

## Peculiar After Effects of Grip This Year

Leaves Kidneys in Weakened Condition

Doctors in all parts of the country have been kept busy with the epidemic of grip which has visited so many homes. The symptoms of grip this year are often very distressing and leave the system in a run down condition, particularly the kidneys which seem to suffer most, as almost every victim complains of lame back and urinary troubles which should not be neglected, as these danger signals often lead to dangerous kidney troubles. Druggists report a large sale on Dr. Kilmer's Swamp-Root which so many people say soon heals and strengthens the kidneys after an attack of grip. Swamp-Root is a great kidney, liver and bladder remedy, and, being an herbal compound, has a gentle healing effect on the kidneys, which is almost immediately noticed in most cases by those who try it. Dr. Kilmer & Co., Binghamton, N. Y., offer to send a sample size bottle of Swamp-Root, on receipt of ten cents, to every sufferer who requests it. A trial will convince any one who may be in need of it. Regular size bottles 50c. and \$1.00. For sale at all druggists. Be sure to mention this paper.

## Go Into Business For Yourself

We put our capital behind you. You sell our quality goods direct from wagon to home. Liberal terms—easiest selling item—largest cash receipts—best profits. Business is pleasant, permanent, healthy. Grows better every year. No Experience Needed. You Can Earn \$10 to \$200 Per Month—We train you free in selling. Choice territory open in your state. Splendid opportunity for men of good habits and appearance, 21 to 50 years old—Clerks, School Teachers, Clergymen, Mechanics, Farmers and others. Write today.

Fortunate in Her Husband.  
"Did your husband have any luck on his hunting trip?"  
"Splendid! Didn't you hear?"  
"No. What was it?"  
"He got back alive."—Houston Post.

What Stocks?  
Mr. Rockefeller enigmatically remarks that stocks are as good as eggs, and some financiers seem to think they are as easily scrambled.—Baltimore American.

## Gets Right Twist On Rheumatism

Makes Short Work of Cleaning Out Your Entire System—Aches and Pains Go Fast.



In S. S. S. You Get a Twist on Rheumatism That Settles It.

Many a rheumatic sufferer has been to the drug store for a bottle of S. S. S. and been handed something claimed to be "Just as good." Truly, to ask for bread and be given a stone is still in practice. If you are troubled with rheumatism in any form be sure to use S. S. S. and note its wonderful influence.  
S. S. S. has the peculiar action of soaking through the intestines directly into the blood. In five minutes its influence is at work in every artery, vein and tiny capillary. Every membrane, every organ of the body, every amucous becomes in effect a filter to strain the blood of impurities. The stimulating properties of S. S. S. compel the skin, liver, bowels, kidneys, bladder to all work to the one end of casting out every irritating, every pain-inflicting atom of poison; it dislodges by irrigation all accumulations in the joints, causes acid accretions to dissolve, renders

## SHORT COURSE OREGON NORMAL SCHOOL

Will begin Monday, April 6, and continue 10 weeks.

Regular Normal Credits given. Special emphasis will be placed on the following subjects:

State Course of Study; Rural School Administration; Rural Sociology; Pedagogy; Psychology; History of Education; English History; Sociology; American History; Professional History; Professional Grammar; Reading; Advanced Literature; Professional Language; English Literature; American Literature; Physics; Botany; Chemistry; Agriculture; Algebra; Arithmetic; Geometry; Professional Arithmetic; Drawing; Music; Physiology; Special Methods; Playground.

Practically these same subjects will be offered during the Summer School, which will convene June 22, a Catalogue for which will be sent on application to the President, Monmouth, Oregon.

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**1914 CATALOG**  
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Listing the best of everything for Market and Home Gardens—A reliable reference—a safe and dependable guide to your purchases.

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The Chinese divide the day into 12 parts, each two hours long.

## DESSERT NEEDS STUDY

IMPORTANT AT EITHER FORMAL OR FAMILY DINNER.

Must of Necessity Be Attractive in Appearance to Be Thoroughly Enjoyed, and Its Food Value is Also to Be Considered.

It is considered bad taste when dining to show the least concern in regard to the courses following the one being served, yet a few people show courage enough sometimes to ask what the dessert may be. One college girl used to ask the maid to tell her whenever mince pie was to be served.

This girl understood the food value of that piece of mince pie and she knew if she wished to partake of it she must curtail the courses preceding. An ordinary piece of mince pie is equal in food value to a piece of roast beef, a medium-sized potato and a slice of bread, with a liberal amount of butter.

There are two extremes: Desserts far too heavy unless their real food value is known and the rest of the meal is planned accordingly, and desserts too light to satisfy the hunger unless a sufficient supply of other things be eaten. What place, then, have desserts in the diet? Do they serve a purpose or are they simply waste efforts?

