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### SHADOW LEGENDS

Zulus Believe the Bodily Shade Is the Future Spirit.

TAKING AWAY ONE'S SHADOW.

Why Some Races Are Forbidden to Look Into a Dark Pool of Water. The Way Donald McKay Managed to Escape the Clutches of the Devil.

That mysterious counterpart of a human being which lengthens with the day and disappears with the sun, to reappear more faintly with the rising of the moon, which we call a shadow, has always struck the imagination of man. It has played a prominent part in primitive superstition and in later folklore. Shadows or shades was the classical name or figure for the spirits of the departed which still remains in use.

This idea is not confined to civilized races. Among the Zulus the spirit is the shade. Bishop Callaway, whose knowledge of Zulu beliefs and modes of thought was unrivaled, says that the Zulus connect the bodily shade with the future disembodied spirit. They believe that the shadow cast by the body will ultimately become the "Itongo," or spirit, when the body dies, and they say that the long shadow shortens "as a man approaches his end and contracts into a very little thing. When they see the shadow of a man thus contracting, they know he will die. The long shadow goes away when a man is dead, and it is that which is meant when it is said, "The shadow has departed." There is, however, a short shadow which remains with the body and is buried with it. The long shadow becomes an ancestral spirit.

Identification of the shadow in any mysterious or spiritual way with the person whose body casts it, naturally leads to respect for the strange second self. To tread on the shadow of a chief is an insult to the chief himself. In the Institutes of Manu, the ancient Hindu law giver, the law runs:

"Let him not intentionally pass over the shadow of sacred images, of a natural or spiritual father, of a king, of a Brahmin who keeps house, or of any reverend personage, nor of one who has just performed a sacrifice."

There are traces of the survival of these primitive ways of regarding a man's shadow in the English country feeling that it is unlucky to cross the path of a newly married man as he leaves the altar; and in another rural belief that it is unlucky to cross the path of horses ploughing when the sun is shining behind them.

Association between shadows and mirrored representations of the human form is obviously natural, so it is not surprising to find superstitions about the shadow mingled with widely scattered versions of the Narcissus legend. The story of the beautiful youth who became enamored of his own image, as he saw it represented in the water, and languished thereafter till he died, has its origin in the belief that trouble follows from beholding the watery image.

"Let him not look at his own image in water; that is a settled rule," commands Manu, the Hindu law giver.

The reason for the prohibition is to be found in the beliefs of man in a primitive state of civilization. The Melanesians of the Pacific, says a learned observer, say: "There is a stream in Saddle Island, or, rather, a pool in a stream, into which if any one looks he dies; the malignant spirit takes hold upon his life by means of his reflection in the water." Some such idea as this was probably the root of the Narcissus legend.

The Zulus explain why it is ill to look into the water of a pool by a story of a great beast in the water which can seize the shadow of a man and when his shadow is gone a man no longer wishes to turn back, but desires to enter the pool. He goes in, dies, and is eaten by the great beast which inhabits it. So, says Bishop Callaway, "men are forbidden to lean over and look into a dark pool, it being feared that their shadow should be taken away."

There are other ways in which a man may lose his shadow. There was a temple of Jupiter in Arcadia which, if entered by those who were forbidden to do so, robbed them of their shadows.

In the north of Scotland there are some quaint legends of folk who lost this usual attendant. In Sutherland they tell more than one story of a wizard named Donald-Duival McKay. Donald went to a school in Italy where the black art was taught by the devil, who sat in the professor's chair, and at the end of each term claimed as his own the last scholar to depart. Breaking up at this academy was naturally a scramble, none wishing to be last.

On one occasion Donald was really the last, but just as the devil was about to seize him, the resourceful Donald pointed to his own shadow, which fell behind him, saying, "Take thou the hindmost!" Accordingly, his shadow was seized, while he himself escaped, and after his return to Scotland was never seen to have a shadow!

A companion illustration of "de'il tak the hindmost," from Aberdeenshire, is a story of a witch helped laid watching his reapers, whose shadow was seized by Satan, and who was ever after shadowless. In literature Chaucer's famous tale of "Peter Schlemihl" is a well known example of the stories of the shadowless.—New York American.

