

State Normal School at Monmouth



Begins its 25th year September 26, 1906. Three full courses of study. Higher course recognized in Washington and other states. The best and shortest way to a state and life paper. Additional work in both general and state methods; also, school management for graded and ungraded schools will be given this coming year. Longer terms, higher wages and better opportunities are open to Normal graduates. School directors appreciate the superior ability of Monmouth graduates, and the demand far exceeds the supply. Catalogue containing full information will be sent on application. Correspondence invited. Address,

J. B. U. Butler, Registrar.

HOP GROWERS

We would like to call your attention to the latest heat-regulator and alarm. It can be set at any temperature and an alarm bell will ring if the temperature should fall as much as one degree; another bell will ring if the temperature should raise one degree. Just the thing for the hop house to guarantee perfect curing. Krebs' yard and most of the leading growers are installing this regulator in their kilns.

E. C. GAMBLE, PORTLAND

Given Up To Die

B. Spiegel, 1204 N. Virginia St., Evansville, Ind., writes: "For over five years I was troubled with kidney and bladder affections which caused me much pain and worry. I lost flesh and was all run down and a year ago had to abandon work entirely. I had three of the best physicians who did me no good and I was practically given up to die. Foley Kidney Cure was recommended and the first bottle gave me great relief and after taking the second bottle I was entirely cured." Sold by D. G. Doae, druggist.

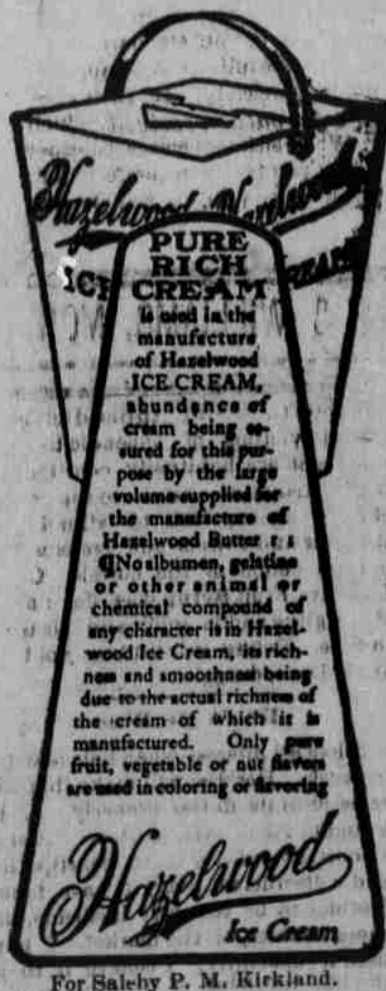
When in need of fire insurance call on B. F. Jones, in the Cooper Block, who is agent for the Western Assurance Co of Toronto, Canada, and the Germania Insurance Co., of New York. Both old and reliable companies.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KERR & MARVIN Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.



We Do Job Printing

Real Estate Transfers

Gerhard D Braun and wife to Joshua Bowler, 23.92 acres in 2-6-5; \$717.90.

F F Bowser to Miles Davis, plots in Dallas; \$900.

F E Howe and wife to Pedro Lumber Co., 80 acres in 2-9-6; \$305.

Estelle B Herren to Wm & Rosaline Herren, 50 acres in 8-5; \$250. Dr. Victor Pink and wife to Geo W McBee, lots in Dallas; \$525.

Emma Craven to R C Craven, 15 acres in 6-5; \$1050.

W L Gilson and wife to J D Stevens, lots in Falls City; \$1,000.

Moses Manston and wife to R E Williams, lot in Dallas; \$250.

R E Williams to Ellen G Hubbard, lot in Dallas; \$600.

Elizabeth Isaac to Jeldena Courter, lots in Falls City; \$1,000.

J C & L E Adams to M B Young, land in 7-3-5; \$825.

B F Smith and wife to F E Fisher, lot in Dallas; \$600.

Elizabeth G Buckingham to J W Hodson, land in 7-3; \$1200.

Bertha D Gilman and hd to Ed Holloway, lots in Dallas; \$1500.

M G Ellis and wife to H Campbell, lots in Dallas; \$100.

Mary A Dougan and hd to F M Splawn, lots in Dallas; \$600.

C C Campbell and wife to H G Campbell, lots in Dallas; \$1,000.

I N Maxwell, guardian, to Salem, Falls City & W Ry Co, right of way; \$100.

I N Maxwell to same, same; \$100.

Thos Holman to same, same; \$400.

James E Eastam to same, same; \$75.

F Kurz Jr and wife to same, same; \$237.50.

Arch McNary to same, same; \$150.

M P Dennis to same, 5.30 acres in 7-3; \$100.

Wm Lehutt and wife to same, 6.8 acres in 7-3; \$600.

Chas S Ruge and wife to same, right of way; \$600.

Mary A Chapman to same, same; \$1.

United States to Lill B Morley, 160 acres in 7-7; patent.

Same to Henry Wiprut, 160 acres in 7-7; patent.

