

HOT WEATHER AND CONSTIPATION.

There is a close connection between hot weather and constipation. People do not seem to understand this, and even doctors are slow in comprehending it.

Constipation depends mainly on dryness of the bowels. During the hot weather the fluids of the body are drained away in perspiration. Unless considerable extra fluid is drunk, the internal organs are deprived of their usual amount of fluid.

It is very unfortunate indeed, for any one to be obliged to take drastic cathartics to relieve constipation. Of course drastic cathartics will clean out the bowels, but the habit of constipation remains just the same.

If a mild and gentle stimulant of the bowels is used, combined with a tonic that has the double effect of stimulating the natural peristaltic action of the bowels, as well as attracting to the bowels the necessary portion of fluids, it is a remedy of great value to the people during the hot weather.

It is believed that Peruna comes nearer to being a perfect remedy in this particular than any other popular household remedy. Taken according to the directions on the bottle, it not only increases the appetite and gives strength to the nervous system, but it produces a slight action of the bowels, overcoming constipation without producing a cathartic action.

We are in receipt of a great many letters confirming the statements made above. One will suffice for illustration: Mr. William Eckert, 273 North Eighteenth St., Columbus, Ohio, writes: "I have been afflicted with chronic constipation for twenty-five years. About six months ago I was feeling badly, and concluded to use Peruna as a tonic. To my surprise, before I had finished the first bottle of Peruna I noted that my bowels were moving regularly, without any physic. From that time to this my constipation has disappeared. Peruna has not only built me up, but it has cured me of chronic constipation."

WOMAN SUFFRAGE CONVENTION MEETS

Rev. Anna B. Shaw Delivers the Annual Address—Fac-tion Fight

Seattle, July 1.—The forty-first annual convention of the National American Woman Suffrage Association opened its sessions in Plymouth Church this afternoon, with all of the general officers present, and nearly all of the famous leaders of the movement. Mrs. Emma Smith Devoe, president of the Washington association, welcomed the delegates, and Mrs. Mary S. Sperry, president of the California association, made the national response. In the absence of the international president, Mrs. Carrie Chapman Catt, National president Anna B. Shaw delivered the annual report on international suffrage work. She reviewed the impetus which the suffrage cause had received in the United States, in common with the countries in Europe, as the result of the great Democratic wave which is sweeping over the nations, aided by the progressive tactics of the women of England during the last three years.

The inconsistency of the Government, whose very existence is a protest against unjust tax regulations imposing a more grievous burden upon its own citizens is a serious commentary upon either the common sense or the justice of American manhood, she said.

Split in Ranks. The National executive committee of the American Woman Suffrage Association, which this morning had under advisement what action it should take in regard to the demands of the Spokane faction which yesterday was unseated in the state session, adjourned at 1:30 o'clock, after a meeting lasting four hours, in which the officers could come to no decision. The matter will be gone over again at a gathering of the executives called for 4 o'clock tomorrow afternoon.

OPEN BIDS ON EXTENSION SOON

San Francisco, July 1.—At the office of Chief Engineer Hood, of the Southern Pacific Company, today it was learned that bids for the construction of the Klamath-Natron Railroad had been received, but have not been opened yet. Mr. Hood said he could not give the exact date of opening, but he thought it would be soon.

LUMBER MARKET LIVENS ON SOUND

Seattle, July 2.—The Chicago, Burlington & Quincy Railroad during the last two days has closed contracts for nearly 1,500,000 feet of lumber with one Washington mill. Practically all this lumber is for immediate delivery at the company's shops, to be used for box car building material. The Puget Sound Navy Yard is in the market for one of the largest bids of lumber ever called for by that yard, 445,000 feet.

VERY SEVERE EARTHQUAKE FELT IN STRICKEN CITIES OF MESSINA AND REGGIO

Messina, July 1.—Earthquake shocks both here and at Reggio at 7:20 this morning caused a panic among the people of the two cities. Walls not completely demolished by the visitation of December were shaken down and wooden houses and huts erected for the accommodation of the people seemed to be thrown to one side or the other. Between 8 o'clock last night and 7:20 this morning there was a total of eight shocks.

