



A NICE LITTLE MEAL AT THE THEATRE CAFE

It is always appreciated, where you get everything so appetizing and toothsome these June mornings, when your appetite is fickle. When you want to treat your friends, your wife or your sweetheart to a meal that is cooked to the Queen's taste, bring them to the Theatre Cafe.

A New Set of Chairs

Why do you have OLD SHABBY CHAIRS in your home, when you can make them GOOD AS NEW for only 50c? A can of Chinamel will work wonders in your home. See that the Chinaman is on every can. See our west show window. ASK TO SEE OUR NEW WALL PAPER.

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Furnish your new home properly. Don't slight the gas fixtures. We do all kinds of reliable plumbing and tinning work. Call and let us estimate on your work

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BEFORE buying real estate call up or come to Springfield, the best town of its size in the valley, the best railroad center and the best water power in the State. Farms of all sizes and descriptions, also city property for sale.

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WILLAMETTE Meat Market Under New Management First-Class Fresh and Salt Meat Always on Hand Phone in Your Order

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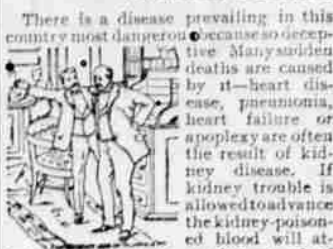
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BETTING & HENDERSON MASONS. All kinds of brick, stone and cement work promptly and neatly done. All work guaranteed. Residence 921 Willamette Street, 131 West Fourth Street. Phone Red 4117.

The Cause of Many Sudden Deaths.



There is a disease prevailing in this country most dangerous because so deceptive. Many sudden deaths are caused by it—heart disease, pneumonia, heart failure or apoplexy are often the result of kidney disease. If kidney trouble is allowed to advance the kidney-poisoned blood will attack the vital organs, causing catarrh of the bladder, or the kidneys themselves break down and waste away cell by cell. Bladder troubles almost always result from a derangement of the kidneys and a cure is obtained quickest by a proper treatment of the kidneys. If you are feeling badly you can make no mistake by taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

It corrects inability to hold urine and scalding pain in passing it, and overcomes that unpleasant necessity of being compelled to go often through the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. Swamp-Root is pleasant to take and is sold by all druggists in fifty-cent and one-dollar size bottles. You may have a sample bottle of this wonderful new discovery and a book that tells all about it, both sent free by mail. Address, Dr. Kilmer & Co., Binghamton, N. Y. When writing mention reading this generous offer in this paper. Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.



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Frank Bennett & Son Garage Pearl and 12th. Phone Red 1711. Reo, Kissel, Kay, Premier, Ford. The best cars for the \$1000, \$2000 and up. Cars for hire.

LOWER SIUSLAW NEWS OF THE PAST WEEK

The school at Acme commences on Monday with Miss Gertrude Schreuders at the helm.

School commences in the Clear Lake district Monday with Mrs. Myra Gibbs as teacher.

Mrs. Jos. Fellman and children departed Monday afternoon for their home in Eugene after a two-months' visit with her parents in Florence.

E. E. Orton, of Junction City, is leaving after business on the Siuslaw this week. He is working for the United Wireless Telegraph Company.

The school at Point Terrace closes next Friday. The parents of the pupils speak very highly of the teacher, Miss Gertrude Hamble.

The Deadwood school board has engaged Miss Gertrude Hamble to teach the fall term in that district, to commence September 14.

Miss Nellie Farnish, private secretary of Dr. Brougher, pastor of the White Temple, Portland, arrived yesterday to spend her vacation with her parents.

Miss M. H. Holstrom, head nurse of the Eugene hospital, arrived at Acme yesterday morning to spend her vacation at the residence of I. B. Cushman.

Miss Louise DeSpain, of Cottage Grove, has been in Florence this week. She delivered a lecture to women at the Evangelical church on Wednesday afternoon.

Mr. and Mrs. C. H. Young came down from Mapleton Tuesday to spend a few hours in Eugene. Mr. Young returns to Eugene each week for several months.

Work is being pushed at the Ross Hill cemetery to get things ready to open season as soon as possible. The dust is driving near when the big run of automobiles usually arrives and it is necessary to have everything in the best order before they come.

A government inspector is now engaged in examining the township in Decora precinct that is now being surveyed. There are quite a number of settlers in the township, some of whom have resided there for twenty years. The inspector is ascertaining the character of the land and taking the description of the tract claimed by each person.—The West.

