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and Dairy Produce  
of all kinds wanted. Write for our  
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Bought, sold and exchanged; engines, boilers,  
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TO LEARN CHIROPRACTIC. Catalog on Request.  
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**QUIT CIGARETTES**  
With the aid of ARGENTITE, an  
improvement on the SILVER  
NITRITE treatment as used by  
Industrial Schools and Juvenile  
Courts.  
At your druggist or send 50c  
for full treatment post paid.  
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**TYPHOID** is no more necessary  
than Smallpox. Army  
experience has demonstrated  
the almost miraculous effi-  
cacy, and harmlessness, of Autophoid Vaccination.  
Ask your physician, druggist, or send for "Have  
you had Typhoid?" telling of Typhoid Vaccine,  
results from use, and danger from Typhoid Carriers.  
THE CUTLER LABORATORY, BERKELEY, CAL.  
PRODUCING VACCINES & SERUMS UNDER U. S. PAT. LICENSE

**Congressional Duty.**  
Grouchy Voter—I think congress  
ought to quit sending out seeds to us  
farmers.  
Congressman (visiting his district)  
—Why, aren't the seeds good?  
Voter—Oh, yes, the seeds are all  
right, but I think congress ought to  
plant the seeds and send us the vege-  
tables.—Lippincott's Magazine.

**Of Course.**  
"I hear you had your portrait painted  
by the most famous artist in Eu-  
rope."  
"Yes, but to tell you the truth, it  
doesn't look a bit like me."  
"In the case of such a famous artist  
it is up to you to try to look like the  
portrait."—Louisville Courier-Journal.

If the candidates with their pictures  
in the papers are not within the law,  
some of them will have to go into the  
moving picture business.

The high cost of living has hit pol-  
itics. It will cost \$100 to get one  
man's vote on a California isthmus.

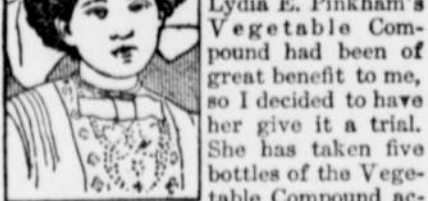
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The school that gets you a  
good position.  
Thousands of Graduates  
NONE IDLE  
FREE INFORMATION  
Washington and 10th Sts.  
PORTLAND, ORE.  
OLDEST  
MOST  
MODERN

Hair stain at the postoffice lacks  
owner. Clerks with silver threads  
among the blonde are keeping an eye  
on it.

Why not "sic" a few fumigated cats  
and sterilized rat terriers on those  
infected rats?

**MOTHER OF  
SCHOOL GIRL**  
Tells How Lydia E. Pinkham's  
Vegetable Compound Re-  
stored Her Daugh-  
ter's Health.

Plover, Iowa.—"From a small child  
my 13 year old daughter had female  
weakness. I spoke  
to three doctors  
about it and they did  
not help her any.  
Lydia E. Pinkham's  
Vegetable Compound  
had been of great  
benefit to me, so I  
decided to have  
her give it a trial.  
She has taken five  
bottles of the Vege-  
table Compound ac-  
cording to directions  
on the bottle and she  
is cured of this trouble.  
She was all run down  
when she started tak-  
ing the Compound and  
her periods did not  
come right. She was  
so poorly and weak  
that I often had to  
help her dress her-  
self, but now she is  
regular and is grow-  
ing strong and healthy."  
—Mrs. MARTIN HELVIG, Plover, Iowa.



Hundreds of such letters expressing  
gratitude for the good Lydia E. Pink-  
ham's Vegetable Compound has accom-  
plished are constantly being received,  
proving the reliability of this grand old  
remedy.

If you are ill do not drag along and  
continue to suffer day in and day out  
but at once take Lydia E. Pinkham's Vege-  
table Compound, a woman's remedy for  
woman's ills.

If you want special advice write to  
Lydia E. Pinkham Medicine Co. (confi-  
dential) Lynn, Mass. Your letter will  
be opened, read and answered by a  
woman and held in strict confidence.

P. N. U. No. 35, 1914

When writing to advertisers, please men-  
tion this paper.

## ENGLISH MIXED GRILL

FINE DISH FOR ANY OF THE  
LIGHTER MEALS.

