

**YOU HAVE BACKACHE**

**Get Rid of It!**

It is a sign that you have **Kidney Disease; Kidney Disease, If not checked, leads to Bright's Disease,**

**and Bright's Disease Kills!**

Because the Kidneys break down and pass away with the urine. . . . .

**Heed the Danger Signal**

and begin to cure your Kidneys to-day by taking

**WOMAN'S Safe Cure**

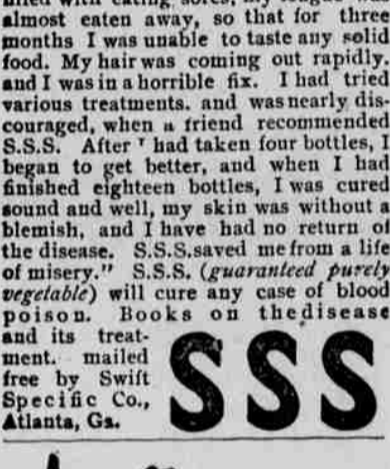
Large bottle or new style smaller one at your druggist's.

**Blood Poison.**

Contagious Blood Poison has been appropriately called the curse of mankind. It is the one disease that physicians cannot cure; their mercurial and potash remedies only bottle up the poison in the system, to surely break forth in a more virulent form, resulting in a total wreck of the system.

Mr. Frank B. Martin, a prominent jeweler at 626 Pennsylvania Ave., Washington, D.C., says:

I was for a long time under treatment of two of the best physicians of this city, for a severe case of blood poison, but my condition grew worse all the while, notwithstanding the fact that they charged me three hundred dollars. My mouth was filled with eating sores; my tongue was almost eaten away, so that for three months I was unable to taste any solid food. My hair was coming out rapidly, and I was in a horrible fix. I had tried various treatments, and was nearly discouraged, when a friend recommended S.S.S. After I had taken four bottles, I began to get better, and when I had finished eighteen bottles, I was cured sound and well, my skin was without a blemish, and I have had no return of the disease. S.S.S. saved me from a life of misery. S.S.S. (guaranteed purely vegetable) will cure any case of blood poison. Books on this disease and its treatment free by Swift Specific Co., Atlanta, Ga.



**THERE IS HAPPINESS IN STRENGTH. JOY and gladness shine forth from the eye of the manly and strong. Confidence, self-esteem and love of society come with the return of nature's vigor. Electricity, the force of vitality, makes men great. It brings back the fire of youth—it restores manhood.**

Dr. Sanden's Electric Belt is the chosen spring from which is drawn the vital energy which infuses the veins of men and develops the nerve and physical powers. The vigorous standard of our race is improved by it.

WALLA WALLA, Wash., Feb. 21. DR. A. T. SANDEN:

Dear Sir—Yours of the 17th inst., inquiring about my progress in using your belt, which I got several weeks ago, is at hand, and I was very glad to hear from you. I am pleased to say—and I know you will be pleased to hear it—that I am cured. I cannot speak too highly of your wonderful belt, and will take pleasure in recommending it, as any one can appreciate here. I don't need to go over my symptoms, but would recommend any one suffering from lost manhood, or any disease arising from the liver, kidneys or blood, to use your belt. I remain yours truly,

L. G. TREMPLE,  
721 Alder St., Walla Walla, Wash.

Do you wish to read the story of how vital force is renewed by electricity? If so, get Dr. Sanden's book "THREE CLASSES OF MEN," which will be sent, closely sealed, free from observation, upon request.

**Sanden Electric Belt Co.**

750 West Washington St., Portland, Or.

When writing to advertiser mention this paper.

**PISO'S CURE FOR CURS WHERE ALL ELSE FAILS**

Best Cough Syrup, Croup Cure, Whooping Cough Cure, Sore Throat Cure, Sold by druggists.

