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OUR PLANT...



THE "LIVING IN" SYSTEM.

Hardships of Shop Assistants in English Business Houses.

"Shop assistants" and clerks in retail and wholesale houses and similar establishments in England often endure great hardship on account of the survival of the mediaeval "living in" rules by which they eat, sleep and work all under the same roof. A determined effort is now being made to do away with the evils of the system. J. Macpherson, general secretary of the Union of Shop Assistants, quotes Dr. Norman Kerr as follows: "It is impossible for me to find language strong enough to convey a hundredth part of the mischief which I have seen arise from the excessive hours of labor of shop assistants who have been under my professional care. The great length of the hours at work I have seen break down strong constitutions, seriously aggravated as the evil has been by the dyspeptic misery and disease induced by the necessary bolting of food through the far too short period allowed for meals."

Secretary Macpherson writes: "The following house rules indicate the 'homelike' nature of the accommodation provided, not only for young people, but equally for adult men and women: 'No pictures or photos are to disfigure the walls. Any one so doing will be charged with the repairs. All bedrooms must be cleared by 8 a. m. On Sundays bedrooms to be cleared by 10:30 a. m. and not entered again till 12:30 p. m. Assistants must not lean out of the window or loiter in the passages or doorsteps or pavements near the house and are on no account to bring strangers into the house. No flowers to be put in water glasses or bottles. House door is closed at 11 p. m. Gas turned off fifteen minutes later. Any one having a light after that time will be discharged.'"

"That the employers will not relinquish such a profitable source of revenue without a struggle is obvious," the same official continues. "Take the following illustration: An employer boards and feeds a staff of 500 assistants. He decides to reduce the cost of breakfasts to the extent of 1 penny a head per diem. This economy in housekeeping gives him an additional profit of £700 (\$3,800) a year on the cheeseparing of one meal alone. The unfortunate assistant, who can leave if he doesn't like the food provided, must deplete his meager wage to buy extra food to satisfy hunger or to tempt the palate to swallow the unappetizing fare provided by the firm."

A Modern Samson.

Possessed of Samsonlike strength, Albert Fisher of Quebec saved his life by a remarkable exhibition of his power. Fisher was employed at a stone crusher, and his duties consisted in feeding rocks into the huge machine. To aid this he stood on a platform just above the crusher. He had just dropped a fifty pound boulder into the machine when his foot slipped and he fell headlong between the steel jaws.

No person was near to stop the engine. Bracing his shoulders against the steel crushers, which were slowly closing, the sturdy workman exerted all his great strength in one powerful effort. For a moment the machine stopped, then the massive slides drew apart, and finally there was a repelling of the steel joints, and the crusher fell to pieces.—Philadelphia North American.

The Leader tells the news.

Don'ts For the Health.

Would you be healthy, wealthy and wise, obey the following rules, says Woman's Life:
Do not eat when fatigued or when overheated.
Avoid an excess of sugar, sweets and starchy food.
Do not bathe the body for at least an hour after meals.
Avoid foods that disagree with you.
Be cheerful at the table.
Eat sparingly of highly seasoned food.
Eat fruit before meals.
Do not eat between meals (habitually) or at irregular intervals.

Dark Circles Under the Eyes.

Dark circles under the eyes can be cured only by internal treatment. Taking a salt water bath every morning, drinking three or four pints of water a day, getting to bed early and bathing the eyes with diluted witch hazel will work a reformation. The puffiness oftenest comes from kidney trouble or late intestinal absorption.

The Yorkshire Hog.

A strong demand is springing up for a hog capable of making the highest quality of bacon, says Farming. For this reason the long bodied rather than the wide type is required. A good representative of this type is the large improved Yorkshire. As now fixed, they should be long bodied, with deep, straight lines and triangular hams, standing well up from the ground; the back arched, ribs well sprung to the edge of the loin, and full flanks. Constitution and vigor are among the greatest requisites. Some strains approach the wide back and too fat carcasses, but these are to be avoided.

