

## AVOID INDIGESTION

It is a sure enemy to health, strength and happiness. It robs you of your appetite, causes constipation, bilious spells and a general rundown condition. You can help Nature conquer it by the timely aid of

## HOSTETTER'S Stomach Bitters

It will help you bring back the appetite, aid digestion and promote health in a general way. For over 60 years it has enjoyed public confidence.

Try it Today. Avoid Substitutes

**Use for Anthologies.**  
The mistake is in thinking that all poetry is for all readers. On the contrary the realm of poetry is as wide as the world, for the very reason that each man may find there just what he needs and leave the rest. The thing is to discover the poetry that was meant for us, and perhaps the best way to do that is to turn over the pages of some well-made selection, and see where our eyes get caught and held.—Richard Le Gallienne.

Constipation causes many serious diseases. It is thoroughly cured by Doctor Pierce's Pleasant Pellets. One a laxative, three for cathartic.

**The Vast World.**  
A student of Erfurt, desiring to see Nuremberg, departed with a friend on a journey thither. Before they had walked half a mile, he asked his companion whether they should soon get to Nuremberg, and was answered: "This scarce likely, since we have only just left Erfurt." Having repeated the question another half mile farther on, and getting the same answer, he said: "Let's give up the journey and go back, since the world's so vast!"—Luther's "Table Talk."

**Got His Answer.**  
He—"Why are you women always going to bargain sales in the hope of getting something for nothing?" She—"For the same reason you men are always going to your poker clubs."—Dallas News.

**Some Indication.**  
Mary—"I'm positive Fred loves me and intends to make me his wife." Helen—"Why? Has he proposed yet?" Mary—"No; but he dislikes mother more every time he sees her."—Liver-pool Mercury.

**All the Difference.**  
"In India a lac of rupees is a fortune." "And in America a lack of dollars is a misfortune."—Boston Transcript.

**Daily Thought.**  
The gods will give what is most suitable rather than what is most pleasing; man is dearer to them than he is to himself.—Juvenal.

**Another One.**  
"What are the two sexes, Alec?" asked the teacher. "Masculine and feline," answered Alec.—Woman's Home Companion.

## WOMAN WOULD NOT GIVE UP

Though Sick and Suffering; At Last Found Help in Lydia E. Pinkham's Vegetable Compound.

Richmond, Pa.—"When I started taking Lydia E. Pinkham's Vegetable Compound I was in a dreadfully rundown state of health, had internal troubles, and was so extremely nervous and prostrated that if I had given in to my feelings I would have been in bed. As it was I had hardly strength at times to be on my feet and what I did do was by a great effort. I could not sleep at night and of course felt very bad in the morning, and had a steady headache.



"After taking the second bottle I noticed that the headache was not so bad, I rested better, and my nerves were stronger. I continued its use until it made a new woman of me, and now I can hardly realize that I am able to do so much as I do. Whenever I know any woman in need of a good medicine I highly praise Lydia E. Pinkham's Vegetable Compound."—Mrs. FRANK CLARK, 3146 N. Tulip St., Richmond, Pa.

**Women Have Been Telling Women** for forty years how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It will pay you to do so. Lydia E. Pinkham Medicine Co., Lynn, Mass.

## THINGS WORTH TRYING

ALL GOOD AND JUST A LITTLE "DIFFERENT."

Effective Touches That Will Not Add to the Cost of the Dishes but Will Add Materially to Their Flavor.

Oh, you housekeepers who hanker after something a little different that will not add to the "cost of living," have you ever tried:

Tiny red peppers to garnish your salad plates and give the touch of desired color, when tomatoes are not to be had, or are prohibitive in price?

A center of yellow cheese for the tomato salad that is arranged to represent a polonaise?

Halves of canned pears, piled up with white grapes and nuts for a salad in the pale yellow tones?

Or asparagus tips on white lettuce leaves if to get that special coloring you prefer not to use fruit?

Rings of green peppers on greenish lettuce, with a garnishing of French peas when an all-green salad is desired?

Roquefort cheese, grated, or chopped onion in your French dressing?

Cheese balls molded from a paste made of cream, chopped nuts and parsley, and seasoned with salt, pepper, a dash of paprika and Worcestershire sauce?

Or this same paste used as a filling for sandwiches? Thin bread and butter sandwiches of brown bread to be served with your salad in place of the more orthodox wafers?

A sprinkling of paprika on top of the regulation stuffed potatoes?

