YOUNG GIRLS.

Their Conduct and Health Often Mystifles Their Mothers

Young girls often feel, and consequently act, very strangely.

They shed tears without apparent



eem self-absorbed, and heedless of things going on around them. Sometimes they complain of pain in lower parts of body, flushes of heat in head, cold feet, etc.

Young girls are not free from incipient womb troubles.

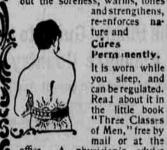
Mothers should see to it that Lydia

E. Pinkham's Vegetable Compound is promptly taken; all druggists have it.

The girl will speedily be "herself again," and a probable danger be averted. Any information on this subject, or regarding all female ailments, will be cheerfully given free by Mra. Pinkham, Lynn, Mass. Write her.



Its soothing, warming, invigweakened tissues, sends the life-blood bounding through your g orating current penetrates the veins, relieves the pain, takes out the soreness, warms, tones and strengthens, re-enforces nature and



you sleep, and can be regulated. Read about it in the little book "Three Classes of Men," free by mail or at the A physician's advice Cail or address

SANDEN ELECTRIC BELT CO. 253 West Washington St., Portland, Or. Please mention this Paper.

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WALLACE H. LEE, A. M., President. ZIMRI M. PARVIN, Musical Director



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American-born and American-educated German. 3—Military tactics, involving the regulations of a first-class military school in dress,

habits and drill. Opens Sept. 15. Send for catalogue. Wallace Howe Lee, president.

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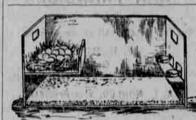
We carry the most complete line of Gymnasium sud Athletic Goods on the Coast. SUITS AND UNIFORMS MADE TO ORDER.

WILL & FINCK CO.,

Send for Catalogue []



Fox for Setting Hens. A labor-saving device for use in set ting hens is shown herewith. A shoc box or grocery box of sufficient size is taken, and a nest made in one end, as shown in the engraving, the top and front having been removed to show the Interior. The bottom of the box is covered with road dust, or coal ashes and a shelf for setting in water and cracked corn-the best feed for setting hens. Openings for air are made in each end. A hen can be placed on the nest, the cover of the box put on, and biddy left to her own devices until she brings off

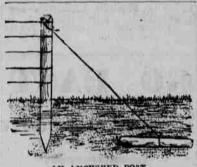


ROX FOR SETTING HENS.

her brood. This plan takes away much of the care-usually experienced in setting hens in spring.-Farm and Home.

Vinegar from ummer Apples. If there were only a larger proportion of sweet in summer apples, they would be much the best for making into vinegar, as the warm weather causes violent fermentation, which soon gets into the vinegar stage. But it is found that though the fermentataion is rapid because of the temperature, the vinegar resulting therefrom is thin and poor. There is a decided advantage in adding some sugar after the cider has passed the alcoholic stage of fermentation. It will increase the sourness of the vinegar, while there will still be the same apple aroma and flavor which makes apple cider vinegar the best that can be produced from anything. The fall apples, even those called "sour," have more sweetness in them than have the best sweet summer apples. The Rus-set apple makes a very rich cider, but it does not ripen until all the warm weather has passed, so it keeps in the alcoholic stage all winter, and is very apt during that time to be drank by cider-thirsty people. The advantage of making cider from summer apples is that hot weather brings it so soon to the berries and then lifted, pulling the the vinegar stage that comparatively cranberries from the vines. The handle little of it will be drank as cider.

Anchoring a Corner. Where wire fencing is used, whether woven wire or straight strands, it is of great importance to have the corner or end posts firm and unyielding. A good The back and handle should be of hard way to accomplish this is shown in the | wood to hold the teeth firmly,-Americut. A broad stick of wood is sunk in [the ground and a stout piece of galvanzed iron wire is tied firmly about it and stretched tightly to the upper end of



AN ANCHORED POST.

the post, as shown. A corner post will need two wires similarly anchored .-Orange Judd Farmer.

