A BOOK FIELD WANTED.

The Poet Had a Long Search, but It Finally Turned Up.

Eugene Field was a book collector, and one of his favorite jokes, according to the Philadelphia Post, was to enter a bookshop where he was not known and ask in the solemnest manner for an expurgated edition of Mrs. Hemans' poems. One day in Milwaukee he was walking along the street with his friend, George Yenowine, when the latter halted in front of a bookshop and said: "Gene, the proprietor of this place is the most serious man I ever knew. He never saw a joke in his life. Wouldn't it be a good chance to try again for that expurgated Mrs. Hemans?" Without a word Field entered, asked for the proprietor, and then made the usual request. "That is a rather scarce book," came the reply. "Are you prepared to pay a fair price for it?" For just a second Field was taken aback. Then he said, "Certainly, certainly. I—I know it's rare." The man stepped to a case, took out a cheaply bound volume and handed it to Field, saying, "The price is $5." Field took it nervously, opened to the title page and read in correct print, "The Poems of Mrs. Felicia Hemans. Selected and Arranged With All Objectional Passages Excised by George Yenowine, Editor of 'Isaac Watts For the Home,' 'The Fireside Hannah More,' etc.," with the usual publisher's name and date at the bottom. Field glanced up at the bookseller. He stood there the very picture of sad solemnity. "I'll take it," said Field faintly, producing the money. Outside Yenowine was missing. At his office the boy said that he had just left, saying that he was going to Standing Rock, Dakota, to keep an appointment with Sitting Bull.

EXERCISES FOR HEALTH.

A Little Shaking Up Before Breakfast Is a Good Thing.

For almost every person under fifty, and for a great many people over fifty, exercise is the nearest approach to a panacea for bodily ills that has yet been devised. Causing the body to move and stretch and push and pull makes the blood circulate, the liver do its work and the nerves pick up their dropped stitches. An excellent time to exercise is before breakfast. Neither man nor beast, as a rule, goes to sleep hungry. During sleep there is little waste of energy. On waking there is no immediate demand for replenishment of lost tissues. Furthermore, the long sleep has left the nerves and the digestive apparatus dull and leadened. To sit down to a heavy breakfast within fifteen or twenty minutes after getting out of bed means that the stomach receives food which it does not need and will not readily digest.

A little shaking up before breakfast arouses the vitality and consequently makes the appetite and digestion better. That means better work done during the day. If a man can get away from work in time to take additional exercise during the afternoon he will have a better appetite for the evening meal and more power to digest it. That will mean better sleep at night. Many a man has succeeded in the world without paying any attention to his body—Joseph Chamberlain, for instance. But such men would probably have succeeded more easily and certainly with more pleasure to themselves if they had taken care of their bodies. A strong mind is certainly stronger and more enduring in a healthy body than in a sickly one. The best way to keep the body healthy is to use it.—Chicago Tribune.

Temper.

A great source of cruelty is temper. When it is considered what a vast sum of misery temper causes in the world, how many homes are darkened and how many hearts are saddened by it; when we remember that its persecutions have not even the purifying consequences of most other calamities, inasmuch as its effects upon its innocent victims are rather cankerous than medicinal; when we call to mind that a bright face and a bright disposition are like sunshine in a house, and a gloomy, lowering countenance as depressing as an Arctic night, we must acknowledge that temper itself is only another form of cruelty, and a very bad form too.

Eminently Qualified.

Practical Aunt—Do you think you are qualified to become the wife of a poor man? The Confident Girl—Oh, yes; it's all settled. We are to live in a cottage, and I know how to make cottage pudding already.

The Servant Problem.

"What has been the greatest difficulty with which you have had to contend, Mrs. Kinder, in your struggle with the servant girl problem?"

"Preventing the good ones getting married."

The poor people of Barbadoes subsist principally on sugar cane, sweet potatoes and flying fish.

One Exception.

"Papa, is the hand that rocks the cradle the one that rules the world?"

"That's what I've heard."

"Well, I know one that don't."

"Who is it?"

"Nurse. She wanted to go downtown, and mamma told her she'd fire her if she went and wouldn't give her no recommendation." — Indianapolis Sentinel.

A Chronic Habit.

"No," said the man who had recently made his fourth pilgrimage to the matrimonial altar; "I can't say that marriage is a failure."

"Of course not," rejoined his bachelor friend. "With you it is merely a habit."—Philadelphia Inquirer.

ONLY MAKES A BAD MATTER WORSE.