Disturbances recently have been more severe, and the culminating shake or series of shakes this morning is said to have been more severe than the fatal one on the night of December 23. So far as known, however, only one woman was killed by today's shake.

The shocks continued during the day, instruments registering ten shocks since the beginning of the shake at 7:20 this morning.

News coming from the provinces says the shocks were felt there and that damage was wrought, but it is impossible to estimate correctly the extent of the disaster. Sailors, soldiers and police were sent out to prevent looting and to try and quiet the people.

LIQUOR CAUSES "BILLY" WALKER'S LIFE TRAGEDY

The jury in the case of "Billy" Walker for the murder of Edward Lang in the second degree is all follows: Henry Chilson, N. W. White, M. A. Fuller, Wm. H. Penton, Wm. Bainbridge, C. E. Buss, J. M. England, John M. Smigley, Geo. O. Knowlton, J. W. Jackson, E. R. Black, N. J. Bryant, District Attorney E. R. Bryson, Judge W. S. McFadden and Deputy District Attorney G. F. Skipworth are conducting the prosecution. Attorney C. Woodcock and Attorney Charles A. Hardy represent the defendant.

The evidence in the case of William R. Walker, who is held for the murder of Ed. Lang on the Walker case, unfolded the story of liquor and its baneful effect. This time it was not upon youth and young people, but upon the old who have lived for more than three score years.

The state's evidence in many ways this morning was distinctly in favor of the defendant. The prosecution in its examination did not hesitate to bring out that Ed. Lang abused the mother of the defendant, and that both Walker and Lang were under the influence of whiskey and beer. At the same time the prosecution endeavored to show that malice existed between the two men.

The defendant. The prisoner sat with his attorney, and appeared to be a small, meek man with a stoop in the shoulders, the face was rather pale and above the eyes were wrinkles of long suffering and endurance. He heard the testimony without movement or excitement. Yet he apparently listened with minute care.

The Testimony. William L. McFarland, who lives near the Water home, testified that he helped to take care of Edward Lang, immediately after he was shot. The wound in the right leg, he said, was an inch and a half in diameter with a few small punctures on either side. In the clothes, he related, I found a bottle of whiskey.

"Did Lang seem intoxicated?" District Attorney Bryson asked the witness. "Yes," McFarland replied, "I saw Lang about 11 o'clock and he was unable to travel in a straight line.

When I went to Walker's house, Billy Walker met me," the witness said, "and took me to the smoke-house and gave me a drink of beer. Walker had been drinking."

Bryson asked, "How many drinks did you take?" "One," the witness said with emphasis. "I had no more drinks with Billy. I think he took one, but I wouldn't be sure."

Under cross examination Attorney Woodcock did not deduce any material facts, except about the size of Lang. He was a large man in height and bone, but with little flesh. Scene Next Called. Dr. B. F. Sealife, who went to the scene of the tragedy, who described the blood stains as very large, a quart at least. The physician said that the wound at the knee was very badly lacerated, and was probably powder burned.

INNOCENT MAN IS SAVED BY MURDERER'S CONFESSION

San Francisco, July 2.—James Edward Cunningham, a laborer, has confessed to the murder of Miss Caroline Brasch, cashier of Gray Bros., who was shot and killed in the company's office Wednesday. Cunningham surrendered himself because another man was under arrest charged with the crime.

Cunningham entered a newspaper office last night and made his original statement, which was later repeated to the police. The representative of the newspaper did not deliver Cunningham into the custody of the detectives until today.

Another laborer, J. Novak, had been arrested for the crime and the police were endeavoring to fasten the crime on an innocent man, under a combination of circumstances almost unparalleled.

Cunningham, according to his statement, entered the offices of Gray Bros. Just as Novak departed. Novak had disputed with Miss Brasch and left the office in anger. Cunningham stepped to the cashier's window and renewed a wrangle of several weeks' standing and shot the girl.

Cunningham is 37 years old, and a common laborer. Novak will probably be released today.

