

NERVE FAG A DANGER SIGNAL

MEANS THAT VITAL FORCES ARE BEING EXHAUSTED.

Dr. Williams' Pink Pills Supply Needed Elements.

Renewing and Invigorating the Blood the Nervous System is Restored to Its Normal Functions.

Nervous debility is the forerunner of a nervous breakdown, perhaps the first warning sign of paralysis.

A certain amount of drain on the nervous system the body is prepared to meet because the blood is forever carrying nourishment to the nerves and building them up. In other words the blood feeds the nerves. But when there are excesses or mental overwork or worry the demand exceeds the supply and there is nervous derangement—the nerves are starved.

The first thing to do in nervous debility is to stop the cause of the trouble, if possible, whether it is irregular living, worry, or whatever it may be. Give special nourishment and the blood must be kept pure and rich. This is the mission of Dr. Williams' Pink Pills and this is why the pills have been used with such great success in nervous troubles that did not yield to ordinary methods of treatment.

Mr. Charles W. Lowell, of Shelburne Falls, Mass., says: "I was run down in health for ten years and for such of that time was unable to do any physical work on account of nervous debility. I stuck to my work in the office although I was not in condition to do so and several physicians had been unable to give me any relief.

"I couldn't do a good day's work without being all used up. I suffered from a general fatigue all the time and had no strength or ambition. I had frequent backaches and headaches at least once a week. My sleep was broken. My eyes were affected by my nervous condition and I had dizzy spells for half an hour at a time, especially after eating a hearty meal. My appetite was poor and I was troubled with gas on the stomach and constipation.

This condition went on for a long time and I became very nervous and irritable, so much so that I couldn't stand the least noise. Even the playing of my children annoyed me. I had no pleasure in life at all and merely dragged out a poor existence, lost in weight and strength continually.

Dr. Williams' Pink Pills were recommended to me by a friend in Meriden, Conn., and finally I made up my mind to try them. My appetite improved, my sleep became sound and restful and I gained in weight and strength. My nervousness has entirely left me. I am very glad to recommend Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills contain the elements necessary to make new blood and, as the nerves get their nourishment from the blood, have been found invaluable in a wide range of diseases of the blood and nerves, such as rheumatism, after-effects of the grip and fevers, neuralgia and even partial paralysis and locomotor ataxia.

Dr. Williams' Pink Pills are sold by all druggists, or sent, postpaid, in receipts of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

AMUSEMENTS.

Ten Nights in a Barroom at Klinger Grand This Week.

The Cooper-Belmont Company is presenting "Ten Nights in a Barroom" this week to appreciative audiences, and have received many favorable comments for the manner in which the play is handled. The story deals with the liquor traffic, and, while a pathetic theme runs through the piece, there is plenty of good, wholesome comedy.

The entire party is well balanced, and play their respective parts with vim that shows that each member takes a keen interest in the work.

Rev. Carlisle, P. B. Martin, L. L. D. Of Waverly, Tex., writes: "Of a morning, when first arising, I often find a troublesome collection of phlegm which produces a cough and is very hard to dislodge; but a small quantity of Ballard's Horehound Syrup will at once dislodge it, and the trouble is over. I know of no medicine that is equal to it, and it is so pleasant to take. I can most cordially recommend it to all persons needing a medicine for throat or lung trouble." Sold by D. J. Fry.

TO MAKE SECOND ATTEMPT

Fraternal Insurance Bill is Not Dead But Sleeping

At least one of the fifteen bills enacted by the legislature of 1905 and vetoed by the governor will be presented again for legislative enactment at the forthcoming session, but no attempt will be made to pass it "notwithstanding the governor's veto." It is that one which defined fraternal beneficiary associations, and provided for the regulation and control of the same.

P. A. McPherson, vice-president of the Order of Washington, of Portland, has spent the past week in Salem, looking after the interests of this bill, and has had certified copies of its draft made with the governor's veto attached. Now he is going over the measure and comparing its provisions with the laws already upon the statutes, with the result that he has found numerous defects and discrepancies, which would render the act ineffective, and he is having a revised and corrected draft made, to present anew to the legislature.

As the title of the bill indicates, it defines what fraternal beneficiary associations are, and provides for the regulation and control of the same through the agency of the insurance commissioner, backed up by the provisions of the proposed law. This commissioner, whose salary shall be fixed by the legislature, is to be appointed by the governor, and his principle duty, besides those already performed by the secretary of state, ex-officio commissioner of insurance, will be to carry on a systematic and rigid inspection of the standing and financial conditions of all associations coming within the jurisdiction of the act, and to regulate them accordingly.

