ROGUE RIVER COURIER GRANTS PASS, OREGON, SEPTEMBER 7, 1906

SWEEPING THE HOUSE.

How to Prevent Making a Great

Dust. When you sweep a room raise as lit-tle dust as possible, because this dust when breathed irritates the nose and throat and may set up catarrh. Some of the dust breathed in dusty air reaches the lungs, making parts of them black and hard and useless. If the dust in the air you breathe contains the germs of consumption-tubercle bacilli you run the risk of getting consumption yourself, says the Pittsburg Press. To prevent making a great dust in sweeping use moist sawdust on bare When the room is carpeted, moisten a newspaper and tear it into small scraps and scatter these upon the carpet where you begin sweeping.

As you sweep brush the papers along with the broom, and they will catch most of the dust and hold it fast, just as the sawdust does on bare floors. Do not have either the paper or the sawdust dripping wet, only moist.

In dusting a room do not use a feather duster, because this does not remove the dust from the room, but only brushes it into the air so that you breathe it in or it settles down, and then you have to do the work over again

Use soft, dry cloths to dust with and shake them frequently out of the window, or use slightly moistened cloths and rinse them out in water when you have finished. In this way you get the dust out of the room.

In cleaning rooms you should remember that dust settles upon the floor as well as on the furniture and is stirred into the air we breathe by walking over them.

You can easily remove all this dust in rooms which have bare floors-in houses, stores, shops, schoolrooms; etc. -after the dust has settled by passing over the floor a mop which has been wrung out so as to be only moist, not dripping wet.

How to Keep Well In Warm Weather If you would be well in warm weather heed the following rules, says the Rochester Herald:

Moderation in eating and drinking. Pure air, out of the house and within

Keep every vital organ in constant working order. Take regular exercise every day in

all weathers. Sleep only from six to seven hours. going to bed early and rising early. Daily baths, cold one day, warm the

next. Regular work and mental occupation. Cultivate placidity, cheerfulness and hopefulness

Control passion and nervous fear. Strengthen the will in carrying out whatever is useful. Check the craving for stimulants and

How to Drive a Nail. At last the secret of driving a nail

out, says the Locomotive Engineering.

Practice alone will not accomplish it

You must fix your mind on the nail

When you drive a nall into a board

what do you do? Do you trust to luck

head shall come down in the right

place? Do you concentrate your

thoughts on the hammer circling in

the air? No; you concentrate your

thoughts and eyes square on the head

of the nail you want to hit, and, no matter where your hammer is or what

curves it describes in the air, if your,

Intense thought is on the spot where

the blow should fall, there it will fall.

Full stock of Wall Paper-all designs anodynes quality and prices. Paints, Varnishes, Olls, Brushes-Mail orders promptly filled. without profanity and without pain is

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Grants Pass, Ore., Sept. 1, 1906.

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We take this means of expressing our thanks for your good will and past patronage, also for your kindness during our torn-up condition while moving.

We are now located in our new place and are ready for orders.

We have added a line of Canned Fruits and Vegetables, also bulk Crackers and Cookies besides increasing the stock in our old lines.

We shall open our new store with a sale of Blown-**Glass Tumblers and Water Bottle Sets.**

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Notions, Etc.

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A Mystery Solved.

How to keep off periodical attacks of billousness and habitual constipa-tion was a mystery that Dr. King's New Life Pills solved for me," writes John N. Pleasant, of Magnolia, Ind. The only pills that are guaranteed to give parfect satisfaction to everybody, or money refinded. Only 55 at all drag stores.

Advertisers get results Courier.

If your thoughts wabble and are un-certain you will miss the nail or drive It sidewise.

How to Cure Summer Complaint. To cure children of summer com plaint tie a quarter of a pound of wheat flour in a thick cloth and boil it in a quart of water for three hours. then remove the cloth and expose the flour to the air or heat until it is hard and dry; grate from it, when wanted, a tablespoonful, which put into half a pint of new milk and stir over the fire until it comes to a boil, when add a pinch of sait and a tablespoonful of cold water and serve. This gruel is excellent for children afflicted with summer complaint. Or brown a tablespoonful of flour in the oven or on top of the stove on a baking tin; feed a few pinches at a time to a child.

How to Feed Dogs

A man who has been very successful raising thoroughbred dogs, especially of the large breeds, gives this recipe for a most nourishing and economical dog food: Procure a soup bone and boil as for soup. When all the juice has been extracted take the bone from the broth, remove the meat, chop fine and return to the soup. Stir in sufficient cornmeal to make a thick mush and set aside to cool. When cold cut in slices and feed to the dogs as required. Vege-tables, such as cabbages and beets, are valuable additions. Each dog should have a large beef bone to gnaw daily to keep his teeth in good condition.

How to Make Cut Glass Sparkle. To make cut glass brilliant, rinse it with a little alcohol, says the Pittsburg Press. If not enough alcohol is on hand to pour over the ginas, rub it with a cloth wet with alcohol, squeezing it into the cuts Theorem the dish inside and out with a damp cloth, and it will shifte as effectively as it did when new. Another method of gaining this luster for cut glass is to clean it with finely powdered chalk and a brush, and it is also accomplished by using a good sil-ver polish and cleaning in the same as the silver is ordinarily cleaned. opposite P. O., Grants Pass, Oregon.

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It is used by the Chinese to give that fine brilliant finish to their bamboo and other wares, which withstand bending and banging, without cracking or marring the brilliant and glossy finish. It comes in all the hardwood finishes, such as Oak, Walnut, Coolest Cherry, Mahogany, Rosewood, Satinwood, etc., and will withstand hot and cold water and soap. We will boil it in water for you Route or pound it with a hammer, and will guarantee that what we sell you will stand the same test. East FOR SALE ONLY BY Hair-Riddle Hardware Co. Is via Puget Sound, any direct line to Minneapolis and St. Paul, they over the Burlington's picturesque Missis-THE FASHION sippi River Scenic Line to Chicago or There is no better summer route, no matter where you are going east. LIVERY Information as to rates, routes, points of interest, etc., will be given free of charge by ... FEED R. W. FOSTER, Passenger and Ticket Agent, Burlington Route, Cor. 3rd& Stark Sts., Portland, Ore. AND SALE STABLES OILMORE & BOREN, Proprietors. at etre hannpå mait gala bas oss H Street between Fifth and Sixth PHONE 881 Grante Pass, Oregon Now is the time for all good busi Grove's Tasteless Chill Tonic ness men and cottage owners to insure, against fire in the Oregon Fire Relief Association, with H. B. Hendricks, has stood the test 25 years. Average Annual Sales over One and a Half I ottles. Does this record of mer agent for Josephine county. Office I to you? No Cure, No Pay.

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