

# Lebanon Express.

## CITY OFFICIALS.

MAYOR.....M. A. MILLER.  
 RECORDER.....F. M. MILLER.  
 TREASURER.....J. A. ROBERTS.  
 MARSHAL.....P. W. MORGAN.  
 ED. KELLENBROEKER,  
 J. G. BOLES,  
 G. W. CRUSON,  
 N. S. DALGLEISH

City Council meets on the first and third Tuesday evenings of each month.

## The Beef Tea Fallacy.

One of the hardest notions for the untrained nurse to give up is that beef tea is a valuable nutriment. The recent assertion of a writer in *The American Lancet* that thousands of sick persons have been starved to death on beef tea is only a summing up of what physicians and expert nurses have been trying to impress upon the minds of the laity for some time.

Beef tea is a stimulant, slight and evanescent, but to "live on beef tea," which has been the Shibboleth of many a sickroom, is impossible. And *The Lancet* further counsels that if it must still be made and used to perform its very limited service, to remember that, like plain tea, it should never be boiled. That method of making contributes a gustative vice—that of indigestibility.

## Viscount Shebrook's Humor.

Robert Lowe became the recognized snuffpiece of sardonic humor, and thereby obtained more than his share of questionable notoriety. Many of his snuffed stories are obviously adaptations.

A farmer friend who met him in London is said to have accosted him with the remark: "Don't you remember me? I used to know you in Australia," and to have met with the rebuff, "Yes, and when I meet you again in Australia I shall be happy to know you." But this is a mere echo of George Selwyn's remark under like circumstances, "I shall be pleased to renew our acquaintance when we meet again in Bath."—*Quarterly Review*.

## Where He Found Out.

"He who can conceal his joys is greater than he who can hide his griefs," said Lavater. This is the only ground we have for thinking Lavater may have been a great poker player in his time.—*Somerville Journal*.

## Senator Proctor's Quarry.

Senator Proctor is the owner of one of the most valuable marble quarries in the country, and his home at Proctorville, in the Green mountains, possesses a beauty unrivaled in mountain districts. His eldest son is manager of the works. Some idea of the value of these quarries and the enormous amount of work performed can be estimated from the fact that there are 15,000 names on the payrolls of the company, and the village of Proctor is made up entirely of the employees. There are 500 cottages in the village—beautiful little two story dwellings—that are rented at \$7 per month and always kept in the most perfect repair. The drives in and around the neighborhood are solidly macadamized by the hard marble shavings from the mines, and one may drive for miles over the picturesque roads on a roadway unexampled for smoothness and freedom from dust.—*Washington Post*.

## A Dying Man's Vision.

Judge John Stone, a pioneer settler of Livingston county, Mo., and for several terms a member of the county court, died at Utica on Wednesday, aged 88. He had been unconscious for some time before death, but Saturday night roused and said his eldest son, Samuel, of Marietta, Cal., was standing by his bed, but would not speak. Sunday a telegram came announcing the latter's death at the hour when his dying father saw him at his bedside.—*Chicago Record*.

## Diplomatic.

Porter of Sleeping Car—Y our berth is the top one, lady.

Passenger—What do you take me for, a bundle of old fashioned dry goods that you want to put out of sight on the top shelf?

Porter of Sleeping Car—No, madam, only an angel, who ought to be as near heaven as possible.—*Boston Gazette*.

Buy boots and shoes of Read, Peacock & Co.

Buy your groceries at Peabler's, and save money.

When you want to buy a suit of clothing you will save money by getting it at Bach's.

How to make the "mighty dollar" go a long ways—Go to Baker's and buy your boots and shoes, that have been cut down to hard times prices.

Send your name and address to Read Peacock & Co., Albany, Oregon, and mention the EXPRESS, they will send you a fashion sheet free each month.

There will be services in the Cumberland Presbyterian Church on the second and fourth Sundays in each month, at 11 a. m. and 7:30 p. m. W. V. McElex, Pastor.

## Coal Waste.

The great quantities of anthracite coal wasted by the unsuitable methods resorted to in preparing it for market is the subject of complaint by Mr. Harris, the head official of the Lehigh Coal company. These operations, he says, result in reducing a large proportion of the coal to sizes too small for commercial purposes, the percentage of waste from this source averaging as high as 20 per cent of the coal hoisted from the collieries, this, however, having been somewhat diminished in recent years by the utilization of the smaller sizes of coal.

