

HIS BACK UP.

When Noah blew his horn, the camel humped himself to get aboard, and by a curious freak he stayed humped all his life. Lumbago or lame back humps a man's back simply because he cannot straighten himself on account of the stiffness and soreness accompanying the ailment. Nature helped the camel to his hump for a special purpose. Nature will help a man to get rid of his hump right off if he uses St. Jacobs Oil, because the character of the trouble is such that it needs just such a remedy to warm, soften and straighten out the contracted muscles. From the time of Noah down to the present time men have had lame backs, but only since the introduction of St. Jacobs Oil has the best cure for it been known. Lumbago really disables, but St. Jacobs Oil enables one to attend to business without loss of time.

Harriet Maxwell Converse, the Indian chieftain, is soon to start out on a lecturing tour, her subjects being the history and traditions of the red men. She is a fluent speaker and able writer.

REFORMS NEED MORE THAN A DAY

To bring them about, and are always more complete and lasting when they proceed with steady regularity to a consummation. Few of the observant among us can have failed to notice that permanently beneficial changes in the human system are not wrought by abrupt and violent means, and that these are the most salutary medicines which are progressive. Hostetter's Stomach Bitters is the chief of these. Dyspepsia, a disease of obstinate character, is obliterated by it.

The proportion of blood to the total body weight is about one to ten. In the infant the relative quantity of blood is less than in the adult and is diminished in old age.

Some Things That Never Sleep.

Naturalists have discovered that there are several species of fish which never sleep, and that many species of flies are awake from the time they are hatched until they die. There are some dogs and cats, also, that apparently never sleep—that is, at night.

Veteran of the Clans.

Sir R. Menzies, the hereditary chief of the Clan Menzies, is the oldest Highland chief of any clan now living. He is in his eightieth year, and wears a kilt winter and summer continuously. He stands 6 feet 3 inches in height.



FARM AND GARDEN

Desirable Feed Rack.

When hay is fed loose in the barnyard a certain per cent. of it is trampled under foot and wasted. In order to prevent this, in part at least, a feed rack of some kind should be erected in the center of the yard at a point which will be the most sunny and pleasant possible. A writer in the New York Tribune gives an illustrated description of a good rack. He says:

A simple but effectual way in which to build one of these feed racks is to begin by setting four tall posts in the ground in the form of a rectangle, as shown in the cut. Their height and distance apart will determine the size and capacity of the rack. It is inadvisable, however, to make it very wide—say not over six feet—as some difficulty would be experienced by the animals in pull-

CONVENIENT AND INEXPENSIVE.

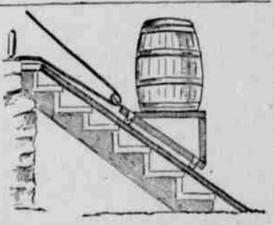
ing out the hay if bound solidly in the center. Set the posts leaning toward the center in order to make the opening wider at the bottom than at the top. This will prevent binding, and in consequence the hay will readily settle as it is being eaten away from below. From about eighteen inches above ground to the top of the posts the sides and ends should be boarded tightly, making it possible for the animal to get at the hay only at the bottom. Many consider it a good plan to cover such a rack with a shed roof, thus always keeping the hay dry.

Defiance to Hard Times.

Farmers are the most comfortable and independent people on the earth, although to be a successful farmer nowadays requires a man not only to be a good worker, but a student as well, for it requires brains as well as muscle to grow the right kind of crops in the right way and sell them at the right time. When I am asked by strangers what my occupation is, I proudly answer that I am a farmer. As I sat down to dinner yesterday (just a common everyday farmer's dinner) I remarked to my wife that we had raised nearly everything on the table. There was fresh pork steak with brown gravy, potatoes, Hubbard squash, turnips (the last three were mashed with a little cream added), cucumber pickles, tomato soup, fresh butter, bread, preserved strawberries, apple pie, comb honey, cream (the good, thick, yellow kind), milk with the "top on it" and coffee. When a farmer can raise so much for his own use, he has not much in the grocery line to buy, and still be comfortably well fed. With a small piece of land well tilled, the farmer can bid defiance to hard times.—A Contented Farmer, in American Agriculturist.

For Handling Barrels.

The usual storage place for apples is in the cellar, says American Gardening. The barrels then have to be carried up the roll-way by two men—a matter of no little difficulty when the roll-way is narrow, as is usually the case. A plan is shown in the cut by which the barrels of apples are carried to the surface with but little lifting, and without jarring the fruit. The diagram tells its own story, except that the triangular truck that is mounted on two rollers is represented larger than need be, thus



HAULING FROM THE CELLAR.

making it higher than is actually necessary. The rollers run on a wide plank that rests on the edge of the stair treads. The same arrangement will be found equally serviceable in putting apples into the cellar in the fall, and for use with vegetables, etc.

