

SUMMER COMPLEXION.

How Pale, Delicate Women Can Easily Beautify Themselves.

To be fashionable in these days it is necessary to be healthy, and the pale, delicate girl that has reigned for so many years must give place to her more robust sister.

The sun is a wonderful beautifier of the complexion, but, like many good tonics, ought not to be taken in too large doses at first.

Some fair-skinned people are prevented from enjoying the country, owing to getting so easily sun-burned. Always carry with you into the country a liberal supply of baby powder.

When sun-burned bathe the afflicted parts in cream, but if obtainable, termilk is much more cooling and healing.

A good wash for the skin during the summer is made as follows: To one quart of rose water add, drop by drop, stirring all the time, one ounce of tincture of benzoin.

To protect the backs of the hands, which are generally the first to freckle or tan, take your old lisle-thread gloves that are worn in the fingers.

FACTS ABOUT INSOMNIA.

Frequently it is Caused by Utter Lack of Domestic Recreation.

Are you afflicted with insomnia? Perhaps you have too much time for sleep. Perhaps you depend too much on sleep for rest and recuperation.

White Elephant of Siam, Lion of England, Dragon of China, Cross of Switzer, and Banner of Persia, Crescent of Egypt, Double Eagle of Russia, Star of Chili, the Circle of Japan, Harp of Erin.

One ungrateful man does an injury to all who stand in need of aid.

Swept by the Tide of Popularity. To the topmost pinnacle of success, Hostetter's stomach Bitters stands a shining proof of what genuine merit, backed by the living force of proven facts, can attain.

A SAINT OF FASHION.

She Was Tried, But St. Peter Did Not Find Her Wanting.

The applicant (timidly)—Please let me in.

St. Peter (opening the gate)—Who are you?

Applicant—A tailor-made girl!

St. Peter (half shutting it)—Did you belong to the Four Hundred?

Applicant (reluctantly)—Yes.

St. Peter (shutting it a little more)—Rich and beautiful?

Applicant (still more reluctantly)—So the papers said.

St. Peter (leaving only a crack)—H'm, how came you here?

Applicant—A sudden cold and pneumonia.

St. Peter—Yes, I know. I suppose you took cold at a ball?

Applicant—No, at a charity fair; the flower table was in a draught.

St. Peter—Why didn't you leave?

Applicant—Oh, I could not. I had promised to serve.

St. Peter (opening the gate a hand's breadth)—You were very extravagant, I suppose.

Applicant (slowly)—I spent a good deal of money, but we were rich, and papa said it was a good thing to keep money going.

St. Peter (absent minded)—Has your papa been canonized? But I disagree. To return (sternly), of course you oppressed the poor needle-worker and put off paying the lovely starving seamstress.

St. Peter (showing his head now in the opening)—Did you ever go to church on a rainy Sunday?

Applicant—Oh, yes; always, rain or shine.

St. Peter (suddenly suspicious)—Did you ever write a modern society novel?

Applicant—No, I never did. I was not very wise, you know.

St. Peter—H'm, it's not wisdom that goes into them. Can you recall any special acts of goodness on your part?

Applicant (thoughtfully)—I kept awake half one night once while an engaged girl was telling me about her fiancé.

St. Peter—That was kind.

Applicant—I always kept my dancing engagements, even when the best man asked me last.

St. Peter—That was unusual, certainly.

Applicant—And at college balls I used to affect real interest in what the seniors were saying to me.

St. Peter (who had been gradually widening the opening)—We needn't go much further. Were you engaged to be married?

Applicant—Yes.

St. Peter—Englishman, I suppose?

BEECHER ON ADVERTISING DOCTORS

"I am glad that the doctor cured him! I am glad that the doctor cured him! I am glad that the doctor cured him!"

The above extract from an able article by the Rev. Mr. Beecher embodies a sound view of the subject of advertising.

More People Cured by Dr. Darrin in Oregon.

Rev. J. E. Coenour, Portland, Or.—Skin disease; cured.

W. T. Binkley, Centralia, W. T.—Sciatic rheumatism; restored.

J. F. George, Glendon, W. T.—Chronic rheumatism five years; cured.

Mrs. Mry A. Johnson, Salem, Or.—Deafness many years; restored.

C. F. Mayhew, 1813 street, Portland—Rheumatism in its worst form; cured.

Miss Minnie Kelley, The Dalles, Or.—Spinal complaint and nervous debility; restored.

D. S. Wells, four miles north of Albina, on Vancouver road—Deafness five years; cured.

Chas. Magnusson, Salem, Or.—Asthma so he could scarcely walk or sleep; restored to health.

David Vain, Seventeenth street, rear Market, Portland—Deafness, ringing noises in the ears.

J. W. Keeney, Long creek Grant county, Or.—Kidney complaint and pain in the back, cured.

Isaac Thompson, La Center, W. T.—Deafness; cured in five minutes.

Willie Clark, 104 Front street, Portland—Discharging ear twelve years; cured.

D. J. Graham's child, Springfield, Or.—Painfully afflicted with granulated conjunctivitis, complicated with ulcers of the eyeballs for nine months; cured.

David Ross, Woodland, W. T.—Painful hip disease; had to be carried to the doctor's office; cured.

