

S.S.S. NATURE'S PERFECT TONIC

There is scarcely any one, no matter how vigorous and healthy, who does not need a tonic sometimes. Little physical irregularities upset the system, the appetite fails, digestion is poor, the body feels tired and worn out, and other unpleasant symptoms give warning that the system is disordered and needs assistance to ward off, perhaps, some serious sickness or ailment. S. S. S. is recognized everywhere as the best of all tonics, nature's medicine, made entirely of healing, cleansing, invigorating roots and herbs, a systemic remedy without an equal. S. S. S. has the additional value of being the greatest of all blood purifiers. It re-establishes the healthy circulation of the blood, rids the body of that tired, worn-out feeling, improves the appetite and digestion, and brings about a return of health to those whose systems have been weakened or depleted. S. S. S. acts more promptly and pleasantly than any other medicine, and those who are run down in health should commence its use at once. It will thoroughly purify the blood and tone up the system. S. S. S. is admirably suited for a systemic remedy because it is free from minerals; it may be used without harmful results by persons of any age, and no unpleasant effects ever follow.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Lifting the Referee.

Rodrick—Stood out in the middle of the road the other day to decide an automobile race. They both came in even.

Van Albert—It was a toss-up, eh?
Rodrick—I should say so. I was tired over a haystack.

You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

The Artistic Temperament.

"Yes," said Mrs. Nurlitch, "my son means to be an artist."
"Indeed?" replied Mrs. Ascum.
"That's a very laudable ambition."
"Yes, he thinks it's just cute to wear those flowing black ties."—Philadelphia Press.

Not Good Form.

"When shall I call again with this bill, Mr. Ardup?"
"I think, young man, as a concession to the conventionalities, you'd better not come any more until I have returned at least one of your calls."

FITS St. Vitus' Dance and Other Diseases permanently cured by Dr. J. Lee's Great Nerve Restorer.

Send for FREE \$2.00 trial bottle and treatise. Dr. R. H. Kline, Ltd., 531 Arch St., Philadelphia, Pa.

The difficulties of sending wireless messages during the hours of daylight have been overcome to a great extent.

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

Reverescence.

"I see that Little Leepj is to sing and dance at another dinner somewhere or other."
"What! Is she alive yet?"
"No; again."

ARE LEARNING KALE.

Oregon Farmers Overcome Prejudice of Long Standing.

From the Oregon Agricultural College, Corvallis.

Kale is one of the best talking crops in Oregon. When the Oregon booster wants to prove that Oregon is the best dairy state in the union he has to talk kale. Unless he knows what kale will do to the milk bucket he has not qualified as a booster. It is called the thousand-headed kale, and the botanist knows it as brassica oleracea, but it is the plain kale of four letters that does the talking. The strange thing is that it has only been during the last two or three years that it has had an audience, though it is nearly thirty years old in the Willamette valley. It has tried to talk all those years, but the people wouldn't listen when it sought recognition. "We never heard it talk," they insisted, "back in Iowa and New York. Back there cows produce milk without kale, and I guess they will have to here." That is tradition. It took thirty years for kale to get an audience in this state and live down tradition.

The dairymen of New York understand what green succulent food means to the dairy cow, and they build expensive silos, buy expensive machinery, and grow fertility-robbing corn, which they irrigate with their sweat, in order that the farmer during the long winter months may have an excuse for milking his cows. The Oregonian needs no expensive silos to remind the cow of the good old summer time. Kale! A thousand blessings on the thousand-headed kale! It is making Oregon the greatest dairy state in the union.

When grown under favorable conditions kale will yield 40 tons per acre of green feed, and its chief value is as a soiling crop during the fall and winter. Splendid results are being secured by feeding kale and vetch hay to dairy cows, without any grain or mill feed. Dr. Withycombe, of the Agricultural College, says that 15 pounds of vetch hay and 40 pounds of kale a day is practical—a balanced ration for a dairy cow. Mr. W. L. Wilson, of Banks, Or., says: "I received \$207 from 14 cows in the month of December, and fed them nothing but kale, turnips and vetch hay. The man who feeds chop would have to make \$237 to clear as much as I do. I have not had a speck of mill feed in the barn all winter."

