

# A Woman's Burden.

This is a story of a woman addressed to women. It is a plain statement of facts too strong in themselves to require embellishment, too true to be doubted, too instructive to be passed over by any woman who appreciates the value of good health.

The women of to-day are not as strong as their grandmothers. They are bearing a burden in silence that grows heavier day by day; that is sapping their vitality, clouding their happiness, weighing them down with the weight of ill health.

Mrs. Alexander B. Clark, of 417 Michigan Avenue, Detroit, is a typical woman of to-day. A wife with such ambition as only a loving wife can have. But the joys of her life were marred by the existence of disease.

Suffering as thousands of her sisters have suffered, she almost despaired of life and yet she was cured.

To-day she is well! She wants others to profit by her experience; to grow well; to enjoy health; to be as happy as she is.

"For five years I suffered with ovarian trouble," is Mrs. Clark's own version of the story. "I was not free one single day from headache and intense twitching pains in my neck and shoulders.

"For months at a time I would be confined to my bed.

"At times black spots would appear before my eyes and I would become blind. My nerves were in such a state that a step on the floor unsettled me.

"Eminent doctors, skillful nurses, the best food and medicine all failed. Then I consented to an operation. That, too, failed and they said another one was necessary. After the second I was worse than ever and the world was darker than before.

"It was then I heard of Dr. Williams' Pink Pills for Pale People.

"I heard that they had cured cases like mine and I tried them.

"They cured me! They brought sunshine to my life and filled my cup with happiness.

"The headache is gone; the twitching is gone; the nervousness is gone; the trembling has ceased, and I have gained twenty-six pounds.

"Health and strength is mine and I am thankful to Dr. Williams' Pink Pills for Pale People for the blessing."

Dr. Williams' Pink Pills have proved a boon to womankind. Acting directly on the blood and nerves, they restore the requisite vitality to all parts of the body, creating functional regularity and perfect harmony throughout the nervous system.

The pallor of the cheeks is changed to the delicate blush of health; the eyes brighten; the muscles grow elastic, ambition is created and good health returns.

Dr. Williams' Pink Pills are sold by all druggists, who universally consider them the most important remedial agent they have to dispense.

J. H. Nelson, dentist.

Dayton has relected her school teachers for another year.

Mr. John T. Rice has entered upon a clerkship at the Grange & Farmers' Co. store.

Miss Josa Hoffstatter has gone to Linn county to teach a four months' term of school.

J. M. Sherwood, deputy supreme commander of the K. O. T. M., is in the city in the interest of the order.

Children and adults tortured by burns, scalds, injuries, eczema or skin disease may secure instant relief by using DeWitt's Witch Hazel Salve. It is the great pile remedy. Hill's Pharmacy.

B. Gabriel, of the general merchandise firm of Nichols & Gabriel, left here Wednesday morning for Excelsior, Mo., on business and to visit his parents. He will probably be gone six weeks. J. C. Nichols, junior member of the firm, will have charge of Mr. Gabriel's business during his absence.—Dayton Herald.

This week a large line of boys', youths' and gents' clothing arrived at the Grange & Farmer Co.'s store, and they are selling them way down. 14-2

What is worrying the boys of Co. B is the fact that their company has been selected for a severe test during the month of July. They are to go on a seven days' march with but fourteen pounds of food to the man. As the average man will eat six pounds of food a day, this allowance only provides for a day and one meal. It might be well for Yamhillers to ascertain the proposed line of march, and drive in their stray chickens and pigs, and it might not be amiss to get the dog in training.

What pleasure is there in life with a headache, constipation and biliousness? Thousands experience them who could become perfectly healthy by using DeWitt's Little Early Risers, the famous little pills. Hill's Pharmacy.

A resident of Happy valley recently sowed some wheat and oats near the house, and a neighbor warned him that the chickens would soon have it if something wasn't done to prevent it. The lady of the household conceived the idea of making gloves for the chickens' feet. It worked so well on the trial with a single member of the flock, that gloves were made for about two dozen of them, and the grain crop was allowed to grow. We understand a patent will be applied for.

