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Dallas, Oregon.

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7:30 a m

Leaves Monmouth for Dallas—
11:20 a m

Leaves Airlie for Monmouth and Independence—
2:30 a m

Leaves Dallas for Monmouth and Independence—
1:20 a m

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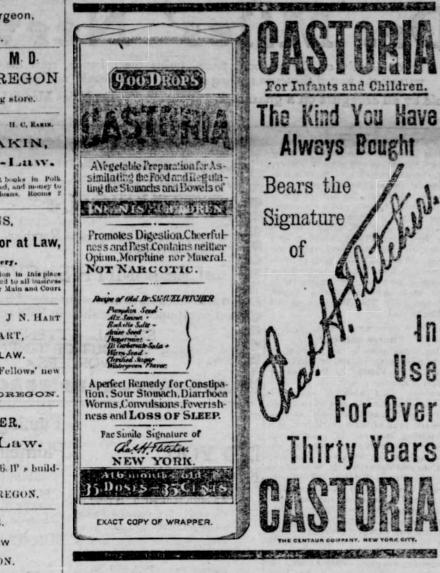
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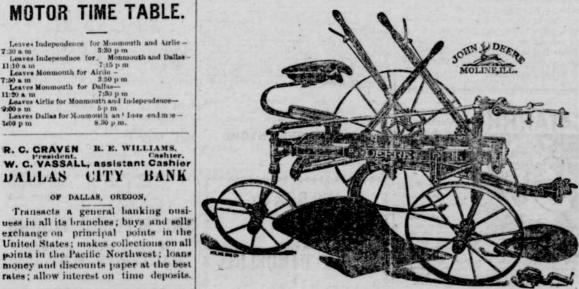
Repairing Promptly Done. ED. BIDDLE, - PROP.

A Washington man complained bitterly to the District commissioners of the pasting of advertising labels on loaves of bread and wanted them to stop the practice, but the commission



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Wall paper is all in. It is by far the finest line we have ever offered to the public.

Send for samples of paper from 5 cents to 60 cents a double roll. We pay the freight on \$10 orders.

Other Recent

CENTER TABLES PARLOR FURNITURE EXTENSION TABLES OAK BEDROOM SETS SIDEBOARDS LACE CURTAINS PORTIERES, CARPETS BABY CARRIAGES LINOLEUM

ers assured bim that the official chement's opinion was that the use of these labels on bread is in no way detrimen-THE Low Price Furniture House

ALCOHOL'S RAVAGES. ITS EFFECTS UPON STOMACH, LIVER AND KIDNEYS.

Impairs Digestion and Is the Most Potent Cause of Cirrhosis of the Liver, an Incurable Malady-Induces Bright's Disease.

Upon the stomach the continued prac-tice of drinking, whether in large or small quantities, in ariably produces an inflammation and a catarrh, writes John G. Coyle, M. D., in Father Mathew Herald. Soon the drinker cannot eat in the morning and at that time feels a disgust for food. These are the first symptoms of alcoholic catarrh of the stomach. To acquire the necessary appetite the drinker has recourse to the poison itself and takes a drink or two in the morning before breakfast, thus gaining apparent relief, but in reallty only adding fuel to the flame already burning.

No sooner does the stomach begin to

rebel against the poison thrust into it than the liver exhibits the commencement of disease which yearly causes thousands of deaths. Under the irritation of the alcohol the liver begins to enlarge slowly and gradually to grow harder. Eventually it will contract again and become much smaller than in natural health. This condition is called cirrhosis. So hard and rough does the liver become that one of the names applied to this disease is "hob nailed liver." Cirrhosis of the liver, once established, is incurable, and the announcement of its presence in an individual is the pronouncement of the sentence of death.

So, too, the kidneys, undergoing repented irritation from the alcoholic va-pors in the blood, yield to the insidious polson and become chronically inflam-ed, like the liver, but in this case the disease is known as nephritis, or Bright's disease of the kidneys, so named from Bright, the man who first described it. The fearful picture of this disease is well known to you allthe limbs and body swollen from the dropsy, the distorted features, the fearful convuisions which terrify the household are matters of everyday knowledge. Bright's disease is occa sionally produced by other causes than alcohol, but for one such case there are 50 the direct result of the practice of

The entire nervous system from brain was never drunk in his life, but drank | peace of the soul avoided. labor and the duties of life.