The scuffle. When the shooting occurred, was described by Mrs. Mary Walker, mother of William Walker. Both men had a hold on the shot gun and wrestled. She also testified that both men swore at each other, and called each other vile names. Lang said, according to the witness, "I'll fix him, you g-d-d-n white-headed son of a b-." Ed Lang went to follow Walker, and I tried to stop him, but I could not," was another statement.

"My son started first for the bedroom. I think he closed the door. As soon as the door was opened, or within two or three seconds, the gun was fired."

The jury what Lang did when he fell," was asked. "He kind of sank down, crushed, and leaned back. I put a pillow under his head."

The witness added that Walker went to the telephone and called up the sheriff immediately.

Mrs. Walker testified under cross examination before the scuffle Lang had frightened her nearly to death. "He wanted some money. He talked pretty rough and used profane language. My son came to the door and wanted to know what was the matter. I told him we were talking over a lawyer."

The defense put up a strong case in the presentation of its evidence. The two chief witnesses were William R. Walker and Maggie Leff, who was an eye-witness to most of the tragedy. Walker's testimony was particularly strong, for he showed how he had fed and taken Lang in when he was homeless and hungry, and had given him work. Moreover, the testimony showed that Lang was mistreating Mrs. Mary Walker.

Dr. Prentice testified first for the defense this afternoon. He told of medical treatment that "Billy" Walker was undergoing.

Margie Leff related that Ed Lang was intoxicated before he came to Eugene, and was more so when he returned. According to the story of Mrs. Leff, during the morning Lang struck her.

About the same time Lang told her that if he were Grandma (Mrs. Mary Walker) he would take a stove poker and kill Willie (William Walker), indicating that there was some trouble between William and his mother. She was an eyewitness of the scuffle, as was the mother. When Lang

had sworn at Walker, the latter ran to the bedroom, followed by Lang, who was quoted as saying: "I will fix you." Almost immediately the shooting began.

Under cross-examination the witness said that there had been no trouble that she knew of between Mary Walker, the mother, and her son. The bottle of whiskey that Lang had in his clothes was produced by Henry W. Stewart, of Eugene, who was called to the witness chair. He is a relative of the defendant.

W. H. McFarland identified the bottle as the one he had taken from Lang's pocket. That Lang was combative when intoxicated was the testimony of Mrs. Amos Wilkins, for whom Lang worked. 2 1/2 miles north of Coburg. Cross-examination showed that Lang worked for the Wilkins about five months. So far as the witness knew Lang had never really had a fight, and "simply swore a great deal."

Defendant's Story. About twenty minutes past two the defendant, William R. Walker, took the witness stand. He said he had come to Oregon in 1855. In occupation he had been a farmer and a banker. His testimony was very clear.

Walker a Samaritan. "My mother," he said, "had had a rupture and one paralytic stroke. I believe a sudden fall would kill her. I have known Lang a long time, and he had worked for me a number of periods. When he had no work, and usually no money, I would take him in. He said when he came to my place that he had been without food for two days.

"I heard him talking to mother. He was getting pretty loud and shrill. I heard him say to her, 'You keep your d-d-d mouth shut.'"

Accident. "Pretty soon he turned to me and said, 'What are you doing here, you g-d-d-n white-headed son of a b-!'"

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"NOT GUILTY" JURY VERDICT FOR WALKER

"Not guilty," was the verdict of the jury in the case of the State of Oregon vs. William R. Walker, the Lane county pioneer, who was on trial for the murder of Edward Lang on March 26 in the second degree. The jury went to the box at eleven o'clock and returned with the verdict at 1:45 o'clock this afternoon.

The jurymen agreed not to tell the number of ballots taken in the case, but from the time it was out and persistent rumor not less than six were taken.

Considerable surprise was expressed among those who heard the evidence that even that length of time was needed. Only in one place was there any serious contradiction in the evidence. That was in the repeated statements of witnesses that Walker said "I killed him because he abused my old mother," and when upon the stand he himself related that the shot was an accident. However, as the evidence of Walker's mother showed that both men had a hold of the gun when the cartridge exploded, no other verdict but one favorable to the defendant seemed possible.

Much was not drawn out in the trial, however. For instance, there are those who heard Lang say before he died, that all the trouble was his own fault, taking the blame upon his own shoulders.