Handling 'e'd Potatoes.

Taking the results of a large number of trials at experiment stations, and deducting the small potatoes and the number of bushels of seed used from the total yield, two-eye pieces give an increase of fifteen bushels per acre over one-eye pieces; quarters give an increase of seven bushels per acre over two-eye pieces; halves give an increase of five bushels per acre over quarters, and halves give an increase of eight and one-half bushels per acre over whole potatoes. The price per bushel is usually so much higher for seed than for the freshly harvested crop, that the advantage of five bushels in yield of halves

over quarters will generally be more than wiped out; so that the net profit will usually be greatest where the seed potatoes were cut in quarters.

Testing Cows.

Do not depend on a single test to determine the value of any cow, as she may be off her feed, in heat, or in some other way not quite right. When a cow in the World's Fair test showed an abnormal per cent. of fat, the superintendents would go immediately to the barn and take the cow's temperature. They would nearly always find her feverish. There were some days a cow gave nearly twice as much butter as the day before. A test made on either of the days would have been unjust. The Guernsey cow that made the highest weekly record for that breed in the World's Fair test, 16 1/4 pounds, was fourth among the Guernseys in production in the ninety-day test, and was the fall-ender of the Guernseys in the thirty-day test. There were ten Guernseys in that test that had been milked longer than she had, and that excelled her in both production and profit. A single test is better than none, and it is an excellent way to buy cows by testing them, but every dairyman should keep a daily record of milk from each of his cows, and test the milk as often as once a month, so as to know what he is doing. Commence to-day. Don't put it off.—Wisconsin Farmer.

More Use of Wind Power.

Not nearly enough use is made of wind power. Most of the wind mills we see are used wholly to pump water from wells. Though this as a steady job probably saves as much labor as any one thing the wind power could be set to doing, there are many other back-aching jobs that are on many farms done by hand power, which might quite as well be given over to wind power. Turning grindstones and churning are among these. When young we knew some farmer boys who put up a light windmill which turned a lathe in a shop. Here they spent many hours making all kinds of wooden articles. All of these boys kept up their love of farm life, because their windmill was set to do tasks that on other farms the boys had to perform by what sailors call "main" strength and stupidity. In Holland there can be no use of water power, for the land is too level. Nowhere in the world is wind power used to so much advantage or for so great a variety of purposes.—American Cultivator.

Orchard and Garden.

The best grass for the orchard is orchard grass, mixed well with red clover.

Potash makes firm and stocky peach wood, but has little effect on the fruit.

Fruits are a luxury, necessity, appetizer, stimulant, tonic, food and medicine all in one.

Thorough pruning of the gooseberry plants is one of the most effective preventives of mildew.

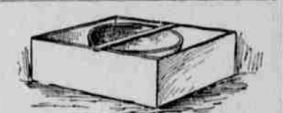
It is the freezing and thawing of the ground that hurts the strawberry beds.

Three or four strong canes to one hill of raspberries are better than a dozen weak, spindling ones.

The cause of moss appearing on the stems of apple and other fruit trees is wet, cold, undrained land.

A Safety Drinking Dish.

The sketch herewith shows a device for keeping fowls from upsetting their drinking dish. A shallow box has a crosspiece fitted to it, as shown. The box is tilted on one end and the dish of water inserted without spilling. The box is then gently set back upon the ground, when it successfully holds the dish from being upset. This device is



DRINKING DISH FOR FOWLS.

suitable for both window and outdoor use.—Orange Judd Farmer.

Spring-Sown Timothy Seed.

While it is always safer to sow timothy seed in the fall or soon after the time fall grain is sown, the farmer who grows only spring grain need not despair of getting a good timothy catch with it. He should get the land fitted as early and as thoroughly as possible, which will be easy if the land has been fall plowed. It will then only need surface cultivation in the spring. Probably the grain growth will keep the timothy back the first season, so that it will be very small in the fall. It is better to sow some alsike clover seed with the timothy, so as to occupy the land the first year.

Carriage Horses.

We have a fine class of brood mares suitable for raising carriage horses, and if we are to breed colts, in my opinion this class would pay best. As like will produce like, would only breed from the best, just the individuals that find a ready sale in our home or city markets. Speed, combined with good qualities, helps to sell colts, so would breed to a stallion with trotting blood in his veins, provided he possesses the other qualities necessary in a stock horse, but I would first examine his colts, and make sure he was not breeding those little scrubs so often seen among our high bloods.—Farm News.

