CATARRH

ELY'S CREAM BALM
Cures
Satisfaction.
AT ONCE.
It cleanses the Nasal Passages, allays Inflammation, heals and protects the membrane from Catarrh and Cold in the Head quickly. Restores the Sense of Taste and Smell. No injurious drugs. Full size 50 cents at Druggists or by mail. Liquid Balm for use in atomizers, 75 cents.
ELY BROTHERS, 56 Warren St., New York

SCHOOL HYGIENE.

Why You Should Teach Your Children Jiu Jitsu.

One of the most interesting subjects brought up for discussion at the recent international congress on school hygiene was the question of including the teaching of jiu jitsu, or Japanese wrestling, as part of the regular school curriculum.

One thing about jiu jitsu is that it is graceful. The throws and falls are all done when expert with an ease and grace that are little short of marvelous. What is of more importance is the wonderfully beneficial effect it has upon the health of those little pupils who have already become proficient and who number small mites of five or six years.

One of the most potent results is the improved circulation of a child who has been through a course of training, the exercise invigorating all the organs and starting the circulation through brain and body. It permits of no danger of strain and can consequently be indulged in by the smallest votaries without any anxiety on the part of school authorities.

In the case of an exceedingly delicate child the result has proved satisfactory beyond the most sanguine expectations. The difference in the physique of the little pupil, who numbers eight or nine summers, seems hardly credible after a course of only three months' training.

A lesson in jiu jitsu lasts from twenty to thirty minutes, the movements representing the art of self defense or attack. Naturally enough, in the case of the small people it is necessary to teach the attitudes one by one till they become instinctive, the actual reasoning power which would direct when they should be turned to account requiring riper years.

The ankle trip, which consists in swinging the opponent's leg aside just at the psychological moment when his weight is being shifted from the left foot to the right, and pulling him aside at the same time, is taught first, the children being wonderfully quick at picking up the theory and being given an opportunity of testing every movement on the teacher.

BUSINESS TRAINING.

Man Should Listen to Wife's Counsel In Business Affairs.

Governor Glenn of North Carolina writes:

"I advise every man who would be successful to listen to his wife's counsel in business affairs. The woman who is really a man's helpmeet is the one who is able to advise him on every serious problem that confronts him. But no woman can be a real companion who must spend all her time as cook and housekeeper. She ought to know about business and what is going on in the world. It is unreasonable of any man to expect his wife to meet his needs as a real companion if he does not provide the means for her to become so. A wife should have some leisure to study and develop herself along intellectual lines. A man who holds the opposite idea lowers the standard for wifehood and womanhood. And every girl and woman in the country should have a strict and thorough business education. No matter how fortunate a girl's immediate circumstances, she should be given a complete business training. Let them be trained to be first class stenographers, bank cashiers, professional nurses, bookkeepers—anything they have talent for. But let their equipment be complete, as a man's is. It is a dreadful mistake to leave a girl without any definite training whereby she may earn a livelihood in case of necessity. I believe the reason many women go into wrong paths in life is simply because they are helpless when thrown suddenly on their own resources."—Woman's Journal.

HEALTH AND BEAUTY.

A pinch of salt taken before meals stimulates digestion.

A cup of strong coffee will remove the odor of onions from the breath.

Nervous spasms are usually relieved by dissolving a little salt in the mouth.

Bathing in salt water tones up the skin and gives it a fresh, wholesome color.

For corns take equal parts of lard and quinine and mix thoroughly. Apply at night.

For a sprained ankle the whites of eggs and powdered alum made into plaster is almost a specific.

Hot water is better than cold for bruises. It relieves pain quickly and will prevent discoloration.

One should be cautious about entering a sickroom in a state of perspiration, as the moment you become cool your pores absorb.

Stewed rhubarb has a well known medicinal value besides being a complexion beautifier. It is said to be valuable for rheumatic troubles.

Eggs are considered one of the best remedies for dysentery. Beaten up slightly and swallowed they tend to lessen the inflammation of stomach and intestines.

In even severe attacks of colic a teaspoonful of salt dissolved in a teacupful of cold water has been known to give immediate relief. The same dose will revive a person who has been stunned by a heavy fall if he can be forced to swallow it.

A teaspoonful of ground mustard in a cupful of warm water is a prompt and reliable emetic and should be taken in cases of poisoning or cramps from overeating. Powdered resin is the best thing to stop bleeding from cuts.

THE MEN WHO KNOW
THE SUPERIOR QUALITIES OF
TOWER'S FISH BRAND
SLICKERS, SUITS AND HATS
are the men who have put them to the hardest tests in the roughest weather.
Get the original Tower's Fish Brand made since 1836
CATALOG FREE FOR THE ASKING
A. J. TOWER CO. BOSTON, U.S.A.
TOWER CANADIAN CO. LIMITED, TORONTO, CAN.

