

SUGGESTIONS FOR SICKROOMS.

A large, sunny room should be selected for the invalid; if without a carpet so much the better. Sunshine as a disinfectant is worth bushels of chloride of lime.

The bed linen should be changed at least once in three days; the blankets once a week, those that have been removed being hung in the open air for a few hours, then thoroughly aired in a warm room.

The room should be kept thoroughly ventilated and at a temperature not lower than 68 nor higher than 70 degrees. If the patient is kept warm at night, he freely admitted without the least danger.

The carpet of a sickroom should be lightly brushed once a day with a wetted broom. The furniture and wood work should be wiped with a damp cloth. Dry dusters and feather brushes are worse than useless.

The cross sheet should invariably be kept free from crumbs and wrinkles, as these are a frequent cause of bed sores. Whenever the least redness shows on the patient's body the skin must be at once bathed with alcohol, thoroughly dried, and dusted with powdered oxide of zinc.

A sheet folded once lengthwise, laid across the bed, with the upper edge just touching the pillows and the ends tightly tucked under the mattresses, will be found to add greatly to the patient's comfort. It does not wrinkle like a single sheet, and crumbs may be readily brushed off it.

The nurse's dress should invariably be neat, tasteful and pretty. Slippers or boots of felt should be worn. To be continually smoothing the bed, pestering the patient with sympathy and saying a dozen times an hour, "How do you feel now?" is enough to drive a sick man wild.

Meals for invalids should look as tempting as possible. The tray should be covered with the whitest napkin, and the silver, glass and china should shine with cleanliness. The patient should not be disgusted by a display of too much food, and should not be consulted beforehand as to what he will eat or drink.

In bathing the invalid, never uncover too large a surface at once. Pin a blanket round the shoulders, fastening it behind, and remove the night dress under that. Put the hand under the blanket and sponge the skin, a small portion at a time. A woman's hair should be combed every day if she is able to bear the fatigue. If it has become tangled a little sweet oil will loosen it.

Household troubles should be kept far from the sickroom. Above all an invalid or an apparent convalescent should be saved from his friends. One garrulous acquaintance may in half an hour undo the good of a week of tender nursing. In long illnesses a small bed-table will be found indispensable. Every cup, glass, spoon and utensil used should be taken out of the room and washed as speedily as possible. As to walking on tiptoe and whispering, nothing can disturb a sick person more.

Facts are rapidly coming to light which unfolds the republican scheme of reducing the surplus in the treasury. This program is no other than that of doing away with the taxes on whisky and tobacco, and keeping up the war taxes on all the necessities of life—sugar, salt, lumber, wool, woolen and cotton goods, tin, and everything else nearly that contributes to the comfort of the poor people. It will yet be free whisky and tobacco, and taxed necessities of life. Again we ask how do the farmers and laboring men of the country like this picture?

And now the republican papers, in their spiteful animosity against Cleveland, have started the dastardly false report that the ex-President will canvass Ohio with Foraker, the latter being the republican candidate for governor. These republican brethren have accused Cleveland with many, many misdeeds, including Maria Halpin, but the "unkindest cut" of all is this statement that he would reduce himself to such personal degradation as to canvass with such a being as Foraker.

The meaning of the extra session of congress is that the republicans wish to force the organization of the house of representatives, and then hold the session in their hands for two distinct purposes: one to organize the Federal supervisors of elections so as to "fix" the south at Washington, and the other to spend the long session in mere twaddle, to avoid the tariff issue. Mr. Harrison has a pharisaical policy, but under it is the determination to be re-elected.

Reliable sources state that the Manitoba and Canadian northwest wheat crop is almost a failure. Members of the Toronto Board of Trade have received information that the total yield will be little less than half last year's crop and the disaster is so widespread and serious that there are thousands of acres that will not be cut at all. The damage is the direct result of drought.

