DOCK KNOWLEDGE NOW IS NECESSITY

Ordinance Relative to Waterfront Structures to Be Published.

FINE FOR NON-COMPLIANCE

Commission of Public Docks Authorized to Take Steps to Have Any Improperly Constructed Dock Condemned.

Further consideration of an ordinance establishing the jurisdiction of the Commission of Public Docks over waterfront structures, which will force the builders of new wharves and warehouses to conform to the provisions of the municipal building ordinance, also to special features the Commission has outlined, was given at the regular meeting yesterday and as a means of acquainting all taxpayers with its terms it was decided to have it published in the daily papers.

Failure on the part of property owners to comply with the measure will be punishable by a fine not to exceed $250 and the Commission is authorized to take steps to have any improperly constructed dock or building condemned.

Commissioner Keilaher reported that Mayor Rushlight has promised to give his individual attention to the situation on North Front street with reference to certain tracks of the Northern Pacific Terminal Company that are alleged to have been laid without authority of a franchise from the city or grant from the county. It is probable that when Mayor Rushlight makes his inspection he will be accompanied by members of the Commission.

Chief Engineer Complimented.

G. B. Hegardt, chief engineer, was complimented highly by Fred W. Mulkey, chairman of the body, on his painstaking efforts to rearrange trackage connections to serve the two public docks planned. Mr. Hegardt submitted a number of blue prints showing existing lines near the East and West Side dock sites, how connection can be made to serve the docks and warehouses and the manner in which cars may be switched without disturging those being loaded or discharged, features that were not provided for in the first plans.

He said that the curves necessary to reach the sites would have from 120 to 150 radii.

It was on that subject that representatives of rail lines appeared before the Commission recently and asked that as slight curvature as possible be provided. Mr. Hegardt pointed out that on New York harbor 150 was the maximum radii and on some docks it was as low as 90.

The connections for the West Side dock will be from both the Spokane, Portland & Seattle tracks and those of the Northern Pacific Terminal Company. The Southern Pacific asked, with reference to the East Side site, that the radii be not less than 225.

Authority to Confer Given.

It was voted that the chief engineer be authorized to confer with the engineers of the rail lines and submit his plans.

It was reported from the bookkeeping department that $1000 was in the sinking fund and that as it was on deposit interest in the sum of $10 has accrued, so it was voted to ascertain if the Commission could not purchase municipal bonds at par, so long as they would mature in advance of the public docks bond issue's expiration. For the month of September interest on other money had accumulated to the amount of $29.86, according to a statement from City Treasurer Adams.

The payroll of the Commission for September was $1326.25.

IKALIS COMES FOR LUMBER

Low Water Permits Better Survey of Main Channel.

Hailing from Caspar with a part cargo of lumber for Sydney the British steamer Ikalis reported in the river yesterday, and will proceed upstream to load under engagement to J. J. Moore & Co. The British steamer Ikala, of the same line, has been fixed to load lumber at 6s 6d, and will probably come to the Columbia River for cargo, though her charterers or destination have not been announced.

The Norwegian steamer Rygja, loading wheat for Europe, may get away tomorrow, drawing over 24 feet, and the British steamer Willesden, carrying cereal also for the United Kingdom, is to sail October 8 or 9 and will draw about 27 feet. As the Columbia River has reached a low stage, the guage at Walker's Island showing zero at low water, the Port of Portland dredging force is making efforts to cover all bars before Fall rains cause an increase. To that end Manager Talbot and Commissioner Pease, with Captain Groves, of the dredging branch, sounded Wednesday at Walker's Island, Martin's, Slaughter's, Doublebower's and other points near by, good water being found in most places. Where sediment has formed since the previous trip of the dredges the "lumps" will be removed and then the dredges returned to continue cutting to the 28-foot mark.

STAR IS DAMAGED BY PILING

Tug Lifted on Drydock to Have Hull Repaired.

While steaming away from the North Pacific Lumber Company's plant late Wednesday, towing a barge of fuel for use on the dredges, the tug Star, temporarily operated by the Port of Portland as a tender under a lease from the Star Sand Company, struck on a submerged piling near the old breakwater and stove a hole in her hull.