Tarring Sheep's Noses. In summer sheep are apt to be troubled by the fly which deposits eggs in their noses, and afterwards hatches the maggot which burrows in their heads and often proves fatal. Sheep are much excited when they find this fly, running with their nose close to the ground and rubbing it into any loose soil they may find. Tarring the nose is the best preventive and always effective if taken in time. It is easily done by leaving tar in the field and throwing a handful of salt over it. In their engerness to get the salt, the sheep will thoroughly coat their noses with tar. It should be renewed so long as warm weather lasts, for the tar will gradually wear off and cease to be a protection.

Turnip Flavors in Milk. When cows accidentally get into a turnip patch, or other vegetables that impart a bad flavor to the milk, it can be made as good as ever for cream and butter making if it is heated to a temperature of 140 degrees. This is best done by placing the vessel in water which is quickly brought to a slightly higher temperature. All the odor passes off at this temperature, as it is very volatile. In cooling, the cream will rise to the surface. It also makes the butter come more quickly than from milk

No Rakings After Harvests, Under old methods of harvesting the steel rake was a very important ad- That may not be exactly honest, but junct to secure scattered grain. Yet when a man tries to burn his barn the even in those days good farmers did matter of honesty will not probably not find those rakings very valuable, as worry him

nearly ready to sprout by alternate wet and dry weather. The new harvesters leave no rakings, and as what would otherwise be wasted is thus saved for market, it makes a material addition to the crop. We know farmers who used to thresh the rakings separately and grind them for hog feed rather than mix the stained with the marketable grain.

To grow large ears, well filled out. the soil must be deep, mellow and heavlly fertilized. The best growers spread one inch of rotted manure in the furrow, and when the corn is six inches in height sow 600 pounds of phosphate to the acre and cultivate it in. Liquid manure is an excellent stimulant. It is run between the rows at the rate of fifty barrels to the acre. Night soil is another valuable manure for this crop; twelve two-horse loads is the right quantity to spread broadcast before planting. The manure and soil should

may be planted all through July and up

and nicely pulverized.

Cracked Wheat for Young Chicks. Some cracked wheat should be given o chicks even before they are a week old. It is the best exercise their digestive organs can have: Whole wheat, will be caten when the chicks are ten-days or two weeks old, and should always form a part of their ration. 'It is especially valuable to" make themfeather quickly, the grain containing just the kind of material necessary for feather production. Where wheat is largely grown, the fowls find enoughscattered grains about barns or stacks, so that young chicks hatched in midsummer will become full feathered before winter, and will make early spring

Our illustration shows a convenient home-made cranberry rake that will greatly facilitate the picking of these berries, if they are at all thick upon the ground. The rake has tight side pieces, shown by the dotted lines, and the teeth are near enough together so that cranberries cannot drop through. The rake is taken in the hand in much the



position shown in the sketch. The teeth are gently brought along beneath is of course inclined backward as it is lifted to keep the berries from running out over the front of the teeth. These latter can be light iron rods bent into shape by a blacksmith and sharpened. can Agriculturist.

Farm Horses in Summer. It is not usually lack of grain but of grooming that is the trouble with farm horses in summer. If they have to work at this season they sweat more quickly, and will clog up their skin with dirt worse in summer than in winter. It is very uncomfortable for a horse to stand for hours without grooming while the sweat dries off from him. If thoroughly rubbed first with a dry cloth so as to dry off the moisture, the brush will soon put the horse's coat in good condition. Grooming a horse is economical also, as it saves him from being galled.

Agricultural Notes. Insure your buildings against cy-

Drainage will greatly increase the value of wet ground. Roots cannot penetrate a subsoil that is as hard as a stone.

The silo will enable the farmer to keep more cows profitably. In sections where cyclones are likely,

a storm cave shows wisdom. The hired man should be a gentleman among the children in the house.

Spare the harrow in the early stages of corn growth and spoil the crop. In sections outside the corn belt corn can often be profitably grown for the

Hay caps are a good investment. They will in a wet season pay for themselves very quickly. When the surface bakes after a rain,

a light harrow should be used, whether the crop is up or not. Hailstorms are likely anywhere, and

insurance against them is as necessary as insurance against fire. Eighty acres intensively cultivated are better than 160 acres under the too

often loose system of farming. For a root that is such unquestionable value to the hog, the artichoke gets more hard knocks than it deserves.

