Come In and have your mouth examined.

The painless methods.

DR. A. W. KEENE,

3511/4 Washington St., Portland.

RUBBER STAMPS & Egg Stamps. Rubber Stamps for Fruit Boxes. Made on short-ent notice. Write. WHITE STAMP & SEAL CO., SECOND AND ALDER, PORTLAND, OREGON

PORTLAND BARBER COLLEGE Teaches the Trade 8 Weeks. Scalp.
Face Massage a Specialty. Tools Free.
Positions Guaranteed. PAY while LEARNING. 293 Madison St., Portland, Oregon.

RUPTURED The WILSON WAY fort and many cures; payments \$1 week, with money-back guarantee. Write for FREE book. Jay W. Wilson, 302 Commercial Club Building. Portland, Oregon.

FARM HELP.

When in need of good, reliable farm and dairy help write or wire, our expense. Pioneer Employ-ment Company, 16 North Second Street, Portland, Oregon. Established 16 years,

AUTOMOBILE REPAIRING AND DRIVING at the best equipped, most up-to-date and only practical Automobile School in the Northwest. L. & M. Auto Repair Co., 369 Hawtherse Ave., Ferdand, Or



Ross Finnegan, Mgr.

A FIGHT ON HIGH prices. Why pay \$5 to \$10 for a pair of glasses when I can fit your eyes with first quality lenses in a man, 209 Morrison St., Portland, Or. Glasses fitted by mail. Write for particulars. WEEKS' BREAK-UP-A-COLD TABLETS

A guaranteed remedy for Colds and La Grippe. Price 25c of your druggist. It's good. Take nothing else.—Adv. HOTEL CARLTON

14th and Washington Sts., Portland, Ore.

Rooms with bath, \$1.50 per day, bath, \$1.00 per day. All Outside Rooms---Fireproof Construction Special Rates for permanent guests.

Victor Brandt, Prop.

TWO CARLOADS OF IVER JOHNSON BICYCLES

To be closed out at Actual Cost

We are going out of the Bicycle I ness and will sell at Retail all our High Grade Iver Johnson Wheels at the follow-

Ladies' Roadster, Model 1487-L., complete with Coaster Brake, Mudguards and Tires, Regular \$35 Wheels, at \$25.00.

Mens' Roadster, Model 1487, equipped as above, regular \$35, at \$25.00.

Heavy Service Wheel, Model 1488-S, fully equipped, The Finest Wheel in America, regular \$50.

Special, \$40.00. This will be your only opportunity to get the Highest Grade Wheel manufactured at actual cost. All wheels fully guaranteed.

H. T. HUDSON ARMS CO. 110 Third St., Portland, Ore

Cretinism Made Curable.

Study of the functions of the thymained through life semi-imbeciles. American. Now extract of sheep's thyroid is

given to them and the perverted growth and mental duliness are checked and the children become normal.

Following the Doctor's Orders. When an Atchison man was told to take more exercise he commenced rolling twice as many cigarettes.-Atchison Globe.

A POTATO ROMANCE

"If I were a farmer boy, or a boy with-out capital, and wanted an early compe-tency, I'd start right out growing Pota-toes," said Henry Schroeder, the Potato king of the Red River Valley, whose story in the John A. Salzer Seed Co.'s Catalogue reads stranger than a rowance.

reads stranger than a romance.

That advice of Mr. Schroeder's, the selfmade Potato king, comes from a warm heart, a level head, an active hand, and above all, a successful Potato grower!



Do You Know, Mr. Farmer,

there is more money in five acres of Potatoes year in and year out than in anything grow on your farm, and the grow ing of Potatoes now, with present machin-ery, etc., is easy. It's regular Fourth of July fun!

Salzer's Creations in Seed Corn put Wisconsin on the Corn Map with its astonishing yields!

Headquarters for Oats, Barley, Clovers.

We gladly mail our Catalog and sample package of Ten Fa-mous Farm Seeds, including Speltz, "The Cereal Wonder;" Rejuvenated White Bonanza Oats, "The Prize Winner;" Billion Dollar Grass; Teosinte, the Silo Filler, etc., etc.

For 10c in Postage

Or Send 12c

And we will mail you our packages of Early Cabbage, Carrot, Cucumber, Lettuce, Radish, Onion—furnishing lots and lots of juicy delicious Vegetables during the early Spring and Summer.

