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The name "Winchester" on a rifle barrel is the hall-mark of accurate and strong shooting. This is due to the excellence of Winchester barrels, the knowledge and experience embodied in their manufacture and the care taken in targeting them. Only good guns ever leave our factory. For results always use Winchester guns for all your shooting and Winchester make of ammunition for all your guns.

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Will trade elegant Portland, Or., home, all new and modern, value \$5000, for stock of Shoes or General Merchandise.

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Means that you keep the middleman's profit in your pocket when you buy

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Send us a list of what you require for your buildings and we will name you prices delivered at your station and guarantee to save you money.

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Successful Home Remedies

His successful herbal remedies cure all kinds of ailments of men and women without operation, used from the wonderful Chinese herbs, roots, barks and vegetables, which are unknown to the medical science of this country.

Write for blank and circulars. Send stamp. CONSULTATION FREE. Address: **The C. Gee Wo Chinese Medicine Co.** 162 1/2 First St., Portland, Ore. Mention Paper.

**Growth of Industry.**  
In ten years the fountain, stylographic and gold pen industry of the United States has almost trebled, while that of the steel pen has doubled.

**Daily Thought.**  
Too austere philosophy makes few wise men; too vigorous politics, few good subjects; and too hard a religion, few religious persons whose devotion is of long continuance.—St. Fremond.

**DAISY FLY KILLER**

placed anywhere, kills flies, gnats, mosquitoes, house flies, etc. Made in U.S.A. Sold by druggists, or direct by mail, 10c per box. Write for catalogue. **HAROLD SOMERS**, 126 DeKalb Ave., Brooklyn, N. Y.

P. N. U. No. 28, 1913

WHEN writing to advertisers, please mention this paper.

## That Weak Back

accompanied by pain here or there—extreme nervousness—sleeplessness—may be faint spells—sprains—all are signals of a weak back. She may be growing from girlhood into womanhood—passing from womanhood to motherhood—or later suffering from that change into middle life which leaves so many wrecks of women. At any or all of these periods of a woman's life she should take a tonic and nerve prescriber for just such cases by a physician of vast experience in the diseases of women.

**DR. PIERCE'S Favorite Prescription**

has successfully treated more cases in past forty years than any other known remedy. It can now be had in sugar-coated, tablet form as well as in the liquid. Sold by medicine dealers or trial box by mail on receipt of 50 cents in stamps.

Miss Elizabeth Lovdahl of Berkeley, Cal., in a recent letter to Dr. Pierce said: "I was completely broken down in health. I wasaching and had pains in my body and was so nervous that I could scarcely if anyone talked to me, but I had the good fortune to meet a nurse who had been cured by Dr. Pierce's Prescription. I have never had an occasion to consult a physician since—am in excellent health."

**Dr. Pierce's Pleasant Pellets regulate stomach, liver and bowels—sugar-coated, tiny granules.**

## MANY KINDS OF FLOUR

PREPARED CEREALS THAT SHOULD BE BETTER KNOWN.

Rice, Cornmeal and Those Made From Dried Beans All Contain a High Amount of Nutrient—Split Pea Loaf.

The only prepared cereal with which many women are acquainted is a well-known brand of prepared barley flour which they have used in infant feeding.

But it may be interesting to know that there are a number of other excellent prepared flours on the market which are almost unknown in many of our homes. There is just as good a prepared oatmeal flour which can be used for children's gruels, for thickening soups and for invalid cookery. The usual practice now is to boil rolled oats and have all the unpleasantness of straining them, etc.; but this can all be avoided by using the prepared oatmeal flour for the purposes above stated.

Similarly, there is a rice flour, a lentil flour, a cornmeal flour, and even flours from dried beans and other legumes. These are all very excellent, because they contain a high amount of nutrient, and because in this prepared form they are far easier to use than the ordinary whole grain. Anyone who has ever eaten the Scotch "pease brose" will never forget the deliciousness that the true yellow split pea soup can give. There are also dishes possible from split peas and lentils which can be much more easily made with the prepared flours I am discussing. I was interested to learn only the other day from a well-known doctor also that there is now a prepared flour of the Chinese soy bean, which is also high in nutrients, and used extensively among the Chinese and Japanese. This makes a sweet flour, and is especially attractive made into muffins and small cakes.

