At the January session of the Coos county commissioners, an endeavor will be made to secure a county road supervisor to replace The members of the party met at lice which was even and smooth. The the present district system of super- about 9 o'clock and the evening was water unprotected from the wind vising road work. The commission- spent in telling stories and playing froze over thick enough for sale ers have been endeavoring to find an expert who is competent to take were served at a late hour. I tended completely over the charge of the work and whether Promptly at 12 o'clock the New sive slough in South Salem. they will succeed will depend on Year was halled by shouts and whether the change will be made greetings from one to another. The different bureaus north of Salem next week when the annual session merry party broke up at an early of the commissioners will be held hour, wishing another happy sucat Coguille.

ROAD EXPERT

LOOKING FOR

have to be overcome is difficult to Misses Cora, Florence and Clara seen. find. The plan of the commissioners Miller, and Messrs. John, Jesse and is to secure a man who can be given Clyde French, Reynolds Omart, full charge of the work and secure Louis Judson, Harvey and Karl Milbetter and more systematic results ler and E. C. Miller. than are now obtainable. It will take a man with ability as an engl-

nere and one able to direct men and see that his plans are fully carried out. The commissioners have the work

mapped out so that the expense of road supervision under the new the hunters' and anglers' licenses in plan will be less than under the Douglas county for the year now old. At the same time, the commis- closing. This shows that there were sion will be relieved of the necessity of personally inspecting the work the county and 17 to non-residents. Georgina Hayes were joined in mareach season.

ty, getting the main traveled roads in good shape for all seasons of the year and to have the work done in a permanent manner.

Masons Install Officers.

The newly elected officers of Linn Chapter, A. F. and A. M., are as follows

E. A. Evans, H. P.; Wayne Stan-ard, K.; J. H. Glass, Scribe; C. E. Stanard, treas.; E. E. Boyd, sec.; C. E. Stanard, C. of H.; N. P. Crume, P. S.; I. W. Starr, R. A. C.; J. R. Davis, M. of 3rd V.; Peter Hume, M. of 2d V.; John Guion, M. of 1st V.; W. B. Blanchard, S.-Brownsville Times. INSTALLATION

A Sprained Ankle.

As a rule a man will feel well satisfied if he can hobble around on crutches in two or three weeks after spraining his ankle, and it is often two or three months before he is fully recovered. This is an unnecessary loss of time, as by applying Chamberlain's Liniment, as directed, a cure may as a rule be effected in less than one week's time, and in many cases within three days. event was excellently attended and Sold by all good druggists.

No Occupation Tax.

committee to investigate the feas- Astoria in June, 1910. Mrs. Henry dist's "new idea" on the subject of

PARTY HAD FUN

appropriate games. cess for the year 1910. Those pres-Good road experts who are fami- ent were the Misses Minnie, Ruby

WATCH NIGHT

RECEIPTS INCREASED THIRTY PER CENT

County Clerk Lenox, of Douglas county has completed his footings of 1675 licenses issued to residents of The total fees received therefor was riage at the home of the bride's During the coming year, it is \$1,845. For the year 1908 the to-hoped to make extended highway tal receipts for hunters' licenses was Miss Eva Schroder, of Portland, improvements throughout the coun- \$1,432, showing an increase for while N. C. Metley, of Bandon, 1909 of almost 30 per cent.

> by the county clerk just 600 anfrom this source were \$634. During 1908 no licenses for angling was required, this law not being in force until the present year.

> During the present year the county clerk has recorded 4,286 legal papers of various kinds, as compared with 3,688 for the year 1908. or an increase of 598, or over 16 per cent. This is still more proof of how Douglas county is growing.

THIS COLD WEATHER MAKES GOOD SKATING

Excellent ice skating was enjoyed by Salem's enthusiasts yesterday morning on the lakes south of the

A very delightful watch party was, city on the Slough road. The freeze ovserved at the home of E. C. Mil- last Saturday night coated the water ler, 1104 Rock street, South Salem. over with a substantial thickness of . Refreshments skating, although a thin coating extended completery over the expan-

If the weather reports from the prove true, miles of skating will be had in this vicinity by tomorrow. Eastern people in Salem do not miss the rare occasions of ice skating, and liar with the conditions that will and Gertrude Harck, Letha Wise, some very artistic skating can be

Accidents have been very few this winter, and up to the present time there has been no report of any serious breaking through on the ice. The formation of the ice in Salem, however, is not dangerous, providing that the skater takes due precaution.

MYRTLE POINT COUPLE MARRIED

Myrtle Point, Dec. 30 .--- A pretty wedding was solemnized here last evening when Arthur Rice and acted as best man. They will make This year there were also issued their home in Myrtle Point, where the groom is engaged in the jewelry glers' licenses, only six of which business. Mr. and Mrs. Rice have were to non-residents. The receipts a large circle of friends both here a large circle of friends both here and in the entire county.

> According to the New York Times The man who marries for money often has a harder job getting it that the fellow who works for it.

Health Cranks and **Food Faddists**

Have Evolved Some Strange and Wonderful Theories Concerning Stomach Treatment.

A Trial Package of Stuart's Dyspepsia Tablets Sent Free.

