

Appetite for Crabs

THE codfish has an enormous appetite for shell-fish, crabs and lobsters. He eats them alive and he eats them raw. He eats them all without indigestion and grows fat. He has a powerful liver.

The oil from the cod's liver makes

Scott's Emulsion

A natural power to digest and to produce flesh is in every spoonful. This power means new vigor and new flesh for those who suffer from wasting diseases.

All Druggists 50c. and \$1.00

The Future of Oregon.

The "Beaver State" is in its infancy in the matter of population and industrial development. First settled more than 60 years ago, it is far behind many states more recently admitted to the union, while it is as far ahead of them in resources that will make for it a great and prosperous commonwealth.

It is sometimes profitable as a means of better understanding the difficulties under which some communities are compelled to struggle, to delve into the dusty pages of history and see what obstacles have been overcome in the march of progress and development.

For instance, in 1824, when President Monroe recommended to congress the establishment of a military post at the mouth of the Columbia as the result of his promulgation of the "Monroe doctrine," and as a means of holding Russia in check, if necessary, a senator from New Jersey declared in debate that it was the wildest sort of speculation to suppose that Oregon should ever become a state. He contended that the Union was too large already. All that region beyond the Rocky mountains was a vast wilderness, a dreary and worthless waste that was not worth, all told, the paper required upon which to write out title to it!

He figured out that if Oregon should ever be admitted as a state, even granting the possibility of the consummation of such a wild hallucination in the lapse of centuries to come, a senator from that region would require, at the customary rate of travel, 20 miles a day, 465 days to come to Washington and return home—almost a year and a half!

He asserted that if he should even hurry up and make 30 miles a day it would require 350 days out the year to make the round trip, leaving scarcely two weeks for legislation!

The country was described as only fit for Indians and wolves and only men with wheels in their heads—though at that time the idea was not concocted in the expressive form—would seriously entertain the proposition of undertaking to either develop or defend it!

Even Daniel Webster took this view of the great west, and but for the foresight of Thomas H. Benton at that time, together with a few other long headed statesmen, it is possible that the settlement of the Pacific coast would have been retarded perhaps a generation.

All this now appears like the most exaggerated fiction. Today all eyes in the United States are turned toward the Pacific coast as the future empire of the Union, and the possibility for industrial development and accomplishment here far surpasses those which a century ago were found in the older sections of the Atlantic.

There is not state in the west today that stands for a prospect of such rapid acquisition of population as does Oregon. Its resources are becoming better known, its delightful climate more generally understood, the opportunities for profitable investment more widely advertised, and its immediate future is going to see a greater transformation than has been the experience of any other state within the same length of time.

There is not a county in Oregon, large as is the area of the state, but has its mountains range somewhere from whose sides rush perpetual streams of water, furnishing to the investors of the future endless opportunities for the generation of electric power—the moving force that is destined to transform the industrial world with a greater rapidity than was ever before been known.—Exchange.

How He Grew Young.
One satisfied man returned from a two weeks' holiday. He spent it on a farm owned by an old aunt, and the royal way in which she fed him, to use his own description, formed the chief delight of his holiday.

"You see," he remarked confidently, "my wife is a graduate of a diet and cooking school of the most up to date sort. She sees that we never have a meal which isn't perfectly balanced as to food values. The things we eat are chosen with preference to that and not with regard to whether we like them especially. Well, I can tell you, old Aunt Laura, with her table just groaning with forbidden, indigestible articles, was a mighty welcome change to me. She never heard of carbohydrates or phosphates or cellulose, and she wouldn't know a protein if she met one in a bean porridge, where, by the way, I believe that, where, by the way, I tell you her fried chickens and fresh pork and biscuits were the finest things I've had for years. My wife actually turned pale when she saw me eat, and I know she was worried, because we were six miles from a doctor. I was never ill for a minute, though, and those two weeks

of old fashioned, unscientific cooking have made me feel like a new man—or, rather, like a boy again."—London.

OREGON ACADEMY OF NATURAL SCIENCES.