Therefore when a human being without necessity or for purposes of mere gratification introduces into his body drug known as alcohol, whether in the shape of the mild or strong liquors. he voluntarily places within his system son which weakens and enervates every tissue in his body, which corrupts his manhood, which puts to waste fruits of his labor, which renders him less fit for life, which degrades his family, which is an incentive to crime, which threatens him with the loss of reason, which entails misery and misfortune upon those dependent upon him, which leads him away from his dress. She would be a woman who Creator to the path of destruction and would not live for dress alone. The brings upon him and his unborn generations the wrath of the Almighty, tellect is luminous with the glory of Against this array of consequences, which follow as surely as the night the day, what can be offered in extenua- Rev. H. Francis Perry, Baptist, Engletion? Against this endless march of wood, ills. woe there stands but the fleeting pleasnge of a brief enjoyment; ngainst an oment of forgetfulness.

awful consequences of the babit of but through planting the seed of Chris ray a solid front of faith and courage. terian, Montelair, N. J. Not by striving to pass restrictive laws may good be accomplished, for legislation does not alter the human passions: not by condemning the traffic can the



Then we can't tell you anyknow how dark everything looks and how you are about ready to give up. Somehow, you can't throw off

the terrible depression. Are things really so blue? Isn't it your nerves, after all? That's where the trouble is. Your nerves are being poisoned from the impurities in your blood.

purifies the blood and gives power and stability to the nerves. It makes health and strength, activity and cheerfulness.

This is what "Ayer's" will do for you. It's the oldest Sarsaparilla in the land, the kind that was old before other Sarsaparillas were known.

This also accounts for the saying, "One bottle of Ayer's is worth three bottles of the ordinary kind.'

to finger tips suffers from the alcoholic education in the direful consequences poison. It is the neute saturation, or of drinking, by the daily lesson that it overwhelming of the brain and nerves, is a curse whose maledictions have no that we commonly describe as drunk-enness. But, as in the case of the stom-sist the temptation to drink, by the ach, liver and kidneys, drunkenness is avoidance of the scenes of drinking never necessary to produce the worst and the company of those who proffer effects of the alcoholic habit. It is the the temptation-by these means, and steady drinking, the daily habit of a by these alone, may the evil of drunkfew drinks, which produces the worst enness be lessened, its danger to the effects. It is often the individual who race averted and its menace to the

a little every day, who dies directly as May the cause of temperance, under a result of such practice. The more or the guidance of earnest bodies of men, less constant saturation of the brain like temperance guilds, grow and in and nerve cells in the alcoholic fumes crease, and with faith erect and firm changes their structure, makes the per- hearts let us unite to destroy the one ed, less responsible and less fitted for men and to our hopes of eternal peace.

England's Black Spots, Late English criminal statistics show that Glamorgan, after Monmouth, is the blackest county in the island for the number of its crimes in proportion to the population. The drunkards' mag shows Glamorgan in a bad light also. Northumberland is much the worse county for drunkenness. London and Lancashire have hardly half the proportion of cases of inebriety found in Northumberland.

Brightest Woman. The brightest woman would be thoughtful in personal conduct and brightest woman is the one whose in God and who can see the inestimable value of redemption through Christ .-

China will be regenerated and will eternity of punishment there is but a open her doors to the world in the near future. This great change will be Oh, you, the daily witnesses of the brought about not by fire and sword. drunkenness. lift up your hearts and tianity. Present troubles will furnish stand against this evil! To the specter the opportunity for future work in the whose shadow threatens the peace of east. A policy of force should be dephome and the welfare of the body ar- recated.-Rev. Dr. Van Dyke, Presby-

Christ as a Priest. Christ was not a priest in his divine

nature. It was only when he assume the vesture of our human nature that he could worship God. At the same time all his acts of worship, of adora tion, received supernatural merit from his divinity. The end intended by our Creator for us is supernatural and only obtained by supernatural means.—Rev. F. Harvey. Catholic, San Francisco.