Mr. Byron Hunter, of Corvallis, has, as assistant agriculturist of the bureau of plant industry, U. S. department of agriculture, made a special study of the forage crops of Western Oregon, and in Bulletin No. 91, published jointly by the Oregon Experiment Station and the Department of Agriculture, has the following to say about kale, which is timely:

"Methods of Sowing.—For fall and winter use kale is usually sown in drills on well prepared and drained soil as soon after the 15th of March as the season will permit. This furnishes plants for transplanting in June and July. The land used for transplanting is well manured and plowed two or three times between the first of March and the first of June. With the land in perfect till it is plowed again with a 12-inch plow about the first of June, and the young kale plants dropped into every third furrow about two and a half to three feet apart. This places about one plant on every square yard. The roots of the plants are placed where the next furrow covers them, leaving the tops uncovered. The plants that are plowed in during the day in this way are rolled in the evening of the same day to pack the ground. Two or three cultivations are all that can usually be given, for the plants will soon touch in the row, if they do well. Any plants that fail to grow may be replaced by hand. Some growers prefer to plant the seed in hills, and when the plants are large enough thin them to one plant in a hill. Others put kale out just as cabbage is usually transplanted, instead of plowing it in. The time of transplanting must be determined by the size of the plants and the condition of the land. If the land is wet and subject to overflow the transplanting may be delayed until during July. If the land is well drained and the plants are large enough, it may be done before the first of June. In transplanting, enough plants may be left for a stand on the land where the seedlings are grown.

A man living at Maud wants to know if he can irrigate his trees by means of a water wagon and barrels. Professor Thorber did not favor the plan, stating:

"This would be rather too complex. I am of the opinion that you will find it to great an expense, considering the value of a team and a man, to haul this water during the summer. The station would advise you to try and conserve this moisture by means of culture. This could be done with good effect during the summer months. I have had considerable experience on the state college campus in hauling water; and have concluded, first that it is impracticable to place water around the tree without a heavy mulch of straw; second, that nothing much less than a barrel of water for each tree at each watering, should be given. This will soak the ground up fairly well, and in our case, I did not need to water the trees on the campus more than twice during the summer. I do not know that it will be possible for you to make use of a heavy mulch, but in order to hold the water, it is necessary to do so. You can use rotted straw for this, or forest leaves."—From the Washington State college, Pullman.

One Woman's Wisdom.

Mrs. Newed—And you paid only 93 cents for that hat?
Mrs. Oldwed—That's all.
Mrs. Newed—Your husband was delighted, of course?
Mrs. Oldwed—I hope you don't think I was foolish enough to tell him I got such a cheap hat.
Mrs. Newed—Where would the foolish part come in?
Mrs. Oldwed—Why, if I told him what it cost he'd expect me to be satisfied with bargain counter hats all the rest of my days.

State of Ohio, City of Toledo } ss.
Lucas County.
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure.
FRANK J. CHENEY.
Sworn to before me and subscribed in my presence, this 6th day of December A. D. 1886.
A. W. GLARON,
(Seal.) Notary Public.
Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces of the system. Send for testimonials free.
F. J. CHENEY & CO., Toledo, O.
Sold by all druggists. 75c.
Take Hall's Family Pills for constipation.

Has a Better Thing.

"I used to know that man when he was a struggling lawyer. What business does he follow now?"
"Skimming cream."
"Skimming cream? Is he in the dairy business?"
"Dairy nothing! He's receiver for a bankrupt trust company."

Gave Reins to Her Thoughts.

"Looks a bit like rain, ma'am," observed the friendly milkman as he handed in his morning pint.
"It does, indeed," replied the ready-witted housekeeper, with her gaze fixed on the bottle.—Boston Transcript.

SINKS AND DRAINS A FREQUENT CAUSE OF TYPHOID

Purify These and You Will Be Safe From Contagion

DISINFECTING THE ONLY PREVENTIVE

Borax, a Simple, Safe and Sure Method

Two tablespoonfuls of Borax in a pailful of hot water poured down the grease-choked pipes of a sink, or flushed through a disease-laden drain, cleanses and purifies it, leaving it clean and sweet.
Bed clothing and clothes used in a sick room can be made hygienically clean and snowy-white, if washed in a hot solution of Borax water.
Kitchen and eating utensils, used during illness will be kept from all possibility of contagion if Borax is used when washing them. Pure as snow and harmless as salt, and because it can be used for almost every domestic and medical purpose, Borax must be considered the one great household necessity.
Local agents wanted. Write for money making plan.

