

## The Secret of Long Life and How to Overcome Waste.

To "know thyself" is to take advantage of life's secrets and equip one's self with an armor which will successfully resist the attack of disease in the battle of life. The old idea of fate or "kismet," and that a person always dies when his time comes, is now exploded. Every mechanism, whether made by God or man, has a definite amount of wear and its life can be lengthened or shortened according to the care that is given it. If accident or carelessness destroys the works of the watch or the human mechanism an end comes to its usefulness, but it has not actually "worn out." Man's system at times gets rusty like the wheels of the watch and only needs a little cleaning and oiling to put it in shape for life's battles.

An imitation of nature's method of restoring waste of tissue and impoverishment of the blood and nervous force is used when you take an alterative extract of herbs and roots, without the use of alcohol, like Dr. Pierce's Golden Medical Discovery. This vegetable medicine coaxes the digestive functions and helps in the assimilation of food, or rather enables the organs to take from the food just the nutriment the blood requires.

Prof. J. E. Taunay, of 61 St. Peter Street, Quebec, writes: "I had been ill for some time with La Grippe and did not regain my strength. Within a week after using Dr. Pierce's Golden Medical Discovery, I was able to be around again, and I found that my system was entirely free from any of the bad effects of La Grippe. I now keep a bottle of the Golden Medical Discovery on hand, and when I catch cold, take a few doses which keeps me in perfect health as a builder up of lost strength and vitality. I do not believe your 'Discovery' has an equal."

Accept no substitute for "Golden Medical Discovery." There is nothing "just as good" for diseases of the stomach.

Dr. Pierce's Pleasant Pellets, the best laxative for old people. They cure constipation and biliousness.

### C. W. FAIRBANKS.

#### From Obscurity he Has Risen to Great Prominence.

A little more than 10 years ago Charles Warren Fairbanks was hardly thought of as a factor in political life. Yet in 1892 he was made chairman of the Indiana republican convention, and one year later received the entire vote of his party in the legislature for the United States senatorship. The vote, however, was not large enough to elect. In 1897 his election came, and scarcely seven years after his appearance in Indiana politics he was talked of for the highest honors in the gift of the people of the United States.

Senator Fairbanks is a native of Ohio, having been born at Unionville Center, that state in 1852. He was graduated from Ohio Wesleyan university at the age of 20 and began his career as a newspaperman. Through the influence of his uncle, William Henry Smith, president of the Associated Press at that time, he secured a position with that organization at Pittsburg. He found time to practice journalism and read law at the same time, and soon after he became a graduate of law his ability secured for him the position of solicitor for the Chesapeake & Ohio railroad. His success in corporation law gave him a wide reputation, and at the time of his election to the senate he was known as one of the most skillful railroad attorneys and financiers of the West.

Soon after his election to the senate a high compliment was paid to Mr. Fairbanks by his appointment as chairman of the United States branch of the Anglo American joint high commission. The questions that the commission was expected to consider were of the highest importance, and their nature was such as to demand not only a profound knowledge of law, but the theory and practice of diplomacy. Throughout the trying negotiations of the joint commission, Senator Fairbanks conducted the case of the United States in such a way as to command the respect of the British and Canadian commissioners and to retain their cordial personal regard and good will.

Mr. Fairbanks' home is in Indianapolis. He also occupies a large house in Massachusetts avenue, Washington, when congress is in session. Mrs. Fairbanks is one of the most prominent club women in the country and through that medium, is almost as widely known as her distinguished husband.

#### Uncle Sam's Hired Help.

Uncle Sam employs in the civil ser-

vice more than 226,000 persons, so naturally, it keeps the old gentleman busy getting together money for the payroll and to meet other necessary expenses. This array of civil employes is nearly three times as great as the combined army and navy.

Statistics concerning the persons engaged in civil service have been worked up by the census bureau.

It is explained in the report that these figures do not include 85,000 postmasters and employes at smaller postoffices, about 15,000 employes with small salaries in the field branches of the war department, 16,000 employes at navy yards and a few thousand in other parts of the service.