Small white heads of cabbage, boiled and adorned with a cream dressing, instead of the more aristocratic and costly cauliflower?

Cabbage or turnips au gratin in place of potatoes cooked in the same fashion?

A sauerkraut stuffing for goose or duck if you have any hankering after "Dutch" dishes?

A boiled dressing made with cream instead of oil and seasoned with a double quantity of mustard with your Dutch suppers?

Tripe with a very highly seasoned cream gravy, or chicken livers broiled with bacon, when you are at your wits' end for something new and not too expensive in the way of meats?

Ripe bananas peeled, laid in earthen dish, water to cover, sprinkled with brown sugar and a few drops of lemon juice and baked slowly for about half an hour? If a few chopped nuts or dot of apple jelly are added to each portion the effect is prettier.

**Use Mild Soap.**  
No strong washing powders or kitchen soaps should be used on linoleum, as they slowly fade the pattern, destroy the dressing, and so make the linoleum look old and grimy, says a Country Gentleman writer.

Clear water may be used and mild soaps which are really mild enough to be used as toilet soaps.

Wiping up the linoleum with milk has more disadvantages than advantages. The sugar and the fat in the milk seem to glaze the linoleum, but the stickiness of it will in time make the linoleum hold more dirt and in the end give a grimy appearance.

A thin coating of the best varnish twice a year will do much toward keeping the linoleum bright and shiny and preventing wear.

### New Luncheon Dish.

Poach an egg carefully in boiling water to which a squeeze of lemon juice has been added, trim it neatly with a round cutter, mask it with some thick, nicely flavored white sauce, which is still warm, and put it aside to get cold. Dust the egg lightly with flour, brush it over with beaten egg, cover thickly with dried bread crumbs, seasoned with salt and pepper, and fry it quickly (one and a half minutes should be sufficient) in a bath of boiling fat. Serve the egg on a round of buttered toast and garnish the plate with watercress.

### Veal Croquettes.

Put two cupfuls of finely chopped veal in a saucepan, add two table-spoonfuls of fine bread crumbs, one teaspoonful of butter, the beaten yolks of two eggs, one teaspoonful of onion juice, quarter teaspoonful of salt, one saltspoonful paprika and a speck of mace. Stir the mixture over the fire until thoroughly heated, then set aside to cool. Shape into croquettes, dip in beaten egg, roll in fine crumbs, let stand one or more hours, and fry until well browned. Serve with tomato sauce.

### Renewing the Tablecloth.

It is suggested that when a tablecloth wears thin around the edge of the table, as it frequently does before showing signs of wear elsewhere, it is a simple matter to cut out the worn strip and to insert in its place a strip of heavy but not necessarily expensive lace.

### Lacing the Fowl.

Instead of sewing up turkey, duck, etc., after stuffing, run some toothpicks across the opening and lace up with string. When the fowl is done, first pull the toothpicks out and the string falls off.

### For Grease Stained Floors.

You will be delighted to see how quickly grease spots will disappear from floors when you apply a little alcohol

## COOKS MUCH RICE AT ONCE

Housekeeper Recommends Her Way as Time Saving and Making for Economy.

In winter, owing to the low temperature, I cook a large supply of rice at one time, as much as four cupfuls. The wholesale cooking saves fuel and enables me to have a constant supply on hand, which I use in the following way:

Some I use as a side dish with meat instead of potatoes, for I find it is cheaper and more nourishing, pound for pound, being in addition much easier to prepare. While the rice is still hot, I line a ring mold with about one cupful of it, and set away to shape and cool. At the same time, I set aside in a small pan enough for a small pudding on the following day and another portion I beat with eggs and at once shape as rice cakes for breakfast. Sometimes I save a portion to be used with croquettes. I serve the ring of rice with leftovers of any kind of meat, heated with a warm, rich gravy, filled into the center of the ring, which makes a substantial second meal. Sometimes I combine it with a cheese sauce.—Exchange.

## SOUP LIKED BY JAPANESE

Has Fish as Foundation, but the Other Ingredients Are Many and Varied.

Procure a head of salmon or bass and place in a saucepan with a sliced carrot, a sliced onion, two branches of celery, two branches of parsley, one bay leaf, a sprig of thyme and a clove. Moisten with three quartals of water. Season with two teaspoonfuls of salt, half a teaspoonful of pepper, one teaspoonful of curry powder and gently boil one and a half hours. Strain the soup through a cheesecloth into another saucepan, add three ounces of raw rice and gently boil 15 minutes. Finely chop one branch of parsley and one small onion. Add to the soup lightly mix and boil five minutes longer. Remove the skin and bone from a pound of fresh halibut, then cut in half-inch square pieces, add to soup and simmer 15 minutes. Dilute an egg yolk in half a cupful of cream and the juice of half a sound lemon. Add to soup, carefully mix with wood en spoon when cooking two minutes but do not allow to boil.

