For light, wholesome cakes, biscuits and pastry, use

## K C BAKING POWDER

Alwayssafeand reliable. If it isn't all we claim your grocer will refund your money. JAQUES MFG. CO., CHICAGO



### U.S. Government Homesteads COLVILLE, WASHINGTON, INDIAN RESERVATION. 1,000,000 ACRES

In the Famous Columbia River Basin and Okanogan Valley. Fruit, Dairy, Farm and Timber Land Map showing Roads, Lakes, Rivers, Creeks, Mountains, Indian Allotments and Mineral Land. Book of Description, shows How to Locate any Homestead of 160 Acres on the Reservation WITHOUT THE EXPENSE OF A LOCATOR.

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### Clean Up Means Paint Up See Your Dealer. Do it NOW!

**Everyone Should** 

Drink Hot Water

Wash away all the stomach, liver,

and bowel poisons before

breakfast.

To feel your best day in and day out

to feel clean inside; no sour bile to

coat your tongue and sicken your

breath or dull your head; no constipa-

tion, bilious attacks, sick headache,

colds, rheumatism or gassy, acid stom-

ach, you must bathe on the inside like

you bathe outside. This is vastly more

important, because the skin pores do

not absorb impurities into the blood,

while the bowel pores do, says a well-

To keep these poisons and toxins

well flushed from the stomach, liver,

kidneys and bowels, drink before

breakfast each day, a glass of hot

water with a teaspoonful of limestone

phosphate in it. This will cleanse,

purify and freshen the entire alimen-

tary tract, before putting more food

Get a quarter bound of limestone phosphate from your pharmacist. It

is inexpensive and almost tasteless.

except a sourish twinge which is not

unpleasant. Drink phosphated hot

water every morning to rid your sys-

To feel like young folks feel; like

you felt before your blood, nerves and

muscles became saturated with an ac-

cumulation of body poisons, begin this

treatment and above all, keep it up!

As soap and hot water act on the skin,

cleansing, sweetening and purifying,

so limestone phosphate and hot water

before breakfast, act on the stomach,

Another Good One.

honor entitled the 'firemaker degree.'

wives for lucky men. Have they a dish-washer degree?"-Louisville Cou-

A Hint.

takes a look at the clothes I have to

wear, it can see one woman's doing it.

Spring Colds

Are the Worst

They lead to catarrh and pneu-

monia, They weaken the entire system and leave it unable to resist

the sudden changes. They inter-fere with your digestion and lessen your activity. Neglected they soon become that dread disease known

as systemic catarrh. Don't neglect

them. It's costly as well as danger

PERUNA

Will Safeguard You

Have a box of Peruna Tablets with

you for the sudden cold or expos-

ure. Tone your system up with a regular course of the liquid Peruna,

regular course of the liquid Peruna, fortify it against colds, get your digestion up to normal, take care of yourself, and avoid danger. If you are suffering now begin the treatment at once. Give Nature the help she needs to throw off the catarrhal inflammation, and again become well.

Peruna has been helping peo-ple for 44 years. Thousands of homes rely on it for coughs, colds and indigestion. It's a good tonic for the weak, as well.

The Peruna Company,

come well.

wants women to save their rags. She-Well, if the government only

He-I see where the government

"I see the Campfire Girls have an

"That ought to qualify them as good

liver, kidneys and bowels.

rier-Journal.

known physician.

into the stomach.

in the Morning

### AGENT WANTED

Business necessity - every Merchant buys on sight. Big profits.

Exclusive territory. Free samples.

Sells from \$5 to \$100. Write quick for territory. Sayers. 637 Railway Exchange, Portland, Ore.

**BONNER & SON** 

Specialty Machine Works

Gear Catting, Welding, Machine Shop Work, Gas Engine Experts, Magnetos Repaired. Parts of all Kinds Made for Automobiles. Your Patronage Solicited.

### HAWTHORNE AUTO SCHOOL

Hawthorne Ave.,

Cash for Butterfat

PROMPT RETURNS Hazelwood Co., Portland, Or. The home of the satisfied shipper.

