

# Hood's Sarsaparilla

Leads all other medicines in the cure of all spring ailments humors, loss of appetite, that tired feeling, paleness and nervousness. Take it.

Get it today in usual liquid form or tablets called Sarsatabs. 100 Doses \$1.

## IN LATE WINTER AND EARLY SPRING We seldom feel JUST RIGHT

At such a time KASPARILLA is the best and safest Blood Purifier, the most successful prescription for spring humors and such disorders of the blood as boils, pimples, pustules, blotches, sores and cutaneous eruptions. Kasparilla is admitted to be the best remedy for that lack of energy and the peculiar debility so prevalent during the close of winter and the opening of spring. For derangements of the digestive organs it is a natural corrective, operating directly upon the liver and alimentary canal, gently but persistently stimulating a healthy 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.

**THE BEST SPRING MEDICINE**  
HOYT CHEMICAL CO. Portland, Oregon

**Love Letters Buried With Her.**  
A maiden lady of Hanley (Staffs) who died at the age of more than ninety years asked shortly before her death that her love letters should be buried with her. Her relatives found several letters, dating back some of them to the '30s, with the ink almost faded. Her last request was complied with.—London Evening Standard.

**Miniature Specialization.**  
A young medical student was being quizzed by one of his teachers: "In what will you specialize?" he was asked. "Disease of the nostril," replied the student. "Good," said the professor, enthusiastically. "Which nostril?"

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

**New Fields of Pitchblende.**  
As long as the present process of extracting radium from pitchblende is so enormously expensive it avails little that new pitchblende fields have been found in the south seas. However, it is of scientific interest if not of commercial advantage. Certainly the radium manufacturers are not using all the pitchblende available at the present time.

**Glimpse Backward.**  
Fichte once said: "The day that opens for us another year is best used in beginning that year aright; but one wastes no time, in spite of this, by a backward look or two, not only to balance his own books, as it were, but also to take due note of what memorable men and women have accomplished in the years that were theirs. So shall he at once inform his mind and raise examples to his future effort." And the sentences might well stand text to what has here been written.

The Chicago fire could have been prevented with one pail of water, but the water was not handy. Keep a bottle of Hamlin's Wizard Oil handy and prevent the fiery pains of inflammation.

**Truth before All.**  
Herodotus tells us, in the first book of his history, that from the age of five to that of twenty, the ancients instructed their children only on three things, namely: to manage a horse, to shoot dexterously with their bows, and to speak the truth. The study of truth is perpetually joined with virtue; there is no virtue which does not derive its original from truth, just as there is no vice which does not spring from a lie.

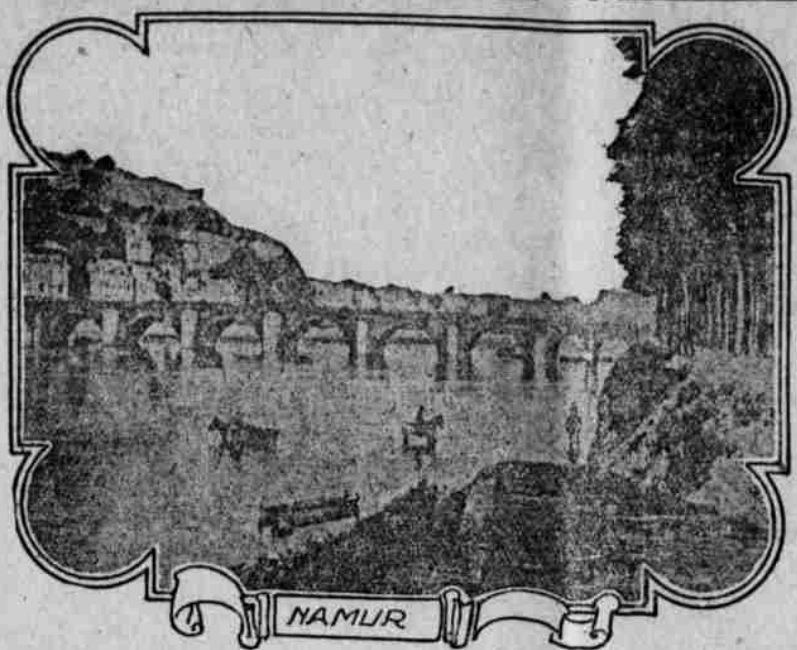
**Judicial Distinction.**  
A man whose trousers were stolen from a Pullman car has been awarded damages in the sum of \$439.50, which is doubtless all the trousers were worth, but sets a ridiculously low estimate on the amount of "mental anguish."

# LAZY LIVER

"I find Cascarets so good that I would not be without them. I was troubled a great deal with torpid liver and headache. Now since taking Cascarets Candy Cathartic I feel very much better. I shall certainly recommend them to my friends as the best medicine I have ever seen."

