A WAY TO WOO SLEEP.

Watch a Light Spot on the Wall Till Slumber Comes.

Some months ago a friend informed me that he was a great sufferer from sleeplessness. He had experimented with all manner of remedies—baths, drugs, exercise, dieting—but could find no relief, writes H. Addington Bruce in the Delineator.

"How about the 'spot on the wall' cure?" I asked him.

"I haven't heard of that. What is it?"

"It's very simple," I told him, "yet very efficacious. I presume that some light from the street lamp or the moon usually gets into your bedroom? Well, where it strikes the wall you will be pretty sure to find spots that seem to stand out vividly from the dark background. Select one of these patches of brightness, one preferably not much larger than a silver dollar. Settle down comfortably in such a way that it will be within easy range of your vision without straining to see it. Then gaze at it steadily.

"Do not, however, try to stare it out of countenance, so to speak. Instead, let the muscles of your eyes relax until the spot appears to have a confused outline. At the same time, if possible, think of nothing but the one idea—'I am going to sleep!'

"Before long your eyes will begin to feel tired, and they will gradually close. Open them and once more gaze at the spot on the wall. Again they will close. Again open them. Presently you will find it impossible to open them, and the next instant you will be asleep."

Recently I again met him and found him full of enthusiasm.

"That was a splendid scheme," said he. "I sleep like a top nowadays—am asleep almost as soon as I touch the bed."

HE GUESSED RIGHT.

Now See if You Can Tell Which Fair One He Selected.

A certain Turk, according to the story, was once married to a veiled lady in white in the presence of the sultan. As soon as the ceremony was concluded the bride mysteriously disappeared.

The groom was led into an adjoining room, where stood twelve ladies all dressed in white, but without veils. "Choose from the twelve," exclaimed the sovereign, "her that is your bride." As the man had never seen her face the command bewildered him.

"If you make a mistake," added his majesty, "your life shall pay the forfeit."

The poor man walked up and down the row of beauties, but saw nothing whatever to aid his choice.

"You have only a minute left!" yelled the sultan in anger. "Choose at once!"

Ten of the ladies, the man noticed, gave him nothing else than a stony stare. One of the remaining two frowned, the other smiled. "The frowning one," he thought, "is my bride, for she expresses her displeasure and impatience at my ignorance. "No," he said to himself; "it must be the smiling one, for she desires to invite me to her."

After debating the subject in his mind until his time was up he boldly made a selection from the two. He was successful. He had regained his bride. Which was she—the one who frowned or the one who smiled?

Taste and Smell.

Physiologists have long known that many sensations ordinarily ascribed to taste are in reality due to smell, but this fact has been made clearer than before by the investigations of German savants. Air enters the olfactory chamber, where the nerves connected with the sense of smell are concealed, both through the nostrils and through an inlet leading from the mouth. In consequence a breath of perfumed air manifests its odor not only when it is breathed in, but when it is breathed out. For this reason we are sometimes deceived as to the source of the pleasure we derive from things taken into the mouth, the agreeableness of the impression being due, in some cases, rather to smell than to taste.—New York Herald.

Pre-Columbian Voyages.

Concerning the subject of the discovery of America John Fiske says: "Nothing can be clearer from a survey of the whole subject than that these pre-Columbian voyages were quite barren of results of historic importance. In point of colonization they produced the two ill fated settlements on the Greenland coast and nothing more; otherwise they made no real addition to the stock of geographical knowledge. They wrought no effect whatever upon the European mind. In no sense was any real contact established between the eastern and western halves of our planet until the great voyage of Columbus in 1492."

Nature's Work.

There is not a moment of any day of our lives when nature is not producing scene after scene, picture after picture, glory after glory, and working still upon such exquisite and constant principles of the most perfect beauty that it is quite certain that it is all done for us and intended for our perpetual pleasure.—Ruskin.

Considerate.

"Young man, I'm sure I heard you kiss my daughter."

"Did you, sir? Next time I'll tip over a chair or shuffle my feet."—Cleveland Plain Dealer.

[illegible] lives, grows and multiplies [illegible] a witness.—Victor Hugo.

THE TENANT'S TOAST.

It Carried Off the Prize at Lord Panmure's Dinner.

The following story gives a good idea of the drinking style in England early in the last century. This was what the men of that day took for humor:

Two young English noblemen were paying a visit to Lord Panmure at Brechin castle. One day he wrote a letter to Panlathie, a tenant of his, to come and dine with him, and at the same time he ordered him to bring a sum of money.

