

My Hair is Extra Long

Feed your hair; nourish it; give it something to live on. Then it will stop falling, and will grow long and heavy. Ayer's Hair Vigor is the only hair-food you can buy. For 60 years it has been doing just what we claim it will do. It will not disappoint you.

Its hair used to be very short, but after using Ayer's Hair Vigor a short time it began to grow, and now it is fourteen inches long. This seems a splendid result to me after being bald without any hair.—Mrs. J. H. Fisk, Colorado Springs, Colo.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of **SARSAPARILLA PILLS**, **CHERRY PECTORAL**.

Mrs. Sarah A. Evans, who has been appointed inspector of the meat markets in Portland, is president of the Oregon State Federation of Women's Clubs.

How's This?

We offer One Hundred Dollars Reward for every case of Catarrh that cannot be cured by Dr. J. C. Ayer & Co., Prop., Toledo, O.

Dr. J. C. Ayer & Co., Prop., Toledo, O. We, the undersigned, have known J. C. Ayer for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by their firm.

Ayer's Hair Vigor is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all druggists. Testimonials free. Ayer's Family Pills are the best.

THE OLD-MONK-CURE



has traveled round the world, and everywhere human **Aches and Pains** have welcomed it and bleat it for a cure.

Price, 25c. and 50c.

Start the New Year Right!

START the new year with a clean mind and a clean body! Most people are very neat and clean in their outward appearance, but how about the inside? Are you clean inside? And if not, how can you face the New Year with clean thoughts, clear intelligence, a fair, just, and bright mind, and a full share of capacity for work and enjoyment.

The holidays are over and everybody's a good time—perhaps a little too much of a good time. Over-eating and over-drinking have been the rule ever since Christmas Day.

Many people get little exercise in winter and breathe much stuffy, over-heated indoor air.

At the same time they eat too much rich and indigestible food, while fresh fruit and vegetables are scarce in the market, and the stomach and bowels are liable to be over-crowded.

Go up, stretch and paralyze the large intestine by over-stuffing it with indigestible food, so it can't carry off the contents, refuse, and it "backs up" the system, and compels the small intestine to absorb the poison of decaying matter, instead of wholesome nourishment.

That's what must happen. Isn't it plain to you?

What's the result?

Nearly everybody "gains in flesh" in winter time, but it's a pussy fat—not healthy flesh and muscle. The liver gets clogged; the bile doesn't "work off"; the eyes get yellow; the skin gets dead, lumpy, blackheads, liver-spots to break out in.

Disinclination, headaches, blurred vision, loss of breath, sleeplessness and a temper that will not make such persons very

PISO'S CURE FOR
SORES WHERE ALL ELSE FAILS.
Best Cough Syrup, Tastes Good. Use in time. Sold by druggists.
CONSUMPTION

Horse racing in Italy is dead since the introduction of automobile speed contests.

Aquatic birds are more numerous than land birds.

MALLEABLE IRON STUMP PULLERS
Fastest, lightest and strongest Stump Pullers on the market. 118 Horse power on the average with two horses. Write for descriptive catalog and prices.

REHBERSON MACHINERY CO.
Foot of Morrison Street Portland, Oregon



FERRY'S SEEDS
Ferry's Seeds are best because 30 successful years have been spent in their development—half a century of expert care in making them superior to all others.

WET WEATHER WISDOM!
THE ORIGINAL 122
TOWER'S FISH BRAND SLICKER
BLACK OR YELLOW
WILL KEEP YOU DRY
NOTHING ELSE WILL
TAKE NO SUBSTITUTES.


Dr. C. Gee Wo
WONDERFUL HOME TREATMENT



This wonderful Chinese Doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, barks, gums and vegetables that are entirely unknown to medical science in this country.

WISE BROS. DENTISTS

Falling Bldg., Third and Washington Bldg. Open evenings till 9 o'clock. Sundays from 9 to 12. Or Main 2026.



Science AND INVENTION

About three hundred species of mosquitoes have been described, and it is estimated that two hundred more exist. Giles recognizes only thirty-six species in the whole of North America, but Florida alone claims twenty-two species.

Poisoning from gas inhalation is now added to the recognized dangers of ballooning. The hydrogen—its itself non-poisonous—is often contaminated with arsenic, selenium and antimony, and fourteen cases of ill effects have been reported to the French Academy of Medicine. In one of the two forms of poisoning death results in two or three days.

Blowing wells, sometimes known as breathing wells, are now being investigated by the United States Geological Survey. The best known examples of this type of well are found throughout Nebraska. The force of the air current in one of the Louisiana wells is sufficient to keep a man's hat suspended above it. Such phenomena are mainly due to changes in atmosphere pressure.

