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Money and time are the heaviest burdens of life, and the unhappiest of all mortals are those who have more of either than they know how to use.—Johnson. There is no person in this world who so uniformly takes his pay as he goes along, as he who does good at the expense of his own comfort and convenience.

IDEAL TRADING TOOLS. WILL SAVE ONE-HALF THE COST OF AMMUNITION. The largest and most complete stock of the following: BALLARD GALLERY, SPORTING AND TRADING GOODS, 112 Broadway, New York.

DEMOCRATIC. WEST SIDE TELEPHONE. VOL. III. McMinnville, Oregon, June 8, 1888. NO. 7.

S. A. YOUNG, M. D. Physician & Surgeon, McMinnville, Oregon. Office and residence on D street. All calls promptly answered day or night.

W. V. PRICE, PHOTOGRAPHER. Up Stairs in Adams' Building, McMinnville, Oregon.

Dr. J. H. NELSON, Dentist. Rooms over First National Bank, in McMinnville, Oregon. Charges Moderate and Consistent. Has the latest Discovery for the Painless extraction of Teeth.

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ARE YOU GOING EAST? Chicago & Northwestern Railway. "FAMOUS ROYAL ROUTE," THE BEST BIGS IN THE CITY. Orders Promptly attended to Day or Night.

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GOTHAM GASTRONOMY. THE PEOPLE OF NEW YORK CITY WHO LIVE TO EAT. Barbarians in the midst of High Civilization—The enormous importance of Dinner Giving—The Modern Style—A Barletque of Hospitality.

The Curiosity Shop. Seraps of Information on Many Different Familiar Subjects. The Dead sea is a salt lake of Palestine, about eighteen miles east of Jerusalem.

WEATHER SIGNS. INDICATIONS OF CHANGE FURNISHED BY NATURE'S SIGNAL SERVICE. Animals Who Foresee Weather Changes. Signs of the Moon—Wind and Sun. The Field Spider—Crows—What the Clouds Foretell.

Beauty of Complexion. Wines and liquors of all kinds are to be severely let alone, advises W. Pitt Mayer, in pointing out how to acquire or preserve a beautiful complexion. There can be nothing more detrimental to the skin than this fluid fire that fills the blood with heat and drives its impurities to the surface, producing that copper complexion so commonly seen in the ladies who visit Wiesbaden, Carlsbad, Ems and other European watering places.

How to Make a Good Disinfectant. In making a good disinfectant the preference is given by Dr. W. Domett Stone to chlorine. This may be evolved by mixing in a bottle two tablespoonfuls of red lead, two of common salt and half a wineglassful of strong oil of vitriol in a quart of water.

Plants in Sleeping Rooms. That plants in living or sleeping rooms are not in any way injurious unless their number is so great as to keep the air of the apartment damp, is the opinion of The Popular Science News. They decompose carbonic acid gas into carbon compounds and oxygen, and thus tend to purify the air.

Remedies People Advise. Hot water for a Sprain or Bruise. Cranberry poultice for erysipelas. Buttermilk for the removal of tan and freckles. Taking cod liver oil in tomato catsup to make it palatable. Snuffing powdered borax up the nostrils for catarrhal cold. Good fresh buttermilk made from sweet cream as a serviceable drink in diabetes.

Bathing the affected parts, in inflammatory rheumatism, with half an ounce of salt-petre into half an ounce of sweet oil. The whites of an egg beaten to a stiff froth, whipped up with the juice of one lemon and taken half hourly, to relieve the hoarseness and soreness of the chest.

SOCIAL ETIQUETTE. Manners and Customs Practiced in Polite Society. When a wedding takes place at home, the space where the bridal party is to stand is usually marked off by a ribbon. In some districts remote from the city, it is a prevailing fashion for the bride and groom to enter a railway carriage, if ladies are in the company. This, however, pleasant for the company, is not in accordance with conventional etiquette.

What a Jungle is. By the way, we have now been the whole length of India, from Calcutta to Peshawar, and back to Bombay, on the other side of the land, and, except at the foot of the Himalayas, have not seen a single forest, or indeed what we would call a wood. Trees there are everywhere along the roads—along the hedge rows scattered about the fields and plains and dotted over the hills and mountains, but nothing like what the most of us at home have supposed to constitute an Indian jungle. All unscrupulous waste lands are called "jungles."

Ball Room Introductions. At a ball a gentleman is introduced to a lady that he may ask her to dance with him; the acquaintance does not necessarily go any further. Whether it shall or not depends entirely upon the lady. Should they meet afterward the gentleman will wait for a recognition before he speaks.

Cards of Husband and Wife. The husband's card should accompany that of his wife upon all formal occasions; but it is no longer stylish for both names to be engraved upon the same card, except directly after their marriage.

Oyster Gardens in North Carolina. The oyster reservations are fenced in like gardens with rails nailed to posts, but our correspondent thinks the system objectionable because it creates obstructions to navigation and affords no real protection to the planter from the depredations of oyster thieves. The public sentiment in North Carolina, unlike the feeling in some portions of Maryland, is so strongly in favor of planting that it is thought there will be little, if any, difficulty in securing a general recognition of individual property rights in oyster beds and in enforcing the law for their protection.—Baltimore Sun.

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PHYSIOLOGY AND HYGIENE. Eating Before Retiring—Preserving a Good Complexion—Disinfectants. Edward Everett Hill says: "Never go to bed in any danger of being hungry. People are kept awake by hunger quite as much as by a bad conscience. Remember that sleep is the essential force which starts the whole system, decline tea or coffee within the last six hours of going to bed. Avoid all mathematics or intricate study of any kind in the last six hours. This is the stuff dreams are made of, and hot heads and the nuisance of waking hours. Keep your conscience clear. Remember that because the work of life is infinite you cannot do the whole of it in any limited period of time, and therefore you may just as well leave off in one place as another."

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