

March, April, May

There is a best time for doing everything—that is, a time when a thing can be done to the best advantage, most easily and most effectively. Now is the best time for purifying your blood. Why? Because your system is now trying to purify it—you know this by the pimples and other eruptions that have come on your face and body.

Hood's Sarsaparilla and Pills

Are the medicines to take—they do the work thoroughly and agreeably and never fail to do it.

Hood's are the medicines you have always heard recommended.

"I cannot recommend Hood's Sarsaparilla too highly as a spring medicine. It takes in the spring we all feel better through the summer." Mrs. S. H. Neal, McCray, Va.

Hood's Sarsaparilla promises to cure and keeps the promise.

His Lead With Him.

Do Tanque—Guzler's ye doesn't believe in carrying other people's burdens.

O'Souque—No wonder; he is generally carrying a pretty good load of his own.—Philadelphia Record.

TWO REASONS.

No One Need Neglect Their Teeth Any More—No Pain, Small Cost.

The two great reasons why people used to neglect their teeth were: Fear of being hurt, and the expense.

When you come to think it over now, it is truly remarkable what a revolution has taken place in modern dental methods. Wise Brothers, the famous Portland dentists, are among the foremost in the United States in this respect. Their announcements that there is not a particle of pain connected with any dental work done in their office is literally true. And it is also literally true that every person who goes to these dentists is greatly surprised at the small cost of having the teeth put in fine order. A whole set of teeth now costs less than some time ago it cost to have one pulled or filled. There is no excuse whatever for anyone to neglect his, or her, teeth. Even the man or woman receiving the lowest wages said in this Northwest case will afford to have the teeth looked after and begin to enjoy life.

Again, a word about the children. When a young person has second teeth, fathers and mothers should see to it that their son or daughter goes to the dentist and has the teeth examined. Oftentimes just a little work before it is too late saves the teeth pure and beautiful for a lifetime. Take time by the forelock and consult Wise Brothers, Falling Building, Portland, Oregon.

Back Talk.

"I shall never marry," said Miss Ann Teek, with an air of determination.

"Perhaps not," replied Miss Porcupine, "but everyone admits you have made a brave fight against the inevitable."—Brooklyn Life.

If You Don't Know

How much different a can of Monopole peaches or pears or corn or other variety of fruits and vegetables taste from the ordinary brands we hope you will instruct your dealer to send you a can of Monopole today. We know Monopole brand is better than any other because we have compared them with all other so-called high class ones.

Most dealers handle Monopole goods. If yours doesn't send us his name.

Wadhams & Kay Bros., Monopole Grocers and Dry Coffee Roasters, 81-83 85 Front street, Portland, Ore.

That Would Never Do.

She—Why don't you go out occasionally, dearest, and enjoy yourself, say at the club?

He—But I don't want to get into the habit of having a good time.—Life.

White Tailed Eagles.

Although the golden eagle has disappeared from Wales, white tailed eagles are still to be found in north Wales and Shropshire.

LOOK OUT FOR CATARRH

When the cold wave flag is up, freezing weather is on the way. Winter is here in earnest, and with it all the miserable symptoms of Catarrh return—blinding headaches and neuralgia, thick mucous discharges from the nose and throat, a hacking cough and pain in the chest, bad taste in the mouth, fetid breath, nausea and all that make Catarrh the most sickening and disgusting of all complaints. It causes a feeling of personal defilement and mortification that keeps one nervous and anxious while in the company of others.

In spite of all efforts to prevent it, the filthy secretions and mucous matter find their way into the Stomach and are distributed by the blood to every nook and corner of the system; the Stomach and Kidneys, in fact every organ and part of the body, become infected with the catarrhal poison. This disease is rarely, if ever, even in its earliest stages, a purely local disease and throat, and this is why sprays, washes, powders and the various inhaling mixtures fail to cure. Heredity is sometimes back of it—parents have it and so do their children.