Perhaps you have never thought of it but the fact must be apparent to every one that constipation is caused by a lack of water in the system, and the use of drastic cathartics like the old fashioned pills only makes a bad matter worse. Chamberlain's Stomach and Liver Tablets are much more mild and gentle in their effect, and when the proper one is taken their action is so natural that one can hardly realize is the effect of a medicine. Try a 25 cent bottle of them. For sale by New Era Drug Store.

GEMS IN VERSE

To a Good Book.

Come, friend, and sit with me!
We two are company
Who, in our calm retreat,
Need nothing from the street,
Nor opera nor play nor dance
Nor club nor dinner to enhance
The pleasure that it is to be
Each in the other's company.
You give me everything, while I—
I give you nothing, and I sigh
Because what do you say?
I love you, and no other pay
You ask for your alluring cheer.
Is that enough? It is so easy, dear,
To love you that it seems to me
I give you nothing for your company
—William J. Lampton in Reader.

England's Undersed Children.

In every big town the children of the slums habitually go to school improperly fed. Many of them are not only improperly fed, but the food they do get is far too little in quantity. In the hard winter season, when the building trades are idle, many again go to school either with no food at all or having only stayed their hunger in the morning with a crust of dry bread. In sharp, frosty weather it is a common experience for teachers in the elementary schools of the poorer parts of our great towns—I have often seen it—to find children suddenly seized with vomiting. This is not so much caused by the fact that the stomach is upset as that it has revolted against the effect of the cold upon its empty condition. And not only in this sense of things true of the poorer parts of the big towns. It is also true of many of the agricultural villages. Let a visitor to a village elementary school look closely at the children. They are in many cases flabby and pale. They need more nourishing food. A breakfast of "heaven-to-heath," a bit of bread and treacle and some abominably poor tea—these form the three meals daily.—Dr. T. J. McNamara, M. P., in Nineteenth Century.

Athletes and Consumption.

There must be no exercise as exercise for the consumptive patient. If you are able and feel like it, amuse yourself, but don't take exercise to build your system up. I know, I too, have heard those stories about men given up to die who began work in a gymnasium and by violent exercise entirely recovered their health. When the lung tissue is attacked by tuberculosis it heals, if it heals at all, by fibrous scar material filling in the cavity. No new lung tissue is formed to replace what has been lost, and this scar material is useless for breathing. Suppose you had a deep cut in your hand and you kept working that hand violently, how long do you think it would take the cut to heal? When exercise is taken or you "expand the lungs" you have to work the lung tissue just as you work your hand, and if it is wounded there will be a much larger proportion of scar material useless for breathing when it does get well.—Everybody's Magazine.

The French Archives.

The archives so magnificently housed in the Hotel de Rohan form one of the most interesting sights of Paris. Here, bound in white calf, thousands of folios contain the history of France, dating from the Capet and Valois kings, all documents being classified under four heads—administrative, historic, legislative and judiciary. Among minor objects of interest not shown to visitors without special permission is the table on which Robespierre, wounded, was placed in the Hotel de Ville on the eve of Thermidor and the inventory of Marie Antoinette's wardrobe, with patterns of her dresses, and also of Mme. Elizabeth's. Insignificant indeed would the collection appear beside that of a fashionable lady of today. In these historic premises, busy as bees, indefatigable searchers are continually at work.—Westminster Gazette.

Baltimore, Ireland.

Baltimore, in Maryland, gets its name from a small and unostentatious fishing village in Ireland. The word Baltimore signifies the "village that grew up about the big house," and the derivation is plain when one sees the ivy covered ruins of the very remarkable big house that was once the stronghold of the O'Driscolls. It is situated upon an imposing height, a sentinel over the numerous little dwellings that have sprung up and increased in the vicinity of its wrecked and deserted life. From the village of Baltimore enormous catches of mackerel are sent to America.—Exchange.

Historical names will be given the streets, avenues and courts at the Lewis and Clark Centennial. The street leading to the Trail, which is the name given to the amusement street, will be called Astor Drive, in honor of John Jacob Aster. Plazas and courts will be named for Senator Thomas H. Benton, a staunch friend of Oregon; his colleague, Senator Lewis F. Linn; President Jefferson, and President Monroe.

FROM SOUTH AERICA.

New Way of Using Chamberlain's Cough Remedy.

