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Until recently your physician would have said the only way to cure catarrh would be to have a change of climate, but now with Hyomei you can carry a health-giving climate in your vest pocket and by breathing it a few minutes four times a day, cure yourself.

The Hyomei treatment is simple and easy to use. It destroys all catarrh germs in the air passages and enriches and purifies the blood with ozone. When using Hyomei the air you breathe will seem like that on the mountains, high above the sea level.

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not give you satisfaction, Rotermund will refund your money. You run no risk whatever in taking this reliable treatment.

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Beautifully located in Portland, Oregon, offers unsurpassed facilities for the culture and education of young women. Special opportunities in Music, Art, Languages and Literature. Well equipped Physical and Chemical Laboratories. Herbarium and Mineral Cabinet. The largest and oldest Ladies' Seminary in the Pacific Northwest. It enjoys a national reputation for imparting the best physical, mental and moral training and developing true womanhood. Equips socially and educationally for the most exalted station. Confers Academic and Collegiate Degrees by State Authority. Interference with convictions of non-Catholics is scrupulously avoided. Academy is ideally located, amid inspiring scenic advantages. Social opportunities such as are available in no other city on the Coast. Buildings large and commodious, well-lighted, heated and ventilated; dormitories and private rooms supplied with all modern conveniences. The institution is liberal and progressive without sacrificing the character and traditions of age and achievement. Terms modest. Satisfactory references required. Write for announcement booklet. Board and tuition \$180 per year. Address Sister Superior, St. Mary's Academy, PORTLAND, OREGON, U.S.A.

ROAD MAINTENANCE

POINTS ON KEEPING IMPROVED HIGHWAYS IN GOOD CONDITION.

Constant and Careful Attention Very Necessary—Value of Scraping—Importance of Draining.

The maintenance of a road already in good condition and of sufficient strength, if properly carried on, is almost entirely a question of wear, says Robert A. Meeker, state supervisor of New Jersey's highways, writing in the Good Roads Magazine. The rapidity of this wear varies with the nature of the rock used for the road covering, but even with the softer rocks there need be no deterioration if proper attention is given to maintenance.

The problem is to reduce the wear, both from traffic and the weather, to a minimum by substituting other material for that worn out, and to do this in the most economical manner.

The conditions under which wear will be reduced to a minimum under a cer-



REPAIRING A ROAD.

tain traffic are good drainage of surface and subsoil. To attain this object the material used for the surface should be hard in order to resist the wear of the traffic, should not contain too much small stone to absorb moisture and should be thoroughly consolidated and of sufficient depth to bear the loads to which the road is subjected, so that the wear may be confined to the surface.

Drainage almost always requires attention, and there is usually a great deal that can be done to improve it, at a slight expense, and nothing pays so well in the end. Proper care of the surface is generally all that is needed to prevent water from standing on the road or in the gutters, but a dry surface is not enough.

On a flat, water may be seen standing in the ditches to within a few inches of the surface of the road, in which case both the subsoil and the road coating must be softened by it and remain so long after the water in the ditch is gone. A deeper ditch, a larger culvert or a drain cleaned out through the adjoining land is usually sufficient to remove the cause of great mischief. On a hillside, springs under the road and land water from the sides can be cut off and led away by underdrains at a trifling cost.

The road coating may often be improved in composition and rendered harder by scraping, and a fairly good surface can be maintained at all times by proper care. With material of all sorts the influence that a good surface has in keeping down wear is greater than might be supposed.

Everything should be done to make a road strong enough to bear the traffic without bending or cross breaking and a reserve of strength is always desirable. Fluctuations of traffic are most trying. A road may be strong enough to bear the ordinary loads that pass over it and still be unable to support the excessive weights that may be brought upon it. When we know a road is to be subjected to heavy strains, it is always better to strengthen it by placing an extra coating upon the surface rather than wait until the road is broken and disrupted. When a road is broken or cut into by excessive weights it is no longer a mere matter of replacing wear, but of expensive repair, and often of entire rebuilding.

To replace wear that is unavoidable is a very simple matter when constant attention is given to the road. It is only when the surface is neglected for a long period that the matter of repairs becomes a serious one. A little attention to drainage, the removal of slight obstructions from the gutters, the clearing away of rubbish from the mouths of culverts, the removal of grass and brush from ditches and the careful spreading of small quantities of stone over depressions as soon as they begin to appear will keep a road in fine condition until it is almost entirely worn out.

Nothing is more neglected than the removal of worn material from the road. It seems to be regarded merely as a clearing of the surface from the mud and, as such, an unnecessary expense, while in reality this worn material affects the entire composition of the road covering. Consequently, unless the mud is washed away by nature from the surface, scraping or sweeping is necessary to preserve the proper proportion of solid stone in the road. Careful tests of the composition in our best road coverings have shown that from three-fourths to four-fifths of the material is solid stone, the remainder being material fine enough to be washed through a three-eighths

A Square Deal

Is assured you when you buy Dr. Pierce's family medicines—for all the ingredients entering into them are printed on the bottle-wrappers and their formulas are attested under oath as being complete and correct. You know just what you are paying for and that the ingredients are gathered from Nature's laboratory, being selected from the most valuable native medicinal roots found growing in our American forests. They are potent to cure ailments, but are perfectly harmless to the most delicate woman and child. Not a drop of alcohol enters into their composition. A much better agent is used than for example, opium, in the treatment of coughs, croup, and whooping cough. This agent possesses intrinsic medicinal properties of its own, being a most valuable and an invigorant, nutritive and soothing demulcent.