Some anxiety is being caused in Germany by the decline of the birth rate. In 1904 the birth rate was 30.5 in each 1,000 inhabitants, against 30.9 in 1903, 32.1 in 1902, 33.4 in 1901, and 33.7 in 1900. The decrease, therefore, is continuous. Lung disease, not only in towns but in the country as well, is decreasing. It is claimed that this result is owing to the systematic and scientific war which the authorities are conducting against this scourge.

The prosperity of Japan depends very largely upon the sea. A thousand varieties of fish—including the shark—are eaten by the inhabitants, the annual yield of the fisheries being three million tons, or three times the consumption in the United States. The value of this product is \$30,000,000. The coasts also supply an edible algae known as laver, and other sea weeds from which food gelatin is extracted, together with large quantities of salt. From Japan, moreover, comes a large quantity of the world's coral and pearls.

Luther Burbank, of California, who has probably produced more new varieties of fruits, flowers and plants than any other living man, said recently to a friend that he was accustomed, when selecting for color among newly created flowers, to submit the choice to a lady of his acquaintance noted for her exquisite taste. Mr. Burbank's own judgment, however, in the matter of color and form is highly trained, and is exercised with surprising quickness and sureness of decision. Among his latest productions is a daisy, in which he has striven especially to obtain a graceful carriage of the stem and flower.

Postal authorities in Milan, Italy, use an automobile wagon in which to collect part of the mail. The car runs between the central postoffice and the branch offices and boxes in the different districts of the city. The automobile is of large size, on the style of an omnibus, and is fitted out so that the mail can be sorted by one clerk while the car is running. The car stops at each letter box to collect the mail, and between the boxes the clerk sorts and stamps the letters and passes them in packages to a second man who puts them in a series of compartments corresponding to each carrier's route. This car covers a route fourteen miles long and collects the mail from all boxes in an hour and a half.

The influence of occupations upon the eyesight is strikingly illustrated by statistics collected among the schools of Germany and France. In Germany it has been shown that 50 per cent of those engaged in the so-called liberal professions suffer more or less from myopia, or shortness of sight, whereas among laborers the percentage drops to 5, and among peasants to only a half of 1 per cent. The remarkable growth of myopia with increase of attention demanded by school work is indicated by the fact that the eyes of only 6 per cent of the scholars in the primary schools of France are affected, but those of more than 20 per cent in the secondary schools. In the College Rollin 15 per cent of the scholars have myopia in the lower grade, 32 per cent in the third grade, and 55 per cent in the courses in philosophy.

Reasoning from Experience.

A little East Side boy was having his first country outing, says the New York Tribune. He lay on the grass in a peach orchard, making a chain of daisies and buttercups. Across the blue sky a line of swallows dipped.

"Look up, look up, Johnny! See the pretty birds flying through the air," said his hostess.

Jimmy looked up quickly. "Poor little fellers!" he exclaimed, pityingly. "They ain't got no cages, have they?"

Followed Instructions.

"Why didn't you put this watermelon in the ice box, as I told you?" asked the mistress of the maid. Then, says the Cleveland Plain Dealer, Maggie, the maid, grew indignant.

"I did, mum."

"But it isn't cold."

"No, mum. How could it be? I had to take the ice out to get it in."

If the woman who throws a shawl over her head to run into a neighbor's had time to pass a looking glass, her reason for going would be scared out of her head and she would remain at home.

ROOSEVELT AND A BOY.

They Had a Jolly Informal Chat About Outdoor Sports.

One boy—one of many—who had the honor of meeting the President now acts as if Mr. Roosevelt's eyes were constantly on him, says St. Nicholas. This lad was not a small boy when he was presented; he was big enough to play baseball with skill and energy and on ordinary occasions he was a haughty sophomore. This boy wanted to see the President, but his outward calmness was disturbed by the intimation from his sisters that he would have to make three bows as he approached the President and say, "Your excellency." The courage that had stood six hours' exposure in a heavy sea on the keel of an upturned boat weakened before this prospect. A benevolent friend corrected the alarming suggestion of the sisters by telling him that he would simply be expected to say, "Mr. President," to stand until everybody was seated and to go when the President should rise. This seemed easy; still, it was evident that the fearless athlete was reverently practicing "Mr. President" with his lips as he approached the White House. All uneasiness disappeared, however, when the President, catching sight of the boy stepped forward and called him by his surname. "Sit down," he said, and then he began to talk about a subject dear to the lad's heart—the recent races at Poughkeepsie. Etiquette was forgotten; the boy held fast to "Mr. President," when he thought of it, in the delight of talking with somebody who "really knew" all about the ins and outs of intercollegiate races, but sometimes he forgot and merely said "you."