Recipe That Will Provide Sufficient  
for Three Persons—Devonshire  
Cream Another Idea We Owe  
to English Housewives.

A mixed grill is very popular in Eng-  
land for luncheon, but it would be as  
good as a light dinner or supper.

The following recipe makes enough  
for three persons: Three lamb chops,  
one-half pound of sausages, four kid-  
neys, two tomatoes and a half pound  
of mushrooms. Grill the chops,sausages  
and kidneys together, slice the to-  
matoes and fry with the mush-  
rooms. The mushrooms and the to-  
matoes should not be cooked long enough  
for the slices of tomatoes to lose their  
shape. Arrange the meat on a platter,  
lay the vegetables around the edge,  
garnish with parsley and serve. No  
gravy should be used with this dish,  
not even the juice from the mush-  
rooms and tomatoes, or the flavor will  
be spoiled and the grill will look messy  
and unappetizing.

Try this recipe some time when you  
have a few sausages or kidneys left  
over from some meal, and you will  
find that you have a new and excellent  
dinner dish with very little trouble or  
expense.

**Devonshire Cream.**—This is just as  
delicious as it sounds and far less ex-  
pensive. In fact, it isn't really cream  
at all, although no one would ever  
think that unless she were told, for it  
tastes like an exceptionally rich, thick  
cream. It is used everywhere in Eng-  
land, as it will keep for several days  
in a cool place and does not need to  
be kept on ice. Ice in Great Britain is  
a decided luxury, and not the daily  
necessity that it has become in Ameri-  
ca, but even though the ice comes  
daily to your door and your fresh  
cream will keep sweet for a day or  
two, you may find a jar of rich Dev-  
onshire cream a convenient thing to  
have on hand.

Two quarts of milk will make  
enough cream for two persons, and  
the milk left after the cream has been  
taken off can be used for cookies, so  
there is no waste.

Put an earthenware pan of milk in  
a cold place for 12 hours. Then place  
it on the fire and let it come slowly to  
the scalding point; leave it on the fire  
for about half an hour, but do not let  
it boil; then remove to a cold place  
and let it stand for seven or eight  
hours, till all the cream is risen. Take  
off the cream, which should be thick  
and clotted, and serve on fruit, tarts,  
cake, etc.

**For Picnic and Camp.**  
When you have a large cake of ice  
and want a small piece to put in a  
glass you are somewhat helpless if you  
have no ice pick at hand. But you need  
not be so. Use an ordinary pin instead  
of an ice pick and you can have the ice  
in pieces the size you desire.

Press the pin into the ice as far as  
it will go, and work it back and forth  
slowly and steadily until the ice  
splits. Then put the pin in a new place  
and make another cleft. In this way  
you can break off piece after piece of  
any desired size.

**Ragout of Beef.**  
Cut two pounds of round steak into  
one-inch cubes; put two tablespoons of  
suet into saucepan and when hot add  
the meat, browning on all sides; into  
the fat blend two tablespoons of flour,  
and then add one pint of water in  
which has been dissolved one tea-  
spoon of extract of beef; add one tea-  
spoon of salt and three-quarters tea-  
spoon of white pepper and simmer for  
1½ hours.

**Stiffening Curtains.**  
When doing up curtains at home if  
flour is used instead of starch the  
iron will not stick so much and the  
curtains will have more the appear-  
ance of new ones. One good table-  
spoonful of flour for each curtain is  
sufficient. Mix the flour to a thick  
paste with cold water, then put in the  
tub and pour on as much boiling wa-  
ter as required for rinsing the cur-  
tains.

**Novel Salad.**  
An attractive way to serve small  
bits of smoked chicken is to cut them  
into tiny cubes, put into a cup, and  
add enough seasoned gelatin to cover.  
Put into a cold place to get firm.  
Unmold, cut into small squares, sprinkle  
with finely chopped celery, and  
serve, as a salad with a French dress-  
ing, or a stiff mayonnaise.

**Good Hand Cleanser.**  
Kerosene will cleanse your hands  
better than anything else after black-  
ing a range or stove. Pour a little in  
the water, wash your hands in it, then  
wash them in tepid water and finally  
wash with plenty of soap and a stiff nail  
brush in hot water. Finish up by rub-  
bing the hands with lemon juice, rose-  
water or glycerin.

