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Physician and Surgeon.
Dallas, Oregon.

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Office over bank.

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Room 2 Osfield building.

MOTOR TIME TABLE.

Leaves Independence for Monmouth and Astoria—
7:30 a. m. 5:30 p. m.
Leaves Independence for Monmouth and Dallas—
11:10 a. m. 6:10 p. m.
Leaves Monmouth for Astoria—
7:30 a. m. 3:30 p. m.
Leaves Monmouth for Dallas—
11:30 a. m. 7:30 p. m.
Leaves Astoria for Monmouth and Independence—
8:20 a. m. 2:20 p. m.
Leaves Dallas for Monmouth and Independence—
1:20 p. m. 7:30 p. m.

R. C. CRAVEN, 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. Collections of any contracted disease, and every variety of disfigurement. Specialties in the case. For 30 years.
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SOUTHERN PACIFIC TIME TABLE

CORVALLIS MAIL—DAILY
7:30 a. m. Lv. Corvallis. 4:50 p. m. Ar. Dallas.
10:45 a. m. Lv. Corvallis. 12:15 p. m. Ar. Dallas.
11:45 p. m. Ar. Corvallis. Lv. Dallas 1:10 p. m.
At Albany and Corvallis connect with trains of Oregon Central and Eastern railroad.

DALLAS PASSENGER—DAILY, EX. SUNDAY
8:00 p. m. Lv. Portland. Ar. Dallas 10:30 a. m.
7:30 p. m. Ar. Dallas. Lv. 7:30

YAMHILL DIVISION
Passenger depot foot of Jefferson street.
ATLANTIC FREIGHT—WEEKLY
Leave 7:40 a. m. Portland. Arrive 3:20 p. m. Dallas.
Leave 3:20 p. m. Dallas. Arrive 8:20 a. m. Portland.
Arrive 5:00 p. m. Dallas. Leave 7:30 a. m.

Dallas Foundry!

—ALL KINDS OF—
IRON WORK TO ORDER.
Repairing Promptly Done.
BD. BIDDLE, PROP.

HINTS FOR FARMERS

The Farmer and the Future.

A very cheerful view of New England agriculture was expressed by J. W. Stockwell of the state board in an address before the Massachusetts Horticultural society.
"Looking forward in the present century," said Secretary Stockwell, "we see a wonderful change. Let me picture it. We see the fruits of summer grown in January in our own green-houses more profitably than in their proper season; we see our own dependent population supplied with every luxury by New England enterprise; we see the farmer of New England soil, we see the farmer taking his old stand as a leader in all good enterprises; we see his sons, educated and strong, taking their right place and exerting their old-time influence—the strength of the hills, the backbone of the cities; we see the electric car speeding its way from town to town and from village to village, carrying the child to the larger and better schools and giving free mail delivery to the homes of the country as well as to the city; we see equal taxation rest-

ing 'like the atmosphere' on rich and poor alike—every man according to his ability; we see the trusts that hold the farmers in their iron grasp destroyed or made to subservient righteous ends for the benefit of all; we see the bright day when arbitration shall settle the differences of nations and war's costly tribute shall cease; we see the home in which all comforts are found and all graves abound, its approaches lined with beauty, its crown of blessing the love and contentment that dwell therein; we see the wealth of character and honesty of purpose and life more honored than gold and honest industry more prized than the incidence of wealth; we see all this not as a mirage or a far distant view, but growing nearer and nearer and never halting; we see it rapidly to its accomplishment as today."

Action of Wood Ashes.
Ashes differ from lime in that they carry some plant food, soluble potash, from 10 to 12 per cent, insoluble 1 1/2 per cent. Much lime is also found. The beneficial action of ashes is not due to potash alone, but to the soluble nitrogen and soluble phosphoric acid they contain. Much effect is due also to the lime contained.
One hundred pounds ashes contain

Bronchitis

"I have kept Ayer's Cherry Pectoral in my house for a great many years. It is the best medicine in the world for coughs and colds."
J. C. Williams, Augusta, N. Y.