The boy was pained for a moment to discover that the President could not play baseball. To a near-sighted man who must wear glasses a baseball flying at large is much worse than a bullet. The lad admitted this and said afterward that "if Hackery were alive and played baseball instead of cricket he would have had the same difficulty." The President showed him a very scientific jiu-jitsu grip. And this was followed by an interchange of lore on this interesting Japanese science of physical culture, with illustrations, in which the boy entirely forgot his fear of the "court presentation" and talked and acted with entire respect, but entire freedom. The boy seemed to think that American muscle was a match for oriental skill, but he was plainly convinced that the President had both. Questions of boxing and riding came up and the President spoke as an expert and the boy listened and talked as one who understood but felt his limitations. Young Theodore, who has this year entered Harvard, was then at school; but every now and then his father culled a bit from his son's experience in out-of-door sport. It was plain that, through sympathy in these matters, he had the same point of view as his sons. During all this interview the President was as enthusiastic on the various subjects discussed as the boy and he seemed to enjoy it as much as his boy visitor did.

The talk drew out of the President his knowledge of the games that boys love.

"When it comes to boxing or riding," he said, with conviction, "I think that my boys and I can hold our own." And several times the "we" was repeated in a way which showed that Mr. Roosevelt and his sons were to be considered a happy family of boys thoroughly in accord. It is not convenient to take his large "boy family" on his western and southern bear hunts, but the President does the next best thing. Every summer he goes "into camp" with his boys a few miles from his summer home at Oyster Bay.

Could Give Time Value.

Dr. W. W. Keen, the noted surgeon of Philadelphia, was praising speed in surgical operations. The best surgeons, he declared, were always the swiftest. Speed was one of the great essentials of fine operations, since the briefer the period passed by the patient under the knife, the greater the chance for his complete recovery.

"On this head," Dr. Keen continued, smiling, "there is a story of a distinguished surgeon.

"He performed successfully a difficult and delicate operation on a millionaire banker's wife, and, naturally, the bill that he rendered for this operation was a large one. It was not exorbitant, but it was enough—a reasonable and just bill.

"The banker, though, thought otherwise. With an imprecation, he declared the bill to be an outrage.

"Why," he cried, "the operation only took you 10 minutes."

"The surgeon laughed.

"Oh, he said, 'if that is your only objection, the next time any of your family needs an operation I'll keep them two or three hours under the knife.'"

Didn't Need It by Day.

"Gee, but Bill's got a nerve!" "Put me wise."

"He went to de pawnshop to soak his bed, an' wanted to know if de pawnbroker wouldn't let him take it home nights to sleep on."—Cleveland Leader.

Ticked Him.

Manager—I want you to quit grinning in that death scene. What do you mean by it?

Actor—Why, it seems so real to me that at the salary you pay death comes as a happy release.—Cleveland Leader.



The Home of the Wave Circle

is the home where good cooking is loved, where the family enjoy the finest of biscuits, doughnuts, cakes, and pies and other good things every day. The baking is always delicious and wholesome because

K C Baking Powder
—the baking powder of the wave circle, is used.

Get K C to-day! 25 ounces for 25c. If it isn't all that we claim, your grocer refunds your money. Send for "Book of Presents."

JAQUES MFG. CO.
Chicago.

Professional Jealousy.

"Mr. Dustin Stax says he isn't going to endow any more libraries."

"But I thought he was devoted to literature. He has written books himself."

"That's the trouble. The people let the dust lie on his books and stand in line to get 'Maxie's Wooding' and 'When True Love Was in Bloom' and works of that character."—Washington Star.

Controlling Nature.

Everybody knows that of late years natural forces have been wonderfully subjected to man's need. We are dazzled by the spectacular achievements in steam and electricity, but are likely to forget the less noisy but no less marvelous conquest of animal and plant life. Horses are swifter, cattle heavier, cows give more milk and sheep finer fleeces than in days gone by. In plants the transformation is even more marked. People now living can remember when the number of edible fruits and vegetables was far less than at present and even those that could be grown were vastly inferior to what we now have. For example, our parents knew nothing of the tomato, except as a curious ornament in the garden. Sweet corn was hardly better than the commonest field sorts. All oranges had seeds. Celery was little known and poor in quality. In the flower bed the magnificent pansy has replaced the insignificant heart's ease from which it was developed, and the sweet pea in all its dainty splendor traces its origin to the common garden vegetable.

This progress has been made in spite of the great tendency manifested in all plants and animals to go back to the original type. It is indeed a battle to keep strains pure and up to the standard they have already attained, let alone any improvement. The practical results are accomplished by men operating largely for love of the work, like Luther Burbank, in California, and Eckford in England, as well as by the great seed merchants, D. M. Ferry & Co., of Detroit, Mich., who are not only eternally vigilant to hold what ground has been gained, but have a corps of trained specialists, backed by ample means, to conduct new experiments. The results of their experiences can be found in their 1906 Seed Annual, which they will send free to all applicants.