In the treatment of Catarrh, anti-septic and soothing washes are good for cleansing purposes or clearing the head and throat, but this is the extent of their usefulness. To cure Catarrh permanently, the blood must be purified and the system relieved of its load of foul secretions, and the remedy to accomplish this is S. S. S., which has no equal as a blood purifier. It restores the blood to a natural, healthy state and the catarrhal poison and effete matter are carried out of the system through the proper channels. S. S. S. restores to all its good qualities, and when rich, pure blood reaches the inflamed membrane and is carried through the circulation to all the Catarrh infected portions of the body, they soon heal, the mucous discharges cease and the patient is relieved of the most offensive and humiliating of all complaints.

S. S. S. is a vegetable remedy and contains nothing that could injure the most delicate constitution. It cures Catarrh in its most aggravated forms, and cases apparently incurable and hopeless. Write us if you have Catarrh, and our physicians will advise you without charge.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Manchester, Va., March 6, 1901.

Gentlemen—That all the symptoms that accompany this disease, such as mucus-dropping in the throat, a constant desire to hawk and spit, feeling of dryness in the throat, cough and spitting upon rising in the morning, scabs forming in the nose, which required much effort to blow out, sometimes causing the nose to bleed and leaving me with a sick headache. I had this suffered for five years.

I commenced to take S. S. S. and after I had taken three large bottles, I noticed a change for the better. Thus encouraged, I continued to take it and in a short while was entirely cured. JUDSON A. BELLAM.

Main and Vine Sts., Richmond, Va.

212 1/2 Third St., Portland, Ore.

Millionaire a Mantle.

One of the marvels of the recent Durbar was the display of jewelry and precious stones worn by the Maharaja Galkwar of Baroda, who wore his state mantle of woven pearls, with its arabesque border of diamonds, rubies, emeralds and sapphires, whose value, estimated by a famous London jeweler, is \$5,000,000.

The Importance of Steel.

Steel, when made into a sword, was the emblem of power. Steel, in the use of peace and civilization, is just as important as it is in war. The country which is pre-eminently endowed with steel, or with coal and iron, of which and by means of which it is made, will stand at the head of the civilized world.

A Peasimist.

Rev. Thomas B. Slicer, during a recent discussion with a friend, asked him if he knew the definition of a peasimist.

"Of course," replied his friend, "he is one who is sore on himself and the world in general. Is not that your definition?"

"Hardly," replied Dr. Slicer. "A peasimist, in my opinion, is a man who has just left an optimist."—New York Times.

Loquacious.

The family was discussing the high price of provisions generally, when the small boy settled into the conversation.

"Ma keeps it on the top shelf now."

And then it suddenly dawned on his youthful perceptions that he had incurred his case by talking too much.—Batavia News.

The Hotel of 2003.

Clerk—Michael, are you about through moving those trunks?"

"Yes, sir, in a few minutes."

"Well, when you're finished, stretch the life net over the front pavement. Mrs. Hibawi has just telephoned from the top floor that her husband has fallen out of the window."—Smart Set.

At Delhi.

Patently will look upon the picture of a vast and utterly barbaric population numbering nearly one-fourth of the human family, abnded, governed, educated, Christianized and led up to the dignity of self-government by a handful of strangers who come from an inconceivable island 15,000 miles away."—An old prophecy about India.—New York Press.

Geographical.

Kentucky Teacher (of infant geography class)—Tommy Blood may tell us what a strait is.

Tommy Blood—It's the jail stuff 'bout nothing' in it.—Ohio State Journal.

His Theory.

"There's no doubt that colored men often make good soldiers."

"Conrade dey does," answered Mr. Ernest Pinkley. "You put a colored man along of a purserion an' he's gwine ter foller it to de finish, no matter what de danger is."—Washington Star.

The Influence.

Jerry—How do good clothes make a man a gentleman?

Joe—They make him feel as if he was expected to act like one.—Detroit Free Press.

To Break on New Shoes.

Always shake in Allen's Foot-Ease, a powder, it cures chafings, damp, sweating, itching, swollen feet, Corns and Bunions. Ask your druggist and shoe stores. See Don't accept any substitute. See the medicine FREE. Address: Allen S. Orin, 127, N. Y.

Ending the Dissertation.