Then there is also the banana flour, far too little known, which has a most delicious flavor, and which, combined with wheat flour, can be made into most attractive small cakes, muffins, biscuits, etc.

Familiar are many of the Scotch dishes, chief of which are those using yellow peas in some form. These yellow peas are known here in America, and cost about eight cents a pound. They have a large meaty value, or "protein." They can be made into a delicious soup by soaking them overnight, boiling until tender, straining through a fine sieve and thickening and flavoring as desired. Or they may be made into a loaf by boiling the pulp until very thick, pressing it through a sieve and combining it with bread crumbs sufficient to hold it together. Onions, tomatoes, ham or other tasty meat can be added to the peas while boiling. The crumbs and pea soup should be well mixed, molded into a roll and laid on a buttered pan and baked in an oven for about forty minutes, basting with butter. If desired, a tomato sauce can be poured over it just before serving. Any remnants of the loaf can be shaped into cakes and fried, like potato cakes, for the following lunch: Four cupfuls of peas or one pound, costing eight cents, will make an ample dish for a family of six. These peas also come in the form of a meal or fine powder resembling cornstarch, made by the Scotch into a peas pudding, or what we might call here a hot breakfast cereal. This meal can be bought at the best groceries and will form an attractive and nutritious change for a breakfast dish.—Exchange.

**Marmalade Cake.**  
Half cupful butter, one cupful of sugar, creamed together, then add two eggs, one-half cupful sweet milk, pinch of salt and one and one-half teaspoonfuls of baking powder, add flour to make it the right consistency, and when it is all ready to put in the pan stir in one-half teaspoonful of orange marmalade. Frost with confectioners' sugar and orange juice stirred together. This is delicious.

**Pork Stew.**  
Use pieces of fresh pork and pieces of sweetbread—liver, heart and tongue may be included. Boil in just enough water to cook them (the pieces of meat) tender. Before done (tender) season with table salt and considerable pepper. Then let the water all boil away (evaporate), and allow the contents of dish to fry until handsomely browned.

**Prepared Mustard.**  
Three tablespoonfuls ground mustard, one tablespoonful flour, one teaspoonful salt, one teaspoonful sugar, one-third cupful boiling water, two-thirds cupful vinegar. Mix dry ingredients, pour on boiling water until a smooth paste is made. Boil until thick and add vinegar. When cold this resembles French mustard.

**When Washing Curtains.**  
Art muslin curtains should never be washed in warm water. Make a lather with hot water, and when it is nearly cold wash the curtains. If these are green, add a little vinegar; if lilac or pink, a little ammonia.

**Salt That Won't Cake.**  
Mix one tablespoonful of cornstarch and four tablespoonfuls of common salt until very smooth. This mixture will not cake in the salt cellars and will not blacken their silver trimmings.

## HOME THAT IS TRULY HOME

Its Creation is Wholly the Art of Woman, and Really Her Life's Best Work.

A home is not merely a house; it is an atmosphere; it is a place of beloved associations, where you can wear old clothes, and think old thoughts, and hear familiar voices without hearing them. You can be happy there, and be comfortably unhappy, be thoroughly unpleasant even, and know that those you love will think no worse of you than they do already. Luxury cannot make a home, nor can books, or pictures, or rugs, or bric-a-brac. A cat, a canary, two geraniums, a Bible and an old rocking chair may make one of the loveliest homes in the world. At the same time a home is not necessarily happy because it is the house of poverty, as some would have us believe.

The art of creating home atmosphere is wholly the art of woman, and she has none more charming. Mere care will not do it, or mere neatness and tidiness; indeed those things sometimes work the other way. The love of prettiness will not do it; good cooking will not do it, although it is a mighty help. Even being gay and merry, and kindly yourself is not quite enough, although it helps even more than the cooking. Success in homemaking, as in everything else, requires that you shall feel a real joy in your work. If it is a drag, if it is an irksome duty, if your mind is on a thousand outside things that are not home, you cannot make home what it should be. Not that the homemaker should think of nothing else. That is neither desirable nor possible. But the woman whose first pleasure is to create that beautiful thing, home, will be a precious and permanent influence not only to her own family, but to all her household, to all her guests, to the whole community in which she lives.—Youth's Companion.