**Toasted Cheese Sandwiches.**  
Cut bread as for any sandwich and  
place between slices a thin slice of  
cheese. Season cheese with salt and  
cayenne. Toast until cheese is melt-  
ed, holding bread together. These are  
very good with salads of any kind  
where mayonnaise is not served.

**To Bake Potatoes Quickly.**  
In baking potatoes, put a small pan  
of water in the oven and you will find  
they bake much quicker.

## TO SELECT AND COOK FISH

Precaution in Buying Always Neces-  
sary—Style of Preparation May  
Be Varied.

In buying fish get the kinds in sea-  
son, as this lessens the chance of be-  
ing served with cold-storage products.  
Cold-storage fish may be known by  
the lack of brightness in the eyes.  
Fresh fish have clear eyes, red gills,  
the fins stiff, and the scales shining.  
The flesh should be so firm that when  
pressed by the fingers it should spring  
back. Fish showing signs of  
opposite conditions, such as dull eyes,  
liver-colored gills, etc., should be re-  
fused. Fresh halibut is known by its  
pearl white or shining gray skin, firm  
flesh and pleasant odor.

Some fish are at their best cooked  
in one way only, others may be served  
in a variety of ways. For instance,  
halibut may be baked, broiled, boiled  
or fried. This rule is also true of  
other white fleshed fish, as cod and  
haddock.

Those fish known as oily are best  
suited to baking or broiling, though  
broiling is not to be despised. Under  
this head will come bluefish, mack-  
erel, salmon and shad. I think broil-  
ing is the best way to cook salmon.  
Small fish should be fried in deep,  
very hot fat. This will include smelts,  
brook trout, perch, whitefish, etc. Fry-  
ing oil is best for the purpose, or one  
can use suet and lard, half and half.—  
Pittsburgh Dispatch.

**Sour Cream Pie.**  
One cupful sour cream, four eggs,  
one cupful sugar, one cupful raisins,  
one-half teaspoonful of cloves. Sepa-  
rate the yolks from the whites of  
the eggs and beat the yolks until  
creamy; add the sugar, raisins chopped  
fine, the sour cream and the cloves.  
Place in a double boiler and cook un-  
til thick and creamy. Line a pie tin  
with piecrust and bake in the oven  
as for lemon pie. Fill this baked  
crust with the cream mixture and  
place in the oven until well set. Beat  
the whites of the eggs with four table-  
spoonfuls of powdered sugar, cover  
the top of the pie with this meringue  
and place in the oven to brown  
slightly. Serve cold. Eaten with a  
piece of sharp cheese, this is a de-  
licious summer dessert.

**Baked in a Box.**  
If you would like your picnic cake  
to arrive unbroken, try baking it in  
one of the five and one-eighth inch by  
eight and one-half inch tin water  
boxes. If the box is filled half full of  
cake dough it will rise nearly even  
with the top, leaving just enough room  
for icing. The cover can then be put  
on and the cake will arrive in perfect  
condition. A good recipe for the above  
sized box is the following: One cup-  
ful of sour cream, one cupful of sugar,  
one-half cupful of crushed walnut  
meats, a level teaspoonful each of  
soda, baking powder and salt, one well  
beaten egg and enough flour for a stiff  
batter. Spice to taste. The cake  
should be baked in a slow oven until  
it doubles in size, then the heat should  
be turned on to finish.

**Fruit Sherbets.**  
Red Raspberry Sherbet—One box-  
ful of red raspberries crushed and  
heated with a little water and the  
seeds strained out, one pint of water,  
one cupful of sugar blended together  
and the juice of one-half lemon.  
Freeze.

**Pineapple Sherbet.**—Three cupfuls  
granulated sugar, three cupfuls sweet  
milk, three cupfuls cold water, one can  
of pineapple or one pineapple picked  
to shreds with a fork. Mix all to-  
gether and freeze the same as ice cream.  
Grape Sherbet—One quart of milk,  
one pound of sugar, one cupful of  
grape juice, the juice of one lemon.  
Mix and freeze. Delicious.

