

Her Husband's Story

"My name is E. J. Sprong, and my address is 16 Bondman Block, Troy, N. Y. I want to tell how thankful I am that my wife's health has been restored to her. About a year ago she caught a dreadful cold, which settled in her bronchial tubes and lungs. She certainly had bronchitis, and I think consumption, too, and we despaired of her life. She had a tightness and soreness in the chest, and it was difficult for her to breathe. There were darting, sharp, dull and heavy pains, with constant coughing and expectorating. Each day she was worse than the day before. I was advised to get Acker's English Remedy, and did so, but my wife only shook her head and said: 'Another dollar thrown away.' She took the Remedy, however, and said the effect was magical. In less than an hour there was a remarkable change. She got better at once, and in a short time she was entirely well and strong again. The cure was permanent and there has been no relapse. I don't know what Acker's English Remedy is made of, but I am sure it contains something that fortifies the system against future attacks. My wife is in better general health now than ever, and you can't imagine how happy she is for her recovery. She tells everybody about Acker's English Remedy, and so do I, for I believe it to be our duty to the public to help every sufferer who has throat and lung troubles. My neighbors say it is a sure specific for croup, and has saved the lives of hundreds of little ones around in this vicinity alone."



Sold at 25c., 50c. and \$1 a bottle, throughout the United States and Canada; and in England, at 1s. 2s. 3d., 4s. 6d. If you are not satisfied after buying, return the bottle to your druggist, and get your money back.

We authorize the above guarantee. W. H. HOOKER & CO., Proprietors, New York.

A. S. Locke, Druggist, Independence, Oregon

A FIGHT TO A FINISH.

Steel Trust Resolves to Give Strikers No Quarter.

"It still will be a fight to a finish. No quarter will be given. We are prepared to spend all the money and time necessary to wipe out the Amalgamated Association in all of our mills."

This was the message that came over the wires from New York to local officials of the United States Steel Corporation Saturday afternoon. Officials were waiting long after the usual Saturday afternoon closing time to get word from the conference in New York between the executive board of the Amalgamated Association and the general officers of the big trust. Two messages came. The first stated that the conference between the workers and Mr. Morgan had adjourned, after receiving Mr. Morgan's ultimate decision in the matter in dispute. An hour before this time, a second message came to Pittsburg announcing to the steel officials here that the executive board had decided that they would not accept Mr. Morgan's terms. The second message contained the statement heretofore

quoted. Some of the officials heard the message with misgivings; others with unconcealed satisfaction. One of the officials left his office declaring he was glad of it. The fight would surely be carried to a finish, and the corporation would once and for all be freed from the influence of the union men.

At the headquarters of the Amalgamated Association there was no one about. All the executive officers being in New York at this time, no one was present to look after the interests of the strikers here pending their return. Organizer Flynn, of the American Federation of Labor, was about the headquarters during the morning, as were one or two of the striking steelworkers, but they only remained a short time. The only regret heard among the strikers who were about was that President Shafer had temporized with the trust officials so long. While the workers are themselves ignorant of the general plans of the organization regarding the extension of the strike throughout the mills of the trust, they are confident the general strike order will be issued in a short time.

That the officials of the United States Steel Corporation have been preparing for this battle was made apparent Saturday afternoon. It was learned, on the best of authority, that an attempt is to be made at once to break the strike by the importation of nonunion men into all the idle mills. One of the officials of the companies now involved said that, so far as furnishing skilled men for the idle plants was concerned, it is only necessary to distribute the skilled workers in the present nonunion mills in all the mills, and make them general instructors of green hands to soon develop more of this class of tradesmen.

The American Sheet Steel Company, which decided to start the Hyde Park mill last week, but postponed action pending the result of the conference in New York, has issued orders to prepare to start the mill early next week. The officials realize, however, that they have a difficult problem on their hands, and express fear of the income when they try to start these idle mills. They declare, however, that they will make the attempt, and with just as much haste as is possible. No plans are known concerning the American Tinplate Company. If that company intends to utilize nonunion men, it is not known where they will get them. It is said that fancy prices are being offered to a few really skilled laborers to take a hand with the trust in order to get the plants in operation. In some instances, at least, it is said that the offers have been refused, because the men have fear of personal violence from the strikers.—Sunday Oregonian.