In the main, as he states in his veto message, Governor Chamberlain was in favor of the bill, but he took especial exceptions to sections 12 and 21, which he looked upon as vicious and sufficiently so to make the complete draft objectionable as a law in his eyes. It was an almost exact copy of a bill drafted by the executive committee of the National Convention of Insurance Commissioners, but both the National Fraternities Congress and the associated Fraternities of America opposed it. In passing upon the bill the governor said:

"Section 12 exempts all property and funds of such associations held or used to further carry out their purposes from taxation under the general tax or revenue laws of this state, while the bill, as originally prepared by the National Fraternities Congress only exempted such property as was held and used for lodge purposes, and the funds of such associations. It might happen, therefore, that if this bill became a law all of the funds of any association might be invested in a magnificent business block in the city of Portland, and entirely exempt from taxation. This ought not to be permitted."

Aside from this it has been found that this section is also in contravention with the constitution of the state, and would produce a condition exactly parallel to the case of the Hibernian Society building, corner of Sixth and Washington streets, Portland, of which a test case was made, and it was held in the 23rd Oregon, page 193, that the building, the greater portion of which was leased out, was not exempt from taxation. As to Section 31, he said:

"Section 31 provides one rule of conduct for associations, organized prior to 1900, and another rule for those organized since, a special class of legislation that ought not to be adopted, and in fact it was a subject about which the fraternal committee of the national convention of insurance commissioners and the executive committee of the National Fraternal Congress differed. It was proposed by the latter, but not agreed to by the former. The legislature of Oregon, however, notwithstanding this disagreement, had embodied it in the law which has been enacted.

Section 31 reads: Associations organized prior to A. D. 1900. Associations coming within the definition of "Fraternal Beneficiary Associations," as defined by this act and now transacting business fraternal beneficiary organizations prior to A. D. 1900, which shall establish or may hereafter establish rates deemed by it adequate and in so doing has increased or shall increase the payments required to be made by the members, so that such members shall be unable for any reasons, to make

such payments and continue his membership; in such case, or cases, any such association may make such allowance to such member or members, by way of extended insurance or reduced benefits payable to a beneficiary designated in accordance with the provisions of section 6 of this act as it may determine to be equitable and provided for by the laws and regulations, and may provide for payment of the cost of carrying such extended insurance out of any reserve, emergency, surplus or other funds it has or shall accumulate or create.

The provisions of this section shall not be construed as applicable to any association which does not make provision for such extended insurance in its laws or regulations, nor shall the member of any association which does not by its laws or regulations make provisions for such extended insurance have any right to or interest in any fund which any such association may now have or may hereafter create as a reserve, emergency, surplus or other fund.

BAKER CITY PAVING

Baker City, Jan. 11.—(Special.)—That the city of Baker, so far as paving is concerned, is between a certain polished and cloven-hoofed gentleman and deep, deep seas of mud, was virtually decided by the city council which heard from Mayor John the import of Judge Smith's decision, and discussed ways of meeting the situation of muddy streets. As a result the council is studying and planning some method by which this city may have its streets improved before the new year passes, and it is barely possible that the city may determine to lay its own pavement, and use bitulithic. Such a proposition was suggested last evening.

"You may not fully have understood the import of the decision," said Mayor Johns. "The question of irregularity in the council's proceedings was not touched upon in the hearing before Judge Smith nor in his decision. I am inclined to believe that the decision is final so far as it goes. Judge Smith did not touch upon the validity of the ordinance. His decision was to the effect that the city council under its charter could not lay a patented pavement, and it may be that the case will be tried out upon the issue of the validity of the remonstrance and then determined upon its merits. If that be done the whole matter will be forwarded to the supreme court, which means a delay of about a year.

"I am satisfied," continued the mayor, "that the case will be carried on as far as the Warren people are concerned, at no expense to the city as it means whether they may or may not do business in Oregon, and they are greatly interested in overthrowing Judge Smith's decision."

"The bad feature," said Councilman Bowen, "is the delay to the city. Can we not change our charter so as to enable us to use bitulithic?"

That was not practical. The council declared that it would not lay Barber asphalt, which it considered more expensive than the Warren pavement and that it could not lay

Often The Kidneys Are Weakened by Over-Work.

Unhealthy Kidneys Make Impure Blood.

It used to be considered that only urinary and bladder troubles were to be traced to the kidneys, but now modern science proves that nearly all diseases have their beginning in the disorder of these most important organs.

The kidneys filter and purify the blood—that is their work.

Therefore, when your kidneys are weak or out of order, you can understand how quickly your entire body is affected and how every organ seems to fail to do its duty.

If you are sick or "feel badly," begin taking the great kidney remedy, Dr. Kilmer's Swamp-Root, because as soon as your kidneys are well they will help all the other organs to health. A trial will convince anyone.

