

The Benefit of Change.
We are like house plants—we need a change of soil now and then, to be transplanted. New scenes, new experiences, new surroundings, a change of climate, dry air instead of moisture, sunshine in place of cloud.

This is sometimes essential to health. There are conditions near at hand that are better than Europe can offer. Take a month or two in California. Plant yourself for a time where there are no irritations, where the hotel is beyond criticism, the landscape pleasing, and where warm sunny weather invites to walks and drives. Pure and dry air, and the increased electric influences of sunshine are vastly helpful.

You can take this trip at very little expense, and enjoy a ride over the scenic Siskiyou and Shasta mountains, which at this time of the year with their snow-covered peaks, are unsurpassed for their grandeur.

For complete information regarding rates, points of interest and delightful hotels in California, address

W. E. Conant,
General Passenger Agent, S. P. Co.,
Portland, Oregon.

DR. GUNN'S BLOOD AND NERVE TONIC.

There is not a woman in the land who would not be better for the use of this tonic. For diseases peculiar to women, a better medicine was never made. It is composed of the ingredients from which the system has been deprived by disease, over-work or dissipation. It enters at once into the circulation, restoring it to its normal condition. It has been wasted and making pure, rich blood in the most direct way. For weak, nervous and unsteady people, plump, pale or fleshless people, it will make strong steady nerves and give the complexion that wholesome look that indicates health.

We have hundreds of letters from people all over the country saying that they had gained in good solid flesh at the rate of one to three pounds per week while using Dr. Gunn's Blood and Nerve Tonic. It should be taken after meals, one or two tablets each time. Druggists sell it 75¢ per box or three boxes for \$2.00, or sent postpaid on receipt of money. We send a free sample to letters of inquiry. The advice we give is plain, and easily understood. Address Dr. Bosanko Co., Philadelphia, Pa. For sale by W. F. Kremer.

CATARH OF BRONCHIAL TUBES

Causes hacking cough, makes you lose flesh; causes you to take cold easily; makes you cough until you gasp; brings on continuous hacking cough, especially in the chest; makes you cough up thick yellowish mucus; makes you cough worse at nights; and in time leads to consumption. S. B. Catarrh Cure taken in small doses frequently is a positive expectorant, having a tonic and vitalizing effect. The object of small and frequent doses is to induce expectoration, allay the spasmodic nervous action and get the true tonic effect of this great California discovery, which has cured thousands when all other remedies have failed. For sale by all druggists. Book on Catarrh free. Address Smith Bros., Fresno, Cal.

ROBBED THE GRAVE.

A startling incident is reported by John Oliver of Philadelphia, as follows: "I am in a real bind. My skin was almost yellow, eyes sunken, tongue coated, pain continually in back and sides, no appetite, growing weaker day by day. Three physicians had given me up. Then I was advised to use Electric Bitters; to my great joy the first bottle made a decided difference. I continued to take them, and am now a well man. I know they robbed the grave of another victim." No one should fail to try them. Only 50 cents, guaranteed, at W. F. Kremer's drug store.

SAVE THE LOVED ONE!

Mrs. Mary V. Vliet, Newcastle, Colo., writes: "I believe Ballard's Horehound Syrup is superior to any other cough medicine, and will do that it is claimed for it, and it is so pleasant to take. My little girl used to take it when she has need for it." Ballard's Horehound Syrup is the great cure for all pulmonary ailments, 25c, 50c and \$1.00 at Slover Drug Co.

HERBINE CURES.

Fever and ague. A dose will usually stop a chill, a continuous, always cure. Mrs. Wm. W. Stoddard, Midlothian, Texas, May 1, 1890, writes: "We have used Herbine in our family for eight years, and found it the best medicine we have ever used, for a gripe, bilious fever, and malaria." See at Slover Drug Co.

SEVERE ATTACK OF GRIP.

"When I had an attack of the grip last summer (the second one) I actually cured myself with one bottle of Chamberlain's Cough Remedy," says Frank W. Perry, editor of the Enterprise, Shortsville, N. Y. "This is the honest truth. I at times kept from coughing myself to please by taking a teaspoonful of this remedy, and when the coughing spells would come on at night I would take a dose and it seemed that in the briefest interval the cough would pass off and I go to sleep perfectly free from cough and its accompanying pains. To say that I was surprised at such a very agreeable surprise is putting it very mildly. I had no idea that a single dose or two would knock out the grip simply because I had never tried it for such a purpose, but it did, and it seemed with the second attack of coughing the remedy caused it to not only be of less duration, but the pains were far less severe, and I had not used the contents of one bottle before Mr. Grip had bid me adieu." For sale by all druggists.

DYSPEPSIA.

People that have dyspepsia have weak stomachs, weak hearts, weak eyes and are usually weak-kneed. They feel bilious and the world in general has bilious looks to them, they have so many symptoms that it is difficult to locate the place where they feel the worst. The fact is the source from where they get their strength has been cut off and they are sick all over. The food taken into the stomach remains undigested, causing belching and bilious attacks followed by sick-headache, and general weakness. The medicine that puts the stomach in condition to digest the food can be readily digested, will cure dyspepsia and make strength where there was weakness. We have cured thousands of persons during the past 20 years, of dyspepsia, with Dr. Gunn's Improved Liver Pill. A 25¢ box of these pills are worth more to people with poor digestion than six months of oil or a gallon of persim. It only takes one dose. We will send two of these pills to prove what they will do. W. F. Kremer sells them for 25 cents a box or by mail on receipt of price. Write Dr. Bosanko Co., Phila., Pa.

NOTICE FOR PUBLICATION.

Timber Land Act, June 3, 1878.
United States Land Office,
Grants Pass, Oregon, March 13, 1903.
Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892.

CHARLES HAYES

of Lyons, County of Marion, State of Oregon, has this day filed in this office his sworn statement No. 4622 for the purchase of the NW 1/4 of Sec. No. 2 in Township No. 34 South, Range No. 4 West, and will offer proof to show that the land sought is more valuable for its timber or stone than for agricultural purposes, and to establish his claim to said land before J. O. Booth, County Judge, at his office at Grants Pass, Oregon, on Thursday, the 28th day of June, 1903. He names as witness:

Charles Hottinger, of Sublimity, Oregon; William F. Hayes, of Kingston, Oregon; Charles E. Mills, of Lyons, Oregon; John E. Funk, of Stayton, Oregon.

Any and all persons claiming adversely to the above-described lands are requested to file their claims in this office on or before said 28th day of June, 1903. J. T. Barnes, Register.

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