The vessel was aided by the tug Resolute, which was passing, and after having most of the water pumped from her hold was towed to the public dry dock, where she was lifted yesterday and the damaged planking replaced. She was afloat again last evening. The scene of the accident is navigable only by river vessels and while a part of the breakwater was torn out so as to afford passage for steamers plying between Swan Island and the west shore, there is said to be considerable drift and obstructions of that character in the vicinity. The Star was proceeding slowly at the time, because of having the barge alongside, and the injury was confined to one plank. She will be used by the Port as long as dredging can be carried on as the tugs McCraken and Wenonah cannot do all work for three diggers.

BOARD EXAMINES APPRAISERS

Effort Being Made to Have Transactions Uniform.

Special Agent Wheatley, in charge of the New York District, arrived in Portland yesterday in advance of a special board that is on a tour of the United States, examining into methods in vogue among the United States appraisers. Four other members of the board and two stenographers will reach the city today and on completing their labors here proceed to San Francisco.

It is the aim of the Government officials to introduce in the various districts a uniform system of business. It is generally supposed that the step has been accomplished through the medium of annual meetings held in the East, which are attended by the appraisers, but it is said that there are yet certain features of the work handled independently.

LIGHTVESSEL IS REPLACED

Government Relights Beacons on Lower River for Fishermen.

Information bearing on aids to navigation of interest to skippers and pilots plying between Portland and the sea, was issued yesterday from the office of Henry L. Beck, inspector of the 17th lighthouse district, as follows:

Columbia River light vessel No. 88, replaced on station and relief light vessel No. 67 withdrawn, September 24.

No change has been made in the general appearance or in the lights or fog signal of light vessel No. 88. (No. 39, 1912.)

Columbia River—The following lights were relighted September 10, and will be maintained during the Fall fishing season:

Republic Spit range lights.
Jetty Sands range lights.
Peacock Spit range lights.
Sand Island light.
Fort Columbia wharf light.

STEAMER INTELLIGENCE.

Due to Arrive.

Name.	From	Date.
Nebraskan	Salina Cruz	In port
Sue H. Elmore	Tillamook	Oct. 4
Bear	San Pedro	Oct. 4
Lyra	Salina Cruz	Oct. 6
Breakwater	Coos Bay	Oct. 6
Anvil	Bandon	Oct. 6
Geo. W. Elder	San Diego	Oct. 7
Rose City	San Pedro	Oct. 9
Alliance	Eureka	Oct. 11
Roanoke	San Diego	Oct. 13
Beaver	San Pedro	Oct. 14
Isthmian	Salina Cruz	Oct. 15
Nevadan	Salina Cruz	Oct. 26

To Depart.

Name.	For	Date.
Yale	S. F. to L. A.	Oct. 4
Sue H. Elmore	Tillamook	Oct. 5
Nebraskan	Salina Cruz	Oct. 6
Harvard	S. F. to L. A.	Oct. 5
Breakwater	Coos Bay	Oct. 8
Bear	San Pedro	Oct. 8
Anvil	Bandon	Oct. 8
Geo. W. Elder	San Diego	Oct. 9
Lyra	Salina Cruz	Oct. 10
Rose City	San Pedro	Oct. 13
Alliance	Eureka	Oct. 13
Roanoke	San Diego	Oct. 16
Isthmian	Salina Cruz	Oct. 19
Beaver	San Pedro	Oct. 18
Nevadan	Salina Cruz	Oct. 30

Marine Notes.

In tow of the steamer Ocklahama, the rebuilt steamer Rochelle was towed to Rainier yesterday to load lumber for the Bay City.

In water ballast from San Francisco, the Norwegian steamer Titania entered yesterday. She is loading lumber on Oregon Slough for Australia.

After having overhauled all post lights on the river the tender Manzanita arrived last evening, having on board Henry L. Beck, inspector of the Seventeenth Lighthouse District, who inspected stations and aids. The tender Heather is thought to be stormbound at Neah Bay.

After a stay of three weeks at the plant of the Willamette Iron & Steel Works, where oil burners were installed and her machinery overhauled, the steamer L. Roscoe is forced to remain for a few days longer, as she broke a propeller blade when getting away for Coos Bay, her home port.