Winter Feed For Hogs.

Oats and corn mixed equal parts and ground make an excellent feed. To this add a little alfalfa meal or clover hay chopped fine and soaked an hour or two before being fed. Some chop the clover up, soak it a couple of hours in lukewarm water and then mix in enough oats and corn chop to make the mass a thick mush and feed the whole to the pigs, giving them all they will eat up clean. In short, do not expect the pigs to live on nothing but corn alone, but give them as great a variety as they have in the summer.

Plenty of ashes and charcoal should be provided and sweet milk if you have it.

State of Ohio, City of Toledo, Lucas County.

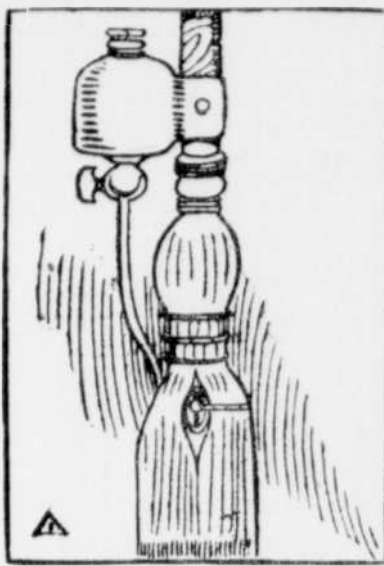
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, county and state aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure.

FRANK J. CHENEY.
Sworn to before me and subscribed in my presence, this 6th day of December, 1886. A. W. GLEASON, Notary Public.
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Sold by all Druggists, 75cts.
Take Hall's Family Pills for constipation.

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Attachment For Brooms.
When sweeping the floor the housewife is just as careful to dampen the carpet in some way to prevent the dust from flying about. The old fashioned method consisted in scattering old tea leaves over the carpet to gather up the dust. Modern methods demand a simpler method, something similar to the apparatus shown here, the invention of an Iowa man. It is called a dustless



SPRAYS THE CARPET.

attachment for brooms. It consists of a water reservoir, which is attached to the handle of the broom above the bristles. Embedded among the fibers of the broom is a sprayer, connected to the reservoir by a feed pipe, the flow of liquid being regulated by a stop cock. The reservoir and sprayer are constructed so that they can be detached from one broom and placed on another.

Lodge Directory.

REBEKAHS—Cottage Grove, No. 24, Meetings 1st, 3rd, and 5th, Friday of every month.
ETTA BAKER, N. G.
KATIE B. VEATCH, Sec.

ROYAL NEIGHBORS—Meet 2nd and 4th Wednesday of each month.
MRS. MARY BAKER, ORACLE.
MRS. C. W. WALLACE, Sec.

W. O. W.—Bohemian Camp, No. 260, Meets every Friday evening.
L. W. BAKER, Consul Com.
CHAS. VANDENBURG, Clerk.

K. O. T. M.—Crescent Camp No. 260 Meets every Thursday night.
O. H. VEATCH, Com.
R. K. BENNIS, Cooter.

K. of P.—Juventus Lodge No. 48, Meets every Wednesday night.
S. R. PIERCE, C. C.
CHAS. VANDENBURG, K. of R. & S.

I. O. O. F.—Cottage Grove, No. 68, Meets every Saturday night.
GEO. COMER, N. G.
A. BREWER, Sec.

M. W. of A.—Meetings 1st and 3rd Tuesday in each month.
A. S. POWELL, Consul.
C. W. WALLACE, Sec.

M. B. A.—Modern Brotherhood of America. Meet the 2d and 4th Tuesday of each month at I. O. O. F. Hall.
T. W. JENKINS, Sec.

W. O. W.—St. Valentine Circle 121, Meets 1st and 3rd Tuesday in each month in W. O. W. Hall.
FLORA J. MILLER, Clerk.

Foresters of America—Meet every Monday evening.
C. C. COFFMAN, C. R.
REN SANFORD, F. S.

