

**THE POLK COUNTY ITEMIZER.**

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Patronize One Another for the Upbuilding of Town and County.

There is one good thing about the corrupt practice law, in that it allows people to attend to business on election day, being debarred from trying to get votes.

We think the city council has erred in placing the dog license as high as it has. Formerly it was only \$1.50 a year, and this doubling of the amount will work a hardship on those of us who desire to keep our pets, the faithful and ever ready servant beloved by the entire family.

Our city is now up against it in a damage suit for a defective board walk. Such liability will always be popping up just as long as we allow board walks to be put down for foot traffic. It is an awful hard thing for a street committee, be they ever so diligent, to know of every loose board all over town, and to get it repaired. Cement will some time be the rule for residence walks as well as on business blocks.

The ability to sympathize with the various ills from which humanity suffers is an unusual gift and requires tact, discrimination and good judgment, also a kindly feeling for mankind. Most people make the mistake of saying, "It is so hard, I am so sorry for you," and things of that kind. The truest and best sympathy is in giving what may be called mental tonics. Show a person their strong points or abilities. Say something to give them self reliance and faith in themselves. Even if it does not do much good, it is better than what is ordinarily called sympathy.

Labor is the source of comfort in life and money is crystallized labor. We all want to have comfort and luxury, therefore we all want to have money. In that desire all mankind are alike; the point on which men differ is what they are willing to give in exchange for money. To some men a dollar is just a dollar, no matter how obtained. They have so little self-respect, hold themselves so cheap, that a dollar, or a few, a pitifully few dollars, will be accepted in exchange for honor, honesty, for one's whole life record of integrity. There is no exceptional ability required for negotiating this transaction. Any man willing can sell his honor; it merely requires initial willingness to part with that which can never be restored.

Now that it has been decided that we go ahead and finish up our new high school building, a friend jogs our elbow and says to not let the people forget that a nice building should have fine grounds, and suggests that as soon as possible the directors get busy looking to their embellishment in a manner fitting with the rest of the institution, both interior and exterior. This building is a great credit to our progressive city, and probably as fine a temple of education, in all particulars, as any town of twice our size in the valley can boast of. That we should have grounds surrounding it in keeping with the building itself is most certainly true. It should be leveled and graded as soon as possible, some nice small shrubbery set out, and sown to grass, which with cement walks surrounding, will make the whole half block a delight and thing of beauty to all beholders.

Now that the smoke has about cleared away from the clash of arms of last Tuesday, let us all bend our energies to creating a better Polk county in every way. Let us forget any expressions that may rankle in our bosoms that were made during the heat of the campaign, and all work together harmoniously and in unison to make our county and the towns thereof the best in the valley, both from a moral and a business standpoint. The Itemizer man has forgotten all that was said against him, and wants every other man interested in the county to do the same. As a county we have immense possibilities before us in the near future; let us work together to have them fully developed and utilized without any selfishness on anyone's part, and the time will not be long in arriving when we can congratulate ourselves on the result. If those who went down to defeat will now bend their energies to assist the victors, it will not take long to straighten out the tangles, and bring definite results.

That there is more in that irrigation project mentioned last week than appears on the surface we are certain. Capitalists are prone to the holding back from public knowledge as long as possible just what they are expecting to do. So far they have not stated where the holdings they have acquired in this valley for that purpose are, but if they have as thoroughly studied the contour of the valley as we expect they have, they surely have not missed the possibilities for such an enterprise as lie about Dallas, of which the Itemizer has several times spoken. We do not know of any large tracts that have been obtained, but we do know that they are continually asked for, and it may be that just what is wanted has been secured from owners without the intervention of any real estate men. All up and down the Rickreall is an ideal site for the enterprise suggested, and some day, even if the Portland capitalists have not already done so, others will get hold of the necessary land for the project, and we will see this surrounding country bearing the fruits of water placed upon it at a time in the year when it is most needed and will do the most good to whatever is being produced in the way of orchards or small fruits or garden stuff. Immense cap-

ital will be necessary to carry out such a project, but the acquisition of such is being shown easy in the desert lands of many states, and why should it not be secured for our region where the results are better in every way.

The theory of the President of Tufts College that all women teachers in girls' colleges should be married runs counter to accepted traditions of female education, which in this country at least is mainly in the hands of unmarried women. The discrimination, where any has existed, has been against married teachers. The small proportion of the latter is shown by the census of 1900, which gave the number of "unmarried women teachers and college professors" as 191,645, against 9,188 married and 6,776 widows. The greater number of these, of course, were teachers in the lower grades, whose influence, Dr. Hamilton says, is counteracted by the pupil's home life. But at college the relation of teacher and pupil changes. The girl students removed from home associations live a more academic life. They are passing into womanhood and their outlook should be broader, Dr. Hamilton thinks, than that which "contact with elderly unmarried women" can give. Unmarried teachers, he believes, do not create the right "atmosphere" for girls at the formative period of their lives. They "face problems new to them" and need "a large outlook and broad viewpoint." Dr. Hamilton's argument is based on reasons which deserve consideration, but the question is a broad one, embracing as it does not only college but convent education. Much depends on the woman, regardless of her matrimonial status. There has been a theory that girls brought up by maiden aunts have been most competently trained.

