"As old as

the hills" and

never excell-

ed. "Tried

is the verdict

of millions.

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which you

can pin your

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FROM OUR EXCHANGES.

SHORT NAPS.

regards sleep. He cited the case of

people who rarely slept well or

much and who, nevertheless, are

able to carry on intellectual work

with ease and ability. I suppose

there is a "habit" of brain in the matter of sleep as in other respects,

along with a minimum of somnolent

repose This subject was lately

to be dining alone with a well

My friend is a man who, like my self, journeys over the length and

breadth of the land. He had just returned from a long and tedious

known surgeon in busy practice.

was characteristic.

and proven

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U. S. MAILS. STRNA-VALE: Prisod Departe dally, oreep

is repaired easily with very little

sleep if you also take food. "Of my own experience the remark holds good; and it reveals a yery curious and in some respects anomalous condition of the brain and its ways."-London Illustrated

LABORS OF THE POPULISTS.

The populist convention at Oregon City vesterday completed its labors be the nomination of the following ticket:

Governor-Nathan Pierce, Secretary of state-Ira Wakefield State treasurer-R. Caldwell Supreme Judge-R. P Boise

Attorney-general--M. L. Olm stead.

State printer-George M. Orton. Superintendent of public in struction-T. C. Jory.

Congressmen-First district, Charles Miller; second district, around? Joseph Waldrop.

First indicial district-Ab Axtell, prosecuting attorney; Samuel Dix orange blossoms. She means busi on, board of equalization.

equalization.

Third district-Judge, S. R. Statt: attorney, C. S. Dalrymple; board of equalization, John P. Robertson.

Fourth district-Judges. H. N. McGuire and A. S. Chute; attorney, T. A. Wood; board of equalization, J. C. Miller.

It I mistake not, Sir James Fifth district-Attorney. Silas Crichton Browne, in the course of a B. Smith; board of equalization, recent address, remarked upon the Al Lacev curious elasticity of our brain as

Sixth district-Judge, Nat Hud . son: attorney, Colonel Wm. Parsons; board of equalization, O. P.

Seventh district-Attorney, E. P. Sine; board of equalization, B. K.

Joint representative for Yambill and while ordinarily we demand a and Tillamook counties-J. F fair quantum of absolute rest, some of us contrive, as a habit, to get

Joint senator for Baker and Malheur counties-Will R. King.;

Joint senator for Morrow, Grant recalled to mind when I happened and Harney counties-George Gilbert.

She Has Discarded Skirts.

journey, tired and fagged. We sat Miss Eugenia de Forrest, an act down to dinner. Between the ress who makes her home in San courses he fell sound asleep, let us Jose, Cal., has received the sancsay, for three minutes-not more, tion of the authorities of San Jose certainly. After each nap he woke to wear men's clothes in public. up, fate his quantum, and went off and proposes to obtain a legal right again into slumber. I said nothing, to appear in the same garb all but watched him closely. I ob over the country. She made her served that after each awakening appearance on the streets of San he grew brighter, the tired look Jose a few days ago in a doubledisappeared, and by the time din- breasted sack coat and waistcoat of ner was at an end Richard was dark material, trousers of a striped himself again. I joked him on his pattern, and a derby hat of the installments of sleep. His reply latest style. In her hand she swung an ebony cane. She says "Don't you know," said he, "that she is realizing the dream of her it isn't a long sleep which is need. life. She is tired of skirts, and as ed to refresh an active brain? Nerve her stage appearances are mostly tissue is repaired easily with very in male parts she knows the greatlittle sleep which is needed to re- er comforts of male attire .- New fresh an active brain? Nerve tissue York Herald.

Highest of all in Leavening Power .- Latest U. S. Gov't Report

ABSOLUTELY PURE

A Presuming Creature.

Gus de Smith-At the ball the other night you only danced one with Miss Esmeralda Longcotha Johnnie Masher-! can't afford to encourage that girl. What do you think I smell whenever she is

"Onions?"

"Worse than that. I smel ness, hence I must discourage her. Second district-J. F. Amis. She is not able to support a hus attorney; J. F. Weekly, board of band. How presuming the girl are getting to be nowadays."-Tex as Siftings.

SHILOH'S CONSUMPTION CURE.

The success of this Great Cough Cure is without a parallel in the history of medicine. All druggists are authorized to sell it on a positive guarantee, a test that no othere re can successfully stand. That it may become cnown, the Proprietors, at an enormous exense, are placing a Sample Bottle Free into ery home in the United States and Canada. f you have a Cough, Sore Throat, or Bronhitis, use it, for it will cure you. If your hild has the Croup, or Whooping Cough, use t promotly, and relief is sure. If you dread hat insidious disease Consumption, use it. Price 10 cts., 50 cts. and \$1.00. If your Lungs are sore or Back lame, use Shiloh's Porous Plaster. Price 25 cts. For sale by all Druggists and Dealers.

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