# General Debility

Day in and day out there is that feeling of weakness that makes a burden of itself. Food does not strengthen.

Sleep does not refresh.

It is hard to do, hard to bear, what should be easy,-vitality is on the ebb, and the whole system suffers, For this condition take

# Hood's Sarsaparilla

It vitalizes the blood and gives vigor and tone to all the organs and functions.

In usual liquid form or in chocolated tablets known as Sarsatabs. 100 doses \$1.

A Climatic Discouragement. "Do you think there is any reliable way of foretelling the weather?"

"Yep," answered Farmer Corntassel. "Jes' think of the kind you don't want and then prophesy it."-Washington

### By a Narrow Margin.

"You're all out of breath," said Pnoodles. "What have you been doing?" "Been running a race!" panted Ardup. "On a hot day like this? What for?"

"To-er-decide who was going to pay for the dinner," "Did you win?"

"Yes, by the skin of my teeth." "Who was the other fellow?"

"He was-well, he was the proprietor of the restaurant. I managed to lose him In the crowd just as he was about to make a grab for me."-Chicago Tribune.

FITS St. Vitus banco and from Discourse private menty cured by Dr. 1 inc's Great Norre Restorer, Send for FREE \$2.00 it all best for and treatise. Ur. R. H. Eline, Ld., 181 Arch St., Philadelphia, Pa.

The outward robe of the Pope is red and made from the wool of the lambs of the convent of St. Agnes, near the Porto

### A Look Ahead.

Queen Alexandra attended last spring's annual mansion house fete in London, and of that auspicious fact there is a tale to tell.

One of the diminutive flower matdens was both pretty and plump, and when her majesty stopped for an instant to smile down upon her, what did she do but put up her wee mouth for a kiss, which she received.

"Molly!" gasped her astonished mother, after the visitor had passed on. "How could you?"

Molly gave good reason. "I fought," said she, "it 'ud be interestin' to tell my grandchildren."-Harper's Weekly.

Only a few years ago the only article tasting of maple was maple sugar. There is now an article on the market that is so like the real maple sugar that even old Vermonters are unable to tell the difference. In fact, on account of its healthful qualities, being a purely vegetable product, neither sticky nor sickly, it is preferred by many people who formerly used only the regulation maple sugar.

This new extract is called Mapleine. It is a Scattle product and can be used to advantage by the housewife in a hot. Bake in long shallor variety of ways. For instance, a syrup together with boiled Icing. like maple can be made by simply dissolving granulated sugar in water and

adding a few drops of Mapleine.
The Crescent Manufacturing Company who make Mapleine have published a booklet called Mapleine Dainties. This will be sent free on request to anyone who asks for it. It is full of wholesome recipes.

# Innocent.

"Edith, I was ashamed of you when if wished. you called Mr. Midlage an old man to his face."

Why, mamma I did nothing of the kind. I wouldn't be as impolite as that for the world. I called him an old gentleman."

# Leap-Year.

The somewhat elderly but still handsome and well-preserved bachelor-had long been an admirer of the young lady, but never had dared to tell her so. At last, however, he mustered courage to

"Miss Jessie, I wish I were twenty years younger."

"Why so?" she asked.

"Because then I should be bold enough, perhaps, to ask you to marry

With a charming smile she shook her head.

"I should have to tell you no, Mr. Baxter," she said. "If you were twenty years younger you would be-er-a great deal too young for me."

He took the hint-and a little while later the young lady, too.

# KASPARILLA

This sterling household remedy is most successfully prescribed for a "world of troubles." For derangements of the digestive organs it is a natural corrective, operating directly upon the liver and alimentary canal, gently but persistently stimulating a healthful activity. Its beneficial influence extends, however, to every portion of the system, aiding in the processes of digestion and assimilation of food, promoting a wholesome, natural appetite, correcting sour stomach, bad breath, irregularities of the bowels, con-stipation and the long list of troubles directly traceable to those unwholesome conditions, Kasparilla dispels drowsi-ness, headache, backache and despondency due to inactivity of the liver, kidneys and digestive tract. It is a strengthening tonic of the highest value.

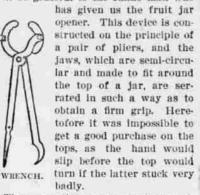
If it fails to satisfy we authorize all dealers to refund the purchase price.