Perhaps there is no portion of the meal which requires more time, more thought in planning and more care in preparation than the dessert. An ideal dessert must be well flavored and attractive in appearance if it is to be above criticism. The appetite is to some extent appeased and hence appearance and flavor are means of "tickling the palate." A piece of meat may be practically ruined in cooking and yet be eaten—with disappointment, perhaps; but a poorly prepared dessert will be left untouched. A dessert failing in its essential quality, its appeal to the appetite, can be considered a waste of effort always.

The one essential which makes a dessert a product well worth the time, care, thought and actual cost, or makes it simply a waste effort from every standpoint, is the knowledge of its true food value, then making it serve its purpose in that respect.

A housekeeper should have a little table of desserts carefully classified for constant reference or written out in tabular form, arranging her stock of successful desserts into three classes, perhaps, as heavy, medium and light. Then she should consider whether the dinner she is planning is high in food value or low and supply the kind of dessert that will make a well-balanced meal. The following table will illustrate such a classification:

- Heavy Desserts—Pies, cakes and cookies, suet puddings, rich short-cakes, rich ice cream preserves.
- Medium Desserts—Custards and souffles, rice, cornstarch, sago, tapioca pudding.
- Light Desserts—Speedy and stewed fruits, plain gelatine jelly, junkets.

### Cucumber-Tomato Relish.

Take one large ripe cucumber, peel and slice. Place in an enamel kettle with a tablespoonful of salt, cover with hot water and boil until tender. Then take three large ripe tomatoes and remove their skins. After draining the water from the cucumbers, cut tomatoes up and put in with the cucumbers. Add one cup of vinegar and a small cup of sugar, boil until the tomatoes are done; if not salt enough, add a little, also a few whole cloves and allspice. Mix a dessert-spoonful of potato flour with some cold vinegar and stir into the mixture after coming to a good boiling point. Can hot. This makes a little over a pint jar full.

### Jellied Salmon Salad.

Take a pint of canned salmon, drain and remove the skin and bones. Mince fine, add a tablespoon of lemon juice, a dash of red pepper, a teaspoon of minced parsley and salt to taste. Mix together and bind with your favorite salad dressing and a tablespoon of powdered gelatine dissolved in a quarter of a cupful of water. Fill small molds and set them on ice to chill quickly. Turn out on crisp lettuce leaves. Garnish with olives and serve with mayonnaise or cucumber sauce.

### Plea for the Classics.

Violet went to the games on Field day and arrived just as the discus throwers were exhibiting their prowess. "It's lovely, perfectly lovely," she said to her escort, "but why are those men over there throwing with those old opera hats?"—New York Evening Post.

### Modern Grammar.

The perfect infinitive of the verb "to invest" is "to investigate."—New Orleans Picayune.

## POULTRY and Dairy Produce

of all kinds wanted. Write for our CASH OFFER Pearson-Page Co. PORTLAND OREGON.

**FARM WANTED** We guarantee buyers for farms that are priced right. If you wish to sell, send accurate, complete description. ST. CHARLES LAND CO. 364 Morrison St. St. Charles Hotel, Portland, Or.

**SECOND-HAND MACHINERY** Bought, sold and exchanged engines, boilers, sawmills, etc. Send for Stock List and Prices. THE J. E. MARTIN CO., 83 1st St., Portland, Or.

In round figures 43,000,000 sheep are sheared in this country each year, yielding 289,000,000 pounds of wool, worth \$65,000,000.

## TAKES OFF DANDRUFF, HAIR STOPS FALLING

Save your Hair! Get a 25-cent bottle of Danderine right now—Also stops itching scalp.

Thin, brittle, colorless and graying hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25-cent bottle of Knowlton's Danderine from any drug store. You surely can have beautiful hair and lots of it if you will just try a little Danderine. Save your hair! Try it!

## Facts in Nature

FOR centuries it has been known that Nature's most valuable health giving agents for the cure of disease are found in our American forests. Over forty years ago Dr. R. V. Pierce, chief consulting physician to the Invalids' Hotel and Surgical Institute at Buffalo, N.Y., used the powdered extracts as well as the liquid extracts of native medicinal plants, such as Bloodroot and Queen's root, Golden Seal and Stone root, Cherry bark and Mandrake, for the cure of blood diseases. This prescription as put up in liquid form was called

### DR. PIERCE'S Golden Medical Discovery

and has enjoyed a large sale for all these years in every drug store in the land. You can now obtain the powdered extract in sugar-coated tablet form of your medicine dealer, or send 50c in one-cent postage stamps for trial box to Dr. Pierce's Invalids' Hotel, Buffalo, N.Y., and tablets will be mailed, postage prepaid.

