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AN INDEPENDENT PAPER.

FRIDAY, AUGUST 24

As to Hasty Meals

An interesting statement has been made by an official of the health department of Chicago. It is to the effect that the quick lunch restaurants are a menace to the public and cause all manner of domestic trouble. This man is reported to have said in this manner:

"The health department official cites his own experience as evidence. Once he patronized one of the places where long rows of men perched in wooden chairs, took their food from the iron support and voraciously absorbed coffee and rolls. Inoculated with the 'get full quick' microbes, retar Pritchard says he went home that night and scolded his wife. The next day he took a pledge.
 "More homes are wrecked and more trouble is brought into Chicago by the quick lunch restaurants than by any other institution in the city," declared the secretary. "They are the cause of most of the divorces filed in Cook county. Any married man who eats there will go home and fight with his wife and a bachelor gets a cranky and surly that no girl wants him around."

That man must be a dyspeptic. While it is true that it is far more pleasant to sit down leisurely for lunch, or any other meal, the vast majority of people are obliged to eat quickly, remarks the Boise Statesman. They get into the habit and it sticks to them. This is made necessary by the employment of the people. Those who work do not have time to spend an hour at a meal. Whether he be farmer, mechanic or clerk, the man who toils must get through his breakfast quickly; his lunch must be disposed of promptly, and his dinner goes in the same way. That is the rule of American life. While there are a great many who spend much time at their meals, the vast majority of people eat more or less hastily.

It is always claimed that hasty eating is injurious, but there is no proof of the assertion, unless this Chicago man's statement of his own experience is to be accepted as evidence that the claim is well founded. Millions go along through life eating their meals quickly and yet there is no hint of ill that they suffer in health. Indeed, indigestion is far more common among those who are so situated that they linger long at the table.

President Roosevelt is rendering odious the practice of fencing public lands. It should have been always so. It is the vilest form of greed. Uncle Sam throws open unoccupied public lands in Nebraska, Montana and other states to the people, disclaiming to collect a cent for the valuable grazing thereon. Not satisfied with owning large tracts acquired by unlawful means, cattle kings have fenced in public lands so that no legal settler could acquire them. They have also secured water frontage to the exclusion of others. This fencing business must stop. There is not enough land to go round. If cattle kings need such land then buy it from actual settlers who have acquired it lawfully.

There is no warrant for the revolution in Western Cuba and it is to be hoped that the government will suppress it speedily. The Cubans have a constitutional government through which all grievances, when there are

any, can be redressed peacefully. Since American arms liberated Cuba in 1898 the country has enjoyed repose and it should continue to maintain order.

Spanish Americans, such as the Chileans, are easily alarmed. Hence the panic in Santiago, caused in part by the shrieking of steam sirens and the supposed display of a black flag from the observatory. Apart from this panic the people of the stricken cities are displaying fortitude and composure.

There is no denying the fact that Eugene is growing. New houses are going up in every part of town—and when the company begins laying rails for the electric road things will fairly hum.

Did you take your own boy to the circus or borrow one from your neighbor?

Eugene's Water Supply

Harrisburg Bulletin: The citizens of Eugene are extremely happy since the final test of their drinking water was made by the state board of health and pronounced perfectly pure by that body. Eugene suffered a heavy loss by the condition of the water furnished her citizens during the last few years, not only by the death of a number of her citizens during the last year, but reports of the conditions existing there kept away a great many who under other circumstances would have located in the city. Eugene is one of the best towns in the valley, and we note with pleasure that the water company has perfected arrangements whereby they are enabled to furnish her citizens with good, pure drinking water.

Independence Enterprise: This paper is pleased to announce and the public is glad to know that the city of Eugene is now supplied with pure water. Eugene is a city everybody in the valley is proud of. She was leading in progress when her onward march was checked a year ago by the discovery of her very bad water supply. Now it's different. New wells have been sunk and water there meets the tests of scientific analysis obtained and again Eugene takes her place in the procession of progress.

Roseburg News: Eugene now has pure water, the state board of health having made a careful examination and having found that it is as pure as it is possible to have it in this region. This is good news and will benefit not only Eugene, but the entire state as well, for we cannot afford to have any more such epidemics as that which prevailed at Eugene last spring.