The better the Cream, the better the Price.

Books Free Treatment and Prevention of Contagious Abortion.

Treatment and Prevention of Calf Scours. Hog Senitation. Poultry Diseases. Clip this ad and mark an X in front of books wanted.

THEDA BROS., Dekum Bldg., Portland. Oregon. tem of these vile poisons and toxins; also to prevent their formation.

Didn't Take A Chance. "How is the cooking in that restau-

Gentleman with toothpick-"Fine." 'And what did you have, may I

Gentleman with toothpick-"A dozen raw oysters, some ice cream and a glass of milk."

## **Metal Grain Bins**



RAT PROOF RAIN PROOF RUST PROOF WRITE FOR PRICES

Agents Wanted

Coast Culvert & Flume Co. PORTLAND, [Kenton] OREGON



ai remedies cure all kinds of silments of men and women with-out operation, used from the wonderful Chinese best His successful be

C. Gee We Chinese Medicine Co.

No. 17, 1916

INDIAN BOYS WRITE HUMOROUS YET PATHETIC LETTERS.

One Complained That Mules "Injured His Religion"-Low Wages and Hard Work Has Embittered Life of Another.

The struggles of Indian boys in the different schools with the English language are revealed in a batch of let-

An Indian boy on a farm wrote: "I any longer than I can help. They injure my religion. I have to scold them and use bad words before I can get them a going on such speed as I want ty to the hair. them. These facts are true, to be wit, by God."

"I just received your good sarsaanother. "I can feel that it is purifying and enriching, the letter and the framer. Write me, I am in love with the truth."

Another Indian boy placed on a farm wrote a letter of objection to that tiful. This preparation is a delightful kind of labor, and a gentle complaint toilet requisite. It is not intended for as to the wages he received.

"My honored school father and friend," he wrote to Superintendent Wyly, "now I am going to write you this day and inform you how I like my place. First of all matters I would say earnestly I don't like it. I think the trouble is I am too big for him, behe said he rather have a small boy, so Froth. he can give him \$6 or \$7 a month for his labor. This was when I first came to this place and ever since he has had same opinion.

"Another thing he can't give me higher wages, he wouldn't do it for any man, and yet the tight-wad wants me to work on two farms and yet he only give me \$10 a month, gracious life. A woman can get more as \$10 a month keeping house. I would rather be a housekeeper than work on two farms at \$10 a month."

An Indian boy from the Snake settlement tries to tell the superinten- getting the worst of it."-Washington dent he is tired of school and would rather go back to the tepee. He is not the first boy who has "played sick" to get away from school, but no schoolboy ever voiced it in such quaint lan-

"My dear friend school father," he wrote. "Particularly I am endeavoring to assume a splendid opportunity to say just concisely to you on this beautiful morning. I suppose you recognize that I am sick in my giblets. deem I am well again no more. I want you to let me go home as soon as this month. If I stay here so long I can't be entirely well, maybe so."

Germany's Trained Men. Here is the list in the logical order which the Germans considered in making war a science, remarks the Engineering Magazine: (1) investigation, finding out what to do; (2) organization, building the machine that would properly carry out what should be done; (3) records, gathering facts and statistics to be used by this organization in arriving at the right kind of conclusions in carrying out what should be done; (4) planning, logically arranging and co-ordinating all details so that the various steps can be rapidly and efficiently carried out; (5) standardization, carrying out the steps determined or actually doing the work in a proper manner; (6) incentives, the results of the successful application of the other five.

In other words, the Germans realized that to win the rewards of war the actual work would have to be done properly by well trained men, after the most careful kind of planning, based on and, as indicated by records, secured through an efficient organization, which thoroughly investigated every possible feature in connection with the task ahead of it.

Distinguished War Veteran.

