VOVEMBER AILMENTS HEIR PREVENTION AND CURE

effect of changing

seasons is a ques-

tion of the high-

est importance.

a Adjust Itself Changing Tem-

When the weathbegins to change from warm to cold, n cool nights succeed hot nights, en clear, cold days follow hot, sultry the human body must adjust of to this changed condition or per-

The perspiration incident to warm ther has been checked. This des within the system poisonous maals which have heretofore found esthrough the perspiration.

Most of the poisonous materials reses of the kidneys and sometimes tht's disease.

preventing the detention of poismaterials which should pass out. na invigorates the kidneys and enages them to fulfill their function nite of the chills and dicsouragets of cold weather.

eruna is a Pe-ru-na is a Worldbination of Renowned Rem tried harmedy for Climatic remedies that

Diseases. stood the of time. Many of these remedies le in Europe and America for a ired years.

in his private practice for many with notable results. Its efficacy been proven by decades of use by ands of people and has been subtisted over and over by many thousof homes.

more children a woman has, the fads she is likely to cultivate .delphia Record.

THE MARRYING SQUIRE."

e Geo. E. Law, of Brazil, Ind., Has Married 1,400 Couples.

ice Geo. E. Law, of Brazil, Ind., irly earned the title, "The Mar-Squire," by which he is known far and wide, hav-

ing already married some 1,400 couples. Ten years ago he was Deputy County Treasurer. "At that time," said Justice Law, "I was suffering from an annoying kidney trouble.

My back ached, my as broken at night, and the pasof the kidney secretions were too tand contained sediment. Three of Doan's Kidney Pills cured me , and for the past nine years I en free from kidney complaint cksche,"

by all dealers. 50 cents a box Milburn Co., Buffalo, N.Y .

RD E. BURTON.—Assayer ar 2 Chemist.
Hils Colorado. Specimen prices: Gold.
est. H: Gold, Silver, 75c; Gold, 50c; Zinc or
A. Cyande tests. Mailing envelopes and
filst seat on application. Control and Unitelletted. Heference: Carbonate Na-

US YOUR FRUIT, VEGETABLES N. eggs, veal, dressed pork, etc. Es-cel 7 years. Fine location; large competent salesman; prompt re-faip, or write. Reference: Scandi-American Bank.

SON, KLYCE & CO., Commission Merchants

HOW TO TEACH CHILDREN.

Here Are Some Suggestions by a Writer on Education. A writer in an American educational journals offers some interesting November is the month of falling suggestions for teaching children, says Over all the temperate the Dundee Advertiser. It is useless,

ons the hot weather has passed and he suggests, to instruct children by usfirst rigors of winter have appeared. Ing technical terms or even terms that the great bulk of civilized nations is would be descriptive to a grown-up. the great but the temperate zones, the The point is illustrated by an ingenious parallel. Instead of telling a child to "sit up straight" it would be better to tell him to "sit up tall." In the same way if a child shouts too loudly in singing, he should be told to "listen" after taking "a long smell," and if he realizes what is meant and does it, this check the flow of brenth, while the child will be unconscious to its action."

"Such suggestion as the following do far more good than scientific terms in procuring the right tone-production from the child. Do not sing in a growling tone. Do not sing in a scoldhost of the polished by the checked ing tone." "A fish horn tone sounds Made his heart yearn again, musing so spiration find their way out of the terribly descriptive, but we imagine its by, if at all, through the kidneys. throws upon the kidneys extra child. Sing with a pleasant face, Sing or. They become charged and over-led with the poisonous excretory bird you ever heard. Sing a kindle bird you ever heard. Sing a kindly led with the policy to in-tone. Sing a sweet, loving tone. Make No listening, no longing, shall aught, he the kidneys, producing functional your lips sing to you. Whisper aloud. as though you wanted some friend in the furthest corner of the room to the sum acts upon the skin by stimu-bear you." It is to be hoped that The foxglove shoots out of the green ag the emunctory glands and ducts, after all this there would be no danger of the children learning to sing in a maudlin tone.

