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SOUTHERN PACIFIC
TIME TABLE

W. J. STOW,
TRUCKMAN.

Dallas Foundry!

ED. BIDDLE, PROP.

HOW TO AVOID DYSPEPSIA

Golden Rules For the Better and Sure Cure of Indigestion.

All who suffer from poor digestion should wear a ten inch width of flannel bandage next the skin, pinned fairly tight round the body over the stomach. No liver or digestive pills or peptic preparations help the stomach a twentieth part as much as this flannel prescription. A poor circulation in the stomach, causing that chilly, "unpleasant" feeling, is at the root of half the indigestion that mortals are heir to. That is why hot water drinking gives relief. It helps the circulation. A flannel bandage worn day and night all the year round cures the faulty blood circulation of the stomach; consequently it cures dyspepsia.

Five hours' interval between meals, avoiding fried foods, made dishes and mixtures and observing three or four "lean meals" in every week are golden rules for good digestion. A good dinner at night is necessary for those whose pleasure or work keeps them up very late. But for ordinary folk who dine at 7 and go to bed about 10:20 only a light, wholesome repast should be taken at the end of the day, when the muscles and nerves are more or less exhausted.

"Your stomach is a weak stomach" is a golden rule to remember. Yet how often one hears people say: "I've been pushing about all day and am tired to death. I must have a big meal to make up for it." You may put the big meal into the stomach, but you cannot make the stomach digest it.

A belief lives strong in the hearts and minds of the majority of mankind, including persons of weak digestion, that a quick, brisk walk taken before a meal gets up an appetite and helps the stomach to digest the food. Now, this is exactly what is doesn't do. Exercise spreads the blood throughout the body. For the proper digestion of food the blood is needed in the stomach. Few realize this important fact. After a long, exhausting walk, bicycle spin or any severe physical or mental strain take a good half hour's rest in a comfortable armchair or lying on a sofa before you eat a substantial meal.

How to Cleanse Straw Mattings. Straw matting should never be washed with soap. A large coarse cloth should be dipped in salt and then rubbed the way of the straw. The mat should then be thoroughly dried and if treated in this fashion will not turn yellow. Papier mache articles, too, are less exhausted.

Jim Dumps was a most unfriendly man who lived his life on a hermit plan. He'd never stop for a friendly smile, but trudged along in his moody style till "Force" one day was served to him—since then they call him "Sunny Jim."

"Force"

The Ready-to-Serve Cure!

a better builder than a vacation.

Never Tires of It.

"I am considerably advanced towards eighty years of age. I have of late been almost rejuvenated by the use of your very excellent preparation, which you have rightly designated as 'Force.' Never tire of it."
—E. CATTEMOLE.

SALEM'S SHOPPING CENTER

The New Season finds Salem's Best Store better than ever because the buying has been bigger and broader, and because the business is growing and we are better fortified to fit your wants. It would take a whole page and much of your valuable time, if we attempted a description of the preparations made for you in this season's stock.

Money Back!

If you are not satisfied, you can get your money—pleasantly too. This is the way we do business. Absolute price honesty guaranteed.

Mail Orders Will Receive Prompt Attention

Rambler

Lee Smith's Cyclery

Get your old bicycle enameled and cleaned up—Enamel baked on bike at factory.

BICYCLES REPAIRING AND SUNDRIES
Spaulding's Athletic Goods.

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

Tired Out

"I was very poorly and could hardly get about the house. I was tired out all the time. Then I tried Ayer's Sarsaparilla, and it only took two bottles to make me feel perfectly well."—Mrs. N. S. Swinney, Princeton, Mo.

Tired when you go to bed, tired when you get up, tired all the time. Why? Your blood is impure, that's the reason. You are living on the border line of nerve exhaustion. Take Ayer's Sarsaparilla and be quickly cured.

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.

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-P-A-N-S Tabules
Doctors find
A good prescription
For mankind.

CURES A COLIC IN ONE DAY
CURES GRIP IN TWO DAYS

LAXATIVE BROMO QUININE

THIS SIGNATURE

E. W. Brown

MUST APPEAR ON EVERY BOX OF THE GENUINE.

must not be treated to soap. They should be lightly sponged with cold water, then dredged with fine flour and finally polished with a soft flannel.

How to Make a Good Skin Food. Lanolin, two ounces; almond oil, six ounces; white wax, three-quarters of an ounce; spermaceti, one and one-half ounces; glycerin or liquid albion, one-half ounce; tincture of benzoin, thirty drops. Melt white wax and almond oil and spermaceti. Take off of fire and add lanolin, benzoin and glycerin, stirring and beating all the time. Pour in jars.

How to Clear the Voice. To clear the voice, to a teaspoonful each of glycerin and lemon juice add a half cup of hot water, stir well and drink. The dose, if necessary, may be repeated several times during the day.

How to Make French Honey. Beat half cup of butter and two-thirds of a cup of powdered sugar to a cream, then add one unbeaten egg and beat again until light. Place in a double boiler and stir over boiling water until it thickens. Remove from the fire, and add the grated rind and juice of one lemon. When well mixed, turn out to cool.