So It Is.

Teacher—If a vehicle with two wheels is a bicycle and one with three wheels is a tricycle, what is one with only one wheel?
Scholar—A wheelbarrow.—Illustrated Bits.

Standing and Sitting.

She sat for an oil portrait of herself, did she not?
"Yep, Jinx was the artist."
"How'd it come out?"
"She sat for it but when she saw it she wouldn't stand for it."—Houston Post.

The telephone has not reached the point of a domestic convenience in France. It is but little used by the public generally.

Truth and Quality

appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing. Accordingly, it is not claimed that Syrup of Figs and Elixir of Senna is the only remedy of known value, but one of many reasons why it is the best of personal and family laxatives is the fact that it cleanses, sweetens and relieves the internal organs on which it acts without any debilitating after effects and without having to increase the quantity from time to time.

It acts pleasantly and naturally and truly as a laxative, and its component parts are known to and approved by physicians, as it is free from all objectionable substances. To get its beneficial effects always purchase the genuine—manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.



A Hair Dressing

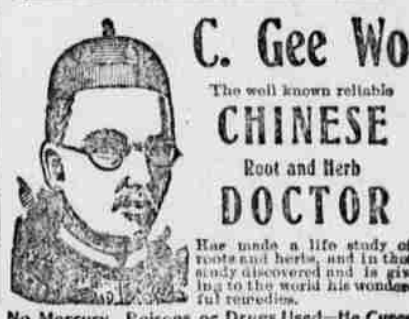
Nearly every one likes a fine hair dressing. Something to make the hair more manageable; to keep it from being too rough, or from splitting at the ends. Something, too, that will feed the hair at the same time, a regular hair-food. Well-fed hair will be strong, and will remain where it belongs—on the head, not on the comb!



Let no one say that the mind has no power over the body. If it can cause such effects as in the case taken from Ulk, how much more can it influence the physical conditions of the now and here?
"You look pale and thin. What's got you?"
"Work! From morning till night, and only a one-hour rest."
"How long have you been at it?"
"I begin to-morrow."

WHEN YOU COME TO PORTLAND

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THE CORNELIUS
PARK AND ALDER STS.
A New and Modern European Hotel, catering particularly to State people. A refined place for ladies visiting the city, close to the shopping center. Rates reasonable. Free Bus.
N. K. CLARKE, (late of Portland Hotel) Mgr.



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DOCTOR
Has made a life study of roots and herbs, and in that study discovered and is giving to the world his wonderful remedies.
No Mercury, Poisons or Drugs Used—He Cures Without Operation, or Without the Aid of a Knife. He guarantees to Cure Catarrh, Asthma, Lung Throat, Rheumatism, Nervousness, Nervous Debility, Stomach, Liver, Kidney, Troubles, also Lost Manhood, Female Weakness and All Private Diseases.
A SURE CANCER CURE
Just Received from Peking, China—Safe, Sure and Reliable.
IF YOU ARE AFFLICTED, DON'T DELAY. DELAYS ARE DANGEROUS.
CONSULTATION FREE
If you cannot call, write for symptom blank and enclosed. Enclose 4 cents in stamps.
THE C. GEE WO CHINESE MEDICINE CO.,
1212 First St., Cor. Morrison, Portland, Oregon.
Please Mention This Paper.

Libby's Food Products

Peerless Dried Beef

Unlike the ordinary dried beef—that sold in bulk—Libby's Peerless Dried Beef comes in a sealed glass jar in which it is packed the moment it is sliced into those delicious thin wafers.

None of the rich natural flavor or goodness escapes or dries out. It reaches you fresh and with all the nutriment retained.

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Just try a package of any of these, such as Ox Tongue, Vienna Sausage, Pickles, Olives, etc., and see how delightfully different they are from others you have eaten.



Libby, McNeill & Libby, Chicago

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Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral.
NOT NARCOTIC.
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Nutmeg—
Peppermint—
Eucalyptus—
Sassafras—
Wintergreen—
Sage—
Cinnamon—
Clove—
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Peppermint—
Eucalyptus—
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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
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