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"EAT HEARTY"

RELIEVE DISTRESS AFTER EATING

Pigeon Descended Chimney.

When a resident in the London road, Reading, England, came downstairs recently, he found perched on the top bar of the grate in the drawing-room a pigeon which had come down the chimney. It had brought with it a considerable quantity of soot. When the occupier opened the windows the pigeon made its escape.

Food Kept Warm.

A flatiron stand will be found useful on the range to keep the contents of a saucepan warm without danger of burning, says the Indianapolis News. It is also useful when one desires food to simmer; there is then no fear of sticking or burning on a hot stove.

His Change in Belief.

"Do you believe that all men are created equal?" "I used to before I was married." "And now?" "Now I find that I can't begin to compare with other women's husbands."—Detroit Free Press.

One More Item.

Not that we cannot think of other ways of frittering away money, but some day we hope to be rich enough to afford a "going away coat" for our dog.—Houston Post.

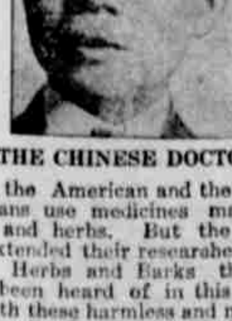
Pity.

A girl who has a steady beau feels the same kind of pity for the girl who sits alone night after night that the boy who can dive has for the one who is afraid to wade in "above his knees."

Get Well

and you can very easily

C. Gee Wo



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MIXING THE GRIDDLE CAKES

Whole Secret of Success Probably Is in Preparation of the Delectable Mixture.

When you wish to try a recipe for griddle cakes which reads "add flour until the right consistency," the following suggestions will help you to determine how much should be used:

If a spoonful of the batter can be dropped into the bowl containing the mixture and it lies on the surface in a smooth heap and only gradually sinks, the mixture is of the right consistency. If it lies in a heap but has stiff, ragged edges, it needs more wetting. Measure the flour (sifted) by the cupful, put it in carefully, and when you have the right quantity write the exact measure in your recipe and thenceforward you will not need to experiment.

Let griddle cake batter stand five minutes before frying cakes.

Sour milk is best for griddle cakes.

Bread flour is preferable to use in recipes calling for yeast; pastry flour is recommended for combination with baking powder.

Muffins and griddle cakes should be made light and tender by thorough beating and the use of butter or cream, not by a number of eggs, which toughen the batter.

Grease the griddle by rubbing over it a piece of salt pork when hot, then quickly pour on the batter.

LAUNDRY HINTS OF VALUE

For Best Results and the Lightening of Labor These May Be Recommended.

When washing cream wool or cotton goods, instead of using bluing, try putting the water in which a few onion skins have been boiled in the last rinsing water, and you will be insured of a clear, bright cream.

Mildew stains can very often be removed quite successfully in the following way: Mix a small quantity of soft soap with the same proportion of powdered starch and salt and the juice of a lemon. Apply this mixture to both sides of the stain with a small brush, and, if possible, let the article lie on the grass all day and night until the stains have quite disappeared. Then wash it in the usual way.

Soiled lingerie parasols will respond to a good scrubbing of soap and water with a soft brush. Rinse thoroughly after they have been scrubbed clean.

A good way to bleach handkerchiefs, when it is not convenient to hang them out of doors, is to wash them and let them soak over night in water in which a little cream of tartar has been dissolved.

Helpful Home Hints.

A brisk application of hot acid vinegar will remove paint from glass.

The problem of rust stains has been solved by holding the damaged fabric in boiling rhubarb water.

Bent whalebones can be straightened by soaking them in boiling water for a few moments and then ironing them straight.

An ordinary small table on wheels, made with two shelves, is a convenient serving table, carrying dishes as well as food back and forth between kitchen and dining room.

Mrashmallow Fudge.

Heat two cupfuls of granulated sugar, one cup of rich milk; add two squares of chocolate and boil until it hardens in cold water. Just before it is done add a small piece of butter, and then begin to stir in marshallows, crushing and beating them with a spoon. Continue to stir in marshmallows after the fudge has been taken from the fire until a pound has been stirred into the fudge. Cool in sheets three-fourths of an inch thick and cut into cubes.

New Canner.

