BEING AGITATED.

One cent postage rate on letters is again being brought into prominence and many high officials declare that it is sure to come in the near future. All classes of business would be greatly benefited by ts adoption, and estimated statistics thow there would be such an increased demand for stamps that the apparent loss of revenue would be more than made up.

It is an impossibility to place an esti mated value on health, it being a most priceless possession-but, perhaps onstipated bowels.
In order to get back to health and

strength you must first help Nature refriendly aid of Hostetter's Stomach Bit-lers. You will find it an excellent tonic, sugar, half a teaspoonful of salt and and set aside to cool.

The add a teaspoonful of water is reduced about one-half. Strain this effect. "De co't finds dat de 'fend-lers. You will find it an excellent tonic, sugar, half a teaspoonful of salt and and set aside to cool.

The add a teaspoonful of water is reduced about one-half. Strain this effect. "De co't finds dat de 'fend-lers. You will find it an excellent tonic, sugar, half a teaspoonful of salt and and set aside to cool. appetizer and strength maker and well worthy of your confidence.

by giving it a fair trial at once. Be sure rou get the genuine Hostetter's Stomach litters with our Private Stamp over the

Great Minds Had Same Thought.

"He giveth his beloved sleep," is an ancient saying which is merely another expression of the thought that he who lives a pure and upright life will sleep as a lovely and healthful babe sleeps. The mentally feverish Lord Byron, sleepless and distraught, wrote: "'God bless the man who first invented sleep.' So said Sancho Panza and so say I." Thus giving a new immortality to the immortal creation of Cervantes, Spain's greatest writer.

EAST OREGON JACK FARM

B. F. SWAGGART, Prop.

John L. Sullivan" a 3-year-old Jack raised on this farm. Breeders of Jacks; Thoroughbred Saddle, Relay and



Lexington, Oregon.

DAMAGED WHEAT BARLEY AND OATS FOR HOG FEED

\$17.50 Per Ton f. o. b. Warehouse Full information furnished upon

WALTER A. GOSS,

application.

418 Corbett Bldg., Phone East 6912. Portland, Or.

Europe's Richest City.

Which is the richest city in Europe? Neither London or Paris nor Milan, but Basle, the great Swiss railway center, Zurich, in a neighboring canton, coming second. This is proportionate to the number of inhabitants. Basle's richest citizen boasts a fortune of \$2,-500,000; another has \$1,500,000, while no fewer than 18 residents pay income tax on a round \$1,000,000.

Have Healthy, Strong, Beautiful Eyes Coulists and Physicians used Murine Eye Remedy many years before it was offered as a Domestic Eye Medicine. Murine is Still Compounded by Our Physicians and guaranteed by them as a Reliable Relief for Eyes that Need by the Relief for Eye are. Try it in your Eyes and in Baby's Eyes-No Smarting—Just Eye Comfort. Buy Murine of your Druggist—accept no Substitute, and if interested write for Book of the Eye Free. MURINE EYE REMEDY CO., CHICAGO

The Way of Life.

Life no doubt is paved with enjoyments, but we must all expect times of anxiety, of suffering and of sorrow; and when these come it is an inestimable comfort to have some deep interest which will, at any rate to some extent, enable us to escape from our selves .- Sir John Lubbock.

Dr. Pierce's Pellets, small, sugarcoated, easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation.

Leaves as Fertilizer.

Thousands of bushels of first-class fertilizer are wasted every fall when the burning of the leaves begins. These same leaves spread over the garwould prove of great good, but the duces nothing but choking coughs.

Potted Plants.

When potting plants put a piece of coarse muslin over the hole in the is desired. pot before putting in the bits of stone and sod, which keeps the drainage good. The muslin prevents the earth from washing away.

Dally Thought.

The golden moments in the stream of life rush past us, and we see nothing but sand; the angels come to visit us, and we only know them when 'hey are gone.-George Eliot.

To Fasten Labels On. To fasten labels on bottles or cans, ise a small piece of adhesive plaster. This will stick to any surface.

ONE CENT LETTER POSTAGE FOR BREAKFAST TABLE ASPIC JELLY BY OLD METHOD

MUFFINS ALWAYS APPETIZING ON COOL MORNINGS.