Or send to John A. Salzer Seed Co., Box 720, La Crosse, Wia, twenty centa and receive both above collections and their big catalog.

75.20

P. N. U. No. 14, 1915

TO FRIGHTEN DEVILS BREAD DRESSING FOR STEAK PROCESS OF STEWING

Example of Superstition in Eighteenth Century.

When the Science of Medicine Was Emerging From a State of Ignorance Doctors Had to Adjust Selves to Circumstances.

The idea that a horse chestnut in your pocket will cure rheumatism or many other foolish beliefs which still persist are part of our heritage from the days when what is now the science of medicine was only a curious mass of superstition.

For centuries mankind had little or no accurate knowledge of the nature of disease and its causes. Among all races, at some time or other, the be-



Costume of a French Physician in the ous Combination of Foolish Superstition and Scientific Truth.

flef prevailed that illness was the

A good example of the long struggle clans in the early eighteenth century will remain? when treating sufferers from the plague.

The garb represents sound scientific some time? knowledge in the protection it gives worn by physicians in plague-stricken from becoming hard and dry? districts today.

the idea that disease was caused by it has been washed? roid gland in animals has shown how evil spirits which could be frightened | There is a new square meshed veilthis class of idiots can be cured. For away if the physician's appearance ing that is much liked? merly they were hopeless and re- was sufficiently terrifying .- New York

Made Queer Mistake.

is wondering what kind of specimens of soda dissolved in one-half cupful at exactly the same hour, as a stone of humanity blow into the national boiling water, one teaspoonful of bak- or earthenware jar, having been thorcapital. He says he had taken a Penn- ing powder, sifted with one and onesylvania avenue car going up town half cupfuls of flour and one teaspoonfrom the station, and he sat next to a ful of vanilla. Mix in order given and mild-looking old gentleman who bake in square tin about thirty minseemed to be wrestling with some se- utes. Frost with white of egg beaten cret sorrow. When the car turned stiff. Boil one cupful sugar in little shake-up brought the old fellow out beat till stiff. of his reverie and he looked up to see the monument towering over the adjacent vicinity. "Pardon me," he said to the Pittsburgher, "may I ask what that lofty structure over there is?" That's the monument," said the Steel lity man, who spoke of it as Washingtonians do, "What monument?" inquired the old gentleman. "The monument to Washington, of course." The old gentleman gazed at it abstractedly until it was hid from view. "That's the first time I ever heard of a town erecting a monument to itself," he said slowly and to nobody in particular.

Dignity.

War at last became very costly, so ostly that the plain people who paid he bills were about to take upon themselves the responsibility of abolshing it.

But the politicians and others came orward with an expedient. "Let us," uggested these, "sell the moving pic-

ure rights." "Wouldn't that be in derogation of the nation's dignity?" asked the plain people dubiously.

"Not at all. You don't quite understand about the nation's dignity. The nation's dignity is all right where you want to start something, but where it stands in the way of its own vindicaion it becomes very absurd," the poliicians and others made haste to ex-

Endless Anticipation.

"It is well that the pleasures of anicipation mean much to us," remarked the Plunkville philosopher.

"For instance?" "Now I love grand opera and whenver I see a grand opera company billed for Plunkville I anticipate its arrival with keen delight."

"Well?" "But before the date scheduled the ompany usually busts."

Between Women.

"What do you think of men wearing eathers in their hats?"

"Bad sign," declared the other lady. The feathers are small now, I know, but they may increase in size, and few amilies can afford to buy ostrich the lard is extracted, strain through plumes for two."-Pittsburgh Post.

Casserole to That Broiled in the Regular Way.

If you wish to stuff a flank steak use bread dressing; use it with vegin a casserole. If you do not own one (and you should in these times of high prices) use any tightly covered dish. Be sure it is tight so the steam cannot escape.

Bread Stuffing.—Two cupfuls soft bread crumbs, one-half cupful butter melted in one-third cupful hot water process. It is to some extent a prothat the wearing of a red string on or milk, one-quarter teaspoonful powthe finger will stop nose bleed, and dered sweet herbs or spiced poultry, seasoning, one beaten egg. Mix the ingredients together thoroughly. The stewing, the cook's endeavor should bread should be 24 hours old and be to extract from the meat its nutritaken from the center of the loaf. The seasoning is a matter of indi- lufces, suitably treated, to finish cookvidual taste, so you can use the above ing the remainder of the meat. For quantities or suit your taste. The successful stewing, the most imporbe eaten hot, but will slice better the heat at which the operation is when cold if egg is used. Cracker conducted. In order to stew successcrumbs give a drier stuffing.

little water and when half done sea- temperature. son with salt and pepper, chopped For successful stewing, meat should than broiled as regular steak.