Poor Against the Rich. Since the increase of property means the increase of happiness for all classes, men who love their country and their kind will view with apprehension and profound alarm the attempt to array the poor against the rich, the farfaers against the bankers, the classes against the masses. Every age and nation has been cursed by the demagogue who practices as a fine art the stirring up of class hatred. Now, the class batred that prevails in those countries where the hereditary classes rule has no excuse in this free land. Here there is no position so high that the boy at the forge cannot aspire to it. -Rev. Dr. Hillis, Congregationalist, New York.

RAISING TURKEYS.

Range Is the Important Considera-tion if You Want Good Birds. Turkeys raised on a large range are best to use as breeders, as they develop on nature's plan-bone, muscle and frame-and that is what we want instead of heavy weights and small frames. Some people think weight is the criterion of excellence in turkeys. I wish I could take them out with me In my morning rambles and show them the points of excellence my birds are developing by roving around and pick-ing up the food that nature contributes so lavishly for their benefit. The large, long legs and well proportioned bodies, with the morning sun glancing from their briillant plumage, make a sight worth seeing. Exercise and the right kind of diet go a long way toward mak-

ing a perfect turkey. The bronze turkey does not develop until 4 years old, and it stands to reason that a bird which develops slowly and healthily will make a better breed er and produce healthler and larger stock than those which are pushed to naturity and which attain great weights simply by overfeeding and lack of exercise. First secure good health and a large frame, then let nature put on weight at maturity. If this course were followed, we would not ear so much about diseases and nonsuccess in raising turkeys. They were created for a special purpose and intended to be healthy, and when we updertake to run against nature there is war at once, and we have to pay the

Letters asking advice are coming in as winter approaches. One correspondent living in Denver hatched a bird that had crooked toes on both feet, but It got along all right. I think perhaps the crooked toes were caused by in-breeding, although a cripple may be hatched, more especially among chickens, without any apparent cause. The turkeys of this correspondent grew well until about one week ago, when they commenced to be troubled with weak legs. The cause was supposed to but will not walk, and even when placed upon their feet they drop right and these turkeys are cooped upon a city lot. They are fed table scraps,

Your turkeys, my friend, are losing served without it, and at every the use of their legs from want of exercise and probably overfeeding. If you can find some farmer who will take them on his farm and let them have range, with only a little food, simget over it, but I would not care to in Poultry Keeper.

We Are Not the Lowest. In so dread a crime against humanison more irritable, more easily depress- habit most inimical to our strength as ty as the drink traffic it is hardly fair to extract relief from the dark picture by comparison with one's neigh but we can at least be thankful that we have not reached the worst depths. Belgium uses 195 quarts of alcoholic

beverages per capita, England 141, France 137, the United States 70. Curse of the Army

Lord Wolseley, addressing the boys of the Duke of York's school, advised those who joined the army to adhere to temperance principles. Personally he would prefer that they became teetotalers, for the curse of the English army and race was drink.



answer that question.

Strength depends on nutrition. When the stomach and other organs of digestion and nutrition are diseased, the body fails to receive its full supply of nourishment and hence grows weak. That is why no man is stronger than his stomach.

Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and the allied organs of decision and nutrition. The food eaten is then perfectly digested and assimilated and the body is made strong in the only possible way—by nutrition.

"I was troubled with indigestion for about two years," writes Wm. Borcker. Esq., of Juliacita, Latah Co., Maho. "I tried different doctors and remedies but to no avail, until I wrote to you and you told me what to do. I suffered with a pain in my stomach and left side and tlought that it would hill me. Now I am ghad to write this and set you know that I am all right. I can do my work now without pain and I don't have that tired feeling that I used to have. Eve bottles of Dr. Pierce's Golden Mediest Discovery and two vials of his 'Pleasant Pellets' cared me."

