

Independent and Oregonian Two Dollars.

Hillsboro Independent

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RED CROSS TANSY PILLS. ARE PERFECTLY HARMLESS, PURELY VEGETABLE. (excepting the tonic iron they contain) safe and sure as a monthly regulator.

Extraordinary! Independent is \$1.50. Oregonian is \$1.50. Independent and Oregonian one year for \$2.00.

Diabetes Cured! Scrofula Cured. A New Being Created! Dear Sir: If you could see the writer of this letter and note the wonderful change that has been effected in his case...

EXERCISE FOR WOMEN AND GIRLS.

An eminent physician recently declared that the best exercise for women and girls was to be found in household employments. While advocates of advanced ideas for women may at first glance look upon this as a desire to confine women strictly to housework, sober second thought and a little investigation will show that the older doctor was not far from right.

Some years ago there was literally an exercise craze. People went wild over health-lifts, pulleys and weights, and similar devices, and many a wrecked constitution attests the enthusiasm with which this craze was entered into.

One of the best forms of muscle-training imaginable is that of swinging the arms and the feet. This may be done before dressing in the morning and upon retiring at night. Simply make a windmill of the arms, then stand upon one foot and swing the other back and forth as rapidly as possible for about thirty seconds, then change and repeat.

Several of her comrades have tried the experiment with equally good results. The greatest trouble in exercises is that the simple ones, those that can be taken without rigging or appliances of any sort, are thought to be too simple to be worth trying. Unless managed with the greatest care, almost all gymnastic exercise is likely to be overdone.—New York Ledger.

DR. PRICE'S Cream Baking Powder. Most Perfect Made.

NEW YORK SUN'S CATECHISM.

Do you see the man? I do see the man. Who is the man? Grover Cleveland. Who is Grover Cleveland? The President of the United States. How did he get there? The democratic party put him there.

Do democrats favor this combination? No, no, no. Why don't they spit on their hands and take another hold. Their hands are tied. They can't do anything.

Doublet Compliment. "There's one thing about your boarding house," said the fresh guest. "Living here increases one's appetite for a dinner here I go away hungry as a bear."

Has Saved His Life! MARVELOUS CURE! HARNEY, OREGON, April 20, '94. O. W. H. MFG. Co., Portland, Ore.

THE WHEAT APLIS.

Along with the tent caterpillar and the numerous fruit pests that annually invade the orchards comes the new little green insect, which, writes the Yamhill Reporter, by common acceptance is called the wheat aphid, to bother or at least threaten the wheat. Henry Gee picked a few stray heads from a field of oats near his residence Tuesday that were thickly covered with the prospective pest. But little is known of its habits or destructive-ness. It has a green body with six legs and two horn-like appendages sticking upward from its body.

The presence of fences is against this procedure, but it is the best, in fact the only remedy known to entomologists. Experience in the East has shown that this aphid may ruin a wheat crop one season, and not be seen again in that locality for many years. Whenever the aphid turns a dark color—either brown or black it means that it is doomed. This is caused by the work of the parasite, which deposits the egg inside the aphid, the egg hatches and the larvae feed on the tissues of the body of the aphid producing the death of the latter. The parasite finally emerges as a wasp-like insect to repeat its good work. Although its existence was observed 17 years before, the grain aphid first appeared in great numbers in 1881, spreading over New England, all of New York except the western portion, Northwestern Pennsylvania and portions of Canada. Every grain field was invaded and many of them thronged. In many cases the wheat crop was reduced one-half, and the oat crop hardly paid for harvesting. The following year it spread over the remaining portion of Canada and into Michigan, and then disappeared. In 1883 it appeared in great numbers in California doing considerable damage to wheat, one man reporting that the yield of his spring wheat was diminished one-half by the ravages of the pest. It was prevented from multiplying by late rains to the extent that damage was scarcely perceptible in other counties. April 29th and May 2d and 3d large flights of the winged variety were noticed in Sacramento, but disappeared after the rains of May 4th. In nearly every instance where the pest has appeared it has been met by a host of parasites, flies and lady beetles, and if it has not been at once checked, have prevented its appearance the second year. In many cases these natural enemies have prevented it entirely from damaging grain.