Mingled with cow-milkers, hog-raisers and sheep-herders, a few doctors, nurserymen and newspaper men constituted the third session of the Oregon Academy of Sciences held at Corvallis.

The academy held its sessions in the lecture room of the chemical hall. President Kerr gave the address of welcome, calling attention to the high standards of scientific education put forward by the Agricultural College. Miss Farnham, of Pacific University, presented a paper on "The Flora of South Africa," the land of ostriches, of diamonds and of gold. Miss Farnham delivered an enthusiastic address. The lady has lived in Cape Colony, has botanical enthusiasm, and a fine gift of delivery. I had always wanted to go to that country, where, she says, "woman or without beauty, birds without song and flowers without perfume." I am the less inclined to want to go to South Africa since hearing that. There are said to be over 200 kinds of pelargoniums in that country, but sauerkraut.

The Academy then took a recess and voted to hold the next annual meeting at Salem.

Hawaii's Show Volcano.

Kilauea, the spur of the great Mauna Loa, is a well behaved volcano, as it can be visited with perfect safety, even if in eruption—as it is from time to time—when exhibitions of activity are given that are worth traveling thousands of miles to witness. This volcano is on the island of Hawaii, and the shortest possible trip that can be made to it from Honolulu covers four days. This allows only half a day at the volcano, which is much too short a time to study the workings of what is considered one of the world's wonders. A week at least should be given to the trip. The sea voyage is always more or less rough, but the boats, although small, are comfortable. From Hilo, where the water trip ends, there is a railroad ride of about eighteen miles through the big Olan sugar plantation. This is followed by a stage run of eleven miles over a road leading through a perfect fairyland of tropical foliage, the highway being lined on either side with roses, magnolias and ferns, which last grow to the size of trees without losing any of their delicate beauty. Returning by the other route, there is a stage drive of 35 miles over lava roads and across the great flow which ran into the sea from Mauna Loa several years ago.—Leslie Weekly.

TEA

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Or bad if you don't take care.

Your grocer returns your money if you don't like Schilling's Best. We pay him

Deficient.

"The pen," remarked the student, "is mightier than the sword."

"Yes," answered the man who likes the pomp and trappings; "but it doesn't make near the showing in a reception or a parade."—Washington Post.

A noted divine said not many months ago: "If I were an over-worked farmer or business man, on circus day I would hitch up my team, load in my family and see the parade at least." No good man loses any of his morality or the respect of his family or friends by taking an evening's recreation occasionally. You owe it to your health and happiness.

The Bilou Stock Company at the Klinger Grand has funny comedians, Al performances, including latest moving pictures and illustrated songs, every evening and Saturday matinee.

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Prevalency of Kidney Disease. Most people do not realize the alarming increase and remarkable prevalence of kidney disease.

While kidney disorders are the most common diseases that prevail, they are almost the last recognized by patient and physicians, who consult themselves with doctoring the effects, while the original disease undermines the system.

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There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, builds every wish in curing rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to hold water and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in fifty-cent and one-dollar sizes.

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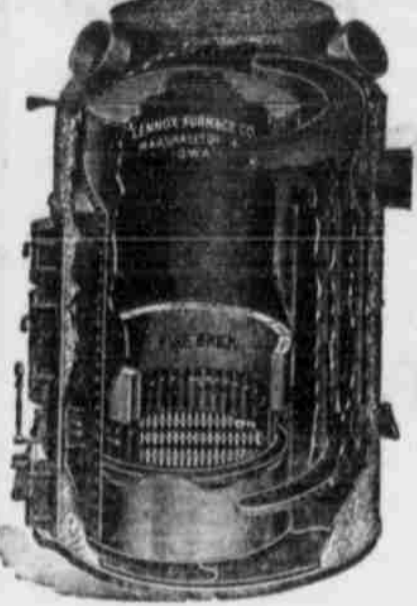
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The management of the Capital City Laundry wishes to notify its patrons that it will be closed for repairs and to install new machinery until the first of the year. After the first of the year it will be run under the management of

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The owners being the managers

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