A shelf full of preserves is the joy of the good housekeeper, and, therefore, most interesting at this season is a patent canner and sterilizer for preserving fruits. These are in tin cans, so made that fruit, instead of being cooked from the bottom up, which reduces it to a pulp, is steamed from the top down. This keeps both the color and flavor of the fruit, and preserving may be accomplished without sugar.

Macaroni and Corn.

Break one-quarter package of macaroni into inch pieces, boil in salted water until tender, drain, add a can of corn seasoned with salt and pepper, one and one-half cups milk, one good tablespoon flour, small tablespoon sugar, two tablespoons butter; bake in oven. Try it if you like corn and macaroni.

Leap-Year Cake.

One-half cup butter, one-half cup sugar creamed together; whites of three eggs beaten stiff; one-half cup milk, one teaspoon cream of tartar, one-half teaspoonful soda, one teaspoon vanilla, one and one-third cups flour. Bake in layers with chocolate filling.

The New Pan.

Things to be friend often stick to the pan if a new one is used. To prevent this scour the pan thoroughly with salt, rinse well, and then dry. Instead of washing a frying pan, try rubbing it well with tissue paper. This keeps is beautifully bright, and it does not get discolored so quickly.

To Remove Wall Paper.

An excellent way to remova paper from the wall when desiring to repaper a room is to make a rather thin flour paste and go over the paper with a large brush or cloth, wetting every part. After allowing this to stand for a little while, the paper may be taken off in great strips without making a bit of dust or dirt.

Brown-Bread Gems.

One-half cup rye, one-half cup flour, one cup Indian meal, one teaspoon soda, one-half teaspoon salt, scant one-half cup molasses, one cup milk, one cup cold water.

Sardine Sandwiches.

Take as many sardines as required, chop up fine and squeeze a few drops of lemon juice into them; spread between buttered bread or cold biscuit.

MOTHER'S SHARE OF SALARY

Youth Illustrates Absolute Necessity for Her Services, But No Money Value on Work.

A man chanced to meet a certain boy who was unduly proud of the fact that he was earning regular wages and supporting himself. He entered into a conversation with the boy, which ran something like this.

"Yes," said the boy, "I make $3 a week; Mary is in the store and she earns $5; I don't know how much father earns; and Ted and Jim, they don't earn anything—they just go to school."

"And do you board at home?" asked the man.

"Oh yes; we eat breakfast and supper there, and mother puts up our dinners for us."

"Yes, I see; who gets the breakfast and does the cooking?"

"Mother."

"Who washes for you?"

"She does."

"Do you keep a girl?"

"No, we don't need one. Besides we couldn't afford one, anyhow."

"Does your mother do all the work for the whole family?"

"Why, yes, of course."

"Does she sew and mend for all of you, too?"

"Why, I should say she did. We never hire help for anything."

"You say you get $3 every week and Mary $5. What does your mother get?"

"Mother! Why she don't work; she just stays at home; she don't get anything."

The mother's services were evidently necessary, but no money value was placed upon her work. It was taken as a matter of course that she should be a cook, nurse, sew and be a regular Jack of all trades and good at all. The woman has a great, God-given responsibility, when the health of a family is placed in her hands.

KEEP BIRDS FROM RECORDER

Instrument Used on Isle of Wight to Measure Duration of Sun Obscured by Flocks of Crows.

The United Kingdom enjoys so comparatively few sunny days that every hour of sunshine during the year is cherished. A sunshine recorder is maintained on the Isle of Wight,

To Keep Crows Away.

which is one of the sunniest places in the British isles, but it appears that the crows have been interfering with it, says the Pathfinder. They gather about it in such flocks and use it for a perch so much that they shade the sensitive instruments and thus make them register cloudy weather when it is really sunshiny. So a scarecrow has been erected to keep them away, and it is reported to be a success.

Ages of Fish.

Fishes and animals that live in the water in many instances attain to a great age.

The carp has been known to live 200 years.

Common river trout have been confined in a well for 50 years and were still frisky when taken from the water.

The age of the whale is ascertained by the size and number of whalebones in its mouth. Records show that this sea animal has retained life for 400 years.

In 1497 an enormous pike was caught in a lake near Haillerum, in Suabia, with a brass ring attached to it, engraved on which was a statement that the fish was put in the lake in the year 1230, thus indicating that it must have lived at least 267 years.