A Nebraska man protects his corn from gophers by scattering corn around the field for the gophers to feed upon.

Do you allow smoking in the barn? If you do, increase your insurance, The Age of Deer.

Romance has played a prominent part with regard to the longevity of deer, says a writer in Chamber's Journal, What says the Highland adage? Thrice the age of a dog is that of a

horse, Thrice the age of a horse is that of a

Thrice the age of a man is that of a

Thrice the age of a deer is that of an Thrice the age of an eagle is that of an oak tree.

This is to assign the deer a period of more than 200 years; and the estimate is supporte ; ym nyligh y cir wm stantial stories. Thus, Captain MacDonald, of Tulloch, who died in 1776, aged 86 years, is said to have known the white hind of Loch Treig for 50 years; his father for a like period before him. and his grandfather for 60 years before him So, in 1826, Macdonald of Glengarrys is reported to have killed a stag which bore a mark on the left ear identical with that made on all the calves he could catch by Ewen-Mac-Ian-Og, who had been dead 150 years.

Analogous stories, it may be noted are told in countries on the continent of Europe, where deer are to be found in any number. But alas! the general opinion among experts would seem to be that 30 years or thereabouts is the limit of a deer's life.

United States Senate Employes. Thirty years ago 70 employes of the United States senate were on the pay roll. Today the number is 354. The be well mixed together. Sweet corn large increase is in proportion not only to the size of the senate, but as well to to the 10th of August. For market or the increase in public business, due to for family use, plant every fifteen days. The ground should be deeply plowed the enormous development of the country. It takes more employes to transact this business. But the number of high-priced employes has not increased in proportion to the increase in the total number. Thus, two years ago an \$1,800 cierk in the postoffice was cut off and two men at \$900 each were added to the carrier service. It was said that the clerk was not needed, but the additional carriers were.

Field Glass Range Finder.

An improved range finder for field glasses has a flat dial plate, subdivided to correspond with the focus of the glasses, rigidly attached near the rear end of the adjusting screw to the frame of the glasses indicating the adjustment upon a dial. A small wheel upon the adjusting screw turns it so that it will readily focus the glasses for various distances, and enabling the user to also estimate correctly the speed of advanc-ing or withdrawing objects.

Gave His Father the Promotion.

A case of a son's thoughtfulness and affection for a father has come to light in the navy department, at Washing-ton. John Casson and his son, Schley Casson, are clerks in the office of Secretary Long at salaries until recently at \$1,200 each. The work of the young man attracted attention, and he was notified of a promotion, with \$1,400 salary. Young Casson refused to accept, saying that his father had been longer in the service and was more deserving. At the young man's request the promotion was transferred to the father.

DO WE NEED BIG MUSCLES?

By no means. Persons of herculean build frequently possess a minimum of granine vigor, exhibit less endurance than very small people. Real vigor means the ability to digestand sleep well, and to perform a reasonable amount of daily physical and mental labor without unnatural latigue. It is because a course of Hostetter's Stomach Bitters enables the enteebled dyspettle to resume the alloted activity of every day lie, as well as to participate without discomfort in its enjoyments, that it is such a pre-eminently useful medicine.

Vaccination has just been introduced inte Afghanistan by the advice of Miss Hamilton an English physician, who is in attendance upon the Ameer.

There is more Catarrh in this section of the country than all other diseases put together, and multi the last lew years was supposed to be incurable. For a great many years doctors prenounced it alocal disease, and prescribed local remedies, and by constantly failing to cure by local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease, and therefore requires constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer our hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, O. Solid by druggists, 75c.

Hall's Family Pills are the best. Sold by druggists, 75c. Hall's Family Pills are the best.

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

I believe my prompt use of Piso's Cure prevented quick consumption.—Mrs. Lucy Wallace, Marquette, Kans., Dec. 12, '95.

Lincoln county, Kentucky, has a new-found cave rivaling Mammoth cave

in size and novelty.

thousands of people who want good tea (many don't drink tea now, because it has been either costly or bad) and here is Schilling's Best -good tea at a fair price.