A. F. & A. M.—Cottage Grove, No. 51, Meetings 1st and 3rd Wednesday of each month.
OLIVER VEATCH, W. M.
D. E. WOOLEY, Sec.

G. A. R.—Appomattox Post No. 34, Meets at 1 p. m., on the 2d and 4th Saturday of each month.
DR. D. L. WOODS, P. C.
G. W. REYNOLDS, Adj.

L. O. T. M.—Lady Lamson Hive, No. 42, Meets 2d and 4th Friday of each month.
MRS. MARY SCHUMTZ, L. C.
MISS LETA SANFORD, R. K.

O. E. S.—Cottage Grove Chapter No. 4, Meetings held on 2d and 4th Friday of each month.
MRS. ROSENBERG, W. M.
T. C. WHEELER, W. P.
MRS. MAUDE WHEELER, Sec.

W. R. C.—Appomattox W. R. C. No. 12, Meets at 1 p. m., on the 2d and 4th Saturday of each month.
MARY DICKEY, Pres.
E. JENNIE WOODS, Sec.

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BERNARD EAKIN, President
T. C. WHEELER, Cashier
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Office in McFarland Building
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At the Churches

Methodist Episcopal Church, Rev. J. L. Beatty, Pastor. Preaching services at 11 a. m. and 7:30 p. m. Sunday School, 10 a. m. Epworth League, 6:30 p. m. Prayer meeting Thursday evening at 7:30. All are cordially invited to be present

Christian Science services held over Allison's Barber shop every Sunday morning at 11 o'clock and Wednesday evening at 8 o'clock.

Christian Church, Rev. D. E. Olson Pastor. Services at 11 in the morning and 7:30 in the evening. Y. P. S. C. E. meeting at 6:30 p. m. Sunday school at 10 o'clock. Intermediate Endeavor Society at 2:30 and Choir practice every Saturday evening at 7:30.

First Presbyterian Church, Pastor Rev. White. Morning service, 11, evening 8, Y. P. S. C. E. 7 p. m. All strangers and sojourners welcome.

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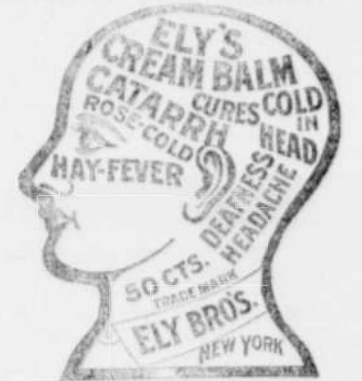
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It cures colds, sore throats, hoarseness, and protects the throat against croup. It cures Catarrh and Rheumatism of the Head quickly. Relieves the Senses of Taste and Smell, cures Coughs. Contains no injurious drugs. Applied into the nostrils and absorbed. Large Blisters, 50 cents at Druggists or by Mail. Trial Blisters, 10 cents by mail. 57 BROTHERS, 56 Warren St., New York

Time Table.

In effect Sunday, Nov. 25 12 a m

NORTH BOUND

No 16 1:53 a m
No 18 Cottage Grove Local 5:10 a m
No 12 11:30 a m
No 14 New Fast Train 6:13 p m

SOUTH BOUND

No 15 1:26 a m
No 13 New Fast Train 4:30 a m
No 11 2:55 p m
No 17 Cottage Grove Local 9:50 p m

O. & S. E. R. R. CO.

Time Table No. 4 To take effect November 1 1904.

East Bound 1:30 1 Tuesday W. Bound and Sat only
1:40 2 Daily Except Sunday

No. 1	Stations	Time	No. 2	Stations	Time
1:30	Portland	1:30	1:40	Portland	1:40
2:00	Seaside	2:00	2:10	Seaside	2:10
2:30	Garibaldi	2:30	2:40	Garibaldi	2:40
3:00	Clifton	3:00	3:10	Clifton	3:10
3:30	Hamlet	3:30	3:40	Hamlet	3:40
4:00	Hamlet	4:00	4:10	Hamlet	4:10
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