

## Catarrh

### Invites Consumption

It weakens the delicate lung tissues, deranges the digestive organs, and breaks down the general health. It often causes headache and dizziness, impairs the taste, smell and hearing, and affects the voice. Being a constitutional disease it requires a constitutional remedy.

### Hood's Sarsaparilla

Radically and permanently cures. In usual liquid form or in chocolate tablets known as **Sarsatabs**. 100 doses \$1.

**Against Adverse Conditions.**  
 Interviewer—May I ask how you acquired your clear and luminous style of writing?  
 Successful author—Do you think it's a luminous style, young man? Well, I acquired it by long and painful labor in a dimly lighted back attic.

Rain is never known to fall in the region between the first and second cataracts of the Nile.

An English brewery has given a contract for a million labels per day for the present year.

Our million immigrants a year are bringing with them \$25,000,000 a year, besides their labor.

The world uses at least 170,000,000,000 matches yearly.

A "man, 32," advertises in a morning London paper that he is willing to "undertake any adventure, however desperate."

### TOWER'S FISH BRAND WATERPROOF OILED CLOTHING

looks better—wears longer—and gives more bodily comfort because cut on large patterns, yet costs no more than the just as good kinds

SUITS \$300 SLICKERS \$300 SOLD EVERYWHERE

Every garment bearing the sign of the fish guaranteed waterproof


TOWER'S FISH BRAND CATALOG FREE

A. J. TOWER CO. BOSTON U.S.A. TOWER CANADIAN CO. LIMITED TORONTO CAN.

## 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, constipation and the long list of troubles directly traceable to those unwholesome conditions. Kasparilla dispels drowsiness, 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**



### C. Gee Wo

The Chinese Doctor

This great Chinese physician is well known throughout the Northwest because of his wonderful and marvelous cures, and is today heralded by all his patients as the greatest of his kind. He treats eye and all diseases with powerful and successful Chinese roots, herbs and tonics that are entirely unknown to the medical science of this country. With these harmless remedies he guarantees to cure catarrh, asthma, lung troubles, rheumatism, nervousness, stomach, liver and kidney troubles, and private diseases of men and women.

CONSULTATION FREE

Patients outside of city write for blanks and circulars. Enclose 4c stamp.

**The C. Gee Wo Medicine Co.**

162 1/2 First St., Near Morrison Portland, Or.




## CRESCENT BAKING POWDER

Egg-Phosphate

WILL DO ALL THAT ANY HIGH PRICED POWDER WILL DO AND DO IT BETTER

A FULL POUND 25c. Get it from your Grocer



## OUT OF TOWN PEOPLE

Should remember that our force is so organized that WE CAN DO THEIR ENTIRE CROWN, BRIDGE AND PLATE WORK IN A DAY, if necessary, POSITIVELY PAINLESS EXTRACTING FREE when plates or bridges are ordered. WE REMOVE THE MOST SENSITIVE TEETH AND ROOTS WITHOUT THE LEAST PAIN. NO STUDENTS; no uncertainty—but SPECIALISTS, who do the most scientific and careful work.

**WISE DENTAL COMPANY, INC.**

Dr. W. A. Wise, Mgr., 21 years in Portland. Second floor falling building, Third and Washington streets. Office hours: 8 A. M. to 8 P. M. Sundays 9 to 1 P. M. Painless extracting 50c; plates \$5 up.

### Children in Fashion.

Children have become the fashion, asserts a periodical that calls itself the World and His Wife. It is the smart thing to sit at meat with them, to pay deference to their opinions, to encourage them in their ingenious flippancies. That is an improvement on the dreadful tyranny of our grandfathers and grandmothers; but the wheel has turned a little too far.

### Apartment House Amenities.

Third Floor Renter—When you buy coffee why don't you have the grocer grind it for you?

Fourth Floor Renter—When you buy a chuck steak why don't you get the butcher to hammer the daylight out of it for you?

### Quite the Contrary.

Mrs. Upsome—Is your dentist one of the "painless" kind?  
 Mrs. Oylwell—Not at all. He's so sympathetic that he says it hurts him just as much as it does me.

