

FOODS FOR INVALIDS AND CHILDREN

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THE OREGONIAN'S HOME STUDY CIRCLE: DIRECTED BY PROF. SEYMOUR EATON

HOME SCIENCE AND HOUSEHOLD ECONOMY

Contributors to this course: Mrs. Helen Campbell, Mrs. Margaret E. Sanger, Mrs. Kate...

FOODS FOR INVALIDS AND CHILDREN—By Professor E. Hogan.

One of the greatest of temperance and constitution, every case of feeding...

The study of dietetics as applied to the nursery and the period of childhood...

The treatment of almost all diseases requires the special application of food principles...

Food is not such as the digestion can master. It is useless and can only do harm...

blood receives no new supply and is impoverished; there is no nourishment given...

The whole study of feeding children and invalids may appear to be a vast one...

Second—Following infancy comes the more difficult period of childhood...

Following the period of childhood comes the time for the study of estimating correct quantities...

Fourth—A simple presentation of the principles of food would be a valuable...

SHIPPING ON THE OXUS

RUSSIAN TRANSPORTATION SCHEMES NOT A SUCCESS.

Beauty Spots in Central Asia—The Chardjul Bekdom—Palace of the Emir of Bokhara.

SAMARKAND, Russian Turkestan, July 13.—In spite of the difficulties and expense of bridging the Oxus...

TRIUMPH IN OREGON

Phrase of Dr. Blackburn Treated in Ironical Vein.

PORTLAND, Jan. 12.—(To the Editor.)—The editor of the Philadelphia North American has been asking the Editor...

not been taken through the bridge in the way that had been intended.

GATEWAY OF THE NEW PALACE OF THE EMIR OF BOKHARA.

street is had, had for his paper and for his journalistic acumen.

It will not be long before the old wooden bridge will be supplanted by the new one of iron...

A NEW DEAL ALL ROUND.

But What Will the Candidates Be Doing Meanwhile?

At the convention of the State Republican League of Republican Clubs...

Sherman County Bank's Assignment.

The Sherman County bank made an assignment last Saturday of all its assets to L. Clark...

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Pneumonia

always leaves the lungs weak. Weak lungs are breeding grounds for the germs that cause consumption.

If you have had pneumonia, the germs of consumption are at work. Don't let them get a foothold.

SCOTT'S EMULSION; it will drive out the germs by making the lungs stronger than they are.

Not a dark office in the building absolutely fireproof; electric lights and artesian water...

DIZZY SPELLS

When a person is afflicted by periodical dizziness...

HUDYAN—All Druggists, 50c. Men and Women.

HUDYAN restores nerve force, strength and vitality. It cures nervous debility...

Consult Hudyan Doctors—Free of Charge. Write.

BEECHAN'S PILLS The Best and Safest Family Medicine. Bilious and Nervous Disorders, Sick Headache, Constipation, Weak Stomach, Impaired Digestion, Disordered Liver and Female Ailments.

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COOK REMEDY CO. Primary, Secondary or Tertiary Blood Poison. Permanently Cured.

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A few more elegant offices may be had by applying to Portland Trust Company of Oregon, 107 Third St. to the rent clerk in the building.