If you are sick you can make no mistake by first doctoring your kidneys. The mild and the extraordinary effect of Dr. Kilmer's Swamp-Root, the great kidney remedy, is soon realized. It stands the highest for its wonderful cures of the most distressing cases, and is sold on its merits by all druggists in fifty-cent and one-dollar size bottles. You may have a sample bottle sent to you by mail free, also a pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing to Dr. Kilmer & Co., Binghamton, N. Y. Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

The Tale of a Pail



Women are creatures of habit. They form the habit of doing a certain thing and often continue it after improvements have been made. Take shortening for instance. The old-time way was to purchase bulk lard, in a barrel or tub, which the grocer uncovered as soon as received, leaving it open to dirt, dust and flies, exposing it in some cases to the sun with the possibility of its becoming rancid, and permitting it to be placed where it would be likely to absorb the odor of cod-fish, soap or kerosene oil. This is an old-fashioned, out-of-date method of buying shortening, but many people still continue it. We wonder why? Probably, just a matter of habit.

There is a better way. Cottolene is not only superior to lard as a shortening, from the fact

that it is a vegetable, and cleanly product, while lard is made from greasy, indigestible hog-fat, but Cottolene reaches the consumer in the same condition it was on the day we manufactured it.

If cleanliness, healthfulness, economy and superiority count for anything there is no excuse for any housewife in the land using other than Cottolene for shortening and frying. You owe it to yourself and family, as a careful housewife, to give Cottolene a test, and verify the claims we make for it.

Any one who expects to live his allotted three score years and ten cannot afford to experiment with lard cooked food. It is a foe to good digestion and a healthful condition of the stomach—Cottolene is the only satisfactory and perfect shortening.

COTTOLENE was granted a GRAND PRIZE (highest possible award) over all other cooking fats at the recent Louisiana Purchase Exposition, and food cooked with COTTOLENE another GRAND PRIZE.

"Home Helps" a book of 300 choice recipes, edited by Mrs. Rorer, is yours for a 2 cent stamp, if you address The N. K. Fairbank Company, Chicago.

A NEW FEATURE—The patent air-tight top on this pail is for the purpose of keeping COTTOLENE clean, fresh and wholesome; it also prevents it from absorbing all disagreeable odors of the grocery, such as fish, oil, etc.



Nature's Gift from the Sunny South

More Laborers Wanted in the South. yet far below the demand. With the worlds requirements fast approaching a 15,000,000 bale crop, it is estimated that several hundred thousand more field laborers are needed in the south to help to produce the raw cotton, and if the present per centage of advancement in southern manufacture continues, fully this number, in addition, will be needed in the mills and other allied industries.

Rostein & Greenbaum's CLEARANCE SALE NOW ON UNTIL JANUARY 16TH

- ### A FEW OF OUR TRADE WINNERS
- Ladies' Hose**
 - 3 pair heavy gray for25c
 - 18c heavy black, now12c
 - Children's Hose**
 - 10c heavy ribbed now, 8c
 - 20c fine ribbed, now15c
 - Toweling**
 - Good cotton, now, yd.....4 1/4c
 - 7 1/2c flaxine, now yd6c
 - 10c flaxine, now yd7 1/2c
 - Oil Cloth**
 - 20c standard grade, yd15c
 - Outing Flannel**
 - 12c plain colors, yd 9c
 - 10c grade, figured, yd8 1/2c
 - 9c grade, figured, yd7 1/2c
 - Shirting**
 - 12 1/2c heavy twilled9 1/2c
 - Muslins**
 - 10c grade in mill end remnants, yd6 1/2c
 - Colored Table Damask**
 - In mill end remnants, 50c grades now 25c yd
 - Men's Underwear**
 - 40c grade, now25c
 - 50c grade, now40c
 - \$1.25 and \$1.50 odd wool shirts and drawers, now75c
 - Men's Sox**
 - 6 pairs heavy cotton for25c
 - 10c black sox, now7 1/2c
 - Lace Curtains**
 - \$1.25 grade, 3 yds long, now 85c pr
 - \$1.50 grade, 3 yds long, now \$1.00 pr
 - \$2.00 grade, 3yds long, now \$1.25 pr
 - Bed Spreads**
 - \$1.00 large size, now69c
 - \$1.25 large size, now90c
 - \$1.75 large size, now\$1.25
 - Muslin Underwear**
 - Gowns from35c up
 - Skirts from40c up
 - Drawers from30c up
 - Ladies' Underwear**
 - Heavy cotton, now20c
 - 60c union suits, now49c
 - \$1.00 union suits, now60c