**RESUME**

N.P.N.U. No. 699.—S.P.N.U. No. 778

**GOOD LOOKS.**

There are more wrinkles in the face of a baby monkey than there are in that of an old baboon. And speaking of wrinkles, more of them can be wrought out in a fair young face by neuralgia than in that of an aged person. Constant pain will shrivel, and neuralgia neglected will plow its furrows deep. It not only wrinkles, but takes the bloom away and gives the skin a dull and yellow look. St. Jacobs Oil is a prompt and sure cure for neuralgia, and it should be used, as while it soothes and cures, it smooths out the tracks of pain and leaves the skin healthy and fair again; besides it rids the sufferer of much torment and restores a happier disposition. Good looks come only with good health, and health is found in the absence of pain.

The chaplains of the Oklahoma legislature receive \$1.50 per day, or just half the sum set apart for the men who clean the spittoons.

**HORRID TORTURE.**

This is often felt in every joint and muscle of the body by turns, by people who, experiencing the earliest twinges of rheumatism, neglect to treat the malady, as they may easily do, with Hostetter's Stomach Bitters, a professionally authenticated remedy for the agonizing complaint. Recall that rheumatism never checks offen last a lifetime, or abruptly terminates it when the malady attacks the heart. The Bitters also remedies chills and fever, dyspepsia and liver complaint.

The Isle of Man possesses many privileges and unique features. It has a music all its own.

**\$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, 70c.

Hall's Family Pills are the best.

The ancients knew how to cheat. Loaded dice have been found in the ruins of Herculaneum.

**HOME PRODUCTS AND PURE FOOD.**

All Eastern Syrup, so-called, usually very light colored and of heavy body, is made from glucose. "Tea Garden Syrup" 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 "Tea Garden Syrup" have the manufacturer's name lithographed on every can.

Before the great freeze in Florida the annual orange crop was from 8,000,000 to 10,000,000 boxes. The estimate for this season is 70,000 boxes.

Piso's Cure for Consumption has been a family medicine with us since 1865.—J. R. Madison, 2409 42d ave., Chicago, Ill.

Instead of the regular county teachers' meetings, it is proposed in Pierce county to have a Chataqua meeting to remain in session two or three weeks.

On the summit of Ben Lomond are the smallest trees in Great Britain. They are dwarf willows and when matured are only about two inches in height.

From figures recently published at Munich, Bavaria, it appears that there are now in Central Europe 15,644 gas engines, which aggregate 52,694 horse power.

In Brazil, at a funeral of an unmarried woman, the mourning color is scarlet. The coffin, the hearse, the trappings of the horse and the livery of the driver are all scarlet.

A German statistician says that of every 10,000 chimneys three are struck by lightning, while of the same number of towers and windmills sixty and eighty respectively are struck.

The slowest breeders of all known animals, a pair of elephants, would become the progenitors of 19,000,000 elephants in 750 years, if death did not interfere.

He—Watson and his wife were held up by footpads last night. She—Good gracious! Did they lose any of their money? He not a cent. You see, they were coming home from the ladies' bazaar.—Ohio State Journal.

**Syrup of Figs**

**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.



**Utilizing Two Old Barns.**

On hundreds of farms are to be found two small barns instead of one large one. These are often detached or attached corner to corner. Space is wasted and work cannot be conveniently done in them without much loss of time. The illustrations show a plan for making the most of two such barns. They are moved to a position parallel to each other and are then connected by a shed-roofed one-storied



addition, as shown in the first picture. This gives a barnyard inclosed on three sides, and so protected from wind and storm, and an interior that can be advantageously arranged. The arrangement suggested in the floor plan that is given in the second illustration is for use on a dairy farm. Where other kinds of farming are followed, a different interior arrangement can easily be



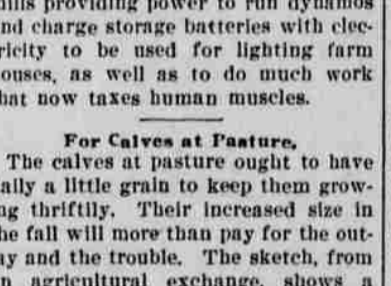
decided upon. In the plan given, it is intended that a feed car be used to convey silage, grain, etc., along in front of all the cattle stalls.—American Agriculturist.