Glycerine plays an important part in Dr. Pierce's Golden Medical Discovery in the cure of indigestion, dyspepsia and weak stomach, attended by sour risings, heart-burn, foul breath, coated tongue, poor appetite, gnawing feeling in stomach, biliousness and kindred derangements of the stomach, liver and bowels. Besides curing all the above distressing ailments, the "Golden Medical Discovery" is a specific for all diseases of the mucous membranes, as catarrh, whether of the nasal passages or of the stomach, bowels or pelvic organs. Even in its ulcerative stages it will yield to this sovereign remedy if its use be persevered in. In Chronic Catarrh of the Nasal passages, it is well, while taking the "Golden Medical Discovery" for the necessary constitutional treatment, to cleanse the passages freely two or three times a day with Dr. Sage's Catarrh Remedy. This thorough course of treatment generally cures the worst cases.

In coughs and hoarseness caused by bronchitis and lung affections, except consumption in its advanced stages, the "Golden Medical Discovery" is a most efficient remedy, especially in those obstinate, long-continued cases caused by irritation and congestion of the bronchial mucous membranes. The "Discovery" is not so good for acute coughs arising suddenly, nor must it be expected to cure consumption in its advanced stages—no medicine will do that—but for all the obstinate, chronic coughs, which if neglected or badly treated, lead up to consumption. It is the best medicine that can be taken.

Further careful tests have demonstrated that as this portion of fine stuff is exceeded will the road be soft, easily acted upon by traffic, water and frost. In consequence there will be an excessive waste of road material.

From the foregoing it is readily seen that the matter of road repair and maintenance is one that requires constant and careful attention. To attain the best results the most successful means so far employed is to assign a certain section to one man and hold him responsible for the road's state.

Rural Delivery Notes

Illinois will probably be given the credit of starting the first rural free mail delivery by automobile. It has been started at Plainfield, Will county, on a twenty-six mile route, covered by H. W. Ritzenthaler. The car that the carrier uses looks like an open buggy.

Patrons of the rural free delivery routes throughout the country have been notified by the postoffice department that in the future they may provide themselves with suitable boxes which are weather proof and fit receptacles for mail. The patrons of the rural routes will be allowed the privilege of making their own boxes or buying them from any manufacturer.

Since free delivery of mail in rural districts has been established I have been pleased to discover two or three pairs of bluebirds nesting undisturbed in mail boxes by the roadside, says a writer in St. Nicholas. It is gratifying to know that the birds allowed themselves to be disturbed two or three times a day and yet not abandon their nests. But the thing that gives the bird lover the greatest delight is the fact that no one robbed the nests.

The establishment of the rural free delivery service in Minnesota is tending to bring about a better condition of the country roads traversed by the carriers in a way that is unexpected. Carriers Alfred Johnson and Frank Watts, who have routes 3 and 4 that run out of Mankato, report that the farmers along those routes have improved the roadways by the use of drags. It is expected that the farmers on other routes will follow the example set.

E. L. Fink, a rural mail carrier of Grant county, going out of Medford, is the first man in Oklahoma to use an automobile in the service. Installing his machine a few days ago, Mr. Fink has purchased an eight horsepower vehicle, of the low speed, which can be run at the rate of thirty miles an hour at four horsepower. As a result of a roadmaking campaign which has been on in that county for the past three seasons good roads obtain in that section of the territory, and this makes it convenient for the use of the automobile in the delivery of rural mail. Mr. Fink can cover his daily route now in about half the time it formerly required.

Well Worth Trying. W. H. Brown, the popular pension attorney, of Pittsfield, Vt., says: "Next to a pension, the best thing to get is Dr. King's New Life Pills." He writes: "they keep my family in splendid health." Quick cure for Headache, Constipation and Biliousness. 25c. Guaranteed at all drug stores.

General Robert E. Lee was the greatest General the world has ever known. Ballard's Snow Liniment is the greatest liniment. Quickly cures all pains. It is within the reach of all. T. H. Pointner, Hempstead, Texas writes: "This is to certify that Ballard's Snow Liniment has been used in my household for years and has been found to be an excellent Liniment for Rheumatic pains. I am never without it." For sale by National Drug Co. and by Rotermund.

Do Not be Imposed Upon.

Foley & Co., Chicago, originated eony and Tar as a throat and lung remedy and on account of the great merit and popularity of Foley's Honey and Tar many imitations are offered for the genuine. Ask for Foley's Honey and Tar and refuse any substitute offered as no other preparation will give the same satisfaction. It is mildly laxative. It contains no opiates and is safest for children and delicate persons. For sale by H. A. Rotermund.