Too Many Places.

"What's the matter?" asked the policeman, "haven't you any place to go?" "Any place to go?" repeated Tired Timothy, with supreme contempt. "You chump, I've got the whole United States an' a big part o' Canady before me. I've got so many places to go dat it's worryin' me dizzy to make up my mind which way to start. Lemme alone a couple weeks till I kin git a line on what it's best to do."

TRIFLES THAT TEMPT

DELICACIES SUITABLE FOR DESSERT OR AFTERNOON TEA.

Colonial Cake Something That Any Hostess May Be Proud to Serve—Swedish Nut Wafers an Excellent Appetizer.

Colonial Cake.—Mix one teaspoon salt with one cup white corn meal, scald it with just enough hot water to dampen it. Then add enough cold milk to form a very stiff batter (almost a dough). Stir it well and drop in cakes about three-quarters of an inch in thickness on a buttered pan. Bake in a hot even for 25 minutes. Split open and butter while hot. Serve with sirup.

Walnut Custard Pie.—Prepare crust as usual and make custard as follows: One pint milk, two eggs, one-half cup sugar, salt, one-half teaspoon vanilla and one-half cup walnuts chopped quite fine. The nuts will rise to the top and form a thin crust, giving a delicious flavor.

English Apple Pie.—Butter a shallow agate dish Slice apples into dish to fill it. Sprinkle on one cup sugar, one-half teaspoon salt and a little grated nutmeg. Put on two teaspoons butter in little bits, two tablespoons water and cover dish with pie paste in which has been cut several slits. Bake about 40 minutes. Serve hot with cream.

Prune Pie.—Take a tender crust and line the pie plate. Soak three-quarter pound prunes and cook tender with four tablespoons sugar and one-half cupful of grape or other fruit juice. Press through a colander, add two tablespoons of cholocate and two or three tablespoons more of the juice. Cover with lattice strips and bake.

Swedish Nut Wafers.—Cream one-fourth cupful of shortening, using butter and lard in equal proportions, and add three-fourths cupful of sugar gradually, while beating constantly; then add one egg, well beaten, two tablespoonfuls of milk and one teaspoonful of vanilla. Mix and sift one and one-third cupfuls of flour and one teaspoonful of baking powder and one-half teaspoonful of salt, and add to first mixture. Spread evenly on the bottom of a buttered inverted dripping pan, using a caseknife. Sprinkle with finely chopped nut meats and bake in a moderate oven 12 minutes. Cut in strips three-fourths of an inch wide by four and one-half inches long, and shape over a rolling pin. If strips become brittle before shaping is accomplished, return to oven to reheat. Repeat until the mixture is used. From one-third to one-half cupful of nut meats will be required.—Woman's Home Companion.

HOUSEHOLD QUESTIONS

If your floor matting has faded, but is not worn, give it a coat of varnish in any desired shade of varnish stain, and it will wear longer and look fine.

To take out the mark sometimes left after cleaning a garment with gasoline, lay over the place a piece of clean white tissue paper, and press with a hot iron. This will at once remove all trace of the stain.

If shoes have been thoroughly wet don't attempt to dry them near the stove. Rub in plenty of vaseline or plain lard and let stand in a cool place several days, and much of the original oil will be restored.

If the bedstead is really brass, a piece of flannel moistened in salt and vinegar will clean it. Slightly touch the spots, then with a clean flannel rub the entire surface of the brass, using a little whiting on a dry flannel as a final polish.

Don't pass hours each week blacking your stove. Ten cents' worth of stove enamel, which can be applied in a few minutes, will last six months, and all it needs is a daily wiping off with a damp cloth. Besides, it looks much better than blacking.

If you are troubled with black beetles in your rooms, make a paste of red lead, flour and water, roll out thinly with a glass bottle, and put on a hot baking sheet to dry. Strew around pipes and corners that they frequent. These wafers are highly poisonous, so must not be placed where children or household pets can get at them.

Household Hints.

The way to launder a round centerpiece and keep it flat.

Wash it with white soap in the usual way, wring out the centerpiece, have a piece of white muslin or a sheet spread upon the carpet, then take the centerpiece and spread it on the sheet or muslin, which should be larger than the centerpiece, pin the centerpiece all around the edges, and see that it is smooth. After it is pinned out put a cover over it to keep it clean while it is drying. This is an easier and better way than ironing. Be sure that the centerpiece is dry before taking it up.