**Electric Light by Wind Power.**

Electric lighting is commonly in the country regarded as exclusively a city luxury. It is likely that the expense of carrying wires from house to house in thinly settled districts would be too great to make it possible to furnish electric light on a large scale economically. But the experience of Nansen's ship, the Fram, on her northern voyage shows that electric lighting by wind power, transmitted to batteries and stored as electricity, is entirely possible. In the high northern latitudes fuel was much too precious to be used in making electric light. So a big windmill was set up, which was run whenever the wind was favorable, and by stored electricity made a steady light all through the dark northern winter. Such windmills are often used on Norwegian vessels to work the pumps. We may yet see farm windmills providing power to run dynamos and charge storage batteries with electricity to be used for lighting farm houses, as well as to do much work that now taxes human muscles.

**For Calves at Pasture.**

The calves at pasture ought to have daily a little grain to keep them growing thriftily. Their increased size in the fall will more than pay for the outlay and the trouble. The sketch, from an agricultural exchange, shows a handy feed box. Put it on the inside of the pasture fence, so that the grain can be put in through the boards from



the outside. Put slats on, as shown, far enough apart so that the calves can put their heads between them, but so near that the old stock, if in the pasture, cannot reach the box. The slats also support the box and hold it in place.

**Eggs Chilled Before Setting.**

Early failure to hatch eggs very seldom come from lack of vigor in the germ; for in this the early eggs are superior. They more often come from allowing eggs to be chilled before the setting begins. Everyone knows that chilling after a few days setting soon destroys the life in the egg. It may do so where eggs that have never been set on are kept in contact with metal, which rapidly abstracts heat when the eggs are kept for greater safety near the freezing temperature. Dishes for holding eggs should be of wood, which abstracts heat slowly.

**Variety of Feed for Hens.**

The hog gets at any time in his life less variety in his feed than any other kind of stock. This is especially true when he is being fattened. There are other grains that have quite as good

fattening qualities as corn. A mixture of oats and barley, or of peas and barley ground together, makes a feed that will not only fatten, but will also furnish the due proportion of lean meat that is required to make healthful and easily digested pork.

**Stir the Soil.**

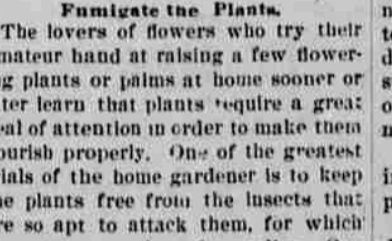
Next to mulching there is nothing like a constant stirring of the soil. I have found many workmen in gardens totally unacquainted with the principles of hoeing. The hoe is drawn over a surface already hard, cutting off weeds close to the ground. Then the weeds are raked off, leaving the ground in really worse condition than it was before, for the weeds shaded the surface if they did rob the ground. Hoeing should be fully as much to loosen the soil as to destroy weeds. Every stroke of the hoe should loosen up an inch or more of soil, and this loose soil should not be raked down too fine, or the first heavy rain will beat it down very hard. One would hardly believe what a help constant cultivation of this kind is to herbaceous and all other plants. And when rain comes the water is all taken up where it falls. Good mulching preserves the looseness of the soil in the same way. I am sure that very many more of our lovely native flowers could be successfully grown than there are if mulching or hoeing could be made a feature of cultivation.—Exchange.

**Making Cider Vinegar.**

First have a good, strong, iron-hooped barrel. Next have good apple cider. Cover the bungholes with mosquito netting or other material that will keep out the flies. The bungholes ought not to be put in, except temporarily, for at least a year. Keep the vinegar barrel in the garret, or other place where the air is warm and sultry. The cellar is a bad place in which to make vinegar. To hasten fermentation, occasionally turn the cider out of one barrel into another, thus exposing it more fully to the air, and, by adding a gallon of strong vinegar or a little "mother" to each barrel. There are other methods by which the process may be hastened still more, such as trickling it through beech chips or shavings; but these are hardly to be recommended, for those who are content to wait on the natural process rarely fail to find themselves amply repaid through the high value of their product.—Farm and Fireside.