All serious lung troubles begin with a tickling in the throat. You can stop this at first in a single night with Ayer's Cherry Pectoral. Use it also for bronchitis, consumption, hard colds, and for coughs of all kinds.

Three sizes: 25c, 50c, \$1. All druggists.

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.

CURES A COLD IN ONE DAY
CURES GRIP IN TWO DAYS

LAXATIVE
BROMO
QUININE

THIS SIGNATURE
E. W. Groves
MUST APPEAR
ON EVERY BOX OF THE GENUINE.

cairy to forty pounds time, the amount of potash varying somewhat. If we change the water holding capacity of the soil, we are changing its physical nature. We must consider the kind of ashes used, as the different qualities vary. Soft wood does not contain quite as much potash as hard, beech has only 6 or 7 per cent, while maple has 10. There is a difference in the same kind of wood grown in different places. Canadian birch has but 8 1/2 per cent potash, while that in Maine contains 12. Cedar in Maine also has a larger per cent than that grown in Canada.—Professor C. D. Woods.

Fertilizers For Hops.
A few English hop growers have been trying co-operative experiments with methods of cultivating and fertilizing. A plot of twenty-four acres which for seven years had received no cultivation at all except enough to kill most of the weeds yielded 150 barrels of green hops. Another plot of the same size, deeply cultivated, gave 140 barrels. It is accordingly inferred that fertilization is more important than cultivation. It was concluded from further experiments that the application of fertilizers containing phosphoric acid at the beginning of the blossoming period will greatly increase the product of hops. Nitrogen requirement seems to vary greatly with the different varieties of hops. The English sorts, it appears, require more nitrogen than the German varieties.

Deep or Shallow Plowing.
For clayey land I like deep plowing in autumn and shallow plowing or disking in the spring. Some land I like to subsoil to a depth of eighteen inches once in every few years in order to open the too compact subsoil, but such work is of course useless on land having an open subsoil.
On sandy loam I like shallow plowing, but one must be governed by circumstances which are too numerous to mention here in deciding whether to plow deep or shallow. The condition to aim at is to have the soil firm enough

to permit of the subsoil water passing readily upward through the land and not so firm but that the roots of plants can easily penetrate it.—Professor S. B. Green, Minnesota.

Extra Early Potatoes.
Two quarts of seed potatoes were kept by one of our Minnesota readers on a shelf in the kitchen where they could get the light from an end window and the heat and moisture of the room from April 1 to May 8, when they had sprouted four to six inches, stocky and green, and roots one or two inches long. They were cut to two eyes and carefully set eighteen inches apart in rows. Commenced using July 7 and had four quarts per day until October, all large, smooth and neatly.—American Agriculturist.

Embarrassing.
A settlement worker, having been requested by anxious mothers to address the younger women of the settlement clubs on "heart interest" topics, decided to do so. She talked with the girls earnestly, urging upon them the deep and intrinsic earnestness of all love and marriage relations, the coarseness and vulgarity of indiscriminate flirtations, the great and growing need for high ideals, standards and action on the woman's part. Then, just as she took her seat, it occurred to her that she might have talked a little bit over the heads of her listeners, and she sprang to her feet with an added remark:

"Please believe that what I say is true, my dear friends," she exhorted earnestly, "and please don't think I don't understand my subject. I know what I'm talking about, girls—I really do."
Once more she took her seat, delighted with the air of general interest, and from the rear of the room came the question:

"Please, Mrs. S., how many times have you been in love?"—New York Commercial Advertiser.