Boiled Potatoes With Onion Sauce.

Boil potatoes in their jackets with bacon and onion sauce. The potatoes are cooked soft in boiling water and sent to table smoking hot, still in their skins, with a bit of salt sprinkled over them. Each person peels his own potatoes and eats it with this sauce. Get half a pound of smoked bacon, not too fat, remove the rind and chop into small dice; fry until they begin to crisp, then add an equal amount of chopped onion, mix and cook slowly, stirring occasionally until the onion is a fine yellow color, but not blackened; serve hot in gravy boat. It has a delicious flavor and it not as indigestible as it sounds.

Dried Sweet Corn.

Select good, plump ears, husk and silk, cut with a sharp knife very thin. Be sure and don't cut into the cob, but scrape the cob after cutting off the corn. Cook over water until all the milk is cooked in, then put in clean flour sack, some in each end, hang over a line so one end will be higher than the other, shake once in a while. Bring in at night. This will be nice and white, with all the flavor of fresh corn.

Time Saver.

In a large family, where there are many children, much loss of time and annoyance is saved if, before putting stockings into the wash each week each person will tack the two stockings of each pair at the hems, says Suburban Life. There is no trouble in trying to mate them afterward, as each person may use a different colored thread.

No Good Thing Is Ever Lost.

Remember that truth, the most important and encouraging of all truths. Your life may not seem worth while, the sacrifices that you make for others may not seem worth while. But no good thing is ever lost. And he who does his duty contributes forever to the sum total of that which is good in the universe.

It Cures While You Walk.

Allen's Foot-Ease is a certain cure for hot, sweating, callus, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Real Test.

There is something finer than to do right against inclination, and that is to have an inclination to do right. There is something nobler than reluctant obedience, and that is joyful obedience. The rank of virtue is not measured by its disagreeableness, but by its sweetness to the heart that loves it. The real test of character is joy. For what you rejoice in, that you love. And what you love, that you are like.—Henry van Dyke.

Should Have Been Prepaid.

Old Father Epicuremus, the philosopher, has just sent us a telegram stating that "some men's idea of earning a living is just answering a dinner bell." We should have welcomed the communication had the old gentleman not sent his message collect.—Judge.

Quite Another Thing.

"What makes you so sleepy today, old man?" "I was up at 4 this morning?" "Come off! You never got up at 4 in your life." "I didn't say I got up; I said I was up."—Boston Evening Transcript.

Pettit's Eye Salve MAKES SORE EYES WELL

Accentuating Plant Characters.

It has been found that under red light (light through red glass) plants become more robust than in any other. They also become more pronounced in their chief characters—the leafy plant becomes more leafy, all shades of green become more pronounced, the sensitive plant more sensitive and all in every way become highly specialized.

Watch Built in a Pearl.

A tiny watch, which has been made inside a pearl as large as a big pea, has just been constructed by Gallopin & Co. of Geneva, fifteen months being spent on the work. The empty pearl weighed forty-five grains and in diameter is less than an inch. This pearl watch can be worn on a ring or as a pendant and cost $6,000.

Be thrifty on little things like bluing. Don't accept water for bluing. Ask for Red Cross Ball Blue, the extra good value blue.

Home Happiness.

Probably nineteen-twentieths of the happiness you will ever have, you will get at home. The independence that comes to a man when his work is over, and the feeling that he has run out of the storm into the quiet harbor of home, where he can rest in peace and with his family, is something real.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Poetry at the Bottom of the Mug.

"He will work," said a Tottenham (Eng.) constable of a defendant, "if he knows there is a pint of beer at the end of the job." This must have been very much the sort of thing Tennyson had in mind when he wrote "Follow the Gleam."

As a Precaution.

Get a dozen tiny bells, and every time a bottle of poison is brought into the house tie a bell to the neck. Even in the dark the bell will tinkle its warning.

"WHAT'S THE ANSWER"

? ? ? ? ?

Are you going to continue suffering from

Poor Appetite
Sick Headache
Indigestion
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when for 60 years

Hostetter's Stomach Bitters

has been proving its ability to overcome such ills very quickly

A Trial Today Will Convince You

Sore Shoulders and Necks.

