

### The Importance of Regular Habits

The welfare of the body depends upon how regularly the stomach, liver, kidneys and bowels perform their respective duties. Carelessness or delay in attending to Nature's demands, brings on disorders which, sooner or later, have a bad effect on the general health. Sluggish bowels, inactive liver, retarded digestion are important matters calling for immediate attention.

## BEECHAM'S PILLS

are a proven remedy. They possess corrective properties which act favorably upon the several organs and induce free and regular movements, so very essential to the bodily health. Do not fail to give instant attention to the calls of Nature. Neglect invites disease. Beecham's Pills are the old and reliable safeguard of health and can always be depended upon to

**Keep Stomach, Liver and Bowels in Good order**

Boxes 10c and 25c, with full directions.

### EXTENSION FOREIGN COMMERCE

ends Upon Freight, Labor and Material Cost

Washington, Feb. 27.—Humor in discussion of the corporation bill! It sounds almost incredible, but a little brochure, of the tenor as the ponderous warning against hysterical treatment of the subject issued in the President's annual message and the report of heads of various executive departments of the government, has its appearance as an addition to this class of literature. The article is the text of a brief address made before the recent national convention of the Extension of Foreign Commerce of the United States, which was held here. The speaker was Dr. James Howard, of the George Washington University, who is eminently well qualified to speak on the subject of foreign commerce by reason of his wide investigations abroad and the fact that he has made deep personal study of the question in foreign fields. Because of his interest in this question foreign trade he has been decorated by thirteen governments. Dr. Gore's address is based primarily on the condition of foreign trade and declares that foreign trade differs from domestic merely in one respect—permanency of export conditions. The manufacturer creates a market in distant lands for his goods, he says, must be an assurance that when he is called upon to meet the demands, the cost of raw materials, labor and transportation will not be greatly in excess of what they are at present. In the face of heavy increases in wages and the cost for raw materials foreign manufacturing enterprises would realize this condition have been fitted into consolidations, that through economies in production their ends may be attained. This, Dr. Gore shows, is the beginning and the end of the corporation—a name

political demagogues have used to scare the masses

Another dangerous feature of the situation seen by Dr. Gore is the activity of individual states in the enactment of legislation aimed at the corporation. In touching on this he says:

"This anti-trust sentiment, the outcome in a large measure of the dissatisfaction that some grow rich while others stay poor, is making itself felt in those states where the legislatures are helping us toward the logical conclusion that every family can support itself by 'taking in washing.'"

"When the rights of states were granted to us in our constitution there was no dream of the present ramifications of commerce, which in order to achieve the best results must regard the boundaries of states, as well as of countries, as artificial. When the demands of a country are insufficient to support a factory, the patronage of neighboring countries is solicited and the people at home as well as those nearby profit by the benefits that come from the greater production."

"But if the attempt be made to go beyond a state line—which is no more real than the line that delimits the county—the enterprising manufacturer is told that foreign made goods are admitted only by courtesy and may be excluded under the provisions of a state law based on antipathy to trusts, the color of the hair of the manufacturer or the grade of cigars he smokes."

Dr. Gore contends that foreign trade is not growing as rapidly as it might were large manufacturers assured of fair and uniform treatment by the different states. He believes that the federal license plan for corporations would prove a solution for the difficulty, provided the states should consider an enterprise holding such a charter immune from their local restrictions.

#### Hunting for Trouble.

"I've lived in California 20 years, and am still hunting for trouble in the way of burns, sores, wounds, boils, cuts, sprains, or a case of piles that Bucklen's Arnica Salve won't quickly cure," writes Charles Walters, of Alleghany, Sierra Co. No use hunting, Mr. Walters; it cures every case. Guaranteed at J. C. Jerry's drug store; 25c.

### SPLENDID COMEDY COMING

Geo. M. Cohan's most famous success "Forty-five Minutes from Broadway" will be presented at the Grand opera house Saturday evening, March 2. The play comes here under the direction of Klaw & Erlanger direct from a year's run in New York and Chicago having been presented twenty weeks in the former and thirty weeks in the latter city to enormous receipts. Messrs. Klaw & Erlanger have given Mr. Cohan's bright and witty play a superb production and a cast of much prominence headed by the universal favorite Corinne.

For his funmaking the young playwright seized upon the harmless village of New Rochelle, on the New York, New Haven and Hartford railroad, which is only a short run from the metropolis, and brought to its sleepy precincts a number of wide-awake New Yorkers, who are in despair at being settled in a town that goes to bed at 10 p. m. and cannot boast a single cafe. The story of the play, is told in such a novel manner as to really absorb, and as incidents succeed incident in rapid order the audience in convulsed.