**Cheese Souffle.**  
Cook together in a saucepan two  
tablespoonfuls each of butter and  
flour, and when they are blended pour  
upon them a half pint of milk. Stir  
to a smooth white sauce and stir into  
this eight tablespoonfuls of grated  
cheese, a saltspoonful of salt, a pinch  
of baking soda and a dash of paprika.  
Have ready four eggs, whites and  
yolks beaten separately. Remove the  
cheese mixture from the fire and gradu-  
ally beat into it the yolks of the eggs;  
last of all fold in lightly the stiff-  
ened whites. Turn the mixture  
into a greased pudding dish and bake  
in a steady oven to a golden brown.  
Serve immediately.

**Roast Pork Salad.**  
Take bits of cold roast pork,  
chopped very fine, with a large quan-  
tity of celery and the whites of two  
hard-boiled eggs. Take the yolks  
well warm, mash to a smooth paste  
and mix well with one teaspoonful of  
mustard, adding salt and pepper to  
taste. Into this stir one teaspoonful  
vinegar, three large spoonfuls of  
melted butter, and mix all thoroughly  
into the meat. Edge platter with tips  
of celery or lettuce. Place salad in  
the center. Keep cool until sent to  
the table.

**Hungarian Ware.**  
The new Hungarian ware with its  
vivid colors is effective with willow  
furniture. This ware is made by the  
pensants. It is of nondescript color,  
not white, nor yellow. The garish de-  
corations are of flowers and garlands  
in pink and greens.

**Basket Salad.**  
Remove seeds and membranes from  
green peppers, cut in form of baskets.  
Fill with chopped wax beans, cubes of  
red beets and stuffed olives. Use your  
favorite salad dressing.

**To Bake Potatoes Quickly.**  
In baking potatoes, put a small pan  
of water in the oven and you will find  
they bake much quicker.

**Lightning Rods.**  
Reappearance of the lightning rod  
agent can soon be expected. Accord-  
ing to a bulletin of the Ontario De-  
partment of Agriculture, 13 years of  
investigations demonstrate that light-  
ning rods are now 84½ per cent ef-  
ficient in the province. In the state  
of Iowa they are 98.1 per cent efficient  
and in Michigan 99.9 per cent.

Total lightning claims paid by in-  
surance companies on rodded build-  
ings in Iowa during eight years was  
only \$4464, while on unrodded build-  
ings, which were of the same number,  
they paid \$341,965. In Ontario, out  
of every 200 farm buildings insured,  
42 are rodded. Yet out of every 200  
struck by lightning in 1912 only three  
were rodded buildings.

But don't let the agent put up rods  
that run through glass insulators. Ac-  
cording to the Ontario bulletin, they  
should be in metallic connection with  
the building and no insulators should  
be used.—Wall Street Journal.

**To Break in New Shoes.**  
Always shake in Allen's Foot-Powder, a powder,  
it cures hot, sweating, itching, swollen feet,  
cures corns, ingrowing nails and bunions. At  
all druggists and shoe stores, 25c. Don't accept  
any substitute. Sample mailed FREE. Address  
Allen S. Gimsted, Le Roy, N. Y.

**A Suggestion to Rossetti.**  
Dante Gabriel Rossetti once showed  
Whistler a sketch and asked his opin-  
ion of its merits.

"It has good points, Rossetti," said  
Whistler. "Go ahead with it by all  
means."

Later he inquired how it was get-  
ting along. "All right," answered  
Rossetti, cheerfully. "I've ordered a  
stunning frame for it."

In due time the canvas appeared at  
Rossetti's house in Cheyne Walk,  
beautifully framed.

"You've done nothing to it since I  
saw it, have you?" asked Whistler.

"No-o," replied Rossetti, "but I've  
written a sonnet on the subject, if  
you'd like to hear it."

He recited some lines of peculiar  
tenderness.

"Rossetti," said Whistler, as the re-  
citation ended, "take out the picture  
and frame the sonnet."—New York  
Globe.

