

## Habitual Constipation

May be permanently overcome by proper personal efforts with the assistance of the one truly beneficial laxative remedy, Syrup of Figs & Elixir of Senna which enables one to form regular habits daily so that assistance to nature may be gradually dispensed with when no longer needed, as the best of remedies when required are to assist nature, and not to supplant the natural functions, which must depend ultimately upon proper nourishment, proper efforts, and right living generally. It gets its beneficial effects always by the genuine,

**CALIFORNIA FIG SYRUP CO.**  
SOLD BY ALL LEADING DRUGGISTS  
ONE SIZE ONLY—REGULAR PRICE 50¢ PER BOTTLE

### Professor's Mistake.

How can Prof. Thomas truthfully insist that the value of a girl is slight, when it is a well known fact that man is willing to spend money on them, with them and for them, if he can only have the privilege of claiming possession?—Detroit News

### Poultry Note.

"So you are raising chickens?"  
"Yes," answered Mr. Crosslots.  
"What do you find the greatest menace to the welfare of poultry?"  
"Sunday company."—Washington Star.

### Mind Cure.

Pretty Cousin—Alsy, don't you knees get cold in that uniform?  
Alsy (in Highland costume)—Baw Jove, they did at first, but I said to them: "Hoot! Dinna forget that my ain grandfather was a Scotsman!" and, baw Jove, they warmed right up to the idea!

## FOR THE PUBLIC

New Formula Cures Coughs, Colds, Bronchitis and Hoarseness in Five Hours.

Much is being done in these days to stop the ravages of consumption, but probably nothing has been so effective as teaching the public how to break up a cold and cure coughs, bronchitis, tonsillitis, etc., with simple, home-mixed medicine free from opium, poisons, etc. A laxative cough syrup, free from whiskey and poisons, is the prime need. A cough indicates inflammation and congestion, and these in turn are due to an excess of waste and poisons in the system. A tonic laxative cough syrup aids the system of congestion while relieving the painful coughing. Get the following and mix at home: One-half ounce fluid wild cherry bark, one ounce compound essence cardiol and three ounces syrup white pine compound. Shake the bottle and take twenty drops every half hour for four hours. Then one-half to one teaspoonful three or four times daily. Give children less according to age. Cut this out and save it for some friend.

### Amateur vs. Expert.

"Some wimmen spend about half their time tryin' to make themselves look somewhere near as good as a photographer can."—Los Angeles Express.

### Convincing Proof.

"Good gracious, Jane, my hand is always in my pocket."  
"No, it isn't, John, or you would feel that letter there I gave you to mail two weeks ago."—Baltimore American.

### Dramatic Note.

Vice may be a monster of hideous men, but stage a play or write a book about it, and it beats the deuce how many persons will welcome the monster.—Los Angeles Express.

### Nothing New There.

Great Author—Waiter, this steak is as tough as leather.  
Waiter—I've always heard you was an original character, sir, but I'm blessed if you don't just say the same as all on 'em do.—Tit-Bits.

### Revised Mythology.

Jason had found the golden fleece.  
"It isn't like discovering the north pole," he said. "I've got to take it back with me."  
Still, even when he returned with it, there were doubters who declared that it was neither all wool nor a yard wide.—Chicago Tribune.

### Promising Youth.

"You don't know how proud I am of my younger brother Jerry," said Mrs. Lapsling. "Before he had been in college three years he got his bacchanalian degree."

## SOMETHING FOR EVERYBODY

Reading aloud is one of the most wholesome exercises.

The house fly becomes full grown in about four weeks.

The railroads of the world are valued at \$27,775,000,000.

Muscles to the number of 4,061 have been counted in the body of a moth.

Spiral wire hoops now take the place of wooden hoops on barrels and kegs.

Whooping cough kills more children under 5 years of age than scarlet fever.

There is now an international standard unit of candle power, which will be soon in use in every country except Germany.

Of the 4,000,000,000 gallons of wine manufactured in the civilized world every year about 40,000,000 are made in the United States.

Waterways in Alaska navigable by steamers approximate 4,000 miles, of which nearly 2,700 are in the watershed of the Yukon river.

The deadly gauge of Nero's drunkenness was a finely wrought intaglio ring. When he could not see the figures on it he knew he was drunk.

At the present rate of increase in travel it is estimated that the railroads of Manhattan and the Bronx will carry 1,700,000,000 passengers in 1920.

According to a statement by the German colonial secretary, the value of the diamondiferous deposits in German Southwest Africa amounts to \$250,000,000.