Same O E Leet, 160 acres in 8-8; patent.

J E Baughman to B F Mulkey, land in 8-7; \$75.

B F Mulkey and wife to J G Van Orsdel, same; \$1.

Thos Wright to Amanda Rhoads, Isaac Henshaw to Beatrice Seword.

We do Job Printing

Americanized King

King Edward made \$10,000,000 in Union Pacific stock by the late boom in Harriman securities, so the papers say. If Ed only had sense enough to throw his crown away he might come to America and in time be rated as an uncrowned king of finance, with money to burn, a string of race horses, assortment of automobiles, a whole company of chorus girls and more influence in the National congress than he has now in the English parliament. Edward, the sport and speculator, might in due course of time aspire even to become another Charlie Schwab—Eugene Guard.

We Do Job Printing

BACON AS A FOOD.

Properly Cooked It is Valuable and Easily Digested.

Lean bacon which contained fairly large proportions of both protein and fat formed a part of the ration in a number of experiments made at the Minnesota experiment station, about nine ounces being eaten per man per day. It was cut in thin slices and baked or broiled in the oven until crisp and brown. All the fat which cooked out was saved and eaten with the bread and other food which made up the daily fare. On an average about 90 per cent of the protein and 95 per cent of the fat of the ration containing bacon were digested, and about 85 per cent of the energy was available. Calculated values for bacon alone showed over 90 per cent digested protein and 95 per cent digestible fat, figures which compare favorably with those which have been obtained for other animal foods.

Allowing 5 per cent for waste, a pound of bacon will contain from one-tenth to three-tenths digestible protein and from four-tenths to six-tenths pound digestible fat, which is about two-thirds as much as is found in butter. "Lean bacon contains as much protein and about twice as much digestible fat as other meats," says the experimental station professor, "making it at the same time and even at a higher price per pound a cheaper food than other meats. Bacon fat is easily digested, and when combined with other foods it appears to exert a favorable mechanical action upon digestion."

Many who are fond of bacon hesitate to eat it, since they believe that, being very rich in fat, it is a frequent cause of indigestion. As has been pointed out by a number of writers, it seems fair to say that in the majority of cases such digestive disturbances are not due to the fatty nature of the food, but to the fact that the bacon was overcooked, or, rather, cooked at too high a temperature. It is not surprising that this should be the case when it is remembered that fat heated to a high temperature is decomposed, and one of the products given off is acrolein, an unpleasant smelling compound which attacks the eyes, makes them smart, and irritates all mucous surfaces.

This compound is plainly noticeable in the acrid fumes of burning or scorching fat. When bacon fat is heated to 350 degrees F. this chemical change is brought about to a greater or less extent. Very often bacon is hurriedly cooked in a very hot frying pan over a bright fire, and more or less scorched fat is an almost inevitable result. When broiled or cooked in the oven there is less danger of scorching, but under all circumstances great care should be taken to avoid too hot a fire.—National Provisioner.

It Was on the Bag.

An American traveling in Europe engaged the services of a courier. Arriving in Austria, the American asked the servant to register his name according to the police regulations of that country. The man replied that he had already anticipated the order and registered him as an American gentleman of means. "But how did you write my name?" asked the master. "I can't exactly pronounce it, but I copied it carefully from your portmanteau, sir." "But it is not there," was the reply. "Bring me the book." The register was brought and revealed, instead of a very plain English name of two syllables, the following portentous entry: "Monsieur Warranted Solid Leather."

An Extraordinary Light.

What is believed to have been an aurora of such extraordinary brilliancy as to obscure the sunlight is thus described in an old number of the Gentleman's Magazine: On the 2d of January, 1756, an unusual light, far above the brightest day, struck all beholders with amazement. The time was 4 o'clock in the afternoon, and it soon faded away. At 7, however, from east to west, streams appeared like rivers of bright fire. A general feeling of alarm was caused by these; but they gradually faded away to the north, their disappearance being accompanied by shocks which were felt by all, but which did no particular damage.

His Explanation.

A bishop, recently returned from a tour of his diocese, according to the Springfield Republican, brought this story: He was the guest of one of the pillars of the church in a rural community. Beefsteak was the piece de resistance; and the guest sawed at it with such energy that its toughness was perfectly obvious. Finally the host thought it necessary to do something to save his reputation for hospitality. "It's fine meat," he remarked; "nice and tender. But, you see, we have to keep the knives very dull on account of the children."

RACES

First Fall Race Meet

Saturday Evening, September 1st

AT

Independence Driving Club Track

TWO HARNESS RACES

TWO RUNNING RACES

The public is assured that all races will be hotly contested

EVERYBODY COME

Sept. 10-15 1906

OREGON State Fair

Sept. 10-15 1906

THIS YEAR

The Best Ever

New, Novel and Entertaining

New Attractions, New Ideas

Racing Every Day

\$15,000 Speed Fund

Your Friends Will be There

Oregon State Fair
September 10 to 15, 1906