

Insomnia

"I have been using Cascarets for Insomnia, with which I have been afflicted for twenty years, and I can say that Cascarets have given me more relief than any other remedy I have ever tried. I shall certainly recommend them to my friends as being all that they are represented."
Thos. Gillard, Elgin, Ill.

Crushed.
"I suppose you know, barber," said Percy, with a wink at the man in the other chair, "that the hair on a man's head grows at the rate of three-millionths of a yard in a second."
"No, I never heard that before," said the barber, beating a tattoo on the strap with his razor; "but I know there's a spot on the back of your head where the hair wouldn't grow as much as that in a million years."

Willing to Help the Cause.
Philanthropic Person (with subscription paper)—We are raising a fund to prosecute the white slavers. Can you assist us?
Baseball Magnate—Sure! I've just disposed of two of my players and got a good cash price for them. Hundred dollars be enough?—Chicago Tribune.

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

His Time to Be Alone.
"Come away, children," said their mother. "Run out in the yard and play."
"But we're watching papa lay the stair carpet, mamma," they answered.
"I know it, but he's going to lay it around the bend in the stairway pretty soon, and I don't want you to hear the language he will use."—Chicago Tribune.

Conversational Opportunities.
"So your wife is a suffragette? Why does she want to vote?"
"She doesn't want to vote," answered M. Meekton. "She wants to make speeches."—Washington Star.

Little children are suffering every day in the year with sprains, bruises, cuts, bumps and burns. Hamline Wizard Oil is banishing these aches and pains every day in the year, the world over.

Chronic.
"Away down in her heart," said the boarding house philosopher, "every woman is a pessimist. When any calamity happens she always wants to know the worst, and isn't happy until she hears it."

Proof Conclusive.
Lawyer (cross examining)—You testified that Miss Smythe was walking in her sleep. How do you know she was asleep?
Witness—Well, a mouse ran across the floor right in front of her and she never even batted an eye.—Chicago Tribune.

To Break in New Shoes.
Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, itching, swollen feet, sore corns, ingrowing nails and bunions. At all drug stores and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Ginn, Dept. L, Le Roy, N. Y.

Get the Act!
"Yes," said the retired auctioneer, "that boy of mine is a chip of the old block, with all the original bark on him; he's a speller for a 5-cent theater."—Chicago Tribune.

How the Trouble Started.
Estelle—I don't suppose you have heard of it, but George and I are going to be married some time next June.
Mayhew—Glad to know it, dear. Has George heard of it yet?

Why, Sure!
Tommy—Paw, what is concentrated fly?
Mr. Tucker—It's the shorter and uglier word, Tommy. Don't bother me."

Vacation Days.
"You say Grindler worked last summer just for fun?"
"Oh, no; just for funds."—Harvard Lampoon

Among persons of social standing generally the world throughout, the average age of marriage is at present, men 37 and women 28.



DR. W. A. WISE
2 Years a Leader in Painless Dental Work in Portland.

Out-of-Town People

Should remember that our force is so arranged that we can do THEIR ENTIRE CROWN, BRIDGE AND PLATE WORK IN A DAY if necessary. POSITIVELY PAINLESS EXTRACTING FREE when plates or bridges are ordered. WE REMOVE THE MOST SENSITIVE TEETH AND ROOTS WITHOUT THE LEAST PAIN. NO STUDENTS, NO UNCERTAINTY.

For the Next Fifteen Days
We will give you a good 22k gold or porcelain crown for..... \$3.50
22k bridge teeth..... 5.00
Molar crown..... 5.00
Gold or enamel fillings..... 1.00
Silver fillings..... .50
Good rubber plates..... 5.00
The best red rubber plates..... 7.00
Painless extractions..... .50
ALL WORK GUARANTEED 15 YEARS

Dr. W. A. Wise
President and Manager
The Wise Dental Co.
303 Third and Washington Sts.
PORTLAND, OREGON

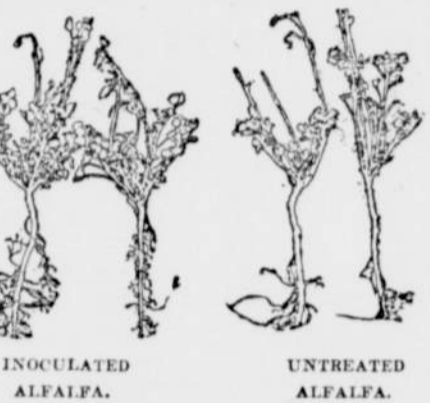
AGRICULTURAL



Inoculation of Clover.