### TESTING FIRE CLAY.

The Most Practical Method is to Literally Eat It.

Fire clay has been in use for centuries, and yet I believe the industry is one which lacks definite laws more than any other, including those which are either modern or ancient and of less prominence. You can go to a manufacturer of steel and specify what you want by actual figures or statements and you can check the product by chemical analysis or mechanical tests and thus make sure you get what you need. The producer knows how to combine certain elements and what quantities of various kinds to combine in order to get a result at least very closely approaching what you call for, but not so in the fire clay business. In the past the most skilled and highest salaried chemists have been employed to make tests, to promote and carry through investigations on the natural product and to study the workings of certain unmanufactured and elaborated articles derived therefrom. The result has been, generally speaking, confusion worse confounded. Two professors, working at similar times on brick or clay obtained from the same source and manufactured under exactly equal conditions, have recorded diametrically opposed conclusions! The same scientists at different periods have reached vastly varying conclusions when testing identical qualities and shapes of bricks, so can you wonder if a prominent fire clay manufacturer should exclaim, as I heard one on an occasion after having the above experience, "All tests of fire clay are empirical, and I would sooner trust our superintendent to pick and select his clays in the old fashioned way than pay a high fee for a highbrow's recommendations?" The chief method of testing fire clay by a practical man is literally to eat it. He can detect grit and sand best by that method, and a good fire clay (free from silica, quartzite or flint clay) is free from grit. His only other personal test is by experiment.—Engineering Magazine.

### A CHINESE BANQUET.

Culinary Mysteries That Bewildered an Englishwoman.

One moment we were eating ducks' eggs whose blackened, lime flavored whites indicated that their age was unimpeachable; the next we were grappling with sea weeds, macaroni and the slippery sharks' fins that eluded our clumsily manipulated sticks. Now we tackled—not without fear—unknown meats and vegetables cooked in sugar, fresh shrimps, mushrooms from Mongolia, young bamboo sprouts, pig-goons' eggs and a hundred different foreign tasting messes. Then clean plates were given to us, and bowls of sickly pink strup, sweet potato and Indian corn cakes of dusky hue were set before each one. These were only crevice fillers and concluded the first and lighter portion of the repast. Now came the real substantial meal, where in every dish had an accompaniment of smaller ones, containing gravies, etc., in which to dip the morsel taken from the central bowl.

There was stewed duck cooked with our salt, roast sucking pig, forcemeat balls and chicken; there were soups of birds' nest, of mushroom, of vegetables and of sea slugs. There was grilled fresh water fish, which, according to custom, was helped from the top side only, for the Chinese remembers his servant. And, finally, at the conclusion the inevitable small bowl of rice and rice water was set before each person.

After some three hours, with a feeling of thankfulness that all was over, pipes, cigarettes and tea were served, and it seemed to me that the delicious aroma which rose from the latter soothed our senses and almost dispelled the antipathy that had been growing on us for all things Chinese.—Mary Moore in London Express.

### The Kind Needed.

"Dear me," said the first young woman, taking her initial lesson in golf, "what shall I do now? This ball is in a hole."

"Well, let me see," said her companion, rapidly turning the leaves of a book of instructions. "I presume you will have to take a stick of the right shape to get it out."

"Oh, yes; of course," was the somewhat cynical reply. "Well, see if you can find one shaped like a dustpan and brush."—New York Tribune.

### Kissing in Iceland.

Among old time laws against kissing those of Iceland appear to have been the most severe. Banishment was the penalty laid down for kissing another man's wife, either with or without her consent. The same punishment was enforced for kissing an unmarried woman against her will; if it could be proved that she had consented to be kissed the offender was still liable to a fine of a great quantity of cloth for each offense.

### A Startling Reply.

An English country bookseller sent to London for a copy of a book called "Happy Husbands." The work was out of print, but the wholesale agent certainly might have intimated the fact differently. He replied that "There are no 'Happy Husbands' in London."—London Tit-Bits.

### Best Intentions.

Mamma—Johnny, what is the baby yelling about? Johnny—Nothing. I just took his milk and showed him how to drink it.—Cleveland Leader.

