

Good Blood

Means good health, and Hood's Sarsaparilla has an unapproached record as a blood-purifier.

It effects its wonderful cures, not simply because it contains sarsaparilla but because it combines the utmost remedial values of more than 20 different ingredients. There is no real substitute for it. If urged to buy any preparation said to be "just as good" you may be sure it is inferior, costs less to make, and yields the dealer a larger profit. Get Hood's Sarsaparilla today. In usual liquid form or in chocolate tablets known as Sarsatabs.

Drew the Line.

Baron Munchausen had just told one of his stories, and somebody in the crowd had questioned the truth of it.

"That's all right," said the baron; "I know I'm a liar. But I lie merely for fun. I don't lie either for spite or for profit. I'm not a member of any Ananias Club."

Thus, while contributing to the incubation of untruth, he escaped the imputation conveyed by the short and ugly word.

English mercantile marine, which forms more than one-half of the whole world's shipping, brings that country about \$450,000,000 every year.

Overcomes Loss of Nervous Force in Men and Women

Men and women who are nervous wrecks, who lack energy and ambition, who suffer with nervousness, dread, anxiety and a general inability to be happy or to act naturally and rationally at all times, may try this treatment with a certainty of astonishing results.

The ingredients can be obtained separately at all well stocked drug stores.

At any leading drug store get three ounces sarsaparilla compound in a half-pint bottle. Get one ounce each of the following in separate packages: Compound fluid balmwort, compound essence cardiol, and tincture cadomene compound (not cardamom). Add balmwort to sarsaparilla; let stand two hours, then add other two, shake well and take a teaspoonful after each meal and one at retiring.

Another Victim.

Lawyer—You want a divorce from your wife? On what ground?

Caller—Extreme and repeated cruelty. She makes me get up every night and walk the baby to sleep.

Had Form.

"So you college girls have adopted a yell, eh?"

"Yes, just the cutest, noisest thing you ever heard."

"A big hip-hurrah, I suppose?"

"No, indeed; just a hurrah; hips are not in fashion.—Houston Post.

Of the timber England imports, 87 per cent is pine and fir, 8 per cent oak and 14 per cent teak, mahogany and other furniture woods.

Syrup of Figs and Elixir of Senna

acts gently yet promptly on the bowels; cleanses the system effectually; assists one in overcoming habitual constipation permanently.

To get its beneficial effects, always buy the genuine.

MANUFACTURED BY THE

CALIFORNIA FIG SYRUP CO.

SOLD BY LEADING DRUGGISTS 50¢ A BOTTLE

Scientific Concrete Septic Tanks

Detail plans; bill of material with cost; full directions to anybody, at small expense, can build his own tank, connect old style toilet and sewerage for kitchen slops, making his home sanitary. \$1.50.

G. H. HAMILTON

474 Manzanita Street, Portland, Oregon

WANT TO SELL?

Send us a full description of your property—improved ranch, logged-off land, timber land, irrigated land, dry land, mercantile business, saw mill, shingle mill, anything—and we will show you how we do it. Write today.

BLACK LAND COMPANY

450-451-452 New York Bk. Seattle, Washington

FREE 25c Sheet Music or A. Y. P. Expo. Souvenir

Send us your name and address with that of two of your friends and we will send you FREE a 25c piece of the latest sheet music or a beautiful colored picture of the A. Y. P. Exposition. Includes a 2c stamp for postage.

PACIFIC COAST MERCANTILE ASSOCIATION
98 Union Street, SEATTLE, Wn.

GOLDEN WEST
COFFEE
TEA SPICES
BAKING POWDER
EXTRACTS
JUST RIGHT
AT ALL WELLS
CLOSSET & DEVER
PORTLAND, ORE.

UNSANITARY CONDITIONS.

Water Supply in Many Cases Found Unnecessarily Polluted.

E. F. Pernot, Oregon Agricultural College, Corvallis.

The condition in which I find water received from various parts of the state warrants my calling the attention of the public to the unsanitary conditions which must exist surrounding their water supply. Some samples of water taken in sterile bottles under aseptic precautions, contain as high as 63,580 germs per cubic centimeter (a teaspoon holds about five cubic centimeters of water and an ordinary drinking glass about 225 cubic centimeters). A glass full of such water would therefore contain 14,305,500 living germs. While it is true that many varieties of these germs are not directly disease producing, the continued introduction of such large quantities of them into the system lowers vitality and increases susceptibility to the disease producing types when they gain access to the body. Water containing so many organisms carries also, in solution, the ptomaines from the putrefaction of the organic matter in which they grew. These large number of organisms generally find their way into open wells by surface drainage and where they can pass, so may the disease producing types pass also.