Do you know, that Eleia Wright carries a full line of lubricating oils for machinery? Owners of valuable harvesting and other machinery cannot afford to experiment with poor oils. He carries the best on the market and they are warranted not to gum.

James Madson has recently bought the twenty acre tract of land of J. S. Baker, which the latter got a year ago in a trade with J. C. Lucas. Mr. Madson is already the wheat raising king of Chehalis valley, and the way he adds to his large acreage at stated periods, he bids fair to own everything that joins him at no distant day. It is indeed a poor crop season when he is unable to figure up very handsome profits on his year's work.—Newberg Graphic.

The Superintendent's Duties and Opportunities. (Read before the Yamhill County Sunday School Association, held at Newberg, March 24th and 25th.)

As implied in his title, it is the duty of the superintendent to superintend his school, and to so harmonize the many details of its work that every line of work shall converge upon a given point—the promotion of the intelligent personal piety among the young. As suggested by the character of his office, his opportunities are as vast and varied as his duties are important.

The ideal superintendent is not necessarily prepossessing personal appearance, nor is he always possessed of great funds of knowledge or of broad intellectual culture, but he is always a person of good natural ability, sympathetic, tactful, and of quick perception and sound judgment.

His faith in God is rugged—his piety is genuine. His sentiments on all questions where morals are involved will always be found in harmony with the sentiment breathed in the scripture. His inner heart life and his outer personal works will be found in keeping with the religious profession. His morals may be most easily reconciled with his religion. His own family circle believe in him. His children and his friends quote him as a worthy example. He enjoys the confidence of his neighbors. He is every day alike, consistent, hopeful and watchful.

The duties of the superintendent are such as require in him a blameless life, decision of character, and a real love for his great work. He is a constant student of human nature. He knows the disposition of his school. He studies the characteristics of his teachers and officers. He remembers the faces of all his flock and soon knows most of them by name. Being of an affectionate nature and of tender sympathies he always speaks to the children on the street. The ideal superintendent is wise—he always knows the difference between "children" and "boys and girls" and "young ladies and young gentlemen" and addresses them in appropriate terms. In the conduct of his school he seeks to entertain the mind so as to instruct, edify and personally bless every participant.

The superintendent armed with wisdom and filled with the spirit guards the interest of every pupil with jealous care. He is the guardian in whose care thoughtful and solicitous parents have entrusted their children for special moral and religious instruction, hence it becomes his duty first of all to protect them from the evil influences of careless, irrelevant and superficial teachers. It is a fact well known that a sceptical, worldly-minded, or otherwise incompetent teacher may sow tares among the wheat which require years to eradicate. The wise and diligent superintendent knows what kind of seeds his teachers are sowing, and he guards against the sower of the tares.

He also protects his pupils from the base influences of evil minded and unruly fellow pupils. He does not allow the teacher to be embarrassed, the lesson spoiled, or the class demoralized by some unruly spirit, but by gentleness, firmness, tact and discipline wisely administered, preserves the integrity of the class. By him the students are assigned to their proper classes, and he is ever on the alert for the shrinking new comer, and for the visitor who attends the school.

The details of the work are upon his mind and heart on the Lord's day and on the other six as well. He vies with the secular teacher in securing perfect order in his school. All on the program for the hour adjusts itself to its proper place. The session opens promptly on time. The atmosphere is charged with discipline, but is not oppressive. Everything moves like clock work. When the lesson is taken up he permits no interruption of the teacher in the class work, for an interrupted lesson is like an interrupted sermon—its force is largely lost.

At the close of the study of the lesson he guards against the annoyance of the school by extended speech making, or hobby riding, or vain theorizing, but in the review of the lesson seeks to pursue such methods as shall promote the careful study of the lesson each week by teachers and pupils alike, and above all else, that the great central truths of the lesson may be so summarized and put into a nutshell that every attendant may carry them home with him.