The Medical Value of Vegetables

We do not desire to impress upon the minds of our readers the idea that any class of foods are to be regarded in the light of medicine or remedies, for we believe too much thought is already given to means of overcoming ailments that frequently originate in morbid

imagination only. But many vegetables do exert very direct medical effects, and it may be well for the housewife to inform herself as to the nature of these in order that she may work more intelligently in constructing daily bills of fare. A well known authority gives the following table:

- Asparagus is very cooling and easily digested.
- Cabbage, cauliflower, Brussels sprouts and broccoli are cooling, nutritious, laxative and purifying to the blood as a tonic, but should not be eaten too freely by delicate persons.
- Celery is delicious cooked and good for rheumatic and gouty people.
- Lettuces are very wholesome. They are slightly narcotic, and lull and calm the mind.
- Spinach is particularly good for rheumatism and gout, and also in kidney diseases.
- Onions are good for chest ailments and colds, but do not agree with all. (We may add, uncooked, they do not agree with many.)
- Watercresses are an excellent tonic—stomachic and cooling.
- Beetroot is very cooling and highly nutritious, owing to the amount of sugar it contains.
- Parsley is cooling and purifying. Turnip tops are valuable when young and tender.

Kodol

Dyspepsia Cure

Digests what you eat.
This preparation contains all of the digestants and digests all kinds of food. It gives instant relief and never fails to cure. It allows you to eat all the food you want. The most sensitive stomachs can take it. By its use many thousands of dyspeptics have been cured after everything else failed. It is unequalled for all stomach troubles.

It can't help but do you good
Prepared only by E. C. DeWitt & Co., Chicago. The \$1. bottle contains 7 1/2 times the 50c. size.

Potatoes, parsnips, carrots, turnips and artichokes are highly nutritious, but are not so digestible as some vegetables. Potatoes are the most nourishing and are fattening for nervous people. Tomatoes are health-giving and purifying, either eaten raw or cooked. Chili, cayenne, horseradish and mustard should be used sparingly. They give zest to the appetite and are valuable stomachics. Radishes are the same, but are indigestible, and should not be eaten by delicate people. Cucumbers are cooling, but are indigestible to many.—Ex.

DEPART FOR	TIME SCHEDULE FROM INDEPENDENCE	ARRIVE FROM
Chicago	7:30 a. m. 3:30 p. m.	Salt Lake, Denver, Portland, Ft. Worth, Omaha, Special Kansas City, St. Louis, Chicago and Hunting-ton.
Atlantic Express	9 p. m. via Hunting-ton.	Salt Lake, Denver, Ft. Worth, Omaha, Kansas City, St. Louis, Chicago and East.
St. Paul	6 a. m. via Spokane.	Walla Walla, Lewiston, Spokane, Wallace, Pullman, Minneapolis, St. Paul, Duluth, Milwaukee, Chicago and East.

72 hours. Portland to Chicago. No change of cars. Tickets East via all rail or via boat and rail via Portland.

OCEAN AND RIVER SCHEDULE FROM PORTLAND.

8 p. m.	All sailing dates subject to change. For San Francisco Sail every 5 days.	4 p. m.
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Daily except Sunday

8 p. m.	COLUMBIA RIVER To Astoria and way landings.	4 p. m. Ex. Sun.
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Steamers leave Independence for Corvallis and way-landings Tuesday, Thursday, Saturday 6:30 p. m. For Salem, Portland and way-landings Tuesday, Thursday and Saturday at 6 a. m. and Monday, Wednesday and Friday 10 a. m. AL HERREN, Agt., Independence.

MOTOR LINE TIME TABLE. INDEPENDENCE & MONMOUTH RAILWAY CO.

Leaves Independence for Monmouth and Airtie	7:30 a. m. 3:30 p. m.	Leaves Airtie for Monmouth and Independence.	8:00 a. m. 4:00 p. m.
Leaves Independence for Monmouth and Dallas	11:30 a. m. 7:15 p. m.	Leaves Dallas for Monmouth and Independence.	1:00 p. m. 8:30 "
Leaves Monmouth for Airtie.	7:30 a. m. 3:30 p. m.	Leaves Monmouth for Independence	8:45 a. m. 1:30 p. m. 2:40 " 3:45 " 9:30 "
Leaves Monmouth for Dallas.	11:20 a. m. 7:30 p. m.	Leaves Independence for Mon.	2:35 p. m.

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