Have First Place in Long List of Hot Breads That Have Found Favor -English Buns Are Liked by Many.

recipes for good muffins:

a teaspoonful of baking powder. Break an egg into three-quarters of a cupful of fat and return the thickened jelly puttin' his foot in a steel trap of he It is an absolutely pure medicine, an egg into three-quarters of a cupful of fat and return the thickened jelly puttin his foot is adapted to all ordinary family ailments, and then fill the cup with to a clean saucepan with the crushed wants ter do it."

wondering of your continuous an egg into three-quarters of a cupful of fat and return the thickened jelly puttin his foot is dapted to all ordinary family ailments, and then fill the cup with to a clean saucepan with the crushed milk if necessary to make it full. Pour shells and beaten whites of two eggs, this into the flour and mix it thor- a tablespoonful of tarragon vinegar, WONDERFUL HOW RESINOL

ful of salt and sift. Then add two then draw to one side of the fire and

add a cupful of milk, a tablespoonful the same time and add the lemon or of butter and one egg. Beat well and wine. bake for about twenty-five minutes in a hot oven.

These English buns are a favorite with those who like slightly sweet breakfast breads. To make them rub half a cupful of butter with three tablespoonfuls of sugar and a pinch of salt. Add two well beaten eggs and then add, alternately, two cupfuls of and one-half cupfuls of softened butflour sifted with two teaspoonfuls of ter and whip to a light, white cream. baking powder and milk to make a Add ten eggs, two at a time, beating stiff dough. Add at the same time half for about five minutes. To this mixa cupful of currants. Roll out about ture add four well sifted cupfuls of an inch thick, cut with a biscuit cut flour to which one teaspoonful of bakter and bake in a slow oven.

a pint of flour, two teaspoonfuls of shredded citron, four cupfuls of baking powder and half a teaspoonful washed and dried currants, one teaof salt and add half a cupful of milk, half a cupful of melted butter and two beaten egg yolks. Mix thoroughly, well and pour into a paper-lined tin, Then add two egg whites beaten stiff. Drop the butter in muffin tins and bake. It is a stiff batter and when the egg whites are folded in they do not This should be made at least a week mix completely with the other ingredibefore serving it. When ready to ents, and so the tops of the muffins are somewhat irregular.

Oatmeal muffins require fine meal, not the coarse sort used as cereal bon.—The Mother's Magazine. Mix a cupful of it with three cupfuls of white wheat flour, two teaspoonfuls of baking powder and a liberal teaspoonful of salt. Rub in a tablespoonful and a half of butter and lard mixed. Beat two eggs and add them to a pint of milk and pour this grad of such meat cut in small pieces and ually into the dry ingredients. Mis mixed with dainty cooked vegetables thoroughly and bake quickly in a hot oven in muffin tins.

Custard Souffle.

Here is a nice dessert: Rub two cook eight minutes in double boiler, sible and allowed to lie in the dressing stirring often. Separate the yolks and for a time before it is served. This is add two tablespoonfuls of sugar, ther is good for luncheon with hot vegeadd to the milk and set away to cool tables. Half an hour before serving beat the egg whites till stiff, then pour them in lightly. Bake in a buttered pudding dish in a moderate oven for 30 min utes and serve at once.

sherry (may be omitted), one table oil as vinegar, according to taste. Add spoonful butter, rubbed smooth with salt and pepper and chopped fine herbs flour; one small onion chopped very to taste. A little chopped onion may fine, one teaspoonful currant jelly be used and the dish in which the Salt and pepper.

When thoroughly mixed lay slices a clove of garlic. of the meat in a dish, pour the gravy over, then set dish in the oven until all is well heated through. Serve.

Not a Large Quantity.

large a quantity of anything at the let plenty of water run over it. Then one time, and that the fat must be re place in a round casserole with oneheated between each batch of frying fourth cupful hot water. Sprinkle the Any one who cannot fry, given enough top with paprika and cover with very fat and the proper implements, after thin slices of bacon. Cover and bake a couple of trials is either abnormally 30 minutes in a slow oven. Uncover stupid or is not troubling to carry out and brown the bacon and serve at directions correctly.

