

Lebanon Express.

H. Y. KIRKPATRICK,
Editor - and - Proprietor

The way to help build up your town is to patronize home industry.

The way for a city to get factories is to encourage and patronize those already in the town.

Let every voter within the city limits turn out next Monday and put only good men in office.

Each year, slowly but surely, sees more diversified farming among Willamette valley farmers. It is as it should be.

Another little indiscretion in Lane county has been settled in its best way, by the marriage of the two parties implicated.

Thanksgiving is at hand. While prices are low and money is scarce, still we have many things to return thanks for. None of us are starving, but few are ill and all of us are alive.

It is said that there are in the state of Kansas twenty well built towns without a single inhabitant, and that Saratoga in that state, now absolutely uninhabited, has among other buildings a \$30,000 theater.—Ex.

As it is estimated that about \$40,000,000 of American money will be wedded to the England during the course of this month, it is evident engagements in high life ought to figure in the quotations of the money market hereafter.

San Francisco is getting hard hit from the p-l-pit. Last Sunday in that city Rev. W. W. Case declared that hell is only eighteen inches below their sidewalks. He failed to add, as he should have done, that the newspapers of San Francisco are the devil's official bulletins.—Ex.

The Atlanta Constitution very truthfully remarks that the best way to stop lynching is to stop committing the horrible crimes which provoke it. It is the duty of every negro preacher to talk to his race on that line. If a negro wants to escape the danger of lynching, let him keep his hands off white women.—Ex.

Linn county received first premium at the state fair. She will likely receive as conspicuous a place in the annals of crime. The recent murders and robberies in this county have been unprecedented in her history. Crime is rampant and officers should be vigilant. If this thing keeps up, a reckless mob will lynch somebody. A speedy trial, conviction and execution are demanded.

Next Monday is election day. A complete set of city officers for one year are to be elected. Election day is about the only time that all can have their say. The rest of the time we have got to grin and bear the ills our votes have brought upon us. Let us so cast our votes on next Monday that we will have nothing to regret. Elect honest and law-respecting men to office, who have intelligence enough to know their duty and firmness enough to do it.

Stick to your own town. It is only a collection of cabins, stand by it. Your share of the universe amounts to the place where your days are spent. Your city is the best of all cities, your people are the foremost of all people. Talk it, preach it, teach it till the world believes it, and if you're any way doubtful you will soon get to believing it yourself. Speak up for yourself. No matter where you are pull for the place where your home is and your friends are. That is the secret of progress. You can tell plenty of objectionable features about any city. Make yourself as nearly oblivious as possible to the spots which are not yours.

ROAST LIZARD.

A Common Dish Among the Indians of the Mojave Desert.

The Digger Indians and the Piutes live in the mountains and in the forests on the verge of Death valley. The Piutes are known as the white Arabs of the desert. Their staple food is lizard flesh, which they consider a great luxury and which they catch on the borders of the valley. These lizards are about two feet long. The Indians call them "chahwalla" and roast them as caught between hot stones. White men eat them, too, but dress them and boil them over a sagebrush fire. They are said to be very good eating and to taste quite like frogs' legs.

There are no birds in this neighborhood save the weird, mysterious raven, whose ominous voice fitly croaks the fatal entrance of those who brave the terrors of the valley. Howling coyotes add their harsh cries to the sum of horrors about the place. Curious reptiles, uncanny and hobgoblin in appearance, are found here. The most deadly creature next to the Gila monster is what the natives call a "side winker" snake, which is peculiar to this desolate desert. It is a rattler about twenty inches long, which moves from side to side with a startling spring instead of gliding along. Moreover, it has horns, and I don't know but hoots, too. It is assuredly of the evil one. Scorpions, tarantulas, rats, horned toads and gnats lend their aid to render Death valley the most appalling place on earth. There are mice, too—mice which live upon centipedes—and there are rats with huge ears, a sight to scare the dogs.

TOM MOORE'S SWEETHEART.

She Lies Buried in a Nameless Grave in Greenwood Cemetery.

Only those who are thoroughly conversant with the innumerable high-ways and byways of Greenwood cemetery in Brooklyn know of a section called "The Hill of Graves." The section, says the Ladies' Home Journal, derives its name from the fact that nearly forty thousand unfortunates are buried there in rows of fifty. One would never think of looking for a spot of interest in that locality. To find any particular grave in this public burying ground one needs the aid of a cemetery guide. And even such a guide has difficulty, since the graves are known only by numbers. Upon looking at the records of the cemetery it was found that the special grave desired in this instance was in public lot No. 8,999, and that the number of the mound was 895. When the grave was found it was not unlike the thousands around it. The mound was sunken and neglected; the grass, once green upon it, is long since dead. A small white marble stone stands at the head, upon which is inscribed: "Mother and Grandmother." Nothing is there to indicate the fact that underneath that sunken mound lies all that is mortal of beautiful Mary Duff, to whom the poet Thomas Moore offered his hand and heart, whose beauty he immortalized in his verse, and who, in the maturity of her career, won the applause of thousands upon thousands of people whom her name attracted to all the great theaters of Europe and America, as one of the most gifted of actresses.

FLESH REDUCTION.

How It is Done by a Celebrated German Physician.

It is much easier to acquire flesh than to lose it. There is no royal road to beauty for those inclined to plumpness, and many are the things they are obliged to do to scare off fat, says the Philadelphia Record.