The wheat crop in Hungary is below the average, and is in poor condition, owing to the shrinking of the grain in the ear. The rice crop is poor, and the barley crop is very bad. Corn is in good condition. The vineyards make an excellent showing.

The Grand Lodge of the A O U W, lately held at Portland, decided that a Beneficiary Certificate made payable to any one other than one or more of the member's family, one or more of his blood relations, or one or more persons legally dependent upon him, is invalid and will not be paid upon the death of him who took out such certificate. This is a highly important matter and should be looked into by every member of the order.

David Kimball Pearson, the Chicago philanthropist, who has given more than \$700,000 to colleges and societies, is one of the busiest men in Chicago. In spite of his 69 years. He spends his time between his city office and a beautiful suburban home at Hinsdale. His wife is thoroughly in sympathy with his ideas and plans of doing good with his money while they are alive.

For sale and manufacture goto E. L. Power

NEW ADVERTISEMENTS.

STOCKHOLDERS MEETING.—Notice is hereby given that the annual meeting of the stockholders of the Capital Gold and Silver Mining Company of the city of Salem, Oregon, will be held at the office of the Company in said city, on the second Thursday, the 21st day of August, 1899, at 3 o'clock p. m., for the election of directors and for such other business as may come before the meeting.

J. H. STICKLER, Secretary.

Salem, Oregon, July 24th, 1899.

LOST.—A latest improved Winchester rifle, size 40-65, on the road from Albany to Independence and within three miles of Albany. Any one will be suitably rewarded for returning it to this office.

WATNE WILLIAMS.

WOOD SAWING.—Wood sawed on short notice, anywhere in the city. Regular prices. Orders left at Brownell & Standard's will be promptly attended to.

GEO. H. WARREN.

FOR SALE CHEAP.—I have a good span of horses and a two horse farm wagon new, and of the Newton make which I offer for sale cheap. The horses are gentle, true and sound. A woman can safely drive them. They are six and seven years old respectively. Will sell all together or will sell the wagon separate from the horses. For further information call at DEMOREST'S office or at my residence one mile north of Albany in Benton county.

W. H. WARNER.

OLD IRON.—Fifty tons of old iron castings, in any quantity, wanted immediately at the Albany Iron Works.

SAND, AC.—Persons desiring sand, loam or gravel from the premises of F. L. Such in Benton county, can procure tickets for the same at my office, Crawford's block, Albany, Oregon.

CHAS. E. WOLVSTROM.

WANTED.—A good milch cow, part Jersey, must be gentle and a good milcher. Address, stating price, etc., Lock Box 73, City.

J. J. DORRIS, Abstractor and Conveyancer, Office at the Court House.



A reliable U. S. Standard 3-ton scale only \$37. Delivered at your nearest railroad station free of freight on thirty days trial. Larger scales at proportionately low prices. Warranted five years.

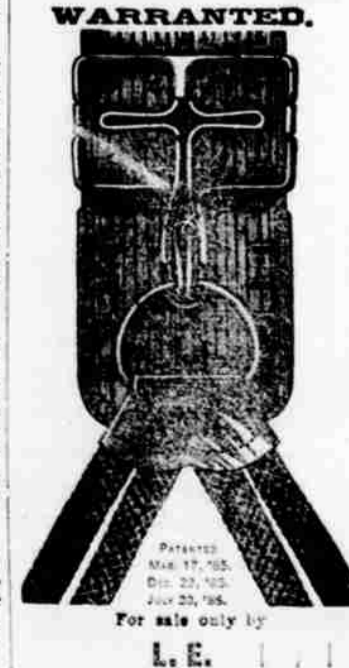
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BOOTS AND SHOES.

A large line in this department of the best in the market.

HATS

Staple and Fashionable lines, among others a fine stock of the John B. Stetson hats.

Tailoring

Merchant tailoring under expert tailor. Suits made to order under short notice at remarkable low figures. More goods turned out than ever before.

L. E. BLAIN.

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