Being a wise man he brings the session to a close before the school is exhausted, so the work which began with silence ends with enthusiasm.

REV. G. H. BENNETT,  
Newberg, Oregon.

## Spring Medicine

It is true wisdom for everybody to take a thorough course of Swift's Specific just at this season of the year. The blood is sluggish and impoverished, and the system is full of impurities which should be eliminated. In addition to thoroughly cleansing the blood, and toning up the system so as to avoid loss of appetite and a general run-down feeling in the spring, S. S. S. so strengthens and builds up as to fortify against the many forms of dangerous illness that abound during the hot summer season. It is a very small matter to take this preparation but it insures health and strength all summer. Swift's Specific

## S.S.S. For the Blood

is far ahead of all other remedies for this purpose. It is a real blood remedy which promptly purifies the blood and thoroughly renovates the entire system, tones and strengthens the stomach, and renews the appetite. It is the only safe tonic, being purely vegetable, and the only blood remedy guaranteed to contain no arsenic, sulphur, mercury, potash or other mineral substance, which is of so much importance to all who know the injurious effects of these drugs. Nature should be assisted by nature's remedy, S. S. S. Take S. S. S. and be well all summer.

## Gives Summer Health

NOTICE FOR PUBLICATION.  
Land Office at Oregon City, Oregon.  
Feb. 23d, 1898.  
NOTICE is hereby given that the following named settler has filed notice of her intention to make final proof in support of her claim, and that said proof will be made before the county clerk of Yamhill County, at McMinnville, Oregon, on April 20th, 1898, viz: Lucy Gill; H. E. 10,338, for the northwest quarter of sec. 14, T. 4 S., R. 9 W.  
She names the following witnesses to prove her continuous residence upon and cultivation of said land, viz: Charles Sumner Jones and Robert Worthington Farmer of Chase, Oregon, and August Loukayste and Peter Gieble of McMinnville, Oregon.  
C. M. MOORE, Register.

### LOCAL DIRECTORY

**CHURCHES**  
BAPTIST—Services Sunday 11 a. m. and 7:30 p. m.; Friday school 9:30 a. m.; the young people's society 6:15 p. m. Prayer meeting Thursday 7:30 p. m. Covenant meeting first Thursday evening before the first Sunday of each month.  
R. W. KINS, Pastor.  
METHODIST EPISCOPAL—Services every Sabbath 11:00 a. m. and 7:30 p. m. Sunday school 9:30 a. m. Prayer meeting 7:00 p. m. Thursday. D. T. SUMMERSVILLE, Pastor.  
CUMBERLAND PRESBYTERIAN—Services every Sabbath 11:00 a. m. and 7:30 p. m. Sunday school 9:30 a. m. Y. P. C. E., Sunday 6:30 p. m. Prayer meeting Thursday, 7:30 p. m. E. E. THOMPSON, Pastor.  
Services in the Christian church: Preaching every Lord's day at 11 a. m. and 7:30 p. m. Young people's meeting at 6:30 p. m. Sunday School at 9:45 a. m. Prayer meeting Thursday, 7:30 p. m.  
E. A. POWELL, Pastor.  
ST. JAMES EPISCOPAL CHURCH—Lay-Services every Sunday at 11 o'clock a. m.  
ST. JAMES CATHOLIC—First st., between G and H. Sunday school 2:30 p. m. Vespers 7:30. Services once a month.  
T. BRIDY, Pastor.  
W. C. T. U.—Meets on every Friday at 2:30 p. m. in reading room, KEGG building. VIRGINIA W. GUYER, Pres. ELVA P. NEAT, Sec.  
**SECRET ORDERS**  
KNOWLEDGE CHAPTER NO. 12, O. E. S.—Meets at Masonic hall the 2d and 4th Monday evening in each month. Visiting members cordially invited. MYRTA APPERSON, W. M. R. L. CONNER, Sec.  
A. O. E. W.—Charity Lodge No. 2 meets first and third Fridays of each month, 7:30 p. m. Lodge room in Union block.  
J. D. BAKER, Recorder.  
Yamhill Lodge No. 10, D. of H. meets in Union hall second and fourth Friday evenings of each month.  
CUSTER POST NO. 9—Meets the second and fourth Saturday of each month in Union hall at 10:30 a. m. on second Saturday and at 10:30 a. m. on 4th Saturday. All members of the order are cordially invited to attend our meetings.  
R. F. CLERKE, Adj. E. F. HANING, Commander.  
E. V. ASSEMBLY NO. 18, UNITED ARMYANS—Meet first and third Monday nights of each month at 7:30 p. m. in Union block.  
J. W. BONES, Sec.

