

DAILY CAPITAL JOURNAL

BY HOPPER BROS.

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A MAN FOR SENATOR.

As the Democrats and the Republicans will both have to put up two senators by the direct primary, some good material ought to come to the front.

Among the best men in the Democratic party, and in the state for that matter, is Hoa, A. S. Bennett, of The Dalles. He is a lawyer of great ability and an honest man.

He is a man who has made a competence by his profession, and made it legitimately. He is a man identified with Oregon, and a MAN CAPABLE OF SUSTAINED EFFORT FOR ANY CAUSE HE UNDERTAKES.

Under the direct primary we would like to see him nominated as one of the candidates to go before the people, because the candidacy of such men means a great deal to the whole state.

It means the elimination of a trifling class of office-chasers who represent mainly desire for the fat places at the public crib, and are neither safe nor intelligent after they get there.

HOW TO CARE FOR A COW.

A cow should have a clean, dry place to lie down at night, sheltered from the wind.

When out in the daytime she should have a SHELTER TO GO UNDER WHEN A STORM BLOWS UP.

It does not pay to let her drink any other than pure water, and to feed any other than clean food.

Do not feed cows raw potatoes or beets or turnips in winter. They are worth ten times as much boiled.

Raw potatoes or roots chill the milk-producing system, and lie in the paunch undigested until warmed by the animal.

If taken in large quantities these raw roots will TAKE THE COATING OFF THE INSIDE OF THE STOMACH, AND OFTEN CAUSE DEATH.

Boiled and mixed with ground feed, bran or shorts they are the best substitute for grass or green feed.

Wash the cow's teats every morning and wipe them dry with a cloth before milking. Wash them again after milking and wipe dry.

It pays to keep a cow clean, from a business standpoint. She will give more milk, and require less feed.

GEER A CANDIDATE.

Governor Geer comes out in the Statesman and declares himself a candidate for governor.

He states his views, or platform, on the same lines as has been generally set forth by the other aspirants.

This places three avowed candidates in the field—Johns, of Baker county; Withycombe, of Washington county, and Geer, of Marion.

They are all men of ability and standing before the people, and will run for the nomination at the Republican primary.

It is presumed that all three of them are willing to support each other if the "other fellow" gets the nomination. This is the duty of any aspirant for

Eruptions

The only way to get rid of pimples and other eruptions is to cleanse the blood, improve the digestion, stimulate the kidneys, liver and skin. The medicine to take is Hood's Sarsaparilla Which has cured thousands.

FOR A BOY

There isn't a more practical or helpful present than a Savings Bank Pass Book with his name written in it. In using it he will receive his first lesson in business principles and practice, and be encouraged to save money—it makes just as practical a present for a girl, too.

You can open the account for them by depositing one dollar. Deposits can be made at any time. Interest compounded semi-annually.

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CAPITAL NATIONAL BANK.

Wake up Your Liver

a nomination at the hands of a party, if there is no fraud or corruption in the nomination.

The Capital Journal wishes all these gentlemen well. Their records will probably be fully placed before the people and discussed.

This should be done with kindness, fairness and justice to the high office which they seek to occupy.

The state and the Republican party need A MAN OF PURE CHARACTER, OF MARKED ABILITY AND BROAD AND LIBERAL IDEAS TOWARDS ALL PEOPLE.

A Natural Result.

It is very reasonable to suppose if the foundation of a structure was removed that the building itself is bound to come down. This simple principle can be applied to disease. Take medicine into the system that will remove the cause of the sickness, and illness will leave of itself. Dyspepsia, indigestion, sick headache and biliousness have their foundation in stomach disorders. Remove this weakness and the other symptoms are no more. There is one cure for this that all druggists sell for 25c per box; it is Dr. Gunn's Improved Liver Pills. They get right at the beginning of the disease and make the cure by taking away the cause.

Scientific Toy Making.