An Englishman reduced his weight in one year from two hundred and two to one hundred and fifty pounds, and kept it there. He lived on beef, mutton, fish, bacon, try toast, poultry, game, tea, coffee, claret and sherry. Dr. Schwenninger, the famous German physician, who has established his reputation as a flesh-reducer through his success in ridding Prince Bismarck of forty pounds avoirdupois in three months, without the slightest deleterious effect upon his patient's physical condition, restricts the consumption of liquids at all times, and deprives the patient entirely of fluids during or within an hour of meals, forbids starch and sugar, and advises most heroic physical exercise.

Physical exercise will, we all know, reduce flesh. The reason is that in unusual exercise, such as rapid walking, horseback riding, gymnastics or bicycling the blood is more rapidly oxygenated and the result is the destruction or burning out of the fat, and you may have noticed that great walkers are never fat, and that people who live in high altitudes and mountainous countries, where they walk a great deal and consume quantities of oxygen, are always slim.

An Old Phonograph The antiquity of modern inventions has often been the subject of remark, by way of commentary upon the old saying that "there is nothing new under the sun." An extreme case is reported by the London News. A peripatetic exhibitor of the phonograph in Holland seems determined to distance all competitors. He was exhibiting the machine in the streets of Utrecht, and a number of customers were listening to a selection of tunes. Suddenly the music ceased and there was a pause. Then in a loud, clear tone was heard the one word: "Halt!" "What is that?" asked one of the listeners. "That," was the reply, "is the voice of Napoleon Bonaparte giving an order at the battle of Waterloo!"

The Intelligent British Voter. A correspondent of the British Weekly had some odd experiences in a county council election some time ago in a rural district of England: "The names of the candidates were Mr. Hook and Col. Holland. 'Ah, well,' said a man to me, after I had been expatiating on the merits of one of them, 'I don't know nothing about 'Ook, and I don't know nothing about 'Olland, but my vote I'll give to 'Olland, and I'll give to 'Olland.'"

Following is the report of the Ten-mile school, district 102, for the month ending November 22, 1895. Number of pupils enrolled, thirty; average attendance, twenty-five; those not absent any day during the month, Johnny Hodges, Bertha Davis, Lulu Davis, Mary Baltimore, Maud Davis and Nellie Wallace. Absent one day, Alex Hodges, Clarence Ross, Pearl Allen, Johnny Woods, Walter Woods, Davie Woods and Hattie Wallace. Visitors: Mrs. Blacklaw, Mrs. Swink, Mrs. Bashor, Ethel Davis, Charles Swink, Mrs. Scherer, Viola Allen, Mrs. King and Alice Wallace. Friends and patrons cordially welcomed. Annie Blacklaw, teacher.

Have you seen the new line of dress goods at the Racket store. All wool serges, put up at the factory in dress patterns. Bright and new goods at reduced prices. Have also received many other new goods, such as dress flannels, cassimeres. A large lot of outings. Remnants of cassimere, boys' suits, overalls, men's boots and shoes, ladies' shoes, plain and needle toe, umbrellas, curving irons, cutlery, and spoons, (nice spoons for life and up.) A new and fine line of corsets, corset steels, dress stays, ladies hose and men's socks, yarn, cotton-batting, table linen and towels. These are all new goods direct from New York, and sold at the lowest possible cash basis.

Thorough, Best Poultry for Sale.

A few choice birds of the following varieties. Light Brahmans, Langhans, Games, Black Minorcas, S. S. Hamburgs, Golden Crested Polish, Plymouth Rocks, Blue Andalusians, S. C. B. & W. Leghorns and Game Bantams. Eggs for hatching in season. W. G. Smith, five miles northeast of Lebanon, Oregon.

After November 15, all our accounts will be placed in the hands of an attorney for collection. Guy & Mayer.

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Flour—\$4 75 to \$6 per sack.
Chop—\$9 50 per cwt.
Bran—6c per cwt.
Middlings—\$9 75 per cwt.
Potatoes—20c.
Apples—Dried, 4c per lb.
Plums—Dried, 5c.
Onions—1c.
Beef—Dressed, 3 1/2 to 4c.
Veal—3 1/2 to 4c.
Pork—Dressed, 4c.
Lard—10c.
Hams—19 per lb.
Shoulders—7c.
Sides—10c per lb.
Geese—\$4 50 to \$5 per doz.
Ducks—\$2 50 to \$3 per doz.
Chickens—\$1 50 to \$2 25.
Turkeys—8c per lb.
Eggs—20c per doz.
Butter—15 to 20c per lb.
Hides—Green, 4c; dry, 5c.

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Specially fine line of ladies' shoes at these prices. Good dongola leather, solid throughout, newest styles too, opera or needle toe, cloth or dongola top, and in the \$3 line extra large buttons and fancy fly. Best lines of ladies' shoes at these prices I have ever carried.

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Notice of Administration.

Notice is hereby given, that, by order of the county court of Linn county, Oregon, the undersigned has been duly appointed and now is the duly qualified and acting administrator of the estate of John G. Eaton, deceased. All parties having claims against said estate are hereby required to present the same, properly verified, within six months from the 25th October 1895, the first publication hereof, to the undersigned, at the office of Sam'l M. Garland, Lebanon, Ore., B. BRANTSHAW, Adm. Estate of John G. Eaton, deceased. SAM'L M. GARLAND, Atty for Adm.

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