

The central part of Columbia County should be represented on the board of County Commissioners. In the independent candidacy of R. P. Burns of Rainier we find a man who in every way is well qualified to fill the position and if elected would do justice to all parts of the county.

The best way to reform abuses is to elect only good men to office. This applies especially to governors, judges and prosecutors. See what Hanly and Folk have done for Indiana and Missouri; see what Jerome has done for New York and its county prosecutor for Milwaukee; look at the land frauds uncarried during Chamberlain's term in Oregon. Farmers are the main reliance in this matter, and they should see that only good men are nominated and elected.

W. J. Fullerton the independent candidate for representative is well known all over Columbia county. He is a man of ability, the strictest integrity, and one who if elected to represent the people of the County in the state legislature will do so with credit to the people and honor to himself. A vote for W. J. Fullerton for representative is a vote for economy in the conduct of county affairs, as he will not favor the advance in the salaries of any of the county officers.

The Register commends to its readers the candidacy of Geo. E. Chamberlain for Governor of this commonwealth and H. Henderson for county clerk of Columbia County. They are democrats to be sure, but both have been elected by Republicans, and may be so again re-elected with honor to all concerned. Chamberlain and Henderson have each served sufficient time in their respective offices to demonstrate their efficiency. They have acquitted themselves with distinction and honor. They are real officers not figureheads. Let us show our appreciation for this sort of service.

**Political Earthquake.**

Two events near the close of last week jarred the even tenor of Oregon politics, following the stern realities of the primaries. One is still a wonder and a source of soreness, while the other has its humorous side, apart from the political tragedies, that go to make up the story.

First in the order of its happening was the turning of the tide in the count of the vote for the republican candidate for United States Senator. For three days H. N. Calk was looked upon as man with the big plum, when the veering breeze wafted tidings from the counties afar and with the rising on the political market of Jonathan Bourne's stock, Calk saw his hard sought chance "the applause of listening senators to command," fade and glimmering into the dream of unborn things.

Jonathan Bourne, Jr. is the republican choice for United States Senator by a slim plurality. Jonathan Bourne! This engendered awakens riotous memories and some of them will cost him a vote. The shades of the legislature of 1895 and the legislature that wasn't in 1897 come back again along with them. The specter of the celebrated Elridge Black, where Jonathan Bourne and wine and song held forth for 40 days and nights and the legislature didn't organize. For why? They say Jonathan wanted to be speaker and Mitchell wouldn't let him, and because Mitchell wouldn't let Jonathan be speaker, Jonathan said Mitchell shouldn't be speaker and the legislature didn't organize.

The next legislative and it is appropriate something like many thousands of dollars to fill up the financial hiatus in the state exchequer.

Second in its happening was the election of C. A. Westgate, of Albany chairman of the Republican State Central Committee. It took two days to do the job.

Mr. Westgate is a good man; is a candidate for Collector of Customs to succeed Ike Patterson, but he never managed a state campaign under difficulties like those of the head of the organization is going up against betwixt now and the 4th of next June.

The shades of Mitchell and Simon were there and they cast a shadow over the troubled scene. Candidates were like the sands of the sea, but Westgate won on a compromise.

The election came off Saturday. The evening before the candidates for State office, among them Jonathan Bourne, Dr. Withycombe, the gubernatorial candidate and others, canvassed. Bourne headed on the name of John B. David, a political unbranded as a feeler, Withycombe didn't want him. He was alright,—but.

Then the wily Jonathan suggested Geo. A. Steel, an old campaigner himself a candidate and interested. Withy-

**NO MAN IS STRONGER THAN HIS STOMACH.**

Let the greatest athletes have dry, weak and his muscles would soon fail. Physical strength is derived from food. If a man has insufficient food he loses strength. If he has no food he dies. Food is converted into nutrition through the stomach and bowels. It depends on the strength of the stomach to what extent food eaten is digested and assimilated. People can die of starvation who have abundant food to eat, when the stomach and its associate organs of digestion and nutrition do not perform their duty. Thus the stomach is really the vital organ of the body. If the stomach is "weak" the body will be weak also, because it is upon the stomach the body relies for its strength. And as the body, considered as a whole, is made up of its several members and organs, so the weakness of the body as a consequence of "weak" stomach will be distributed among the organs which compose the body. If the body is weak because it is ill-nourished that physical weakness will be found in all the organs—heart, liver, kidneys, etc. The liver will be torpid and inactive, giving rise to biliousness, loss of appetite, weak nerves, feeble or irregular action of heart, palpitation, dizziness, headache, backache and kindred disturbances and weaknesses.