The Girl in White

She's a daisy, she's a hummer, she's a white rose of the summer;
 Oh, dainty latest comer, she's a vision of delight!
 She would charm a'en sages wary, cool and delicate and airy,
 Coming like a young snow fairy in the summer girl in white.
 From big hat to little slipper, and a gown for style a ripper,
 With lace shade and gloves all chipper; a soft veil tied 'neath her chin,
 She's a symphony in whiteness, a delicious dream of brightness.
 A sprite of grace and lightness who the sterner heart could win.
 How the summer's torrid anguish, how the heat which makes men languish
 Just her softest step can vanquish, as she beams upon one's sight.
 She's the queen maid of the season, past all argument or reason,
 And the world is her's to seize on—the sweet summer girl in white.
 —Baltimore American.

Leading S. F. Palmist Here

Mme. Heshnell, leading palmist of San Francisco, will be located at No. 67 West Fifth street, near Olive, Mrs. Knapp, from August 22 to August 30 inclusive. Madame has had 20 years' experience, giving very satisfactory readings. The name of the man or woman you marry is marked in your hands, also all business and other information. If you want a good, practical reading give Mme. Heshnell a trial. Terms reasonable. Hours 9 a. m. to 8 p. m.

Galveston's Sea Wall

makes life now as safe in that city as on the higher uplands. E. W. Goodloe, who resides on Dutton St., in Waxo, Tex., needs no sea wall for safety. He writes: "I have used Dr. King's New Discovery for Consumption in the past five years and it keeps me safe and well. Before that time I had a cough which for years had been growing worse. Now it's gone." Cures chronic coughs, la grippe, croup, whooping cough and prevents pneumonia. Pleasant to take. Every bottle guaranteed at W. L. DeLano's drug store. Price 50c and \$1.00. Trial bottle free.

Reserve Friday evening for Eugene Theatre orchestra dance.

Notice to Hop Pickers

Hop picking will begin at the Wm. Nees hop yard one mile above Springfield on Tuesday, September 4. Fine hop yard, plenty of slabwood on place, furnished free. Good water. Will pay 50c a box.
 WM. NEES.

Hop picking will begin at Major L. D. Forrest's yard, on the McKenize, above Watterville, Wednesday, August 23.

Hop picking will commence on the Patterson Island September 7th; a big yard and a long job; will be a store on the ground; groceries and vegetables furnished at Eugene prices. Will pay \$1 per hundred pounds. J. W. THORNSBURY d w s l

Hop pickers wanted on the lower half of the Campbell & Walker hop yard, conducted this season by J. R. Campbell. Will commence Wednesday morning, September 5. Wired yard, strictly clean ground and heavy hops, with little leaf. In bottom between road and railroad, a mile east of university. Yard went 2500 pounds to the acre last year and appears as good this season.

I will begin picking on Thursday, August 30. You are invited.
 W. R. WALKER.

Hop picking will begin Wednesday, August 23, at Palmer Ayers' yard.

I will commence picking hops on my place across the river, adjoining the Linton place, on Monday, August 27. Fine camping grounds, nice yard and near town.
 MAC SOMERVILLE.

Hop picking will begin at the Anderson yard, three miles northeast of Eugene, September 3. Will pay one cent per pound.

Hop pickers wanted at L. D. Forrest's yard three miles and a half above Watterville. Will pay 1 cent a pound, pasture furnished for horses and cows for families. Plenty of apples and fruit free. Yard is free from weeds, and on the bank of the McKenzie river, fine camping grounds. There will be a dance free for the pickers twice a week with good music. Picking will begin Wednesday, August 29.

Families desiring an outing please communicate with me at Leaburg.
 L. D. FORREST.

Hop picking will begin at Miller Bros. hop yard September 1. Pickers are wanted.

Hop picking will begin about the 3rd day of September at the old Gompf yard, five miles down the river road. Will pay one cent per pound.
 WM. FORRESTER.

Hop picking will begin at my yard September 4th. Three weeks' picking or more. Please let me know when you want to be moved. Farmers 12x2.
 P. PENNINGTON.

Picking will begin in my yard the first week in September. All persons who have picked for me in past years, also new pickers, kindly send in their names immediately that I may reserve a place for you.
 EDITH B. LINTON.

Hop picking will commence at the Prosley Cheshire yard September 8. Wood furnished on the ground.

Eugene-Fall Creek Stage

Barnard & West stages now leave Eugene and Fall Creek each morning except Sunday, returning in the afternoon.
 Leave Eugene at 6 a. m., arriving at Fall Creek at 10:30; leave Fall Creek at 2 p. m. and arrive at Eugene at 6.
 Leave Fall Creek at 7:30 a. m., arriving at Eugene at 12; leave Eugene at 2:30 p. m. and arrive at Fall Creek at 7.
 Leave orders freight and passengers at office stables, Eugene and Frank Blair, Fall Creek.

