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L. N. WOODS, M. D.
Physician and Surgeon.
Dallas, Oregon.

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MOTOR TIME TABLE.

Leaves Independence for Monmouth and Airlie—
7:30 a m 3:30 p m
Leaves Independence for Monmouth and Dallas—
11:10 a m 6 15 p m
Leaves Monmouth for Airlie—
.50 a m 3:50 p m
Leaves Monmouth for Dallas—
11:20 a m 7:30 p m
Leaves Airlie for Monmouth and Independence—
9:00 a m 5 p m
Leaves Dallas for Monmouth and Independence—
1:00 p m 7 30 p m.

R. C. CRAVEN President. R. E. WILLIAMS. Cashier.
W. C. VASSALL, assistant Cashier
DALLAS CITY BANK
OF DALLAS, OREGON,
Transacts a general banking business in all its branches; buys and sells exchange on principal points in the United States; makes collections on all points in the Pacific Northwest; loans money and discounts paper at the best rates; allow interest on time deposits.

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The Largest Anatomical Museum in the World. Weaknesses or any contracted disease positively cured by the oldest Specialist on the Coast. Est. 36 years.
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SYPHILIS thoroughly eradicated from system without the use of Mercury.
Trusses fitted by an Expert. Radical cure for Rupture. A quick and radical cure for Piles, Fissure and Fistulas, by Dr. Jordan's special painless methods.
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SOUTHERN PACIFIC TIME TABLE

CORVALLIS MAIL—DAILY

7:30 a m Lv	Portland	Ar	5:50 p m
10:46 a m Lv	Derry	Lv	2:18 p m
11:45 p m Ar	Corvallis	Lv	1:20 p m

At Albany and Corvallis connect with trains of Oregon Central and Eastern railroad.

DALLAS PASSENGER—DAILY, EX. SUNDAY

:00 p m Lv	Portland	Ar	10:20 a m
7:20 p m Ar	Dallas	Lv	7:00

YAMHILL DIVISION:
Passenger depot foot of Jefferson street
AIRLIE FREIGHT—THI WEEKLY

Leave 7:40 a m	Portland	Arrive	3:32 p m
Leave 3:50 p m	Dallas	Arrive	8:10 a m
Arrive 5:05 p m	Airlie	Leave	7 00 a m

W. J. STOW,
TRUCKMAN.
Dallas: Oregon
A fair share of patronage solicited and all orders promptly filled.

Dallas - Foundry!
—ALL KINDS OF—
IRON WORK TO ORDER
Repairing Promptly Done.
ED. BIDDLE, - PROP.

HOW TO CURE INSOMNIA.

Some Suggestions For Those Who Suffer From Sleeplessness.

For those who suffer from insomnia and fans dread the coming of the night, with its wretched, sleepless state, a few suggestions are made. Disrobe in the dark, for its blackness is supposed to produce a drowsiness, whereas light stimulates and arouses the activities.

Just before going to bed take a sponge bath in tepid water and, after lying down, relax each and every muscle, says the Chicago American. The legs and arms should be stretched out over the bed, and the best way to lie is on the face. This is the manner in which babies sleep, and their methods in this particular cannot well be improved upon.

An excellent panacea for sleeplessness is a bag of ice. This should be chopped fine and put in a rubber bag and then placed at the end of the spine. This treatment is particularly quieting to the nerves.

A physician writing to a medical journal declares that he finds peppermint water an efficient remedy for sleeplessness. This is a very simple cure, and it will not bring forth from the organs of professional opinion any declaration of unsafeness.

Sir William Laird Clowes advocates a novel remedy for refractory cases of insomnia. "I have recommended such people, after having ascertained what is likely to be the most comfortable position for sleep," he says, "to affix a small bright light two or three feet above the head, so that in order to see it without moving the head the eyes must be rotated upward. The brighter and smaller the point of light the better. Let the upward rotated eyes be directed steadfastly at this, a persistent effort being employed not necessarily to keep the eyelids open, but to keep the eyes themselves bent upon the required spot."

An empty stomach is apt to cause sleeplessness. It is a good thing to partake of some light food when preparing for bed, and for the person who is suffering from insomnia nothing is better than a big, raw Bermuda onion with bread and butter.

Uricsol
Cures
Rheumatism

Uricsol is a uric acid solvent—that is, Uricsol dissolves the excess of uric acid in the system and eliminates it, curing rheumatism.