### Makes One Exception.

"You're always kicking about our having too many laws. I suppose you would repeal the law of gravitation if you could."  
 "No; that's always rigidly enforced. It's only the dead letter laws I'm after."

### Fattie.

Hamlet had finished his soliloquy, and the curious bystanders were waiting to see what he would do next.  
 "No," they said, at last. "He isn't going to do it. He talks eloquently about committing suicide, but he lacks the sand. Nothing doing."

Thus it appears that the original Hamlet, like all his subsequent imitators, was merely talking for effect.—Chicago Tribune.

The growth of girls is greatest in their fifteenth year; of boys in their seventeenth.

The tropical seas contain a greater percentage of salt than those of the more northern latitudes.

Vanilla comes from a genus of climbing orchid which grows plentifully in the tropics.

How a busy man doesn't love a persistently cheerful individual who succeeds only in being noisy.

The sum of \$7,750 was paid in London the other day for an orchid—An *Odontoglossum Crispium Pittanum*.

The women of Italy are much more industrious than the men.

Norway has twenty hospitals devoted to the treatment of leprosy.

A Hayleton (Pa.) school teacher rests her pupils by allowing a ten-minute sleep.

Punctuation marks were first used in 1490.

The founder is said to deposit 7,000,000 eggs in the course of a year.

Wasps rank next to ants in point of insect intelligence.

## 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.

P N U No. 48-08

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### Silage in Steer Feeding.

The use of silage in feeding steers while fattening is growing in favor steadily, and especially where lands are high priced and when feeding stuffs generally are high. There has been a good deal of prejudice against silage among extensive feeders, but as they are induced to try it so do they become converted to its use.

In feeding experiments conducted at the Missouri Station in 1903-7 with steers weighing about 800 pounds each at the beginning, those fed silage ate less dry matter than those fed whole stover or shredded stover, and gained in weight, while the dry stover lots lost. The same sort of results were also secured from feeding silage stover compared with air-dried material.

Professor Plumb, of the Ohio Agricultural College, has this to say on the subject:

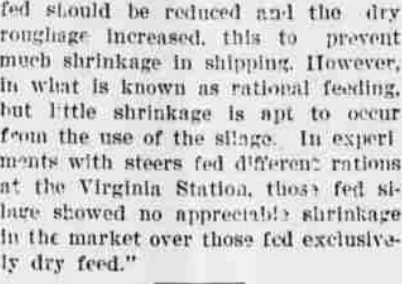
"If silage is fed under cover, and to cattle not wallowing in mud or oozy manure, then good results will generally come from its use. However, hay or other dry roughage should also be fed. Silage fed twice a day and hay once should give good results. When cattle are being finished for shipment, then the amount of silage fed should be reduced and the dry roughage increased, this to prevent much shrinkage in shipping. However, in what is known as rational feeding, but little shrinkage is apt to occur from the use of the silage. In experiments with steers fed different rations at the Virginia Station, those fed silage showed no appreciable shrinkage in the market over those fed exclusively dry feed."

### Crib Without a Shovel.

This grain storage house is designed to allow for handling the crop without unnecessary lifting. Grain is hauled in the upper driveway and poured from the wagons into the bins, and is then removed by being drained from the bins into the lower driveway. If built upon a hillside the job of making the fills will not be serious. Even on level ground this can be done without a great expenditure of labor with the use of a road scraper.

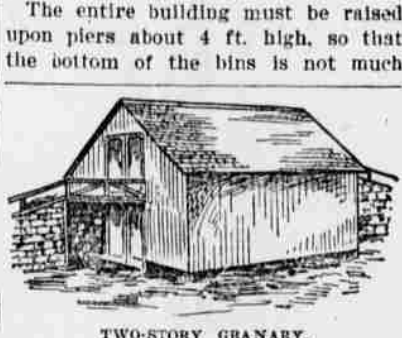
The entire building must be raised upon piers about 4 ft. high, so that the bottom of the bins is not much

lower than the bottom of the wagon box, allowing the entire contents of the bins to be drained into the wagons without lifting.—Farm and Home.



SECTION OF THE CRIB

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TWO-STORY GRANARY.