Plenty of Brick

A. W. Roam now has a large supply of first-class brick on hand for the retail trade. Call at the yards, near the Allen cannery.



See our fine Standard Paragon sewing machine at only \$19.50 and \$21.50, fully guaranteed in all respects. You can try them before you buy them, and I think you will agree with me that they are wonderfully good machines. 33 East street Ninth.

Eastern Excursion Rates

June 4, 6, 7, 23, 25, July 2, 3, August 7, 8, 9, September 8, 10. On the above dates round trip tickets will be sold from Eugene to St. Paul and Missouri river points for \$63.75, St. Louis \$71.25, and Chicago \$75.25. Limit, 90 days. Call at the local ticket office for particulars.
 G. ADAIR, Agent.

Three Facts for You to Consider

A shoemaker by trade can select good shoes, where others rely on statements made by the seller.

A shoe house paying heavy rent and other heavy expenses puts the additional price on the stock you buy.

If you will study the facts above you can plainly see why it is a fact we save you money and give you goods that wear.

Miller's Shoe Store

41 West Eighth Street
 East Room in Schneider Block Half Block W of Postoffice

CIGARS Julius Goldsmith

CALL UP PHONE MAIN 68

And get your MEAT delivered to any part of the city at any time of the day by special delivery.

E. T. BUSHNELL
 277 13th and Patterson Sts.

A. LOMBARD,

Dealer in
 Cement, Lime, Hard Wall Plaster.

Contractor for all kinds of mason work.
 Enquire of Billmie Bros., Drymen.

Aya & Son

For Your Plumbing, Tinning and General Repairing.
 No. 31 W. 8th St. Phone Red 135

S. B. Finegan

General Blacksmithing
 Makes a specialty of fine horseshoeing and placing of rubber tires on buggies.
 Cor 8th and Olive Sts

Office Phone Black 1141
 Res. Phone Red 2742

Williams Co. Transfer

Light and Heavy Hauling
 WOOD FOR SALE
 405 Willamette St., Eugene, Oregon.

The Oregon Fire Relief Association of McMinnville

Will save money for you. If your insurance is about to expire see J. H. Daniel, Lane county agent, and learn how we save you fifty per cent on your insurance. Brick buildings a specialty.
 Eugene Office, McClung building room 8, opp. Loan and Savings Bank.

When you break your bike just take a hike and look for Mike. He will fix it good for prices right.
MIKE WALD'S Repair Shop,
 In rear of Chambers' Hardware Store, 152 Olive Street

Eugene Transfer Co.

Successor to Clarke
 All kind of hauling and team work. Piano moving a specialty. Wood for Sale. Storage.
 Office—1st street, south of Loan and Savings Bank
 Office Telephone Red 1011. Res. Phone Red 1011.

S. E. STEVENS,

Will attend to Piano and Organ tuning and repairing.
 Careful work and reasonable charges.
 Leave orders at Rankin's Music Store, or residence, 134 West Twelfth street.
 Phone, Red 795

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 1 to 6 times, per issue, 1 cent
 per word first issue, 1/2 cent
 per word each subsequent insertion.
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 GUARD PRINTING CO. Inc.

FOR SALE

FOR SALE—One hundred acres of land near city limits. For particulars call on owner at 52 East Ninth street, Eugene, Or.

FURNITURE FOR SALE—A great bargain; an almost new complete housekeeping outfit for a small family. Must be cash sale. Call at 31 West Sixth street afternoons.

FOR SALE—One of the finest cottage houses in the city. Fine flowers, fruit and garden. Call and see the place. 376 West Sixth street.

FOR SALE—Three horsepower Backus water motor. Call or address the Guard, Eugene, Oregon.

FOR CHOICE LOTS—On north side of West Sixth street, known as the Parkerson & Quimby addition; full bearing fruit trees; cheap, terms to suit; see D. M. Parkerson, 114 Blair street, or A. E. Wheeler, at the abstract office.

FOR SALE—Ten-room modern house, on 8x160 foot lot with fruit, only one block from Willamette street; very cheap if sold soon. Investigate this. Call at 407 Oak street.

HORSES FOR SALE—Three young, well-broken horses, weight about 1300. Apply to J. N. Cobb, 264 West Seventh street.

FOR SALE—A piece of Eugene business property under five year lease to good tenant, paying ten per cent on price asked, monthly in advance, and tenant to make all repairs during term of lease, offered for sale. See or address J. R. Campbell, Eugene.