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

A Long-Legged Deer.

A huge, finely mounted antiered head hung just above the sideboard in the dining-room. This trophy of some huntsman's skill was fastened so firmly to the wall that the glistening neck been used by doctors and by the seemed to be coming right out through the plaster. Robert, who was seeing this decoration for the first time, eyed runa has been used by Dr. Hart- it with lively curiosity and very evident uneasiness. It looked almost too lifelike for comfort.

Finally the boy, asking to be excused, slipped from his chair, tiptoed into the next room, and then, flushing with embarrassment, returned to his place at the table.

"What's the trouble, Robert?" asked his host.

"I wanted to see," explained candid Robert, sheepishly, "if that animal's legs were really as long as that, or if he were standing on something in an Twenty vests all white and clean. other room."

Beware of Cintments for Catarrh that That is how we keep the rule Contain Mercury

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articless sould never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possioly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testi-In Tole o, Ohio, by F. J. Cheney & Co. Te

monials free.

Sold by Druggista, price 75c. per bottle.

Hall's Family Pills are the best.

Sinister.

"Mr. Jeekill," said the man with the heavy gold watch chain, "this is my friend, Col. Bunker. He is Senator Lotsmun's right hand man."

"Delighted to meet you, Col. Bunker," said the other. "By the way-er-Senator Lotsmun happens to be left handed, you know."-Chicago Tribune.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Regiorer. Send for FREE \$21tial bottle and treatise. Dr R H.Kline, Ld. 381 Arch St., Phila, Pa.

A Very Lucky Thing.

"There does seem to be 'something in the belief about the luck attached to my left hind foot," remarked the rab-

"Yes?" asked the robin.

"Yes. At any rate, I'm sure if I hadn't had mine with me this morning I wouldn't have got away from that SCATTLE, WASH. dog."-Philadelphia Press.

IN NOT BE RUBBED AWAY

perfectly natural to rub the spot that hurts, and when the muscles, joints and bones are throbbing and twitching with the pains of they had cheese, cut and uncut, and atism the sufferer is apt to turn to the liniment bottle, or some other apples. But the close of the feast was application, in an effort to get relief from the disease, by producing the most curlous thing about it. irritation on the flesh. Such treatment will quiet the pain tempoat can have no direct curative effect on the real disease because it the table were put a "towel the whole reach the blood, where the cause is located. Rheumatism is more in deep—it is rooted and grounded in the blood and can only be of it, a basin and ewer to wash, then by constitutional treatment—IT CANNOT BE RUBBED AWAY. mulation in the system of refuse matter which the natural avenues waste, the Bowels and Kidneys, have failed to carry off. This tter, coming in contact with the different acids of the body, forms which is absorbed into the blood and distributed to all parts of the M Rheumatism gets possession of the system. The aches and pairs symptoms, and though they may be scattered or relieved for a time the treatment, they will reappear at the first exposure to cold or a, or after an attack of indigestion or other irregularity. Rheumaheyer be permanently cured while the circulation remains saturated dating, pain-producing uric acid poison. The disease will shift sele to muscle or joint to joint, settling on the nerves, causing ation and swelling and such terrible pains that the nervous system shattered the line and such terrible pains that the nervous system shaltered, the health undermined, and perhaps the patient becomes and crippled for life. S. S. S. thoroughly cleanses the blood and sthe circulation by neutralizing the acids and expelling all foreign on the system. om the system. It warms and invigorates the blood so that instead

VEGETABLE

of a weak, sour stream, constantly depositing acrid and corrosive matter in the muscles, nerves, joints and bones, the body is fed and nourished by rich, health-sustaining blood which completely and permanently cures Rheumatism. S. S. S. is composed of both purifying and tonic properties— just what is needed in every case of Rheu-

lt contains no potash, alkali or other mineral ingredient, but is irely of purifying, healing extracts and juices of roots, herbs and you are suffering from Rheumatism do not waste valuable time hab a blood disease away, but begin the use of S. S. S. and write your case and our physicians will give you any information or iredirection of charge and will send our special treatise on Rheumatism.