**Fumigate the Plants.**

The lovers of flowers who try their amateur hand at raising a few flowering plants or palms at home sooner or later learn that plants require a great deal of attention in order to make them flourish properly. One of the greatest trials of the home gardener is to keep the plants free from the insects that are so apt to attack them, for which there are a number of remedies. One of the most effective and common of these is to fumigate the plant by means of tobacco smoke, and the invention here shown, the idea of a Philadelphia man, offers a remarkably convenient method of doing this. The appliance consists of a pepper-box to which is attached a rubber bulb that takes the place of a bellows. The box is filled



with tobacco and lighted, and by means of pressure on the bulb, that works on the principle of an atomizer, the smoke is blown wherever it is desired, so that the whole plant can be gone over in a few minutes.

**Hedge Plants.**

Hedges for protection are not as common as they might be. They are not only beautiful in themselves, but, if properly managed, are cheaper than any fence—except a stone wall. There are numberless instances of well-cared for osage orange and honey locust hedges being kept in first-rate condition for half a century, and there is no reason to believe they might not last for nearly as long again. They have to be annually trimmed, and, indeed, are the better for two trimmings a year; but one who understands this will get over the work so rapidly, that it takes little more time than it would to give the annual whitewashing to an ordinary fence. When the expression "well cared for" is used, it simply means that the cutting must always be of such a character that the bottom of the hedge is left the widest part.—Meehan's Monthly.

**Poultry Pickings.**

A good man is merciful to his beast, also to his chickens. Sanitary surroundings are of more consequence than medicines. If you cannot keep your poultry in comfort, cease to keep them at all. Light is essential to the health of the hens, therefore, have good windows. Eggs intended for hatching should not be kept over four weeks. They must be turned every day or two.

**Use Plenty of Seed.**

Seed is costly, but the poorest method of economy is that of using as little seed as possible. A large number of clover crops fail because not enough seed is used, and it is better with some crops to have an extra number of plants to come up and remove those not desired than to have failure and be compelled to replant, as the time lost cannot be recovered.

**The Horse's Shoes.**

Some farmers make the mistake of shoeing horses when it is unnecessary, and others refuse to shoe when it should be done. Some leave the shoes on too long, just because they seem to stick well. An expanding, growing hoof will soon outgrow the shoe. The shoes should not be left on longer than 3-4 weeks.

**FOR EVERY BICYCLIST.**

**Champion Michael Advises Use of Paine's Celery Compound.**



James Michael is the champion long distance bicyclist of his wheel.

He recommends all wheelmen to take Paine's celery compound.

His experience is that of thousands of others. With the opening of the bicycle season many a young person and hundreds of older people who have determined to take up bicycling as a health-giving exercise find themselves really lacking the proper "snap" or stamina to begin on. Their bodily condition prevents so spirited exercise. They would like to ride, but they are out of sorts, run down by a winter of work or indoor life. Many who are really sick, who have suffered from debility or wasting diseases for a long time until they had begun to think their troubles had become chronic, as nothing gave them relief, would turn to bicycling for relief. But this splendid exercise, like any other, requires strength to undertake. The blood is out of order, the nerves deranged, and nature's food for both is needed.

All such persons will find to their immense joy that Paine's celery compound, taken now, will make them well.

Paine's celery compound works wonders in the spring. If you have labored under the load of repeated headaches, neuralgic pains and days of nervous debility, now is your best time to get well.

Michael is today the most phenomenal rider in professional ranks. As far back as 1894 he was undisputed champion of Great Britain, and in the following year he went to France and scored twenty-five straight wins against the picked riders of Europe. He has defeated such famous men as Jacquelin, Gougoltz, Huret, Riviere, Bonhours, Bourillon and Barden of England, and Leyten, the Belgian champion.