The Word "Jolly."
On the adoption of the word "jolly" into the English it had the meaning of beautiful, as it has among the French today. The English dramatist Beaumont of the sixteenth century speaks of our first mother as "the jolly Eve." In time, however, it came to mean hilarious, regardless of physical beauty. But this latter meaning is probably the right one after all, as the word doubtless comes from Yule (Yule), the pagan Christmas, so to speak, for he it is known that what we now observe as Christmas day was a heathen holiday called Yule, and the Yule festival was one of noisy demonstration.
Yule indeed means noise or outcry, praising in loud voice, chanting, singing, making outcry in honor of their god. From yule, then, to jolly the step is short and easy, both meaning revelry, rejoicing. Ours is a risen Lord, theirs the same. The words are identical. So, too, in large degree, the Christmas Jollities, praises and those of heathen Yule. Into such close relation do simple words sometimes connect the present with the past.

A Chinese Joke.
In his book on "China and the Chinese" Dr. Giles gives a specimen of Chinese humor which, if the source were not known, might well be mistaken for American humor.
There is a Chinese story which tells how a very stingy man took a paltry sum of money to an artist—payment is always exacted in advance—and asked him to paint his portrait. The artist at once complied with the request, but when the portrait was finished nothing was visible save the back of the sitter's head.
"What does this mean?" cried the sitter indignantly.
"Well," replied the artist, "I thought a man who paid so little as you paid wouldn't care to show his face."



Mrs. Laura S. Webb,
Vice-President Women's Democratic Clubs of Northern Ohio.
"I dreaded the change of life which was fast approaching. I had Wine of Cardui, and decided to try a bottle. I experienced some relief the first month, so I kept on taking it for three months and now I menstruate with no pain and I shall take it off and on now until I have passed the climax."
Female weakness, disordered menses, falling of the womb and ovarian troubles do not wear off. They follow a woman to the change of life. Do not wait but take Wine of Cardui now and avoid the trouble. Wine of Cardui never fails to benefit a suffering woman of any age. Wine of Cardui relieved Mrs. Webb when she was in danger. When you come to the change of life Mrs. Webb's letter will mean more to you than it does now. But you may now avoid the suffering she endured. Druggists sell 21 bottles of Wine of Cardui.

WINE OF CARDUI

THE WELL BRED WOMAN.

is Marked by the Posture She Assumes When Sitting.

Nothing points out the well bred woman more quickly than the position she takes when she sits down. The stamp of vulgarity is marked upon the woman who sits with her knees spread far apart, lack of refinement is shown by knees crossed offensively, lack of ease by stiff and constrained position of the shoulders, a general carelessness and indifference by the very common fault of "sitting in the shoulders"—that is, of doubling the spine so that the upper part rather than the lower part of it rests against the back of the chair, says the New York Herald.

The body should be placed well back upon the seat, chair, sofa or whatever it may be. The feet should rest on the floor, one somewhat in front of the other, because it is easier to rise from that position. The head must be kept well up and the chest poised slightly forward.

The lower part of the spine may be pressed against the frame of the chair, but if one, after sitting awhile, should need to rest a little more the shoulders may also touch upon the same support. The hands should remain as they naturally fall from this position, hanging at the side, or they may be placed easily over the arms or back of the chair or allowed to lie reposefully on the lap.

To rise properly from a correct sitting position there should be several preparatory movements.

The chest is first poised far forward, and at the same time the foot is drawn back under the seat. The foot drawn in should be the one opposite from the direction to be taken in starting up.

As you rise throw the weight firmly upon the foot in the rear. As the body comes to its full height change the weight to the forward foot, so that the other foot merely touches the floor very lightly. This brings you to a standing position, ready to walk easily in the direction you are going.

Ugly sitting position and awkward movements in rising will disappear if these principles are followed.