### In Making Salad.

If you take the heart of lettuce or the Romaine lettuce cut it into halves if it is small and quarter it if large. Wash the leaves well and dry with a cloth. There are twenty or more attractive salads, according to the way you combine fruits or vegetables.

Though there are not the same number of dressings, there are a number made by adding different ingredients to the ordinary dressings. The best known and most popular of these are French dressing, mayonnaise, thousand island and roquefort cheese. The simplest of these salads is the hearts of lettuce with thousand island dressing or the roquefort cheese dressing. The Romaine salad is good either with the French dressing or with the roquefort cheese dressing.

### Guinea Fowl Breasts Bearnaise.

Take the breasts from the bones and remove the skin of small guinea fowls dust with salt and pepper and place in a buttered pan; cover with a buttered paper and bake for 15 minutes. Remove the paper, pour over them a little melted butter, finish cooking until they are slightly browned. Place each one on a piece of toast, cover with a very thin slice of boiled ham, pour over each a spoonful of bearnaise sauce and garnish the dish with artichoke fonds and small sweet red peppers, the fonds filled with asparagus tips and the peppers filled with chopped mushrooms.

### Cream Puffs.

They are very nice and not very expensive. One cupful boiling water, butter size of egg. Melt in water. While boiling stir in one cupful sifted flour, stir thoroughly. When cool stir in two eggs, one at a time unbeaten, and a pinch of soda size of pea. Beat well and drop in tin far enough apart so they will not touch while baking. Bake in very hot oven. Makes nine puffs. Filling: One cupful milk, one egg, one teaspoonful flour or cornstarch, and sugar to taste. Flavor with vanilla.

### Beans Spanish.

Soak overnight two cupfuls of pink beans, then boil them until tender. Boil three sweet red peppers and put them through a sieve. Fry three slices of bacon until brown, then add the pepper pulp and one green pepper that has been minced fine and one shredded onion. Then put in the beans, adding plenty of juice, a little salt and some grated cheese. Cook together thoroughly.

### Poached Eggs.

Put some water in saucepan to boil, add a pinch of salt and a little vinegar; let it boil very hard. Break eggs on a plate one at a time and drop them into the boiling water exactly where it bubbles. Take eggs out with a skimmer and trim them nicely, although there should be no trimming necessary if properly done. Place each egg on a piece of toast and serve while hot.

### Dry-Cured Hams.

For one hundred pounds of meat take four pounds of fine salt, four ounces of saltpeter and one pound of brown sugar; mix well, and rub the hams with the mixture every other day until all is absorbed.

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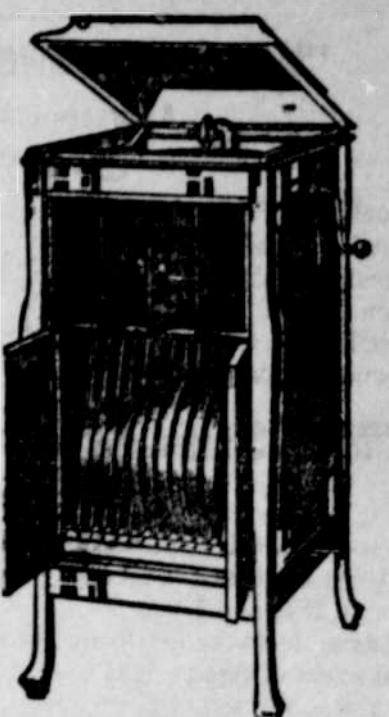
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Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting—Just Easy Comfort. Write for Book of the Eye by mail free. Murine Eye Remedy Co., Chicago.

### More Dire Threat.

There was trouble in the back yard. Six-year-old Billy had thrown a stone at a boy in the next yard, who was making vociferous threats. "If you throw another stone," he yelled, "I'll sick my dog on you!" "Huh!" replied Billy. "If you come into my yard I'll sick my mother on you!"—Youth's Companion.

### The Real American.

America is the land of labor and by no means what the English call Lubberland and the French Pays de Cocagne, where the streets are said to be paved with half peck loaves, the houses tiled with pancakes and where the fowls fly about ready roasted, crying, "Come, eat me."—Franklin.

