

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. Mayeux, Washington, D. C.

Made by J. C. Ayer & Co., Lowell, Mass.
Also manufacturers of
Ayer's
SARSAPARILLA.
PILLS.
HAIR VIGOR.

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

His Platform as Amended.
"My platform," shouted the orator, bringing his fist down with a resounding thwack on the desk before him, "is, 'Leave well enough alone!'"
"Beg pardon," whispered the chairman of the meeting, an eminent Boston citizen, pulling his coat tails gently. "Let well enough alone" is the preferable form."

Until recently the most convenient way of getting from England to Japan was by way of Vancouver, a journey of twenty-four days. This time has been cut down to seventeen days by way of Russia. It is expected to still further cut this time when the Russian government lays a double track across the country.

ENGRAVING PLATES
FOR PRINTING
HICKS-CHATTEN
Portland Oregon

C. Gee Wo
The well known reliable
CHINESE
Root and Herb
DOCTOR

Has made a life study of roots and herbs, and in that study discovered and is giving to the world his wonderful remedies.

A SURE CANCER CURE
Just Received from Peking, China—Safe, Sure and Reliable.

IF YOU ARE AFRAID DON'T DELAY. DELAYS ARE DANGEROUS.

CONSULTATION FREE
If you cannot call, write for symptom blank and circular. Enclose Agents in stamps.

THE C. GEE WO CHINESE MEDICINE CO.
121-123 First St., Cor. Morrison, Portland, Oregon.
Please Mention This Paper.

P. N. U. No. 49-07

WHEN writing to advertisers please mention this paper.

Trades that Kill.
One of the most dangerous of trades, according to the Pilgrim, "is the covering of toy animals with skin, chamol leather being used, for instance, for the elephants, calfskin for the horse, and goatskin for the camels. This covering must of course fit without a wrinkle to look natural, so the wooden model is first dipped into glue, then sprinkled with chalk dust; then the skin is put on. The chalk is so fine that it fills the air and is drawn into the throat and lungs. A year of this sort of work often results in death. Another very injurious toy is the rubber balloon. The fumes and solvents used in reducing sheet rubber to the necessary thinness while retaining its strength and the dyeing of the brilliant yellows, greens and purple are most of them poisonous.

When It Rises.
Teacher (of geography class).—Name the largest city on the Ohio river.
Shaggy Haired Pupil.—Cincinnati, ma'am; but it ain't on the Ohio river only part of the time.
Teacher.—Indeed! Where is it the rest of the time?
Shaggy Haired Pupil.—In it.

Catarrh
Is a Constitutional Disease
It originates in impure blood and requires constitutional treatment, acting through and purifying the blood, for its radical and permanent cure. The greatest constitutional remedy is
Hood's Sarsaparilla
In usual liquid form or in chocolate tablets known as **Sarsatabs**. 100 doses \$1. Nasal and other local forms of catarrh are promptly relieved by Antiseptics or Catarrhetics, 50c., druggists or mail.
C. I. Hood Co., Lowell, Mass.

Hard to Reach.
The numerous "help" who have "had had good characters but lost them" are no worse off than the domestic mentioned in Illustrated Bits, whose search for employment was hindered by an untoward circumstance. Said the master of the house to an applicant:
"Can't you find any work at all?"
"Plenty, sir; but everybody wants references from me last employer."
"Can't you get them?"
"No, sir. He's been dead twenty-eight years."

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

An Infallible Symptom.
First Student—What, you foresaw that our tailor, poor chap, would go mad?
The Second—Sure; on the 23th of last month he wanted some money from me!—Translated for Transatlantic Tales from Meggendorfer Blaetter.

SPECIAL HOLIDAY OFFER!

Mail us any good picture with a star order for \$1.95 and we will send you a beautiful photo enlargement of same, framed in a handsome frame like cut; outside measure of frame 14 1/2 inches. We do all kinds of enlarging and coloring. Send us your 3 ms. to be developed and finished. We pay return postage.
GEO. M. STRONG
163 W. Park St.
Portland, Oregon



THE HOUSEHOLD

Kitchen Utensil.

