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OPPORTUNITY IS HERE
TO LEARN CHIROPRACTIC. Catalog on Request. Pacific Chiropractic College, 418 Commonwealth Bldg., Portland, Ore.

The New Way.

"Be warned in time. Don't you know that girl smokes, drinks and gambles at bridge?"

"I know. I am going to marry her to reform her."—Louisville Courier-Journal.

Gay Old Dog.

Higgins—Twiggins is always bragging about his den at home.

Wiggins—And yet he got mad when I spoke of it as a kennel.—New York Globe.

Blaming the Women.

"What's the matter with McGrouch? He is more bitter against women than ever."

"He had four queens beaten last night."—Kansas City Journal.

HOWARD E. BURTON — Assayer and Chemist, Leadville, Colorado. Specimen prices: Gold, Silver, Lead, $1. Gold, Silver, 50c; Gold, 50c; Zinc or Copper, $1. Mailing envelopes and full price list sent on application. Control and Umpire work solicited. References: Carbonate National Bank.

Fatal.

"I indited a poem to her that said she looked like an angel."

"Made a big hit, I suppose."

"No. The fellow who printed it printed it 'angle.'"

Free to Our Readers
Write Murine Eye Remedy Co., Chicago, for 48-page illustrated Eye Book Free. Write all about Your Eye Trouble and they will advise as to the Proper Application of the Murine Eye Remedies in Your Special Case. Your Druggist will tell you that Murine Relieves Sore Eyes, Strengthens Weak Eyes, Doesn't Smart, Soothes Eye Pain, and sells for 50c. Try It in Your Eyes and in Baby's Eyes for Scaly Eyelids and Granulation.

Self-Preservation.

Pat—Yis, sorr, wur-rk is scarce, but Oi got a job last Sunday that brought me foive dollars.

Mr. Goodman—What! You broke the Sabbath!

Pat (apologetically) — Well, sorr, 'twas w-rk av us had t' be broke.

In the year 1913 Austria produced 615,986,000 gallons of beer.

RUPTURE IS CURABLE
By wearing a SEELEY SPERMATIC SHIELD TRUSS. No worrying or danger of an operation. Rupture is not a tear or breach, as commonly supposed, but is the stretching, or dilation, of a natural opening. The SEELEY SPERMATIC SHIELD appliance closes this opening in 10 days in most cases. If you can't come, write for measuring blank and literature. Sold only by
LAUE-DAVIS DRUG CO.
Third and Yamhill, Portland, Or.
Who are Truss Experts and Exclusive State Agents for this appliance.

In the Chilean Andes there is a lake 10,000 feet deep up in the mountains, which is prevented only by a granite wall a few feet thick from devastating the valley below. In order to avert the disaster engineers are draining the water by a tunnel and expect to supply electrical current and light to all the valley cities through the water power which will be developed.

There are now more than 86,000 autos used by farmers in the United States and the number is increasing at a tremendous rate. These machines are not all used for pleasure, but for economy of time and the saving of horses in the daily work on the farm.

Hot water heating of houses has been making enormous strides in Switzerland in the last 15 years. Apartment houses often have separate heating appliances on every floor. The old tile stoves are being driven out.

In rural schools in Missouri girls are organized into pick-and-shovel clubs under the direction of the national congress of mothers, to aid in the good roads movement.

All Danish passenger steamers and ferryboats on the route between Sweden and Germany will probably soon be equipped with the wireless telephone. Telephone stations will be erected on the coast.

A brand of an egg means very little and is quite useless. A full-grown well-trained egg will generally speak for itself.

A TREATMENT THAT HEALS ITCHING, BURNING SKINS
Don't stand that itching skin humor one day longer. Go to the nearest druggist and get a jar of resinol ointment (50c) and a cake of resinol soap (25c). Bathe the eczema patches with resinol soap and hot water, dry and apply a little resinol ointment.
It's almost too good to be true. The torturing itching and burning stop instantly, you no longer have to dig and scratch, sleep becomes possible, and healing begins. Soon the ugly, tormenting eruptions disappear completely and for good.

The Modern Machiavelli.

"What made you so popular with Miss Mummy?"

"I sent her 18 roses on her 32d birthday."—Philadelphia Public Ledger.

Consultation.

"Did the doctor pronounce you sound as a dollar?"

"Yes, and sent me a bill for five."—Judge.

Brute.

