

A Clean Man

Outside cleanliness is less than half the battle. A man may scrub himself a dozen times a day, and still be unclean. Good health means cleanliness not only outside, but inside. It means a clean stomach, clean bowels, clean blood, a clean liver, and new, clean, healthy tissues. The man who is clean in this way will look it and act it. He will work with energy and think clean, clear, healthy thoughts.

He will never be troubled with liver, lung, stomach or blood disorders. Dyspepsia and indigestion originate in unclean stomachs. Blood diseases are found where there is unclean blood. Consumption and bronchitis mean unclean lungs.

Dr. Pierce's Golden Medical Discovery

prevents these diseases. It makes a man's insides clean and healthy. It cleans the digestive organs, makes pure, clean blood, and cleans, healthy flesh.

It restores tone to the nervous system, and cures nervous exhaustion and prostration. It contains no alcohol or habit-forming drugs. Constipation is the most unclean uncleanliness. Dr. Pierce's Pleasant Pellets cure it. They never gripe. Easy to take as candy.



Where Editors Lead Strenuous Life.

A Missouri newspaper office was shot into with buckshot by the local grocer because his advertisement which should have read "A fresh stock of dairy butter," the printer used an "h" instead of a "d" in the word "dairy." The editor concludes that the printer takes more chances than any other man on earth.

Lame Shoulder.

This is a common form of muscular rheumatism. No internal treatment is needed. Apply Chamberlain's Liniment freely twice a day and a quick cure is certain. This liniment has proven especially valuable for muscular and chronic rheumatism, and is sure to give quick relief. Chamberlain's Liniment is also most excellent for sprains and bruises. Price, 25 cents; large size 50 cents. For sale by Mary A. Mee.

Observation Cars.

On and after November 15, 1907, the observation cars between Portland and Oakland California, on trains Nos. 15 and 16 will be carried through instead of being cut out, as heretofore, at Roseburg.

Southbound, under this new arrangement, passengers holding proper transportation and Pullman accommodations may occupy these cars on the night leaving Portland until reaching Eugene at 12:32 a. m.

FRED PARKER, Agt. S. P. Co., 31st Central Point, Oregon.

Fever Sores.

Fever sores and old chronic sores should not be healed entirely, but should be kept in healthy condition. This can be done by applying Chamberlain's Salve. This salve has no superior for this purpose. It is also most excellent for chapped hands, sore nipples, burns and diseases of the skin. For sale by Mary A. Mee.

TO THE LADIES.

Have you seen the Alorine Female Syringe? It is something new. It is the only absolutely scientific, sanitary ladies' syringe made. See them at Mary A. Mee's drug store. 27440

Now is the Time

to visit

California

When summer has passed in these northern states, the sun is only mild under the bright blue skies of Southern California. This is one of nature's happy provisions—eternal summer for those who cannot endure a more severe climate. California has been called the "Mecca of the winter tourist." Its hotels and stopping places are as varied as those of all well regulated cities. Visitors can always find suitable accommodations, congenial companions, and varied, pleasing recreations.

Southern Pacific Company

Will be glad to supply some very attractive literature, describing in detail the many delights of winter in California. Very low round trip excursion tickets are on sale to California. The rate from Central Point to Los Angeles and return is \$47.60.

Limit six months, allowing stop-overs in either direction. Similar excursion rates are in effect to all California points.

For full information, sleeping car reservations and tickets, call on, telegraph or write E. M. CONDIT, Agent, Central Point, OR. WM. McMURRAY, Gen. Pass. Agt., Portland, Oregon.

Club Social.

Mrs. Kahler's Volunteer Club gave a social at the M. E. church last Saturday afternoon, at which the mothers of the club members were the guests of honor. After a short program refreshments of home-made candies and salted almonds were served. The occasion was a highly enjoyable one to all who were present. AUDREY HOLMES, Secretary.

The Pure Food Law.

Secretary Wilson says: "One of the objects of the law is to inform the consumer of the presence of certain harmful drugs in medicines." The law requires that the amount of chloroform, opium, morphine, and other habit-forming drugs be stated on the label of each bottle. The manufacturers of Chamberlain's Cough Remedy have always claimed that their remedy did not contain any of these drugs, and the truth of this claim is now fully proven, as no mention of them is made on the label. This remedy is not only one of the safest, but one of the best in use for coughs and colds. Its value has been proven beyond question during the many years it has been in general use. For sale by Mary A. Mee.

'Twas Only an Egg.

Some unknown word painter has produced the following beautiful picture: "Tenderly she laid the silent white form beside those who had gone before. She made no outcry, she did not weep. Such a moment was too precious to be spent in idle tears. But soon there came a time when it seemed as if nature must give away. She lifted her voice and cried loud and long. Her cries were taken up by others who were near and it echoed and re-echoed over the grounds. Then suddenly all was still. What was the use of it all? She would lay another egg tomorrow."

