

W. C. T. U. COLUMN.

All matter for this column is supplied by the Josephine County Woman's Christian Temperance Union, Y. and L. T. L. Branches.

Invitation—
You are cordially invited to attend a special meeting of the W. C. T. U. which will be held at the home of Mrs. Weidman, Monday afternoon, December 17 at 2:30. Miss Clara Ansonage, a national temperance worker and Y organizer will be present and address us.

She is returning from the World's National Conventions which were held in the East. Her words of inspiration will be such that will do all us good. Please bear in mind the date and place and then come.

Arrangements are being made for Miss Ansonage to meet with the Y's Monday evening at M. E. church.

State Y secretary, Mrs. Henkle, has made the date (December 18) for Miss Ansonage at Meritt at 4 o'clock she will meet the W's and L. T. L. as may be arranged by president, Mrs. Lauterman, Y and L. T. L. secretaries. Miss Ansonage's helpful words will be encouraging in your work.

At the meeting of W. C. T. U. of Grants Pass, Friday, December 14, the time for organizing an L. T. L. will be considered and if thought best Miss Ansonage will assist in the work sometime in the coming week.

ANOTHER MEMORIAL MEMBER.
Our hearts are saddened by the home-going of one of our number, Mrs. Hannah Murray. She was a stalwart Christian whose influence was always felt for good and her faithfulness will always be remembered. Our sympathy is extended Mrs. J. E. Hair of Grants Pass and Mrs. Jennie Kemp, of the Union Signal, who have been called to mourn the loss of a mother.

PASSED BEYOND.
Memorial Poem written by Louisa A. Nash, W. C. T. U. Poet Laureate.
They were with us side by side,
Not long ago;
Now they're passed on with the tide,
In mystery's flow.
T'is but a little narrow stream,
This passage, death—a darkened dream.
Just as we, across our River,
See the snow-white cone,
Almost hear the "Come up hither!"
God saith to His own.
Angels fly to bear them thither,
Where they love and serve forever!
Not a shadow crosses them,
In the Heavenly light.
In that upper, rarer realm,
Service is delight;
Might we but know! God reads them down,
To bless the homes from whence
the've flown.
Eyes are holden—cannot tell
What's hid from sight
Dare not grieve! But say "'Tis well,
In God's pure light."
Still we love them none the less,

Rejoicing in their happiness
HATTIE I. C. CALVERT,
Press Supt.

Mrs. Rexford Sues Jackson County.
The Ashland Tidings says: Attorney Gus Newbury and Charles Prim filed a damage suit against Jackson county in favor of Alice Rexford for the sum of \$2229 for injuries suffered from being thrown from a bridge on Big Applegate last Spring. It appears from the complaint that the plaintiff was crossing the bridge in question and when on the bridge her horse became frightened at a broken plank in the bridge and backed the buggy and Mrs. Rexford off the bridge and produced injuries from which she alleges she is still suffering. The horse was killed and the buggy damaged. The railing she alleges in the complaint was rotten and was no support to the buggy when it was backed against it and that it broke as soon as the horse backed the buggy against the railing, letting the buggy, horse and herself fall to the bottom of the creek a distance of 20 feet or more.

Ashland's Assessed Wealth.
County Assessor Applegate has furnished the city officials the figures of the 1906 assessment of property within the city of Ashland, giving the total assessed values at \$1,624,463. This is an increase over last year and according to the present calculations of the financiers of the city government it will be possible to reduce the next tax levy substantially. This levy

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ROTERMUND MASONIC TEMPLE

SOME TIMELY ADVICE.

How to Avoid Pneumonia in Treating a Cold.
A cold neglected is the first step in acquiring an acute and dangerous pulmonary or bronchial disease, and a cold half cured is the straight and narrow path which leads to pneumonia. Here are a few "cold don'ts" which every home maker will do well to hang in her medicine closet along with the directions for first aid to the injured, says the Cincinnati Commercial Tribune.

