FIRESIDE FRAGMENTS.

Have fruit on the table at every meal. Better have it if you have to buy it. Eat fruit when you first sit down to the table.

-Pounded Cheese: Pound half a pound of dry cheese with two tablespoonfuls of butter, add a teaspoonful of mustard. a little cayenne pepper and pounded mace. Spread on bread and eat.

-Drop Biscuit: One quart of flour. three teaspoonfuls of baking powder, sifted in the flour; lard the size of an egg, one pint of sour milk, one teaspoonful of soda, a little salt: drop them in a gem pan or muffin rings and bake in a quick oven.

A.

-Lemon Extract: Take the pulp of two lemons and the peel of four, pour over it half a pint of alcohol, let stand one week, then strain out the pulp; return the skin, let stand another week. and strain again .- Farm and Fireside.

-Cheese Sandwiches: Cut some thin slices of brown bread, spread a little butter over them and lay on the top of half the slices squares of cheese, put them in a baking-dish in a hot oven until the cheese is melted, lay a slice of warm toast on the top of each slice of cheese, and serve at once.

-If a mother does not lay aside her courtesy with her company dress, if a father is as refined in speech when the door has closed after the guest as he was when they conversed together, the child will learn to be habitually polite and modest. For good manners are better taught by example than by precept .--Albany Journal.

-Tapioca Fruit: Pour a quart of boiling water over a cupful of tapioca and let it stand an hour. Lay cut peaches or apples (fresh or canned) upon a buttered dish; add two cupfuls of sugar, a little lemon or vanilla to the tapioca; pour this over the fruit and bake one hour. This is a simple, wholesome and a very nice pudding.

-Dispute it who may, no place is finished without its border of trees and shrubs, whether in their spring bloom and beauty, or as in the evergreens, luxuriant in their perennial verdure. By their employment we can not only have beautiful surroundings, but shut out an unpleasant feature in the landscape or extend a desirable view.-Household.

-Pickles of almost every variety are useful for garnishing fish as well as cold mosts. Whitefish can be trimmed with a few slices of lemon and sprinkled with the yelk of a hard-boiled egg, put through a hair sieve. The egg can be put on in the form of a star and the dish bordered with capers or small chilis, or if preferred, pastry. Gherkins cut in long narrow strips and capers laid in small rings makes a pretty garnish for stewed whitefish .- Detroit Tribune.

THE HARDEST OF WORK.

An Exhausted Business Man Better Off Than a Slave of Society.

A gaunt, haggard-looking man, whose business keeps him rushing from the opening until the close of every work day, was sympathized with a few days ago by a friend.

"I tell you old man," said the friend, "you work too hard. Why don't you take things easy? You've got money enough to let things wag their own way | now,

"We are a hard-working family," was

THE GREAT SIERRA KIDNEY AND LIVER CURE

Is a new and wonderful discovery, manufactured from the pure fresh juices of the herbs of California in their natur+1 state, containing all their original properties.

its effects. Positively containing no mineral in its composition. Perfectly harmless and a sure cure for all the many troubles arising from the Kidneys, Liver and Bladder; among which are Catarrh of the and stomach, Drop-y, Diabetes, bladder Bright's Dis a e, burning, smarting pains in the small of the back, Gravel and other disorders these organs are heir to. For Leucorrhea, Suppressed Menses and all ther female complaints the Great Sierra Kidney and Liver Core has no equal, beng a blood purifier and enricher without blotching. It b ings the fresh color of youth to the the ks and clears the entire system of all impurities. You will imme-diately feel the beneficial effects of this wonderful medicine. Give it one trial;

you will never be sorry. For sale by all druggists. Take no other.

The bill before the New Y rk Legislature will prohibit the employment of any but American citizens on public contracts.

ERRATIC BOULDERS.

some of the Wonderful Features of the Famous Mohegan Rock.

During the past summer and fall Prof. Henry Beals, a fellow of the Royal Society of London, has been visiting the New England coast, making a study of the erratic boulders so common throughout that and other sections of the United States. His special search has been for "rocking stones," but a very few of which are known to exist, that is, comparatively speaking. During his travels the aid rendered by local geologists and scientific societies was greatly appreciated by the English scientist.