### Tuberculosis in Cattle of England.

Consul Joseph G. Stephens of Plymouth, advises that the English authorities are making known through the medium of the press the disagreeable facts relative to tuberculosis in cows and phthisis in human beings in that section of England. The relation of the two is said to be a scientific fact. In many districts of Devon 25 per cent of the cows have tuberculosis. The average number of deaths from consumption among the people of the single County of Devon alone exceeds 300 per annum. In one charity organization 80 per cent of the children are suffering from this dread disease.

### The Horse that Pulls on His Bit.

It is claimed by one who has tried it that a driving horse that pulls on the bit can be cured by fastening a small ring on each side of the bridle and as near the brow band as possible. Pass the lines through bit rings and snap them into the rings at the brow band. This, with a common jointed bit, will enable a child to hold a "puller" or hard-mouthed horse with ease under almost all circumstances. It can be used on a fast horse in double team or on both, as desired. It is cheap and easily applied and it won't make the mouth sore.

### How to Raise a Barn.

A farmer near Gollad had a novel experience. A few years ago he built a small barn, and in the construction used green willow posts at the corners and along the sides. For some time nothing unusual was noticed, but after a year he saw that where he had laid the floor near the ground it was three feet above soil. He discovered that

the willow posts, instead of being dead, were alive, had taken root and were growing. In their upward movement they had carried the barn along. Last spring the barn was on stilts 9 feet high, and he put in a new floor and surrounded the posts with siding, thereby making a two-story affair. There is now a space of 9 inches between the floor and the ground, and the owner expects to have a three-story barn in the course of time.—Gollad, (Texas) Guard.

### Value of Potatoes as Food.

According to statistics obtained, it appears that potatoes constitute about 13 per cent of the total food consumed by the average family. They are essentially starchy and eaten alone would furnish a very one-sided badly



COMPOSITION OF THE POTATO.  
 A, fat; b, crude fibre and other carbohydrates exclusive of starch; c, protein; d, ash.

balanced diet that would prove unwholesome to most people. As indicated in the illustration the edible portion, is made up of 78.3 per cent water, 18.4 per cent carbohydrates (principally starch), 2.2 per cent protein, 0.1 per cent fat, and 1 per cent ash or mineral matter. These figures represent general averages from which there are wide variations in individual specimens. When potatoes are eaten with meat, eggs, or fish, which are essentially nitrogenous foods, a well-balanced diet is obtained.

### Salt for Cows.

A supply of salt available whenever the cow wants it is necessary to maintain a high milk yield. Salt stimulates the appetite and assists digestion and assimilation, which increase the flow of the fluids of the body. Salting feeds for dairy cows once a week is not sufficient. It is a good plan to keep rock salt under shelter where the cows can get it at will and then feed loose salt once a week in such quantities as the cows will eat. Loose salt may be used exclusively if it can be sheltered from rain. Do not mix salt with feed, for frequently cows get more salt than they need, which will reduce the flow of milk. Cows having salt kept before them at all times in separate compartments will not eat too much.

### The Poultry House.

Now is a good time to disinfect the poultry house, so as to keep the lice from getting a mastery over you. Any kind of liquid lice killer is good to spray the house with, being sure to spray the roosts and nest boxes as well. If a cheaper disinfectant is required, a whitewash can be made of lime and water, with some crude carbolic acid in it. This proves a very good deodorizer and disinfectant, and a large quantity of it can be used without hurting the pocketbook too severely.

### Lack of Material.

The laying of soft-shelled eggs is caused by lack of shell-making material, in the shape of crushed oyster shells or some other form of lime. The hens should have plenty of good grit. Half the time the fowls are left without a good supply of grit to grind the food, the natural supply being inadequate or inferior. Rice table scraps will make hens over-fat and have a tendency to cause hens to lay soft-shelled eggs.—Farmers' Home Journal.

### How Seeds Are Scattered.

Dr. Howard, secretary of the American Society for the Advancement of Science, writing of the manner in which seeds are carried to great distances by birds, recites an experiment of Darwin which had a curious result. Adhering to the leg of a wounded partridge, Darwin found a ball of earth, weighing six and a half ounces. From the seeds contained in this ball he raised thirty-two plants, belonging to five distinct species.