Bound here to load lumber for the South, the schooner Alvena arrived in yesterday from Guaymas and will be towed to St. Helens today by the Port of Portland steamer Ocklahama. The schooner Balboa, which is one way from Caleta Buena to the Columbia, is reported from San Francisco to have been spoken September 30.

Coming from Callao, the German bark Hera entered at the Custom-House yesterday with 900 tons of sand and stone ballast. W. Faber, second mate of the vessel, fell from above and lost his life after she left Rotterdam on the way to Callao. The trip from the latter port was featured by calms until nearing the Columbia, when she ran into a hard blow. The vessel will discharge ballast at Linnton and berth at Irving dock to work grain.

Inaugurating the Winter schedule of the San Francisco & Portland Steamship Company yesterday, the steamer Beaver carried over 400 passengers. As her first-class capacity of 260 persons was filled, 150 went in the steerage. The latter class is being augmented through the arrival of harvest hands and laborers seeking California climes in which to pass the Winter. By the latter part of the month the vessels are expected to be sent away with every berth taken. The steamer Bear is due here today.

Captain Jack Speier, head of the harbor patrol force, returned yesterday from Sisson, Cal., where he passed his vacation with Mrs. Speier and Miss Gene Speier. The skipper has some prize yarns of having caught deep-sea inhabitants in the days when he navigated the Pacific, but he brought another from Sisson to the effect that he captured a trout, one of the Loch Leven variety, that measured 31 inches. In fact, he narrates, the trout was of such size that a fish warden in charge in that district took it to a hatchery alive as an exhibit.

Movements of Vessels.

PORTLAND, Oct. 3.—Arrived—British steamer Strathfillan, from Brisbane; steamer Nebraskan, from Salina Cruz, via San Francisco; German bark Hera, from Callao. Sailed—Steamer Beaver, for San Francisco and San Pedro; steamer Alliance, for Coos Bay and Eureka; steamer Coaster, for San Francisco; steamer Klamath, for San Diego; steamer Nehalem, for San Francisco; steamer Rochelle, for San Francisco, via Rainier.

Astoria, Oct. 3.—Arrived at 8 and left up at 10 A. M.—British steamer Ikalis, from Caspar. Arrived at 8:45 A. M.—Schooner Alvena, from Guaymas. Left up at 3 P. M. British steamer Strathfillan. Arrived at 4 P. M. and left up—Steamer Nebraskan, from Salina Cruz, via way ports.

San Francisco, Oct. 3.—Arrived at 9 A. M.—Steamer Newburg, from Columbia River. Sailed—Steamer Rose City, for San Pedro; steamer Daisy, for Portland. Spoken September 30—Schooner Balboa, from Caleta Buena, for Columbia River.

Coos Bay, Oct. 3.—Arrived at 9 A. M.—Steamer Breakwater, from Portland.

San Pedro, Oct. 3.—Arrived—Steamer St. Helens, from Portland. Sailed yesterday—Schooner Winslow, for Columbia River.

Tacoma, Oct. 2.—Arrived—Norwegian steamer Thor, from Portland, for Hong Kong.

Seattle, Oct. 3.—Arrived—Steamers Alki, from Southeastern Alaska; City of Seattle, Skagway; ship Vercigentorix, from Glasgow; schooner Transit, from Bering Sea; barge St. James, in tow of tug Goliah, from Kenai. Sailed—Steamers Admiral Sampson, for Southwestern Alaska; Thor, for Orient.

San Francisco, Oct. 3.—Arrived—Steamers Newburg, from Astoria; Moana, from Sydney; ship L. J. Morse, from Bristol Bay. Sailed—Steamers Bandon, for Coquille River; Daisy, for Astoria; Buckman, for Seattle; barge Washtucna, for Grays Harbor.

Columbia River Bar Report.

Condition at the mouth of the river at 5 P. M.: smooth; wind, northwest, 28 miles; weather, clear.

Tides at Astoria Friday.

High.	Low.
7:52 A. M.....5.9 feet	0:48 A. M.....0.5 feet
6:42 P. M.....7.5 feet	0:45 P. M.....4.5 feet

Divorce Asked After 32 Years.

EUGENE, Or., Oct. 3.—(Special.)—After 32 years of married life Verna Racera, aged 60, asks a divorce from her husband whom she married in Italy in 1880. She alleges cruel and inhuman treatment, and would have the court restrain the defendant from disposing of their joint equity in a certain 213 acres of land.