## HOW TO COOK VEGETABLES

To Attain Best Results, These Worth-While Observances Should Be Kept Strictly in Mind.

1. Use the freshest vegetables that can be procured.
2. All fresh green vegetables should be placed in boiling salted water.
3. All dried vegetables, such as beans, haricots, lentils, etc., should be placed in lukewarm water.
4. The use of plenty of water in the cooking of all sorts of cabbage and sprouts is not only preservative of color; it is also advantageous in reducing the disagreeable smell which cabbage water always has.
5. Never allow vegetables of any kind to remain soaking in the water in which they were boiled; drain them at once when they are cooked.
6. It is waste of money to buy old, dried vegetables, and a waste of time to try to cook them.

**Jelly Jumbles.**  
One-half cupful butter, one cupful sugar, one egg, one-half teaspoonful soda, one-half cupful sour milk, one-quarter teaspoonful salt, four, currant jelly. Cream the butter, add sugar gradually, egg well beaten, soda mixed with milk, salt and flour to make a soft dough. Chill and shape, using a round cutter. On the center of one-half the pieces put currant jelly. Make these small openings in remaining halves, using a thimble, and put pieces together. Press edges slightly and bake in a rather hot oven, that jumbles may keep in good shape.

**Maitre d'Hotel Sauce.**  
Make a teaspoonful of drawn butter; add to it the juice of a lemon, two tablespoonfuls of minced onion, three tablespoonfuls of chopped parsley, a teaspoonful of powdered thyme or summer savory, a pinch of cayenne and salt. Simmer over the fire and stir well. Excellent with all kinds of fish.

**Vegetable Ragout.**  
Put one cupful each sliced turnips, potatoes and carrots into boiling water. Cook till tender. Melt two tablespoonfuls of butter in another pan, stir into it one-half cupful of minced onion and fry brown. Add two tablespoonfuls browned flour and gradually one pint of hot water. When smooth turn contents of saucepan into it, season to taste with salt and pepper, cook slowly 30 minutes, dish and serve. Just before sending to table sprinkle a tablespoonful of minced parsley over.

**Old-Fashioned Lemon Pie.**  
Four lemons, chop the rind fine, then add the juice of the lemons, one quart of molasses, one pound raisins, chopped. Use three crusts, makes three pies. Bake in an old-fashioned brick oven, if you can.

**Good to Try.**  
When the oil stove oven bakes too quickly on the bottom, as is generally the case, you can make it bake evenly by placing a piece of asbestos the size of your pan in the bottom of the oven.

**Crafty Editor.**  
A Virginia editor threatened to publish the name of a certain young man who was seen hugging and kissing a girl in the park unless his subscription to the paper was paid up in a week. Fifty-nine young men called and paid up the next day, while two even paid a year in advance.

## The Power behind the dough

You may use an old favorite recipe and the best of materials and make it carefully, the oven may be just right, yet you will have a failure if "The Power behind the Dough" is not the right one to leaven it properly and make it light, digestible, wholesome.

Good baking without good baking powder is out of the question. K.C. Baking Powder has wonderful leavening power, and the double action—in the bowl and in the oven—makes good results doubly certain.

Take no chances of failure—use K.C. and have "good luck" every time. At all Grocers.

## Lost Curis Are Found.

In a picture show at a Madison street theater one evening a little girl and her mother were seated near me. A comic picture was on, showing a lady "making up" with paint, powder, false hair, etc. The climax came when the interested little girl cried out: "Oh, mamma, there's the curis you lost at Aunt Bell's party. Where do you 'spose she found 'em?"—Chicago Tribune.