The Journal Official of France contains the following: "Corporal Surrugue (Charles) No. 9131, Ninth company, Sixth regiment of engineers; veteran of 1870; knight of the Legion of Honor; volunteered for the duration of the war at the age of seventysix, asked to be sent to the front as a sapper, shares without any sign of physical weakness all the work carried on by his company, both by day and by night, under the enemy's fire; a most conscientious soldier of discipline, energy and keenness." In private life Surrugue is a civil engineer and regularly walks many miles to superintend the construction and upkeep of the light railways in his district. A twenty-mile walk is mere child's play to him. For twelve years before the war he was the mayor of his native town of Auxerre, in Yonne, a place of 17,000 inhabitants. In the war of 1870 Corporal Surrugue served with General Faidherbe. Called up as a civil engineer, he gained the rank of captain. He was twice mentioned in dispatches.

After the Honeymoon. Mrs. George Jay Gould ,was defending, at a dinner in New York, a marriage of a rational rather than romantic nature.

"These romantic and improvident marriages are very fine in the begin-ning," said Mrs. Gould; "but later on!" She shook her head pensively.

"Love," she said, "laughs at locksmiths, but later on the wolf at the door does the same thing."

# USE QUAINT PHRASES HAVE DARK HAIR

Nobody can Tell when you Darken Gray, Faded Hair with Sage Tea.

Grandmother kept her hair beautifully darkened, glossy and attractive with a brew of Sage Tea and Sulphur. Whenever her hair took on that dull, faded or streaked appearance, this ters in the possession of A. S. Wyly, simple mixture was applied with wonsuperintendent of Indian schools in derful effect. By asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bot-tle of this old-time recipe, improved am not going to use those mule teams by the addition of other ingredients, all ready to use, for about 50 cents. This simple mixture can be depended upon to restore natural color and beau-

A well-known downtown druggist says everybody uses Wyeth's Sage and Sulphur Compound now because it darkens so naturally and evenly that parilla letter and your picture," wrote nobody can tell it has been appliedit's so easy to use, too. You simply dampen a comb or soft brush and draw picture, acting gently on my liver and it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and beaudisease.

Mame-Honest, Maude, didn't you accept Jack's proposal last night? Maude-Y-Y-Yes. But how did you

Mame-Oh, the poor dear looked so cause he told me right before my face, worried this morning.-Penn State

Heard On the Elevated.

First Young Thing—I started reading "Les Miserables" last night. It is very interesting.

Second Young Thing-Isn't it! I think it is Victor Herbert's masterpiece.-Boston Transcript.

### Always Thus.

"I understand they want to turn distilleries into munition factories." "It might help, if they do. But its the old-story of the ultimate consumer

Have Healthy, Strong, Beautiful Eyes Oculists and Physicians used Murine Eye Remedy many years before it was offered as a Domestic Eye Medicine. Murine is Still Com-pounded by Our Physicians and guaranteed pounded by Our Physicians and guaranteed by them as a Reliable Relief for Eyes that Need Carer 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 EEMEDY CO., CHICAGO

Two Deluded Souls.

Bix-I wonder if Dr. Cook really thought he discovered the north pole? Dix-Possibly! We all, make mis-takes. Why, when I married my wife I thought I had discovered Paradise .-

Loans Seem to Weaken It.

A (to man he has touched)—Thanks, old chap. But what is this little pamphlet you handed me? B-Oh, I always hand one of those

out with a loan. It tells how to strengthen the memory. - Boston Transcript. You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new, or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Sense of Responsibility.

"Is Bliggins patriotic?" "Thoroughly.

"Would he fight for his country?" "I don't know about that. But he hasn't the slightest doubt that in an emergency somebody ought to."-Washington Star.

### Times Change.

"What? You need new clothes again? When I was a boy I wasn't ashamed to wear garments that were patched.'

"Yes, dad, but you know you didn't associate with such refined people as

## SALTS FINE FOR **ACHING KIDNEYS**

We eat too much meat which Clogs Kidneys, then the Back hurts.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally. else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, terpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here. take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious com-

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.



Powder did a clean job, taking out roots and all without tearing a big hole in the ground. Farmers who have used them know that

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Bank

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always save them money, time and work. They save money

because they lift and heave as well as shatter, and go further than high explosives that merely split the stumps. They save timeand work because they get out the stumps—big or little, green or dead—in a condition easy to handle, "I get better results from Giant Powders than from any other powder I have used," says A. E. Adkins, Woodburn, Ore.