**Sunlight Intensified**  
By Reflection from Ocean Beach and  
Desert Sand unrelieved by Foliage, Winds  
and Mineral Laden, Poisonous Dust, all  
bring Eye Troubles in their wake—Grati-  
fied Eyes, Red, Itching, Burning, Tired  
and Watery Eyes, Impaired Vision and  
Eye Pain. Reliable Relief is found in  
Munroe Eye Remedy, Mild and Harmless.  
If you Wear Glasses, Try Munroe. Doesn't  
Smart. Feels Fine. Acts Quickly. Is an  
Eye Tonic compounded by Oculists—not a  
"Patent Medicine"—but used in successful  
Physicians' Practice for many years. Now  
dedicated to the Public and sold at  
50c Per Bottle. Munroe Eye Remedy in  
Aseptic Tubes, 25c and 50c. Sold by  
Druggists. For Books, write to Munroe  
Eye Remedy Co., Chicago.

**Good Throwing.**  
The militant school of accurate  
throwing was crowded with pupils of  
all ages. Arranged across the lower  
part of the hall were the mechanical  
moving targets.

Each pupil threw 10 packages of  
heavy sufrage pamphlets at the life-  
size target figures, each of which rep-  
resented an eminent British office-  
holder.

"Now I will show you our prize  
thrower," said the matron-instructor.  
"She is one of the military mil-  
lions. Watch her."

The young woman drew back and  
let the package fly.

"Did you see that?" cried the excit-  
ed matron.

"What did she do?"

"She aimed at the head of the king  
and knocked off the wig of the chief  
justice!"—W. R. Rose in Cleveland  
Plain Dealer.

## RESINOL STOPS DANDRUFF AND SCALP ITCHING

If you are troubled with dandruff,  
eczema or other scalp, itching scalp  
affection, try shampoos with resinol  
and an occasional treatment with  
resinol ointment. You will be sur-  
prised how quickly the trouble disap-  
pears, and the health and beauty of  
the hair improves.

Resinol soap and ointment also heal  
skin eruptions, clear away pimples  
and blackheads, and form a most val-  
uable household treatment for sun-  
burn, heat-rash, etc. Sold by all drug-  
gists. Prescribed by doctors for 19  
years.—Adv.

## Justifiable.

"Why did you beat this man so ter-  
ribly?" said the judge, indicating the  
behandgled figure of the plaintiff.

"I asked him why a horse had run  
away, your honor," explained the pris-  
oner, "and he told me that it was be-  
cause the animal had lost his equine-  
lity."

"H'm," said the judge. "Discharged."  
—Lippincott's Magazine.

**Keeping It Dark.**  
"Isn't it very embarrassing? Mr.  
Skittles can hardly tell his wife from  
her sister who's come to stay with  
them."

"Is he worrying?"  
"Oh, no! He'd just as soon remain  
in the dark."—Judge.

## A Rara Avis.

Mrs. Hiram Offen—I'm afraid we'll  
never find the equal of that last cook  
we had. She was, indeed, a rare bird.  
Her Husband—Yes, rare, and alas,  
migratory.



## HUNDREDS OF WOMEN

have gone from our school into the best  
business offices of the city and are now  
employed as stenographers, typists,  
bookkeepers, billing clerks, adding ma-  
chine experts or private secretaries.

We have a course for each of these  
positions, and would like to fit you to  
fill one. Arrange to enter September  
1st. A position guaranteed.

**BEUTEL BUSINESS COLLEGE**  
Tacoma, Washington.

**WINCHESTER**  
Light Weight  
Hammerless  
Repeating Shotguns  
12, 16 AND 20 GAUGES, MODEL 1912

This is the lightest, strongest and handsomest repeating  
shotgun made. Although light, it has surpassing strength,  
because all the metal parts are made of Nickel steel, which  
is twice as strong as ordinary steel. It is simple to load and  
unload, easy to take down, and works with an ease and  
smoothness not found in repeaters of other makes. Look  
one of these guns over at your dealer's. They are  
**"THE MOST PERFECT REPEATERS."**

**SUCCESS—**  
Depends Upon Your Training  
Our courses in Shorthand, Pen-  
manship, Business Training and  
Telegraphy will equip you for a  
successful business career.  
FALL TERM SEPTEMBER 7.  
**Behrke Walker**  
BUSINESS COLLEGE  
Fourth Street, Near Morrison, Portland, Or.  
We Guarantee Positions for All  
Our Graduates.  
Write Us, No Trouble to Answer.