All geologists, whether of local, State or National reputation, worked in conjunction with the professor, seeking to establish beyond a doubt the theory that these great rocks and curiouslybalanced stones, which in many instances weigh hundreds of tons, were carried on floating icebergs during that mythical eraknown to geologists as "the glacial period."

Of the "rocking stones" Beal discovered but one new example in addition to those already known. This was at Noank, Conn., on the farm of Caleb Haley, a New York fish dealer. This rocking wonder is estimated by the discoverer to weigh twenty-five tons, and has a rocking scope of only six inches, allowing it to be readily moved by the muscular exertions of one arm and hand. Only one other "rocking stone" is known in New England, that at Lanesboro, Mass. Mr. Beal took a photograph of Mohegan rock, also known as Shehegan, in the town of Montville. The name. Mohegan rock, was applied by the early settlers, because it was used by the Indian tribe of that name as a fortress and as a watch-tower and sentinel rock. Late writers describe it as being the largest specimen of the erratic boulder rought down by the ice flow, now known to exist in this or any other country. It is forty-five feet high and seventy feet long, and is calculated by scientists to weigh at least ten thousand tons; it is wonderful to think of the im-mense size of an ice flow which was Celebrated Liver Pills from any drupgist,

ELECTRIC FORCE.

the Great Fundamental Principle of the Universe and its Power to Restore Health to Humanity. I was taken sick while at the dinner table with terrible distress in my stomach. Before this I had been hearty and strong. For fourteen The Great Fundamental Principle of the Health to Humanity.

Experiments by ~ lentists are constantly Delightful to the taste and immedia e in great motor power of creation. Electricity is the most powerful chemical agent a well as the basis of chemical action It is the primal element of light and heat, the promotor of life and the sustainer of health. Uisease yields readily to its magnetic touch, and even unrelenting death is averted by its i resence. Thousands of afflicted and suffering bear witness to its healing power. The e ec ro-magnetic, as practiced by Drs. Darrin, has revolutionized the practice of med cine, as is shown by the following

EXTRACTS OF TESTIMONIALS:

George C. Scotten, Albina, Or.-Ringing nois s in the ear and deafness; cu ed. J. R. Cunningham, Wapinitia, Wasco county, Or. Total deafness two years in one ear and partially so in the other; cured.

Mrs.J.E.Smith, Frineville, Or.-Nervous debility and general weakness, almost bor-

dering on insanity; restored. Henson McCoy, Dufur, Wasco county, Or.—Deafness and terrible pain in the car and head for six months, until he was nearly (razy; restlessness and insomnia; restored to health by electric ty after all other treatments had failed.

D. J. Grabam's child, Sprinfield, Or.-Painfully afflicted with granulated conjunctivitus, complicated with ulcers of the eveball« for nine months; cured.

A. Lind-ley, news agent on the O. R. & N. Co., residence 310 0 street, Portland -Consumption, bronchitis and catarrh; cured and gained filteen pounds. David Ross' son, Woodland, Wash.— Paintul hip disease: had to be carried to the doctor's offlectured. Mr. Ross has a

daughter residing at the Merchant's hotel, Fortland, and can be referred to. J. J. Bair, Milwaukie, Or.-Paralysia

liver and lung trouble, pronounced consumption, accompanied by a hard, dry cough, also dyspepsia and general debility; His son can be referred to at the cured. Esmond house.

Drs. Darrin can be consulted daily at the Washington building, corner of Fourth and Washington streets, Portland, and Hotel Gondolof, Tacoma. Hours, 10 to 5 evenings, 7 to 8 Sundays, 10 to 12. All chronic diseases, irregularities of women blood taints, loss of vital power and early indiscretions permanently cured, though no references are ever made in the press concerning such cases, owing to the delicacy of the patients. Examina-tions free to all, and circulars will be sent to any address. Charges for treatment ac-cording to patient's ability to pay. The poor treated free of charge from daily. All private diseases confidentially treated, and cures guaranteed. Patients at a distance can be cured by home treatment. Med cines and letters sent without the doctors' name appearing.

"Oysters hired for church festivals" is a sign along Philadelphia whatves.

"FAIR PLAY"

Is all that is asked for Dr. Pierce's Golden Med ical Discovery, when taken for entarch in the head, or for bronchial or throat affections, or lung scrofula (commonly known as consump-tion of the lungs), and if taken in time and given a fair trial, it will cure, or the money paid for it will be refunded. It is the only guaranterd cure.