60 YEARS EXPERIENCE
PATENTS
TRADE MARKS
DESIGNS
COPYRIGHTS &C.
Anyone sending a sketch and description may quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. HANDBOOK on Patents sent free. Oldest agency for securing patents.
Patents taken through Munn & Co. receive special notice, without charge, in the
Scientific American.
A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms, $3 a year; four months, $1. Sold by all newsdealers.
MUNN & Co. 361 Broadway, New York
Branch Office, 625 F St., Washington, D. C.

Notice.

TO WHOM IT MAY CONCERN, notice is hereby given that all irrigation, or millrace ditches on all trout streams brought Lake County, Oregon, must be screened with a small mesh wire screening at their head or junction with the main channel of stream. Also all dams or obstructions on said streams must be provided with a fish-ladder, or other easy means of passage, at or near the middle of the main channel, so as to allow the passage of trout at all times of year, as provided by law. Said work to be done at low water time, or to be completed by Feb. 7, 1907.

By order of J. A. Barham,
Special Deputy fish Warden for Lake County, Oregon.

Timber Land Notice.

United States Land Office Lakeview, Oregon, April 2d 1908

Notic is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled, "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892

FRANCIS A. FITZPATRICK, of Paisley, county of Lake, State of Oregon, has filed in this office his sworn statement, No. 4068, for the purchase of the W half, NE quarter, E half NW quarter, of Section 31, in Township 36 S., Range 16 E., W. M., and will offer proof to show that the land sought is more valuable for its timber or stone than for agricultural purposes and to establish his claim to said land before Register and Receiver at Lakeview, Oregon, on Thursday the 9th day of July, 1908.

He names as witnesses: C. E. Fitzpatrick, of Paisley, Oregon, John Stindt, of Bonanza Oregon, Henry Newell, of Lakeview, Oregon, E. L. Tull of Bly, Oregon.

Any and all persons claiming adversely the above described lands are requested to file their claims in this office on or before said 9th day of July, 1908. J. N. Watson, Register. 15-10

$1,000.00 Reward.

The California & Nevada Livestock Protective Association will give $1000 Reward for the conviction of any party or parties stealing horses, cattle or mules belonging to any of the following members of this Association:

Cox & Clark, Chewacan Land & Cattle Co., Heryford Land & Cattle Co., Lake County Land & Livestock Co., Warner Valley Stock Co., Wm W. Brown, Geo. M. Jones, Geo. Hankins, S. B. Chandler, C. A. Rehart, N. Fine, W. A. Currier, Frank B. Bauers, J. C. Hotchkiss, Calderwood Bros., T. J. Brattain & Sons, T. A. Crump, Cressler & Bonner, W. T. Cressler, Maud I. Rambo.

OFFICERS { W. P. HERYFORD, President
F. M. MILLER, Sec & Treas.

FINANCE COM { W. P. HERYFORD
F. M. GREEN
S. B. CHANDLER

Timber Land Notice.

United States Land Office Lakeview, Oregon. Mar. 18, 1908.

Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892, Rose L. McDaniels, of Lakeview, county of Lake, State of Oregon, has filed in this office his sworn statement, No. 3922, for the purchase of the NE quarter, NW quarter, N half, NE quarter, SE quarter NE quarter, of Section 32, in Township 38 S., Range No 21 E., W. M., and will offer proof to show that the land sought is more valuable for its timber or stone than for agricultural purposes, and to establish his claim to said land before Register and Receiver at Lakeview, Oregon, on Thursday the 18th day of June, 1908.

He names as witnesses: Flint Vernon, A. Neilon, Wm. Metzker, J. D. Brooks, all of Lakeview, Oregon.

Any and all persons claiming adversely the above described lands are requested to file their claims in this office on or before said 18th day of June, 1908.

J. N. Watson, Register. 13—10

NOTICE

Blue prints of any township in the Lakeview Land District can be had by applying to the undersigned. All work up to date. Checkings made from the Land Office Records at the time the prints are made, work neatly and promptly done

W. B. Snider,
Lakeview Oregon.

The Eldredge
SEWING MACHINE.
ROLLER BEARING.
HIGH GRADE.

Save Money by buying this reliable, honest, high grade sewing machine.
STRONGEST GUARANTEE.
National Sewing Machine Co.
SAN FRANCISCO, CAL.
FACTORY AT BELVIDERE, ILL.