"Do you like my complexion?" she asked.

"No," he replied absently, "rub it out and do it over."

Will Be Collected.

Scribbler—I like to believe that my poems will be collected after my death.

Sharp—Sure! The rubbish cart will still make its rounds.—Boston Transcript.

You Can Get Allen's Foot-Ease FREE.
Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot, swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

They will check babies at the Nat this year. It might be a good plan to check the mothers so that the babes would know where to find them.

And the sound of the picnicker is in the land and the late trains from the lake resorts are filled with him and there are no straps!

Putnam Fadeless Dyes will last until the goods wear out.

Different Methods.

Lord Howlong—I notice that in this country you run for congress, while at home you stand for parliament.

Congressman Buzwire—Sure thing! Standing won't get you anything in the U. S. A. It takes speed to cop off a seat in congress.

At last somehting has a name that fits it. These rainbow stockings the women wear are always seen after a shower.

Many a man is a picture of health until he becomes the victim of a doctor's frame-up.

Make Demand Forcible Don't Be Trifled With

Ask for S. S. S. and Don't Stand for the "Just as Good" Talk.

Too many people are ruled by the shortest route to the bargain end of a dollar. For that reason they tempt a clerk to slip them

When You Ask for S. S. S. Do So With Emphasis. They Will Understand.

a single sausage for a ham order. Here is where substitution gets a good start. When a clerk attempts to hand you a substitute for S. S. S. he will tell you a pretty story. Perhaps he thinks he is telling the truth but he has one eye on the cash register and t'other on the extra profit. Insist upon S. S. S. It is your only safeguard against the cheap mineral stuff that can be put up in any cellar by the apprentice.

There is not a medicine for any purpose more carefully made than S. S. S. It represents the highest type of medicine. Its medical properties are just as essential to well balanced health, if the blood be sick, as are the nourishing elements of meats, grains, fats and sugars of our daily food. S. S. S. is prepared direct from native botanical material. Not a drop of drugs is added. Not a drop of minerals is used. This is one of the most important things to know and to remember when your blood needs attention.

It is the most effective, the purest, the quickest and most reliable medicine known for poisoned blood, rheumatism, catarrhal infection, malaria, skin disease, old sores and all afflictions that show in the blood, skin, joints and muscles.

An interesting book on the blood is mailed to those who write. Get a bottle of S. S. S. today. It is the world's greatest medicine. Insist upon the dealer handing you S. S. S. and don't let him orate about something that he can't advertise as free from iodide or potash and other destructive mineral drugs.

If you have trouble getting S. S. S. write to The Swift Specific Co., 000 Swift Bldg., Atlanta, Ga., for list of square deal stores.

GOOD OLD LEMON PIE

OTHER DISHES WITH HEALTHFUL FRUIT AS INGREDIENT.

Makes Best Kind of Sauce for All Manner of Puddings—Souffle a Light, Refreshing Dessert — Lemon to Cure Cold.

The old-fashioned lemon pie is one of the prime favorites. An often proved recipe calls for one-half pound of sugar, a pound of butter, six eggs, the juice of two lemons with their grated rind, a nutmeg and half a glass of brandy.

Cream the butter and sugar, beat in the yolks, the lemon, the spice and brandy, then add the whites. Bake in a light piecrust with open top. Powdered sugar and lemon juice should be spread on the top of each pie.

There are a great many varieties of lemon pie, with cocoanut and meringue mixtures. An English tart calls for a cup of sugar, two lemons (the juice and some of the peel grated), a teaspoonful of cornstarch smoothly blended in water, a dozen raisins parboiled, cut in two and seeded. Beat these ingredients well together and bake between two crusts in small pies.

A lemon sauce which is very fine for rice, bread or boiled puddings, especially for the old-fashioned cottage pudding, is made from a cup of sugar, half a cup of butter, an egg, the juice of a lemon and half the grated peel, a teaspoonful of grated nutmeg and three tablespoonfuls of boiling water.

Cream the butter and sugar, beat in the egg, very well whipped, then the lemon and nutmeg; beat well for ten minutes, then add by degrees the boiling water. Put in the inner pan of a double boiler, with boiling water in the outer pan, and stir well until the sauce becomes very hot.