### The Aurora.

The Northern Lights, or Aurora Borealis, are caused by the flow of positive electricity, off from the earth, through the icy mists or clouds that float above the poles, toward the planetary spaces. There is a close causal connection between the aurora and the "sun spots."

### First in Resurrection.

In some districts of India the eastern parts of cemeteries are regarded as the most desirable. The choice is based on the belief that the dead in the eastern section will be the first to leap from their graves, brush the dust from their bones and proclaim their readiness to ascend.

### Information Desired.

Wonder who loses all the fault everybody seems to find.—Philadelphia Ledger.

### NO DOUBT THAT RESINOL DOES HEAL SICK SKIN

When you know physicians have prescribed Resinol for 20 years in the treatment of eczema and other itching, burning, unsightly skin eruptions, and have written thousands of reports saying: "It is my regular prescription for itching." "Resinol has produced brilliant results." "The result it gave was marvelous in one of the worst cases of eczema," etc., etc., doesn't it make you feel that "this is the treatment I can rely on for MY skin-trouble?"

The moment Resinol ointment touches itching skins, the itching stops and healing begins. With the aid of Resinol soap, it almost always clears away every trace of eczema, ringworm, pimples, or other tormenting eruptions quickly, leaving the skin clear and healthy. Sold by all druggists.—Adv.

### Business.

Business gives work to labor's countless hands; business wipes the tears from the eyes of widows and orphans; business dimples with joy the cheek of sorrow; business puts a roof above the heads of the homeless; business covers the land with happy homes; business will feed the hungry, clothe the naked, educate the ignorant, enrich the world with art—fill the air with song.—Ingersoll.

### Too Witty for the Lawyers.

A man was excused from a jury on his plea that he was a pharmacist. The next man asking to be excused said he had a similar reason, for he was a "farm assistant." He was not excused, but he got to hear no cases. The lawyers were afraid of him. He was too witty.

### Acid-Proof Corks.

Soak the corks in hot paraffin. This will prevent the acids from eating away the corks.

### Daily Thought.

It is not wealth or ancestry but honorable conduct and a noble disposition that make men great.—Ovid.

### ADRESSED TO WOMEN

## In the Expectant Period

Before the coming of the little one—women need to be possessed of all their natural strength. Instead of being harassed by forebodings and weakened by nausea, sleeplessness, or nervousness—if you will bring to your aid

### Dr. Pierce's Favorite Prescription

you will find that most of the suffering will not make its appearance.

Dr. Pierce's Favorite Prescription is the result of a life study of ailments, disorders and irregularities peculiar to women. Its continued supremacy in its particular field for more than forty years is your assurance of the benefit to be derived from its use.

Neither narcotics nor alcohol will be found in this vegetable prescription, in liquid or tablet form. Sold by druggists or a trial box will be sent you by mail on receipt of 50 one-cent stamps.

Address Dr. Pierce's Invalids Hotel, Buffalo, N. Y.  
Dr. Pierce's Pleasant Pellets regulate liver and bowels

## Wonderful Blood Remedy That Works in the Tissues

### The Very Latest Theory About How and Why the Blood is Disordered.

S. S. S. Means Pure Blood Which Insures Long Life and Health.

The great experts in Chemistry and Physiology now declare what has all along been contended by the Swift Laboratory that the germs of blood disorders find lodgment in the interstices of the tissues.

And herein is where S. S. S. goes to work rapidly, effectively and with wonderfully noticeable results.

This famous blood purifier contains medicinal components just as vital and essential to healthy blood as the nutritive elements of wheat, roast beef, and fats and the sugars that make up our daily ration.

As a matter of fact there is one ingredient in S. S. S. which serves the active purpose of stimulating each cellular part of the body to the healthy and judicious selection of its own essential nutriment. That is why it regenerates the blood supply; why it has such a tremendous influence in overcoming 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 generally experienced, by all sufferers with poisoned blood.

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., 201 Swift Bldg., Atlanta, Ga. Who maintain a very efficient Medical Department, where all who have any blood disorder of a stubborn nature may write freely for advice.

S. S. S. is sold everywhere by all drug stores.

Beware of all attempts to sell you something "Just as good." Insist upon S. S. S.

## WORMS

To expel stomach and intestinal worms from easily as well as older horses, use a remedy that will not "physic" them to death, but will act as a tonic. In this respect SPONH'S is unequaled. Full instructions in booklet with every bottle. All druggists or manufacturers.

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