Panlathie was aware when he received the order that something was to be done and went prepared.

After dinner Lord Panmure gave the first toast, which was, "All hats in the fire or £20 on the table." Four hats were immediately in the fire.

One of the English noblemen gave the next toast, "All coats in the fire or £50 on the table." Four coats were committed to the flames.

The other English nobleman gave the next toast, "All boots in the fire or £100 pounds on the table." The whole of the boots were committed to the flames.

Panlathie's toast came next, which was, "Two fore teeth in the fire or £200 on the table," and Panlathie pulled his teeth out and threw them into the fire.

The English noblemen looked amazed. They didn't know he had false teeth, and Panlathie went home without hat, coat or boots, but with £600 in his pocket. Lord Panmure thought much of his tenant after that.—Exchange.

THE DEAD SEA.

Old Popular Beliefs About It That Are Not Founded on Fact.

The Dead sea is a remarkable lake, forty-six miles long and from five to nine miles wide, situated in the southeast of Palestine and known from the time of Jerome (340-420 A. D.) as the "Dead" sea, because no fish of any kind have ever been found in its waters. Its surface, which is lower than that of any other body of water known, is 1,292 feet below the level of the Mediterranean. At its northern end it has a depth of about 1,300 feet, while the water at the southern extremity is only from three to twelve feet deep.

The Dead sea is fed by the Jordan from the north, but has no outlet, the water being apparently carried off by evaporation. The water of the Dead sea contains a large amount of the salts of magnesia and soda; as a consequence its specific gravity is high, and bathers float in it with ease.

The popular notions that the Dead sea exhales noxious vapors and that birds cannot fly over its surface and remain unharmed are not founded on fact.

According to tradition, Sodom and Gomorrah, "the cities of the plain," stood on the site now occupied by the Dead sea. This view, however, is no longer entertained, and it is now considered certain that the Dead sea existed in its present state during the days of Abraham and even much earlier.—New York American.

The Oldest Death Sentence.

The oldest death sentence extant is found in the Amherst papyri containing the trials of state criminals in Egypt, about 1300 B. C. The criminal in this case was found guilty of magic, which his judges state "was worthy of death, which be carried out, and he killed himself," apparently by stabbing, as in the Japanese harakiri, which is also of very ancient origin.

Among less civilized peoples drowning would seem to have been the earliest method of legal punishment, for about 450 B. C. the Britons killed their criminals by throwing them into a quagmire. Of other than capital punishments the oldest recorded comes from Chaldea, where it was enacted some 6,000 years ago that when any one maimed a slave "the band that thus offended should pay him each day a measure of corn."

Victim of Their Fear.

"One thing that makes me positively sick," remarked a young matron vehemently to her husband, "is to have guests sit all through a meal and merely toy with the food as Mrs. So-and-so did last night. And she is the third dinner guest we have had lately who did the same thing. They are afraid of getting stout, and, although they accept invitations to meals, they never eat anything that isn't on their regular diet lists, and the consequence is that the hostess sits up and sees portion after portion of her well prepared food going to waste. It almost spoils the evening for me, and I shan't ask any one of the three here again—unless, by chance, they happen to get so thin they won't mind eating a square meal."—New York Press.

Much Interested.

"I hope you will be interested in yonder gentleman," said the hostess. "I have assigned him to take you out to dinner."

"I shall be," responded the lady addressed. "That gentleman was formerly my husband, and he's behind with his alimony."—Louisville Courier-Journal.

Keeping Company.

"They kept company for a long time before they were married."

"Yes, and they've kept it most of the time since. Her relatives seem bound to live on them."

The worst use that can be made of success is to boast of it.

"Neskowin"

THE OLD SALEM CAMP GROUND

We earnestly invite you to make your SUMMER OUTING at NESKOWIN PARK, for we predict that you will never have cause to regret that you chose this ideal spot. Of course you will take your annual vacation? Then, by all means, COME TO NESKOWIN AND ENJOY LIFE.

NESKOWIN represents much that is beautiful to the eye of the lover of nature. The surroundings are ideal, the location the most perfect of any BEACH RESORT on the whole OREGON COAST. In making the foregoing assertion we know that this may be questioned, but we extend to you our invitation to come, visit and behold as we have seen. NESKOWIN has the most promising future. A beautiful little park "a stone's throw" from the finest stretch of beach anywhere. Trout fishing on one hand; deep sea fishing on the other. Located in the heart of a prosperous dairy and farming community. Plenty of fresh milk, cheese, vegetables and sea food right at hand. This is the place that INVITES YOU COME.