Jumbalaya,

After washing one cupful of rice, let Melt two tablespoonfuls of butter; it soak one hour. Cut up a cold roast when bubbling blend in one tabledens and spaded under in the spring chicken and a slice of lean ham, and spoonful of flour, than add one quart fry them in a tablespoonful of lard of finely chopped spinach and cook and smoke given off in burning them pro | Stir in the rice slowly; while stirring stir five minutes. Add half cupful of add one pint of hot water. Cover cream, season with pepper and salt; closely, and let simmer until the rice cook and stir three minutes longer and is nearly dry. A couple of spoonfuls arrange in a mound on a heated dish. of tomato may be added, if the flavor Garnish with slices of hard-boiled eggs

Fish Stuffed With Rice.

One cupful of rice, one cupful of bread crumbs, one cupful cold chopped largest prunes. Sweeten slightly, then meat. Mix and season with salt cool thoroughly on ice and chop small. chopped mango, onion and celery, one Add to the prune juice orange and teaspoonful each. Clean a whitefish lemon juice to flavor, stir in chopped fill with this preparation and bake as fruit and serve in glasses banked with usual. Serve with tomato sauce.

Cooking Custard.

Do not have the oven too hot when cooking custard, or the custard will be come tarnished, apply a mixture of come watery. Set the custard in a pan olive oil and whiting, then rub clean of hot water and see that it does not with a soft, dry flannel or chamois boil during the baking.

Flavor Universally Acknowledged as Far Superior to That Made in the Easier Way.

Old-fashioned housekeepers cling to the old way of making aspic, claiming that its flavor is far superior to the easier made product. It is indeed excellent and in cold weather keeps its form quite as well as where gelatin is used to stiffen.

Get from the butcher a knuckle When the air gets frosty, muffins bone of ham, a calf's foot and a have been careless or negligent and have allowed weakness to develop until you are now in a badly run-down condition. with poor appetite, impaired digestion and stay until spring. Here are some where it will come slowly to a boil. The evidence went to show that the Add one onion with four cloves stuck Rub a tablespoonful of butter in a into it, a large carrot, a bunch of foot in a steel trap at the door of the store the Stomach, Liver and Bowels to a normal condition. This suggests the white wheat flour for delicious corn gently for four or five hours until the by. The decision of the judge was to

> oughly. Bake quickly in a hot oven. and lemon juice or wine as preferred, Make rye puffs in this way: Mix to season. Sait and pepper to taste, two-thirds of a cupful of rye meal and keep stirring until the jelly neared, and mix. Bake in hot muffin tins. or three times until quite clear. Pour cannot believe anything so simple

> > RECIPE IS AN ANCIENT ONE by all druggists .- Adv.

Both in This Country and in England.

To three cupfuls of sugar add two ing powder has been added; mix the Sally Lunn is a tempting muffin. Sift whole well and add one-half cupful of spoonful each of nutmeg and cloves and one-half cupful of fruit juice. Mix which is also well protected with paper on the outside. Bake for two and one-half hours in a moderate oven. serve, wrap each slice in white paraffin paper, tied with a red ribbon and a sprig of fir tucked under the rib-

> Reef Used in Salad. Although beef is not at all an ideal of boiled beef (bouilli). A half cupful Roswell D. Hitchcock.

edly large salad. The vinalgrette of beef, a popular LEG way with the French of using left over scant teaspoonfuls of butter to a cream | boiled beef, is practically the same add two teaspoonfuls of flour and pour thing as a beef salad, except that the on gradually one cupful of hot milk; meat is cut in as pretty slices as poswhites of four eggs; beat the yolks what is called marinating the beef. It

Vinaigrette of Beef.

boiled beef and let it lie an hour in a marinating mixture made as follows. meat is marinated may be rubbed with

Rice and Bacon.

boiling salted water until done. Put in court hogs can be muzzled. If this dea colander and wash several times in cision could be applied to hogs seen in Note that you should not fry too cold water or hold under faucet and swell restaurants it would help some. once.

Spinach With Eggs.

and serve at once.

Prune Cocktail.

Soak over night, stew and strain the crushed ice.

To Clean Brass Breads.
To clean brass beds that have beakin.