Another kitchen utensil which would be welcomed by every housewife and cook is shown in the accompanying illustration. It is an adjustable lifter whereby pans or other cooking utensils on the fire which are too hot to be removed with the hands can be taken up by the lifter and placed wherever desired. The lifting operation is accomplished by inserting a small plate glass beneath the utensil on the fire. Above the plate is a wire clamp which normally projects upward, the plate and clamp being attached to separate spring rods. When the plate is inserted beneath the pan the clamp extends over the rim of the receptacle. By moving the handle forward the rod supporting the clamp is forced downward, causing the clamp to descend and firmly grip the rim. The pan can then be lifted from the fire and carried to a table or other place required. The hands are thus protected from accidental burning, while the operation of removing the receptacle can be accomplished as quickly as with the hands.

To Can Tomatoes for Frying.
Use glass jars. Wash jar with a clean cloth and soap powder (powder rather than soap, because more antiseptic). Always rinse jars just before filling with warm water. Use nice, firm tomatoes, wash in cold water, and with a sharp knife trim out the stem and any imperfections, and cut through once. This makes two flat pieces with skin on. Put a quart of water in a granite or porcelain kettle. Lay pieces in, skin side down, and let boil three minutes. With care, the pieces can be placed in jar whole, and when wanted to use can be lifted out, rolled in flour and fried in a hot skillet, in which is a spoonful of lard and one of butter. Let brown, turn and brown other side, add salt, pepper, sugar and a cup of milk.

Canned Corn.
Select young ears of corn. Cut kernels from cobs into jars and press it down to fill them tight nearly to the top. Fold a cloth over the rack in the bottom of boiler or kettle, set in the jars, pour water around them to one-third their height, put on the covers. Cover the kettle and let boil three hours after boiling begins. If the corn has shrunk in the jars use the contents of one or two to fill the others to overflow. Put on the rubbers and covers and cook one and one-half hours longer. Let cool standing in the water, and tighten covers again when cold.

To Use Up Remnants of Fish.
Free the fish from skin and bone, break it into pieces with a fork, and season with salt and pepper. Make a sauce by boiling a quartered onion in a pint of milk. When it comes to a good boll remove the onion and thicken with a tablespoonful each of flour and butter, beaten to a cream. Stir until smooth and season with salt and pepper. Line a deep earthen pudding dish with a thin layer of left-over mashed potato and put the fish in the dish. Pour the sauce over the fish and cover with buttered crumbs. Bake in a moderate oven twenty minutes.

For an Insipid Melon.
When the breakfast melon proves insipid, as it often does when purchased in city markets, don't try to eat it then, but put on ice and serve at luncheon as a salad. Take out the ripest pieces, cut in blocks about the size of an English walnut, arrange on a bed of lettuce or water cress and dress with a French dressing made with lemon juice and oil instead of vinegar.

Baked Egg Plant.
Boil the whole egg plant in salt water for twenty minutes, halve it with a sharp knife, scoop out the center; chop and mix this portion with bread crumbs, a little finely cut raw tomato, chopped parsley, onion juice and seasonings. Refill the shells with the mixture, cover with buttered crumbs and bake for half an hour in a hot oven.

Rice Balls.
To one pint of hot boiled rice add a large cupful of finely minced chicken, a well-beaten egg, salt and pepper to taste, and sufficient cream sauce to moisten it slightly. Mix together and set aside until cold. Form into small balls, egg and bread-crumbs them, and fry in deep fat. Drain on unglazed paper and serve at once.

To Get Rid of Ants.
To rid a pantry of ants, sprinkle cloves or salt on the shelves.

One of the Essentials

of the happy homes of to-day is a vast fund of information as to the best methods of promoting health and happiness and right living and knowledge of the world's best products.

Products of actual excellence and reasonable claims truthfully presented and which have attained to worldwide acceptance through the approval of the Well-Informed of the World; not of individuals only, but of the many who have the happy faculty of selecting and obtaining the best the world affords.

One of the products of that class, of known component parts, an Ethical remedy, approved by physicians and commended by the Well-Informed of the World as a valuable and wholesome family laxative is the well-known Syrup of Figs and Elixir of Senna. To get its beneficial effects always buy the genuine, manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

Edwin's Explanation.
Edwin, aged 3, who fondled his small cat overmuch and unwisely, appeared before his mother one day, his little face guiltily pained and a scatch upon his hand.
"What happened?" she asked.
"I bent the kitty a little," he said, briefly.