### Wounds on Trees.

No artificial medium can be applied to the surface of a tree wound which will induce it to heal more quickly. The activity of the healing process depends upon the character and position and the time of the year when the wound is made, rather than upon protective coverings, but where a large surface of heart wood is exposed it is advisable to protect it from decay by a coat of white lead or other satisfactory covering.

### Milk for Calves.

The calf finds in fresh milk while it is still warm with the animal heat of the cow, it is said, a constituent value not found in the milk after it is allowed to get cold. The chemist cannot define it, and it cannot be restored again by warming the milk. If every calf could be fed its milk sweet, and while it still retained its animal heat, there would no doubt be fewer cat-hammed steers going to the block.



## HOUSEHOLD TALKS

### Increases Its Capacity.

The metal towel bar which is to be seen in every properly furnished bathroom, is a popular piece of furnishing, as attested by its general use. Up to very recently it has consisted of a straight bar of metal or glass, held at a convenient height above the tub by supports secured in the wall.

NEW TOWEL BAR. The storage capacity of this article has been greatly increased by a slight change in the design. This feature is particularly desirable from the fact that it permits of fresh towels being placed on the rear, while the towels in use may hang from the front.

### Peach Batter Pudding.

Fill a pudding dish with peeled and halved peaches, pour over them one pint of water, cover closely and bake until the peaches are tender, then drain off the juice and let it cool. Add to the juice one pint of milk, four well-beaten eggs, one cupful of sugar, one tablespoonful of melted butter, one tablespoonful of salt and one cupful of flour mixed and sifted with one teaspoonful of baking powder. Beat well, pour the batter over the peaches and bake until a rich brown. Serve with sweetened cream.

### Potato Croquettes.

A delicious way of serving potatoes is the following: Boil and mash twelve medium sized white potatoes, using one tablespoonful of butter instead of milk. When they are nearly cold add beaten yolks of three eggs, one teaspoonful of chopped parsley, one-quarter teaspoonful of grated nutmeg and six drops of onion juice. Stir these ingredients together until they are smooth. Make up into small cone-shaped croquettes and stand away to harden.

### Boiled Custard.

Into a quart of milk stir a pinch of baking soda, then heat to the scalding point in a double boiler. Beat five eggs light with a half-cup of granulated sugar and pour the scalding milk gradually on these, beating steadily. Return to the double boiler and cook, stirring constantly until the custard coats the spoon. Take from the fire, flavor with vanilla and set aside to cool. When cold turn into glasses, whip meringue on top and serve.

### Crab Apple Jelly.

Allow one pound of juice and one-half pound of sugar. Wash apples, put them into an enameled kettle, cover with cold water and cook until tender. Then press them through a sieve with juice. The next day pour from settlings, weigh and put on fire with sugar and skim them occasionally. Cook for one hour and it will become a good red. Fill jelly glasses and cool.

### Tapioca Pudding.

Boil one-half cupful of tapioca and one cupful of sugar in three cupfuls of hot water until clear. Remove from the fire and add the well-beaten whites of two eggs, a cupful of grated pineapple and the juice of half a lemon. Serve cold with cream. Half a pineapple will be sufficient. What is left may be used for the next day.

### Delicious Corn Oysters.

One dozen ears of young corn, grated; one beaten egg, three tablespoonfuls of cream, two tablespoonfuls of flour, one tablespoonful of melted butter. Mix thoroughly; drop with a dessert spoon into saucerpan and fry as you would oysters.

### Baked Eggs.

Heat a tablespoonful of butter in a small granite pan; when hot break in as many eggs as you wish cooked, season with salt and pepper and pour over enough sweet cream to cover eggs. Place in the oven for a few minutes.

### Potato Pancakes.

Grate eight large raw potatoes, drain off the water, add one cup of boiling milk, two eggs, flour enough to make a nice pancake batter. This must be baked in sufficient hot lard.

### Sharpening Knives.

Keep a flat file in your kitchen drawer. It is the best thing in the world to sharpen bread, meat and chopping knives.

### Short Suggestions.

To extract juice of lemon or orange much more juice will be obtained if the fruit is first covered with cold water and allowed to come to a boil before the fruit is cut.