If you want to visit NESKOWIN—if you want any information, cut out the coupon and mail TODAY—NOW.

ROLLIE W. WATSON,
Tillamook City, Oregon.

Please mail me map and literature of NESKOWIN.

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Postoffice ____________________

State ____________________

Out This Out and Mail

Small Suit is Costly.

Salem Or., May 24.—A case submitted on briefs in the Supreme Court today furnishes an illustration of the kind of litigation that congests courts and hampers the administration of justice. The case is entitled, J. O. Drummond, plaintiff-respondent, vs. Miami Lumber Company, defendant-apellant, an appeal from Tillamook County.

Originally the bone of contention was the sum of $11.85, which Drummond asserted was due him from the lumber company, but which the company alleged had already been paid. Suit was brought in the Justice Court, which held it in favor of the lumber company, ordered the case dismissed and decreed that each side should pay its own costs, amounting to $18.80 for the plaintiff and $15.50 for the defendant.

The plaintiff sued out a writ of review in the Circuit Court, which was allowed by Judge Galloway, who decided upon a review of the case that judgment should be rendered against the lumber company and in favor of Drummond, for the amount of the costs, $18.80, and also the costs of the appeal to the Circuit Court, $19.35.

From the decree the Miami Lumber Company has appealed to the Supreme Court, where the fees will not be much less than $100, making a total of over $150 in fees, to say nothing of the cost to the county and state, and the delay caused more important matters, to settle a dispute involving only $11.85.

Eighth Grade Final Examination.

Notice is hereby given that final examination for applicants for eighth grade diplomas will be held June 9th and 10th, as follows:

Thursday, June 9th.—Phyiology, Writing, History and Civil Government.

Friday, June 10th.—Grammar, Arithmetic, Geography and Spelling.

Pupils who have failed on not more than one subject will be permitted to complete the examination by writing on the one subject only.

Applicants who failed in not more than two subjects at the May examination will be permitted to complete the examination by writing on the above date on the two subjects only.

An examination will be held in the Court Room in Tillamook City, by the Board of Examiners, for the benefit of any and all pupils of the county desiring to complete the examination. The first two subjects on each day's program will be given in the forenoon and the last in the afternoon of each day of the examination.

Respectfully,
W. S. Buel, Sup't.

Kept the King at Home.

"For the past year we have kept the King of all laxatives—Dr. King's New Life Pills—in our home and they have proved a blessing to all our family," writes Paul Mathulka, of Buffalo, N. Y. Easy, but sure remedy for all Stomach, Liver and Kidney troubles. Only 25c at Chas. I. Clough's.

A Dreadful Wound

from a knife, gun, tin can, rusty nail, fireworks, or any other nature, demands prompt treatment with Bucklen's Arnica Salve to prevent blood poison or gangrene. Its the quickest, surest healer for all such wounds as also for Burns, Boils, Sores, Skin Eruptions, Exzema, Chapped Hands, Corns or Piles. 25c. at Chas. I. Clough's.

The Holstein the Cow for Tillamook.

Hoard's Dairyman started in 1902: "CREAMERY PATRONS INVESTIGATIONS." Prominent dairymen were sent to different creameries in nearly all the eastern and middlewestern states. They took a note of the sums paid to about 50 or 100 patrons, went to those patrons and noted down the way in which the herds were kept and fed, the market value of their feed and calculated as net profit for those herds the sum after deducting the market value of the feed from the amount of money paid by the creamery. The condensed reports of those investigations show the Holsteins well in the lead of all other breeds.

This means net profit in butterfat and leaves no room for objections, that the Holstein gives thin milk or wants too much food. It alone would give her the preference for the dairy. To the same results came the Wisconsin Agricultural Station with a 5 years investigation (Hoard's Dairyman 10-16 1903). The world's record for butter-fat is held by the Holstein Colantha, fourths Johanna, with 998,26 lb. butter-fat one year. But their are other facts favoring the Holstein. She gives the greater profit in skim milk, that is worth, as the trials of several agricultural stations, show 30c. 100lb., if fed to pigs with some mill feed. The Holstein's milk is preferable for infants and invalids to the fatter milk of the Alderneys (Jerseys and Guernseys), as it is more digestible because the fat globules are smaller.

The Holstein cows are of more quiet disposition than the nervous Jerseys, a circumstance that may have some importance with some dairymen.

One fact, important already, but growing in importance, as we are fast approaching European conditions of high priced meat—is this, that the Holstein cow is the best of the dairy breeds as a producer of veal and steers, and that a Holstein cow, that is not good or spoiled or too old as a milker, may be better for the block than a cow of the other dairy breeds.