Sore shoulders and necks in horses are, as a rule, due to an improper fit in collar or hames. Occasionally uneven surface or hard lumpy areas in the filling may be the cause, or improper care of the horse in early spring before the skin and underlying tissues have become hardened to the collar presure.

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25 CTS. Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists. 25 CTS.
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Boys wear W. L. Douglas $2.00, $2.50 & $3.00 School Shoes, because one pair will positively outwear two pairs of ordinary shoes, same as the men's shoes.

W. L. Douglas makes and sells more $3.00, $3.50 & $4.00 shoes than any other manufacturer in the world.

THE STANDARD OF QUALITY FOR OVER 30 YEARS.

The workmanship which has made W. L. Douglas shoes famous the world over is maintained in every pair.

Ask your dealer to show you W. L. Douglas latest fashions for fall and winter wear, notice the *short vamps* which make the foot look smaller, points in a shoe particularly desired by young men. Also the *conservative styles* which have made W. L. Douglas shoes a household word everywhere.

If you could visit W. L. Douglas large factories at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would then understand why they are warranted to fit better, look better, hold their shape and wear longer than any other make for the price. *Fast Color Eyelets.*

CAUTION.—To protect you against inferior shoes, W. L. Douglas stamps his name on the bottom. Look for the stamp. Beware of substitutes. W. L. Douglas shoes are sold in 78 own stores and shoe dealers everywhere. No matter where you live, they are within your reach. If your dealer cannot supply you, write direct to factory for catalog showing how to order by mail. Shoes sent everywhere, delivery charges prepaid. W. L. Douglas, Brockton, Mass.

Fine for Two.

"Did you ever tell that young man that late hours were bad for one?" asked father at the breakfast table. "Well, father," replied the wise daughter, "late hours may be bad for one, but they're all right for two."

Yes.

The most difficult thing for a bride of two months to understand is that her husband may occasionally want to leave her to spend an hour or two with an old college friend.—Philadelphia Inquirer.

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The first United States stocking factory was set up at Cohoes, New York, in 1832. The machine for knitting was the invention of Lee, an Englishman, who took out a patent in 1589. The Lee machine was introduced in the Colonies during the Revolution, but a sharp Yankee improved on it, and set up the first factory at Cohoes.

Was Welcome, All Right.

"What reason have you to think that my campaign contribution was gratefully received?" asked Mr. Dustin Stax. "The fact," replied his secretary, "that the gentleman immediately came back for more."—Washington Star.

Uncle Pennywise Says:

A man who's been a failure at everything else figures that he can always fall back on the chicken business.

New Idea in Penal Reform.

Chocolate and music have been introduced into a Swiss prison, with the idea of reforming the inmates.

Philanthropic Penology.

"What is that open-air structure you have inclosed with mosquito netting?" "That," replied Farmer Corntossel, "is our village jail." "But you want iron bars for a jail?" "Not here. Anybody we put in there will be so thankful to get away from the mosquitoes that he wouldn't think of leaving."

NEW PERKINS HOTEL

NEW HOTEL PERKINS PORTLAND, ORE. IN THE HEART OF THE CITY

RATES EUROPLAN WITH BATH $1.50 PER DAY UP WITHOUT BATH $1.00 UP

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One *and a half* ounces of this choice tobacco cost only 5c, and with each sack you get a book of cigarette papers FREE.

The other pleasures are the presents that are secured with the coupons in each sack of *Liggett & Myers* Duke's Mixture. These presents delight old and young. Think of the pleasure that you and your friends can get from a talking machine, free, or such articles as—fountain pens, balls, skates, cut glass, china, silverware, tennis racquets, fishing rods, furniture, etc.

As a special offer, during November and December only we will send you our new illustrated catalog of presents, FREE.

Just send us your name and address on a postal.

Coupons from Duke's Mixture may be assorted with tags from HORSE SHOE, J. T., TINSLEY'S NATURAL LEAF, GRANGER TWIST, *coupons from* FOUR ROSES (*10c-tin double coupon*), PICK PLUG CUT, PIEDMONT CIGARETTES, CLIX CIGARETTES, *and other tags and coupons issued by us.*

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Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send postpaid at 10c a package. Write for free booklet how to dye, bleach and mix colors. MONROE DRUG COMPANY, Quincy, Illinois.