The "Golden Medical Discovery" makes rich, red blood, invigorates the stomach, liver and bowels and through them the whole system. Skin affections, blotches, boils, pimples and eruptions—result of bad blood—are eradicated by this alternative extract—as thousands have testified.

Send 31 one-cent stamps to pay cost of mailing only on a free copy of Dr. Pierce's Common Sense Medical Adviser, 1008 pages, clothbound ADDRESS DR. R. V. PIERCE, BUFFALO, N. Y.

**March of Progress.**  
"How long must I wait for this prescription?"  
"About thirty minutes," answered the druggist, "but you can occupy your time pleasantly. Here is a coupon which entitles you to admission to our moving picture show."

**IF YOU'RE GROUCHY**  
It is likely that your liver needs stirring up. Wright's Indian Vegetable Pills will set you right quickly. Adv.

**Her Ways.**  
"Nature has a queer way of doing."  
"How so?"  
"If you notice it is after night falls that day breaks."

**Dark and Fair.**  
"Faint heart never won fair lady."  
"I detest that proverb."  
"Why so?"  
"I consider it a slap at us brunettes."—Kansas City Journal.

Sore Eyes, Granulated Eyelids and Sties promptly healed with Roman Eye Balsam. Adv.

**Art of Driving.**  
Son (a golf enthusiast)—You must acknowledge, father, that it requires a great deal of skill to drive a ball 100 yards.  
Old Farmer—Shucks! It don't require half as much skill as it does to drive a pig 50 feet.—Boston Transcript.

# 5 Women Avoid Operations

For years we have been stating in the newspapers of the country that a great many women have escaped serious operations by taking Lydia E. Pinkham's Vegetable Compound, and it is true.

We are permitted to publish in this announcement extracts from the letters of five women. All have been recently received unsolicited. Could any evidence be more convincing?

- HODGDON, ME.**—"I had pains in both sides and such a soreness I could scarcely straighten up at times. My back ached and I was so nervous I could not sleep, and I thought I never would be any better until I submitted to an operation, but I commenced taking Lydia E. Pinkham's Vegetable Compound and soon felt like a new woman."—Mrs. HAYWARD SOWERS, Hodgdon, Me.
- CHARLOTTE, N. C.**—"I was in bad health for two years, with pains in both sides and was very nervous. I had a growth which the doctor said was a tumor, and I never would get well unless I had an operation. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, and I gladly say that I am now enjoying fine health."—Mrs. ROSA SIMS, 16 Winona St., Charlotte, N. C.
- HANOVER, PA.**—"The doctor advised a severe operation, but my husband got me Lydia E. Pinkham's Vegetable Compound and I experienced great relief in a short time. Now I feel like a new person and can do a hard day's work and not mind it."—Mrs. ADA WILT, 196 Stock St., Hanover, Pa.
- DECATUR, ILL.**—"I was sick in bed and three of the best physicians said I would have to be taken to the hospital for an operation as I had something growing in my left side. I refused to submit to the operation and took Lydia E. Pinkham's Vegetable Compound—and it worked a miracle in my case, and I tell other women what it has done for me."—Mrs. LAURA A. GRISWOLD, 2800 Blk. East William Street, Decatur, Ill.
- CLEVELAND, OHIO.**—"I was very irregular and for several years my side pained me so that I expected to have to undergo an operation. Doctors said they knew of nothing that would help me. I took Lydia E. Pinkham's Vegetable Compound and I became regular and free from pain. I am thankful for such a good medicine and will always give it the highest praise."—Mrs. C. H. GRIFFITH, 7805 Madison Av., Cleveland, O.



Write to LYDIA E. PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.

## IF YOUR CHILD IS CROSS, FEVERISH, CONSTIPATED

Look Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again.

Sick children needn't be coaxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups.

**PISO'S REMEDY**  
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.  
**FOR COUGHS AND COLDS**

**OUT OF TOWN PEOPLE**  
You receive prompt treatment of Non-Poisonous, Healthful, Remedial from  
**C. GEE WO**  
the Chinese doctor.

Try our more if you have been doctoring with this one and that one and have not obtained permanent relief. Let this great nature healer dispense your case and prescribe some remedy whose action is quick, sure and safe. His prescriptions are compounded from Roots, Herbs, Buds and Berries that have been gathered from every quarter of the globe. The secrets of these medicines are not known to the outside world, but have been handed down from father to son in the physicians' families in China.

**CONSULTATION FREE.**  
If you live out of town and cannot call, write for symptom blank and circular, enclosing 4 cents in stamps.

**THE C. GEE WO CHINESE MEDICINE CO.**  
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