ADMINISTRATOR'S SALE.

Notice is hereby given that the undersigned, by virtue of an order of sale made by the County Court of Douglas County, Oregon, will on and after the 30th day of October, 1906, sell at private sale for cash in hand, the following described real property belonging to the estate of E. L. Gray, deceased, to-wit: Lots 7, 8 and 9, of Block 62 in Grants Pass, Oregon. Inquire at office of Joseph Moss.

Dated this 25th day of September, 1906.

J. A. BUCHANAN, Administrator of the Estate of E. L. Gray, Deceased.

NOTICE TO CREDITORS.

In the matter of the Estate of Marie Redman Deceased.

Notice is hereby given that the undersigned has been duly appointed administratrix of the estate of Marie Redman, deceased, and duly qualified as the same, therefore notice is hereby given to the creditors of and all persons having claims against the estate of said deceased to exhibit them, with the necessary vouchers within six months after the first publication of this notice, to said administratrix at her residence at Kerby, Josephine county, Oregon.

Dated this 1st day of September, 1906.

ANNIE M. FIESTER, Administratrix.

J. H. Austin, Attorney for the estate.

EXECUTORS' SALE OF REAL ESTATE.

Notice is hereby given that pursuant to an order of the Hon. Stephen Jewell, county judge for Josephine County, Oregon, made and entered August 28, 1906, in the matter of the estate of James Lyttle, deceased, directing the sale of the real property hereinafter described, and providing and specifying the terms and conditions thereof, that we, the undersigned, the executors of the last will and of the estate of James Lyttle, deceased, will, after Friday, September 28, 1906, sell at private sale to the highest and best bidder, for terms cash in hand, or for one-half cash balance on time not exceeding three years, bearing interest at eight per cent per annum, and secured by first mortgage on said real estate all the right, title and interest of said estate in and to the following described premises to-wit:— the S. W. 1/4 of Sec. 14 Twp. 40 S., R. 8 W. of Willamette Meridian also the S. 1/2 of the N. E. 1/4, the N. 1/2 of the S. E. 1/4, the S. E. 1/4 of the N. W. 1/4 and lots 3 and 4 Sec. 16, Twp. 41 S., R. 9 W. of Willamette Meridian all in Josephine County, Oregon; subject to confirmation by the court.

PETTES P. PAYNE, HENRY KLOPPER, Executors residing at Kerby, Josephine county, Oregon.

NOTICE OF SHERIFF'S SALE.

In the Circuit Court of the State of Oregon, for the County of Josephine.

Ire J. Ball, Plaintiff, vs. Michigan Mining and Milling Company, Defendant.

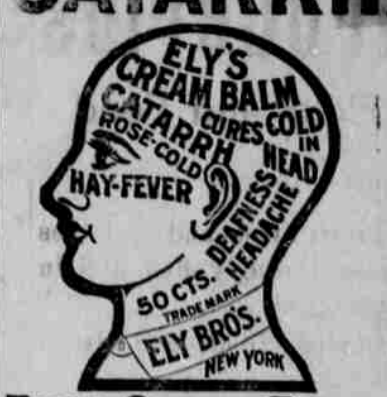
Notice is hereby given that by virtue of a writ of execution, duly issued out of, and under the seal of the Circuit Court in and for the County of Josephine, State of Oregon, and to me directed and duly attested by the Clerk of said court on the 26th day of April, A. D. 1906, upon a decree and judgment, duly rendered, entered of record and docketed in the office of the clerk of said Circuit Court, on the 1st day of May, 1906, in a certain suit then pending in said court where Ire J. Ball was plaintiff, and the Michigan Mining and Milling Company, defendants, in the sum of One Hundred Sixty-three and 44/100 (\$163 44) Dollars, with interest thereon from said 30th day of April, 1906, at the rate of 6 per cent per annum and Fifty (\$50.00) Dollars attorney's fee, commanding me to make sale of the following described real property situate, lying and being in the County of Josephine, State of Oregon, and described as follows, to-wit:— The S 1/2 of the SW 1/4 of Section 16, Twp. 37 S., R. 5 W. of the Willamette Meridian in Josephine County, Oregon, together with the tenements, hereditaments and appurtenances. Now therefore, by the virtue of said execution, judgment, order and decree and compliance with the commands of said writ, I will on Saturday, October 12, 1906, at the hour of 10 o'clock a. m., at the front door of the County Court House in the city of Grants Pass, said County and State, sell at public auction, subject to redemption, to the highest bidder for United States gold coin, cash in hand, all the right, title and interest which the above named defendants had or now have in and to the above described real property or any part thereof to satisfy said execution, judgment, order, decree, interest, costs and all accruing costs.

Dated Grants Pass, Oregon, September 13, 1906. W. J. RUSSELL, Sheriff of Josephine County, Oregon. First insertion, September 14. Last insertion, October 12.

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