"Crow's Nest?" Canadian coal. C. 2303.*

"SMOKE-'EM-OUT" SMOKE LIKE VAPOR

Republican Chairman Moores Says Bull Moose Process Is Grand Fizzle.

"SHADY" TACTICS SCORED

Taft Men Prepare to Go After Supporters Who Do Not Fight in Open—Third Party Candidates All Accept.

Every candidate nominated by the Bull Moose county convention last Saturday has filed his formal acceptance of the nomination, according to an announcement made at Roosevelt headquarters yesterday.

The third party, through its executive committee, yesterday completed its Legislative ticket by indorsing two additional Republican nominees for the same offices. J. H. Nolta was selected for State Representative to take the place of Dr. C. L. Booth, who declined to accept, and David E. Lofgren was named to succeed Max Telford for Joint-Representative from Multnomah and Clackamas Counties.

State Chairman Moores, of the Republican committee, yesterday entered a vigorous denial to the charge emanating from Bull Moose headquarters that the state organization had undertaken to influence Republican nominees from accepting the nomination and indorsement of the third party.

"Smoke Out" Process Fizzle.

"The published announcement that the state committee has used every effort to prevent Republican nominees from accepting Bull Moose indorsement has not the slightest foundation," said Mr. Moores. "The state committee has not undertaken and will not undertake to interfere in matters of purely local concern but we will take a lively interest in helping to 'smoke out' candidates who are professing loyalty, in the open, to the Republican ticket while they are in secret giving aid and comfort to the enemy.

"Nobody but a Bull Mooser has the nerve to assert his right to the support of Republicans while he himself is proclaiming his adhesion to Roosevelt. The smoking out process of the Bull Moosers ended in a laughable political fizzle. Early in the campaign they notified candidates that support of Roosevelt would be 'demanded.' As this did not scare anybody they gradually assumed the attitude of suppliants and in order to give respectability to their ticket, they finally made it up largely of pronounced supporters of Taft. All that was finally required was a support of 'progressive principles.'

Progressives Not in Evidence.

"This Bull Moose convention included nobody who in the past has been conspicuous as a progressive. It was not in any sense any more representative of the political decency of Portland than the worst boss-ridden convention the city ever saw. Its assumption of the proprietorship of the ten commandments and of all the composite political decency of the universe is what might be expected of a party that promises to end the tyranny of the boss and the machine under the leadership of Tim Woodruff and Dan Hanna and Bill Flinn and that follows the leadership of Gary and Munsey and Perkins in denouncing 'the interests' of Wall street.

"It was interesting to notice how enthusiastic Seneca Fouts and his followers, who were conspicuous in the convention, were in urging the indorsement of Walter H. Evans. Other men of the Evans stamp were indorsed because it would have been fatal not to indorse. The only question that seemed to enlist real enthusiasm was the single tax. F. E. Coulter, the single tax campaigner, flushed with enthusiasm over the recent defeat of our anti-single tax friend, Senator Mulkey, did good work in defeating the indorsement of Henry E. Reed, a pronounced enemy of the single tax, and landing an indorsement for H. D. Wagnon, the single tax candidate for assessor.

Democratic Tactics Manly.

"Republican supporters of President Taft who have accepted the Bull Moose indorsement without a pledge have not forfeited their right to Republican support, but candidates who are fighting under cover, demanding Republican support, while secretly aiding the enemy, will receive the attention they deserve at the polls.

"Our Democratic opponents are fighting like men in the open. When they decide upon whom of their candidates the opposition to the Bull Moosers should concentrate, they will hear of something to their advantage from men of all parties who despise political cowardice and duplicity. There will be some quiet, but effective work done along this line before the close of the campaign."

PERSIAN MYSTIC LANDS

Thornton Chase, Admirer, Dies Day of Arrival After Long Wait.

After looking forward for some months to the arrival of the Persian prophet and mystic, Abdul Baha, in San Francisco, Thornton Chase, the general Western manager of the Union Mutual Life Insurance Company, of New York, died last Wednesday, the very day the prophet arrived.

For some time Mr. Chase had made periodical visits to Portland, his most recent one being in the month just past. On that occasion he spoke at Ellers' Hall on the forthcoming visit to be paid by the prophet Baha to Portland and of the growth of the Bahai faction.