Overland Trip From Deschutes to Eugene. Three of us, including my wife, little nephew and myself, being on a visit at Wasco, Oregon, 25 miles west of The Dalles, and two miles south of the Columbia river, in Sherman county, decided to drive across the mountains with a little team and light buggy to Eugene, and intending to drive down the McKenzie river. So having everything in readiness on Sunday morning, June 13, we started out at seven o'clock expecting to travel about thirty miles the first day, and going through the little towns of DeMoss, Moro, Rutledge, and down to Kent when we found a good place to camp and were surprised to find we had driven fifty miles. After a good night's rest on the hard ground with only two comforts and a blanket under us, we started on our journey, and after driving about five miles we came to what is known as "the desert," there being no water and nothing growing except sage brush. We drove through this for about 12 miles until we came to Shaniko, which is located about the middle of the desert and is also at the end of the branch line of the O. R. & N.

This seemed to be quite a busy little town as there are a number of freight wagons and stages which run out to the various small towns that are not reached by the railroad. This also seemed to be quite a shipping point for the big sheep ranches as there were car loads of wool at the warehouses ready for shipment.

We arrived there at 11 o'clock and it being the only place we could get water we filled our jug and watered the team and drove about five miles, stopping a little over half way across the desert and eating our dinner with not even a fence post for shade and not a stick of wood with which to build a fire to make a cup of coffee. Naturally, our dinner here was cut down to about 20 minutes.

Leaving this place about 1 o'clock we drove until about 4:30 p. m. when we had crossed the desert and were at the head of Cow Creek. Here we heard of a small place called Rutledge, it being the junction of the Shaniko, Madras and Prineville stage lines. We decided to stop there for the night, and arrived about 6:30 p. m., having driven 44 miles.

We had heard of the Deschutes, being a great fishing stream, and as it was just 44 miles we would make that our next camping place. Leaving Rutledge at 7 o'clock Tuesday morning we drove ten miles

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HARVARD WINS EASILY BOTH OF GREAT ANNUAL BOAT RACES

New London, July 1.—Harvard won both the four-oared and freshman races today, the four-oared race by three and one-half lengths and the freshman by ten lengths. The superiority of the winners was decidedly marked, and river conditions were fairly good. The time in the four-oared race for the two miles was: Harvard, 13:14; Yale, 13:24, the slowest time ever made in this event.

The freshman race was an easy win for the crimson. New London, Conn., July 1.—Great crowds lined the course of the Harvard-Yale annual boat races today, and the weather was propitious for the event.

William H. Meikleham, of New York, a Columbia graduate, will referee the regatta. While adherents of both universities are in jubilant spirits and are wagering much money on the success of their crews, the experts admit that it is difficult to predict the result of the varsity race. Most of them, however, give Harvard the shade. Yale seems confident of coming into her own again this year. She has a lot of unusually promising material, and the Yale spirit is not in the least daunted by defeat.

Harvard has at least as much confidence as has Yale, but even by the use of the differential calculus, the mathematicians from Cambridge are unable to figure that the sons of Eli have a lookin. through more sage brush country, which was a great place for jack rabbits, counting 19 the first half hour we drove. About the only thing of importance on this day's drive was the fact that nearly every farmer had to haul water from two to eight miles. Of course, those are all dry counties. So it is nothing strange to see a man on the water wagon.

We passed the towns of Madras, Haystack and Culver, and arrived at Cline Falls at the lower bridge of the Deschutes river. Here we found first-class accommodations and a beautiful river, filled with mountain trout. As we were told that the fish were biting well and our team was tired from a three-days travel we decided to stay over one day and rest our team and incidentally catch a few fish, which we did, catching 18 of the speckled beauties in a few hours, and could easily have caught the limit had it not rained quite hard. It was very fortunate for us that we chose this particular day, as it rained both nights and afternoon. It happened that we were in a good shed filled with nice, clean straw. This was the first rain that had fallen in this vicinity since early spring, consequently the farmers all wore a smile the next day, as it was a soaker of a rain. Most of the farmers in this locality irrigate their farms from small creeks and their crops cannot be excelled. However, the unirrigated lands are used mostly for sheep range.