THE SWIFT SPECIFIC CO., ATLANTA. GA.

OLD

Seven Times Two. You bells in the steeple, ring out your

How many soever they be, And let the brown meadow-lark's note as he ranges Come over, come over to me.

will set the muscles of the walst and Yet birds' clearest carol by fall or by swelling No magical sense conveys.

telling The fortune of future days.

"Turn again, turn again," once they rans cheerily While a boy listened alone;

wearily All by himself on a stone.

Poor bells! I forgive you; your good days

And mine, they are yet to be: aught discover : You leave the story to me.

matted beather, Preparing her hoods of snow;

She was idle, and slept till the sunshiny weather: O, children take long to grow.

I wish and I wish that the spring would go faster, Nor long summer bide so late; And I could grow on like the forglove and

aster. For some things are ill to wait.

I wait for the day when dear hearts shall discover. While dear hands are laid on my head; The child is a woman, the book may close over,

For all lessons are said." wait for my story-the birds cannot

sing it. Not one, as he sits on the tree; The bells cannot ring it, but long years,

O bring It! Such as I wish it to be. -Jean Ingelow.

Frogs at School. Twenty froggies went to school Down beside a rush pool-Twenty little coats of green; "We must be in time," said they; "First we study, then we play; When we froggles go to school."

Master Bullfrog, grave and stern, Called the classes in their turn; Taught them how to nobly strive, Likewise how to leap and dive; From his seat upon the log. Showed them how to say, "Ker-chog!" Also how to dodge a blow From the sticks that bad boys throw.

Twenty froggles grew up fast: Bullfrogs they became at last; Not one dunce among the lot: Not one lesson they forgot; Polished in a high degree, As each froggie ought to be, Now they sit on other logs, Teaching other little frogs. -Anonymous.

DINNER IN THE LONG AGO.

English Country Gentlemen Lived

Well and Had Curious Customs. An account of hospitality in 1629 gives a good idea of the manner in which a country gentleman of the period lived. Dinner and supper were brought in by the servants with their hats on, a custom which is corroborated by Fynes Moryson, who says that being at a knight's house who had many servants to attend him they brought in the meats with their heads covered with blue caps. After washing their hands in a basin they sat down to dinner and Sir James Pringle said grace.

The viands seemed to have been plentiful and excellent, "blg pottage, ong kale, bow of white kale," which is cabbage; "brach soppe," powdered beef, roast and boiled mutton, a venison pie in form of an egg, goose. Then

The table cloth was removed and on breadth of the table and half the length a green carpet lasid on, then one cup of beer set on the carpet, then a little long laws serviter plaited over the corner of the table and a glass of hot water set down also on the table, then be there three boys to say grace, the first, the thanksgiving; the second, the pater noster; the third, prayer for a blessing of God's church. The good man of the house, his parents, kinfolk and the whole company then do drink hot water, so at supper, then to bed, the collation which (is) a stoupe of all."-Scottlsh Review.

Cause and Effect.

Little Johnny Smith suddenly asked. in a startled voice, says a writer in Everybody's Magazine, "Mamma, is that bay rum in the bottle on your ta-

"Mercy, no, dear!" she replied. "That is mucilage," "Oh!" said little Johnny. Then, after a moment's pause, he acded, reflectively, 'Perhaps that's why I can't

get my hat off."

It occasionally occurs to a mean man that when members of a woman's lodge go out of town to "put on the work." it is partly to get out of the work at

His Visits to the Enrl. There is a well known English bishop

who writes a very bad hand. This bad hand caused a sad error to happen some years ago. A young clergyman had written to the bishop to inquire about a vacant curacy, and the reply that the young man got informed him that the salary was small and the work difficult. But there was one mitigating circumstance. The incumbent, among his other duties, would visit the earl every morning and spend two hours there. The curate would have rejected the post but for the daily visit to the earl. That attracted him. There would, no doubt, he told himself, be many fashionable dinners to which he would naturally be invited. He would make many friends among the rich and powerful. These friends would be able to help him in his career. The earl, And bells have forgotten their old art of perhaps, had daughters. One of them -who knows?-stranger things had happened. And so the curate accepted the difficult and poorly paid curacy to discover on his first visit to the town that he had misread the bishop's letter and that his daily two hours' visit was not to the earl, but to the fall.