Clovers do not always grow as readily or as vigorously as might be expected from the richness of the soil. In recent years it has been discovered by scientists that the growth of plants of this class (clovers, peas and beans) is dependent to some extent on the presence of small nodules or bunches on the roots. These nodules contain bacteria which in some mysterious way assist the roots in taking up food from the soil. If these bacteria are not present in the soil the clovers will be likely to make poor growth—indeed, alfalfa may not make any growth. If the proper kind of bacteria are supplied and the inoculation of soil and root is successful the plants will show extra vitality.

Cultures containing these bacteria have been sent out to farmers from the Ontario Agricultural College for the past four years, with directions



for applying to the fields that are being seeded with clover. Last season 309 farmers reported that their alfalfa crops had been benefited by the application while 140 reported that there was no gain. With alfalfa clover the reports were equally favorable over 96 per cent of the experiments finding that the culture had improved the crop. With red clover the results were not so favorable, only 55 per cent having noted a gain. Peas and beans showed still less benefit from the application. As the work is still in its infancy it is probable that better results will be obtained as the methods of application are better understood. The illustration shows the comparative growths of inoculated and uninoculated alfalfa plants. In a bulletin just issued it is stated that the cultures will again be distributed for 1909 at a price of 25 cents for each bottle containing enough for 60 pounds of seed.—Montreal Star.

Soil Temperature and Seed Germination.
Scientists have discovered that the lowest soil temperature at which the process of growth begins in most cultivated crops is 45 to 48 degrees Fahrenheit, but the maximum results are attained only after the soil has reached a temperature of 68 to 70 degrees. The germination of wheat, rye, oats and flax go forward most rapidly at 77 to 87.8, and corn and pumpkins germinate best at 92 to 101. Corn will grow at a temperature of 51, requiring eleven days to come through, while it will germinate in three days at 65.3 degrees. Oats require seven days to germinate at 41, whereas they will germinate in two days at 65 degrees. These facts emphasize the importance of soil cultivating the soil as to develop heat at the earliest possible period. Our sheep whose irrigation has played hob can not warm up because they must first evaporate the water. Sandy soils warm more quickly than adobe for reasons which everybody understands. The depth of planting also has a great deal to do with the germination, and we are hoping that this spring will not linger long in the lap of winter as was the case with the last two or three seasons.—Denver Field and Farm.

Balancing Ration.
When one has corn, corn fodder, ensilage and clover hay, it is considered the best practice for one to procure a food rich in protein, such as bran, cotton-seed meal or linseed meal, with which to balance the ration. If one mixes bran, corn and cotton-seed meal in the proportion of 5 parts bran, 3 parts cornmeal, 2 parts cotton-seed meal, and feeds 10 pounds of the mixture each day, with 30 pounds of ensilage and 10 pounds of clover hay, he will get very good results. Molasses is ordinarily fed by sprinkling over the hay or ensilage.—Country Gentleman.

Worms in Colts.
For intestinal worms in colts the following mixture is used by some veterinarians: Mix together as a base 1 pound each of salt and granulated sugar; in this mix 1/2 pound of tobacco dust of fine cut tobacco, 4 ounces of sulphate of iron powder, 6 ounces of powdered worm seed. Give a heaping teaspoonful in the feed at first once a day, then twice a day, and keep up for three weeks.

Early Plowing.

The value of early plowing as a means of destroying weeds, especially rag weed, wild oats, artichokes, etc., is not appreciated fully by farmers. Similar weeds grow in a most discouraging manner, especially on low, moist land, during the summer, and in many instances take possession of the fields. They will appear on the scene next year, in multiplied numbers, if an effort is not made to destroy them this summer, which can best be done by early plowing.

