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Tobacco Habit Cured

Not only to users of pipe and cigars, but the vicious cigarette habit is overcome by using the "NITRITE" treatment. Price complete, postage paid, \$1.00. Lase-Davis Drug Co. 3d and Yamhill, Portland, Or. (When writing mention this paper.)

Industrial Era For Us.
Fifteen million men in the field will use apparel about three times as fast as when peace prevails. The equipment of 1,000,000 horses is no small item and means steady equipment of supplies and food for this vast army. Europe can not fight and meet these requirements simultaneously.

The more one of our industries is taxed the greater the activity which will be reflected upon others. It is the history of war that the first shock produced dullness, but upon recovery industry boomed and prices soared. There is reason to believe that history will repeat itself and as the waste and demolition exceed any previous demonstration the sources of supply must be looked to meet the inevitable demand.

We are at peace, the greatest industrial nation; we have the mills, the farms, in short, the equipment wanted. In spite of fear we must be busy for ourselves and for others. Some important materials we may lack, but we will be ingenious enough to evolve adequate substitutes.—Fiber and Fabric.

YOUR OWN DRUGGIST WILL TELL YOU
Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting; Just Eye Comfort. Write for Book of the Eye by mail free. Murine Eye Remedy Co., Chicago.

A Plea of Guilty.
"What!" exclaimed the teacher, "does no one know? What animal has bristly hair, is dirty all the time and loves getting into the mud?"
A small boy raised a timid hand.
"Well, Allan," said the teacher, "tell us what it is."
"Please, ma'am," said the little boy reflectively, "it's me."—Chicago American.

And Sometimes Trousers.
The teacher was examining the class in physiology. "Mary, you tell us," she asked, "what is the function of the stomach?" "The function of the stomach," the little girl answered, "is to hold up the petticoat."—Buffalo Express.

The Mosquito Habit.
"What makes Jack keep slapping himself on the back of his neck?"
"He spent his vacation at a New Jersey summer resort and he can't get rid of the habit."—St. Louis Post-Dispatch.

A Time Saver.
"I always tell the waiter what I'm going to tip him."
"Why?"
"So he won't keep me waiting half an hour while the cashier splits a \$10 bill into dimes."—Detroit Free Press.

No Opener Needed.
Two Philadelphians have patented a crown seal for bottles to which is attached a bit of metal to lift it without the necessity for a separate opener.

Probably it is an unwise plan to count the enemy. It might be better to discount them and then lick them.

Kola Tablets

have many friends who use them as a general tonic and for kidney trouble. Price 25c per box. 6 boxes for \$1.00. For sale by Lase-Davis Drug Co., 3d and Yamhill Sts., Portland, Ore.

DENTAL HEADQUARTERS FOR OUT-OF-TOWN PEOPLE

People from all parts of Oregon and Washington constantly visit our office for dental treatment. Our skill is acknowledged, and our promptness in finishing work in one day when required is appreciated by out-of-town patrons.

Dr. Wise is a false-teeth expert. There is **ALWAYS ONE BEST** in every calling, and Dr. Wise lays claim to this distinction in Oregon. 27 Year experience. What we can't guarantee we don't do.

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F. N. U. No. 46, 1914

WHEN writing to advertisers, please mention this paper.

IN A RAIN OF SHELLS

RUSSIAN SAILOR TELLS OF HORROR OF NAVAL BATTLE.

Two Gunners Get the Range Every-thing Which the Projectiles Strike Is Destroyed, While the Splinters Work Great Havoc.

At the battle of Tsushima, when the Japanese destroyed the Russian fleet, Captain Semenoff was on the flagship Suworoff. He had no definite post, and took notes until the sinking of the vessel. Extracts from his story are as follows:

"The first shells flew over us. At this range some of the long ones turned a complete somersault, and could be clearly seen with the naked eye curving like so many sticks thrown in the air. They flew over us, making a sort of wall, different to the ordinary roar.

"After them came others short of us—nearer and nearer. Splinters whistled through the air, jingled against the side and superstructure. Then, quite close and abreast the foremost funnel, rose a gigantic pillar of smoke, water and flame. I saw stretchers being carried along the fore-bridge.

"Shells seemed to be pouring upon us incessantly, one after another. It seemed as if these were mines, not shells, which were striking the ship's side and falling on the deck. They burst as soon as they touched anything—the moment they encountered the least impediment in their flight. Handrails, funnel-guys, topping lifts of the boats' derricks, were quite sufficient to cause a thoroughly efficient burst.