Cheerfully Admitted. Miss Gabbell-I'm stronger than you are, anyway. I can step up to a horizon-

tal bar and chin it sixteen times. Miss Chillicon-I have no doubt of it. I believe you could step up to that or anything else and chin it all day long.

Blood Humors

Commonly cause pimples, boils, hives, eczema or salt rheum, or some other form of eruption; but sometimes they exist in the system, indicated by feelings of weakness, languor, loss of appetite, or general debility, without causing any breaking out.

Hood's Sarsaparilla expels them, renovates. strengthens and tones the whole system. This is the testimony of thousands annually Accept no substitute, but insist on having

Hood's Sarsaparilla In usual liquid form or in chocolated tablets known as Sarsatabs. 100 doses \$L.

A Lofty Death.

Asama is a volcano in Japan. A young man of that country grew despondent the other day and threw himself into the crater, leaving this letter: "Suffering a feeling of despair impels me to throw myself into the crater of vehement Asama, thus winning a splendid death and ascending the mountain's smoke to a lofty life above the sky."

A Well Known Remedy.

One of the oldest safest and most favorabl known remedies in the world today is Brandreth's Pills—a blood purifier and lax-ative. Being purely vegetable they can be used by old or young with perfect eafety and while other remedies require increased doses and finally cease acting altogether, with B andreth's Pills the same do e always has the same effect, no matter how lo g they are taken. One or two pills taken each night for a while is the best thing known for any one troubled with constipation, indigestion, dyspepsia or any trouble arising from an impure state of the

Brandret 's Pills have been in use for and medicine store, plain or sugar-coated.

Logical Inference.

Mrs. A.'s little son suddenly asked, in a rather startled voice: "Mamma, is there bay rum in this bottle?" "Mercy, no dear. That's mucilage."

"Oh!" said the boy. Then after a minute of silence, "perhaps that's the reason I can't get my hat off."-Pittsburg Press.

To Break in New Shoes.

Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Sculptors' Potbollers.

They were walking past a beautiful pink-and-white house in New York whose door cap was most exquisitely carved. The sculpter pointed to it. "My work," he said, "That's the potbolling I do while I work on my masterplece. It is nothing unusual with sculptors to do such work. Two of the finest pieces that were sold to the Metropolitan Museum last winter were done by a man whose regular business is to make door caps,

Weak Lungs Bronchitis

For over sixty years doctors have endorsed Ayer's Cherry Pectoral for coughs, colds, weak lungs, bronchitis, consumption. You can trust a medicine the best doctors approve. Then trust this the next time you have a hard cough. "I had an awful cough for over a year, and nothing seemed to do me any good. I tried Ayer's Cherry Pectoral and was soon cured. I recommend it to all my friends whenever they have a cough," — Miss M. Mayans, Washington, D. C.

Made by J. C. Ayer Co., Lowell, Mass. ers SARSAPARILLA.
PILLS.
HAIR VIGOR.

Ayer's Pills keep the bowels regular. All vegetable and gently laxative.



FREE LOT AT OCEANSIDE (North Beach) and Beautiful Oak Book Case to every purchaser of the Special Edition of the "Library of the World's Best Literature," 46 volumes, slik bound, \$2.10 per volume; \$5 on delivery of set and \$5 per month; case and books delivered free. Particulars by writing J. D. Millar & Co.,

J. D. MILLAR & CO., Columbia Bldg., Portland, Ore.

PRINTING PLATES AS NEAR PERFECTION AS HICKS - CHATTEN ENGRAVING CO

MY DEAR FRIEND WEEDING

Consider the postage stamp; its usefulness lies in its ability to stick to one thing till it gets there. Write for particulars.