Real comedy is the basis of the piece, and as is to be expected, Corinne is irresistible in the role of Mary Jane Perkins, the housemaid of the deceased millionaire. She is given a splendid part, and she brings a rare and delicate interpretation to the role of the simple Mary, who is all heart, with her smiles and tears, her puns and witty sallies.

The music of the play is composed in Mr. Cohan's best style, two of the songs "Mary Is a Grand Old Name" and "So Long Mary" having acquired immense popularity everywhere.

## Noah was the founder of indigestion—He forgot to leave the pigs ashore

The American people in consequence have ever since been victims of lard cooked food and indigestion.

Lard soaked food is not fit for human stomachs because lard is made from greasy, indigestible hog fat, and is bound, sooner or later, to make trouble for your inner machinery.

Cottolene is the only rational, national shortening. It is a pure vegetable product and its source (the cotton fields of

the Sunny South) is in striking contrast to the source of lard (the pig-sty).

Cottolene is a clean, wholesome product that makes food palatable, nutritious and healthful, and food that any stomach can digest. If American housewives but knew the superiority of Cottolene over lard, both from a practical and health standpoint, lard would never again enter any well-regulated kitchen.

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**

### Record of Mrs. Vrooman's Franquette Walnut Grove Since It Began Bearing

OREGON NURSERY CO., SALEM, OREGON.

GENTLEMEN:

YOU ASK ME TO GIVE YOU A REPORT OF THE INCREASE OF MY FRANQUETTE WALNUT TREES SINCE THEY BEGAN TO BEAR. HAPPILY I HAVE THE FIGURES AT HAND.

|                             |            |
|-----------------------------|------------|
| WHEN 3 YEARS OLD, 1901..... | 82 LBS     |
| WHEN 4 YEARS OLD, 1902..... | 520 LBS    |
| WHEN 5 YEARS OLD, 1903..... | 3,700 LBS  |
| WHEN 6 YEARS OLD, 1904..... | 6,000 LBS  |
| WHEN 7 YEARS OLD, 1905..... | 12,325 LBS |
| WHEN 8 YEARS OLD, 1906..... | 24,314 LBS |

THE OUT-PUT HAS PRACTICALLY DOUBLED EVERY YEAR SINCE THE TREES CAME INTO BEARING.

MRS. E. M. VROOMAN,  
WALNUTMERE  
SANTA ROSA, CALIF.  
NOV. 22, '06.

THIS GROVE CONTAINS 55 ACRES AND IS PLANTED WITH 1,000 FIRST GENERATION GRAFTED FRANQUETTE WALNUT TREES.

AFTER FILLING ALL ORDERS TO DATE, WE STILL HAVE A FEW TREES OF THE VROOMAN STRAIN FRANQUETTE WALNUTS. THESE ARE ONE-YEAR, SECOND GENERATION FROM 1905 CROP OF NUTS, SAME AS ON BORDER. INTERESTED PARTIES SHOULD WRITE FOR FREE BOOK ON WALNUT CULTURE OR CALL AT OUR OFFICE AND SEE THIS STOCK FOR THEMSELVES.

WE PAID MRS. VROOMAN \$6,140.55 FOR THE 1906 CROP OF NUTS—OVER \$100.00 PER ACRE, THE 8TH YEAR FROM PLANTING. THIS IS THE VARIETY THAT IS DESTINED TO MAKE THE WILLAMETTE VALLEY FAMOUS AS A WALNUT SECTION. GET STARTED RIGHT—ITS MORE THAN HALF THE BATTLE AND USUALLY ALL THE PROFIT. CALL AT OUR OFFICE ON 12TH STREET, OR ADDRESS

## Oregon Nursery Company

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### Saple Dry Goods Bargains

- Cover Embroidery, yard.....25c
- Dainty Embroideries and Insertion at 3c a yard and up.
- Corset job lots, each.....19c
- Brown Sate Pants, pair.....25c
- Men's Black and White Twilled Overshirts, each.....40c
- Ladies' Union Suits, each.....45c
- \$1.00 rappers, each.....63c
- \$1.25 rappers, each.....75c
- 10c doz Safety pins, dozen.....3c
- Small Safety Pins, dozen.....1c
- Flax, per.....1c
- Recovery Hose, pair.....10c
- Ladies' extra size \$1.00 Union Suits for, suit.....75c
- Men's Cotton Drawers, special, pair.....25c
- Ladies' Skirts, good value, at.....\$1.25
- 8c Outfit flannel, yard.....7 1/2c
- Good Fancy Calico, yard.....5c
- See our 2c, 5c and 10c assortments.

**Rotein & Greenbaum**  
COMMERCIAL STREET