"The steel plates and superstructures on the upper deck were torn to pieces, and the splinters caused many casualties. Iron ladders were crumpled up into rings, and guns were literally hurled from their mountings.

"In addition to this, there was the unusual high temperature and liquid flame of the explosion, which seemed to spread over everything. I actually watched a steel plate catch fire from a burst. Of course, the steel did not burn, but the paint on it did.

"Such almost non-combustible materials as hammocks and rows of boxes, drenched with water, flared up in a moment. At times it was impossible to see anything with glasses, owing to everything being so distorted with the quivering, heated air.

"A man reported that the after-turret had been blown up, and almost simultaneously there resounded above us a rumbling noise, accompanied by the sharp clank of falling iron. Something large and heavy fell with a crash; the ship's boats on the spar-deck were smashed to bits; burning debris fell all round us, and we were enveloped in an impenetrable smoke.

"The fore-bridge was struck by numerous projectiles. Splinters of shells, which penetrated in large quantities under the mushroom-shaped roof of the conning-tower, had destroyed all the instruments in it, and had broken the compass, but luckily the telegraph to one engine and the volute-tube to the other were still working."

War's Effect on Youthful Minds.

What impression is this terrific war producing upon the child's mind? What do the boys and girls think of the conflagration that is raging and of the battles that are waging?

Perhaps the small children have not thought upon the subject at all, but the older children, who are reading stories of ancient heroes as if they were myths or fairy tales, and studying history bristling with wars of past generations, which would ordinarily lead them to believe that war was a relic of barbarism, and impossible between modern civilized nations, what do they think? Is this terrible conflict to upset all their notions and subvert many of their ideals? Is this systematic slaughter of warring armies likely to cheapen the value of human life as appraised in youthful minds?

These are questions, to be true, easily asked and hard to answer, but they suggest a trend something for their elders to ponder over.—Omaha Bee.

Ninth Arrest Breaks Jinx.

"Haven't I seen you before?" asked Municipal Judge Sheridan Fry at Chicago when Charles Miehl was arraigned on a charge of non-support.

"Well, I should say you have, judge," replied Miehl. "You seem to be my jinx. Every time I get within a mile of your court they pinch me. I've been before you fully eight times."

"That is enough," said the judge. "Discharged. I am going to begin my vacation, and if you let anybody else try you while I am gone, I'll be mad, Miehl. Now go get that job, and give your wife some money or I will come back in the middle of my vacation to attend to you."

Watch Sets Speed of Men.

One of the most interesting exhibits at the jewelers' exhibition which has been in progress at London was a novel watch for the use of officers having charge of troops on the march, an invention of an Austrian officer.

On the face is a little arm (illuminated by radium for night use), which can be made to swing so many times each minute. Thus an officer wishing to bring his men to a certain place at a certain time, decides that they must march 120 paces a minute. He then sets the arm to swing 120 times a minute, sets the pace to keep time with the boat, and so regulates the speed of the march.

NEVER A PLEASANT FEELING

Nervousness May Affect Different People in Different Ways, But It is Never a Welcome Visitor.

The mental state of a person suffering from "nerves" is very much like that of a man who is wanted by the police, or who has just heard a rumor that the ship on which his wife and children have sailed has been sunk in a collision, or who has cried "fire" in a theater and been thrown out, and knows his name has been obtained by the reporters. Very often it is a combination of all three, with perhaps the added sensation of a man in doubt if he closed the safe before leaving the office.

Perhaps some sufferers will disagree with this and say it is not like that at all, but rather like having fallen into a dry well, from which you can hear the voices of people passing near by, but are unable to make yourself heard, or like having accidentally shot your neighbor's only child while cleaning a revolver.

The point is that it is distinctly unpleasant.

Any bad quarter of an hour that you may have experienced of uneasiness, anxiety, guilt, remorse or mortification will give you a very fair idea of the chronic condition of the so-called neurotic. A good nightmare will help.

There is nothing about this in the books. There the symptoms are described as "loss of interest," "inability to concentrate," "extreme depression," "feeling of numbness in the extremities," etc. In a way this is true; just as it would be true of the men referred to above. The man wanted by the police would take little interest in the shop windows, and the man who thinks the ship has sunk would not get very far with a letter arranging the details of a business reorganization; and as for the man thrown out of the theater, he would probably admit, if brought to it, that he was profoundly depressed.