He thinks that this process—rescuing coal from the waste heaps—is destined to go much farther in the more general use of coal in fine particles. He believes that it may not be going too far to assume that improved methods of mining and of preparing coal may insure the use as fuel of one-half the coal now remaining, so that it may be reckoned that there are still not far from 6,000,000,000 tons of anthracite available before the beds will be wholly exhausted. The present annual consumption of anthracite is about 40,000,000 tons, and this consumption has for some years been increasing at the rate of 5 per cent per annum.—*New York Sun*.

## At the Marital Office.

Agent—Now, please state what conditions you require on the part of the lady.

Suitor—A pleasant exterior, 20,000 marks dowry, domestic training and 6½ size gloves.

Agent—May I ask why you fix upon the last named condition?

Suitor—Well, you see, a few years ago I won six pairs of ladies' gloves, 6½ size, in an exhibition lottery, and you can't expect me to throw them away.—*Seltenblausen*.

## His Text.

A Texas clergyman, about to be appointed chaplain of the penitentiary, preached a farewell sermon to his congregation, which had treated him rather badly. He created a sensation by selecting the following text, "I go to prepare a place for you, so that where I am ye may be also."—*Texas Sittings*.

## A Distinction.

"Would you like to read the newspaper?"

"No, thank you. I haven't my glasses, and I cannot see without them."

"Heavens, that's strange! The more glasses I use the less I can see."—*Schalk*.

## The Salt Rub.

Various sanitariums and private hospitals are using "the salt rub," and it is becoming so popular that some Turkish bath establishments are advertising it as a special attraction. It is just as good for well people as sick ones, is the most refreshing of all the baths and rubs ever invented, only excepting a dip in the sea itself, and is matchless in its effect upon the skin and complexion. With all these virtues, it is the simplest, most easily managed of all similar measures, and can be taken at home easily.

Put a few pounds of coarse salt, the coarsest you can get, sea salt by preference, in an earthen jar, and pour enough water on it to produce a sort of slush, but not enough to dissolve the salt. This should then be shaken up in handfuls and rubbed briskly over the entire person. Of course it is better to have it rubbed on by another person, but any one in ordinary health can do it for herself or himself very satisfactorily. This being done, the next thing is a thorough douching of clean water, preferably cold, with a brisk rubbing with a dry towel.

The effect of elation, freshness and renewed life is felt immediately, and the satiny and increased clearness and brightness of the complexion swell the testimony in favor of the salt rub.—*New York World*.

## An Error in Functation.

The ancient church dedicated to the pious memory of St. Helena, who, tradition saith, went to "Jerusalem, my happy home" and found the true cross at Helland, is a comfortable hour's walk from Bodmin town. The rector, a good sort of a fellow, had a touch of the rheumatism awhile since and was recommended the waters at Bath. So there he went. But Saturday came round, and no "supper" for Sunday's pulpit could be found.

At the last moment, however, and after the rector had been wired to return, a worthy cleric named Smith, who had come to Bodmin as a witness in an unusual case, volunteered his services as a locum tenens. So another telegram was dispatched in haste to Bath to stay the invalid from coming back. It was intended in at the Bodmin office and read thus: "Smith has gone to Holland. You stop where you are."

When the messenger boy handed the orange enveloped epistle to his reverence as the other end, the latter tore it open and read with astonishment:

"Smith has gone to Hell and you stop where you are."—*Christian Adviser*.

## Warning to Daughters.

Bad Boy (gloriously)—I had the crutches this morning.

Good Boy—What good is that?

Bad Boy—My mother put cotton in me ears, and now I don't hear 'er when she calls.—*Good News*.

## A Translation.

A German student wrestling with the English language rendered a list as follows, "The ghost is willing, but the meat is feeble."—*Educational News*.

# DALGLEISH & EVERETT,

—DEALERS IN—

## Furniture & Hardware,

Carpets, Wall Paper, Window Shades, Floor Matting, &c.

—ALSO—

## Windows, Doors, Builders' Hardware, &c., &c.

LEBANON, OREGON.

## BARBER SHOP

Best Shaves, Hair Cut-out Shampoo at BORUM & KERKS'

## Shaving Parlor.

NEXT DOOR TO ST. CHARLES HOTEL.