Don't Take the Risk.

When you have a bad cough or cold do not let it drag along until it becomes chronic bronchitis, or develops into an attack of pneumonia, but give it the attention it deserves and get rid of it. Take Chamberlain's Cough Remedy and you are sure of prompt relief. From a small beginning the sale and use of this preparation has extended to all parts of the United States and to many foreign countries. Its many remarkable cures of coughs and colds have won for it this wide reputation and extensive use. Sold by Mary A. Mee.

NOTICE FOR PUBLICATION.

Department of the Interior, U. S. Land Office at Roseburg, Oregon, December 17, 1908. Notice is hereby given that James Davies, of Trail, Oregon, who, on January 12, 1908, made Homestead Entry, No. 2322, for South East 1/4, Section 2, Township 22 South, Range 1 East, Willamette Meridian, has filed notice of intention to make Final five year Proof, to establish claim to the land above described, before W. H. Canon, U. S. Commissioner, at Medford, Oregon, on the 5th day of March, 1909. Claimant names as witnesses: John J. Winningham, John W. Miller, John Byron Dunkin and Alfred Morine, all of Trail, Oregon. BENJAMIN L. EDDY, Register.

CHAMBERLAIN'S COUGH REMEDY

CURES Coughs, Colds, CROUP, Whooping Cough

This remedy can always be depended upon and is pleasant to take. It contains no opium or other harmful drug and may be given as confidently to a baby as to an adult. Price 25 cents, large size 50 cents.

Sold by Mary A. Mee.

The granger who has a clear title to a quarter section farm which is at all worthy the name is in better shape financially to purchase an automobile than the merchant in town who has naught but a \$5,000 stock of goods.

Domestic animals and most kinds of poultry seem to have an instinctive liking for clover and alfalfa. While they are not acquainted with the scientific fact that the legumes are rich in protein, they learn in some way that these plants cause them to thrive.

Land intended for orchard planting next spring should be given a thorough and deep plowing this fall. This will pulverize and make mellow the surface soil through the action of sun, frost and rain and will mean the saving of lots of work with a spade next spring.

The orchardist, above all others, should do whatever in his power he can to keep the fool hunter, large or small, from exterminating the hawks and owls which may make headquarters in his neighborhood, as both wage incessant warfare on rabbits and mice, which are among the worst enemies of the orchard.

Farmers residing in the northern portion of the corn belt should not lose sight of the importance of picking those ears for next year's seed which show the fullest maturity at the time of gathering. While the large, deepkerneled ear is nice to look upon, it is in a way a delusion and a snare if it fails to mature and spoils after it is put in the crib.

A fellow appreciates a bath in a porcelain tub, where he can stop and wash around to his heart's content, after he has been performing his ablutions with the aid of a six inch wash rag and a pint of water. If the good housewife would like to have a toilet system installed in the home she should present to her lord the pleasure to be derived from a bath in a capacious five foot tub.

When young trees are set in an old orchard where most of the trees have their roots systems established—a practice, by the way, which it is not always wise to follow—the ground should be made mellow for a considerable space and depth before the tree is set. Besides this, it should be given a heavy fertilizing and mulching to aid it in overcoming the handicap it labors under of trying to compete for existence with older and larger trees.

A western farmer succeeded in riding his place of rats in the following manner: On a number of shingles he put a teaspoonful of molasses, and on this he scattered a quantity of concentrated lye, putting the shingles around under his corncrib and other outbuildings. On one morning following a putting out of this dope he claims to have found forty dead rats, while the rest apparently left for parts unknown. He succeeded in freeing several farms from the rat pest in this manner and has never known the plan to fail.

Recent experiments which have been conducted in road building in localities where rock is not available point to the fact that a very effective substitute may be had by top dressing the road after it has been properly graded with a mixture of sand and clay. The sand keeps the clay from working up gully and mucky, while the clay holds the sand in place and keeps it from washing. Roads made in the above manner and allowed to pack gradually as they go through the drying process keep their shape well and are almost as solid as a pavement.

A friend makes inquiry as to the wisdom of the full planting of fruit trees. While this practice is followed by many and doubtless with a fair measure of success, we are of the opinion that results obtainable are not so satisfactory as in the case where the planting is done in the spring. It may be that the very trees which one would buy in the spring are heeled in the fall by the nurseryman, but even in this event they remain dormant through the winter under conditions which are more favorable than would exist were they set in the open ground and exposed to all kinds of weather. It is doubtless more convenient for the nurseryman to dispose of his stock in the fall, but it is not viewed so highly from the standpoint of the purchaser.