The increase in weight during the milking period is greater with the Holstein than with the Jersey. (St. Louis Exp.) The only breed used for milk in Europe besides the breeds indignous to the different counties is the Holsteins. Jerseys are kept sometimes in parts for their deerlike appearance.

There is one prominent reason why the Tillamook dairyman should unite in keeping only one breed, that can only be the Holstein. This is the good profits that could be made by the sale of grade and purebred animals as shown by the dairymen in Wisconsin, where in certain parts only one kind of cattle is kept, all the female calves, even grades are raised and sold for a well paying price to dealers, that can only come for business to a country, where they can expect to find enough animals to get a carload.

It may be difficult to find another place so favorable for the cooperation of the farmers for raising one breed as Tillamook. The demand for good cows is increasing.

M. VOGL.

The women of the Trade Union League say that all men are in favor of woman suffrage "except such as are wanting in experience." So there!

Rounding up Trust Crooks.

President Taft's pardon of Oliver Spitzer looks like an effective move against the "men higher up" in the sugar trust who are accused of frauds on the government. Spitzer, who was the superintendent of docks at the Havemeyer and Elder refineries in the Williamsburg district of New York City, was sentenced last February to two years in the Alantic Penitentary on the charge of participation in the conspiracy by the trust to cheat the government by underweights of sugar imports, but has been pardoned after serving three months. The pardon was granted under the condition that he appear against his former associates.

Naturally the accused persons in the trial in New York were startled at the advent of Spitzer as a witness against them. His pardon was a secret, which was known only to a few persons, and they did not divulge it till he entered the courtroom as one of the agents for prosecution. Attorney General Wickersham believes he can make a strong case against the trust now, and if that combine has done the things which have been charged against it they ought to be brought forth promply under the present conditions. It appears that Spitzer had no promise of pardon when making the confession in the Penitentiary a week ago. Compunctions of conscience and not the possibility of liberation impelled him to confess. Thus the story which he has just told in the court, and the story which he is booked still to tell, are expected to have a good deal of weight in the prosecution.

If Spitzer's testimony is corroborated that he called the attention of the Wall street headquarters of the trust to the frauds which were being perpetrated, the chances of placing the men "higher up" behind the bars look promising. If the frauds were on anything like the scale which has been charged, the leading officials of the combination must have known about them. It has been said by the prosecution that the government has been cheated out of millions of revenue by this conspiracy. The department of Justice ought to be able to make out a strong case through the aid which Spitzer stands ready to bring it. The heads of the trust may be presumed to view with alarm the net which is being woven around them if the revelations which have just been made are authentic. The Penitentiary colonies of bankers and other captains of industry may get a large re-enforcement in the next few months.

Stomach Troubles.

Many remarkable cures of stomach have been effected by Chamberlain's Stomach and Liver Tablets. One man who had spent over two thousand dollars for medicine and treatment was cured by a few boxes of these tablets. Price, 25 cents. Samples free at Lamar's drug store.

Sore Nipples.

Any mother who has had experience with this distressing ailment will be pleased to know that a cure may be effected by applying Chamberlain's Salve as soon as the child is done nursing. Wipe it off with a soft cloth before allowing the babe to nurse. Many trained nurses use this salve with best results. For sale at Lamar's drug store.

Of Interest to Farmers and Mechanics.

Farmers and mechanics frequently meet with slight accidents and injuries which cause them much annoyance and loss of time. A cut or bruise may be cured in about one-third the time usually required by applying Chamberlain's Liniment as soon as the injury is received. This liniment is also valuable for sprains, soreness of the muscles and rheumatic pains. There is no danger of blood poisoning resulting from an injury when Chamberlain's Liniment is applied before the parts become inflamed and swollen. For sale at Lamar's drug store.

What a Summer Cold May Do.

A summer cold if neglected is just as apt to develop into bronchitis or pneumonia as at any other season. Do not neglect it. Take Foley's Honey and Tar promptly. It loosens the cough, sooths and heals the inflamed air passages, and expels the cold from the system. Sold by Chas. I. Clough.

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of the year to have your teeth out and plate and bridge work done. For out-of-town patrons we finish plate and bridge work in one day if necessary.

PRICES:
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BEST METHODS

Painless Extraction Free when plates or bridge work is ordered. Consultation Free. You cannot get better painless work anywhere, no matter how much you pay. All work fully guaranteed for fifteen years.

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