The plow should be started in these weedy patches just as soon as the fields are cleared. Rag weeds are rank growing soil robbers which should not be permitted to ripen seed on any farm, but are now seen in corn fields, pastures and small grains in many sections. They are a special pest on some farms where careless methods of handling the soil have been employed. If such fields are plowed as early as possible the plants will be prevented from going to seed. Kingheads are now in possession of some very productive fields, and we believe this is due to spring plowing or no plowing, as such fields are often disked instead of plowed.

Swiss Farm Profits.

There has been recently made an interesting report of investigations carried on co-operatively between the Department of Agriculture and farmers in Switzerland as to the gross and net returns derived from farms operated under different systems of management with those secured during the preceding five years. The average profits as ascertained from 230 holdings were: On farms up to 12 1/2 acres in size, \$21 per acre; from 12 1/2 to 25 acres, \$21.50; from 25 to 37 1/2 acres, \$17; from 37 1/2 to 75 acres, \$18, and from farms of more than 75 acres, \$10.25 per acre. Nearly 80 per cent of the products raised on Swiss farms consisted of animal, dairy and poultry products, an enormous quantity of such products being annually exported. This shows the result of cultivating a small amount of land well.

New Method of Keeping Potatoes.

A German publication, the Practical Adviser in Fruit Raising and Gardening, states that a new method for keeping potatoes and preventing sprouting consists in placing them on a layer of coke. Dr. Schiller, of Brunswick, who has published the method, is of the opinion that the improved ventilation by means of coke is not alone responsible for the result, but believes that it is due to the oxidation of the coke, which, however, is a very slow one. Coke always contains sulphur, and it is very possible that the minute quantities of oxides of carbon and sulphur, which result from the oxidation, mixing with the air and penetrating among the potatoes are sufficient to greatly retard sprouting. Potatoes so treated are said to keep in good condition until the following July.

Guinea Fowls.

The flesh of guineas is generally dark colored, tender, juicy and in flavor equal to the ring-neck English pheasant. Many think it more palatable, for the flavor is not so pronounced, and there is considerably more of it. The flesh of the white guinea is light in color, and if they are crossed with the pearl variety the meat of the latter will become nearly as light.

Don't Pasture Too Early

There is always a temptation to turn the stock on pasture before the grass has had a chance to get a start. At this time the animals will get little good from the pasture, and they are likely to do much damage in trampling the wet soil. Let the ground get solid and the grass a good start before they go on it.

Hastening Seed Germination.

The germination of seeds with hard coverings, such as cannabis, eucalyptus, and even morning glories, can be hastened by soaking them in warm water for two to twelve hours. Sow the seeds at once upon removing them from the water. If given this treatment, morning glories will bloom in six weeks from sowing.

Feeding Lambs.

Farmers' Bulletin No. 49 of the United States Department of Agriculture says that a mixture of two parts of cornmeal and one part cottonseed meal for ten weeks to lambs, with pasturage, gave a weekly gain of 2.95 pounds per head. The lambs were fed about 8 1/2 pounds each per week of the mixture.

Advance in Eggs.

The farm price for eggs has rapidly advanced in the last few years. In 1899 the average farm price for eggs for the United States was 11.15 cents a dozen; in 1903, 12.37 cents a dozen; in 1904, 17.2 cents; in 1905, 17.7 cents, and the price for 1908 will be in advance of that.

Queen Bees.

It is said that bees usually supersede their queens before they are too old for service; and when an apiary is once stocked with a good grade of queens the bees care, as a rule, to be depended upon to supersede their queens at the proper time.

SOBRIAN AS PEASANT GIRL

Russian Disgraced as Domestic Slave—agrees to Win Wealthy Widow.

A story which reads like a chapter from a romance of the middle ages is being published by the local press, a New York Times Moscow letter says. The wealthy and beautiful young Baroness Ursuff, widow of a distinguished Russian government official, took up her residence in Moscow about eighteen months ago and lived an extremely secluded life. Her beauty, however, attracted attention wherever she was seen, whether in the streets or when riding or at the theater.