Dr. Darrin's Place of Business.

Dr. Darrin can be consulted free at 235 5th street, corner of Main, Portland, Oregon, hours, from 10 to 4 o'clock daily; evenings, 7 to 8; Sundays, 10 to 12.

Veal Pattycakes.—Chop tender veal very fine, add one beaten egg, and moisten with cream; season well with salt, pepper, mace or thyme. Make into thin cakes, dip into bread crumbs, corn meal, or finely crushed crackers, and fry in butter or lard.

PLEASANT PILLS!!!

Dr. Williams' Pink Pills for Pale People is the only sure cure for Biliousness or itching Piles ever discovered.

It is an eternal and irreparable loss when time is not enjoyed as it ought.

Smoke the best—"Tansill's Punch" Cigar.

WASHINGTON'S CAPITOL.

The question as to where the Capitol of the new State of Washington will be located, is one of the most important that is to be submitted to the voters of that commonwealth at the election of October 1st.

Second—Olympia is only twenty-three miles further from the geographical center of the State than either Ellensburg or North Yakima; she now has the same railroad facilities as they have, and will shortly be connected with the Union Pacific line running south from Port Townsend, while a new line from Tacoma to Gray's Harbor will connect Olympia with both these important points.

Third—Olympia is the central point of the most populous and wealthy section of the new State. The population of the city is 11,604 while within a circle of 100 miles of Ellensburg it amounts to 28,822, thus showing that Olympia is in a center of population more than four times that of Ellensburg and North Yakima.

Fourth—Olympia has as fine a hotel as any city in the State and the other hotels and accommodations than all her rivals combined.

Men are rarely fit to command who have not learned to obey.

S. S. S. MARK

Having for the past four or five years been troubled with pimples and blotches on my face and body, and finding no relief in any of the chemically prepared ointments and medicines prescribed for me by physicians, I concluded to try your S. S. S. remedy, and have found great relief in the same.

The Celebrated French Cure, APHRODITINE

BEFORE AFTER

Accidents happen, and sickness comes, to all, and yet many people never have on hand the means to promptly relieve the sufferings from either.

Perry Davis' Pain Killer.

which has stood for 49 years unvaried.

For Cramps, Colic, Cholera and all Summer Complaints it is A SURE CURE.

Have it with you at home and when traveling. It is used externally and internally, and is just the thing needed for Burns, Bruises, Cuts, Sprains, &c.

CHOLERA MORBUS, CRAMPS, COLIC.

DR. DOWNING'S NORTH WESTERN DISPENSARY

183 First Street, Portland, Tacoma.

BUSINESS COLLEGE

Thorough and Practical Instruction

Send for Circular to PROFESSOR J. W. TAIT, TACOMA, WASH.

IT WAS JUST IN TIME.

G. C. Bartholomew, Kalkaska, Mich., says: "I located in this place five years ago, having formerly resided in Troy, N. Y. I have been a great sufferer from what the physicians of Troy called Bright's disease."

Dr. Kennedy's Favorite Remedy, made at Rensselaer, N. Y. All the terrible symptoms of the disease are gone. I have no traces of any disorder of the kidneys, liver or bladder.

THE PAIN OF POWER

SURE CURE FOR PILES.

Sure cure for blind, bleeding and itching Piles. One box cured the worst cases of ten years' standing.

SMITH'S CASH STORE

418 FRONT STREET, SAN FRANCISCO - CALIFORNIA

EDUCATE

For business pursuits at the Portland Business College, Portland, Oregon, or at the Capital Business College, Salem, Oregon.

ASTHMA CAN BE CURED.

CHICHESTER'S ENGLISH PENNYROYAL PILLS

SEATTLE Business College

EVER-READY DRESS STAYS, GUARANTEED

CAUTION. BEWARE OF worthless imitations.

PARDEE'S REMEDY

THE GREAT CURE FOR INDIGESTION AND CONSTIPATION.

A Regulator of the Liver & Kidneys.

Serofula, Rheumatism, Salt Rheum, Neuralgia, And all other blood and Skin Diseases.

It is a positive cure for all those Painful, Delicate Complaints and complicated troubles and Weaknesses common among our Wives, Mothers and Daughters.

THE EFFECT IS IMMEDIATE AND LASTING.

NO MEDICINE EVER INTRODUCED IN THIS COUNTRY HAS MET WITH SUCH READY SALE, NOR GIVEN SUCH UNIVERSAL SATISFACTION WHENEVER USED AS THAT OF DR. PARDEE'S REMEDY.

Send for pamphlet of testimonials from those who have been cured by its use.

MANUFACTURED BY Pardee Medicine Company, Rochester, N. Y.

For Cure of SPRAINS & STRAINS use St. Jacobs Oil

Cures PROMPTLY AND PERMANENTLY WITHOUT RETURN OF PAIN.

ORDER BY MAIL.

One Dozen Assorted Handkerchiefs at 50c.

SMITH'S CASH STORE

\$5 FREE.

REWARD: If you have an Old Store that needs new signs or other remedies have failed to heal.

STEINWAY, MANHATTAN, FRANK & PHOENIX

Business, Shorthand, Typewriting, Penmanship and English Departments.

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