—OR—

## Elegant Baths.

Children Kindly Treated.

Ladies Hair Dressing a Specialty.

Scientific American Agency for



**PATENTS**

CAVEATS, TRADE MARKS, DESIGN PATENTS, COPYRIGHTS, etc.

For information and free Handbook write to MUNN & CO., 311 BROADWAY, NEW YORK. Office abroad for securing patents in America. Every patent taken out by us is brought before the public by a notice given free of charge in the Scientific American

Largest circulation of any scientific paper in the world. Specially illustrated. No intelligent man should be without it. Yearly, \$3.00 a year; \$1.00 six months. Address MUNN & CO., PUBLISHERS, 311 Broadway, New York City.

## W. L. DOUGLAS

\$3 SHOE WILL NOT RIP. Do you wear them? When next in need try a pair. Best in the world.

\$5.00	\$3.00
\$4.00	\$2.50
\$3.50	FOR LADIES
\$2.50	\$2.00
\$2.25	FOR BOYS
\$2.00	\$1.75
FOR GENTLEMEN	FOR KISSES



If you want a fine DRESS SHOE, made in the latest style, don't pay \$6 to \$8, try my \$3, \$3.50, \$4.00 or \$5 Shoe. They fit equal to custom made and look and wear as well. If you wish to economize in your footwear, do so by purchasing W. L. Douglas Shoes. Name and price stamped on the bottom, look for it when you buy. W. L. DOUGLAS, Brockton, Mass. Sold by


HIRAM BAKER,

LEBANON, OR.

# Keep Your Eye Open For

## BARGAINS.

The Place for Bargains



Leader in Low Prices.

## HIRAM BAKER,

The Leading Dealer In

## Dry Goods, Ladies' Cloaks, Boots and Shoes

Gives Great Bargains at his Well-Filled Store.

Ladies' and Gents' Furnishing Goods.

Boys' and Men's Clothing, Hats, Caps, Gloves, Groceries, Crockery, Tinware, Etc.

LEBANON, OREGON.

# Albany Collegiate Institute

ALBANY, OREGON.

Fall Term Began September 13,

A Full Corps of Experienced Teachers.

STATE DIPLOMAS TO NORMAL GRADUATES.

Four Departments of Study—Collegiate, Normal, Business, Primary. Type-Writing and Shorthand are taught. For catalogue address

Rev. ELBERT N. CONDIT, A. M., President.

## A. H. CRUSON



## PAPER HANGING AND GRAINING.

## MEN! WHY ARE YOU WEAK?

# DR. SANDEN'S ELECTRIC BELT AND SUSPENSORY FOR WEAK MEN

WHO ARE DEBILITATED, AND SUFFERING FROM NERVOUS DEBILITY, SEMINAL WEAKNESS, LOSSES, DRAINS, IMPOTENCY OR, LOST MANHOOD, RHEUMATISM, LAME BACK, KIDNEY TROUBLES, NERVOUSNESS, SLEEPLESSNESS, POOR MEMORY & GENERAL ILL HEALTH

the effects of abuses, excesses, worry and exposure. For such sufferers in our marvelous invention, which requires but a trial to convince the most skeptical, or by excesses, or exposure, you may have unduly drained your system of nerve force electricity—and thus caused your weakness or lack of force. If you replace into your drained, which are required for vigorous strength, you will remove the cause, and health, low at once and in a natural way. This is our plan and treatment, and we guarantee a Send for our Illustrated Pamphlets, free; sent by mail, sealed.

Belt is no experiment, as we have restored thousands to robust health and vigor, failed, as can be shown by hundreds of cases throughout this State, who would gladly whom we have strong letters bearing testimony to their recovery after using our "Belt."

THE DR. SANDEN ELECTRIC BELT

is a complete galvanic battery, made into a belt so as to be easily worn during work or at rest, and it gives soothing, prolonged currents which are instantly felt throughout all weak parts, or we forfeit \$5,000. It has an Improved Electric Suspensory, the greatest boon ever given weak men, and we warrant it to cure any of the above weaknesses, and to enlarge shrunken limbs, or parts, or loose flaccidities. They are graded in strength to meet all stages of weakness in young, middle-aged or old men, and will cure the worst cases in two or three months. Address

SANDEN ELECTRIC CO., 172 First St., PORTLAND, OREGON.