DO YOU KNOW THAT-

Pickles will never become moldy if you put a tiny bag of mustard in the top of the receptacle in which they are kept?

If your silk dress looks rusty you Early Eighteenth Century-A Curi. can revive it by sponging it with water in which potatoes have been boiled?

Mice can be most successfully exterminated if you stuff all their holes result of evil spirits and that a cure with a piece of rag which has been could be effected by frightening them dipped in water and then in cayenne pepper?

A very quick way to cool a hot which science had to make to over- liquid is to pass it through a clean throw suspicion is shown in the curl- cloth saturated with cold water? And ous costume worn by French physi- if the liquor is soup no trace of grease

If you lay your silver away in common flour it will remain bright for

You can warm over meat much more the body against infection, and is quickly if you wrap it in greased paquite similar in this respect to that per? The steam will prevent the meat

Perspiration stains can be removed But the big, staring glass eyes and from a thin shirtwaist by soaking it the huge artificial nose, which served in cold water, to which you have addno useful purpose, were survivals of ed a little sodium bicarbonate before

Hot-Water Chocolate Cake.

Two tablespoonfuls butter, one cupful sugar, yolk of one egg, two table-A Pittsburgher who passed through spoonfuls cocoa dissolved in one-half Washington on his way to New York cupful boiling water, one teaspoonful whole family does not reach the home

When Steak Is Tough.

To make a tough steak tender, put three tablespoonfuls of salad oil and one tablespoonful vinegar on a large flat dish.

Lay the steak on the mixture and let it rest in this way for half an claw into the small end of each cuthour, then turn it over, and let it rest | let. another half hour in the same quantity of vinegar and oil.

The toughest steak will yield to this treatment and be nice and tender when served.

Beefsteak Pie (English).

Cut two pounds of round steak into strips, roll in flour and arrange in a deep dish with three lamb's kidneys, which have been cut up and parboiled, one dozen oysters, one onion minced fine, parsley, dried thyme. Dot generously with bits of butter, and add two cupfuls hot water. Cover with a biscuit crust arranged in strips. Brush with yolk of egg and bake two hours in a moderate oven.

Wine Jelly.

Take a half box of gelatin, soaked in a half pint of cold water for 15 minutes, and add three gills of boiling water and two-thirds of a cupful of sugar. Let this come to the boiling point, then add seven tablespoonfuls of best sherry wine and two teaspoonfuls of French brandy. Boil up once, strain and cool.

Cape May Omelet.

Soak one-half cupful stale breadcrumbs in milk. Beat one egg well, add salt, pepper and a tablespoonful melted butter. Add one-half cupful canned corn and mix with the breadcrumbs. The mixture should be quite thick. Bake in a buttered dish just long enough to set the egg and brown

Rendering Leaf Lard.

A quick way to render leaf lard is to cut it in strips about the size that will fit into a meat grinder, using the largest opening, which will allow it to come through very fine. Put in kettle and place in a hot oven until cheesecloth and put in crocks.

REGULATION OF HEAT IS THE MAIN CONSIDERATION.

etables and a small quantity of liquid on That Account it is Best to Use Gas, When Possible-Glazed Earthenware Jar Should Be Receptacle Employed.

Stewing is a method of food preparadon that approaches the soup-making seeding that occupies a middle position between boiling and baking; the latter is often called roasting. In live juices, and then to employ those egg may be omitted if the flank is to lant point is the power of regulating fully the heat must be absolutely un-Spread your flank steak with above der the cook's control. The up-to-date and roll tightly. Fry out some suet cook, therefore, prefers gas for stewand then brown the flank so as to ing purposes on account of the perfect hold the juices. Put in casserole, add control that can be exercised over the

onions and plenty of fine minced vege- be divided into small portions for the tables or rice, whichever you may easy extraction of the juices. Where prefer. The flank is quite juicy, so bones exist, these should be broken you will need but little water. It into small pieces, and form an under lacks flavor, so the high spices and layer in the stewing vessel. The meat vegetables make up what the flank and bones ought always to be placed lacks. It is much better this way in cold water and the water should cover everything in the pan or jar. The lid or cover should be carefully secured, and the temperature must be gradually raised to a steady heat, which must, of course, be below boiling. The extraction of the meat juices then proceeds, and when vegetables are to be added to the stew they are placed in the vessel at a later stage. Boiling and stewing are by no means the same process. The proper temperature for stewing is about 180 degrees Fahr. As almost everybody knows, the boiling point is 212 Fahr.