FOR SALE—I have decided to sell my Altamont Driving mare. She is sired by Altigo, with a record of 2:08 1/4, and dammed by Satisfette, with a record of 2:20. She is star and bred on both sides. She has great speed and is kind and gentle. A lady can ride or drive her any place. Price, \$300. Phone or write Frank E. Blair, Fall Creek, Oregon.

FOR SALE—Fine young horse, works anywhere; kind and true. At 312 East Eighth street.

FOR RENT

FOR RENT—Three furnished rooms for light housekeeping. Inquire at 683 Oak street.

FOR RENT—One room for store down stairs and the whole upstairs of new building on Seventh street. P. A. Rankin.

WANTED

GIRL WANTED—Girl or woman wanted to do chamber work. Enquire at Howe's lodging house.

WANTED—An experienced clerk at Geo. Hall Son's.

WANTED—A girl to pack candles at Otto's confectionery store.

WANTED TO BUY—National cash registers. Highest cash price paid. State serial number and price expected and buyer will call promptly. P. O. Box 458, Portland, Or.

WANTED—One middle aged man for a life job; good pay. Also two boys, pay every night. At Eugene Chemical Works Monday morning.

WANTED—500 men and women to draw salary while disabled from sickness or accident. Inquire of A. J. Sheridan at the Garrett real estate office, 547 Willamette street.

MISCELLANEOUS

PURE WATER—Pure water from bed-rock wells. I can bore or drill one for you cheaply. Why not have the best water? Call on or address J. E. Kilborn, 219 Jefferson street, phone black 2872 or C. E. Gordon, 1106 Villard avenue, Fairmount, telephone Red 1592.

The End of the World

o' troubles that robbed E. H. Wolfe, of Bear Grove, Ia., of all usefulness, came when he began taking Electric Bitters. He writes: "Two years ago kidney trouble caused me great suffering. I would have never survived had I not taken Electric Bitters. They also cured me of all stomach, liver and kidney complaints, blood diseases, headache, dizziness and weakness. I feel like a new man." Price 50c. Guaranteed by W. L. DeLano's drug store.

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 The Kind You Have Always Bought
 Bears the Signature of *Dr. J. C. Williams*

PROFESSIONAL COLUMN.

MINING ENGINEERS

HERBERT LEIGH, mining engineer, expert metallurgist. Reliable information furnished to intending investors. Examination and reports on mines and ore treatment. Eugene Oregon.

UNDERTAKERS

DAY & HENDERSON, undertakers and embalmers, Corner Willamette and Seventh streets.

W. T. GORDON, funeral director. State licensed embalmer. Residence 625 Olive st. Phone black 43. Office in Gordon block, 9th and Olive sts.

CONTRACTORS

L. N. RONEY, contractor, dealer in cement, lime and bad wall plates.

PHYSICIANS and SURGEONS

MRS. ANNA MAURER, osteopath physician. All curable diseases treated. Women and children a specialty. Offices over F. E. Dunn's. Phone red 1631.

DR. M. G. E. HENNETT, successor to Dr. H. E. Penland, osteopathic physician. Acute and chronic diseases treated. Office corner Seventh and Willamette sts. Phone red 1371. Residence red 4602.

DR. GEO. WALL, surgery and general practice. Office—Roney building, over telephone exchange, Eighth street. Phone black 1601. Residence address, room 1, Hall building, Ninth street, Eugene Oregon.

DR. McDOUGAL, physician and surgeon. In addition to general practice special attention given to diseases of women and children. Office over Preston & Hales. Phone black 1631.

W. O. PROSSER, physician and surgeon. In addition to general practice of medicine and surgery special attention to all diseases of the ear, nose, throat and eye. Residence, corner 14th and Pearl streets. Office, Beckwith building. Telephone—Office, Black 1291; residence, Red 501.

VETERINARY SURGEONS

DR. J. CHRISTIE, veterinary surgeon, M. R. C. V. S., Edinburgh, Scotland. Secretary and treasurer of the board of veterinary medical examiners. Domestic animals of all kind treated on scientific principles. Located at Bangs' stable, Eugene. Res. corner 10th and Olive. Phone red 2611.

ATTORNEYS AT LAW

LEON R. EDMUNSON, attorney-at-law. Rooms 1 and 2, Eugene Loan and Savings Bank.

WILLIAMS & BEAN, Attorneys-at-law. J. M. Williams, L. E. Bean. Practice in all the courts of the state and before the U. S. Land Office. Offices 12, 13, 14, 15, McClung bldg.