**Catarrh of the Stomach  
 a Prevalent Disease  
 Difficult to Relieve.**

**A PROMPT AND EFFICIENT REMEDY.**

Mr. S. W. Jackson, 315 Weaver Block, Greenville, Ohio, says: "While I was superintendent of construction of J. F. Bender and Bros. Co., of Hamilton, Ohio, I became entirely unfit for business with catarrh of the stomach."  
 "A friend called my attention to a remedy for this condition. I began to improve at once. I was soon able to return to my former profession. I was miserable beyond words, but Peruna has restored them to health, vigor and happiness."

These are the facts. Now, if you have stomach difficulty, it is up to you to act upon them or ignore them, as you please.

**Symptoms of Stomach Catarrh.**  
 "The affection may result from errors in diet, or the use of alcohol. The excessive use of tobacco, especially when the juice or the leaves are swallowed, is likely to cause it."

"Highly seasoned or coarse, irritating foods, sometimes induce the disease."  
 "A chronic gastritis (catarrh of the stomach) is essentially a secondary affection, one of the primary causes is an unhealthy state of the mouth, nose or throat, such as bad teeth or catarrh of the nose (ozena)."

"The patient is usually poorly nourished, pale, sallow, thin, fatigues easily induced, muscles flabby. Loss of appetite or capricious appetite."  
 "The tongue is usually coated brownish gray. Cleared mouth is a common occurrence."

"Pain is not common. When present it is usually dull, and is aggravated by food, especially when this is of an irritating character."  
 "Vomiting may occur in the morning. Also after meals. Sickiness to the stomach frequent and persistent."

"Food produces dull headache, and a feeling of general nervous distress. Constipation usually quite marked."

"These symptoms, given by Gould and Pyle, coincide exactly with the frequent descriptions of Dr. Hartman in receiving from patients all over the United States."

"If you have any of these symptoms get a bottle of Peruna. Take a dose before each meal. See if your stomach does not immediately feel better, your appetite improve, your digestion at once resume business."  
 "People who object to liquid medicines can now secure Peruna tablets."

**An Accommodating Boy.**  
 A Newark woman who lives in an apartment house changed her leeman not long ago, and the next day the youth who drove the team for the new man put the piece of ice on the dumb waiter in the basement to be hoisted up. She pulled away.  
 "Heavens," she exclaimed, "that new leeman certainly gives good weight!"  
 After much effort she got the dumb waiter up to the kitchen level. To her amazement, there was a small boy sitting upon the ice. With what little breath she had left she demanded:  
 "What in the world did you make me pull you up here for?"  
 "Why," replied the youngster, "I thought maybe the cake would be too heavy for you to lift, so I came up to help you off with it."—Lippincott's.

**Navigator's Date Line.**  
 The International date line is an irregular line drawn arbitrarily on the map of the Pacific ocean near the one hundred and eightieth meridian of longitude, marking the place where navigators change their date on the trans-pacific voyage. This change is necessary on account of the lengthening of one hour for every fifteen degrees of travel westward. By travelling eastward a day will be gained, westward a day will be lost.—New York American.

**He Went Up.**  
 "Is Miss Clancy here?" asked the visitor at the quarry just after the premature explosion.  
 "No, sir," replied Patrick; "he's gone."  
 "For good?"  
 "Well, sir, he went in that direction."  
 —New York Journal.

**The Sensitive Press Humorist.**  
 "It makes a press humorist mad when he sees one of his jokes attributed to some one else."  
 "I judge so."  
 "And it doesn't seem to please him any letter to see one of his rival's jokes attributed to him."—Kansas City Journal.

**His Awful Mistake.**  
 Mr. Newrich—I understand the orchestra is to play one of Doorknob's compositions tonight. Mrs. Oldstock—Doorknob? Doorknob? Ah, I suppose you mean Handel.—Chicago News.

**Wanted a Wife.**  
 "No, sir; my daughter can never be yours."  
 "I don't want her to be my daughter," broke in the young ardent. "I want her to be my wife."

**Stone Cake.**  
 In very unusual seasons the people of Rajasthan, in India, are deprived of seeds and succulent roots of grasses. Under these very adverse conditions the larks of trees and even ground up rocks are resorted to principally to give bulk to the scanty meal and thereby to stay the pangs of hunger for a longer time. A soft stone found on the Bikanir-Marwar border of Japan is largely used in that part of the country to give bulk to the meager meal. This stone is friable and easily ground into fine powder. It contains an oleaginous substance which has some nutritive qualities, and the people have found that when finely ground and used in proportions of about one-fourth to three-fourths of flour it does not impair digestion for a considerable time.

**Domestic Reparte.**  
 Mrs. Filgett—Are the stars shining, John?  
 Mr. Filgett—Did you ever know the stars to do anything wise (then shine)?  
 Later Mr. Filgett—Is the rain still coming down, Bessie?  
 Mrs. Filgett—Did you ever know it to do anything else than come down, Jo?  
 Mr. Filgett—Yes, I have known it to hold up.

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The Perfection Oil Heater has an automatic-locking flame spreader, which prevents the wick from being turned high enough to smoke, and is easy to remove and drop back, so the wick can be quickly cleaned. The burner body or gallery cannot become wedged and can be unscrewed in an instant for re-wicking. The Perfection Oil Heater is finished in Japan or nickel, is strong, durable, well-made, built for service, and yet light and ornamental.

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