A splendid dinner and an enter-Within the last 20 years there has tainment of the members of the sprung into existence theories by Grand Army of the Republic were the score relative to the kinds of among the features of the installafood that human beings should eat, tion of officers by the Woman's Reand should avoid. With the tremendous increase in nervous and event was excellently attended and stomach diseases which are caused was thoroughly enjoyed. Besides by the strenuous life of this neuinstalling officers, delegates were rotic, neurasthenic age in which we also elected for the department conlive, we are constantly having our At Creswell the council appointed vention to be held at Astoria in attention called to some food fad-



levying an occupation tax, and the committee went out and and the following officers were inraised \$200 by popular subscription stalled. in lieu thereof, every firm doing business in the town contributing there-



Here is a picture of one of the most perfectly finished organs now manufac-tured. It is the Pacific Queen, made especially for Eliers Piano House. Choice of fancy walnut or selected oak cases. Fine, very large beveled plate mirror, perfectly finished; an ornament to any mansion.

to any mansion. Numerous new and valuable improve-ments are embodied in this organ, mak-ing it at once one of the best and most durable organs manufactured in the United States. Built with special regard to Pacific Coast climate. Besides the regular reed tone, this instrument also has several octaves of the regular pipe effect, to be found in no other make.

Great Special Offer

To more thoroughly introduce this organ we are making most exceptional concessions in our prices and terms and will deliver a strictly brand new, per-fect and fully guaranteed organ, freight landing in the state of Oregon for \$46, on payment of \$8 down and \$4 a month. The fancier styles, \$52, \$55, etc., on same terms. Write us today, as this offer is positively limited.



FORTLAND, OREGON Largest, Leading and Most Responsible Western Deslers.

Stores at Scattle, Spokane, Tacoma, Boise, Walls Walls, San Francisco, etc. Address Nearest Store.

installing Andrus

OF OFFICERS

President, Maria Thompson; S. J., Mary Meyhart; J.-V. P., Louisa Forstner; secretary, Hattie F. Cameron, treasurer, Rose R. Voris; chap-Effie S. Wright; conductor, lain. B. Simpson: guard, Angie Ada Knight; assistant conductor, Mary Briggs; assistant guard, Maggle Simpson: patriot inst., Elizabeth T. Adair; C. B. first, Viola Forstner; second, Emma Wright; third, Alice Sutton; fourth, Ida Ross; press musician, Alta C. Schneider. For the department convention the following delegates and alternates were elected: Delegate at large, Viola Forstner, Alta C. Schneider, Eliza-Adair, Louisa Forstner, beth Mary Neyhart, Mary Halley, Angle Knight. Alternates at large: Addie Catterline, Mary Core, Maggie Cade, Sarah Elliott, Maggie Simpson, Cordia Welgard, Ida Ross.

MACE, IDAHO, HAS

fusited parss leased when 1 Spokane, Jan 3 -- e tre which as Ida. The loss is estimated today at property destroyed is owned by the power. Federal Mining and Smelting Company. Until the sorting plant and ore bins are rebuilt the output of the mines will be greatly restricted. probably to the extent of 50 per stomach, although it is known that cent. Officers of the company say that the loss is fully coverd by in-

Those Pies of Boyhood

surance.

How delicious were the ples of boy-No ples now taste so good. bo what's changed? The ples. No. Its you. stomach, the vigorous liver, the acboyhood. our digestion is poor and you blame the food. What's need-

Surveying Electric Road,

A crew of surveyors are now working between Jefferson and Al- and forget all about food fads and bany, and are said to be working for the Oregon Electric. Bros., of Portland, are now selling won't know you have 6 per cent hands for the Oregon They are powerful digestors of Electric, to be used for construction every kind of food though harmless work, hence there is little doubt to the system, and may be taken at that the extension from Salem to any time and in any quantity. Albany will be made this year.

The last two days of the year 1909, Marshfield redeemed \$43,000 outstanding warrants.

alimentation Most prominent among these the-

orists is the vegetarian who insists that meat was never intended for the human stomach, despite the fact that his ancestors for 6,000 years or more used it as their principal article of diet: and the old patriarchs of Biblical history who lived to prodigious old ages, were meat caters. All of the great nations of history have been users of meat, and all of the most powerful and advanced countries of today employ it extensively in their dietaries, and correspondent, Lizzie Smith and their superior development and high degree of civilization are in strong and striking contrast to the decadent and degenerate nations of Asia and the tropics, whose inhabitants are vegetarians.

Another fallacy which has lately become a fad, is the so-called "lowprotied" diet. Now, the foods which are rich in proteids are the ones which build up nerve, brain, muscle and blood, so that any great reduction in the amount of proteid used simply means semi-starvation for the most important centers of the system-the ones on which we depend the most to enable us to suc-A \$100,000 FIRE cessfully fight the battles of life. Those nations whose people use cessfully fight the battles of life. foods containing but little proteid are never of large frame or well-

built. The Japanese, who have, always been small of stature, have, believed to have broken out in the since adopting a more liberal proteating plant late yesterday de- teid diet, shown a remarkable instroyed the sorting plant and ore crease in size, vigor and general debins of the Mace mines, at Mace, velopment; and it is only since Japan became a meat-eating nation between \$75,000 and \$100,000. The that it has developed into a world-

Still another theory lately advanced is that sugar, pepper and salt are gastric irritants and irritate the mucous membrane of the sugar possesses a high caloric value, while pepper and salt assist digestion rather than interfere with it, as is claimed.

The no-breakfast plan, the twomeal per day, and even the one meal daily has been advocated, while some advise a two or three weeks' fast, during which all food is with-You've lost the strong, healthy held from the stomach "to give it a completely ignoring the fact rest, tive kidneys, the regular bowels of that the system's tissues are being constantly torn down and cast off. and new material to rebuild them must be supplied from the food.

It is utter nonsense to concern one's self about all these absurd and filogical theories, as life is entirely too short and there are other things requiring our attention. Eat what you want when you want it, and as much as the system needs to replenish its waste, and then take one or two of Stuart's Dyspepsia Tablets, stomach troubles. They digest al! Morris kinds of food so thoroughly you a stomach.

Get a box from your druggist for 50c, and send us your name and address for free sample. Address F. A. Stuart Co., 150 Stuart Bldg. Marshall, Michigan.