Lemon souffle is a light, refreshing dessert. Put in a bowl four yolks of eggs and four ounces of powdered sugar, add the grated rind of two lemons and stir well for 20 minutes until quite thick. Then add by degrees a tablespoonful of lemon juice, and finally beat in, lightly and quickly, the whites of six eggs beaten to a stiff froth. Pour into a pie dish and bake in a moderate oven for about 25 minutes to a golden brown. Serve on a lace paper doily within a silver dish.

A lemon ice, strongly flavored with the fruit and very easy to make, is composed of the juice of six lemons with the grated peel of three, one large sweet orange (the juice and the grated rind), a pint of water and a large cup of sugar. The acidity of the ice can be regulated by the amount of sugar used. A large cup is the medium allowance.

Squeeze all the juice and place in it the grated rind of the fruits, leaving them an hour standing. Then strain well and mix in the sugar and the water, stirring until dissolved. Then turn into the freezer and stir several times while it hardens to keep it entirely smooth.

A modification of the lemon cure, which of course is not permitted in the lemon club, is the consumption during the day of one or two lemons in this way: Cut off the top and make an incision downward in the core without losing any of the juice. Edge in by degrees a lump of white sugar, through which the juice can be taken.

School children have a way of imbedding an old-fashioned lemon candy stick in the fruit and sucking the juice. Both of these processes are good for colds, although the sugar retards flesh reduction.

To Prevent Irons Rusting.

Irons treated in the following manner can be kept in excellent condition: Tie a lump of beeswax in a thin white rag. When the irons are hot, rub them with the rag and then scour with a cloth sprinkled with salt. After the ironing is finished and the irons are still warm, rub the wax over them, and it will keep them smooth and free from rust. If a brick which has been heated in the oven is used for an ironing stand, the irons will be found to keep hot much longer than if an ordinary iron stand is used.

Frogs' Legs, Brown Fricassee.

Remove the skin from the frogs' legs and scald them with hot water, acidulated with a little vinegar. Dry, roll in flour and saute a light brown. Make a thin, brown sauce, add a slice of lemon, a shallot, a small bay leaf, a sprig of parsley, and a few mushrooms. Simmer about fifteen minutes, add a tablespoonful of sweet butter or a little cream and serve.

Some Useful Hints.

Perfumed olive oil sprinkled on library shelves will prevent mold on books; mud stains can be removed from black cloth by rubbing with a raw potato; the juice of a raw onion applied to the sting of an insect will remove the poison.

For Piemakers.

A saltspoonful of baking powder put in the meringue for pies, just before the meringue is placed on the pie will keep it from falling as soon as the pie is removed from the hot oven, as so often happens.

To Improve Pie Crust.

To improve the top crust of pie I have found the following very good: Brush it over with water and then sprinkle with granulated sugar. This improves the appearance and makes it brown and crisp.

ROAST PORK WITH STUFFING

Too Substantial a Dish for Hot Weather, But There Still Is Time to Enjoy It.

Before the weather gets too hot we may like to have one more good roast of fresh pork. A fresh shoulder or fresh ham will stuff to best advantage. Select one not too large, make a large incision just below the knuckle between the skin and the meat for the purpose of introducing the stuffing, which must later be secured by sewing up with small twine. Then with a sharp-pointed knife score the leg all over and in the following manner: With the left hand hold the pork firmly and with the knife score the skin across in parallel lines a quarter of an inch apart. Roast for about two hours and a half or three hours, according to size, and when done dish up with brown gravy and send to the table with apple sauce.

The stuffing for the pork may be thus prepared: Chop a dozen sage leaves and six large onions and boil these in water for three or four minutes and put on a sieve to drain; then put in a stewpan with pepper and salt and a little butter and let it simmer for twenty minutes, when it is ready to place in the leg of pork. While this onion stuffing is possibly more favored than a dressing in which cracker or bread is used, it seems better to have the bone entirely removed and thus give room for a good quantity of the real old fashioned bread stuffing.

A loin of pork may be stuffed with the same preparation by making an incision in the upper part of the loin and after the stuffing is put in sewing up as you would the leg.

HAVE REGULAR MENDING DAY

By Employment of System, Drudgery of Necessary Repairing May Largely Be Done Away With.

"There is nothing in the world like system, and nowhere does one realize this more than in the matter of dress." Thus writes one woman, who thinks that the woman who puts off mending the tiny hole she might have attended to in ten minutes is laying up much trouble for herself when the little hole becomes undarnable. The rip under the arm in the blouse that hardly shows when it is put on extends alarmingly, and there is usually a day of reckoning for all put-off things of the same kind.