THOMPSON & HARDY, Attorneys-at-law. H. W. Thompson, C. A. Hardy. Office over Yoran's Shoe Store Eugene Oregon. Practice in all the courts.

L. HILYEC, Attorney-at-law. Office over Yoran's shoe store, Eugene, Oregon.

L. M. TRAVIS, Attorney-at-law. Office over Eugene Loan and Savings Bank, Eugene, Oregon.

WALTON & NESS, Attorneys-at-law. J. J. Walton and S. P. Ness. Will practice in all the courts in the state. Office, Room 3, Walton Block Eugene, Oregon.

GEO. B. DORRIS, Attorney-at-law. Office west side of Willamette street, between Ninth and Tenth streets.

BOWER & MARTIN, Attorneys-at-law. J. H. Bower, Wm. G. Martin. Will practice in all courts. Over Chambers-Bristow Bank, Eugene, Oregon.

S. D. ALLEN, Attorney-at-law. Room 1, First National Bank Building, Eugene, Oregon.

I. N. HARBAUGH, Special attention given to divorce and settlement of estates. Agent for Continental Insurance Company, Room 5, 1st National Bank Building, Eugene, Or.

WOODCOCK & POTTER, attorneys-at-law. A. C. Woodcock, E. O. Potter. Office one block south of Christian Block, Eugene, Oregon.

In Self Defense

Major Hamm, editor and manager of the Constitutionalist, Eminence, Ky., when he was fiercely attacked, four years ago, by a pile, bought a box of Buckle's Arnica Salve, of which he says: "It cured me in ten days and I trouble since." Quick-healer of burns, sores, cuts and wounds. 25c at W. L. DeLano's drug store.

To Hop Growers

Orders for hop checks and tickets should be filed early as there is always a rush at the last moment. Don't wait until you are ready to begin picking before ordering your tickets.

GUARD PRINTING CO.

Jenny.—Treatment for pimples and blackheads call for absolute cleanliness. Pimples show that the body is absorbing poisonous substances and needs Hollister's Rocky Mountain Tea. Tea or tablets 35 cents. Linn Drug Co.

Lawn and porch chairs will be sold at cost for 30 days. See north show window.

Chambers' Hardware Co.
 All the news fit to print—in the Daily Guard. Fifty cents a month by carrier.

Munroe's Second Hand Store

67 W. Eighth St.
 Just received a complete line of double cone steel constructed, soft edge Couches. The upholstery is of Value in attractive designs of Red, Green and Tobacco Brown. The filling is of Tow with Cotton Top. The springs are of the best all temper, cold rolled steel, covered with a heavy duck, with turned or claw feet.
 EUGENE, OREGON

LUSTRE

FINISH preservative and cleaner for pianos, musical instruments and furniture. It removes all specks, ink stains and dirt and restores the original lustre and finish to any highly polished surface. It is "the best ever." Sold by F. A. Rankin, the piano man.

Vincent's Restaurant

37 W. 8th St.
 Good, substantial meal for only 15 cents. Try us and get your money's worth.

Loggers Wanted

Wanted, 20 loggers, at \$2.25 to \$3.25 per day.

M. McLaughlin, Watterville, Oregon.

CHAPPELL & GIRARD

Successors to G. W. Taylor
HOUSE MOVING
 On all kinds and descriptions. Prices reasonable. Give us a chance to give you an estimate on your work.
 131 West 34 Street. Phone Red 272

HALL & SHUMWAY,

Carry a full line of plumbing fixtures. Plumbing and sewer work.
 Also general jobbing in tin and sheet iron work. Iron work promptly attended to.
 Phone Black 1201. 480 Willamette.

O. R. & N. THE

BEST TIME SAVER

Franklin was right when he said: "Lost time is never found again." The O. R. & N., in addition to giving you 200 miles along the matchless Columbia river, saves you 17 hours to Chicago. It is the Short line to Lewiston. Short line to the Palouse country. Short line to Spokane. Short line to the Coeur d'Alene country.

Short line to Salt Lake City. Short line to Denver. Short line to Kansas City. Short line to Omaha. Short line to Chicago. Short line to all points east. Three trains east daily, 9:15 a. m., 8:15 and 6:15 p. m. The "Chicago-Portland Special" is as fine as the finest. Every comfort of home.

For particulars ask any agent of the Southern Pacific Company or write, A. L. CRAIG, General Passenger Agent, Portland, Or.