The waters from driven wells are comparatively free from organisms. An open well is an abomination and is not in keeping with our present understanding of the laws of sanitation.

The question arises, how can we better our condition. Where a well is the only means of obtaining water, let it be dug to the water bearing stratum, wall it up with brick laid in cement for ten feet, arch it over with the pump pipe and arch well cemented in, fill the remainder of the hole, which may be 15 to 20 feet, with clay well tramped down and the result will be a bottomless brick jug, deep under ground, into which no surface water, worms nor animals can penetrate. The water from such a well is as pure as can be obtained from the locality in which it is situated.

There are many families living in the country who should enjoy the best of health, but who are always ailing. The cause of ill health may, as a rule, be traced to their use of polluted water produced by the unsanitary condition of their surroundings. But few homes have proper drainage from sinks and baths, dish water is thrown out of the back door on the ground near the well, garbage is similarly disposed of to decompose and drain into the well. Wash water containing filth that would not be tolerated on the clothing is also emptied on the ground to drain into the well. Most of the open wells situated near the house or barn are but cesspools. It is the lowest point in its vicinity into which liquid drains. Frequently a privy is located within a stone's throw of an open well. When the water table rises to the surface of the ground, as it always does during the winter in Western Oregon, all surface water is contaminated, and, as the water level lowers, the open wells become reservoirs for the drainage.

The ordinary stone or brick wall of an open well only serves the purpose of preventing the caving in of the earth and in no sense acts as a filter.

We have received samples of water from open wells, situated near barnyards or dwellings, which were loaded with organisms that are instrumental in decomposing manure. The samples gave strong reactions of ammonia by chemical analysis and were even tinted with the color of liquid manure. One particular sample was thus polluted from a flower bed near the house, the flower bed having been heavily manured.

In localities where water is piped into the house and there is no sewer, the toilets should be connected with a properly constructed septic tank and the effluent should be piped a long distance from the well and empty on the surface of the ground, where sun and air may still further purify it. If an open closet must be used, a concrete vault, well cemented, should be constructed, instead of a mere hole in the ground, and lime frequently thrown into it to prevent the breeding of flies. Earth closets have been very successful and consist of galvanized iron trays or tubs that may be emptied away from the premises; dry earth or ashes should be used in connection with them to absorb moisture and suppress odor.

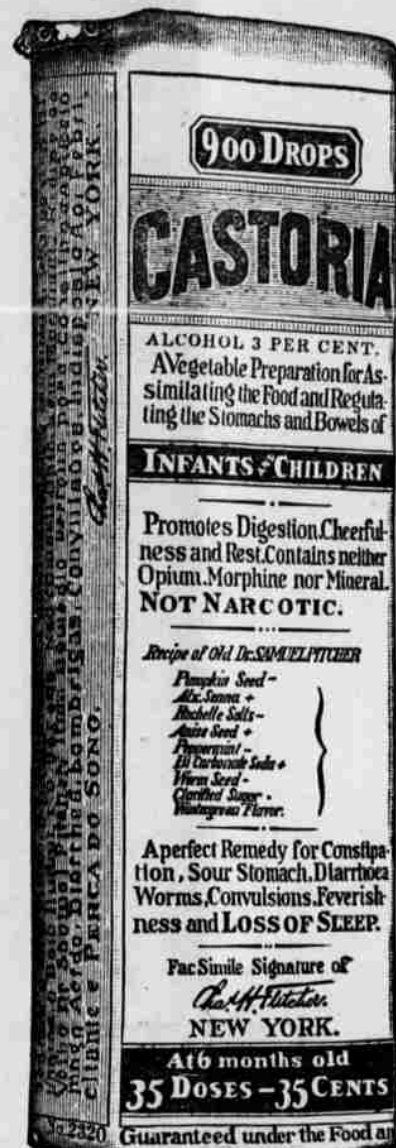
It is well known that flies breed in human and animal manure; for example, the deposits of human excreta are often seen to be a crawling mass of maggots, these are the larvae hatched from the eggs deposited by flies, from this they pass into the pupa stage and again emerge as flies with the return of warm weather. These flies enter our dwellings, walk upon our food and directly transmit the organisms from excreta to our food. Contamination does not cease at that, for we have definitely proven that the organisms which the flies take into their bodies from the excreta are not destroyed by their digestion, and passing from their bodies with the excreta the germs utilize these excreta for food and multiply. Therefore a fly speck containing fifty germs will increase its numbers fifty-fold.

If perchance the organism happens to be the typhoid bacillus, a fly speck upon an apple, or other food, will eventually contain thousands of germs.

Save the Babies.