Mr. Louis Pare, of Quebec, writes: "For years after my health began to fail, my head grew dizzy, eyes pained me, and I was sore all the time, while everything I would eat would seem to lie heavy like lead on my stomach. The doctors claimed that it was sympathetic trouble due to dyspepsia, and prescribed for me, and although I took their powders regularly yet I felt no better. My wife advised me to try Dr. Pierce's Golden Medical Discovery—and stop taking the doctor's medicine. She bought me a bottle and we soon found that I began to improve, so I kept up the treatment. I took on flesh, my stomach became normal, the digestive organs worked perfectly and I soon began to look like a different person. I can never cease to be grateful for what your medicine has done for me and I certainly give it highest praise." Don't be wheedled by a penny-grabbing dealer into taking inferior substitutes for Dr. Pierce's medicines, recommended to be "just as good."

To gain knowledge of your own body—in sickness and health—send for the People's Common Sense Medical Adviser. A book of 108 pages. Send 21 one-cent stamps for paper-covered, or 31 stamps for cloth-bound copy. Address Dr. R. V. Pierce, 663 Main Street, Buffalo, N. Y.

Some hesitated, then capitulated. I was all agreed and then they slept over it. But with the coming of the morning Jonathan's weather-cock took another turn. He balked at Steel, nobody knows why. But he did.

Then there was a wrangle and the organization was held up. Things are generally held up where Jonathan is and Jonathan is and Jonathan was there. Finally, and it was getting toward sun down, Withycombe proposed Westgate. Bourne balked, but the veterinarian stood his ground and the senatorial candidate yielded. His name was then proposed to the Committee which adopted it, as a matter of course, for it was waiting for Jonathan to give the word.

The hand of Jack Matthews, ousted United States Marshal and deposed Republican boss, was seen in the game. Early in the morning of the second day the long and well-fed form of Ike Patterson hove on the scene. He came from the direction of Matthews' office. He went and came again and then again. He looked disinterested, but he talked in the ears of the troubled breathers and they heard him. Steel is an old Simon man and the Mitchell contingency didn't want him; so he was shelved.

Patterson is Collector of Customs and Westgate wants the job. Patterson didn't want to see Westgate made chairman, but Withycombe insisted and the boys thought that he ought to have something to say "because you know" said they, "he's got a fight on his hands." And sure enough he has.

Thus ends the first chapter in the organization of the Republican party along new and harmonious lines. The Steel men are just a little sore, although they smile. That's the game. The old Matthews' crowd bent altogether jubilant, for they didn't get what they wanted. Simon was turned down. Bourne wasn't the happiest man in the world, but he didn't try, for he will have his hand in the game, big, because he has a sack and money talks.

The Democrats are active. Governor Chamberlain, standard bearer of his party in Oregon, has opened his campaign already. His first appearance was at Mt. Angel, where he spoke to an immense audience.

His next address was at Stayton, where another large audience greeted him and accorded him an enthusiastic hearing. Governor Chamberlain is making his campaign on his record as chief executive of Oregon for four years and it is a good record to run on. Reduced taxes, cleaner administration a general straightening out of the tangled affairs of the State land department; and a large saving to the state in the way of interest earnings on the state school fund, are some of the items of interest in his administration, which please the people, and which will claim their votes.

General Wood's Around the World Mileage bill has been explained about as well as the killing of the Moro women and children.

Cuba seems to be selling us most of her products, and buying most of her goods in Europe. Thus, does reciprocity get twisted.



**A Remarkable Bridge.**

Among the many odd nooks and corners and crannies of the wild Emerald Isle is Carrig-a-rade, on the Great Northern railroad of Ireland. It is an isolated rock, separated from the mainland by a chasm sixty feet wide and more than eighty feet deep, and it is at this place that the salmon are intercepted in their retreat to the rivers. A rude bridge of ropes is thrown across, which remains during the fishing season, and this bridge, which is protected by a single rope rail, swings about in the most uncomfortable manner, often rendering it a dangerous feat in stormy weather save to the natives, who cross it with the utmost indifference. The name is derived from "Carrig-a-rade" (the rock in the road) on account of the intercepting of the salmon. Near by on the west side of the island is a cavern in which have been found the bones of horse, ox, deer, sheep, goat, badger, otter, water rat and of several kinds of birds.