528 Lumber Exchange, Portland, Oregon

GET OUT OF THE RUT I am designer of book, magazine and catalogue covers, business cards, letter s, bill heads and advertising cuts; can

make the print of your store look entirely dif-ferent by removing poles, etc., from print. CHARLES SCHRAM 24514 Morrison St. PORTLAND, OREGON

WANTED

In this locality (or elsewhere) a hustler to sell our trees, etc. (Experience not necessary for success.) Address

OREGON NURSERY COMPANY



CLASSIFIED ADVERTISING

Portland Trade Directory

Names and Addresses in Portland of Repre sentative Business Firms.

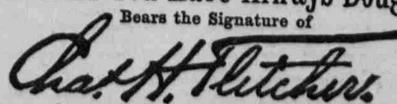
REAM SEPARATORS—We guarantee the U.S. Separator to be the best. Write for free catalog. Hazelwood Co., Fifth and Oak.

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA Castoria is a harmless substitute for Castor Oil, Pare-Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought



In Use For Over 30 Years. THE CENTAUR COMPANY, YT MURRAY STREET, HEW YORK CITY,

RUBBER STAMPS Best in America We do not take orders and peddle our Rubber Stamps, Seals, Etc. We manufacture our own goods. Our equipment is the newest and best money can buy. Write today for our "Rubber Stamp Catalogue."

THE IRWIN-HODSON CO., Portland, Oregon



ILY DENTAL CO. THE PARKLESS DENTISTS

We remove your had teeth and broken off old roots absolutely without pain. Examination and Estimates Free. Work the Best. Prices the Lowest. Solid gold Crown, \$4; Bridge work, \$3.50 per tooth; Gold and Enamel Filling, \$1 and up; Best Rubber Plates, \$8 per set; good set, \$5. Painless Extraction, 50c.

Third and Couch Streets, Portland, Oregon.

Why be content with 4 per cent for your money when you can keep it under your own control and have it earn

PER YEAR

Principal guaranteed by Bank Certificate of Diposit. You select the Bank. Fullest investigation invited. Write today for particulars.

> Pacific Coast Securities Company Portland, Oregon

DR. C. GEE WO Wonderful Home Treatment

This we derful Chi-ne e Doctor is called trust because he cur-s copie without opera-

kn wn to most a' s tence in this coun ry through the use of those
harm as remedies. This ism un doctor knows
the ac ho o over 500 different remedies, which
he uses successfully in different diseases. He
guaran ees not reca arch, asthma, lung, threat
rh unnitism, nerv us eas, stomach, liver, kidners, etc.: has hundre s of testimonials.
Charges moderate. Call and see him. Pa ients ou of the city writer for blanks and circular Send stamp. CONSULTATION FREE.

The C. Gee Wo Chinese Medicine Co. 16216 First St., S. E. Cor. Morrison Mention paper Portland, Orego

Banking by Mail

WE PAY

INTEREST On savings deposits of a dollar or more, compounded wice every year. It is just as easy to open a Savings Account with us by Mad as if you lived next door. Send for our free booklet, "Bank ng by Mail," and learn full particulars. Address

Oregon Trust & Savings Bank Portland, Oregon

W. L. DOUGLAS 3.50 & 3.00 Shoes

Sixth and Washington Sts.



Men's Shoes, £5 to \$1.50. Boys' Shoes, £3 to \$1.25. Women's Shoes, \$2.00 to \$1.50. Biases' & Children's Shoes, \$2.25 to \$1.00. Try W. L. Douglas Women's. Misses and Children's shoes; for style, fit and wear they excel other makes.

If I could take you into my large

factories at Brockton, Mass., and show you how carefully W.L. Douglas shoes are made, you would then understand why they hold their shape, fit better.

wear longer, and are of greater value than any other make. Wherever you live, you can obtain W. L. Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and interior shoes. Take no substitute. Ask your dealer for W. L. Douglas shoes and insist upon having them.

Fast Color Eysists used: they will not wear brassy. Write for flustrated Catalog of Pall Stytes. W. L. DOUGLAS, Dept. 13, Brockton, Mann.

WHEN writing to advertisers please mention this paper.