

Sheriff's Sale

Entered at the Postoffice at Hillsboro, Oregon, for transmission through the mails as second-class mail matter.

Delinquent Tax, 1904.

BY D. W. BATH

By virtue of a warrant issued by the County Clerk and Sheriff of the County of Washington, Oregon, commanding the County Sheriff to collect the delinquent tax for the year 1904, in the manner and form of the said warrant, the following described real property on which the delinquent tax is due, is offered for sale at public auction to the person who will pay the taxes, costs and charges thereon, and take a certificate at the lowest rate of interest, therefor, the following described real property, to-wit: Adams, Henrietta A. Taylor-Lots 1 and 2, block 12, Cornelius, 11.12

By virtue of a warrant issued by the County Clerk and Sheriff of the County of Washington, Oregon, commanding the County Sheriff to collect the delinquent tax for the year 1904, in the manner and form of the said warrant, the following described real property on which the delinquent tax is due, is offered for sale at public auction to the person who will pay the taxes, costs and charges thereon, and take a certificate at the lowest rate of interest, therefor, the following described real property, to-wit: Adams, Henrietta A. Taylor-Lots 1 and 2, block 12, Cornelius, 11.12

Table of land parcels with columns for owner name, address, and amount. Includes entries for Greger, Gustave and Frank Stauber, Larson, Nels, and many others.

A NAP AFTER A MEAL MODERN FOOTBALL

ONE OF THE BEST ITEMS IN THE LIST OF LIFE PRESERVERS.

The Postprandial Restful Dose is an Aid to Good Health and More in Accord with Physiological Requirements Than Exercise.

The majority of people take a meal of some kind between the hours of 12 and 2 daily, says a physician. With a number of persons this meal assumes the form of a substantial dinner, while with others it amounts to nothing more than a light luncheon. In either case, however, the luncheon is to be digested, and this necessitates some modification of the activities of the brain, since neither the processes of digestion are capable of good work when an attempt is made to put forth their energies simultaneously.

The exceedingly complex processes of digestion and assimilation whereby dead animal and vegetable matters are transformed into living human tissues demand for their rapid and healthy performance an increased circulation of blood in the stomach and ancillary organs as well as a concentration of nervous energy in the same region. Now, increase of circulation in one organ or set of organs entails a diminution in the others. Consequently the supply of blood to the brain is curtailed immediately after a meal has been eaten, and since the blood is the life higher functions of that great organ are performed only with difficulty if at all.

A tendency to drowsiness, confusion of thought and inability to make any great mental effort are among the results of a diminished cerebral circulation. These feelings are, therefore, experienced by most persons after a meal, and they are the more pronounced in proportion to the greater amount of brain work expended. Since brain work of good quality cannot be produced while the processes of digestion are in active operation it is wise not to attempt it. It is inoperative to thwart the beneficent intention of nature. Many persons struggle against the digressive act, apparently under the delusion that all time given to the important business of the mind is being wasted. So far from this being the case, a well spent postprandial interval tends to the preservation and prolongation of life.

If a tendency to drowsiness is felt sleep should be allowed to prevail, for the proverbial "forty winks" is justified by science. A ten or fifteen minutes' nap after a meal, a brain worker to arise refreshed who might have spent an hour or two in a vain and mentally confused struggle against the "drowsy god." A cup of tea or coffee about an hour after a light luncheon will facilitate and expedite the last stages of gastric digestion and assist in the rapid re-establishment of mental vigor and clearness of mind.

There are some persons who instead of resting after luncheon or early dinner take some form of exercise, such as walking or cycling. If the meal has been at all substantial muscular exercise must tend to retard and weaken digestion by withdrawing a certain medium of nerve energy to the lower limbs and the centers which govern their movements and diminishing the circulation in the alimentary canal by increasing it in the legs and arms. Unless their digestive powers are very keen people who take active exercise after food find that the process of digestion is thereby only prolonged.

On many grounds rest after food is more in accordance with physiological requirements than any other. The afternoon nap, so scoffed at as the heedless, is a measure to be not only defended but recommended. It is a practice beneficial not only to digestion, but to many of the other functions of the body. Rest is the one thing never so necessary as in the small hours of the afternoon.

Among the many generally unsuspected benefits conferred on the post meridian sleeper rest of the heart and systemic circulation must be placed in the front rank. Now, the more rest within the limits of health, the heart is able to obtain the more efficiently and the longer will it continue to carry on its work for the heart is, with most people, a much overworked organ, and any indulgence given it will be repaid several times over.

Another very important organ which obtains a much needed rest during the afternoon nap is the eye. There is no reason why people should be constantly laying waste the powers of the organ of vision, the optic nerve, by the visual centers of the brain itself by continual gazing at whatever trivial objects chance to present themselves within the field of vision. Even the most casual of "things seen" entails an expenditure of nervous energy, and an adjustment of accommodation, and wear and tear of the exceedingly fine and complex ocular mechanism and a corresponding exhaustion of the nerve cells constituting the visual centers of the brain, all of which must tend ultimately to curtail the period during which the visual sense should be at its best.—London Chronicle.