The report deals only with 150,383 employes, whose work is as follows: Clerical, 102,431; professional, technical and scientific, 6689; executive, 1677; mechanical, 7181, and sub-clerical, 5,517.

Of the 150,383 there are 137,061 males and 13,322 females; 135,575 native and 14,808 foreign.

Those less than 20 years old number 3422, between 70 and 80 years of age, 1367, and over 80 years, 101. Employees between 30 and 40 years number 46,162, 20 to 30 years 39,218, 40 to 50 years, 30,394.

Those who have served less than one year number 32,462, one to five years, 52,773; five to 10 years, 25,128; 10 to 20 years, 27,700; 30 to 40 years, 2610; over 40 years, 328.

Employees who receive less than \$720 a year numbered 50,001; from \$720 to \$840, 13,023; \$1000 to \$1200, 22,886; \$2000 to 2500, 1675; \$2500 and over, 851.

Then there are 13,938 who work without compensation. This number is made up wholly of substitute rural free delivery carriers.

The importance of Uncle Sam as a citizen of Washington is shown by the fact that his employes there number 18,763 men and 6882 women.

#### Sheep Growing States.

Montana remains at the head of the wool-producing states of the Union. The report of the acting statistician of the department of agriculture shows that this state has more sheep than any other state in the Union.

The report indicates that Montana has 5,270,063 sheep, having an average value of \$2.31 a head when the estimate was made.

Wyoming is second with 4,602,658 head, with an average value of \$2.58 a head. New Mexico is third with 3,860,466, with an average value of \$1.93 a head. Idaho is fourth on the list with 3,588,034, \$2.21 a head.

Next in order are Ohio, Oregon, California and Michigan, each above the 2,000,000 mark. Colorado, Texas, Wisconsin, New York and Arizona each have more than 1,000,000.

The most interesting thing about the sheep census is the fact that the 51,630,144 head in the country shows a decrease of 12,334,732 head.

That is a shrinkage in numbers that is highly important to flock raisers all over the land. The total number of sheep reported in the United States last year was 63,964,876.

#### The Flag of Victory.

The thirteen Stars and Stripes was triumphant at Saratoga in 1777, also in the War of 1812, Mexican War, Civil War and Spanish War. With such a record our flag has been truly called "The Flag of Victory." On account of the unequal record of cures made by the famous Hostetter's Stomach Bitters it has also been truly named "The leader of its class." In fact, it is so safe and reliable that prominent physicians all over the country never hesitate in recommending it to their most delicate patients, knowing from past experience that if a cure is possible the Bitters will affect it. A single bottle is all that is necessary to convince you of its value in cases of indigestion, dyspepsia, constipation, biliousness or malaria. Be sure to try it.

The new freight tariffs from the East over all the trans-continental lines into the Northwest, do not go into effect until the first of August,

#### Browning's Memory.

Few people possessed the gift of memory in a higher degree than Mr. Browning. I am reminded of this by what I have been recently told by his friend and mine, Mrs. Le Poer Wynne. She tells me that in company with Mr. Browning and Mr. Cotter Morison they were one day discussing Byron, of whom Mr. Browning was an intense admirer. He spoke of Byron's extraordinary powers of satire, and repeated at considerable length a portion of the "Vision of Judgment," beginning with the words, "St. Peter stood at the celestial gate." When he finished, Mr. Browning said, "I have not repeated those lines for forty years, but they are graven on my memory." Then he burst out with the remark, "Byron was one of the most wonderful men ever created," and turning to Mrs. Wynne he said, pressing her arm in the way he had when much interested, "To think of all this coming to an end at thirty-seven!"

Mr. Cotter Morison agreed that as a satirist Byron was unrivaled, but threw out the query, "Is he a great poet?" Mr. Browning for answer recited with intense feeling those well known lines, "Tis well that I should be unmoved," never faltering at a word. Mrs. Wynne tells me that he asked her if she remembered the dedication to "Don Juan," and proceeded to quote from it at some length.—Temple Bar.

