

## Local and Personal Monmouth Heights

June 11, 1911.

Perkins Pharmacy installed a fine new soda fountain this week.

Robert Ground, who went to California last fall, returned the latter part of last week.

Mrs. G. D. Quisenberry sold her property last week to W. J. Miller and bought the place belonging to P. O. Powell.

N. E. Tyler, of Buena Vista, was in the city last Friday and ordered a bill of lumber from A. Johnson.

The Misses Clara and Della Brant drove to Salem Saturday to visit the Misses Fugate, returning home the following day.

Mrs. Sampey and daughter, of Wash., who have been visiting Mrs. C. Cummins for a couple of weeks, left for home Saturday of last week.

Arthur Parker, of South Dakota, who has been visiting his brother here, left for home Tuesday. On his way, he expected to visit in Portland and Salt Lake City.

Rev. Owen, of Oregon City, will preach in the Baptist church next Sunday, morning and evening, at the usual hours and the ordinance of baptism will be administered to one applicant after the evening service.

Mr. and Mrs. Rutgers, of Oretown, arrived here Thursday of last week, he being on his way to Portland where he had some business to transact, and she spending a few days here, visiting at the home of J. V. Webber and family. Mr. and Mrs. Rutgers are well pleased with this section of the country and think of locating here this fall.

Mrs. E. S. Crowell, of Portland, visited her parents, Mr. and Mrs. W. C. Pollan, of this place, the latter part of last week. Mr. Crowell came on Saturday evening and Mrs. Pollan accompanied her daughter and son-in-law to Portland Sunday from which place Mrs. Pollan and daughter intend going to the coast, at Ocean View, for the week.

### Oregon Cherries in Lead

Salem, July 12—That Oregon (Polk County) cherries for fancy purposes are the finest in the world is the declaration of Arthur C. Rass, of E. G. Lyons & Rass, San Francisco, the largest maraschino and fruit syrup dealers on the Coast. Rass is here for two weeks securing cherries for the maraschino trade. He expects to take over 50 tons from Salem this year and will take more cherries if he can secure them. Among other acquisitions Rass secured the entire display of the Salem Cherry Fair through the Salem Fruit Union.

"If the elements are favorable Oregon cherries cannot be equalled in the world," he said. "Eastern houses secure cherries from Italy at rockbottom prices. There the cherries cost 1 cent or 3-4 of a cent a pound. We can buy those cherried in Italy, ship them to San Francisco and put them up for 41-2 cents a pound. That is what we pay originally for Oregon cherries. Oregon cherries in maraschino go 60 to a bottle. The cherries secured in the East go 175 to a bottle in maraschino. That is some difference in cherries. We can't equal Oregon cherries in California. They can't be grown there, nor any where else to touch the cherries of this state. Given good weather conditions and Oregon leads the world in cherries as well as in many other fruits."

Farmers in this vicinity are very busy working in the hay fields.

Jesse Johnson, of Independence, visited with his parents here last Sunday.

Mr. and Mrs. Coleman, of Idaho, are visiting friends in this neighborhood.

Mrs. Hazel Oleman, of Kings Valley, is visiting with her sister, Mrs. Grace Yeater.

Riley Rhodes, of Goldendale, Wash., is working in the hay field for J. B. Stump.

Mr. Nicholson, of Portland, was here last Monday canvassing for the Heralds of the Morning.

The Sunday school at Antioch is progressing nicely there being 38 in attendance last Sunday.

H. R. Fishback visited relatives in Carlton Friday, being on his way to attend the National Convention.

Misses Bernice Lucas and Gladys Pierson, of Portland and Loette Shore, of Monmouth, were the guests of Belle Rogers Thursday.

### Rifle Team of Company H Wins Two Valuable Trophies.

The rifle team representing Company H, of Dallas, made a good showing, at the annual competitive National Guard shoot at Clackamas last week, at which higher scores were made than ever before recorded in any similar affair in this state. Although the newest team in the organization, the Dallas boys won second place in Class A in the state team match. They also won the general staff trophy in the Class B state team match, besides individual bronze medals for the members.—Dallas Observer.

FOR SALE—A lady's violin in excellent condition. Enquire at this office.