Never Still.
"Lucy," called Mr. Harker, from the front porch, "where is that baby? Just now he was in the dining room, then I saw him in the parlor and now he has vanished again."
"There he is out on the front steps," replied Mrs. Harker with a smile.
"Oh, George, isn't he a picture?"
"H'm! Yes, a regular moving picture."

Clarence Knew.
"I don't take any stock in the professions of these politicians," the visitor was remarking. "They've all got some selfish scheme to put through. You never can tell what a man has up his sleeve."
"I can, Mr. Jymes," said little Clarence, butting into the conversation. "You've got a dirty cuff up yours. I can see it."

THE MAN WHO SWEARS BY THE FISH BRAND SLICKER

is the man who has tried to get the same service out of some other make
TOWER'S FISH BRAND
Clean - Light - Durable
Guaranteed Waterproof
and Sold Everywhere
at \$3.00
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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, 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 Diarrhoea 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

Bears the Signature of
Chas. H. Fletcher.
In Use For Over 30 Years.
THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

A Substitute.
"You're rather a young man to be left in charge of a drug store," said the fussy old gentleman. "Have you any diploma?" "Why—er—no, sir," replied the drug clerk, "but we have a preparation of our own that's just as good."—Philadelphia Press.

RHEUMATISM CAN NOT BE RUBBED AWAY

It is perfectly natural to rub the spot that hurts, and when the muscles, nerves, joints and bones are throbbing and twitching with the pains of Rheumatism the sufferer is apt to turn to the liniment bottle, or some other external application, in an effort to get relief from the disease, by producing counter-irritation on the flesh. Such treatment will quiet the pain temporarily, but can have no direct curative effect on the real disease because it does not reach the blood, where the cause is located. Rheumatism is more than skin deep—it is rooted and grounded in the blood and can only be reached by constitutional treatment—IT CANNOT BE RUBBED AWAY. Rheumatism is due to an excess of uric acid in the blood, brought about by the accumulation in the system of refuse matter which the natural avenues of bodily waste, the Bowels and Kidneys, have failed to carry off. This refuse matter, coming in contact with the different acids of the body, forms uric acid which is absorbed into the blood and distributed to all parts of the body, and Rheumatism gets possession of the system. The aches and pains are only symptoms, and though they may be scattered or relieved for a time by surface treatment, they will reappear at the first exposure to cold or dampness, or after an attack of indigestion or other irregularity. Rheumatism can never be permanently cured while the circulation remains saturated with irritating, pain-producing uric acid poison. The disease will shift from muscle to muscle or joint to joint, settling on the nerves, causing inflammation and swelling and such terrible pains that the nervous system is often shattered, the health undermined, and perhaps the patient becomes deformed and crippled for life. S. S. S. thoroughly cleanses the blood and renovates the circulation by neutralizing the acids and expelling all foreign matter from the system. It warms and invigorates the blood so that instead of a weak, sour stream, constantly depositing acid 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 Rheumatism. It contains no potash, alkali or other mineral ingredient, but is made entirely of purifying, healing extracts and juices of roots, herbs and barks. If you are suffering from Rheumatism do not waste valuable time trying to rub a blood disease away, but begin the use of S. S. S. and write us about your case and our physicians will give you any information or advice desired free of charge and will send our special treatise on Rheumatism.

S. S. S. PURELY VEGETABLE

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Improve Your Baking
KC Baking Powder will do it! Get a can. Try it for your favorite cake. If it doesn't raise better, more evenly, higher, —if it isn't daintier, more delicate in flavor, —we return your money. Everybody agrees KC has no equal.

KC BAKING POWDER
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SHOES FOR EVERY MEMBER OF THE FAMILY, AT ALL PRICES.
\$25,000 Reward To anyone who can prove W. L. Douglas does not make & sell more Men's \$3 & \$3.50 shoes than any other manufacturer.

THE REASON W. L. Douglas shoes are worn by more people in all walks of life than any other make is because of their excellent style, easy-fitting, and superior wearing qualities. The selection of the leathers and other materials for each part of the shoe and every detail of the making is looked after by the most complete organization of superintendents, foremen and skilled shoemakers, who receive the highest wages paid in the shoe industry, and whose workmanship cannot be excelled. 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.

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