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save a majority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium, or morphine. They are, in considerable quantities, deadly poisons. In any quantity they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Castoria causes the blood to circulate properly, opens the pores of the skin and allays fever.



Exact Copy of Wrapper.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. A. F. Peeler, of St. Louis, Mo., says: "I have prescribed your Castoria in many cases and have always found it an efficient and speedy remedy."

Dr. E. Down, of Philadelphia, Pa., says: "I have prescribed your Castoria in my practice for many years with great satisfaction to myself and benefit to my patients."

Dr. Edward Parrish, of Brooklyn, N. Y., says: "I have used your Castoria in my own household with good results, and have advised several patients to use it for its mild laxative effect and freedom from harm."

Dr. J. B. Elliott, of New York City, says: "Having during the past six years prescribed your Castoria for infantile stomach disorders, I most heartily commend its use. The formula contains nothing deleterious to the most delicate of children."

Dr. C. G. Sprague, of Omaha, Neb., says: "Your Castoria is an ideal medicine for children, and I frequently prescribe it. While I do not advocate the indiscriminate use of proprietary medicines, yet Castoria is an exception for conditions which arise in the care of children."

Dr. J. A. Parker, of Kansas City, Mo., says: "Your Castoria holds the esteem of the medical profession in a manner held by no other proprietary preparation. It is a sure and reliable medicine for infants and children. In fact, it is the universal household remedy for infantile ailments."

Dr. H. F. Merrill, of Augusta, Me., says: "Castoria is one of the very finest and most remarkable remedies for infants and children. In my opinion your Castoria has saved thousands from an early grave. I can furnish hundreds of testimonials from this locality as to its efficiency and merits."

Dr. Norman M. Geer, of Cleveland, Ohio, says: "During the last twelve years I have frequently recommended your Castoria as one of the best preparations of the kind, being safe in the hands of parents and very effective in relieving children's disorders, while the ease with which such a pleasant preparation can be administered is a great advantage."

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher
The Kind You Have Always Bought
In Use For Over 30 Years.
THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.



CRESCENT Egg-Phosphate
BAKING POWDER
A FULL POUND 25c. Get it from your Grocer

Spread of the Idea.
"Are there any game laws in this part of the country?" asked the stranger with the shotgun.

"Yes, sir," said the grizzled son of toil who was sitting on top of the rail fence; "but they ain't enforced. Public sentiment is agin 'em in these diggins. You kin shoot all you want to, mister."—Chicago Tribune.

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

A Most Important Crop.
"How do you desire to be uplifted?" is the question a writer in the New York Sun puts into the mouth of the commissioner at the farmer's door.
"Wal," replies Farmer Hayrick, "ye might start in by growing a better class of city boarder."

FITS St. Vitus' Dance and nervous diseases permanently cured by Dr. J. C. Wells' Great Nerve Restorer. Send for FREE \$1.00 trial bottle and treatise. Dr. R. H. Kline, L.D., 301 Arch St., Philadelphia, Pa.

The Cost of Living.
"Man wants but little here below"—once that perhaps was true; I have no right to think I know, no more, indeed have you; Man may have once been satisfied to skimp along somehow, But it is not to be denied that much is needed now.

The ruby is the most valuable of the precious stones. A four-karat ruby is quoted at about \$2,250, and a ruby of forty-seven karats brought \$100,000.

DO YOU WANT A TYPEWRITER?
Wholesale Typewriter Co., 37 Montgomery St., San Francisco, will sell you one at 40 to 75 cent discount from factory list, all makes on 1 ket, all fully guaranteed.

Potatoes steeped in sulphuric acid and subjected to pressure make an excellent substitute for ivory in the manufacture of billiard balls.

DYSPEPSIA

"Having taken your wonderful 'Cascarets' for three months and being entirely cured of stomach catarrh and dyspepsia, I think a word of praise is due to 'Cascarets' for their wonderful composition. I have taken numerous other so-called remedies but without avail, and I find that Cascarets relieve more in a day than all the others I have taken would in a year."
James McGune,
108 Mercer St., Jersey City, N. J.

Pleasant, Palatable, Potent, Taste Good. Do Good. Never Sicken, Weaken or Grip. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C.C.C. Guaranteed to cure or your money back. 919

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HAMLIN'S WIZARD OIL GREAT FOR PAIN

MAPLEINE

A flavoring used the same as lemon or vanilla. By dissolving, granulated sugar in water and adding Mapleine, a delicious syrup is made and a syrup better than maple. Mapleine is sold by grocers. If not send 35c for 2 oz. bottle and recipe book. Crescent Mfg. Co., Seattle, Wa.