Don't dose yourself with quinine, antitanknia, phenacetin or other standard drugs without first consulting your family physician. Many of these drugs act directly on the heart and weaken it, so that there is not sufficient vitality left to fight the cold.

Don't pin your faith on the remedy which cured your next door neighbor. He may have had a tendency to pleurisy, while you may be headed for pneumonia.

Don't rub camphorated oil or similar lubricants on your chest unless you cover it over with a flannel protector. Lubricants of this sort open the pores and aggravate the cold unless the affected part is properly covered.

Don't experiment with the cold water cure unless you thoroughly understand it. This is sometimes efficacious, but if improperly administered it is dangerous.

Don't experiment with poultices if symptoms of pneumonia exist. Flaxseed and bread and milk poultices should be used only by a trained nurse, for if they are permitted to cool they aggravate rather than relieve the disease.

Don't undertake the sweat process before retiring unless you have proper attendance. To soak the feet in hot mustard water or to take a sitz bath and then stop to turn out the light or trot around the room a few moments before getting into bed is to do more harm than good. Have the bath right beside the bed, the latter warm and well supplied with blankets. Turn in at once and cover up to the chin. Cold sheets or a draft will more than counteract the effect of the sweat.

If you use iodine, don't fail to have glycerin mixed with it; otherwise you will blister the skin. If you apply a mustard plaster, have white of egg or flour mixed with it for the same reason.

How to Rest the Body.
Don't be afraid to open the mouth wide and yawn and stretch whenever you feel like it. Indeed, if you are very tired, but do not feel like yawning, there is nothing that will rest you so quickly as to sit on a straight back chair and, lifting the feet from the floor, push them out in front of you as far as possible, stretch the arms, push the head back, open the mouth wide and make yourself yawn, says Woman's Life. Those tense nerves will relax, the contracted muscles will stretch, and the whole body will be rested. Do this two or three times when you are tired and see what it will do for you.

How to Make Pork Cake.
Chop a pound of fat salt pork very, very fine. Pour over it a cup of boiling water, add a pint of brown sugar, a pint of New Orleans molasses, into which a teaspoonful of baking powder has been stirred, a pound each of seeded raisins and stoned dates chopped fine and a quarter of a pound of citron shaved very thin. Add enough sifted flour to make the consistency of cake batter. Season with a teaspoonful each of cinnamon, cloves, allspice, and nutmeg. Bake in a loaf in a steady oven.

How to Make Nut Sticks.
Mix together equal parts of nut meal and whole meal flour, adding half a teaspoonful of salt. To this add water to make a dough the same as for pie crust; roll on a well floured board until perfectly smooth and cut into strips the length of cheese strips or a trifle larger; bake in a quick oven till they are a delicate brown. A very little grated cheese may be used in the batter if it is desired.

How to Cook Oysters For an Invalid.
Pick the oysters over carefully, drain and put into a saucepan. Stir with a fork until light colored and the edges begin to ruffle. Season the oysters with pepper, salt and a little butter and serve in a bread box that has been brushed with butter and browned in the oven. Garnish with parsley or a celery tip.

How to Disinfect a Room.
A simple way to clear the atmosphere and disinfect a room is to place a lump of camphor on a saucer and set fire to it. This will cause strong fumes to arise and will quickly cleanse the air. The fumes from burning camphor inhaled are also very beneficial for a cold in the head.

How to Paper Whitewashed Walls.
Take thick milk and stir in flour enough smoothly to make a good paste. Cut paper the desired length, see that it lies on board or table without wrinkle and spread on the paste. Hang paper on the wall evenly and smoothly. It will hold its place over the whitewash.

How to Clean a Whitewashed Ceiling.
When a whitewashed ceiling has become blackened, apply a layer of starch and water to it with a piece of soft flannel. Allow it to dry, then brush off lightly with a brush. The blackness will have disappeared, leaving no marks whatever.

No sensational or questionable matter allowed in the Courier.



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