A Little One's Idea of Crime. A little one had seen that terrible sight the chain gang working in the street and asked for an explanation of the striped clothes and the iron fetters. She was told that the men had been naughty and were being punished. The next time she was taken out the child escaped from her nurse and running up to a hulking negro cogged looking up into his brutal face and asked pitifully: "Did oo steal oo's mamma's sugar?" Alas for those faroff days when stealing mamma's sugar was the most heinous crime known to our southern Washington Star.

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.

HINTS FOR THE FEEDER

If we have been so fortunate as to have many more lambs than ewes and some are not supplied with milk, we add the ewe by feeding the lambs cow's milk, good Jersey milk, so as to push them right along and get them on the market as early as possible.

I have used for the past few years what I call a lamb feeder, says R. E. Roberts of Wisconsin. It is a tin pall with a tight fitting cover that will hold one gallon of milk. On one side are three spouts soldered on near the bottom of the pall and extending outward as high as the top of the pall, made so that the rubber nipples can be put on. By feeding lambs a few times from a bottle, which is more convenient to teach them at first, they quickly learn to be on hand for their milk when they see you coming with the pall. Give them all they will take of this Jersey milk every morning and evening. By feeding in this way they get no setback, but grow equal to the best ones.

Clover Hay For Young Stock. The grains are deficient in lime and mineral water, while clover is rich in those materials. Corn contains 10 per cent of water and clover hay 15 per cent. Of the dry matter corn has but 14 per cent of ash (lime, magnesium, potash, soda, etc.), while clover has 22 per cent. Clover hay contains over 12 per cent of protein and corn 10%. Corn is rich in starch and fat, however, containing twice as much as clover. Clover hay has more crude fiber than the

THE DROVER'S TELEGRAM

Success in Colorado Has Aroused the Farmers of Kansas. Colorado farmers are not to enjoy a monopoly in the business of fattening sheep for the market. The industry has spread to Kansas, where the farmers are bettering the instruction developed in the Cache la Poudre valley and at the State Agricultural college in Fort Collins.

"The fall of 1903," says one authority in the Drover's Telegram, a Kansas City publication, "will see Kansas farmers and stock feeders handling more sheep than for many a year." For two years sheep men have been favored with sensational prices for muttons. Last year the drought and consequent small supply of sheep on feed caused high prices, but this year the remarkable demand for mutton is causing the good values. "It should not be surprised," says the Telegram writer, "if the bulk of sheep fed in Kansas in the winter next their handlers 100 per cent profit on the investment. When it is considered that the sheep are out only four months at the longest, this figures at the rate of 400 per cent per annum. Why, if we could keep sheep in the lots all the year around, we Kansas farmers who are handling woolskins would soon be classed among the millionaires of the land."

It is anticipated that next fall will witness an exceptionally heavy demand for feeding sheep all over Kansas. The big operators who handle 10,000 to 20,000 head will be out for supplies as well as smaller farmers. A poor corn crop might result in this prediction being unfulfilled, but with a moderate yield of corn we will see Kansas forging to the front as a sheep feeding state. At the rate muttons are selling at present there is far more money in feeding sheep than in handling hogs, counting the loss by cholera outbreaks occasioned in the latter. From present indications there will be about twice as many sheep fed in Kansas next fall as were put in the lots the past season. This is an item of importance to Arizona, Texas, New Mexico and southern Colorado, the pastures which furnish the bulk of the sheep for feeding. The better demand for mutton is based on two factors. The first is the high price of beef, and the second is the better quality of mutton as the result of farm feeding upon alfalfa and grains.—Denver News.

Permanent Pasture For Sheep. The value of a permanent pasture for sheep, says American Agriculturist, has frequently been overestimated. While it is undoubtedly true that a pasture of this kind will support more sheep than a temporary field of grass, it is also true that sheep should be utilized largely in cleaning up stubble fields, eating rape sown in oats in the spring and running in cornfields after the husking. By this means fertility is much more evenly and profitably distributed than if the sheep were kept in one field all the time.

Dried Blood For Steers. Dried blood was used in a feeding experiment with steers in Iowa last year, commencing with one-tenth of a pound per head per day and gradually increasing until the steers were each receiving a full pound per day in connection with fifteen pounds of corn gradually increased to twenty-five pounds of cornmeal per day. There would seem to be no reason why this dried blood might not prove a very acceptable addition to our list of dairy feeds and perhaps could be fed by commencing very moderately up to half a pound a day.

Feeding Draft Horses. A large number of horses in idleness may have twenty pounds of good hay and when working needs but twelve to fourteen pounds when oats are fed in abundance to furnish the required nitrogenous matters to repair waste of tissue. We also find in such cases that the feeding of dried blood meal is wonderfully effective.

Eight users are wanted in the Italian chamber of deputies, and over 14,000 applications have been received for the posts, to which salaries of about 10 shillings a week are attached. The prefect of the Seine having placarded Paris with posters describing the terrible effects of alcohol and absinth drinking, the cafe proprietors each filed a damage suit against him.

MATERNITY MADE PRACTICALLY PAINLESS BY THE USE OF DR. PIERCE'S FAVORITE PRESCRIPTION IT CURES NAUSEA

SHEEP FEEDING.

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