Cranes' Troubles. The following from the Condon (Gilliam county) Globe, tells of the tribulations of a man well known a few years ago in this county. Crane's Washington county acquaintances will sympathize and laugh at his luck. "Sometimes it is difficult for even a newspaper man to avoid getting into a scrap. R. W. Crane, of Mayville, being dissatisfied with the result of the election, concluded to seek relief through a row with the editor of the paper. We learned Tuesday morning that Mr. Crane said he was coming to Condon to have a row with the editor. He got it—also some court-painter after the row terminated. Although we have not yet recovered from a month's slough of pneumonia, we made the argument, exceedingly warm for him and accommodated him to the

Electric Bitters. This remedy is becoming so well known and so popular as to need no special mention. All who have used Electric Bitters sing the same song of praise—a purer medicine does not exist and it is guaranteed to do all that is claimed. Electric Bitters will cure all diseases of the liver and kidneys, will remove pimples, boils, scrofula and other affections caused by impure blood, will drive malaria from the system and prevent as well as cure all malarial fevers. For cure of headache, constipation and indigestion try Electric Bitters. Entire satisfaction guaranteed or money refunded. Price 50 cents and \$1 per bottle at Hillsboro Pharmacy.

Prospective. Some tired teachers in one of our schools for whom the small boy had been making life a burden were discussing the situation. Said one: "Well, we won't have them in the next world drumming their feet or doing something to disturb us all the time." To which another teacher replied: "No, but they can flap their wings."—Chicago Inter-Ocean.

Keeping Young. A bright woman, who is the mother of six young "hostages to fortune," and is yet fresh and fair, though obliged to do a great deal of planning to make things in her household come out even, was asked recently what she did to keep herself looking so young. "Ten hours' sleep, funny papers, good novels, and the society of bright people is my medicine," she said in reply. "Then I eat no highly seasoned dishes, very little meat, plenty of vegetables, fruit and coffee. I use water copiously, outside and in, and I am a happy woman. My sense of the ridiculous is my only tonic." It sounds simple enough, certainly.

Real philosophy seeks rather to solve than to deny.—Baird.

OVER THE STATE.

George A. Young, of Wasco county has sold his entire clip of wool, amounting to about 70,000 pounds, at private prices. Wednesday showed the best returns from the fishwholes and nets at The Dalles of any day of the season. Stone's wheel caught eleven tons.

The Craddock brothers, of Grant county, are gathering up some more horses for shipment to Georgia. They have had better luck in southern markets than any other.

Ematilla county populists are talking of establishing populist stores at different points in the county, a percentage of the profits to be used in disseminating "reform" literature. Of course there is no provision for losses.

The St. Helens Mist reports that hardly a barn or outhouse on Sauvie Island is left in its proper shape. The receding waters reduces the island to a spectacle of uniform ruins which will require months to re-establish. A great many houses also suffered greatly from the flood.

Libbie Lamont, living at Golbe in Columbia county, went hunting the cows. She was walking a log and fell off and there lay in the woods insensible for most of the day. In the evening she returned home to report her misfortunes. This the Mist tells.

For several days the Hood River growers have been shipping berries to the eastern market to the amount of about 800 crates per day. This has been terrible uphill work, as the berries have been shipped to The Dalles by boat, where they were loaded on wagons and hauled several miles to be again loaded on boats and carried to Ematilla, and then loaded on the train for eastern markets. This has been a gigantic undertaking and one that only an organization with the enterprise of the Hood River Fruit Union could have grappled, but well directed co-operation will always win the day.—Pacfic Farmer.

The many attempts to break the co-operative move of the Mount Labor fruit growers prove unsuccessful, and the one that stuck with the union received 3 cents for berries during the entire week. Outsiders sold as low as 2 cents, and some of the dealers in order to break the union bought berries at 3 and sold at 2, but we are happy to say that the scheme did not work, and those who demanded it were able to keep up the price.—Pacfic Farmer.