None of these individuals would feel that the books quite did justice to their feelings. And it goes without saying that none of them would respond with enthusiasm if a brisk person came along and said: "What you need is to get your mind off yourself," or, "What you need is plenty of fresh air and exercise."

The main thing is that the nervous victim is suffering severe mental distress. He is not simply "out of sorts."—Medical Record.

Heard General Sherman Say It.

Recently someone who seemed to know issued a denial of the prevalent impression that Gen. W. T. Sherman said "war is hell." J. P. Francis of Nickerson declares he heard General Sherman say it. He writes: "I never understood that General Sherman used the term 'war is hell' in any of his orders or official correspondence, but did use the term in a public address at a soldiers' reunion at Columbus, O., in 1880. The writer was seated near the speaker's stand and recollects the occasion which called the famous expression from the general. General Sherman, in his address, referred to a particular military feat which called (on part of the troops selected to perform the task assigned them) for heroic courage to accomplish the task successfully. And when he closed the narration the militia boys gave a hearty cheer. When the applause subsided the general looked down at the militia and said, 'Boys, you may think war is great sport, but I say, war is hell.'"

Driest Spots in America.

According to the weather bureau returns one of the driest spots in the United States is in the Fresno district of California. They have had only 34 per cent of the normal rainfall since March 1. The west coast generally has been short of precipitation. Another dry district centers in St. Louis, which has only 32 per cent of normal rainfall. The Ohio valley has had from a half to two-thirds of the usual quota, and there are some very dry spots in the Southwest and the Southeast that have not yet been cleared up. But generally the country is fairly well supplied with moisture for the late summer season. Streams are fairly full and reservoirs are not low as a rule. The distribution is uneven, however. Fort Worth, Texas, has 194 per cent of normal, and Fort Smith, Ark., only 48 per cent. Some portions of Kansas have had three weeks of 100 per cent weather, practically arresting vegetable growth and cutting off the corn crop for anything else but fodder.

When Wellington Was General.

The greatness of Wellington is never more admiringly remembered than in times of strife—and perhaps never more usefully quoted. The duke one day wanted a bridge constructed, and the officer of the royal engineers whom he consulted on the matter reported that it could not be managed. Another officer was sent for, from another division of the army, with the result that the task was duly accomplished. This caused the duke to put the following in "Orders": "He who in war falls to do what he undertakes, may always plead the accidents which invariably attend military affairs; but he who declares a thing to be impossible, which is subsequently accomplished, registers his own incapacity."

Another "wise saying" of Wellington comes from another reader, and it is appropriate to the moment. He was asked what was the best test of a great general, and he answered: "To know when to retreat; and to dare to do it."—London Chronicle.

Barbed Wire in Warfare.

Russia is in the market to purchase from us 5000 tons of barbed wire to be used in military operations. The effectiveness of barbed wire entanglements as defense measures has been demonstrated repeatedly since our war with Spain. They were brought into use then with much success and were very effective as a part of the Russian defenses at Port Arthur in the war with Japan. The Russians probably have in mind their experience in the far east and are hoping to make equally good use of the wire they would purchase in this country.

The Russian entanglements before Port Arthur consisted of four parallel lines of three-strand fences about three feet high. The fences were about 10 feet apart and zigzag lines of barbed wire were strung back and forth between the fences. And in addition large quantities of loose coils and pieces of wire were scattered on the ground. The combination was almost an impassable barrier. It was found that the Japanese could not make progress by cutting the wires. If they got through the first fence they became entangled in the wire on the ground if they were not shot down before reaching the second fence.

The Japanese tried the expedient of having their soldiers charge with mattresses which they threw on the fences. That was only a partial success, as many men became helpless in the entanglement of loose wires on the ground. The entanglements finally were disposed of by pulling up the posts and dragging the fences away under cover of darkness, but it was a long and costly task for the attacking force.

The use of wire entanglements is valuable as a defense measure and even then has its limitations. An entanglement which would keep an army of Germans from reaching the Russians also would prevent the Russians from getting at the Germans. It is effective in delaying and hampering the progress of an enemy and it also protects him against pursuit and assault in case the fortune of battle is against him.—Indianapolis Star.

Your Margin of Health

is very small, indeed, when the appetite is poor, the digestion bad, the liver lazy and the bowels clogged—but don't remain that way; take

HOSTETTER'S STOMACH BITTERS
today and let it help Nature restore these organs to their proper functions. Be sure to GET HOSTETTER'S

No Danger.