Anna Bazinet,  
Osborn Mill No. 2, Fall River, Mass.  
Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken or Grip. 25c. 50c. 10c. Never sold in bulk. The genuine tablets stamped C. C. C. Guaranteed to cure or your money back.

# A WEEK IN BELGIUM



**A** LONG stretch of great white buildings looming at you through the haze is your first introduction to Ostend. As the steamer approaches nearer and near to the landing stage, the outlines of column and gable, tower and minaret, balcony and arch, and the sound of distant music come to you; and then, as the buttresses of the pier absorb your view, you are greeted with a babel of French and Flemish, and all the bustle of a foreign port. You begin to realize the delights of having arrived at the most beautiful summer city in the world—Ostend.

For the moment you may be bewildered with all that you see. Your dinner is being served to you in a vast chamber filled with exquisitely gowned



Hotel de Ville, Bruges.

ed women and men, mostly in evening dress. Through the open French windows a great crowd is passing along the Digue, the magnificent roadway which stretches along the sea to the right and left of Ostend, to France on one side, to Holland on the other. You hear every language, and you soon notice every type of nationality, but always the best of that nationality. Ostend is the congress ground of the aristocrat from everywhere. Everybody, laughing and happy, everybody living for the moment, forgetful of the before, and careless of the afterwards. Only Ostend, Reine des Plages, can produce such a scene; nowhere in all the world is it equalled. Then, off to the station, for you are going to see as much of Belgium as you can in your week's holiday.

In half an hour you are in Bruges, the old, old City of Flanders, "The Venice of the North," as she once proudly called herself, when she could boast of 200,000 inhabitants, of a sovereign's brilliant court, and of mas-

## KITCHENS IN OLDEN TIMES

Size of Culinary Department Was More Important Than Its Furnishings Long Ago.

In olden days the size of the kitchen seems to have been of more importance than its fittings in detail. At Hurstmonceux, for instance, there was a kitchen 28 feet high, with three huge fireplaces, and a bakehouse with an oven 14 feet in diameter; then there is an old Welsh kitchen at Penrhyn Old Hall, near Llandudno, dating from the Fifteenth Century, which has many primitive culinary contrivances, now obsolete or superseded by more modern devices; a meatjack with a flywheel, a steel toasting stand, and a fan bellows. A wonderful old kitchen is at Battle Abbey, and that at St. Mary's Hall, Coventry, is remarkable for the famous "knave's post," to which possibly recalcitrant scullions were temporarily attached. There is a medieval kitchen in Westminster Abbey, although nowadays little remains whereby to identify it save the rubble

flooring, the buttery hatch and an adjoining cellar—now or lately the dining-room of the resident canon. Hampton Court Palace, too, has its "great kitchen," with a vast vaulted roof and sets of antlers on the walls.

Our ancestors fully recognized the advantages of having a large kitchen. An order, dated April 19, 1206, commands Hugh de Novill to have the king's kitchen at Clarendon roofed with shingles, and to cause two new kitchens to be erected, one at Marlborough and the other at Ludger-shall, to dress the royal dinners in; "and it is particularly directed that each kitchen shall be provided with a furnace sufficiently large to roast two or three oxen.

**Arizona Dates.**  
I am on my way to Arizona, where I go to inspect the African date which I brought to this country through the aid of the agricultural department of Washington in 1889. The dates were obtained in Arabia, Egypt and countries along the Mediterranean. I have not seen these date trees since they were planted in 1890. They were

Brussels is more or less familiar ground to everybody who has been on the continent, even if the rest of Belgium is not so well known. Having breakfasted, you will start early on your sight-seeing, and if you have not been to the Belgian capital before, you will begin with the town hall. This remarkable Gothic building dates from the fourteenth century, and witnessed the execution of Counts Egmont and De Horae by Alva. You must do the cathedral and picture galleries before you lunch, and you will find an excellent restaurant in one of the many arcades, where you may also be tempted into buying some lace. After lunch, drive through new Brussels with its splendid boulevards to the great Palace of Justice, which crowns the upper city.

Antwerp is only half an hour's train from Brussels, and you should give it a full day, at any rate; so arrive as early as you can from Brussels, and begin with the cathedral, if only to see the Rubens masterpieces. There are one or two more churches almost of equal interest, one of which contains the family mausoleum of Rubens. Then there is the Plantin Museum of Printing, with the residence of the great Antwerp citizen just as he used to inhabit it, and several picture galleries crammed with treasures. But Antwerp is the city of pictures, and you must watch your time. You should walk along the splendid docks—there are raised stone terraces for promenading—and in the midst of the bustle of mighty commerce there is

the old Steen Castle to be explored, the former fortress of the port and palace of the Marquesses of Antwerp. Here is a collection of all manner of mediaeval marvels, musical instruments, beds, torture-machines, and a variety of horrible dungeons in the depths below the basement.