Ancient Egyptians to save their eyes decorated their eyelids with beautiful black velvety antimony paint, which protected from glare and Egyptian sore eyes. The paint went back near the ear to end in a symbol.

"The way in which some tailors give credit," said Judge Rentoul, at the city of London court, "is awful. The idea of giving a man credit for \$190 worth of clothes. Firms who give such credit must charge enormous prices."

For many years the observatory of the vatican has been divided, a portion being on the vatican hill, some little distance from the square of St. Peter's, but by a recent rearrangement the entire establishment will be moved to the top of the hill.

The men of '49, the California pioneers, are rapidly dwindling. There are now only seven members of the Sacramento Society of California Pioneers. The eighth member recently died, and the survivors acted as pallbearers and mourners.

The researches of Professor Flinders Petrie at Memphis have resulted in the unearthing of the palace of King Apries, the Pharaoh Hophra of the Scriptures and a contemporary of Jeremiah. Armor and bronze figures of gods were found in the ruins.

The Austrian Alpine Club has recently come into possession of a fine building, the gift of the city of Munich. The new building is excellently situated on the banks of the river Isar. The club has a great quantity of interesting material pertaining to the Alpine district and it is proposed to start an Alpine museum in its new home.

A new use for convicts has been found in Missouri, where a number were taken out of the penitentiary at Jefferson City and put to work on the Calloway bottoms helping the farmers save their wheat from the advancing waters of the Missouri river. The prisoners worked well, enjoyed their outing and would welcome another chance to get outside the walls.

And now the southern corn "pone" and "johnny cake" are in danger. A story comes up from Durham, N. C., that there are some serious cases of pellagra under treatment in that district. Pellagra is a disease of the skin somewhat resembling leprosy. Its appearance has caused many families to give up the use of cornmeal as food. It being held that the disease finds its causation in maize.

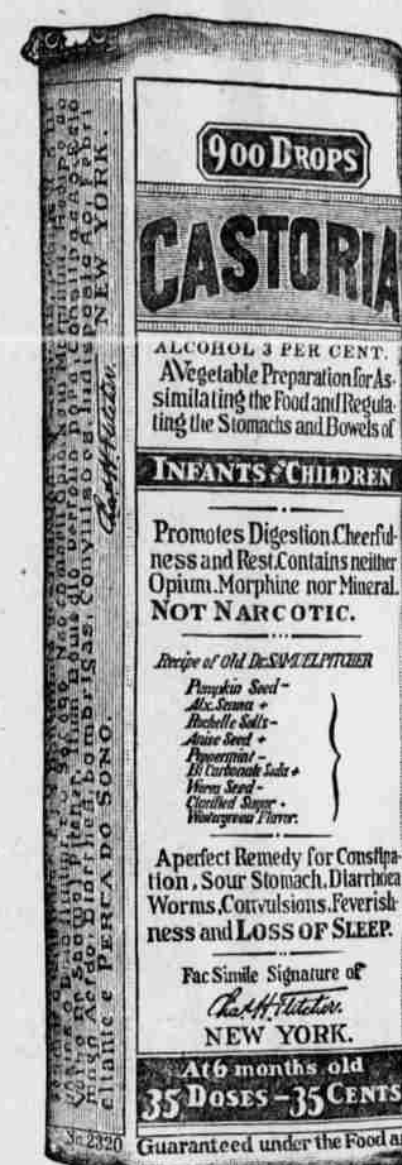
The sign of the times is that homicide is going to stop short and stay stopped here better than in any place the world has ever known, the Golden Age of Imperial Rome and England not excepted. Time may yet come when a child at midnight with a bundle of long green may go through New York's streets and no thief dare molest. There are places in the United States where even stealing a chicken is unknown, and no door needs lock or bar.—New York Press.

Gaston Bonnier affirms that the ability of bees to fly straight to their hives from a distance as great as two miles is not due, as some have believed, to either sight or smell, but to a special sense of direction possessed by bees. Monsieur Bonnier bases his belief in the existence of this strange sense, which would be extremely useful to man also, on a series of experiments with homing bees. He does not know in what organ the sense is seated, but he says that, at any rate, it is not in the antennae.

## 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, 27 MURRAY STREET, NEW YORK CITY.

### Practical Advice.

Nell (seriously)—Between the rich old man I don't love and the poor young man I do love I am between two horns of a dilemma.

Bill (flippantly)—Then take the horn of plenty.—Baltimore American.

### Fine Mind.

"Everybody says that Jones has the finest mind, insight, and sagacity he ever ran across. How did Jones get such a reputation?"