Of this movement Mr. Chase had written much and studied deeply. He had paid a visit to the prophet when the latter was in prison in Syria, and was a leader in the movement on the Coast.

Abdul Baha will remain in San Francisco for three weeks or a month. His admirers have taken a house there for him, with the intention of making him prolong his stay, so that in all probability Portland people will not have an opportunity of seeing this remarkable personality for some time.

ASSESSMENT IS LEVIED

Washington Synod Raising Funds for Endowment Purposes.

SEATTLE, Wash., Oct. 3.—Consideration of committee reports and addresses occupied the attention of the delegates attending the 23d annual session of the synod of Washington of the Presbyterian Church today. It was decided to move the headquarters of the synod from Auburn to Tacoma. A special assessment of 8 cents a member was levied to raise the interest on $30,000 in order to obtain an endowment of $70,000 for Whitworth College.

"Less Butter—More Cottolene in Your Kitchen"

THE cost of living has increased so that today one's income goes only about half as far as it did 15 years ago. Under such circumstances it is surely up to every housewife to count the cost of food pretty carefully.

Butter is one of the big items on every monthly expense account. We use too much butter, and butter is sky high most of the time.

Let us tell you the solution to the problem. Butter is a necessary on the table; it is an extravagance in the kitchen.

Cottolene will give you just as good or better results than butter in cooking, at half the cost. It makes deliciously dry, crisp food, without the suggestion of grease.

Food cooked with *Cottolene* digests more easily than either butter- or lard-cooked food.

Add to these the fact that *Cottolene* will go one-third farther than butter or lard, and you are without a possible excuse for at least giving *Cottolene* a trial.

We assure you it will make good and save you money.

Try this recipe

STEAMED CHOCOLATE PUDDING

Place 3 tablespoons of *Cottolene* in a bowl with ⅔ of a cup of sugar and 1 egg and beat all together thoroughly. Add 1 cup of milk and pour the mixture gradually into 2 cups of flour which have been sifted twice with a teaspoon each of salt and cinnamon and 2½ teaspoons of baking powder. Blend well and then stir in 2 small squares of chocolate which has been melted over hot water. Pour into greased mold and steam for one hour and a half. Serve with sauce or sweetened whipped cream.

Made only by
THE N. K. FAIRBANK COMPANY

More Economical than Butter or Lard

COMMITTEES AT WORK

TEMPERANCE MEET ARRANGEMENTS NEAR COMPLETION.

Entertainment in Homes Desired for Approximately 800 Visitors and 200 Motors Wanted.

Committees are rapidly completing arrangements for the National convention of the Woman's Christian Temperance Union which is to be held in Portland from October 19 to 26 inclusive. Assurance has been given by the temperance organizations all over the United States that large delegations of workers are coming and it is thought the convention will be one of the most important ever held.

The entertainment committee has issued a call to the people of the city to open their homes to the delegates. It is said there will be at least 800 of them and it is desired to have a large part of this number entertained at private homes on the "Harvard plan" of night lodging and breakfast. Those who will be in position to accommodate some of the visitors have been asked by the committee to communicate at once with Mrs. Mary Mallet at 1715 East Eleventh street. The committee will meet next Monday morning at the Y. W. C. A. building to discuss ways and means of furnishing the visitors with accommodations in private homes.

An appeal has been made by the sight-seeing committee for automobiles to use in showing the visitors the city. At least 200 automobiles are needed for Friday, October 18, which day has been set for the official sight-seeing day. Persons having automobiles which they are willing to use in taking the visitors around the city have been asked to report to Mrs. Lucia Additon, telephone Tabor 179.