From ancient days Regulus has been one of the favorite stars of mariners and so-called astrologers. The ancient names designated it as the king of stars. In its apparent passage through the path of the zodiac the sun is almost between us and Regulus, and once a month the moon is near it and at times comes directly between it and our earthly vision, or "occults" it. For this alone Regulus ought to be one of the fascinating stars at this time of the year.

Act Not Covered by Law.

In a negro district a member was on trial, charged with stealing chickens. defendant had been found with his ant hadn't no criminal 'tentions. Dah

STOPS ITCHING AT ONCE

To those who have endured for and a third of a cupful of white wheat ly reaches the boiling point and a fears the itching torments of eczema flour. Add a quarter of a teaspoon- thick scum has formed. Remove that, or other such skin-cruptions, the relief well beaten eggs mixed with a cupful simper gently for 15 minutes. Set and resinol soap gives is perfectly inof milk, and beat for three minutes. back covered, until the jelly settles, have endured and all the useless treat-Add two teaspoonfuls of butter, melt- then strain through a jelly bag two ments they spent good money for, they Here is a recipe for graham muffins into a mold that has been soaked in that always turns out well: Mix a cupcold wather, then pack in a pan of ing and burning INSTANTLY! And ful of graham flour and the same snow or broken ice until hard. If you they find it still more wonderful that amount of wheat flour with a quarter desire to have the jelly a pretty red that resinol really drives away the the improvement is permanent and of a cupful of salt. Sift them and color, add sufficient tomato to color at sruption completely in a very short time. Perhaps there is a pleasant surprise like this in store for you. Resnol ointment and resinol soap are sold

Eyes of Fishes.

The eyes of fishes are in constant use except when they are asleep. Most fishes have no eyelids, their eyes being protected from injury by a shiny material or by a thick transparent skin. The puffer, or swellfish, which habitually burrows in sand at the bottom of the water, has eyelids which cover the eyeballs when closed, the lower eyelid being larger than the

All of Tomato Utilized. Italy harvests about 22,000 acres of tomatoes yearly, and the wastage amounts to practically nothing. The skins and seeds, formerly discarded, are now utilized, the former as stock feed and the latter as a source of oil. The crude oil is suitable for soap-

making and for lamps, and the refined

True Greatness.

product is said to be edible.

True greatness first of all is a thing of the heart. It is all alive with robust and generous sympathies. It is neither behind its age, and ahead of it only just so far as to be able to lead its march. It cannot slumber, for salad meat, surprisingly good meat activity is a necessity of its existence. salad may be made from a small piece It is no reservoir, but a fountain.

mixed with dainty cooked vegetables and a mayonnaise dressing may be very tasty and will make an unexpectedly large salad.

BLACK LOSSES SURELY PREVENTED by Cutter's Blackles Pills. Low-priced, fresh, reliable; preferred by Western stockmen because they proceed they be to the priced fresh, reliable; preferred by Western stockmen because they proceed they be to the priced fail.

Animal Weather Prophets. Regarded as weather prophets by the natives, the "black howlers," largest of the Panamanian monkeys, set up a roaring howl almost suggestive of the lion for volume of sound. Cut in thin slices some left over They howl oftenest before or during a storm, hence the native belief.

To Amateur Gardeners.

come up again are the weeds .- Life.

One Reason for Lying. Some people tell untruths because they lack moral courage to refuse to answer questions which should not

be asked .- Albany Journal.

Would Surely Help. Boil one cupful of rice in plenty of According to a decision by a high

Sick Women Attention

Is it possible there is a woman in this country who continues to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, which proves beyond contradiction that this grand old medicine has relieved more suffering among women than any other one medicine in the world?

We have published in the newspapers of the United States more genuine testimonial letters than have ever been published in the interest of any other medicine for womenand every year we publish many new testimonials, all genuine and true. Here are three never before published:

From Mrs. S. T. Richmond, Providence, R. I.