An old woman was greatly frightened when the train thundered into the long tunnel.
"Do you think," she asked the conductor, "this tunnel is perfectly safe?"
"Don't be afraid, madam," replied the waggish official. "Our company got you in this hole, and we're bound to see you through."—Kansas City Times.

Her Belief.

"Do you," he asked, "believe in early marriage?"
"Well," she replied, "I used to, but I am willing to say that at present I believe 'better late than never' may be applied to marriage as well as to some other things."—Brooklyn Citizen.

HOW RESINOL CURED ITCHING SKIN TORMENT

Baltimore, Md., May 23, 1914: "My limbs from knee to ankle were completely covered with eczema for a year. I hated to go in company, it itched and burned so badly. I had no rest at night. I tried a good many remedies for eczema, both liquid and salve, but they did me no good, only made the skin more rough and scaly. I learned of resinol ointment and resinol soap and tried them, and was relieved of the severe itching and burning AT ONCE, and after a month's steady use was completely cured." (Signed) T. S. Lewis, 1821 Summit St. Sold by all druggists.—Adv.

The South's Fear.

Here in the south our chief fear now is that the European savages will quit wearing clothes.—Galveston News.

The system of some candidates, Like loving, loyal brothers, Is to excel their own virtues By bawling out the others.

The Germans deny overtures. Certainly. The "Wacht Am Rhein" and "Deutschland Über Alles" have supplanted mere overtures.

That relief ship certainly can be re- One thousand boxes of it are on board, ferred to as bringing home the bacon.

Good Missionary Year.

In one mission in India last year 40,000 were baptized. In the last two years this mission has added more people to the Christian covenants than in the first forty years of its labors.

Rheumatism Muscle Colds

"It is easy to use and quick to respond. No work. Just apply. It penetrates without rubbing."

Read What Others Say:
"Have used your Liniment very successfully in a case of rheumatism, and always have a bottle on hand in case of a cold or sore throat. I wish to say I think it one of the best of household remedies. I would not have used it only it was recommended to me by a friend of mine who, I wish to say, is one of the best boosters for your Liniment I ever saw."—J. W. Fuller, Denver, Col.

"Just a line in praise of Sloan's Liniment. I have been ill nearly fourteen weeks with rheumatism, have been treated by doctors who did their best. I had not sleep for the terrible pain for several nights, when my wife got me a small bottle of the Liniment and three applications gave me relief so that I could sleep."—Joe T. Tomblin, 618 Centre Street, McKeesport, Pa.



SLOAN'S LINIMENT

Good for Neuralgia, Sciatica, Sprains and Bruises.

All Dealers 25c.
Send four cents in stamps for a free TRIAL BOTTLE.
DR. EARL S. SLOAN, Inc. Dept. B Philadelphia, Pa.

PROPERLY MADE TEA

THE MOST HEALTHFUL AND EXHILARATING OF BEVERAGES.

Where It Does Harm the Fault is Always With the Maker—Unwholesome Qualities Are Brought Out in the Steeping.

It is said that we tan our stomachs and become, therefore, incapable of digesting food—that we turn into nervous wrecks if we drink tea. And this would be so if we used tea immoderately and made it carelessly. Let us investigate a little and see what can be done to preserve to our use the cup that cheers.

Analysis shows that tea is rich in protein, that it contains alkaloids—these—and a volatile oil and tannic acid. Its stimulating effect is due to these and the oil—its astringency is caused by the tannic acid. Tannin is so soluble that it is almost immediately drawn from the leaf when brought into contact with boiling water. Their stimulates gastric digestion, but the tannic acid and oil are harmful. Experiments show that tannic acid is developed in very small quantity as soon as tea comes in contact with boiling water, and that more tannic acid is developed when tea has steeped five minutes than when it has steeped three minutes, and that the longer it stands the more this acid is drawn out.

It is known that tea is stimulating, refreshing and an alleviator of headache and bodily fatigue. It has a slight influence in regulating the circulation of the blood and the temperature of the body. It is one of the most warming drinks in winter and cooling drinks in summer.