**THE PROGRESSIVE BUSINESS COLLEGE**  
PORTLAND, OREGON.  
There is a completeness and finish about our students' education that is bring-  
ing praise from many of the leading business men of the Northwest. The supreme  
test of a business college is to satisfy the hard-headed men of the business world.  
We do. Write for literature which will truthfully tell you all you want to know.  
All students making application before Sept. 5, will get the advantage of the \$5 per month  
rate. Bright and diligent students complete our course in three months.

**Cause for Gratitude.**  
The fare of a certain boarding house  
was very poor. A boarder who had  
been there for some time, because he  
could not get away, was standing in  
the hall when the landlord rang the  
dinner bell. Whereupon an old dog  
that was lying outside on a rug com-  
menced to howl mournfully.  
The boarder watched him a little  
while, and then said:  
"What on earth are you howling  
for? You don't have to eat it!"—Current  
Opinion.

**Putnam Fadeless Dyes will last  
until the goods wear out.**

**Dusting.**  
Mrs. Florin had a new maid, and one  
morning as she entered the library  
she was somewhat surprised to find  
the girl seated in one of the chairs  
with her hands folded.  
"What!" cried the mistress. "Here  
you are sitting down! Why, you were  
sent in here to dust the room!"  
"Yes, ma'am," was the girl's reply.  
"I have lost the duster, and so I am  
sitting on each of the chairs in turn."  
—Harper's Magazine.

**Everybody Happy!**  
Berlin—The Germans are sweeping  
Belgium.  
Paris—The allies repulse the ene-  
my's advance.  
Brussels—The Belgian victory is  
complete.  
Vienna—The Austrians drive Ser-  
vians before them.  
St. Petersburg—The Cossacks de-  
scend on German border.  
London—British vessels bring in  
rich prizes of war.  
Kragushevatz—The Servian suc-  
cesses continue.  
Washington—We should worry!

**Remedy for the Cat.**  
"Doctor," said he, "I'm a victim of  
insomnia. I can't sleep if there's the  
least noise, such as a cat on the back  
fence, for instance."  
"This powder will be effective," re-  
plied the physician, after compounding  
a prescription.  
"When do I take it, doctor?"  
"You don't take it. You give it to  
the cat in a little milk."

**YOUR OWN DRUGGIST WILL TELL YOU**  
Try Munroe Eye Remedy for Red, Weak, Watery  
Eyes and Granulated Eyelids; No Smarting—  
Just Eye Comfort. Write for Book of the Eye  
by mail Free. Munroe Eye Remedy Co., Chicago.

The water pumps may be busy, but  
there is another variety in the thirst  
emporiums that aren't exactly idle  
either.

China yearly sends \$30,000 worth of  
peanuts to the United States.

There are 20,567,000 horses in the  
United States, valued at \$2,278,222,000.

A dog is just a plain dog after all.  
Two bloodhounds on the trail of band-  
its chased rabbits all day instead.

A man receiving state aid must sub-  
mit to an operation, says court. Prob-  
ably they will cut out his pension.

For sale, second hand bathtubs,  
must be cleaned out.

Making for the city beautiful—  
There is no danger of water shortage  
and the free plunges are open.

**Purifies Blood  
With Telling Effect**  
Gives Conscious Evidence of  
Its Direct Action.

S. S. S., the famous blood purifier, almost  
tells as it sweeps its way through the cir-  
culation. Its action is direct that very  
often in some forms of skin affliction the  
appearance of the eruptions changes over  
night, the itch and redness are gone and  
recovery begins immediately.

As a matter of fact, there is one ingredi-  
ent in S. S. S. which serves the active pur-  
pose of stimulating each cellular part of  
the body to the healthy and judicious se-  
lection of its own essential nutriment. That  
is why it regenerates the blood supply; why  
it has such a tremendous influence in over-  
coming eczema, rash, pimples, and all skin  
afflictions.

And in regenerating the tissues S. S. S.  
has a rapid and positive antidotal effect  
upon all those irritating influences that  
cause rheumatism, sore throat, weak eyes,  
loss of weight, thin, pale cheeks, and that  
weariness of muscle and nerve that is gen-  
erally experienced as spring fever. Get a  
bottle of S. S. S. at any drug store, and in  
a few days you will not only feel bright and  
energetic, but you will be the picture of  
new life. S. S. S. is prepared only in the  
laboratory of The Swift Specific Co., 534  
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