Providence, R. L.—"For the benefit of women who suffer as I have done I wish to state what Lydia E. Pinkham's Vegetable Compound has done for me. I did some heavy lifting and the doctor said it caused a displacement. I have always been weak and I overworked after my baby was born and inflammation set in, then nervous prostration, from which I did not recover until I had taken Lydia E. Pinkham's Vegetable Compound. The Compound is my best friend and when I hear of a woman with troubles like mine I try to induce her to take your medicine."—Mrs. S. T. RICHMOND, 84 Progress Avenue,

From Mrs. Maria Irwin, Peru, N.Y.

Peru, N.Y.- Before I took Lydia E. Pinkham's Vegetable Compound I was very irregular and had much pain. I had lost three children, and felt worn out all the time. This splendid medicine helped me as nothing else had done, and I am thankful every day that I took it."—Mrs. Maria Irwin, R.F.D. 1, Peru, N.Y.

From Mrs. Jane D. Duncan, W. Quincy, Mass.

South Quincy, Mass.- The doctor said that I had organic trouble and he doctored me for a long time and I did not get any relief. I saw Lydia E. Pinkham's Vegetable Compound advertised and I tried it and found relief before I had finished the first bottle. I continued taking it all through middle life and am now a strong, healthy woman and earn my own living."—Mrs. Jane D. Duncan, Forest Avenue, West Quincy, Mass. Write to LYDIA E. PINKHAM MEDICINE CO.

(CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.



FOR DISTEMPER Pink Eye, Epizootic . Shipping Fever, and Catarrhal Fever

Sure cure and positive preventive, no matter how horses at any age are inflicted or "exposed." Liquid, given on the tongue; acts on the blood and glands; expels the poisonous germs from the body. Cures Distemper in Dogs and Sheep and Cholera in Poultry. Largest selling live stock remedy. Cures La Grippe among human beings, and is a fine Kidney remedy. 50c and \$1 a bottle; \$5 and \$10 a dozen. Cut thisout. Keep it. Show to your druggist, who will get it for you. Free Booklet, "Distemper, Causes and Cures." Special agents wanted.

SPOHN MEDICAL CO. Chemists and Goshen, Ind., U. S. A.

Worry and Nervous System.

Inasmuch as worry is primarily a disease of the mind, and since every the most original in the world, and portion of the body is intimately connected with every other part of a network of nervous tissue of great complexity, we naturally seek for the causes of these manifestations, first of all, in the nervous system.

Warsaw Swine Market. Warsaw's swine market is one of

the first view obtained of it by the traveler is startling. On the stonepaved market-place the bodies are laid in irregular rows, and here come the buyers to examine and purchase at

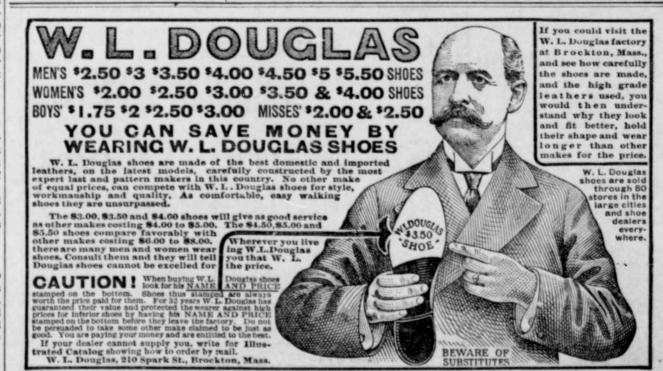
PIMPLES ACHES BOILS CHILLS CARBUNCLES -PAINS

Are "Danger Signals"-the human system's method of giving warning that the blood has become impoverished and circulation poor. In this condition the human body is almost powerless to resist the more serious illness. Don't delay. You need

DR. PIERCE'S **Golden Medical Discovery**

It gets to work immediately at the seat of your trouble—the Stomach. It lends a helping hand. Helps to digest the food. Tones up the stomach. Soon brings back normal conditions. Food is properly assimilated and turned into rich, red blood. Every organ is strengthened and every tissue Made from roots taken from our great american forests. Try this remedy now. Sold by Medicine Dealers in liquid or tablet form—or send 50c to Dr. Pierce's Invalids Hotel, Buffalo, N. Y., for trial box.

You can have the complete "Medical Adviser" of 1908 pages—cloth bound free by sending Dr. Pierce 31c for wrapping and mailing.



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