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GOOD THOUGHTS.

It is well to be governed by our admirations rather than by our disgusts. To be in the iron dition of peace. When gov- hops go to 25 cents. erned by the ruling admirations of our lives, by the things we like, the people we love, the objects we worship, rather than by the things and people and objects we dislike, is one of the conditions of peace which is an inexhaustible fountain of daily help.

William Rader discusses this theme in the San Francisco Bulletin and his treatise is worth study.

Says Mr. Rader:

gust is a growing habit. It creates kindred tendencies. Once contracted, the victim is never again satisfied with life and its possessions. He is discontented with himself, and finds life a burden. When a man thinks more often of his enemies than of his friends, of the vices than the virtues of humanity, and dwells more upon the swamps and quicksands under his feet than the stars and the clear blue above his head, then he is ruled by his disgusts rather than his admirations.

The reflex influence of our admirations upon our characters

is a matter which all who would improve themselves should due ano ai puy Ileque and ang study.

Our disgusts mar the beauty of you ugao equ Suidiemos e'il of the soul. They penetrate deep into the nature, while the s source yary Suidivan s'aradi il

admiration of our reason and love touch the deeper notes because they reach down to the hidden heartstrings.

his proud, impertmeent and indiscriminating disgust, whereas hear and know.

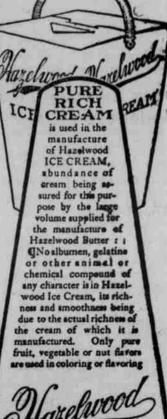
in the life which is nnwhole- weger. path to enjoyment. To learn to ate his fill of them. books read, is to take upon our- called in an old sow. selves the limitations of a bigot and the tribulations of one who has cultivated the habit of looking on the dark side of life. Disgust is often necessary. It ing into the fogs.

"Be glad of life because it ty, Oregon. gives you the chance to love, D. Foster, deceased. and to work, and to play,"and to Dated Sept. the 5th, 1906.

like, leave a sediment of poison fered to make it the subject of a

feelings of antagonism against by requested to present their claims duly verified as by law required with my office in Independence, Polk coun- M. Kirkland, the druggist.

B. F. Jones, Administrator of the estate of Hiram





Even cholera infantum is cured by it. Honey and Tar is in a yellow package. things is to follow a path lead-in six months from the date hereof at and a cure is certain. For sale by P. It is the best remedy for coughs and Follow the plain printed directions Ask for it and refuse any substitute. colds. Sold by D. G. Dove, druggist.

We Do Job Printing We Do Jol

Little Palace Hotel at S s. m.; re ce 50c from Monmouth 75c. John Calahan, Prop.

between Independence and Salem turning leaves Salem Club Stables immediately after the river boats at 3 p. m. Fare from Independen- stop for the summer. I will do a general passenger and freight business.-Frank Russell.