"Would you call a cat herbivorous or carnivorous?" asked the man who learned bad lessons.

"Neither," answered the man who yawns, "merely vociferous."

An Ingenious Clock.

Brussels has a church clock wound by atmospheric expansion induced by the heat of the sun.

Was in a Walk.

Say, low did you get off in the glue club try out? Made first ham on four bawls.

BREAKFAST FOR ONE.

There is No Accounting for the Wisdom of the Woodchuck.

That keen observer of nature, John Muir, tells in "Our National Parks" a pretty story of a woodchuck. In the spring of 1875 he was exploring the peaks and glaciers about the head of the middle fork of the San Joaquin, and when passing round a frozen lake where the snow was ten feet deep, was surprised to find the fresh track of a woodchuck.

What could the animal be thinking of to come out so early while all the ground was snow-buried? The steady direction of his track showed he had a definite aim, and fortunately it was toward a mountain thirteen thousand feet high that I meant to climb. So I followed to see if I could find out what he was up to.

From the base of the mountain the track pointed straight up, and I knew by the melting snow that I was not far behind him. I lost the track on a crumbling ridge partly projecting toward the snow, but soon discovered it again.

Toward the summit of the mountain, in an open spot on the south side, nearly enclosed by disintegrating pinnacles among which the sun heat reverberated, making a isolated patch of warm climate, I found a fine garden, full of rock cress, phlox, silene, draba, and a few grasses; and in this garden I overtook the woodchuck, enjoying a fine fresh meal, perhaps the first of the season.

How did he know the way to this one garden spot, so high and so far off, and what told him that it was in bloom while yet the snow was ten feet deep over his den? He must have had more botanical, topographical and climatological knowledge than most mountaineers possess.

CREDULITY OF THE HINDU.

Sample of the Delusions Which He Occasionally Experiences.

Here is a remarkable instance of the credulity of the Hindu, and the wild kind of delusions which are occasionally harbored. The writer is described as a Hindu gentleman of standing and reputation, and this extract is taken from a letter written to a gentleman in England:

"We are having a very serious war circulated in the papers here. Extracts purporting to be from the Morning Leader, of London, and Le Bon Globe, of Paris, inform us that the emperor on the coronation day was dangerously ill, and was never really crowned, for the ministers caused him to be personated by a beggar of White-chapel. We are really very concerned to hear it, and we firmly believe the news to be a false creation, but wonder why the government is still inactive in regard to taking any steps to punish the author of so foul a calumny."

The gentleman who sends me the above extract gives some other quaint examples of the amusing fictions which gain currency among the natives of India, says a writer in London Truth.

The bigger and the more preposterous the lie, he says, the more readily it is believed. When the Jubilee bridge over the Hooghly was being built, the story got about that the government required the thoroughfare to be raised on the foundations of the bridge, and had given orders that all natives walking over the mallard after dark were to be seized, and taken to the "Shanttan Khana"—the native name name for the Masonic lodge—where their heads were to be cut off for use in this necessary engineering operation. The natives, it is said, were afraid to walk in that direction after dark for this reason. Again, at the time of the last Indian frontier war, a fat Babu clerk disappeared from one of the government offices and could not be found. It was firmly believed, says my correspondent, by his fellow-clerks and neighbors, that he had been seized by order of the government, to be made into ointment for the benefit of the wounded soldiers. Happily, the Babu turned up again safe and sound; but the serious consequences resulted from this delusion. If an idea like this can be seriously accepted, as my informant says it was, by the class of natives who pass examinations and hold public appointments, nothing that may find acceptance with the "lower orders" can be wondered at.

RETRAIT TO THEATER TALKER.

Showing How a Little Wit Suppressed an Intolerable Nuisance.

They had been reading a Rolfe annotated edition of the play, and there was nothing in "Julius Caesar" that they were not perfectly familiar with. Before the performance was half through there was nothing that they knew which they did not hear about; for among the three of them—a man and two women—there were such capacities for conversation as are met with nowhere except in a theater.