Headquarters for the convention have been selected in "The Mallory" which is near enough to the White Temple for convenience. The Charlton Hotel has been selected as the headquarters for superintendents. The convention committees are:

Finance: Mesdames Unruh, Barkley and Shane; entertainment, Mrs. Mary Mallet, 1715 East Eleventh street; pulpit supply, Mrs. J. W. Wilkins; reserved seats, Mrs. Helen Harford; restaurants, Mrs. Margaret Houston; publicity, Mrs. Ada Unruh for official organ and Mrs. L. H. Additon for city papers; reception, Mrs. Jane Donaldson; social functions, Mrs. Mary Townsend; bancuets, Miss Frances Gotshall; pages and music, Mrs. Eva Wheeler; registration, Mrs. Stella Wilson; banners, Mesdames Collins and Scott; public schools, Mrs. Mayme Hogue; L. T. L. demonstration, Mrs. M. F. Gates and Miss Smith; train reception, Mrs. B. L. Wolfe; rest room, Mrs. Wilsie Bainbridge, Mrs. I. M. Walker; postoffice, Mrs. Elizabeth Meyer; sight-seeing and excursions, Mesdames L. H. Additon, J. N. Wilkins and Marian Hawkes; ushers, Mrs. Rose Osburn; information, Mrs. M. M. Shearer; hotels, Mrs. Lola C. Little; hotel for Oregon women and visitors, Miss Catherine Burns; decoration, Mrs. E. Dalgleash, Mrs. H. Brown.

Luncheons and receptions are being arranged at several points, including one given by the Portland Woman's Club Friday, October 25.

GRANT UPHOLDS ACTION

Council's Course in Referring Franchise Declared Regular.

Assertions that the action of the City Council in referring to the electorate an ordinance granting to the Northwestern Electric Company a franchise to do business in Portland was irregular and of no effect were made at the City Hall yesterday by J. E. Werlein, of the Portland Railway, Light & Power Company. Mr. Werlein, however, would not say what, if any, action would be taken, further than that his company will file its referendum petitions in due time.

City Attorney Grant, when asked about the subject, said that the Council's action was regular and that the Portland Railway, Light & Power Company has no recourse other than to await the verdict of the people at the polls November 2.

Mr. Werlein's contention is that the Council had nothing to refer to the people, an ordinance having been passed by it and having been signed by the Mayor, became a law in due course and that, therefore, there is nothing to be placed on the ballot; that there is nothing for the people to vote on for that reason.

Mr. Grant, however, says that a new document, filed in the Auditor's office the day of the Council session, will be placed on the ballot. He declares there is no chance whatever that the action of the Council was irregular.

INDIAN SCHOOL RESUMES

Superintendent Wadsworth Makes Some Important Changes in Work.

Work was resumed September 30 at the Salem Indian School after a three months' vacation, during which time the students have been in the hop fields for an outing as well as for the money they could earn. Others have returned from their homes, where they were allowed to go for their vacation. Each train brings a number of new arrivals at the school from all parts of the North and Southwest, which will fill its capacity before the close of the school year.

Superintendent H. E. Wadsworth has inaugurated several changes that will improve the efficiency. One of the important changes has been in the reorganizing of the academic department. As far as possible the course of study will conform to the course of study for the Oregon schools, which will raise the standard of the work done in the class-room. Under the new system the regular grade work is carried as far as the sixth grade; the upper grades doing departmental work under the instruction of three teachers, one having charge of each department.

To raise the standard of industrial work changes will be made in the methods of industrial training. The various shops will be better equipped in order to do better work in each department. The aim of Superintendent Wadsworth is to make Chemawa Indian School second to none in the Indian Service.

A. H. Lea Files Acceptance.

SALEM, Or., Oct. 3.—(Special.)—A. H. Lea, of Portland, today accepted the Democratic nomination for Oregon Dairy and Food Commissioner. He was nominated by the Democrats at the primaries, although he was a Republican candidate for the place. He made a strong run but was defeated by John H. Mickle, who has also been awarded the nomination by the Roosevelt Progressive party.

Estacada to Vote on Saloons.

ESTACADA, Or., Oct. 3.—(Special.)—Petitions have been circulated and the question of the licensed saloon will be voted upon at the general election here. A short time ago Judge Campbell, of the Circuit Court, decided that Estacada, which had been operating under license two years, is not authorized by law and the saloons were closed. It is said the indictment of the saloonmen was prompted by Governor West, who was petitioned by citizens of Estacada.

Calcutta, with its population of 1,300,000, is the second city in the British empire.