"Easy. Whenever you make a statement he says, 'By Jove, that's so! Why didn't I ever think of that before?'"—Cleveland Leader.

## Valuable Item for Men

Health and strength hitherto unknown will be felt surging in rich red blood through the arteries and veins and life's greatest ambitions may be realized as never before, if the following special treatment is followed by those men, and women too, who are stricken with that most dreaded of all afflictions, nervous exhaustion, accompanied with such symptoms as extreme nervousness, insomnia, cold extremities, melancholia, headaches, constipation and dyspepsia, kidney trouble, dreadful dreams, of direful disasters, timidity in venturing and a general inability to act naturally at all times as other people do. Lack of poise and equilibrium in men is a constant source of embarrassment even when the public least suspects it. For the benefit of those who want a restoration to full, bounding health and all the happiness accompanying it, the following home treatment is given. It contains no opiates or habit-forming drugs whatever. Mix it at home and no one will be the wiser as to your affliction. The treatment is simple, thorough and correct. Leading druggists supply the main tinctures, extracts and essences in one-ounce bottles, ready to mix. Get three ounces syrup sarsaparilla compound, mix with one ounce compound fluid balmwort, and stand two hours. Add one ounce compound essence cardiol, and one ounce tincture cadomene compound (not cadomene). Shake well and take a teaspoonful after each meal and one at bedtime. The ingredients are used for various prescriptions.

PNU No. 41-09

When writing to advertisers please mention this paper.

### Careless.

He—There was nearly a bad fire at the theater.  
She—How was that?  
He—The villain lit a cigarette and tossed the match into the snow.—St. Louis Times.

Sore throat leads to Tonsillitis, Quinsy and Diphtheria. Hamlin's Wizard Oil used as a gargle upon the first symptoms of a sore throat will invariably prevent all three of these dread diseases.

### Not to Be Tempted.

Redd—I see it is estimated that there are 20,000 tons of radium in the sea.

Greene—But even that won't tempt the girl with the swell bathing suit to go into the water.—Yonkers Statesman.

### Quick as Wink.

If your eyes ache with a smarting, burning sensation and dizziness, use PETTIT'S EYE SALVE. All druggists or Howard Bros., Buffalo, N. Y.

### "Friend? O, No! Mother-in-Law."

"Are you a friend of the prisoner?"  
Magistrate O'Connor asked a buxom woman witness in the Central street police station court yesterday.  
"No, I'm his mother-in-law," replied the woman, without any particular show of feeling.—New York World.

Raises the dough and complies with all pure food laws.



**On Rainy Days**  
**A Fish Brand Slicker**  
**will keep you dry**

And give you full value in comfort and long wear

**\$3.00**

GUARANTEED WATERPROOF

Sold by first-class Retailers the country over. Send for our Free Catalogue.

**A. J. TOWER CO.**  
BOSTON, U. S. A.

**TOWER CANADIAN CO., Ltd.**  
TORONTO, CANADA



## A-Y-P. EXPOSITION

BEAUTIFUL COLORED OFFICIAL POSTCARDS 100, 75c of the Exposition, no two alike

Official Folding Postcards with 24 colored views 15 cents, or two for 25 cents, stamped for mailing.

50-Cent Official View Books reduced to 35 cents.

25-Cent Official View Books reduced to 15 cents.

Handsome Book of 96 Exposition Views, 25 cents.

Postage paid to any address on all of the above. Address

**SAMUEL TRATTNER**  
27 Post-Intelligencer Building, Seattle, Wash.

## PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send postpaid at 10c a package. Write for free booklet how to dye, bleach and mix colors.  
MONROE DRUG COMPANY, Quincy, Illinois.

## Painless Dentistry



Out of town people can have their teeth and bridge work finished in one day if necessary. We will give you a good 22k gold or porcelain crown for \$3.50. Molar Crowns 5.00. 22k Bridge Teeth 3.50. Gold Fillings 1.00. Enamel Fillings 1.00. Silver Fillings .50. Inlay Fillings 2.50. Good Rubber Plates 5.00. Best Red Rubber Plates 7.50. Painless Extraction .50.

DR. W. A. WISE, President and Manager of this Association is a member of the American Dental Association.

WORK GUARANTEED FOR 15 YEARS.

Painless Extraction Free when plates or bridge work is ordered. Consultation Free. You cannot get better painless work done anywhere. All work fully guaranteed. Modern electric equipment. Best methods.

**Wise Dental Co.**  
INCORPORATED  
FALLING BUILDING  
PORTLAND, OREGON  
OFFICE HOURS: 9 A. M. to 7 P. M. Sundays, 9 to 12