There are two Giant Farm Powders, both made especially for Pacific Coast farmers. Eureka Stumping Powder is most economical for dry work and Giant Stumping Powder saves money in stump blasting in wet soil. Try these two. Compare them with the powder you have been using, and you will always use Giant in future. Write us and we will have our nearest distributor supply a trial case at the lowest market price.

### Five Blasting Books FREE

Better ways of removing stumps and boulders, making ditches, planting trees, and, breaking up the subsoil are described in our five illustrated books. They were written for western farmers, to meet the conditions that you have.

Write us for the book on the subject you are interested in.

THE GIANT POWDER CO., Con., OFFICE San Francisco "Everything for Blasting"

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Double Tread, Puncture Proof Tires

OLD TIRES. We pay as high as 100 per lb. for such as we can use in Double Tread work, and the highest market for junk. Ship your. Tires at once or write us. OREGON VULCANIZING CO., 550 Washington St., Pertland, Ore

Calling Uncle Down. "When I was a youngster," remark

ed Uncle Braggles, "I was about the best baseball player in this county." "What did you play?" "Pitcher, catcher, shortstop an' all

the rest of 'em." Yes, uncle," spoke up little Willie. HIDES, PELTS, CASCARA B the champion bright child. "But we're theatricals."-Washington Star.

WEEKS' BREAK-UP-A-COLD TABLES A guaranteed remedy for Colds La Grippe. Price 25c of your drugge It's good. Take nothing else.—Adv.

the champion bright child. But we re talking about baseball, not amateur talking about baseball, not amateur shipping tags. The H. P. NORTON CO. theatricals."—Washington Star.

# Howtoavoid Operations

These Three Women Tell How They Escaped the Dreadful Ordeal of Surgical Operations.

Hospitals are great and necessary institutions, but they should be the last resort for women who suffer with ills peculiar to their sex. Many letters on file in the Pinkham Laboratory at Lynn, Mass., prove that a great number of women after they have been recommended to submit to an operation have been made well by Lydia E. Pinkham's Vegetable Compound. Here are three such letters. All sick women should read them.



Marinette, Wis.—"I went to the doctor and he told me I must have an operation for a female trouble, and I hated to have it done as I had been married only a short time. I would have terrible pains and my hands and feet were cold all the time. I took Lydia E. Pinkham's Vegetable Compound and was cured, and I feel better in every way. I give you permission to publish my name because I am so thankful that I feel well again.

—Mrs. Fred Behnke, Marinette, Wis.

Detroit, Mich.—"When I first took Lydis E. Pinkham's Vegetable Compound I was so run down with female troubles that I could not do anything, and our doctor said I would have to undergo an operation. I could hardly walk without help so when I read about the Vegetable Compound and what it had done for others I thought I would try it. I got a bottle of Lydia E. Pinkham's Vegetable Compound and a package of Lydia E. Pinkham's Sanative Wash and used them according to directions. They helped me and today I am able to do all my work and I am well.—Mrs. Thos. Dwyer, 989 Milwaukee Ave., East, Detroit, Mich.

Bellevue, Pa.—"I suffered more than tongue can tell with terrible bearing down pains and inflammation. I tried several doctors and they all told me the same story, that I never could get well without an operation and I just dreaded the thought of that. I also tried a good main other medicines that were recommended to me and none of them helped me until a friend advised me to give Lydia E. Pinkham's Vegetable Compound a trial. The first bottle helped, I kept taking it and now I don't know what it is to be sick any more and I am picking up in weight. I am 20 years old and weigh 145 pounds. It will be the greatest pleasure to me if I can have the opportunity to recommend to any other suffering woman."—Miss I am If you would like special advice write to Lydia E. Pankham.

If you would like special advice write to Lydia E. Pinkhi Med. Co. (confidential), Lynn, Mass. Kour letter will be open read and answered by a weman and held in strict confiden