The largest flour mill in the British empire is in Montreal. It turns out 5,000 barrels of flour a day.

Reckless Courage.

"I talked real easy to the hotel telegraph operator."

"My goodness! You didn't dare?"

"Yes, I did."

"Gee! I'd like to have a picture of a man doing that."

"What would you call it?"

"Ajax Defying the Lightning!"—Cleveland Leader.

Value of Elephants.

An African elephant is of value only for its ivory, of which a full-grown animal yields from \$250 to \$300 worth. On the other hand, a working Indian elephant cannot be bought for less than \$2,500 to \$3,500.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Many horses are made vicious from cruel treatment.

Food for Thought.

"I trust, Miss Cutting" remarked young Borem, as he rose to depart after a prolonged stay, "that I have not taken up too much of your valuable time."

"Not at all, Mr. Borem," replied the fair damsel. "The time you have taken up has been of no value to me whatever, I assure you."

Then he went forth into the night, and wandered homeward, wrapped in a heavy mantle of thought.—Chicago Journal.

The Choice of the People.

When things began to go too "fast and loose" in New York, the people rose up in their wrath, got together and elected a district attorney who makes life miserable for wrongdoers. Jerome flaunted the banner of no political party; he was the people's choice.

Pillsbury's Vitos is the first choice of all people who relish good things for breakfast. It's dainty, delicious and nourishing.

FITS Permanently Cured. No fits or nervousness left after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free \$3 trial bottle and treatment. Dr. R. H. Kline, Ltd., 301 Arch St., Philadelphia, Pa.

Anxiety.

Tramp (outside the gate)—Does your dog bite?

Mrs. Wepton (on the porch)—Yes, he does, and—O, please don't come in! We are so particular about what we feed him on!—Somerville Journal.

Blatant Courage.

"I talked real easy to the hotel telegraph operator."

"My goodness! You didn't dare?"

"Yes, I did."

"Gee! I'd like to have a picture of a man doing that."

"What would you call it?"

"Ajax Defying the Lightning!"—Cleveland Leader.

CATARRH ANNOYING- DANGEROUS

Catarrh is usually regarded as nothing more serious than a bad cold or slight inflammation of the inner skin and tissues of the head and throat, when it is, in fact, not only a vexatious and troublesome disease, but a complicated and dangerous one. It is true that Catarrh usually begins with a cold in the head, but when the poisons, which are thrown off through the secretions, find their way into the blood, it becomes a constitutional trouble that affects all parts of the body. It has more annoying and disgusting symptoms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the ears, headaches and pains in the eyes are frequent, while filthy, tenacious matter drops back into the throat requiring continual hawking and spitting, and in certain stages of the disease the breath has an odor that is very offensive. Catarrh is worse in winter, because the cold weather closes the pores and glands, and the poisons and unhealthy vapors which should pass off that way are thrown back on the tender linings and tissues, causing the inflammation which starts the unhealthy secretions to be absorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circulates through the body the foul matter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the stomach. It also affects the Kidneys, Bladder and other members of the body, while the general health is weakened, appetite lost and the patient feels despondent and half sick all the time. But worst of all, if the trouble is not checked the lungs become diseased from the constant passage of poisoned blood through them, and Catarrh terminates in Consumption, the most fatal of all diseases. You cannot get rid of Catarrh by treating it with sprays, washes, inhalations, etc., because they only reach the membranes and tissues, while the real cause of the trouble is in the blood. These relieve the annoying symptoms for a time, but the poison is all the while getting a stronger hold on the system and when they are left off will manifest itself in worse form than before. S. S. S. is the greatest of all blood purifiers, and when it has cleansed the blood, this pure, rich stream circulates through the body, carrying healthful properties to the diseased parts. Then the inflamed membranes and tissues begin to heal, the discharges cease, the general condition of the system is strengthened, every one of the annoying and disgusting symptoms pass away, and the patient is left in perfect health. S. S. S. is the best remedy for Catarrh. It goes right into the blood and removes all effete matter and catarrhal poison and cures the disease permanently, and at the same time builds up the entire system by its fine tonic effect. S. S. S. is a purely vegetable remedy—non-injurious to the system and a certain, reliable cure for Catarrh. Catarrh sufferers will find our free consulting department helpful in advising local treatment to be used with S. S. S.

S.S.S. PURELY VEGETABLE.

GEO. D. GARE, Evansville, Ind., No. 209 Edgar St.

THE SWIFT SPECIFIC CO., ATLANTA, GA.