Learn to say "No," and it will be of more use to you than to be able to read Latin.—Spurgeon.

### QUEER NATURAL HISTORY.

Some Curious Eighteenth Century Descriptions of Animals.

Some curious specimens of folklore and natural history are contained in a rare book called "The Sportsman's Dictionary," which was published toward the end of the eighteenth century. The author was evidently a Philistine among Philistines in his attitude toward nature.

Of the master musician, the black-bird, he says:

"This bird is known by all persons and is better to be eaten than kept, being much sweeter to the palate when dead and well roasted than to the ear while living; sings about three months in the year, or four at most, though his song is worth nothing, but if he be taught to whistle he is of some value, being very loud, though a coarse."

And here is a story of the squirrel with the ring in it of the seventeenth even more than the eighteenth century. It reminds one of the hares of Isaac Walton, that changed their sexes once a year:

"If what is reported of them be true the admirable cunning of the squirrel appears in her (where we commonly use 'his' when the sex need not be specified our ancestors often used 'her') swimming or paddling over a river, for when she is constrained by hunger so to do she seeks out some mud or small bark of a tree, which she sets upon the water and then goes into it, and, holding up her tail like a sail, lets the wind drive her to the other side and carries meat in her mouth to prevent being famished by the length of the voyage."

Of the wild boar we have this: "And what place sweeter be bites, whether man or dog, the heat of his teeth causes inflammation in the wound. If therefore he does but touch the hair of a dog he burns off—nay, huntsmen have tried the heat of his teeth by laying hairs on them as soon as he was dead, and they have shriveled up as if touched with a hot iron."

### WIND AND NERVES.

Effects of Breezes From the East, West and Northwest.

The east winds hug the earth closely and gather moisture, dust and bacteria. They are cold and humid, altogether forming an enervating influence on human and animal life and rendering it susceptible to the disease germs which the winds carry and disseminate.

The cool, pure northwest winds come from a region of dry, highly electrified air where ozone exists in comparatively large quantities. They are invigorating. The framework of nerves in the human being is like a delicate electrical apparatus, the nerves being the wires and the brain and ganglia receiving and distributing centers.

Every one knows that a telephone works better on a clear, dry day than on a wet, muggy one. The moist atmosphere lessens vitality. The nerve wires grow flaccid and heavy. The messages become confused. Hence low spirits, melancholia, distorted mental outlook, faulty assimilation, and disease.

The opposite effects flow from the northwest winds. The west and northwest winds keep the nervous membranes of the body in good working order. The coating of moisture which is always present with the east wind disappears. Absence of any wind if long continued has a bad effect on the human body and mind.

A prolonged calm means lack of ventilation on a great scale. The winds serve to mix in normal proportions the gases which compose the atmosphere, and in this way they are conducive to health up to a certain point. Beyond about twenty miles an hour their influence begins to be unfavorable.—Chicago Tribune.

### Cropped In on the Bears.

The removing of the polar bears at the zoo recalls that some years back a visitor dropped in on these bears. A hat fell into the pit, and its owner at once jumped in after it. He alighted on a bear who was enjoying a dose in the sun. The bear made him welcome. It seized him by the shoulder and walked him round and round. Luckily the visitor kept his feet until a keeper opened a side door and pulled him into safety. But the hat was left behind. On the following day the man sent to the society a letter in which he claimed the cost of a new hat.—London Tatler.

### A Vicious Fish.

In South America there is a small fish that not only attacks its fellows of the sea and river, but is greatly dreaded by the natives, who during certain seasons have to ford the streams in which the caribboes are found. Bathers are often attacked by them, the sharp, chisel shaped teeth taking a bit from the flesh wherever they attack. They are perfect scavengers, eating the animals that float down the river dead or alive.

### The Deduction.

"There's a proverb that fits every man."  
"What one fits me?"  
"To whom God gives office, he also gives brains."  
"But I have no office."  
"Well, don't you see how it fits?"—Cleveland Leader.

### More to Come.

Maud—So Helen and I have made up their quarrel, have they? Ethel—Yes, but only temporarily. They are going to be married on a Boston Transcript.