Happy in Work. Ruskin says three things are necessary to happiness in work: A fitness for it, must not do too much of it and must have some consciousness of success.

A throat specialist says the best chest protector is worn on the side of the foot.

Next Annual Convention. The next annual convention of the Northwestern Fruitgrowers' Association will be held in LaGrande, Union county, Oregon, January 3rd to 5th inclusive. That appreciative city is making every effort to make the convention a success in every way. The LaGrande Commercial club has taken the matter in hand and will place its splendid new building at the disposal of the convention. The club has also arranged for a complete and exhaustive exhibit of the products of the county, and for the time, the great club gymnasium will be converted into a splendid horticultural, agricultural and manufacturers' hall. Every effort will be made to not only show the fruit possibilities of this rich and fertile county, but also to show to many other industries which contribute to make the Grande Ronde Valley the veritable "Garden Spot of the West."

Work of Newell, writing to the Forest Grove Times, says that San Jose scale is to be found on nearly all of the fruit trees of this county, and that it is a serious matter. Fully one-half of the old fruit trees are worthless and should be dug out at once, and the other one-half thoroughly pruned; all scale infested ones being cut back heavily, just the trunk and stubs of main limbs being left so that new tops can be formed. Then lime-sulphur spray should be applied with a strong pump, or better, a white wash brush, until every inch is thickly coated. This spray must be made carefully, to be effective. Take 1/2 pound of fresh lime and 1 pound of sulphur to 3 1/2 gallons water and boil briskly for 1 1/2 hours, and apply to trees while warm. If pump is used, strain through sieve or coarse sacking. If tree is kept properly pruned one good spraying each winter with this wash will keep the scale in check so that no damage will be done. It is to be hoped that every one will see the necessity of cleaning up their trees and proceed to have it done as soon as possible. An effort will be made to have some one get a good power spray outfit with a long hose that will reach all trees from the street, and then do all the work for everyone who wishes to hire. The time has come when this work must be done. The law now provides that the inspector can have the work done and that the district attorney can collect the bill if owners refuse to either clean up or destroy diseased trees. Vigilance and a spray pump are the price of good fruit.

Perfectly Obvious. "Why do you permit the attentions of Cholly Sapped while Jack is in Europe?" "Oh, is that a question?" "Sure Jack is permit Cholly's attentions while Jack is in Europe because Jack is in Europe."—Houston Post.

As pride is sometimes hid under humility and idleness is often covered by turbulence and hurry.—Johnson.

In Mad Chase. Millions rush in mad chase after millions, from one extreme of faddism to another, when, if they would only eat good food, and keep their bowels regular with Dr. King's New Life Pills, their troubles would pass away. Prompt relief and quick cure for liver and stomach trouble, 25c at any drug store, guaranteed.

Guessed It First Time. "Pa," said little Willie, who had been reading a treatise on phrenology, "what is a bump of destructiveness?" "Why—a railroad collision, I suppose."—Philadelphia Ledger.

From the Courtroom. Judge—Raise your hand to take the oath. (The witness puts up the left one.) Judge—Not that one. Witness—Which one?—Lustige Blatter.

I have a fine line of Gent's Patent Leather Shoes, Dressy shoe and just the thing for winter, at \$3.50.

Torture of a Preacher. The story of the torture of Rev. O. D. Moore, pastor of the Baptist church of Harpersville, N. Y., will interest you. He says: "I suffered agonies, because of a persistent cough, resulting from the grip. I had to sleep sitting up in bed. I tried many remedies, without relief, until I took Dr. King's New Discovery for Consumption, Cough and Colds, which entirely cured my cough, and saved me from consumption." A grand cure for diseased conditions of throat and lungs. At all drug stores; Price 50c and \$1.00, guaranteed. Trial bottle free.

Beautying methods that injure the skin and health are dangerous. Be beautiful without discomfort by taking Hollister's Rocky Mountain Tea. Sunshiners face follow its use. 35 cents.

Boys and Men's extra quality, Good-boy rubbers for sale by J. C. Greer.

It Comes From the Florentines, Who Got It From Greece.