#### A Great Mistake in Rape Seed.

Professor Craig relates how an exceedingly annoying and costly mistake was made by an English firm of seedsmen in filling orders from this country for seed of fodder rape with the seed of the common bird rape. Professor Craig intimates that most of the seed sent out to farmers by seedsmen has been from this importation of bird rape seed, and it is to be feared that nearly all who have made a trial of rape this year will have their trouble for nothing.

Professor Craig states the difference between the two kinds of rape, which is that the bird seed plant blossoms while the other does not the first year. Before he left Madison (about the 25th inst.) some of the rape on the college farm had revealed its character by its blossom and was promptly plowed under, and this course Professor Craig recommends with all fields of rape which are in bloom. The error is particularly exasperating and may set back many years the introduction of this valuable fodder plant.—Breeder's Gazette.

#### She Can Farm.

Connecticut farmers, who continually bemoan that the old state is used up for farming, may learn something to their advantage by consulting pretty Miss Bertha E. Weed, who makes money tilling a tough little farm in the town of North Canton. Miss Weed superintends all the operations on her place, is up with the sun every day, raises stock, sells milk and butter and has a big yard full of some of the best fowls in the state. What is still more wonderful, she has learned how to make money in the risky business of raising spring chickens for market. She makes a small fortune yearly selling eggs. Some of them are extraordinarily large. She presented a couple of them to the editor of the Hartford Courant this week. They weighed half a pound apiece, and are the biggest hens' eggs reported in the state this season.—New York Sun.

#### Getting Money to Go Shopping.

A well known artist, whose studio is in New York, but whose home is in a pleasant village an hour's ride from the metropolis, promised faithfully one morning that he would do some shopping for his wife. On arriving at his studio he found that he had money enough in his pocket for his lunch and no more. What to do about the shopping? Suddenly he bethought himself of an order for an illustration that he had received from a magazine. He set to work, and in less than two hours had finished the drawing, collected \$60 for it at the publisher's office and had started on the more exhaustive labor of shopping.—New York Sun.

#### Slamming a Door.

To slam a door may be an evidence of bad temper or bad manners, but it is also a popular superstition that slamming a door is wicked. This belief is undoubtedly due to a supposition entertained by many nations that the souls of the departed hover about the place where they departed from their bodies. The Indians of this country frequently howled and beat the air with brushwood in order to drive away the spirit of the prisoner they had just killed.

The negroes of the Congo abstain from sweeping out their huts for a year after a death has occurred for fear that the dust may interfere with the spirit of the departed. It is in northern Europe that the superstition concerning the slamming of a door arose, the fear being entertained that some spirit might be caught in the slamming.—New York Telegram.

#### Men Are Not Interesting Invalids.

Women take only too kindly to the role of an invalid; the sofa, the fleecy white shawl, the little cups of beef tea or plates of oysters. Once let a woman taste the dreamy pleasures of this sort of existence, and unless some shock or sense of duty rouses her she will calmly continue for the rest of her days, in the pleasant path before her. She smiles sweetly at the little attentions offered her, she dresses in the daintiest of semi-toilets, and she looks so pretty and gentle and patient that it seldom dawns on her husband that the existence is an ignoble one. But let my lord fall ill, and, oh, dear, what a different tale to tell!

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### Read the Gazette's Clubbing list

**Reduced Passenger Rates.**

The O. R. & N. Co. will make the following low rates to the following places: Baptist Young People's Union of America, International Convention, Detroit, Mich, July 7-10; Annual Meeting Grand Lodge Benevolent and Protective Order of Elks, Cincinnati, Ohio, July 23-28; Imperial Council Ancient Arabic Order of Mystic Shrine, Atlantic City, N. J., July 13-15; National Encampment Grand Army of the Republic, Boston, Mass., August 15-20; Knights of Pythias National Encampment, Louisville, Ky., August 15, 1904.

The following rates are from Heppner. To Detroit, Mich., and return, \$73.90; to Cincinnati, Ohio, and return, \$71.65; to Atlantic City, N. J., and return, \$85.65; to Boston, Mass., and return, \$86.95; to Louisville, Ky., and return, \$70.65.

For further information as to dates of sale, stopover privileges, etc, call on or address J. B. Haddleston, Local Agent, Heppner, Oregon.

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