All the young cavaliers of Moscow were hopelessly in love with her. The baroness, however, rejected all attempts to obtain an introduction to her, and continued to live in perfect seclusion, attended only by an elderly relative. Some months ago a young peasant girl began to visit the residence of the baroness, offering the servants cheap articles for sale. Once she brought some old Russian porcelain, which she offered the baroness. Subsequently the baroness used to buy different articles from the peasant girl, who was intelligent, had good manners and considerable conversational talents.

The baroness eventually asked the girl whether she would enter her service as a lady's maid. The peasant girl agreed and became the baroness' maid. She discharged her duties to perfection for a fortnight, and then revealed "herself" as a young Russian nobleman named Maximoff, who, taking advantage of his fair hair and complexion, had masqueraded as a domestic to break down the barriers with which the beautiful baroness had surrounded herself.

Baroness Ursuff was so much impressed by the extraordinary perseverance which the young nobleman had revealed in coming month after month as a peasant girl, then working as a domestic to gain her favor, that she became engaged to him and the marriage took place a week or so ago. The story has just become known in society circles in Moscow.



The Breath.

The breath of a healthy person has no odor. This is equivalent to saying that no one whose breath has habitually a disagreeable odor is in absolute health. Somewhere there is trouble, the presence of which, although not always the location of it, is betrayed by the expired air.

A person with bad breath is not always aware of his misfortune, or perhaps one should say the misfortune of his friends, and it is a kindness and a duty on the part of his family to tell him. The trouble can almost always be bettered, if not entirely removed, and it is the duty of one so afflicted to place himself in the physician's hands for care.

The cause of a bad breath is often evident, but sometimes a very careful examination, weighing and rejecting one by one the different possibilities, is necessary before the seat of the trouble can be determined. Local troubles must be looked for and corrected. Catarrh of the nasal passages, or of one or more of the cavities in the bones of the face communicating with the nose, may cause a very foul breath; this can be relieved in many cases by snuffing some antiseptic fluid—well diluted, for the nasal mucous membrane is sensitive—through each nostril several times a day. The nasal douche, so often recommended, should be used only under the direction of a physician.

The mouth is often the place of origin of the odor. Decayed teeth, or the decomposition of food particles allowed to remain between the teeth, or receding gums with suppuration round the edges of the teeth, may one or all affect the breath unpleasantly. The regular use of the tooth-brush with an antiseptic mouth wash will usually remedy this. There may be an accumulation of "fur" at the back of the mouth, which gives an odor to the breath; this should be removed with a spoon or the ring in one of the handles of a pair of scissors. The tonsils may have malodorous accumulations of secretion in their pits.

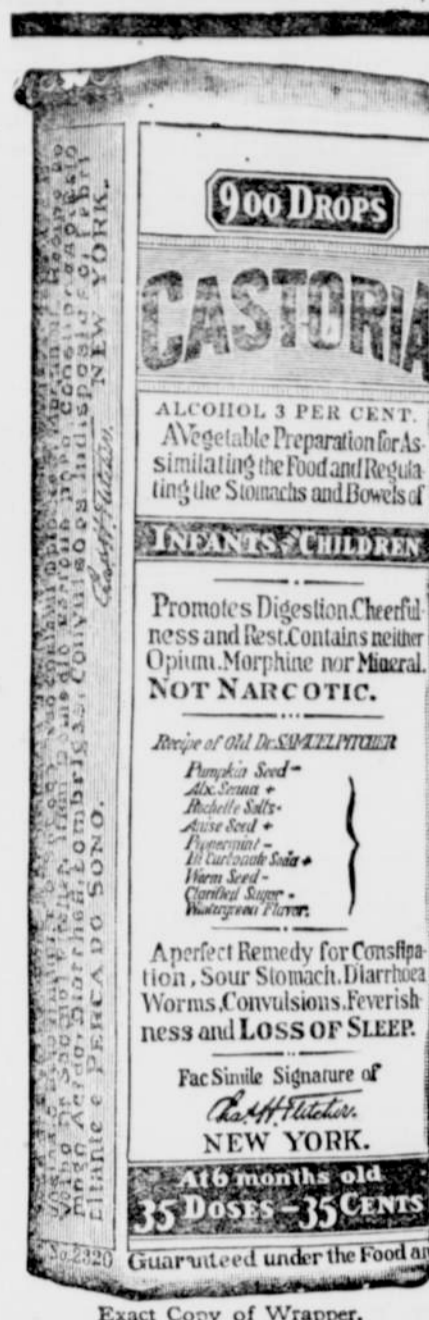
Trouble in any part of the digestive tract is very likely to declare itself in the breath. Constipation, especially, is so betrayed. It is well known that some foods, onions, for example, will scent the breath, but it is not so generally appreciated that the eating of a large amount of meat will often give a peculiarly disagreeable quality to the breath. The emotions may have their effect, too, and the ill-tempered person or the worrier is thus an offense in more ways than one.