Combined Desk and Bookcase.
If you have books and a desk and no bookcase, it is an easy matter to evolve the latter. Make two upright rows of bookshelves far enough apart to allow the desk to be placed between them. Shut off the lower part of the

shelves on each side with a door, which may be decorated with iron hinges or blackened metal. These false hinges are, of course, placed against the real ones on which the door swings and are purely ornamental. These little closets make fine places in which to keep unightly books and magazines which look untidy, but which one always wants to keep. There is a shelf over the top of the desk, on which could be placed a row of plates or photographs, and a nice little etching would give interest to the big panel. This panel, by the way, need not be made of wood, but could be closed in by a piece of colored burmah or buckram. The case

would then have to be braced by three slats of wood nailed across the back behind the buckram.—Harper's.

Things to Be Avoided.
Don't make a narrow door narrower by a heavy portiere. A small house is made stuffy by too many hangings.
Don't put chandeliers in a room with a low ceiling. Side brackets are to be had in artistic shapes.
Don't have too much of any one kind of decoration in the house. Drill work and stained glass repeated in more than two rooms become monotonous.
Don't buy a bright colored carpet to put in rooms where the furniture is not to be correspondingly toned up.
Don't have the floor, wall and furniture in a room covered with material which has a decided pattern.
Don't put into a room unsteady little tables loaded with meaningless bric-a-brac.

Star Sofa Pillow.
From any lining material cut a regular star the desired size. First cut a paper pattern, then cut another pattern of a regular pentagon. This should be about the size of the star. Cut a star from pale blue wash silk. Cut the pentagon from deep blue silk. Adjust the points of the star to the points of the pentagon, and around the five sides dispose of a full puff of light blue silk. Around the edge place a ruffle of the deep blue silk and finish the star with several rows of embroidery silk couched down.

Apples.
The housekeeper who wishes to keep her family healthy will use apples freely, not eternally in apple sauce and apple pies, but in ways that vary and banish monotony. Apples, raw and cooked, even stewed dried apples, are better for constipation than liver pills.

Matching in Furnishings.
Too much matching is not considered desirable in house furnishing, as it is apt to result in a tiresome lack of variety. One authority says, "Anybody can match, but it takes a master hand to introduce the proper color touches and produce harmony."
FOR THE HOUSEWIFE

Flower Bedrooms.
The new fad for "flower bedrooms" is, fortunately, within the reach of people of moderate means and hence at the start has something to commend it aside from its novelty. As the keynote of a bedroom should be simplicity and restfulness, what is more appropriate than the flower idea? There is a wide field for the exercise of one's individual taste, and even a flat pocket-book may be trusted to achieve pleasing results, says the House Beautiful.

In planning for a flower bedroom one must bear in mind not only the favorite flower which the room will ultimately represent, but the size, outlook and the woodwork must all be taken into consideration. For a sunny room the sober colors are possible, but a dark room demands light and cheerful treatment.

In a city house the bedrooms far too often look out upon an expanse of brick wall. In one instance a room of this kind was considered hopeless and was used for a storeroom until the flower fad came to its rescue.
The owner of the room chose the red poppy as a motif. The dark woodwork was painted white and afterward enameled with the paint which comes for that purpose. The floor was covered with a white matting striped with brilliant red, and the walls were papered with a cream colored paper over which the scarlet poppies ripened in splendid confusion. The picture rail was painted white, and the ceiling was a faint cream color.

Dotted swiss curtains hung at the windows, tied back with red ribbons. The dressing table and bed had covers of cretonne in green and white stripes overlaid with scarlet poppies, and the chairs had cushions of the same useful material. The lamp was shaded with a silk poppy over its globe, and a cluster of giant poppies made of crepe paper lay carelessly along the top of the window frame. A woven rug of the prevailing red completed a charming effect. The storeroom is now one of the prettiest rooms in the house.

Photograph Portfolio.
What to do with large photographs is always more or less of a puzzle. This clever little arrangement, containing a portfolio with a sort of disk to lay them upon for inspection, seems to



A HANDY COMBINATION.
solve the difficulty, while it is an ornamental piece of furniture for the drawing room besides. It is made of bamboo, with the outside of the portfolios and the top of the desk covered with old damask.