Don't you want to sell lots of such tea, and moneyback it if your customers don't like it? A Schilling & Company San Francisco

K LONDIKE Book on Alaska and Gold Fields routes, equipment, etc. Complete with Blustre tions and maps. Sec. H. L. Wells, Portland, Or



AN OPEN LETTER To MOTHERS.

WE ARE ASSERTING IN THE COURTS OUR RIGHT TO THE EXCLUSIVE USE OF THE WORD "CASTORIA," AND "PITCHER'S CASTORIA," AS OUR TRADE MARK.

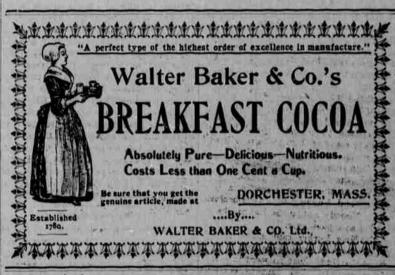
I, DR. SAMUEL PITCHER, of Hyannis, Massachusetts, was the originator of "PITCHER'S CASTORIA," the same that has borne and does now bear the fac-simile signature of hat H. Thickers, wrapper. This is the original "PITCHER'S CASTORIA," which has been used in the homes of the mothers of America for over thirty years. LOOK CAREFULLY at the wrapper and see that it is the kind you have always bought hat Hillitain on the and has the signature of hat Hillitain wrapper. No one has authority from me to use my name except The Centaur Company of which Chas. H. Fletcher is

President. Obenul Pitcher M. D. March 8, 1897. Do Not Be Deceived.

Do not endanger the life of your child by accepting a cheap substitute which some druggist may offer you (because he makes a few more pennies on it), the ingredients of which even he does not know.

"The Kind You Have Always Bought" BEARS THE FAC-SIMILE SIGNATURE OF

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Power that will save you money and make you money. Hercules Engines are the cheapest power known. Burn Gasoline or Distillate Oil; no smoke, fire, or dirt. For pumping, running dairy or farm machinery, they have no equal. Automatic in action, perfectly safe and reliable.

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Two Unique Colonies A farming community in which every one of the 145 workers may be expected to drop his hoe or plow handles or her broom or dish tray at any moment without warning, and writhe upon the ground in convulsive agonies, is rather unique among all colonization schemes. Such, however, is the Craig colony for epileptics at Sonyea, N. Y., with its group of 69 men and 76 women. At the national conference of charities and correction in Toronto, 1 had been strongly assured that no view of Eastern philanthropists could be complete without a visit to the new, but famous Craig colony. Accordingly I pedaled my bicycle over country roads south from Rochester, through Genesee and Mount Morris, to diminutive Sonyea, A Georgia jury brought in this verdict the other day: "We find the defendant almost guilty."

Mr. Grocer: there are whose residents are exclusively epileptics. The new collowrs of their attendants. The new collowrs by "SLOCUM'S TAPE WORM SPECIFIC." requiring no previous or after treatment, such as fasting, starving, dieting, and the taking of natiseous and of an old Shaker sect, whose members were followers of Ann Lee and practiced the description of collibers. Whether the were followers of Ann Lee and practiced the discomfort of old after effects. No loss of the doctrine of celibacy. Whether the Shaker sect wasted away for lack of progeny or not, the property was duly acquired by the state of New York, and the legislators at Albany determined to the leg mined to collect here another set of celibates, the 900 or 1,000 epileptic patients who were scattered about in almshouses, in asylums for the insane or feeble-minded, and indigent private homes. In none of these places were they securing proper or curative treatment -I. Morris, in N. Y. Sun.

A 16-inch gun casting was made at the Bethlehem Iron Works on August 12. It is intended for the tube of a 16inch gun now being built for the government, and is 19 feet 6 inches long. octagonal in shape and 74 inches in diameter. More than 100 tons of metal were used in the casting, the first and the largest of its kind ever made in this country.

A large flock of wild pigeons has taken possession of a grove in Sharta county, California.

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WHEAT Make money by successful speculation in Chicago. We buy and sell wheat there on margins. Fortunes have been made in 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. Lowning, Hopkins & Co., Chicago Board of Trade Brokers. Offices in Portland, Oregon, Spokane and Scattle, Wash.

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