Uricsol does this without injuring any part of the body—in fact it aids the stomach, creates an appetite, stimulates the intestinal glands—has a healthy action on the liver. Uricsol is very effective in chronic rheumatism for it can be taken without injuriously effecting any part of the body.

For sale at $1.00 a bottle by all druggists, or sent prepaid to any address upon receipt of price.

Address all communications west of Mississippi to Los Angeles, Cal. East of Mississippi to P. O. Box 481, Atlanta, Ga. 2

Uricsol Chemical Co.
Atlanta, Ga. Los Angeles, Cal.

How to Repair Graniteware.

Graniteware is universally used, and the best brands will get holes in the bottom. I mend my own, unless the holes are too large, by using a short copper rivet. Put the rivet through the hole, place the washer on the end, put the article to be mended on something hard, hammer until the rivet is perfectly tight, and the utensil will not leak when it is used.

How to Clean Plate Glass Mirrors.

Do not clean plate glass mirrors with soap and water, which sooner or later dim the surface. Alcohol and water are safe, but unless the mirror is actually dirty rubbing with a soft cloth cleanses it perfectly. It is best not to use soap on table glass, much of which is rather soft and easily scratched. For this reason avoid the many patent polishing powders and cloths advertised to give a high polish to good glass.

How to Take Out Ink Stains.

Ink stains can be removed from white linen by oxalic acid, chlorinated soda or lemon and salt. The material should then be laid in the sun and wet from time to time with lemon juice and washed in warm water. The application should be repeated if necessary.

How to Make Candles Burn Slowly.

To make a candle burn all night, put finely powdered salt on the candle until it reaches the black part of the wick.

Holverson's Salem, Ore. AT THE OLD WHITE CORNER
Salem's Best Store.

Some of the new things for spring are here and more are coming in every day. Our spring stock will be the best and most fashionable we have ever handled, as we only buy from tried and reliable manufacturers. There are many reasons why Holverson's is Salem's Best Store. One fact alone covers all and that is we have every kind of merchandise you want at prices that are all right. Each and every piece of goods in this stock is especially chosen to the requirements of the trade we know so well, and the greatest care is used to serve our customers with all the attention due them.

Mail Orders Will Receive Prompt Attention

Van Orsdel, Hayes & Co.,
REAL ESTATE DEALERS
FARMS AND CITY LOTS
Purchasing agent for W. C. McClure, of Saginaw, Michigan, and other eastern timber dealers. Room 1, up stairs, Wilson building.
DALLAS - - OREGON

Rambler
BICYCLES
REPAIRING
AND SUNDRIES
Spalding's Athletic Goods.
- Lee Smith's Cyclery -
Get your old bicycle enameled and cleaned up—Enamel baked on bike at factory.

Poorly?

"For two years I suffered terribly from dyspepsia, with great depression, and was always feeling poorly. I then tried Ayer's Sarsaparilla, and in one week I was a new man."—John McDonald, Philadelphia, Pa.

Don't forget that it's "Ayer's" Sarsaparilla that will make you strong and hopeful. Don't waste your time and money by trying some other kind. Use the old, tested, tried, and true Ayer's Sarsaparilla. $1.00 a bottle. All druggists.

Ask your doctor what he thinks of Ayer's Sarsaparilla. He knows all about this grand old family medicine. Follow his advice and we will be satisfied.
J. C. AYER CO., Lowell, Mass.

GROVE'S
TASTELESS CHILL TONIC
Has stood the test of 25 years. Annual sale over 1,500,000 bottles. Does this record of merit appeal to you?
No Cure ▷◁ No Pay
...50 Cents...
Enclosed with every bottle is a 10 cent package of Grove's
BLACK ROOT LIVER PILLS.

R-I-PA-N-S Tabules
Doctors find
A good prescription
For mankind.
The 5 cent package is enough for usual occasions. The family bottle, 60 cents, contains a supply for a year. All druggists sell them.

CURES A COLD IN ONE DAY
CURES GRIP IN TWO DAYS
LAXATIVE
BROMO
QUININE
THIS SIGNATURE
E. W. Grove
MUST APPEAR
ON EVERY BOX OF THE GENUINE.