CLASSICS FOR THE TEACHERS

Salem, Sept. 9.—Superintendent Ackerman yesterday sent out a circular giving the sources of examinations for 1909.

It is the purpose to have teachers master at least three English classics before attempting to teach. The nature of the questions is such that it will be impossible for teachers to pass unless a careful study has been made of the works specified in the circular. Following are the sources of questions:

February, 1909:— A. One-half from texts: Newcomer's English Literature and Newcomer's American Literature.

B. One-half from the following classics: 1. Lowell, the Vision of Sir Launfal (Riv. lit. ser.), Houghton.

2. Webster, the First Bunker Hill Oration (Riv. lit. ser.), Houghton.

3. Scott, Marmion (pocket classics), McMillan.

August, 1909:— A. One-half from texts: Newcomer's English Literature and Newcomer's American Literature.

B. One-half from the following classics: 1. Shakespeare, Julius Caesar (Riv. lit. ser.), Houghton.

2. Ruskin, Sesame and Lilies (Riv. lit. ser.), Houghton.

3. Carlyle, Essay on Burns and Burns' Poems (pocket classics), Macmillan.

4. Geography—One-fifth state course of study, four-fifths from Redway & Humm.

5. Grammar—One-fifth from state course of study, four-fifths from Beuhler.

6. History, United States—One-fifth from state course of study, four-fifths from Beuhler.

THE FIGURE.

How Too Much Fat May Safely Be Reduced at Home.

"Oh, that this too, too solid flesh would melt!" cry the ladies nowadays as they try to squirm into a princess frock. How much would the too generously proportioned dame not give up for four inches less in the waist as she compares herself with the more fortunate one hundred and twenty-five pound sister. Various devices are suggested to arrest the flesh producing tendency and keep the figure trim, including exercising, walking and dieting as well as numerous patented remedies, but there are objections to all of these. Exercising is hard work and takes up precious time; dieting is distasteful and a real punishment; and most of the patent remedies are dangerous to health.

The very best thing for the overweight, whether male or female, is a simple home recipe. It is Marmolol, 1/2 oz. Fluid Extract Cascarilla, 2 1/2 oz. Peppermint Water, which can be obtained of any druggist of small cost. This should be taken a teaspoonful at a time after meals and at bedtime, and results will be both speedy and certain. This is a harmless mixture that cannot irritate or any stomach troubles nor cause the dreaded sickening appearance of those who starve or take "patent reductions" to get thin. On the contrary, although it often takes the fat off at the rate of a pound a day, it is really very beneficial to the system, clearing the blood and causing the complexion to become fair and beautiful. The cost of the three ingredients is a mere bagatelle, and one may, if they prefer, get them separately and mix them together at home.

fifth from state course of study, four-fifths from Beuhler.

7. Orthography—Reed's Word Lessons.

8. Physical Geography—Tarr's New Physical Geography.

9. Physiology—Krohn. Hutchinson.

10. Reading—State course of study, White's Art of Teaching, oral reading.

11. School Law—School Laws of Oregon.

12. Theory and Practice—White's Art of Teaching.

13.—Writing—Outlook Writing System, tests in Writing.

14. Algebra—Wells: Algebra for Secondary Schools.

15.—Bookkeeping—Office Methods and Practical Bookkeeping, Part I.

16. Composition—Herrick & Damon.

17.—Physics—Millikan & Gale; a First Course in Physics.

18.—Psychology—Buell.

19. Botany—Hergen: Elements of Botany.

20. Geometry—Wentworth: Plane and Solid Geometry; questions on plane geometry.

21. History, General—Myers; General History.

MONMOUTH TEACHERS COME TO EUGENE

The many friends of the Oregon State Normal no doubt have noticed press accounts of the changes in the faculty for the coming year. A. F. Campbell, for the past fifteen years a faithful teacher, has left the profession and now has a law office in Eugene. Mrs. Ellen M. Pennell, after some ten year's service, goes to the University of Oregon for work in English with Mrs. Carlson. Mrs. Pennell will also have charge of a ladies' dormitory. L. A. Robinson will spend a year in California before returning to her work here. Miss Smith, who has been connected with the T. S. N. for several months as librarian at Western. It is needless to say these teachers will be greatly missed by the student body and all connected with the school. They have, by their kindly sympathy and many acts of helpfulness, won a place among the students that only comes from years of actual service. All teachers they had the respect and confidence of all.—Monmouth Herald.