Dr. Pierce's Pleasant Pellets stimulate

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THE WASY RUNNING NOISELESS WHEEL

Roadsters, \$35 and \$40. Light roadsters and racers \$50. Chain-less \$60 and \$75. Tribune cush-ion frames \$50 and upward. Tri-bune coaster brake models \$5 ex-tra. I am having the best Tri-bune trade I have ever known, due to the fact that the wheel have proven themselves to be all that was claimed for them. Come

F. A. WIGGINS, Opposite postoffice, Salem

WOMEN AND ALCOHOL.

Physicians Say Combination Is Increasing Is America.

number of Chicago physicians were interviewed by the Chicago Evening Post on the growth of the drug evil among women. Several of them declared that the habit of drinking is rapidly increasing among society wobers of the younger "smart set." Not content with this disclosure, a number of the physicians said cases of alcoholism are not unusual. It was a notable fact that those physicians who declared that sobrlety was the characteristic of American women made the statement half heartedly, while those who asserted that drunkenness was in-creasing said so with considerable em-

It is said British women are drifting toward general drunkenness and that inebriety and excesses are on the increase. Though conditions are not so deplorable in this country, it is predicted that if the habit of drinking increases during the next ten years as it be rheumatism. The turkeys squat has during the last inebriety will bearound all day and eat as well as ever, come more rabid here than in Great

"During the last ten years drinking down again as soon as support is removed. The climate is dry in Deuver, steadily increasing," declared Dr. Sarah Hackett Stevenson. American women were not given to wine drinking. Now not a dinner is tion there is the punch bowl. These customs develop the taste. There are cases of extreme drinking among society women as well as among the men. ply what they can pick up, they may the wealthy classes and the younger social sets than among the lower strata breed from them, as their vitality has of society. I am not prepared to say been impaired. Turkeys cannot be profitably raised except on a good range. 1 vall among the women, but I have had feed my turkeys only until they are 6 several cases of alcoholism. Drinking weeks or 2 months old, then they are has the stamp of fashion, and anything turned out to find their own living until that gets the stamp of fashion goes. the ground freezes.-Mrs. Charles Jones This is true even of eigarette smoking, which habit undoubtedly is increasing. At the golf clubs the women indulge freely, and it is countenanced because it is fashionable. This condition is a natural result of great wealth and luxury and is a greater menace to our country than any political troubles, for vice undermines the character of the

CURSE TO HUMANITY. Intemperance the Most Prolific of All Evil Producers.

For just about 30 years I have been a total abstainer from alcoholic liquor in every form, and I do not find that this abstinence has contributed in any way either to lessen my ability for work or to make me gloomy or depressed. How many users of alcohol can say

that they have never felt any III effects from its use? Even the moderate drinker must admit that the benefit, real or fancied, which he derives from the use of alcoholic stimulants is me than counterbalanced by the evils which may be traced to drink. It is true there are other things worse than drunkenness. There are other

sins, no doubt, which are blacker than this, but there is no sin which in its consequences produces so much evil, so much unhappiness, and, I might go on to say, so much disease, so much poverty, so much insanity, as this one terrible self indulgence.

It is a curse so farreaching in its effects that to fight against it seems at times to be almost hopeless. But we must not give up. If we will

but persevere, we must win in the end. We cannot do much until public opin-lon is on our side. But there can be no doubt that it is more and more coming around to our point of view.

If we contrast the habits which prevalled in society when I was a boy with those which are to be found now we will see that there has been a marked improvement.

I remember how in the University of Oxford it was only through the influence of a really great man-one of the greatest men that England has produced-that excessive drinking was suppressed. Gladstone was the man who brought about this reform when he was a member of the university .-Archbishop of Canterbury.

Total Abstainers.

Whoever laughs at a total abstaine shows himself lacking in a clear mind as well as a good heart, for to take such a precaution on one's account as a matter of prudence is surely conformable to reason, and to take it in order to make it easier for others to do the same is conformable to the golden rule and the highest dictates of broth-

erhood.-Frances E. Willard.