SWINE BREEDING

An Indiana reader of Breeder's Gazette desires to know if sweet milk and water given together to pigs will cause cholera. The village oracle, the wise man who sits around the country store and whittles and dispenses profound knowledge on all things agricultural, is probably responsible for this inquiry. This type, so prevalent, can disseminate more unadulterated nonsense than any other type known to society. His field is wider, so he can concoct more weird imaginings than the man who deals with a more limited sphere of human activity. But just how any one could be led to consider the possibility that hog cholera was caused by sweet milk, the most perfect food known, and water, an essential element to life and health, quite passes comprehension. And yet there are thousands of farmers who believe that hog cholera is caused by this or that kind of food. Many are quite sure that it comes from feeding new corn. The man who wants to know the truth can nail down this fact: Hog cholera comes from hog cholera; nothing else. It is a transmissible disease, just as smallpox is a transmissible disease. It is a germ disease, and the germs may lie in the ground for months and yet retain virulence sufficient to cause another outbreak if swine are exposed to them. Swine are subjected to other diseases than hog cholera. Indigestion may indeed be caused by an overdose of feed of almost any kind, but indigestion ordinarily does not kill. Hog cholera ordinarily does kill. About the only way that sweet milk and water can hurt pigs is by not giving them enough. But let the pigs do the mixing.

Rape For Hogs.

In reply to an inquiry of one of your correspondents I will say I have had excellent results from the growing of rape for hog pasture, writes John Bunnel to Stockman and Farmer. My experience has been very satisfactory sowing broadcast from a point of saving expense and time. Prepare a good seed bed about three or four inches deep (or seed bed suitable for sowing wheat), sow about four or five pounds of Dwarf Essex rape seed to acre. This can be sown with a common grass seed sower. Then harrow the ground thoroughly so that seed will be well covered.

The seed may be sown any time from April 1 to August or 1st of September, but I prefer earlier sowing. I have usually sown my rape about the last of May, but will sow earlier this year. W. C. W. will find in about six weeks he will have an excellent hog pasture, and I am sure he will be benefited by the growing of rape for hog pasture.

Growing Pigs.

The pigs that grow are the pigs that pay.

If skimmilk be fed to pigs that run to grass, 100 pounds will make one-third more increase in weight than when fed to pigs not on grass.

If the pigs root out, dig a trench one foot deep beside the fence and tack poultry net to the posts. Their sensitive noses will avoid it.

A good trough for little pigs will be made of a long, narrow and shallow box of any kind. The first feed of wet bran will make it milk tight.

Don't keep 'em in a narrow nasty pen.

Next to grass nothing grows pigs so fast with skimmilk as cornmeal, says the New York experiment station.

At ruling prices the breeding up of choice droves should be given a great impetus.

Keep the sow for a breeder until she becomes awkward and too heavy if she produces good litters.

Notice if the English and American full Berkshires crossed are not among the quietest and most profitable stock.

Ring the pigs that are in the orchard. Then protect the tree trunks if they manifest a disposition to peel them.

A high bred sire ought to enrich a town $1,000 if used right.—Farm Journal.

Corn Wheat For Hogs.

"Hog raising in eastern Washington has been given an impetus by the successful raising of a new variety of wheat known as corn wheat," said Mr. Donald S. Roberts of Tacoma, Wash., to a Washington Star man. "Experiments conducted during the past two years indicate that an excellent and important substitute for corn has been obtained by the farmers of the northwest. Heretofore one of the drawbacks of farmers raising stock, and especially hogs, in the Pacific northwest has been the fact that corn could not be successfully raised. Farmers have been unable to feed their hogs on wheat worth from 40 to 70 cents a bushel and compete with the farmers of the prairie states, who feed corn worth 12½ to 25 cents a bushel. Corn wheat, which appears to be the solution of the problem, was introduced about two years ago. The grain of corn wheat is as large as two grains of ordinary wheat. It yields sixty to 100 bushels per acre and has a decided corn flavor rather than the sweetish taste of ordinary wheat. It grows successfully wherever other varieties of wheat grow and in some respects appears to be even more hardy. Its fattening qualities are shown to equal, if not surpass, those of corn. The state grain inspector has sent samples of corn wheat to the state grain inspector of Minnesota to ascertain if it cannot be used by the macaroni factories of that state instead of native grown wheat."

We are Opening

Now the most complete line of spring goods that it will be your pleasure to see this year. These goods are all from the manufacturers' direct to our counters.

BROWN & ELLIS
DALLAS

Shoes:

We have now in stock the most satisfactory line of shoes that was ever seen in Dallas. Especially strong in children and misses lines. From Middlesex Manufacturing company, Boston.

HARD DRIVEN.