In view of these facts all will admit that to get the good and reject the unwholesome qualities of tea it is necessary to make it with freshly boiled water—fast boiling because the stimulating property, then, cannot be extracted below the boiling point—and for this reason also the teapot should be thoroughly scalded before the tea is put into it; freshly boiled water, because long cooking causes its atmospheric gases to escape and renders it flat and insipid. (Soft water is best used when it first comes to a rapid boil, hard water may be boiled fifteen to twenty minutes before using.)

Tea should always be made as an infusion—never boiled—and with but one infusion to each measure of tea. The habit of renewing the boiling water over the first measure of tea, or of using and reusing the tea leaves with a small additional supply, is a very objectionable one and is most strongly condemned by all health and food authorities. This is the way to obtain all the injurious qualities and none of the benefits of a pot of tea. No wonder people tan their stomachs when they follow such a method.

Here is the way to make one cup of tea without a teapot: Heat a cup to boiling point with boiling water, measure one-half teaspoonful of best tea; pour the water from the cup, put in the tea, pour over enough fresh boiling water to fill the cup three-quarters full, cover closely and let stand in a warm place (not in a draught and not over the fire) for three minutes. Have ready another hot cup and a hot strainer; strain the tea into the cup and serve at once with sugar and cream or milk, or with thinly sliced lemon and sugar.—Chicago Record-Herald.

Rubber in Malaya.

A gum has been discovered in large quantities in the Malay peninsula that yields from 10 to 20 per cent pure rubber.

PUTNAM FADELESS DYES

Color more goods faster and brighter colors than any other dye. Every package guaranteed to color Silk, Wool, Cotton and Mixed Goods at one boiling. 10 cents package. Write for free booklet "How to Dye and Mix Colors," calendar, blotters, etc. MONROE DRUG COMPANY, Department Z, Quincy, Illinois

Ruptured

Persons suffer more from inexperienced truss fitting than from hernia. Why not buy your trusses from experts? Try Lase-Davis Drug Co., at 3d and Yamhill, Portland, Ore., who are experts and know how.

Didn't Need To.

"What are you laughing at?" asked the Old Fogey. "What's so funny in that paper?"
"It says here that a hundred persons have left New York to engage in missionary work," said the Grouch.—Cincinnati Enquirer.

A Sure Proof of Love.

"I'm certain he loves me," said the suburban girl.
"How's that?"
"It is a four-mile walk to town. He misses the car about twice a week, but he still keeps calling."—Pittsburg Post.

Well Answered.

Teacher of Hygiene—Why must we always be careful to keep our houses clean and neat?
Little Girl—Because company may walk in at any moment.—Judge.

Moral—Never Give Up.

Mrs. Flattie—Did you see the doctor about your indigestion today?
Mr. Flattie—Yes.
Mrs. Flattie—Did he ask you to give up anything?
Yes, \$2.—Yonkers Statesman.

Flour Imported to Egypt.

Flour imports in Egypt increased from \$2,500,000 during the first four months of last year to more than \$4,000,000 in a like period this year.

A Self-Denying Editor.

At any rate we have never stated that the Germans went into Ostend without ostentation and that ostentation of these were bound for the Channel.—Philadelphia Public Ledger.

Helping Kidneys By Clearing Blood

A Function Greatly Assisted By a Well-Known Remedy.



Most readers will be interested to more clearly understand why analysis of urine is so important. In the use of S. S. S. to purify the blood, its action is a stimulant to the myriad of tiny blood vessels that make up the constructive tissues of the kidneys. All the blood from all over the body must pass through the kidneys. They act as test-tubes and analyzers. And according to what they allow to pass out in the urine, both as to quantity and materials, the health of the kidneys and the quality of the blood is determined. The catalytic energy forced by S. S. S. is shown in the urine. It is also demonstrated in the skin. And as the blood continues to sweep through the kidneys the dominating nature of S. S. S. acting as it does through all the avenues of elimination, shows a marked decrease of disease manifestations as demonstrated by urine analysis. This assistance is a great relief to the kidneys. The body wastes are more evenly distributed to the excretories; their elimination is stimulated by the tonic action afforded the liver, lungs, skin and kidneys. Thus, in cases of rheumatism, cystitis, chronic sore throat, huskiness of voice, bronchitis, asthma and the myriad of other reflex indications of weak kidney action, first purify your blood with S. S. S., so it will enable the tissues to rebuild the cellular strength and regain the normal health.

S. S. S. is prepared by The Swift Specific Co., 527 Swift Bldg., Atlanta, Ga., and if you have any druggist or obtainable blood trouble, write to their Medical Dept. for free advice.