Sparrows and Other Birds.

It is not altogether the fault of sparrows that other native birds are becoming scarce. It is mainly caused by the wanton slaughter of birds by men and boys, and the habit of women of wearing birds upon their bonnets, which to any thinking person only brands them as heartless, or at least as thoughtless. The common birds have some of them learned to defend themselves against the sparrow. The robin, especially, which is much larger than the sparrow, has learned that, if he will, he can be more than a match for the little tormentors.

Gladstone Still a Dresser.

Mr. Gladstone is now very deaf, but, in spite of increasing decrepitude, he dresses as jauntily as of yore, is never seen without a flower in his coat, and can hurl defiance at the "great assassin" as forcefully as if he was 40 years younger. Somebody who saw the right honorable gentleman as he was departing for Cannes not many weeks ago writes that he reminded her of an ancient oak tree, with a pink blossoming on its hoary trunk.

Raising the Backs of Pews.

A device for heightening the backs of pews when the same are too low has been patented by a church-goer of Sandy Lake, Pa. It consists of brackets being grooved to receive the end of a panel, and having a recess in the sides of the upper part of the bracket to receive the top rail. Clamps in the center of the panel strengthen the attachment, which can be rendered as ornamental as may be desired.

Legislation in Wisconsin.

The Wisconsin senate has passed a bill providing that no foreign corporation which is a member of a trust be permitted to enforce any contract in the state. It also adopted an amendment to the general election law to allow the gold Democrats a place on the ticket and to enable them to retain their party organization. The house rejected a bill for the taxation of church property.

Leprosy Congress.

The German government is sending out invitations to an international congress on leprosy, at which Dr. Koch, the eminent bacteriologist, will preside. Sweden, Denmark, Norway and Russia have already intimated their intention of being officially represented.

Rival Soapports.

Hamburg has passed Liverpool within the last few years in the tonnage of its foreign commerce. Liverpool still is far ahead in the matter of coastwise trade by sea, and, owing to that fact, the total tonnage of shipping entering and clearing in a year is greater in the English city.

HOME PRODUCTS AND PURE FOOD.

All Eastern Syrup, so-called, usually very light colored and of heavy body, is made from glucose. "Ten Guard Drops" is made from sugar cane and is strictly pure. It is for sale by first-class grocers, in cans only. Manufactured by the PACIFIC COAST SYRUP CO. All genuine "Ten Guard Drops" have the manufacturer's name lithographed on every can.

\$100 REWARD \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is "catarrh." Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

Piso's Cure for Consumption has been a God-send to me.—William B. McClellan, Chester Florida, Sept. 17, 1883.



Gladness Comes

With a better understanding of the transient nature of the many physical ills, which vanish before proper efforts—gentle efforts—pleasant efforts—rightly directed. There is comfort in the knowledge, that so many forms of sickness are not due to any actual disease, but simply to a constipated condition of the system, which the pleasant family laxative, Syrup of Figs, promptly removes. That is why it is the only remedy with millions of families, and is everywhere esteemed so highly by all who value good health. Its beneficial effects are due to the fact, that it is the one remedy which promotes internal cleanliness without debilitating the organs on which it acts. It is therefore all important, in order to get its beneficial effects, to note when you purchase, that you have the genuine article, which is manufactured by the California Fig Syrup Co. only and sold by all reputable druggists.

If in the enjoyment of good health, and the system is regular, laxatives or other remedies are then not needed. If afflicted with any actual disease, one may be commended to the most skillful physicians, but if in need of a laxative, one should have the best, and with the well-informed everywhere, Syrup of Figs stands highest and is most largely used and gives most general satisfaction.

The Universal Supply House, Established 1885. FARM SUPPLIES • MILL • CROCCERIES, HARDWARE, Agricultural Implements. Harness, Boots, Shoes, Dry Goods, Mugs, Etc. Send for Large Illustrated Catalogue. PRODUCE TAKEN IN EXCHANGE. HOME SUPPLY CO., 13 Front St., San Francisco, Cal.



NEILL OF ARKANSAS.

Another U. S. Congressman Indorses Paine's Celery Compound.



Within the past year, among the thousands of hearty testimonials to the wonderful curative powers of Paine's celery compound that have been received by Wells, Richardson & Company—among the thousands of grateful letters received from every state and town in the country, there have come no less than six hearty indorsements from members of the national house of representatives.

All were willing that their experience should be published, believing rightly that they might thus do good to others.