The remedy for this is a regular mending day or a mending evening, if a woman is engaged in business. Select the best day for this purpose and stick to it; you will be surprised to find that your clothing will not only look better but also last longer. As soon as a garment needs mending put it aside for the mending day that is coming.

Filled Cookies.

One and one-half cupfuls granulated sugar and one cupful lard, creamed together, two eggs, one cupful sweet milk, four teaspoonfuls of baking powder, sifted with two quarts of flour, pinch of salt.

Filling: One pound of English walnuts (chopped), one pound of raisins (cooked and thickened as for pies). Mix together.

Roll cookies very thin, place in pan, and in center of each put one tablespoonful of filling. Cover with another thin cooky and bake. The heat of the oven will seal them together.

Fricassee of Lamb With Gravy.

Get lamb from the forequarter, cut in pieces for serving. Wipe meat, put in kettle, cover with boiling water and cook slowly until meat is tender. Remove from water, cool, sprinkle with salt and pepper, dredge with flour and saute in butter (here you need to use butter). Arrange on platter and pour around one and one-half cupfuls brown sauce made from liquor in which meat was cooked after removing all fat. It is better to cook meat day before serving, as then fat may be more easily removed.

Surprise Cake.

Sift two even cupfuls of sifted flour with two even teaspoonfuls of cream tartar and one of soda into mixing dish. Place the white of one egg in a large bowl, beat to a stiff froth, add one-half cupful melted (not hot) butter, one cupful of milk. Beat smooth, then flavor with your favorite extract, add contents of bowl to those in dish and beat vigorously. A hot oven is needed (350 degrees if you have an oven thermometer).

Nesselrode Pudding.

One cupful whipped cream, one-half cupful pulverized sugar, one tablespoonful gelatin, one cupful chopped candied cherries, pineapple, and English walnuts. Dissolve the gelatin in one-third cupful hot water and mix all lightly together. Flavor with vanilla and pour into mold and stand on ice for several hours. Serve with whipped cream.

Shellback Macaroons.

One pound of sugar, meats from one pound nuts, chopped fine, three tablespoonfuls flour, whites of six eggs. Beat whites, add sugar, and beat again; add flour, and then the nuts. Drop in small drops on buttered tin and bake in quick oven.

To Clean White Paints.

A good way to clean white paints without injuring them is to rub them over with a clean cloth that has been dipped into hot water and then into a saucer of bran.

LAYING OUT A GARDEN

ERRONEOUS IDEA THAT MUCH TIME IS REQUIRED.

Plot 150 by 100 Feet Will Produce Enough Fruit and Vegetables for Family of Six—Run the Rows North and South.

(By E. PARKER.)

There is an important economical side to this question of a garden. Beef, for instance, in its various forms is notoriously expensive, especially where it is eaten twice or three times a day, whereas beans, peas, spinach, etc., when served with meat would make up half the amount eaten, thus reducing the cash cost of the whole. And the impression that a vegetable garden requires much time and care is such an erroneous one! Two or three hours a week will suffice for a garden 150 by 100 feet, which is capable of producing fruit and vegetables enough for a family of six, provided the rows are three feet apart so that a horse may be used.

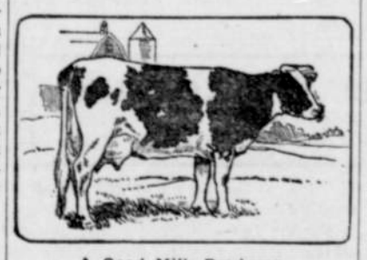
In laying out such a garden the rows should be run north and south, for planted thus vegetables receive the greatest amount of sun. The first four rows should be six feet apart, and the first of these might contain twelve currant and twelve gooseberry bushes set six feet apart. In the second row plant a hundred raspberry canes three feet apart, with two canes at each place. The third row will be for strawberries and will hold 150 plants grown in hills set one foot apart, no runners being allowed to grow. The next thirteen rows will be three feet apart and may be planted to the following vegetables in the order given: Asparagus plants, 50 one-year seedlings, set three feet apart in the row; parsnips, 50 feet; then a hundred feet of onions, of which 25 feet may be young sets for early summer; beets and lettuce, 50 feet; early cabbage, a hundred feet; late cabbage, a hundred feet; cauliflower, 50 feet; peas, three full rows, corn, four full rows; tomatoes, a hundred feet; beans, 50 feet; okra, ten feet; then 50 feet more of string beans and 150 feet of dwarf lima beans. The remaining four rows should be eight feet apart to allow the vines to spread. In the first row plant 25 muskmelons six feet apart then a row of cucumbers set six feet apart, five eggplants and ten early squash, all six feet apart. The next row may be planted to eight Hubbard squash and twelve rhubarb plants, set six feet apart, and the last two rows may very properly be given over to herbs and flowers for cutting.