In tones that alternately hissed and brayed and rasped till spinal columns all around them ached they told one another that Brutus was much better done than that; that Portia would come on in a minute in the garden scene; that Casca was supposed to be a gruff old Roman; that Caesar actually did have five—think of it! that it was a pity (this in a whisper that she waved far down the aisle and splintered at least a score of vertebrae) Roman ladies didn't wear corsets. So on, ad nauseam.

At last the ghost and the distraught Brutus met and there was a thrilled silence in all the crowded house save in row Q, where a strident voice complained:

"I can't hear a word the ghost says. Why doesn't he speak louder?"

A man behind the querulous disturber, quite beside himself with rage, leaned forward and said, in tones as courteously sweet as the sting of a honey bee:

"Perhaps the ghost is a gentleman and does not like to annoy people."

Which, of course, was very rude, says the New York Mail and Express, though it did fill many hearts with an unholy joy.

We have noticed that in a book or magazine article entitled "The Confessions of a Wife," or "The Confessions of a Doctor," or "The Confessions of a Lawyer," that not much is confessed.

CHANGE OF LIFE.



Some sensible advice to women passing through this trying period.

The painful and annoying symptoms experienced by most women at this period of life are easily overcome by Lydia E. Pinkham's Vegetable Compound. It is especially designed to meet the needs of women's system at the trying time of change of life.

It is no exaggeration to state that Mrs. Pinkham has over 5000 letters like the following proving the great value of her medicine at such times.

"I wish to thank Mrs. Pinkham for what her medicine has done for me. My trouble was change of life. Four years ago my health began to fail, my head began to grow dizzy, my eyes pained me, and at times it seemed as if my back would fall, had terrible pains across the kidneys. Hot flashes were very frequent and trying. A friend advised me to try Lydia E. Pinkham's Vegetable Compound. I have taken six bottles of it and am day-free from those troubles. I cannot speak in high enough terms of the medicine. I recommend it to all and wish every suffering woman would give it a trial."—Bella Ross, 88 Montclair Ave., Rosindale, Mass.—\$2.00 per bottle. Send for free trial.

Her Call.

"I ran into town today to do some shopping, dear," said Mrs. Subbuss, entering her husband's office, "and I—"

"I see," he interrupted, "and you just ran in here because you ran out."

"Yes—of money."

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

The Time To Retire.

Ex-Senator Jewett, of St. Louis, is ninety-four years old. Some people think him not long ago how old he thought a man should be before retiring from business. The old gentleman gravely responded: "I don't really think a man should keep on after he has reached the age of ninety."

Beware of Ointments for Catarrh That Contain Mercury.

Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is too great to be trifled with. Beware of cheap imitations. F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists, Price 75c per bottle. Mail's Family Pills are the best.

Something Equally Good.

Teacher—Johnny, have you been vaccinated?

Johnny—No'm; but mamma made me put my hands on this morning, and they itch just as much.—Chicago Record Herald.

Eggs a la Creme.

Boil twelve eggs fifteen minutes. Line a dish with very thin slices of bread and fill with layer of eggs cut in slices, strewn them with a little grated bread, pepper and salt; rub a quarter of a pound of butter with two tablespoonsful of flour, put it in a saucepan with a little onion grated, salt, pepper and half a pint of milk or cream; when hot pour over the eggs; cover the top with grated breadcrumbs and put it in the oven, let it heat thoroughly and brown.

Simple but Good Furniture Polish.

One of the nicest furniture polishes you can have is made of equal parts of salad oil and vinegar shaken up together. Apply very sparingly with a soft cloth till not the faintest trace of oiliness remains. Remember that an important adjunct to this polish is "elbow grease," and that without it the polish is worse than useless. If any oiliness left on will only gather the dirt and make the furniture dull.

Corned Beef Hash.

Put in a large frying-pan one ounce of butter; when hot add four ounces of potatoes and six ounces of corned beef, both cut in three-sixteenths of an inch squares. Season with pepper and nutmeg and fry, slowly inclining the pan so that the hash assumes the shape of an omelet. When a fine color drain off the butter, and turn it on to a long dish the same as an omelet.

French Souffle.