Cleanse the liver, stomach, bowels and whole system by using Dr. Pierce's Pellets

Storekeepers are recommending their friends to buy next year's Christmas presents now.

An Elegant Package of Fine Cards, Including 15 rare novelties, shapes and ar tistic imported oleographic and chromatic cards. This large and beautiful collection sent by mail to any one who will do this: able to move under this enormous load. price 25 cents, and mail us the outside It is evidenced by the large flakes of stone that have been clinned from its McLane's Pills are prepared only by Fleming Bros., Pittsburg, Pa., and have been in constant use for over sixty years, They are superior to all others in purity and effectiveness. A certain cure for in-digestion and sick headache. Address, Fleming Bros., Pittsburg, Pa.

HOW I SAVED MY LIFE.

this if had been hearty and strongs. For fourteen days I kept getting worse, despite the efforts of two doctors. I lost forty pounds, and was satis-fied that I could live but a few days. My trom-ble was Stomach and Liver Complaint, result-ing in an attack of billious colle. At this time I saw Dr. David Kennedy's Favorite Remedy, of Rondout, N. Y. advertised, and sent for a bot-tle. I also sent for my physician, and told him that I was going to try the Favorite Remedy. He examined it and told me to use it three days and let him know the result. In the three days I waiked four miles. Dr. Kennedy's Favorite Remedy has saved my life.-W. S. Bitzer, Slate Mills, Ross Co., Ohio. DE, KENNEDY'S FAVORITE REMEDY, made at Roundout, N. Y. 11 6 for \$5. Send for book, how to cure Kidney, Liver and Blood disorders.

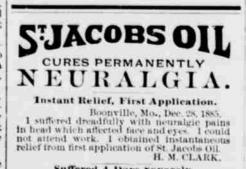
A planter of Monticeilo, Fin., has already shipped this season 40,000 pounds of watermelon

A box wind matches free to smokers of "Tan-sill's Punch" 5c Cigar. In London 600 women have joined the Cigar-makers' Union. They get from 20 to 22 shillings a week a week.

Dobbins' Electric Soap is cheaper for you to use, if you follow directions, than any other soap would be if given to you, for by its u-e clothes are saved Clothes cost more than soap. Ask your grocer for Dobbins'. Take no other.

America stands first among the nations of the lobe in the manufacture of fi-ished iron and steel products.

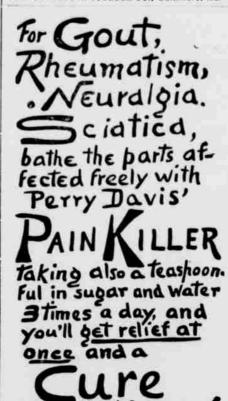
TRY GERMEA for breakfast.



Suffered 4 Days Severely.

4626 Penna, Ave., Pittsourg, Pa., Feb. 18, 1889. I suffered very severe pains from neuralgia for four days, but was cured by St. Jacobs Oil, Mrs. JOHN K. EPPLE.

AT DRUGGISTS AND DEALERS. THE CHARLES A. VOGELER CO., Baltimore, Md.







PENNYROYAL PILLS

red, metallic boxes, scalad rithon. Take no oth r.

202

rend, solid grey built ress first a pair, feel bank ets from \$1 a pair up. Men's all wool 's hose, red or gray, sizes 9¹, to 11, at 25e, or \$2.60 a dog. This is a good time to send us an order. Ask for full list of 4.000 articles if you have none. Address Smith's Cash Store, 418 Front Street, San Francisco, Cal.

and to last seaso

It is better than ever. Every using Garden, Elemer er

Reliable SEEDS

the reply, "and when 1 get home 1 shall find the whole lot of us just as tired as I am, and nobody in the house feeling bright except the servants. My daughter used to be rosy and fresh-looking until she began going into society, and how she ever stands it now is more than 1 can tell. I don't know a man down town who works as hard as she does, and she keeps pegging away at it when I'm sleeping."

"What does she do, for heaven's sake?"