The mother slowly times her footsteps to those of her baby driver. Yet she is hard driven because not alone in the brief moments of play, but all day long must she keep pace with baby's wants and needs. Generally the mother who experiences a larger demand on her energies has less and less strength to respond. Sometimes she suffers from diseases peculiar to her sex, and often has never thoroughly recovered her strength after baby's coming.

For all women who are weakened by womanly diseases or who are run-down by maternal and household cares Dr. Pierce's Favorite Prescription is commended as a medicine which promptly cures disease and restores the strength. It establishes regularity, dries weakening drains, heals inflammation and ulceration and cures female weakness. It is unexcelled as a tonic and nervine for weak, run-down women.

"If mothers who dread the baby's coming would take Dr. Pierce's Favorite Prescription they would find it a great help and benefit," writes Mrs. L. E. Henderson (President Milwaukee Woman's Literary Club), of 627 Grand Ave., Milwaukee, Wis. "After the birth of my first child I did not seem to regain my health, so began to take your medicine, and in two weeks I felt stronger and able to be about, so kept taking it for two months and found at the end of that time I had completely regained my usual health. I also found that it was of benefit to take a few months prior to baby's advent; in fact it is of great benefit in all forms of female weakness."

Dr. Pierce's Pleasant Pellets should be used with "Favorite Prescription" whenever a laxative is required.

THEDFORD'S
BLACK-DRAUGHT
THE GREAT
FAMILY MEDICINE

Thedford's Black-Draught has saved doctors' bills for more than sixty years. For the common family ailments, such as constipation, indigestion, hard colds, bowel complaints, chills and fever, biliousness, headaches and other like complaints no other medicine is necessary. It invigorates and regulates the liver, assists digestion, stimulates action of the kidneys, purifies the blood, and purges the bowels of foul accumulations. It cures liver complaint, indigestion, sour stomach, dizziness, chills, rheumatic pains, sideache, backache, kidney troubles, constipation, diarrhœa, biliousness, piles, hard colds and headache. Every druggist has Thedford's Black-Draught in 25 cent packages and in mammoth size for $1.00. Never accept a substitute. Insist on having the original made by the Chattanooga Medicine Company.

I believe Thedford's Black-Draught is the best medicine on earth. It is good for any and everything. I have a family of twelve children, and for four years I have kept them on foot and healthy with no doctor but Black-Draught. A. J. GREEN, Illewara, La.

How to Destroy Cooking Odors.

If the cooking of the turnips, onions or even the turkey has left the least suggestion of its preparation in the dining room, pour a few drops of oil of lavender in a vase or bowl and half fill with hot water. This gives a delightful freshness to the air, which is most desirable when the house is stuffy and doors and windows cannot be thrown open at the last moment.

How to Destroy Moths.

Make a mixture of gasoline and one-fourth as much wood alcohol, in which has been dissolved as much corrosive sublimate (bichloride of mercury) as it will hold. Inject this with a syringe into the cracks of a wall and floors and spray "infested" furniture with it, behind and under upholstered seats, etc. Take one room at a time, being careful to have no fire or artificial light about, and shut the room up closely for eight hours. The process may have to be repeated once a month for perhaps three months if the infliction be grievous, but if faithfully done it is sure death to all vermin.

How to Clean Enameled Shoes.

Enameled shoes can be kept in good condition by washing them in sweet milk. All dust and mud should first be removed; then the shoes should be thoroughly washed with the milk and then wiped dry with a soft cloth. This will give them a polish almost equal to new and will help them to retain their smart appearance for a long time.

How to Stew Lobsters.

For luncheon or for a late supper stewed lobster is a delicate dish. It is not difficult to prepare, and if the lobster is boiled in advance it can be got ready in a few minutes. First extract the meat from a boiled lobster, cut it up into small pieces and put in a stewpan. There should be just enough water to keep it from burning and to make the gravy. Cook it slowly for five minutes, and add one tablespoonful of butter, a little pepper and salt and then heat to boiling. Pour it into a dish and serve hot.

How to Keep Flatirons Smooth.

To prevent irons from sticking rub them with a piece of beeswax tied up in a bag of cheesecloth. This will make them both smooth and clean. Salt spread on pepper and the iron rubbed over vigorously is also a very good way of cleaning them.

How to Make Olive Sauce.

An olive sauce is an excellent relish to serve with warmed over meats. Brown one tablespoonful of butter, add one heaping tablespoonful of flour and brown again. Add half a pint of beef stock (that made from extract of beef may be used) and stir until smooth and thick. Season to taste. Add one tablespoonful of worcestershire sauce and one dozen olives chopped fine and simmer five minutes.