HOYT CHEMICAL CO. Portland, Oregon it stand three hours.



# For Opening Fruit Jars.

Any person who has ever struggled with a fruit jar that had the lid stuck will be grateful to the Idaho man who



Then, too, the opener eliminates al. danger of cutting the hands on the metal of the top or the glass of the jar. Many a case of bloodpoisoning has developed from a wound sustained in this way and, taking a different view of the case, many a family has sat down to the table without preserves because the jars coold not be opened. In the old days a prolonged soaking in hot water was the only remedy for an obstinate top.

### Sauce For Nut Lonf.

To three tablespoons melted butter add one teaspoon chopped onion and one-half sour apple, two tablespoons flour. Cook to a clear brown, add one pint milk, one cup hot water, in which the glaze from baking pan has been melted. Stir until boiling hot, add chopped not meats and one tablespoon lemon juice and one-half teaspoon salt

#### Apple Butter.

Cook two parts apple and one part rhubarb until tender. Rub all through colander. If set in the oven it will cook without spattering the stove. Sweeten with sugar and flavor with cinnamon. For grape butter take two parts seeded grapes and one part apple run through colander. Apple gives a much better flavor to the grapes.

### Chocolate Cake.

One cup sugar, half-cup butter, halfcup milk, two eggs, two cups flour, two teaspoons baking powder. Before beginning the cake take half a cake of chocolate, put it on the stove to melt, let it come to a boil, add the yolk of one egg, then pour on the cake batter while hot. Bake in long shallow tin. Put

# German Kuchalupt.

Half-pound of butter, three tablespoons sugar, pinch of salt, rind of lemon, cake of compressed yeast, dissolved in a cup of lukewarm water, twelve ounces flour and two ounces cornstarch. Stir half an hour, Put into form with tube in center and let rise until light. Raisins may be added

# Cake Custard.

Soak a coffee cupful or less of the cake left over from the pudding in a sufficient quantity of milk to nearly fill a small pudding dish. Beat two eggs with a cupful of sugar; add to mixture with any desired flavoring. Put in a small quantity of raisins, currents or citron and bake until brown. Serve with cream.

# Spiced Cherries.

Nine pounds of fruit, 4 pounds of sugar, 1 pint of cider vinegar, 1/2 ounce of cinnamon bark, 1/2 ounce of whole cloves. Let the sirup come to a boil before putting in the fruit; cook the fruit until the skins break; then take out the fruit and boil the sirup down until thick; pour over the fruit hot.

# Corn and Peppers.

One of the uses for cold boiled corn left over from a previous meal is as an entree with green peppers. Wash the peppers, remove their seeds and boil them for about twenty minutes. Then chop them fine, mix them with the corn cut from the cobs and heat the two together in butter, salt and pepper.

Mashed Potato for Fried Fish. Pare and boll the potatoes as usual, in salted water, then drain and press them through a slicer or vegetable press. Add a generous piece of butter, plenty of salt and cooked tomatoes, pressed through a sieve, and moisten as needed. Serve in a separate disb

### or on the plate with the fish. Iced Rice Pudding.

To a quart of rich milk add two tablespoonfuls of rice and twelve of sugar, with a pinch of salt and two beaten eggs. Bake, stirring often, till the whole is soft and like thick cream, then cool and put into a pail and set in a larger pail, putting ice in between. Let

### VALUE OF WHEAT.

Good Profit May Be Made by Feeding to Poultry at High Prices.

By James Dryden, Poultryman, Oregon Agricul-tural College, Corvallis.

The prices of poultry and eggs fol- clover and grain fields and of bugs in low closely the trend of wheat prices the orchards will, where these insects and of corn prices, the two staple poulare bad, offset a large part of the analysis of the control of the con try foods in the United States. The tendency is for poultry keepers to cur-tail the flock of poultry when prices In experiments with larger breeds of food are high, and to increase the the cost of feeding was greater. The try are sent to market, and later on \$1.00. This extra cost is largely offset there is a scarcity of both poultry and when the fowls are marketed, the

The question for the poultryman and the farmer to consider in this connection is, at what prices of grain does it pay the farmer to market the grain the way in which to tell the difference rather than feed it to the poultry, for between the edible mushroom and the poisonous variety, the station replied: most out of the soil, whether it be in raw or concentrated products. It is a of mushrooms, and they are so nearly fine point to determine just where the like the poisonous varieties, that it is profit in feeding poultry as well as impossible for an inexperienced person other livestock disappears in the upin other words, at what point is there tween mushrooms and toadstools. The a parting of the ways between a profit best way is 1, learn to recognize cerand a loss?