A glazed earthenware jar with a tight-fitting cover is most useful for stewing meat, or for making soups. If it has no cover, one should be constructed by fitting a plate or saucer on top of the jar and brown paper should then be tied over it. A jar with a cover saves this trouble, and is, therefore, worth the extra expense. Earthenware or stone jars are very easily kept clean, and food does not spoil when left in them, as it may do if left in a metal pan. They can be placed on the top of the stove or in the oven when it is necessary to reheat the food contained in them, or if placed in a pan of boiling water the contents of the jar will cook slowly without attention from the cook. A meat stew can be served in the jar in which it has been cooked, if it is neither too large nor too high. It must of course, be wiped dry and a napkin may be neatly folded around it. By this process the great advantage of a very hot dinner may be obtained in the coldest weather, even when the oughly heated, will retain the heat for some time.-American Cookery.

Lobster Cutlets. Melt one teaspoonful of butter, add two tablespoonfuls of flour and cook the corner of Fifteenth street the water till it hairs, then turn on egg and thoroughly. Add one cupful of boiling water and cook until thick, stirring constantly. Add two cupfuls of chopped lobster meat. Season with salt, paprika, lemon juice and minced parsley. Take from the fire, add the beaten yolk of an egg and cool. Shape into cutlets, dip into egg and crumbs and fry in deep fat. Stick a lobster

Bean Pot Roast. Take one pound of beef, a cheap cut is just as good if it is free from veins. Cut in pieces about an inch square. Put in all the fat, too. Put in a bean pot, just cover with water and put in the oven. As water boils away yards."-Baltimore American. add a little more. When about half done add a little salt. When ready to serve take from oven and put it in the spider. Thicken with a little flour mixed with water. The gravy is a rich brown.

Creamed Sardines.

Remove skin and bones from two boxes of sardines, then add four finely chopped hard-boiled eggs, five tablespoonfuls of bread crumbs, two tablespoonfuls of melted butter, one and one-fourth cupfuls of milk, one-half saltspoonful of salt, big dash of red pepper. Heat this mixture to a boiling point, then pour it over four slices of buttered toast.

Fried Cabbage.

Shave very thin enough cabbage to fill a quart measure. Put in granite stewpan, sprinkle with salt and pour on two cupfuls boiling water. Cook rapidly until water has evaporated. Then add two tablespoonfuls milk, one of butter, a dash of pepper and fry brown.

Raw Carrots.

Take nice, fresh, crisp carrots, scrape and put through a food chopper, using the coarse knife. To each pint of carrots add two tablespoonfuls melted butter, one teaspoonful sugar and salt to taste. Serve on lettuce

When Washing Overalls.

All the paint marks can be removed from overalls by letting them soak for a day in turpentine.

LINES IN THE FACE Make Women Look Old

and they show the effect of unnatural sufferings—of headaches, back-aches, dizziness, hot flashes, pains in lower limbs, pains in groins, bearing-down sensations.

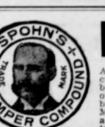
These symptoms indicate that Nature needs help. Overwork, wrong dressing, lack of exercise, and other causes have been too much for nature—and outside aid must be called upon to restore health and strength.

Dr. Pierce's Favorite Prescription

The Vegetable Remedy for Woman's Ills that relieves nervous exhaustion and irritability and removes other distressing symptoms due to disturbed conditions of the delicate feminine organism.

For over forty years it has been used with more than satisfaction by the young, middle-aged and the elderly—by wives, mothers and daughters. You will find it of great benefit. Sold by Medicine Dealers in liquid or tablet form, or send Dr. V.M. Pierce, Buffalo, N. Y., 50 one-cent stamps for trial box by mail.