"Well, I don't know every thing she does, because I haven't reached that point of interestin her mode of enjoying night another soldier stood on guard. herself to keep notes. She's in society. Don't you understand that? Well, I him, despite all his protestations, to don't either, but that explanation seems to be all that is necessary from her when I advise her to let up and take a rest. I suppose she's got an end to keep up, and she's struggling hard to keep it accommodating soldier bastinadoed and elevated. I tell you. Yesterday she was upat eighto'clock, because she had to go to \$150 and a robe of honor, but the Shah shopping. She came in at luncheon was cared of his love for nightly excurprotty well fagged out. Then she had a dozen calls to make, and when she came in to dinner she looked so poorly I felt tired for her. There was a reception somewhere at night, and just before I retired a dude came around and carried her off to it. She came in along toward midnight, but this didn't prevent her from getting up this morning at eight o'clock again. So far, she belongs to a literary club that meets Tuesday, a Dorcas circle that meets Wednesday, a debating club that meets Thursday, a dancing class that meets Friday, and a missionary club that meets Saturday. Then her nights are taken up with a bowling club, a progressive eachre club, a theater club, receptions, balls, parties and the aforementioned dude. Sandwiched between all these are innumerable social calls, luncheons, and such things. Sundays are roaring days with her. too. She is a teacher in a Sunday-school, and she never misses evening service. Of course she has a good many other things to look after, but I can't recollect what they are just now. I lead a lazy life as compared with the life she leads. Being in business isn't half as hard as being in society."-N. Y. Snn.

Explorer Stanley's Hair.

The correspondent who went up country to meet Stanley describes his hair as being quite white. This he ascribes to the privations of the expedition. But those who met Mr. Stanley when he was formerly in this country will be reminded by the telegrams of an incident, regarding which the great explorer was some years ago twitted by his friends. As a matter of fact, his hair had become white long ago. But Mr. Stanley did not appreciate the venerable appearance which his gray locks gave him. 'They became black again a good deal more suddenly than they had grown white. In view of the chance of another curious change of this kind, it is rather awkward that their present color should have been so universally made known. -London Letter.

stone that have been clipped from its sides by the insinuating frosts, that it must hav- laid in its present position for thousands of years .- St. Louis Republic.

A Story of the Shah.

It is told of Nasr-ed-Deen that on one occasion he conceived the idea of imitating Haroun-el-Raschid, and going about by night in disguise and unattended through the streets of Teheran. On leaving the castle the sentinel, dozing in his box. let him pass two nights without hindrance, whereupon the Shah had the sleepy sentinel flogged. The third and he stopped the Shah, and forced spend the rest of the night in the sentry-box, barring egress with his bayonet. The next morning the Shah, after having been liberated, first had the unthen sent him a purse with a sum equal sions.-London Spectator.

-Indian Muffins.-Two tablespoonfuls Is experienced by almost every one at this sea of Indian meal, one tablespoonful of son, and many people resort to Hood's Sarsapsugar, one egg, one cup and one-half of arilla to drive away the languor and exhaustion. flour, one cup of sweet milk, one tear The blood is laden with impurities, the mind spoonful of cream tartar and one-half fails to think quickly, and the body is still teaspoonful of soda, or two teaspoonfuls slower to respond. Hood's Sarsaparilla is just what is needed. It overcomes that tired feeling, of baking powder. A half teaspoonful of salt - New England Farmer.

WAKED UP EFFECTUALLY.

A lethargic, dormant condition of the liver is hardly to be overcome with drastic cathartics and nauseous cholagorues. A gentler, pleasant or and farmore effective means exists of arous-ing the organ when somnolout. This is Hoster-ter's stomach Bilters, vouched for by the medi-cal fraternity, tested by the public for many years. A resumption by the biltary organ of its secretive function, with the activity attendant upon health, a return to regularity of the bow-cls and a renewal of digestion are the no less systematically. Its laxative effect is never pain-ful and drenching, its condency being rather to perpetuate regularity than to produce a copions action. Malarna, nervousness, debility, kidney troubles and neuralgia it subdues effectually. A lethargie, dormant condition of the liver is

A daily paper devoted to the negro has been started at Baltimore.

LUNG TROUBLES AND WASTING.

