Van Range Co's hotel and household ranges American Boiler Co's boilers for steam and hot water.

Also the largest stock of warm air registers and furnace supplies on the Pacific coast. 47 First and 46 Second streets, PORTLAND - OREGON

CATARRH: FORERUNNER OF CONSUMPTION.

Few realize what a deep-seated, obstinate disease Catarrh is, regarding it as a simple inflammation of the nose and throat, little or no attention is given it. But, however insignificant it may seem at first, it is the foul secretions entering the circulation poison the entire system. The stomach, kidneys—in fact all the organs—feel the effect of this catarrhal poison, and when the lungs are reached its progress is rapid and destructive, and finally ends in consumption.

It frequently happens that the senses of hearing and smell are in part or entirely lost, the soft spots of the nose eaten into and destroyed, causing intense suffering and greatly disfiguring the face. While sprays, washes and salves may give temporary relief, no permanent benefit can be expected from such treatment.

CATARRH IS A CONSTITUTIONAL OR BLOOD DISEASE, and far beyond the reach of mere local remedies. Those who rely upon them for a cure lose valuable time, meet with disappointment and allow the disease to take firmer hold. Only a real blood remedy can reach this troublesome and dangerous disease. S. S. S. cures Catarrh because it first cleanses and builds up the blood, purifies it, makes it rich and healthy, stimulates and puts new life into the sluggish worn-out organs, and thus relieves the system of all poisonous accumulations.

Mrs. Josephine Pohl of Due West, S. C., writes: "I had Catarrh, which became so deep-seated that I was entirely deaf in one ear, and all inside of my nose, including part of the throat, absolved off. When the disease had gone this far the physician gave me up as incurable. I determined to try S. S. S. as a last resort, and began to improve at once. It seemed to get at the seat of the disease, and after a few weeks' treatment I was entirely cured, and for more than seven years have had no sign of the disease."

S. S. S. is made of roots, herbs and barks of wonderful tonic and purifying properties. It is the only vegetable blood purifier known, and a certain and safe cure for all blood troubles. Send for our book on Blood and Skin Diseases, and at the same time write our physicians about your case. They will cheerfully give you any information or advice wanted. We make no charge for this.

GASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of *Dr. J. C. Holtzner* The Kind You Have Always Bought. **GASTORIA** THE CENTAUR COMPANY, NEW YORK CITY. A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN. Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC. A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP. Exact Copy of Wrapper.

RIPAN'S TABLETS Doctors find A Good Prescription For mankind. Ten for five cents, at Druggists, Grocers, Restaurants, Saloons, News-Stands, General Stores and Barber Shops. They banish pain, induce sleep, and prolong life. One gives relief. No matter what the matter, one will do you good. Ten samples and one thousand testimonials sent by mail by any address on receipt of price, by the Ripans Chemical Co., 10 Spruce St., New York City.

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South and East SOUTHERN PACIFIC CO. SHASTA ROUTE. Trains leave Dallas for Portland and way stations at 6:10 a. m. except Sundays. Leave Portland 8:30 a. m.; 7:30 p. m. Leave Salem 11 a. m.; 9:30 p. m. Leave Ashland 12:35 a. m.; 11:30 a. m. Leave Medford 4 a. m.; 4:35 a. m. Leave San Francisco 7:45 p. m.; 8:15 a. m. Arrive Dallas 5:45 a. m.; 11:45 a. m. Arrive Denver 9:30 a. m.; 9:00 a. m. Arrive Kansas City 7:25 a. m.; 7:25 a. m. Arrive Chicago 7:45 a. m.; 9:30 a. m. Arrive Los Angeles 1:30 p. m.; 7:00 a. m. Arrive El Paso 9:30 p. m.; 6:30 p. m. Arrive Fort Worth 6:30 a. m.; 6:30 a. m. Arrive City of Mexico 9:25 a. m.; 9:30 a. m. Arrive Houston 4 a. m.; 4:00 a. m. Arrive New Orleans 6 p. m.; 6:25 p. m. Arrive Washington 9:45 a. m.; 6:42 a. m. Arrive New York 12:45 p. m.; 12:45 p. m. Pullman and Tourist cars on both trains. Their accommodations to Oregon and El Paso, and tourist cars to Chicago, St. Louis, New Orleans and Washington. Connecting at San Francisco with several steam ship lines for Honolulu, Japan, China, Philippines and South America. CORVALLIS MAIL DAILY (except Sundays). 7:30 A. M. Lv. Portland Ar. 5:30 P. M. 11:30 A. M. Lv. Corvallis Ar. 2:15 P. M. 11:55 P. M. Ar. Corvallis Lv. 7:30 P. M. At Albany and Corvallis connect with trains of Great Central and Eastern railroads. DALLAS PASSENGER. Daily, Except Sunday. 7:30 P. M. Lv. Portland Ar. 9:30 A. M. 4:30 P. M. Ar. Dallas Lv. 6:30 A. M. YAMHILL DIVISION. Passenger depot, foot of Jefferson street. ALBANY MAIL—TRIP WEEKLY. Leave 8:30 a. m. Portland Arrive 8:00 p. m. Leave 3:30 p. m. Dallas Arrive 3:30 a. m. Arrive 5:30 p. m. Albany Leave 7:30 a. m. S. E. N. Woods agent at Dallas station or address C. H. MARKHAM, O. P. A. Portland, Oregon.