It is frequently forgotten that a great many people abroad, notably the drawers of water and hewers of wood, live almost entirely on vegetables, considering meat a luxury only to be indulged in once a week, while we in America, having the most delicious and greatest variety of vegetables grown anywhere, discard them for meat.

RAISING BEST DAIRY BREEDS

No More Profitable Line of Stock Growing Than Raising Good Cows for the Dairymen.

Any farmer is safe in breeding and raising for sale large milking or butter-producing cows. As an industry there is no more profitable line of stock growing than raising good cows and selling them to the dairymen who are making a specialty of producing market milk or selling their milk to



A Good Milk Producer.

condensing plants where they do not have the by-product returned to their farms to feed out to the calves that are being raised to replace the cows that are annually discarded from their herds.

The keeping of more cows for creameries and cheese factories is also encouraging and many men are willing to pay a good price for well-bred dairy cows.

SUNLIGHT AS DISINFECTANT

Most Disease Germs Are Killed by Direct Light, as Repeated Tests Have Demonstrated.

(By H. PRESTON HOSKINS.)

Sunlight is one of the best and cheapest disinfectants at our disposal, and we should take advantage of this fact at every opportunity. In the construction of barns or shelters of any kind for animals, ample provision should be made for the admission of the maximum amount of sunlight. Southern exposure is desirable, that is, having the majority of the windows facing the south. The warmth thus provided in cold weather is desirable, and much of the excessive heat in summer can be avoided by providing suitable curtains or screens. Most disease germs are easily killed by direct sunlight, as has been repeatedly shown by experiments.

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YAKIMA GROWN is the BEST GUARANTEE

More Willing Than Able.

Following an entertainment a few evenings since two young men met on the street.

"Did Miss Umson take part?" asked one, with evident interest.

"Yes, indeed," the other replied.

"Can she sing?"

"Well," the other answered, "she can't but she does."—Youngstown Telegram.

Wonder if they will dock the police patrol for the day it was idle and no calls came in.

BUT ONE ANSWER
to the great health problem—you must keep the digestive system strong and active. Weakness there, soon disturbs the entire system. A daily use of the famous.
HOSTETTER'S Stomach Bitters
will overcome any weakness in the Stomach, Liver and Bowels and help you maintain health. Start at once.

The Diplomatic Alphabet.

Next time we may go on down the diplomatic alphabet and take in almost the entire family of nations—Argentina, Brazil, Chile, Denmark, England, France, Germany, Holland, Italy, Japan, Korea (by Japan's permission), Liberia, Montenegro, Norway, Oman, Portugal, Russia, Spain, Turkey, United States, Venezuela, Wallachia and Zanzibar. The only missing links are "Q" and "X," but our Chinese friends might furnish the queue in a pinch.—Omaha Bee.

HOW WOMEN AVOID OPERATIONS

By Taking Lydia E. Pinkham's Vegetable Compound.

Cleveland, Ohio—"My left side pained me so for several years that I expected to have to undergo an operation, but the first bottle I took of Lydia E. Pinkham's Vegetable Compound relieved me of the pains in my side and I continued its use until I became regular and free from pains. I had asked several doctors if there was anything I could take to help me and they said there was nothing that they knew of. I am thankful for such a good medicine and will always give it the highest praise."—Mrs. C. H. GRIFFITH, 7305 Madison Ave., Cleveland, Ohio.

Hanover, Pa.—"I suffered from female trouble and the pains were so bad at times that I could not sit down. The doctor advised a severe operation but my husband got me Lydia E. Pinkham's Vegetable Compound and I experienced great relief in a short time. Now I feel like a new person and can do a hard day's work and not mind it. What joy and happiness it is to be well once more. I am always ready and willing to speak a good word for the Compound."—Mrs. ADA WILT, 196 Stock St., Hanover, Pa.

If there are any complications you do not understand write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

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