### THE MIND CURE.

Don't Worry, Eat and Sleep Right and Live For a Century.

Thousands of sick and afflicted are daily told by their physicians to change their diet and keep the stomach free from indigestible food. This we admit to be good advice, but far greater is the usefulness of advice to change your thoughts, for out of a defiled mind proceeds a corrupt and diseased body.

The body quickly responds to every impulse and impression of the mind, and one rarely if ever sees a person with a contented mind thin, anaemic and suffering with neurasthenia and its train of nervous and gastric symptoms. If it were not for the worry, discontent and abnormally strenuous life that characterize the people of this age the specialist on nervous and mental diseases would have to discover ways to obtain a livelihood other than catering to the whims and fancies of a veritable army of perverts.

As paradoxical as it may seem, I candidly and deliberately proclaim that 80 per cent of all the inhabitants of the world now living under fifteen years of age could live and enjoy better health until they have passed the century mark in age if it were possible to instruct them concerning the proper observance of those unchangeable laws of health, hygiene and physiology. We are often admonished to give up alcoholic stimulants, tobacco and coffee if we desire to become even octogenarians. While I admit that this is essential, yet I consider the observance of three other rules more conducive to longevity, as follows: Never worry and never become angry; eat slowly and regularly; obtain at least ten hours' sleep out of every twenty-four, for in this age of progress and achievement, when every one is making strenuous efforts to excel his neighbor in obtaining knowledge, wealth and influence, ten hours' sleep is barely sufficient to restore equilibrium to an exhausted sensorium.

And for the man that wandereth out of the way of understanding and worries through a miserable existence, never quite satisfied with any one or anything, we shall soon number him with the congregation of the dead.—L. Herbert Lanier in Medical Fortnightly.

## Now Opened

WE HAVE JUST OPENED UP Our Large Stock of Dry Goods and Shoes and will take pleasure in showing our goods to our patrons.

COME IN, examine and get prices.

OUR AIM is to please in quality and price and to serve our customers in manner that will always bring them back again.

### ALSO

Our Stock of Groceries is Complete and we carry the best in the market.

If you get it of Muscott & Portwood it is Good

## Muscott & Portwood

MONMOUTH, OREGON

### Professional Cards

#### Laura Price, M. D.

Office in B. F. Baker's Residence

Both Telephones.

#### Dr. J. O. Matthis Physician and Surgeon

Office in Postoffice Building  
Calls answered promptly  
both day and night.

Both Phones.

### AUCTIONEER

J. S. SMITH,  
Airlie, Oregon.  
Farm Sales and Live Stock.  
Give me a trial.  
Satisfaction guaranteed

### V. O. BOOTS

Fire, Life and Casualty  
INSURANCE  
Losses Promptly Paid

### THE Weekly Oregonian

The best Weekly Journal of the Northwest. Gives all the News of the World.

Price per year ..... \$1.50  
Herald one year ..... 1.00  
Booth papers for ..... 2.00

Subscribe Now



A. B. WESTFALL  
Painter and Paper Hanger  
Monmouth Oregon

### ELECTRIC SIGNS

The most conservative lines of business find a potent advertising agent in the *Electric Sign*.

An *Electric Sign* secures the attention of the crowds in the main traveled highways—fixes the store in the mind of the public—dovetails with newspaper advertising and brings trade.

Electric advertising is good anywhere but it is a *positive necessity* to a side street location.

Ask our New Business Department about *individual designs*.

Telephone DALLAS 24

OREGON POWER COMPANY,  
J. L. WHITE, Manager,

### POULTRY SUPPLY STORE

THOMAS BOULDEN, Proprietor

KEEPS ON SALE

Best Grade Chic Feed.  
Best Grade Grit, Bone and Oyster Shell.  
Best Grade Bran, Shorts, Barley and Oats.  
Best Grade Corn, Scratch Feed, Egg Food,  
at Lowest Cash Prices. Also, Rooms for Rent

Will Pay Cash for Eggs and Poultry.

Monmouth, Oregon

### Monmouth Bakery

WHITE BROTHERS, Proprietors

The Best Bread. Fancy  
Pastry of all Kinds

Give us a trial. We can surely please you

Monmouth, Oregon