Mr. Arthur Chapman writing from Durban, Natal, South Africa, says: "As a proof that Chamberlain's Cough Remedy is a cure suitable for old and young, I pen you the following: A neighbor of mine had a child just over two months old. It had a very bad cough and the parents did not know what to give it. I suggested that if they would get a bottle of Chamberlain's Cough Remedy and put some upon the dummy teat the baby was sucking it would no doubt cure the child. This they did and brought about a quick relief and cured the baby." This remedy is for sale by New Era Drug Store.

Ledgers, journals and day books at the Eagle Book Store.

A VERY CLOSE CALL

"I stuck to my engine, although every joint ached and every nerve was racked with pain," writes C. W. Bellamy, a locomotive fireman, of Burlington, Iowa. "I was weak and pale, without any appetite and all run down. As I was about to give up, I got a bottle of Electric Bitters, and after taking it, I felt as well as I ever did in my life." Weak, sickly, run down people always gain new life, strength and vigor from their use. Try them. Satisfaction guaranteed by Benson Pharmacy. Price 50 cents.

CURED CONSUMPTION.

Mrs. B. W. Evans, Clearwater, Kan. writes: "My husband lay sick for three months. The doctors said that he had quick consumption. We procured a bottle of Ballard's Horehound Syrup, and it cured him. That was six years ago. Since then we have always kept a bottle in the house. We cannot do without it. For coughs and colds it has no equal." 25c, 50c, $1.00. Sold by the Modern Pharmacy.

NOTICE FOR PUBLICATION.

United States Land Office,
Roseburg, Oregon, Sept. 16, 1904.

Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892,

EDWARD THOMPSON

of Saginaw, County of Lane, State of Oregon, has this day filed in this office his sworn statement No 6419 for the purchase of the Lots No 4, 7, 10 and 13 of Section No 6, Township 20 South of Range 1 West and will offer proof to show that the land sought is more valuable for its timber or stone than for agricultural purposes, and to establish his claim to said land before the Register and Receiver of this office at Roseburg, Oregon, on Monday the 5th day of December, 1904.

He names as witnesses:

John Edmonds, Palman Valentine, Andrew Saltzman and Ansel Wood all of Saginaw, Oregon.

Any and all persons claiming adversely the above-described lands are requested to file their claims in this office on or before said 5th day of Dec., 1904.

J. T. Bunnell, Register.

NOTICE FOR PUBLICATION.

Land Office at Roseburg, Ore.
November 4, 1904.

Notice is hereby given that the following-named settler has filed notice of his intention to make final proof in support of his claim, and that said proof will be made before J. J. Walton, U. S. Commissioner, at his office at Eugene, Oregon, on January 18, 1905, viz: H. E. No. 9645, George F. Hull, for the SE ¼ NE ¼ Sec. 24, T. 21 S., R. 4 W.

He names the following witnesses to prove his continuous residence upon and cultivation of said land, viz:

Earnest McReynolds, George Harrison, George McReynolds, Bert McDole, of Divide, Oregon.

J. T. Bunnell, Register.

Business Cards.

Lodge Directory.

A. F. and A. M.
Cottage Grove No. 51. Meets 1st and 3rd Saturday.
Oliver Veatch, W. M.

I. O. O. F.
Cottage Grove No. 68. Meets every Saturday night.
Geo. Comer, P. Secty.

W. O. W.
Bohemia Camp No. 260. Meets every Saturday night.
C. H. Van Denburg, Clerk.

M. W. of A.
Cottage Grove Camp No. 6424. Meets first and third Tuesday nights.
C. W. Wallace, Clerk.

F. of A.
Court Bohemia No. 33. Meets every Friday night.
S. E. Lauder, Secty.

Women of Woodcraft.
St. Valentine Circle. Meets 1st and 3rd Tuesdays.
Mrs. C. J. Miller, Clerk.

Royal Neighbors.
Emma Colburn Camp.
Meets 2nd and 4th Wednesday.
Ethel Bisby, Clerk.

K of P
Juventus Lodge No. 48. Meets every Wednesday night.
Dr. George Wall K. of R. S.

G. A. R.
Appomatax Post No. 34. Meets 2nd and 4th Saturday.
H. C. Dutton, Adjutant.

K. O. T. M.
Cascade Camp No. 66. Meets Thursday nights.
Prof. A. L. Briggs, Secty.

L L Hive No 42
Meets 2nd and 4th Tuesday
Mrs. E. Fullmer, R. K.

M B A
Meets every 2nd and 4th Mondays.
S. E. Lauder, Secty.

Order Eastern Star
Cottage Grove Chapter No 4
Meets every 2nd and 4th Fridays
Celia Lurch, Sect.