Starting on our journey again on Thursday morning we drove sixteen miles to Sisters, arriving there at 11 o'clock and were disappointed to find that there were from two to sixteen feet of snow over the McKenzie river. However, we learned we could cross the mountains by way of the Santiam route, which, while being about 25 miles further, is considered as being a much better road, as 45 miles of it is a toll road which is kept in much better shape than any of the mountain road this side, there being at this time about twelve or fifteen men and four or five teams working on and improving it, filling in with gravel where the road was washed out and slashing brush and felling trees, giving the sun a chance to get in and dry up the mud. After eating lunch at Sisters we found we could go 16 miles to Cache Creek or thirty-two miles to Fish Lake. We decided on the former and stayed over night. The water at this place was so cold we could hardly drink it. Friday morning we left quite early as we expected to go over some big mountains. As it was thirty-two miles to what is known as the Mountain House, we thought it would make quite a day's work for our little team. About 8 o'clock we were on the east side of the summit about 14 miles. There we could see snow all over the highest mountains and in the deep canyons and drove over quite a few places where there was snow in the road. For two hours it was very cold and we had to walk several times to keep warm. We stopped for lunch about ten miles from the Mountain House. After lunch we drove about three miles up grade, then started down a very deep canyon, and as we kept going down and the canyon appeared so deep I remarked to my wife that I had to go down such a steep grade, that I expected to have to go over the summit the next day. We arrived at the Mountain House at five o'clock in the evening when we were happily surprised upon asking the proprietor how far it was to the

summit, and he says, "Young man, you have crossed the summit seven miles back." This hardly seemed possible to me as we had done so little climbing on the other side of the mountains. The fact is one can hardly realize the difference in the elevation of the Willamette valley and the Deschutes valley. After staying there over night and being nearly eaten alive by the mosquitoes, we again started down, and after going down for about half a day we stopped for lunch on the Santiam. Here I again tried fishing but had no luck. They saw me coming. In the afternoon we came through Lower Soda, which is at this end of the toll road. From there to Sweet Home, a distance of sixteen miles, we found very poor roads. It being mostly corduroy, and we also had quite a mountain to go over. Here we found a number of wild strawberries, red huckleberries and salmon berries, also a few wild blackberries. We stopped Saturday night at Crawfordville. Here we found a mill dam, and as the team was tired and it was late we wanted to camp, but decided not to camp by a dam site as the water was warm and not fit to use, so we drove down the river a short distance and found a good camping place.

We left there at 6:30 Sunday morning, June 20, and drove to Brownsville, eight miles, then to Coburg, twenty-two miles, and ate lunch, and arrived in Eugene at 3 p. m. We were quite glad to get to our destination, as we had traveled a distance of a little over two hundred and eighty miles and were a little less than seven days driving, as we laid over one day. We came through twenty-nine towns and stopping points. We had plenty of hay and grain for our team but had to pay as high as 3 1/2 cents per pound for oats and 2 cents for hay. But altogether, we had a very pleasant trip and enjoyed it immensely, coming through without an accident.

STINSON APPOINTED AS PRINTING EXPERT. Salem, Or., July 2.—Yesterday Governor Benson appointed L. R. Stinson as state printing expert. Mr. Stinson is a product of Salem, being raised here and residing in the Cherry City for the past 42 years. Stinson is well qualified for the position given him by the governor as he has been affiliated with the printing trades for the past twenty years. Aside from being an expert in the printing art, Mr. Stinson is the Grand Keeper of Records and Seals of the Knights of Pythias for the state of Oregon and is now entering in upon his eighth term in that office showing the esteem in which his brother Knights hold him.

FALLS CITY COUPLE EXPECTS TO CIRCLE COUNTRY ON PONIES. Falls City, Or., June 30.—Mr. and Mrs. Alvin Crebs left here lately for a long journey on their native Oregon ponies. They plan to stop a little while in Idaho, and then cross the plains and thence on to Michigan, where they will spend the winter with friends, and in the spring resume their journey, going down through some of the southern states, thence west to California and northward back to Oregon and this place. Their baggage is only what can be carried on the ponies they ride. They are in search of better health.