While the making of toys is an art that is probably practically as old as the world itself, it has been only within recent years that science has bothered itself about them. Less than half a century ago they were regarded merely as playthings—amusing diversions for children that were by no means necessary to their well being. Today, however, science insists that there is a well defined philosophy underlying the use of toys; that they are the tools with which the little ones ply their trade; the paraphernalia necessary to the proper conduct of their society; that dolls, for example, are more to them than the associates that help to entertain them in that they aid them in the attainment of their mental growth by stimulating the natural emotions which must be experienced in later life. Whether this theory of the scientists is correct or not, the fact remains that children have always had the playthings requisite for their imitations of the domestic life and business affairs of older people; that they have always required their elders to provide them with such inventions, and that, when they could not obtain these toys by any other means, they themselves have sought and found objects that might be made to suit their purposes. Even the somnolent middle ages did not put an end to their pastimes. The toys in which they found diversion may have been more simple, but, as they met the demands of nature, they played their allotted part in the scheme of human development.—Public Opinion.

Turbine System for the Navy.

Washington, Dec. 19.—The naval board which went to South Brooklyn to inspect the Curtis turbine at the Bliss works with a view of observing its operation and the economy of the system as applied to motive power for the new battleships, has submitted a report. The board found much to interest the members and the junior officers who accompanied it, and there is every promise that something will come out of the turbine principle. There are advantages already in that system, but there remained some things to be decided in the application of the turbine to naval uses. The turbine makers are advancing rapidly toward the desired end of economy in the expenditure of fuel and oil, and it is along the line of getting down to cruising speed with small loss of fuel that the experts are working. It has not yet been decided whether the turbine shall be adopted for one of the battleships, but it is believed that the naval board on construction will decide in favor of the system. It may be necessary to await further developments as the naval engineers are inclined to think that the turbine in its present state of efficiency is not altogether satisfactory. Such changes are being made all the time, so that it is believed the improvements will soon place the turbine in the class with the reciprocating engine for naval uses. The report of the board which visited South Brooklyn does not, by any means, settle the question, but throws much more favorable light upon the turbine proposition than anything else.

30 per cent discount on push robes for the holidays. Largest stock in the city. Mitchell, Lewis & Staver, State street.

Not too much, just a little, just enough to start the bile nicely. One of Ayer's Pills at bedtime is all you need. These pills act directly on the liver. They cure constipation, biliousness, dyspepsia, sick-headache. Sold for 60 years. We have no secret! We publish the formulas of all our medicines. J. C. Ayer & Co., Lowell, Mass.

DON'T PARE POTATOES

Not long since we listened to an address by an eloquent woman before a convention of women. The speaker was holding the audience to the closest attention. Everybody appeared as interested as if they were listening to some entrancing oratory or to some stirring discussion of a special and vital issue. What do you suppose it was this eloquent speaker was talking about? Potato paring. That was what she was talking about—potato paring—and yet, she was making a great deal of her subject, swaying her listeners as if her subject was one that appealed to the heart rather than the head. She was saying that the foolish practice of paring potatoes was not only a waste of time, but a waste of potatoes. A horrible waste. The best part of the potato is pared off and thrown away in the garbage. The best part of the potato, mind you. Not only a part of the potato, but the best part.

She was saying that in the management of an institution with which she had something to do, they washed the potatoes clean and boiled them with the skins on. When they were removed from the kettle, the thin skin was taken off and the potatoes were served in the usual manner. Potatoes boiled in this way are far better than are potatoes boiled in any other way. The only possible objection to this process of cooking potatoes is the fact that the potatoes are not quite so white, which is no objection at all.

We learned a lesson from this talk on a practical subject. In addition to the lesson about potatoes, we were not only convinced that the average housewife is guilty of great waste in the matter of paring potatoes, but we learned another lesson of much practical value to us in editing a journal for the home. We learned that the people are interested in practical things. We learned that there is no matter so commonplace, no subject so humble, but that it can be made interesting to the average person.