DR. PIERCE'S PLEASANT PELLETS Relieve constipa-tion, regulate the liver, and bowels. Easy to take as candy.



Pink Eye, Shipping

And all diseases of the norse affecting his throat speedily cured; coits and horses in same stable kept from having them by using Spohn's Distemper and Cough Cure. 3 to 6 doses often cure; one bottle guaranteed to cure one case. Safe for broodmares, baby colts, stallions, all ages and conditions. Most skillful, scientific compound. 50c and \$1 per bottle; \$5 and \$10 a dozen. Any druggist, or delivered by manufacturers.

SPOHN MEDICAL CO., Goshen, Ind.

Wanted a Sample.

"Your honor," said the foreman of the jury, "this body is suing this gent for \$10,000 for a stolen kiss." "Correct," responded the judge. "You are to decide if it was worth it." "That's the point, your honor. Could the jury have a sample?"

HOWARD E. BURTON - Assayer and Chemist. Leadville, Colorado, Specimen prices: Gold. Silver, Lead, B. Gold, Silver, Tôc; Gold, Sôc; Zinc or Copper. El. Mailing envelopes a d full price list sent on application. Control and Umpire work so licited. Rieference: Cartonate National Bank.

Well, Sometimes.

Marriage makes one out of two; but generally this comes through the squelching of the husband.-New York World.

TRY THIS EASY WAY TO HEAL YOUR SKIN

If you are suffering from eczema, ringworm or similar itching, red, unsightly skin affection, bathe the sore places with resinol soap and hot water, then gently apply a little resinol You will be astonished how ointment. instantly the itching stops and healing begins. In most cases the sick skin quickly becomes clear and healthy again, at very little cost. Resinol ointment and resinol soap also clear away pimples, blackheads, and dandruff. Sold by all druggists. Adv.

Wild Muscovy Duck. The muscovy duck is found wild in

Rheumatism Muscle Colds

South America.

"It is easy to use and quick to respond. No work. Just

apply. It penetrates without rubbing." Read What Others Say:



would not have used it only it was recommended to me by a friend of mine who, I wish to say, is one of the best boosters for your Liniment I ever saw." -J. W. Fuller, Denver,

"Just a line in praise of Sloan's Liniment. I have been ill nearly fourteen weeks with rheumatism. have been treated by doctors who did their best. I had not slept for the terrible pain for several nights, when my wife got me a small bottle of the Liniment and three applica-cations gave me relief so that I could sleep."—Joseph Tamblyn, 615 Con-perse Street, McKeesport, Pa.

SLOANS

Good for Neuralgia, Sciatica, Sprains and Bruises. All Dealers 25c.

Send four cents in stamps for a free TRIAL BOTTLE.

DR. EARL S. SLOAN, Inc. Dept. B Philadelphia, Pa.

Had No Chance. "Honesty pays in the long run."

counselled the visitor. "Perhaps you're

"but a cop got me before I'd gone 100

Two Advantages.

He who makes two blades of wheat grow where one grew before, is not right," admitted the man in the stripes only a benefactor to the human race, but stands a first-class chance to make money in the transaction.

Blood Disorders Quickly Driven Away

Astonishing Results With the Greatest Blocd Purifier Ever Discovered.



Strength, Power, Accomplishment are all Typified in S. S. S. blood disorders become deeply eliminated from their presence.

Then, too, S. S. has such specific rooted in the glands and tissues, and the

mistake is made of resorting to drastic drugs. These only aggravate by causing other and worse troubles. A host of people know this to be true. They know Then, too, S. S. S. has such specific stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation on these local cells as to precipit the stimulation of the stimulation on these local cells as to precipit the stimulation of the

from painful experience.

To get right down into where the blood is vitiated requires S. S. S. the greatest blood purifier ever discovered.

This remarkable remarks and aches have disappeared, and from his and aches have disappeared.

This remarkable remedy contains one ingredient, the active purpose of which is to stimulate the tissues to the healthy selection of its own essential nutriment and the medicinal elements of this matchless blood purifier are just as essential to well balanced-health as the nutritious elements of the meats, grains, fats and sugars of our daily food.

Not only this, but if from the presence sugars of our daily food.

Not only this, but if from the presence of some disturbing poison there is a local or general interference of nutrition to cause boils, carbuncles, abscesses and kindred troubles, S. S. S. so directs the local cells that this poison is rejected and