There is seldom any excuse for permanent bad breath, for the physician can almost always discover the cause.

Sleight of Hand.

Hyker—I attended a successful sleight of hand performance last night. Pyker—So? Hyker—Yes, I lent a conjurer a counterfeit dollar, and he gave me back a good one.

The man equipped to plow gardens is as popular these days as a politician with money, and a good deal more independent.



Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature

of

Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

When He's "It."

The farmer's life has cares and joys. His work is long and hard and rough; He slaves from dawn till after dark. To raise and grow and own enough, But there's a bright side to his life. His sorrows he can always drown When, with his team, he's hired to haul A busted auto back to town. —Los Angeles Express.

Accommodating.

First Passenger—Pardon me, but would you mind loaning me your spectacles a moment?
Second Passenger—With pleasure, sir.
First Passenger—Thanks, awfully, and now, as you can no longer read your newspaper, would you kindly pass it over to me?

More Urgently Needed.

Salesman (at bookstore)—Perhaps this is what you are looking for. It's a work entitled "Housekeeping Made Easy." Tells you all about—
Anxious Customer—No; we've got that. Haven't you a book called "Moving Made Easy"?—Chicago Tribune.

No Objection to Telling.

"Do tell me, Pussatilla," begged the girl under the inverted waste basket, "the secret of that wonderful blonde hair of yours. It defies detection."
"I will," said the girl under the inverted coal scuttle, "if you won't tell anybody else. I selected for my grandmother and mother two women who had 'air just like mine."



If you suffer from Fits, Falling Sickness, Stomach or Bowel troubles, or if you have children, or friends that do so, my New Discovery will relieve them, and all you are asked to do is to send for a Free B. P. 1-0-1.
Dr. May's Epileptic Cure.
It has cured 1,000,000 where everything else failed. Sent free with directions. Express Prepaid. Guaranteed by May Medical Laboratory, under the National Food and Drug Act, June 30th, 1906. Guaranty No. 18971. Please give age and full address.
DR. W. H. MAY,
548 Pearl Street, New York City.

DAISY FLY KILLER

placed anywhere, attracts and kills all flies, mosquitos, house flies, etc., in all seasons. Made of metal, cannot spill or tip over, will not soil or injure anything. Guaranteed.

Harold Somers, 150 DeKalb Ave., Brooklyn, N. Y.



C. Gee Wo

The Chinese Doctor
This wonderful man has made a life study of the properties of Roots, Herbs and Barks, and is giving the world the benefit of his services.
No Mercury, Poisons or Drugs Used. No Operations or Cutting.

A SURE CANCER CURE
Just received from Peking, China—safe, sure and reliable. U. falling in its works.
If you cannot call, write for symptom blank and circular. Inclose 4 cents in stamps.
CONSULTATION FREE

The C. Gee Wo Medicine Co.
162 1/2 First St., cor. Morrison, Portland, Or.

P N U No. 26-09
When writing to advertisers please mention this paper.



WILL DO ALL THAT ANY HIGH PRICED POWDER WILL DO AND DO IT BETTER
A FULL POUND 25c. Get it from your Grocer

Cheapness vs. Quality

In the matter of food you can't afford to sacrifice Quality for Cheapness. Economy is right and good but inferior food products are dear at any price.

KC BAKING POWDER

is economical—not Cheap. Try it. The best at any price or your money back.

JAQUES MFG. CO.
Chicago.

Guaranteed under all Pure Food Laws