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## PATENTS

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### LOCAL NEWS.

A new line of tobacco and cigars just received at Bettman & Warren's.

The Grange & Farmers' Co. carry the Salem woolen goods. 15-4

Good wingers, all styles and prices from \$1.50 up. Hodson sells them.

John Bones was down from Sheridan on Monday.

Chas. P. Nelson of the Grange store was down to Portland on Tuesday.

Hoskins will repair your harness or sell you new, and put you in good shape for spring work. See him.

F. W. Spencer will give you the inside on price if you wish to purchase a new buggy this spring.

Horace Ramsey, a Forest Grove student, spent vacation at home in this city, returning Wednesday.

S. C. Pearson and C. F. Daniels are bailiffs in court this week for the petit jurors, and J. E. Noll is waiting on the grand jury.

Horse shoeing, all kind of repair work, plow sharpening, etc., done at lowest rates by E. F. Sutherland, at Johnson's old stand on B street. 11-4

Rev. R. W. King returned on Thursday of last week from holding a revival in Ashland. There were 32 conversions during the meeting.

H. G. Guild removed with his family to Salem last week. Mr. Guild has secured an interest in the Salem Independent.

Don't annoy others by your coughing, and risk your life by neglecting a cold. One Minute Cough Cure cures coughs, colds, croup, grippe and all throat and lung troubles. Hill's Pharmacy.

The Southern Pacific is distributing new ties along the west side road. The need for them has become great, the old ties in many places having become broken and rotten in the center.

For the next 30 days I will sell wall paper at way down prices to make room for new stock on the way. I do not carry wall paper as a side issue. This is your golden opportunity.  
H. C. BURNS.

Judge Galloway was up from Oregon City this week. He has let the contract for building his dryer to a Vancouver man, who will complete it in time for the prune crop. It will have a capacity of 300 bushels per day.

Whooping cough is the most distressing malady; but its duration can be cut short by the use of One Minute Cough Cure, which is also the best known remedy for croup and all lung and bronchial troubles. Hill's Pharmacy.

Henry Seumens is still at work developing his cinabar claims on the headwaters of Deer creek. Assays from surface croppings give \$19.50 in pure cinabar to the ton. A gang of men have commenced working sinking shafts.—Sheridan Sun.

The new mercantile firm of P. Fisher & Co. have a good-sized advertisement in this issue, and are firm believers in the value of printer's ink. Mr. Fisher is to be local manager of the business, and they will have the benefit of a first-class sales-lady in the person of Mrs. F. W. Redmond.

There is probably no piece of furniture in the city with so many combined functions and so perfect in construction as the new Harvard "high-low" dental chair just put in by Dr. Leroy Lewis. It is the latest improvement in its line. It can be varied in width, in head-rest, made into a child's chair, made recumbent at all angles and turned in any position. It is a little workahop in itself.

# O.R.&N.

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A new style packet containing TEN RIPANS TABLETS in a paper carton (without glass) is now for sale at some drug stores—for five cents. This low priced sale is intended for the poor and the economical. One dozen of the five-cent packets can be had by mail by sending fifty-eight cents to the RIPANS CHEMICAL COMPANY, No. 19 Spruce Street, New York—or a single carton (two tablets) will be sent for five cents. Best medicine ever made since this world was created.

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