Mince very fine one dozen stewed prunes and the kernels of six and add them to the whites of five or six eggs which have been beaten to a stiff froth with a small cupful of powdered sugar. Whip all well together, add vanilla flavoring and bake in a hot oven for fifteen or twenty minutes. Chill, then serve with whipped cream. This souffle will not fall.

Chocolate Caramels.

Put together in a porcelain-lined saucepan two pounds of brown sugar, a half-pound of good chocolate broken into bits, and a cup of cold water. Boil until a little dropped in cold water hardens; stir in two teaspoonfuls of vanilla and two tablespoonfuls of butter; turn into buttered pans and cut into squares.

Lemon Butter Sauce.

Put a large tablespoonful of cornstarch, two heaping tablespoonfuls of granulated sugar, a pinch of salt, the grated rind of a lemon and the juice of an ounce of butter and the yolks of two eggs in a saucepan and beat them together until smooth and light; then add quickly a pint of boiling water; and cook until it begins to thicken.

HOUSEHOLD DEPARTMENT



Chicken Soup.

After plucking a fowl carefully, clean the skin with a wet cloth, remove the pin-feathers and stick off the hair; then wipe the bird with a wet cloth, and cut the flesh in small pieces, separating the bones, but not breaking them so fine as to endanger their remaining in the soup after straining it. The head and feet are to be skinned and scalded after cutting off the beak and claws, and the heart, liver and gizzard properly cleaned and put into the soup. Allow a quart and a pint of water to each pound of chicken, and season rather below the taste, because the quantity of soup will be lessened by boiling. Cover the soup kettle, place it at one side of the fire where it will boil gently for several hours until the meat falls apart; the soup will then be ready to strain, removing the bones, and finish for the table by the addition of some delicate dumplings, such as batter-fakes or egg-barley dumplings.

Floor Stain.

Floors that are stained and oiled are easily kept clean. The material costs very little, and any one can apply it. For an oak stain, take raw sienna, add a little turpentine, and mix half a pint of linseed oil and one quart of turpentine. A tablespoonful of Japan drier put into the turpentine will make it dry quickly. A cheap dark brown stain, which is better for old floors than a lighter color, is made by mixing one-fourth of a pound of pure rosin with one quart of water. Apply with an old paint brush, and give the floor two coats if one does not make it dark enough. After the floor is stained, give it a coat of boiled linseed oil. If the oiling is repeated every spring or fall, your floor will always look well.

Whole-Wheat Bread.

Discard a cake of compressed yeast in a gill of lukewarm water. Pour into a bowl a pint of milk and stir into this a little sugar, and add a teaspoonful each of salt and sugar, and when the mixture is bloodwarm add the dissolved yeast. Stir in a quart of whole wheat flour—enough to make a batter. Beat for ten minutes, adding toward the last enough whole-wheat flour to make a dough that can be kneaded. Turn upon a floured board and knead for ten minutes and set to rise with a towel over it. At the end of three hours knead for five minutes, make into loaves, knead each of these for two minutes and set to rise for about an hour before baking in a steady oven.

Care of Lamps.

Buy the best oil. Fill the lamps by daylight. Lamps should be kept well filled. Never attempt to light a lamp that is only partly filled. Keep the oil can closed and in a cool place. See that any hanging lamps you may have are securely hung. When buying lamps select those in which the end of the burner is considerably elevated above the body of the lamp. Watch your wicks closely, and change them before they become too short. If burning oil gets upon the floor, smother with woolen blankets or rags.

Eggs a la Creme.

Boil twelve eggs fifteen minutes. Line a dish with very thin slices of bread and fill with layer of eggs cut in slices, strewn them with a little grated bread, pepper and salt; rub a quarter of a pound of butter with two tablespoonsful of flour, put it in a saucepan with a little onion grated, salt, pepper and half a pint of milk or cream; when hot pour over the eggs; cover the top with grated breadcrumbs and put it in the oven, let it heat thoroughly and brown.

Simple but Good Furniture Polish.