The general tendency among farmers is to sell the grain, rather than feed variety, known botanically as 'Agaricus it, long before the parting of the ways has been reached, and it is a knowledge of this fact that assures the skillful be able to recognize it: and persistent feeder of a profit. The "The stem is cylindrical, or tapers a and persistent feeder of a profit. The parting of the ways comes very soon to the majority of feeders. One man feeding seventy-five-cent wheat, and another may be equally truthful when in the two men is a difference in skill sometimes brownish, and usually covin feeding. With good stock and good care the skillful feeder will make a

The price of wheat is higher now than it has been for probably ten or first white, but soon become a dark, that it is too high to feed to chickens,

Two or three things should be confarmer who keeps his chickens will sod, where shade is plentiful. make as much profit as he did when the price of wheat was low. That is, ond, how much does it really cost to

In experiments made by the writer, ounce of food was weighed, six pens botany division of the Cornell univer-of Leghorn hens consumed during the sity agricultural experiment station, deyear 564 pounds wheat, 200 pounds lows: corn, 203 pounds oats, 112 pounds bran lows: and shorts and 235 pounds skim milk, in addition to some animal food. The year varied in different pens from 61 cents to 78 cents, and averaged 66 . . . The pileus in this form is cents. The wheat was charged at 1 smooth, viscid to the touch, and pure cent a pound, corn at 14 cents, oats white; as is also the annulus, stem and at a cent, skim milk at a fifth of a volva, though the latter is soiled by cent and bran and shorts at three particles of earth. The stem is nearly fifths of a cent. The animal food cost cylindrical, tapering slightly from the from 5 to 6 cents per fowl. The wheat bulbous base. It is hollow, or stuffed constituted nearly a half of the total with cottony, mycelial threads. The

to 25 cents per dozen, much State college, Pullman. cents lower than the prices are in Oregon at the present time. If wheat had been worth, say, 90 cents and had been to fruit growers of southwestern Washcharged for at that rate, and bran at ington and northwestern Oregon was 1 cent a pound, the cost per ford referred to the department of horticulwould have been about 16 cents more, or 80 cents instead of 66 cents. But eggs are also higher in price than they were then.

Taking the monthly egg yield of the eix pens of Leghorns and computing be obliged to you for information con-the value of the eggs laid each month at the average wholesale prices of eggs and apples in this region." in Portland during the past two years,

the results would t	e as follow	8:
Eggs	Price	
laid.	per dez.	Value.
November 40	35e	\$ 1.17
December122	35c	3.00
Innuary243	26e	4.40
February238	25e	4.90
March336	20e	5.60
April499	20e	8.30
May428	18c	6.33
June397	20c	6.62
July384	20c	6.40
August393	25e	8.20
September221	25e	4.60
October 97	30e	2.40

In place of eggs worth \$1.68 per pretty good margin of profit in feeding 90 cent wheat.

That is true. It is also true enal. The right kind of hens properly bred hens considerably more. The av-

In these experiments all the food ties of apples that will do especially probably not 100. eaten was paid for at market prices well there are more or less limited. and the cost averaged only 66 cents The Yellow Transparent, the Duchess, per hen. The cost would have been the Oldenberg and the Gravenstein for only 80 cents if the wheat had cost 90 early apples, and the Northern Spy, cents per bushel. The farmer, how- Olympia, Baldwin, Grimes Golden and ever, who keeps fifty or a hundred hens can do better than that, for on the average farm that number of hens o may be kept largely on the waste pro-ducts or by products of the farm. They will find the animal food in the fields Washington."—From Washington State in the shape of bugs, grasshoppers, college, Pullman.

worms, etc., and there will usually be skim-milk or buttermilk. There need therefore be no cost for animal food, resulting in a saving of 8 to 10 cents per fowl. The clover or grass they eat will have little marketable value. The destruction of grasshoppers in the clover and grain fields and of bugs in

nual cost of food for the fowls in flock when the prices of food are low, cost of feeding Plymouth Rocks aver-When the grain prices rise more poul- aged \$1.15 per fowl and of Wyandottes aged \$1.15 per fowl and of Wyandottes

larger breeds bringing more than the

In answer to an inquiry relative to

small breeds.