ECZEMA and PILE CURE FREE Knowing what it was to suffer, I will give FREE OF CHARGE, to any afflicted a positive cure for Eczema, Salt Rheum, Erysipelas, Piles and Skin Diseases. Instant relief. Dont suffer longer, Write F. W WILLIAMS, 400 Manhattan Avenue, New York Enclose Stamq.

Northern Stage Line.
LAKEVIEW--PAISLEY.
A. W. BRYAN, Proprietor.
Leaves Lakeview at 6 a. m. every day but Sunday. Returning, leaves Paisley at 6:30 a. m. every day but Sunday.
Passengers' are $3 Round trip $
OFFICE - Reynolds & Wingfield's Lakeview

LAKEVIEW SADDLERY
S. F. AHLSTROM, Proprietor

The best Vaquero saddle on the market.
Also a complete line of wagon and buggy harness, whip robes, clothes, bits, spurs quirts, rosettes, in fact every thing in the line of carriage and horse furnishings. Repairing by competent men.

HOTEL LAKEVIEW . . .
ERECTED IN 1900
MODERN THROUGHOUT
FIRST-CLASS ACCOMMODATIONS
SAMPLE ROOM For COMMERCIAL TRAVELERS
COURTEOUS TREATMENT

P. P. LIGHT
GEO. HARROW
LIGHT & HARROW, Proprietors.

ELI RESTAURANT
Located on Water Street, near the Post office.
Meals at all Hours.
Fresh oysters kept on hand during the oyster season. Fish and game in season.
Only First-class Restaurant in Lakeview.
ELI, PROPRIETOR.

LAKE COUNTY ABSTRCAT CO.
INCORPORATED
A COMPLETE RECORD
We have made an entire transcript of all Records in Lake County, which, in any way, affect Real Property in the county.
We have a complete Record of every Mortgage and transfer ever made in Lake County, and every Deed given.
ERRORS FOUND.
In transcribing the records we have found numerous mortgages recorded in the Deed record, and not indexed; and many deeds are recorded in the Mortgage record and other books. Hundreds of mortgages and deeds are not indexed at all, and are most difficult to trace up from the records.
We have notations of all these Errors:
Others cannot find them. We have spent hundreds of dollars hunting up these errors, and we can guarantee our work.
J. D. VENATOR, Manager.

M. D.
SURGEON
Oregon
Paper
Hanger
New Pine Creek, - - Oregon
James Barry
CHAS. E. RICE.
Musician and Director of the Lakeview Citizens' Band
Lakeview - - - - - - - - - - Oregon
Wall street line of engraved Stock and Bond blanks at the Examiner office. New sample book received Monday evening. If you want stock certificates call and see samples and get our prices.

Timber Land Notice

United States Land Office, Lakeview, Oregon, April 17, 1908.

Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the states of California, Oregon, Nevada and Washington territory," as extended to all the Public Land States by act of August 4, 1892 Leon C. Emerson, of Lakeview, county of Lake, State of Oregon, has filed in this office his sworn statement, No. 3747, for the purchase of the East half NW quarter, SW¼ NW quarter Sec. 32, and SE quarter NE quarter, of Section No. 31, in Township No. 40 S., Range No. 22 E., W. M., and will offer proof to show that the land sought is more valuable for its timber or stone than for agricultural purposes, and to establish his claim to said land before Register and Receiver at Lakeview, Oregon on Friday the 26th day of June, 1908.

He names as witnesses: M. E. Musgrave, Rose Musgrave, Arthur Rehart, Granville Hardisty, all of Lakeview, Oregon.

Any and all persons claiming adversely the above described lands are requested to file their claims in this office on or before said 26th day of June 1908.

J. N. Watson, Register. 17—10

Timber Land Notice

United States Land Office, Lakeview, Oregon, April, 17, 1908.

Notice is hereby given that in compliance with the provisions of the act of Congress of June 3, 1878, entitled "An act for the sale of timber lands in the States of California, Oregon, Nevada, and Washington Terriory," as extended to all the Public Land States by act of August 4, 1892,

JOHN W. REHART, of Lakeview, county of Lake., State of Oregon, has filed in this office his sworn statement, No. 4085, for the purchase of the Lots 1, and 2, NE quarter, NW quarter, of Section No. 19, in Township No. 37 S., Range 20 E., W. M., and will offer proof to show that the land sought is more valuable for its timber or stone than for agricultural purposes, and to establish his claim to said land before Register and Receiver, at Lakeview, Oregon, on Tuesday, the 14th day of July, 1908.

He names as witnesses: Eli Barnum, Charles Barnum, Nate Wilcox, Frank Wilson, all of Lakeview, Oregon

Any and all persons claiming adversely the above described lands, are requested to file their claims in this office on or before said 14th day fo July, 1908.

17—10 J. . Watson Register.