The outside of the potato, usually pared off, contains all the nitrogenous or tissue building properties of the potato. It is altogether the most useful part of the potato; and yet, this is exactly what is pared off in a ruthless way and thrown out. This not only takes hour and hours of time every week from home, but fishes from the home a great deal of wholesome food. The potato, pared in the usual way, contains very little else but starch; but, boiled with the skin on, it contains not only starch, but a large portion of nitrogenous matter.—Medical Talk for the Home.

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It's pretty hard to attend to duties with a constantly aching back. With annoying urinary disorders. Doan's Kidney Pills make work easier. They cure backache.

They cure every kidney ill. Mrs. Needham, wife of W. S. Needham, painter, residing at the corner of Fourth street and Jefferson avenue, North Salem, says: "Like almost all painters my husband has been troubled with his kidneys for years. The exposure, the reaching and stooping, combined with the turpentine and materials in the paint, all tending to put the kidneys out of order. His back often ached badly at night when he came home from work, and when he caught cold it always aggravated the trouble. He read an advertisement about Doan's Kidney Pills, and procured a box at Dr. Stone's drug store, and used them. They did good work by helping him at once, and he continued their use until relief was obtained."

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Alcohol as a Medicine.

"Yesterday we were taught that alcohol was to be counteracted by large doses of brandy; today those who have studied the problem most carefully in the laboratory and by the sick bed, and who are entitled to direct professional opinion on the matter, inform us that to administer alcohol is to increase the danger to his life. Thirty years ago the leaders of pro-

fessional opinion in this country thought it was injurious to withhold alcohol from patients suffering from typhoid fever. Now, as we learn from a paper written by Dr. Dawson Burns for presentation to the International Congress Against Alcoholism, which

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meets at Budapest this week, the London temperance hospital is able to show for a period of thirty-three years a mortality of only 14.4 per cent in all cases of typhoid fever treated in the hospital the mortality for the last ten years being 12.27 per cent. The majority of those patients were not given alcohol. It will be seen that the results are not inferior to those obtained at other metropolitan institutions. For example, the mortality among cases treated in the Metropolitan asylums board hospitals during the year 1904 was 14.58 per cent. We are far from being in agreement with the intemperate and whole sale condemnations of alcohol that are so constantly thrust upon us by the self-styled temperance reformer. We maintain that in moderation alcoholic drinks are pleasant and harmless. But we desire to point out that the value of alcohol and alcoholic beverages in the treatment of acute diseases is not so great as medical men have hitherto supposed."—London Hospital.

Torture of a Preacher

The story of the torture of Rev. O. D. Moore, pastor of the Baptist church of Harpersville, N. Y., will interest you. He says: "I suffered agonies, because of a persistent cough, resulting from the grip. I had to sleep sitting up in bed. I tried many remedies, without relief, until I took Dr. King's New Discovery for Consumption, Coughs and Colds, which entirely cured my cough, and saved me from consumption." A grand cure for diseased condition of Throat and Lungs. At J. C. Perry's, drug store. Price, 50c and \$1.00, guaranteed. Trial bottle free.

Change of Rates.
Mr. C. W. Yankke, of the Fashion Stables, has decided to adopt a new schedule of rates for cab service. The new schedule will be as follows: Single passengers, 50 cents, two 75 cents; three \$1.00; four or more, \$1.50. These prices are for service within the old city limits. For points beyond an additional charge will be made, depending on distance. These rates will take effect on Thursday, December 21st. The rates will be posted in each cab. 12-10-31

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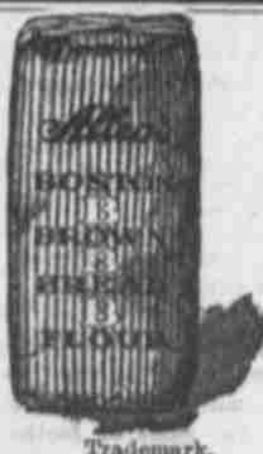
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