Every grower of apples in this year paying for the apple "wplurge" of last fall and winter, in which extreme prices prevailed for anything that was an apple and in which hundreds of fruit buyers and commission men were heavy losers or made entirely bankrupt. One Minneapolis buyer told us recently that apples were shipped to that point from New England states in the fall at a cost of \$4.50 per barrel laid down, were kept in storage through the winter and after the collapse along about April 1 were bought by the carload at \$1.25 per barrel. So many commission men got caught on this stump that the thought or sight of an apple makes them sick, with the result that they are very timid this fall and are making no advances. Apples are bringing but little more than half what they did last year, and this in face of the fact that there seems to be little more fruit in sight than in 1907. This finger burning has made buyers cautious and will likely keep them so for a dozen years.

J. H. Jagg

MEDFORD DOMESTIC LAUNDRY.

Glen Fabrick, Prop.

All kinds Laundry work solicited. Leave package at Stone's barber shop or see T. J. Kelso who will call for and deliver family work. Work guaranteed. Prices right.

CLOTHING Cleaned, Pressed, Repaired.

ALL WORK GUARANTEED. Leave orders and packages at Williams Hotel. J. D. WILLIAMS.

THOROUGHbred White Rock and White Leg'orn CHICKENS

If you want a start in the best strains of these famous breeds, buy now. Call on or address Ike WILLIAMS, 181st Central Point, Oregon.

B. J. AYDLOTT Cement Worker. CEMENT FOR SALE.

Get my prices before buying. CENTRAL POINT. I can build you a house with cement cheaper than with lumber. Estimates Furnished. Cement houses are warmer in winter and cooler in summer than any other.

OUR CLUBBING OFFERS.

By special arrangements with the publishers, the Herald is able to make the following attractive clubbing offers for the coming year. Any of these combinations will give you a large amount of high class reading matter for the year at a lower price than ever before offered.

The Herald gives you the local news of your neighborhood. It is continually boosting your town and community, thereby enhancing the value of your property and helping your business. As a business proposition you should support the Herald and as a matter of keeping in touch with your own community you should read it.

Read these clubbing offers and then send in or bring your subscription.

Herald	\$1.50
McClures Magazine	\$1.50
Womans Home Comp.	\$1.25
Review of Reviews	\$3.00
Total	\$7.25
Our price for all	\$4.15

Herald	\$1.50
Worlds Work	\$3.00
Everybodys	\$1.50
Delineator	\$1.00
Better Fruit	\$1.00
Total	\$8.00
Our price for all	\$5.30

Herald	\$1.50
Recreation	\$3.00
Outing Magazine	\$3.00
Field and Stream	\$1.50
Total	\$9.00
Our price for all	\$5.05

Herald	\$1.50
Ladies World	\$1.50
Farm and Home	\$1.50
Good Literature	\$1.50
Total	\$6.00
Our price for all	\$2.10

Herald	\$1.50
Womans Home Comp.	\$1.25
Success Magazine	\$1.00
McClure's Magazine	\$1.50
Total	\$5.25
Our price for all	\$3.65

Herald	\$1.50
Womans Home Comp.	\$1.25
Success or Good House-keeping, American Boy, Sunset or any of 50 other \$1.00 magazines	\$1.00
Total	\$3.75
Our price for all	\$2.80

Proportionate reductions can be had on all the standard magazines and periodicals by subscribing in connection with the Herald. Call at this office and make your selections from our list if you do not find a combination that suits you in this column.

You will have to

HURRY

Come Early Before All the Good Things are Gone.

MEDFORD TEA AND COFFEE HOUSE

216 West 7th Street, MEDFORD, OREGON.

Virgin's Best FLOUR

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When you buy Flour always ask for a sack of the peerless VIRGIN'S BEST X X X X BRAND

"Made in Central Point."

Patronize Home Industries and Help Build Up Your Own Town.

Virgin's Best.

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G. S. Moore,

At the Old Stand, Second and Pine Sts. Central Point, Ore.

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Hotel Nash

The Home of Commercial and Mining Men

Hotel Nash Co., Proprietors Medford, Oregon

Dining-room Unsurpassed. Refurnished Throughout.

CENTRAL POINT REAL ESTATE CO.

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Farm and Fruit Lands, City Property, Business Opportunities, Mining Stocks For Sale.

Special attention given to rentings, care and management of property.

LIST YOUR PROPERTY WITH US; WE CAN SELL IT.

Large Line of Men's High Cut Shoes

25 Lots to Select from

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HEAVY SHOES

at prices that WILL SUIT YOU

C. W. McDONALD,

Successor to SMITH & MOLONY,

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