He has just returned from Europe and is now ready to join the racing men on the Pacific coast, despite the large amount of work he has gone through during the past months.

Michael has made cycle racing a careful study, and is in a position to give excellent advice not only to racing men but to wheelmen and athletes in general. In reference to his own methods the following letter will interest everybody:

Boston, Mass., Feb. 21, 1897.

After the exertion of my record ride while with the Morgan & Wright team in the south last winter, during which I lost somewhat in weight, on account of the unaccustomed climate, I was advised to use Paine's celery compound. I am pleased to say that it gave such satisfaction that I was impelled to use it again to brace up from the effects of the two unusually rough ocean trips that I have taken during the past month. I believe that wheelmen who have to undergo the hardships of "circuit chasing" will find Paine's celery compound of assistance in keeping up their physical tone.

**JIMMY MICHAEL.**

Every one needs to take a spring remedy to purify their blood, arouse the circulation and counteract the debilitating effect of months of confining work, worry and excitement.

The more intelligent portion of every community are the ones who best recommend Paine's celery compound. They have looked into this great remedy, followed its remarkable achievements in the case of friends, neighbors and relatives, and know just what to expect from its use as a nerve and brain strengthener and restorer and an ideal invigorator for a rundown system.

**Cheapest Power...**

**Rebuilt Gas and Gasoline Engines**

IN GUARANTEED ORDER. FOR SALE CHEAP

- 1-1 H. P. Hercules, Gas or Gasoline.
- 1-2 H. P. Hercules, Gas or Gasoline.
- 1-2 H. P. Regan, Gas or Gasoline.
- 1-3 H. P. Oriental, Gas or Gasoline.
- 1-4 H. P. Otto, Gas or Gasoline.
- 1-4 H. P. Pacific, Gas or Gasoline.
- 1-6 H. P. Hercules, Gas or Gasoline.
- 1-10 H. P. Hercules, Gas or Gasoline.

State Your Wants and Write for Prices...

**Hercules Gas Engine Works**

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Gas, Gasoline and Oil Engines, 1 to 200 H. P.

**FRAZER AXLE GREASE**

BEST IN THE WORLD.

Its wearing qualities are unsurpassed, actually outlasting two boxes of any other brand. Free from Animal Oils. GET THE GENUINE. FOR SALE BY OREGON AND WASHINGTON MERCHANTS and Dealers generally.

**WHEAT**

Make money by successful speculation in Chicago. We buy and sell wheat there on margins. Fortunes have been made on a small beginning by trading in futures. Write for full particulars. Best of reference given. Several years' experience on the Chicago Board of Trade, and a thorough knowledge of the business. Downing, Hopkins & Co., Chicago Board of Trade Brokers. Offices in Portland, Oregon, Spokane and Seattle, Wash.

**RAZORS** Finck's "C. C." RAZOR

In sizes 4-8, 5-8 and 6-8. Price, \$2.50. Can be exchanged if not satisfactory. Send for general Catalogue or Catalogue of Sporting Goods or Barber Supplies.

**WILL & FINCK CO.,**  
520 Market St. San Francisco, Cal.

**FOR SALE ONE CALIFORNIA REFRIGERATOR** with Job Press, quarter medium; one Favorite Paper Cutter, 2 1/2 x 8 inches. Cheap for cash. Address, Catholicus Institute, 250 Oak street, Portland, Oregon.

**DUPTURE and FILES** cured; no pay until cured; send for book. Dr. MASSIE & Co., Portland, 323 Market St., San Francisco.

**FARM SUPPLIES**

Groceries, Hardware, Agricultural Implements, Harness, Boots, Shoes, Dry Goods, Music, Etc. Send 4c for Large Illustrated Catalogue. PRODUCE TAKEN IN EXCHANGE. HOLS SUPPLY CO., 13 Front St., San Francisco, Cal.