HOW THIN PEOPLE MAY PUT ON FLESH

Great Discovery by Eminent Specialist

Judging from the countless preparations and treatments which are continually being advertised for the purpose of making thin people fleshy, developing the arms, neck and bust and replacing ugly hollows and angles by the soft curved lines of health and beauty, there are evidently thousands of men and women who keenly feel their excessive thinness, and it therefore gives us real pleasure to publish herewith a simple prescription which, by correcting faulty metabolism and stimulating the activity of certain sluggish vital organs, quickly produces a marvelous transformation in the appearance; the increase in weight frequently averaging from 4 to 5 pounds the first week, and very rarely less than 2. This increase in weight also carries with it a general improvement in the health. Catarrh, dyspepsia and nervousness, which nearly always accompanies excessive thinness, all gradually disappear; dull eyes become bright and pale cheeks glow with a bloom of perfect health.

The prescription, which contains no dangerous drugs and is absolutely harmless, calls for 2 oz. Tincture Cardamoms Compound, 2 oz. Fluid of Saltogyn, 2 oz. Elixir of Calisaya and enough water to fill an 8-oz. bottle, and can readily be prepared by any druggist. One or two tablespoonfuls should be taken about 20 minutes before each meal. Eat all you want, but chew your food thoroughly.

(CAUTION: Although the above prescription is unequaled for relieving nervousness, indigestion and catarrhal troubles, it should not, owing to its remarkable flesh-growing properties, be used by anyone who does not desire to put on flesh.)

FEEL SHAKY, BILIOUS, HEADACHY, OR CONSTIPATED? TAKE CASCARETS

Sick headaches! Always trace them to lazy liver, delayed, fermenting food in the bowels or a sick stomach. Poisonous, constipated matter, gases and bile generated in the bowels, instead of being carried out of the system, is reabsorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, sickening headache.

Cascarets remove the cause by stimulating the liver, making the bile and constipation poison move on and out of the bowels. The effect is almost instantaneous. Ladies whose sensitive organisms are especially prone to sick headaches, need not suffer, for they can be quickly cured by Cascarets. One taken tonight will straighten you out by morning—a 10-cent box will keep your head clear, stomach sweet, liver and bowels regular and make you feel bright and cheerful for months. Children need Cascarets, too—they love them because they taste good and never gripe or sicken.

CANDY CATHARTIC
Cascarets
10 CENT BOXES—ANY DRUG STORE
ALSO 25 & 50 CENT BOXES
WORK WHILE YOU SLEEP

GOLD DUST

makes dish-washing easy

The use of a little **Gold Dust** in your dish-water will make your dishes brighter, sweeter and cleaner than they ever can be without it. Unlike soap, **Gold Dust** does more than clean the surface. It goes deep after germs and hidden food particles and sterilizes everything it touches.

Gold Dust does all the hard part of the work without your assistance, because it begins to dissolve and clean the moment it touches the water.

When you have to wash dishes 1095 times a year, the **Gold Dust** method of saving half your time and half your labor means something.

Do not use Soap Naphtha, Borax, Soda, Ammonia or Kerosene with Gold Dust. Gold Dust has all desirable cleansing qualities in a perfectly harmless and lasting form.

"Let the GOLD DUST TWINS do your work"

UTICA, N. Y., MAN

CALLS SAXO SALVE "A WONDERFUL REMEDY FOR ECZEMA."

I am writing this with the hope that it may induce others who are suffering from skin affections as I was to try Saxo Salve. For three years I suffered from eczema and was treated by several physicians, but none seemed to relieve me from that terrible itching. I saw an advertisement of Saxo Salve and decided to try it. The very first application brought relief, and I cannot say too much for a remedy that has cured me from eczema.—Albert F. Knepka, 309 Wageo street, Utica, N. Y.

In all forms of skin disease Saxo Salve quickly allays the terrible itching and its antiseptic, healing properties penetrate the skin and destroy the germs of disease.

If you have any skin trouble try Saxo Salve on our guarantee to return your money if it does not help you.—Woodward, Clarke & Co., Druggists, Portland, Oregon.

Tender Feet

Everybody should know Tyree's Antiseptic Powder and use it freely for this painful and annoying condition, because its first application brings immediate relief and resistance to further pain and annoyance. Its use is a pleasure, not a pain. Its action is prompt, positive and permanent. Unequaled as a douche. 25c box makes 2 gallons solution. All druggists. Send for booklet and free sample. J. S. TYREE, Chemist, Washington, D. C.