"There are so many different species to detect the difference. Botanists do ward tendency of the price of grain; not usually recognize any difference betain species of edible mushrooms, even though the number be few. A common campestrias L., ' is not poisonous, and by the following description you may

little toward the lower end. Near its upper end is a sort of collar, usually termed a 'ring,' which encircles it. may be telling the exact truth when termed a 'ring,' which encircles it. stem, and of very thin, satiny texture. The circular, expanded disk into which he says he can make a profit in feed-the stem fits is called the 'cap.' The ing one dollar wheat. The difference surface is sometimes white, although ered by a thin layer of delicate threads. The flesh or inner portion is more comprofit in feeding high-priced grain, but pact, and is white also. Numerous thin no one can make a profit with poor plates, or 'gills,' are on the under side stock and poor care at any price for of the cap, which radiate from near the stem to the margin of the cap. When the plant is very young the gills are fifteen years, and it is frequently said pink color, and in age changes to dark brown. The substance of the stem is less compact at the center, but the stem sidered in this connection. First, the is not really hollow, though in some inprices of poultry and eggs will rise if stances there are slight indications of many chickens are marketed, and the it. This mushroom will be found in

"It is probable that the mushroom responsible for a majority of the deaths the price of poultry products will adjust itself to the prices of grain. Sec-phalloides. By a novice, it might easily be taken for the Agaricus campesfeed a hen for a year? Does any one tris. However, the former usually oc-know? ricty just described occurs in open covering several years, in which every places. Professor G. F. Atkinson, of the

annulus or collar, but what is most cost of the total food per fowl for the important the base of the stem rests in a cup-like envelope called the volva.

gills are usually pure white, even in The hens laid an average of 144 eggs age, and are nearly free from the stem. per fowl, valued at \$1.68 at local prices When decaying the plant emits a very for eggs. The prices were from 10 disagreeable odor."—From Washington

> An inquiry which will be of interest It follows:

"Kindly give me some advice concerning the growing of raspberries and blackberries under the conditions found in southwestern Washington. I would

Professor W. S. Thornber replied: "You will have no difficulty in growing raspherries and blackberries in your part of the country, providing you use good judgment in selecting your varieties and in planting. If the low land is well drained you had better plant blackberries, but if the land is not well drained you will have difficulty in growing any form of small fruit there. However, the blackberry will come nearer to growing in poorly drained land than the raspberries will. In choosing varieties of blackberries, use the Mammoth for extra early, the Snyder for middle early and the Evergreen for \$61.92 late. Raspberries require a dryer and, separately, well drained soil, and with such conditions in your part of the fowl, if their value be computed at state you should be able to grow re-present prices in Portland they would markable crops of them. The Cuthbert be worth \$2.58 per fowl. In other is the standard for commercial work on words, on the basis of present prices, the west side; also the Antwerp, the food costing 80 cents when fed to hens Superlative and the Marlboro are excel-produces eggs worth \$2.58. This is a lent berries for growth there. "Plums will do well upon a very

moist soil, and will stand a poorly It may be said that the average drained soil better then the majority of flock of hens does not lay 144 eggs per other fruits. The Peach, the Yellow Egg, the Tragedy, the Willard, the Lomthat 144 eggs per fowl is not phenom- bard and other varieties almost without number will do well in the region you attended should average 150 and well- refer to. Almost any cherry will suc ceed there. The Royal Anns, the Bings, erage farm flock will not average 125, the Lamberts and the May Dukes would

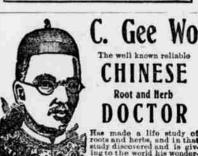
# Truth and Quality

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 'ime to time-

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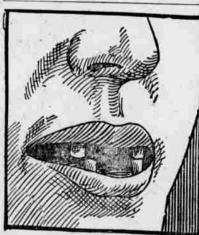
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