FOR SALE, EXCHANGE OR LEASE

Having concluded to retire from the lumber business I offer for sale, lease or will exchange for Eugene or Portland income property, my sawmill, sawmill site, booms, lumber sheds, office, planers, dry kilns and all tools connected with the business. Mill located at river bridge in the centre of Eugene city, east and west, and only three blocks from the S. P. R. R.

This is a fine opportunity for some one to go into the lumber business, as there is always a big local demand for all slabwood, sawdust, shavings, cull lumber, as well as the better grades of lumber. Logs are cheap, labor cheap, lumber high. A good millman can make this property pay for itself in two years, and if he will operate day and night in one year. Greatest opportunity in this part of Oregon for a mill man; best located mill in the state. Capacity, 20,000 feet in ten hours.

When you have this mill you are at the market. Planer and dry kiln—everything needed to make lots of lumber and lots of money. Give this your early attention if interested in a lumber proposition. I am sure you cannot beat it in the state. The quicker you act the surer you are of making your fortune, for this is a chance in a lifetime.

M. S. BARKER, 333 Pearl street, Eugene, Or.

FOR BETTER ROADS.

(To the Editor).— Building good wagon roads is like taking a dollar out of one pocket and putting two in the other. The community that undertakes the building of a good road, at the end of the job has all the money the road cost and the road also. There is practically no money spent that is carried beyond the immediate neighborhood. For more money will be sent into the community by non-resident taxpayers than will be carried away for any purpose. This is why I say building a good road is like taking a dollar out of one pocket and putting two dollars in the other. Better than that, to the man who owns land near or adjacent to the improved road, it is like taking a dollar from one pocket and putting five in the other. At the end of the job the landowner has the road and five times as much money as he started with. The value of his land, absolutely the best investment that any undeveloped community can make is the improvement of its wagon roads and I would like to see Lane county spend \$250,000—or even \$400,000—on improving the roads from the Hot Springs on McKenzie to Mapleton, on Siuslaw. Such an improvement would make all the magnificent summer resorts of Lane county accessible to the public and attract thousands of non-resident capitalists who would spend their money in our midst and help develop our latent resources. On such a road gasoline and steam traction engines could bring freight from Siuslaw in competition with present transportation rates. Freight now comes from San Francisco to Siuslaw on lumber schooners at \$2.00 per ton and less and the use of traction engines in bringing freight from Siuslaw Bay to Eugene would result in getting terminal railroad rates for Eugene and thereby save to the people of Lane county in two years the entire cost of improving the wagon road.

GEO. MELVIN MILLER.

B. C. MORGAN'S FURNITURE FACTORY.

Furniture manufactured for wholesale or retail trade. Factory at east end of Fifth street. Remaining selected. Phone Black 5291. Residence phone, Black 5501.

GRAND FALL OPENING Friday at 2 p. m. September the 18th

of the latest and most up-to-date Ladies' and Gents' Suit and Furnishing House. Everything new and nobby. The best of everything and everything the best. Something Eugene has needed and wanted for years. The people have wanted it, and now we are going to give them their wants. You won't need to go East to a larger city. We will have the latest and best that fashion can produce. Wait for the opening of Eugene's Fashion Parlors.

Opening Friday September the 18th No Goods Sold till Saturday the 19th

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In The BON MARCHE Building 538 and 540 Willamette Street.



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when your clothing is looked after by our expert assistants. Cleaned perfectly, pressed properly, delivered promptly, and our charges by their little-ness make satisfaction an assured fact.

Everything possible in Cleaning and Dyeing

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YOUR HORSE GETS LITTLE ENOUGH

for all the work he does. To keep him well shod is really a necessity, for if he goes lame you lose in service. You are invited to bring him here the next time he needs shoeing. We do nothing but first-class work.

Burbach & Bristow 531 Olive St.

THE PEOPLE'S RESTAURANT 7th and Olive Sts.

is now opened under new management. We have thoroughly cleaned and renovated the building throughout, remodeling it in many ways. The dining room has been newly painted and papered and we are in a position to guarantee the best meal in the city for 20c.

Good coffee and fresh meats a specialty. Chicken dinner on Sunday, 25c. Give us a trial and we will do the rest. Meal tickets for week, 21 meals, \$2.50. Female help in kitchen and dining room.

MRS. A. WADE & CO., Props SEVENTH & OLIVE STS.

Williams Transfer Co. Light and Heavy Hauling WOOD FOR SALE

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