## Told Her About It.

Eugene attended the wedding of his Aunt Nan, which took place in church. The bridegroom and best man were waiting at the altar for the bride, who was slowly advancing up the aisle, to the strains of the wedding march, when Eugene's children treble sounded clearly: "Hurry up, Aunt Nan, Mr. Abbot's waiting for you."

## RESINOL BEGINS TO HEAL SICK SKINS AT ONCE

You don't have to WONDER if Resinol ointment is doing you good. You KNOW it is, because the first application stops the itching and your tortured skin feels cool and comfortable at last. Why don't YOU try this easy Resinol way to heal eczema or similar skin eruption? Resinol clears away pimples, too, and is a valuable household remedy for sunburn, poison-ivy, cuts, sores, burns, chafings, etc. It has been prescribed by doctors for 20 years and contains nothing that could irritate or injure the tenderest skin. Sold by all druggists.—Adv.

## Sizing Up Baby.

"Which side of the house do you think the baby resembles most?" proudly asked young Popjoy. "Well—h'm!" answered Smith. "I can't see that he looks so very much like the side of a house."—Woman's Home Companion.



## BAR VIEW HOTEL

Located at Bar View, Tillamook Co., Ore.

Train stops at our door. Only 200 feet from high tide. Plank drive to beautiful beach. Safe bathing; comfortable beds. All the clams, crabs & chickens you can eat. Rates \$1 per day and up. For particulars write or call on WISE DENTAL CO., Rooms 211-12 Falling Bluff, 7th at Wash., Portland, Ore. Phone A or M 2029, or Bar View, Tillamook Co., Oregon. Dance Every Night. Pool, Billiards & Bowling. Surf Bathing; Sea Fishing.

## Her Waist Measures.

A teacher in one of the city schools—who, to say the least, is of rather generous proportions—was trying to explain to her scholars the correct measurements of the human frame. "For example," she said, "twice around my thumb, once around my wrist; twice around my wrist, once around my neck, once around my neck, once around my waist." Then she paused, and a shrill voice from the back of the room exclaimed, "Twice around yer waist, once around the city hall."

## Some Progress, Anyway.

There are still many discouragements and backsets along the path of progress, but our memory goes back to the time when frequently one of the chief worries of a campaign manager was how to keep the candidate sober.—Columbus (Ohio) Journal.

# Women Everywhere

## Praise Lydia E. Pinkham's Vegetable Compound

Women from the Atlantic to the Pacific, from all sections of this great country, no city so large, no village so small but that some woman has written words of thanks for health restored by Lydia E. Pinkham's Vegetable Compound. No woman who is suffering from the ills peculiar to her sex should rest until she has given this famous remedy a trial. Is it not reasonable to believe that what it did for these women it will do for any sick woman?

## Wonderful Case of Mrs. Crusen, of Bushnell, Ill.

**BUSHNELL, ILL.**—"I think all the trouble I have had since my marriage was caused by exposure when a young girl. My work has been housework of all kinds, and I have done milking in the cold and snow when I was too young to realize that it would hurt me. I have suffered very much with bearing down pains in my back and such miserable pains across me, and was very nervous and generally run down in health, but since I have taken Lydia E. Pinkham's Vegetable Compound my back never hurts me, my nerves are stronger, and I am gaining in health every day. I thank you for the great help I have received from your medicine, and if my letter will benefit suffering women I will be glad for you to print it."—Mrs. JAMES CRUSEN, Bushnell, Illinois.

## A Grateful Atlantic Coast Woman.

**HONOLULU, ME.**—"I feel it a duty I owe to all suffering women to tell what Lydia E. Pinkham's Vegetable Compound did for me. One year ago I found myself a terrible sufferer. I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached, I had no appetite and was so nervous I could not sleep, then I would be so tired mornings that I could scarcely get around. It seemed almost impossible to move or do a bit of work and I thought I never would be any better until I submitted to an operation. I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman. I had no pains, slept well, had good appetite and was fat and could do almost all my own work for a family of four. I shall always feel that I owe my good health to your medicine."—Mrs. HAYWARD SOWERS, Hodgdon, Maine.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments does justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health.

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.



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