One of the nicest furniture polishes you can have is made of equal parts of salad oil and vinegar shaken up together. Apply very sparingly with a soft flannel and polish thoroughly with oil cloths till not the faintest trace of oiliness remains. Remember that an important adjunct to this polish is "elbow grease," and that without it the polish is worse than useless. If any oiliness left on will only gather the dirt and make the furniture dull.

Corned Beef Hash.

Put in a large frying-pan one ounce of butter; when hot add four ounces of potatoes and six ounces of corned beef, both cut in three-sixteenths of an inch squares. Season with pepper and nutmeg and fry, slowly inclining the pan so that the hash assumes the shape of an omelet. When a fine color drain off the butter, and turn it on to a long dish the same as an omelet.

French Souffle.

Mince very fine one dozen stewed prunes and the kernels of six and add them to the whites of five or six eggs which have been beaten to a stiff froth with a small cupful of powdered sugar. Whip all well together, add vanilla flavoring and bake in a hot oven for fifteen or twenty minutes. Chill, then serve with whipped cream. This souffle will not fall.

Chocolate Caramels.

Put together in a porcelain-lined saucepan two pounds of brown sugar, a half-pound of good chocolate broken into bits, and a cup of cold water. Boil until a little dropped in cold water hardens; stir in two teaspoonfuls of vanilla and two tablespoonfuls of butter; turn into buttered pans and cut into squares.

Lemon Butter Sauce.

Put a large tablespoonful of cornstarch, two heaping tablespoonfuls of granulated sugar, a pinch of salt, the grated rind of a lemon and the juice of an ounce of butter and the yolks of two eggs in a saucepan and beat them together until smooth and light; then add quickly a pint of boiling water; and cook until it begins to thicken.

Asthma

"One of my daughters had a terrible case of asthma. We tried almost everything, but without relief. We then tried Ayer's Cherry Pectoral, and three and one-half bottles cured her."—Emma Jane Entsminger, Langville, O.

Ayer's Cherry Pectoral certainly cures many cases of asthma.

And it cures bronchitis, hoarseness, weak lungs, whooping-cough, croup, winter coughs, night coughs, and hard colds.

Three sizes: 25c, 50c, \$1. All druggists.

Consult your doctor, if he says you are not cured, it may be the lungs. Leave it with him. We are willing. J. C. AYER CO., Lowell, Mass.

Mike's Pooodle.

Hogan—An' is he a blooded dog, Mike?

"Blooded? I sh'd say he wur. W'y, when he wur a pup th' doe had ter bleed him to keep him from bein' a blood hound, faith!"

FITS Permanently Cured. 16 Bts of nervousness after ten days' use of Dr. E. H. Smith's Cure. Send for FREE TRIAL BOTTLE and treatise on Dr. E. H. Smith's Cure. 16 Bts. Philadelphia, Pa.

Home Discomforts.

"No," grumbled the husband in a spasm of confidence to a friend, "I have no place at all for my books. The storage room is kept exclusively for my wife."

"And what does she use it all for?"

"Oh, she puts away the things that are a trifle too good to be destroyed, yet scarcely good enough to be used."

For bronchial troubles try Pico's Cure for Consumption. It is a good cough medicine. All druggists, price 25 cents.

Strange Case.

A woman has sued for divorce because her husband "gives too much attention to the church." This will puzzle a lot of women who heretofore thought they knew something about man.

Castoria.

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Wm. D. Hooper, M.D.

NEW YORK.

35 Dimes, 15 Cents.

EXACT COPY OF WRAPPER.

WITH NERVES UNSTRUNG AND HEADS THAT ACHES

WISE WOMEN TAKE

TRIAL BOTTLE 10 CENTS.

McCAULEY & BURBANK, General Machinists

Mine, Mill and Marine work. General repairs. Printing Machinery repaired and rebuilt. PROMPT ATTENTION TO OUT-OF-TOWN ORDERS.

Prussian Stock Food.

MAKES PIGS GROW—GOOD FOR STUNTED CALVES.

PRUSSIAN REMEDY CO., ST. PAUL, MINN.

Prussian Stock Food.

Poultry Netting.

WHOLESALE RETAIL.