Did modern football, the Rugby game, travel to England from the Italy of the renaissance and does its history reach back to ancient Greece? A recent writer says: "Probably not more than a few varieties of Rugby football are aware that we have to thank Florentine athletes for the invention of the game and for its introduction into Great Britain. Rugby school was founded somewhere about 1567. It was one of the direct results of what has been called the Florentine or Tuscan fever in England, which set in late in the Italian renaissance. Not only did men of letters come over and settle in England's centers of learning and create others, but many Florentines versed in the theory and practice of polite culture came as well. The game of calcio came to Florence by way of Greece. Something of the sort had been used among the less important games at Olympia. The principal Florentine ground was the Piazza di Santa Croce, where upon the wall of the Palazzo Giuberto Parigi is still to be seen the disk from which the line dividing the ground was drawn across the open square. The ball was of leather, containing an inflated bladder, and apparently was the exact size, weight and shape of the Rugby ball of today.

"It calcio consisted of a friendly contest between two equal sides of players called schiera azzura and schiera rossa—blues and reds. The number of players varied according to the size of the ground or the importance of the encounter. In the Piazza di Santa Croce the sides were twenty to twenty-seven strong, while on the public open sports ground at Peretola they totaled as many as sixty each. Originally the players were required to be of noble or gentle blood or such as had gained distinction and rank in the profession of arms. Each man had to be of unblemished reputation and of graceful figure and possessed of accomplished manners.

"In addition to the actual players were presidents, standard bearers, judges, an umpire, judges and other officials, all 'without reproach, worthy of the city and courteous in manner.' The costumes of the players were tight fitting drawers and tunics of silk, with feathered caps, all richly embroidered in gold and silver. Leather shoes were worn. The teams were divided into four classes: Forwards, whose places were near the dividing line and whose work was to keep the ball in play; halfbacks, stationed behind the forwards; in-order to return the ball to play; three-quarter backs, who were strong kickers and played straight on the ball, and goal keepers, placed at the flags.

Fresh Sauerkraut, absolutely clean, ten cents per quart at Cate's Market.

Lost. November 8, on Fifth street, a small brooch, of the Fleur-de-dis pattern, set with brilliant. Return to this office and receive reward.

Hollister's Rocky Mountain Tea is simply liquid electricity. It goes to every part of your body, bringing new blood, strength and new vigor. It makes you well and keeps you well. 35 cents. Delta Drug Store.

Dairymen's Attention. I have just received from the Portland Lined Works a carload of genuine Old Mead, the kind you have always used. This is something dairymen cannot afford to be without.

H. L. Hartrampf. Clear thinking, decisive action, vim and vigor of body and mind, the sparkle of life, comes to all who use Hollister's Rocky Mountain Tea. 35 cents, Tea or Tablets.

Delta Drug Store. Farm For Sale.—Forty acres, 8 miles south of Hillsboro; 20 acres under cultivation; 10 acres barned, and balance timber; fair house, harn and outbuildings; 3 acres of good bearing orchard. Terms reasonable, one-quarter cash, balance to suit. No better land in the state for a hop yard. Apply or address this office.

For Sale or Trade. 171 acres of well developed dairy land, 12 miles south of Tillamook, on the main road. Inquire at Farmers' Feed Shed, Hillsboro, Oregon.

Rican Coffee de Leon coffee, genuine Porto Rican on the island, put up in one pound cartons at Cate's Market, 40 cents per pound.

Now is the time to make good roads. Portland and Regard 85c. The Southern Pacific is now selling round trip tickets to Portland from Hillsboro for 85 cents, good going Saturday P. M., or any train of Sunday, returning Sunday and Monday, giving the same arrangement applies from Portland, giving all Portland people a chance to visit valley points at greatly reduced rates.

Furious Fighting. "For seven years," writes Geo. W. Hoffman, of Harper, Wash., "I had a bitter battle, with chronic catarrh and liver trouble, but at last I won, and cured my disease, by the use of Electric Bitters. I hesitatingly recommend them to all, and don't intend in the future to be without them in the house. They are certainly a wonderful medicine, to have cured such a bad case as mine." Sold, under guarantee to do the same for you them today.

Sweet and Sour Pickles. Fresh and in bulk. At Cate's.

New Shorthand School. Mrs. E. A. Pond, of Plymouth, Mass., will open a school of shorthand, typewriting and telegraphy shortly after the holidays. She has been with the Crocker-Whitely Electric Co. of Newark, N. J., for the past ten years and comes well recommended. Persons desiring further information should call and see her at the residence of Mrs. Susie Morgan.

John C. Kuratli. I have just received an extra fine line of Cove Oysters, guaranteed fresh. Cate's Market.

John C. Kuratli. Rates from Hillsboro to Yaquina, \$6.00.

Oregon's Great Recreation and Health Resort at the Newport Beaches.

As a winter health and recreation resort Newport is the one par excellence. Recognizing this, and wishing to give the people an opportunity to breathe the fresh, pure ozone of the ocean, the Southern Pacific and Corvallis & Eastern railroads will resume the sale of tickets through to Yaquina Bay on Saturday, October 31, and will sell the same throughout the winter and spring on every Wednesday and Saturday.

The rates will be the same as during the summer and will be good for return 30 days from date of sale.