In these columns have already been published, the letters received from Congressmen Meredith, Bell, Grant and Powers. Now comes a letter from Congressman Robert Neill of Arkansas, as follows:

"My home is at Batesville, Ark. During the last spring and summer my eldest daughter, then 17 years of age, was in very poor health, suffering from general debility, nervous prostration and frequent slight fevers. She had the best medical attention, but apparently with little benefit. In the latter part of September last, while still feeble she began the use of Paine's celery compound, and improved in health continuously. In three months she had fully recovered, and is now in perfect health. I am bound to think

the remedy is an excellent one, and do not hesitate to recommend it to the suffering."

To postpone at such a vital time as this regulating the nerves and purifying the blood is a serious mistake. Men and women distressed by nervous troubles or the effects of impure blood cannot afford now to lose a day before taking advantage of Paine's celery compound.

In order to avoid disappointment accept nothing but Paine's celery compound. A clerk who tries to sell something else than what people ask for is evidently not disinterested. He has an eye to profits more than to the good of customers.

There can be no substitute for Paine's celery compound.

This has been shown time and time again in cases where persons, too easily led, have carried home something besides Paine's celery compound, and have failed to get the decided benefit they had hoped for.

The strongest indorsement ever received for this great spring remedy—and no remedy ever compared with Paine's celery compound in the character and the number of the witnesses to its efficiency—the strongest indorsement it ever received did not overestimate or exaggerate in the least its unrivalled power of making people well.

Full of Life

Means full of health. Are you slow, spiritless? Are your nerves lax, your muscles flabby and your vital functions lacking in energy and vim? Do you wake up in the morning with a dull headache, a tired, worn-out feeling, as if you had not rested? These are some of the evils that follow past wrongs. It is the weakness in your nervous system, and you need just such a remedy as

Dr. Sanden's Electric Belt...

"My general health is a good deal better than before using the Belt. My eyes are brighter and have a much better luster than before. Have gained about four pounds, and am more cheerful and in better humor than I was before. By using your Belt another month or two I hope to be cured entirely."—CHRIS HANSEN, Ellensburg, Wash., Feb. 5, 1897.

MAKES PEOPLE STRONG.

It is a modern life-giver. If you are weak in any respect, it will build you up. It cures all the effects of early habits and makes the nerve and vital forces as strong as ever. Examine it, if you can, or cut this out and we will send you our book, "FIVE CLASSES OF MEN," free, closely sealed.

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are the One True Remedy. Only One for a Dose. Sold by Druggists at 25c. a box. Sample mailed free. Address: Dr. Gunn's Med. Co., P.O. Box 100, St. Louis, Mo.

DISINFECTANT FOR

CHOLERA, DYSENTERY, AND ALL THE DISEASES OF THE GUT. Sold by druggists.

N.P.N.U. No. 697.—S.F.N.U. No. 778

Constipation

is a disease which afflicts over 75 per cent. of the American people. It is a dangerous disease because it not only poisons the blood but causes heaviness, oppression and dulls the intellect. Then follow chronic headache, loss of appetite, slow digestion, nervousness, bad breath, dinged complexion and low spirits. It will eventually bring on liver and kidney disease in some incurable form. But sufferers from this dreaded malady are speedily

Cured by

Warner's SAFE Cure and Warner's SAFE Pills. Leading physicians the world over, have acknowledged this fact, and thousands of people throughout the land have testified to it.

Warner's

SAFE Cure puts a stop to backaches, headaches, constipation, loss of appetite, dyspepsia, tired feelings and sleeplessness. It builds up the exhausted system. It is a sure cure for liver and kidney complaint in any form, and the only remedy that has ever been able to cure Bright's disease.

If you are feeling the need of such a remedy, you cannot do better than try this kind of remedies, the great

Safe Cure

Cancer Of the Breast.

Mr. A. H. Crausby, of 158 Kerr St., Memphis, Tenn., says that his wife paid no attention to a small lump which appeared in her breast, but it soon developed into a cancer of the worst type, and notwithstanding the treatment of the best physicians, it continued to spread and grow rapidly, eating two holes in her breast. The doctors soon pronounced her incurable. A celebrated New York specialist then treated her, but she continued to grow worse and when informed that both her aunt and grandmother had died from cancer he gave the case up as hopeless.

Someone then recommended S.S.S. and though little hope remained, she began it, and an improvement was noticed. The cancer commenced to heal and when she had taken several bottles it disappeared entirely, and although several years have elapsed, not a sign of the disease has ever returned.

A Real Blood Remedy.

S.S.S. (guaranteed purely vegetable) is a real blood remedy, and never fails to cure Cancer, Eczema, Rheumatism, Scrofula, or any other blood disease.

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