**Two Odd Volumes.**

The book done by a French monk who instead of writing the words cut the letters from the vellum page and formed a sort of stencil has its opposite in a Swedish translation of the four gospels, which was done in gold and silver leaf. The initial letters are cut from thin sheets of beaten gold done in delicate tracery, while the body of the text is of heavy silver. The foil is cemented to the parchment page with an adhesive which in spite of the undoubted antiquity of the book has not lost its powers. Most freak books were evidently done to perpetuate the name of the ingenious owner, but this carries absolutely no information as to its maker.

A more modern freak is the output of a Lyons silk weaving firm and is a prayer book in which the letters are woven into the silk. But one copy was made of the book, and this is in the government library at Paris.

**Physical Culture.**

A rational system of physical culture should insure to every man and woman who adopts it a perfectly erect, poised figure, a straight spine, a broad, deep and capacious chest, uplifted and flexible, and harmonious development of all the muscles. He or she should be easy and graceful in every movement, possessed of marked muscular power and endurance, splendid health and a voice of notable equality and power.

So much would the rational system of physical development do for those who followed it, and any method which even for its least promising students, is in so much incomplete and false. The object of physical culture methods is to render the body a more perfect instrument, more strong, more enduring, more obedient, so the commands of the will.—*Outing Magazine.*

**Laugh and Live Long.**

It has been aptly said that there is not the remotest corner of the inlet of the minute blood vessels of the human body that does not feel some wavelet from the convulsions occasioned by good hearty laughter. The life principle of the central man is shaken to its innermost depths, sending new tides of life and strength to the surface, thus materially tending to insure good health to the persons who indulge therein. The blood moves more rapidly and conveys a different impression to all the organs of the body as it visits them on that particular mystic journey when the man is laughing from that conveyed at other times. For this reason every good, hearty laugh in which a person indulges tends to lengthen his life, conveying as it does new and distinct stimulus to the vital forces.

**Starboard and Port.**

Why do the sailors call the right hand side of the ship "starboard" and the left hand "port"? For the answer it is necessary to go back to the days of the Norsemen and Saxons. In the viking ships the warriors hung the "bords," or shields, on the side of the ship above the places for their oars. The viking himself held the steer oar, which was fastened to the right hand side of the stern. Thus the right hand side of the ship became known as the steer side, and as the bords of the warriors were hung there it was called the "steerboard," or starboard side, while the lower, or lurking side, became the larboard. Bort eventually became corrupted into port.

**The Golden Crested Wren.**

The golden crested wren is the smallest not only of British but of all European birds. Its average weight is only about eight grains Troy. The length of the feathers is about three and a half inches and the stretch of the wings about five inches, but when the feathers are taken off the length of the body does not exceed one inch.

**A Poor Trade.**

"Yes," said the African chieftain pleasantly, "I gave eight mules for my wife, and I must say that I got badly bunkoed."

"So?"

"That's what. It was found a case of swapping eight for one."—*Louisville Courier Journal.*

**Nemesis.**

Nemesis is lame, but she is of colossal stature, and sometimes, while her sword is not yet unsheathed, she stretches out her huge left arm and grasps her victim. The mighty hand is invisible, but the victim totters under the dire clutch.—*George Elliot.*

**Thrust Upon Him.**

"How did stupid old Borestone ever get a reputation for wit?"

"He was once interviewed by a brilliant young reporter."—*Minneapolis Journal.*

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W. T. WATTS, Surveyor	Scappoose
H. R. CLIFF, Coroner	St. Helens

**LODGES**

Rainier Lodge No. 24 A. F. and A. M. meets first Saturday on or before Full Moon of each month. Visitors in good standing cordially invited. J. B. Polwarth, W. M. Dean Blanchard, Sec.

Rainier Lodge No. 58 Knights of Pythias, meets every Saturday night. Visitors invited. J. B. E. Bourne, C. C.

Columbia Temple, No. 3, Rathbone Sisters meets second and fourth Thursdays of each month at K. of P. Hall. Mrs. Catherine Silva, M. E. C. Mrs. M. E. Sheerin, M. of R. and S.

Rainier Lodge No. 151 I. O. O. F. meets every Saturday at Odd Fellows hall. John Zwemer, N. G. J. R. Doan Secretary.

Fern Lodge, No. 133 Rebekahs meets the second and fourth Friday of each month at the Odd Fellows Hall. Florence Zremer, N. G. M. Grace Dietz, Sec.

Ivy Camp No. 373 Woodmen of the World meets first and third Friday of each month at the K. of P. Hall. W. W. Shaw, G. C. A. Schunewen, Clerk.

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