From Antwerp go to Liege, about an hour and a half's journey, but the views from the train will repay you. The old city of the prince-bishops and the birthplace of Charlemagne is singularly free from smoke and noxious vapors and other outward signs of its commercial activity, thanks to its situation. It is built in a sort of basin between the hills around it; on the slopes of the hills are the factories, and all the unpleasantness blows over the city.

The Palace of the Bishops, the university and the citadel can be done by you, with lunch between, and in the later afternoon you can catch a train for Spa and arrive at the celebrated city of springs in time to make yourself presentable for dinner.

At Spa you are again in the midst of the best continental society, with the usual sprinkling of American millionaires and English "milords;" and it is Wednesday evening in your week's holiday. You will find Spa full of amusement, for it is the sports center of Belgium. You can now take the railway to Coo, where there is a waterfall of wondrous beauty, and you find yourself amid the wild scenery of the Ambleve river, and on the borders of Belgium's miniature Switzerland, the mountainous paradise of the Ardennes. From Coo you can take a drive to Remouchamps, a little township facing the Ambleve rapids and lying in the midst of scenery of extraordinary beauty.

However, your week is coming to a close, and so you had best take a train from Remouchamps to Gemelle, on the main line again of the state railways, and manage to reach Namur, traveling the while through one of the most picturesque districts, not only in



Guild Houses, Antwerp.

Belgium, but in all Europe. Namur is the ancient fortress which has figured in the wars of history for more than six centuries.

Namur, indeed, is encompassed with the fairest charms that nature can reveal. The lovely valleys and hills of the Meuse, the Lesse and the Ourthe rivers, the grottoes of Han and Rochefort, and many other romantic attractions in the way of feudal ruins, picturesque cascades, fairy glens, and noble forests can be made a menu of daily sight-seeing, to be prolonged or curtailed as your holiday permits. The fortress of Namur, with the ramparts and earthworks, which were so formidable in the days when William of Orange besieged it, are now portion of the public pleasure ground.

During your week of rapid sight-seeing you will have discovered that Belgium is not only the country that seems to have been the center place of the world's history ever since history began, but that every inch of its territory is romantic and instructive. Its natural beauties and perfect accessibility from end to end make it the most enjoyable tourist and holiday land in all Europe.

rooted suckers and every year the planters down there send me a box or two of each year's product as a sample. The orchards having date trees are becoming more numerous every year, and it will not be long before we have all the dates that we can consume and will do away with the present importation. The date is suitable to Arizona.—Professor Van Dusen, in Sunday Oregonian.

## To Protect Plumbing.

Paper, being a non-conductor of heat, makes the best possible cover for kitchen or laundry pipes that are apt to freeze. Wind around tightly, fastening into place with a string.

## True Charity.

"It is no great matter to live lovingly with humble and meek persons, but he that can do so with the peevish and perverse—he hath true charity."—Jeremy Taylor.

## An Illuminating Remark.

"Is Belle a girl who lights up well?"  
"No, but keep it dark."

# OTTUMWA WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Ottumwa, Iowa.—"For years I was almost a constant sufferer from female trouble in all its dreadful forms; shooting pains all over my body, sick headache, spinal weakness, dizziness, depression, and everything that was horrid. I tried many doctors in different parts of the United States, but Lydia E. Pinkham's Vegetable Compound has done more for me than all the doctors. I feel it my duty to tell you these facts. My heart is full of gratitude to you for my cure."—Mrs. HARRIET E. WAMPLER, 624 S. Ransom Street, Ottumwa, Iowa.

**Consider This Advice.**  
No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous medicine, made only from roots and herbs, has for thirty years proved to be the most valuable tonic and invigorator of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, confidential, and always helpful.

**Originality.**  
People are always talking about originality; but what do they mean? As soon as we are born, the world begins to work upon us, and this goes on to the end. And after all, what can we call our own, except energy, strength and will. If I could give an account of all that I owe to great predecessors and contemporaries there would be but small balance in my favor.—Goethe.

# INDIGESTION

CAN BE RELIEVED AND HOSTETTER'S STOMACH BITTERS is the medicine you can rely on to do the work. It is a real digestive help. Try it today. Refuse all Substitutes.

## A Corking Good Smoke!

MONUMENTAL FULL 5¢ WORTH CIGAR Write for Prices and Sample Sig. Sichel & Co. PORTLAND, ORE. Wholesale Agents

GOLDEN WEST COFFEE, TEA, SPICES, BAKING POWDER, EXTRACTS, JUST RIGHT, CLOSSEY & DEYERS, PORTLAND, ORE.

PISO'S is the name to remember when you need a remedy for COUGHS and COLDS