Diseases can be cured, if properly treated in lime, as shown by the following statement from D. C. FAREMAN, Sydney: "Having been a great sufferer from pulmonary attacks, and gradually wasting away for the past two years, it affords me pleasure to testify that Scentr's Emutision of Cod Liver Oil with Lime and Soda has given me great relief, and I cheerfully recommend it to all suffering in a similar way to myself. In addition I would say that it is very pleasant to take." take."

Denver points with pride to her newly-con-structed cable line of twenty-eight miles in length-the longest in the world.

SURE CURE FOR PILES.

Sure cure for blind, bleeding and itching Piles. One box has cured the worst cases of ten years' standing. No one need suffer ten minutes after using Kirk's German Pile Olutment. It absorbs tumots, allays the itching, acts as a poultice, gives relief. Dr. Kirk's German Pile Ointment is prepared only for Pixes and itching of the private parts, and nothing else. Every box is warranted.

warranted sold by Druggists and sent by mail on receipt of price, \$1.00 per box. J. J. Mack & Co., Whole-sale Agents, Ean Francisco.

Rival druggists are cutting quinine rates in Fastern citles

A young lady at Dayton, Tenn., died from hy-drophobia caused by the bite of a cat. Beware of imitations of the celebrated Seal of North Carolina Plug Cut Tobacco.

PILES! PILES!! PILES!!!

Dr. William's Indian Pile Ointment is the only sure cure for Blind, Bleeding or Itching Piles ever discovered. It never fails to cure old chronic cases of long standing. Judge Cofinbury, Cleveland, O., Says: "I have found by experience that Dr. Wil-liam's Indian Pile Ointment gives immediate relief."

Ham's Indian Pile Ointment gives immediate relief." Do not suffer an instant longer. Sold by Wil-Hamson's Manufacturing Co., Props., Cleveland, Ohia. Soc and \$1. Sold by L. Blumauer & Co., Wholesale Drug-gists. Portland. Or.

That

Tired Feeling

purifies and enriches the blood, makes the head

clear, creates an appetite and tones the nervous

Hood's

Sarsaparilla

Sold by all druggists, \$1; six for \$5. Prepared only by C. I. HOOD & CO., Apo hecaries, Low-

100 Doses One Dollar

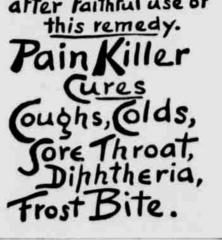
AGENTS WANTED, \$175 per month guaran-or gentlemen. Call or write for particulars and be convinced.

Room 1, First Floor, Abington Building.

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Faber's Golden Female Pills.

For Female Irregular for remaine irregular ities: nothing like them on the market. Never fail. Successfully used by prominent ladies monthly. Guaranteed to relieve suppressed menstruation. SURE! SAFE! CERTAIN!

Don't be humbugged, Save Time, Health, and money; take no other.

Sent to any address, secure by mail on re-ceipt of price, \$2.00. Address

THE APHRO MEDICINE COMPANY,

AN INCOME NOT

Western Branch, Box 27, PORTLAND, OR. Sold by Wishon Date Co., Portland, Or.

Job Printers and Pressmen, -SEND TO-

PALMER & REY

(Who own the only steam roller factory in the Northwest) for some of their "RELIABLE" Composition, or send there your stocks to cast, Yeu will receive a better roller than you have ever used before.



THE WORKMAN'S SOLACE.

"I tell you, my boy, I get a heap more com-fort out of a package of 'SEAL OF NORTH CARO-LINA PLEO CUT' than Jay Gould does out of all his millions.



FASHIONABLE SOCIETY.

The trying ordeals which fashionable society imposes on its devotees are enough to severely test the physical strength and endurance of the most robust. Irregular and late hours, over-rich and indigestible food, late suppers, the fatigue of the ball-room, the bad air of the illy-ventilated, overcrowded theatre, are each, in themselves, sufficient to upset the system and ruin the health of the delicate and sensitive. Com-bined, they can hardly fail, if persisted in, to seriously impair the health of the hardli-est. Ladies concernily research the persisted est. Ladies generally possess less powers of endurance than their male consorts, and so the somer succumb to these delaterious inthe sconer succumb to these deleterious in-fluences. They become pale, haggard and debilitated, and constantly experience a sense of lassitude – that "tired feeling," as so many express it. The least exertion fatigues them. Various neuralgic and other pains harrass and distress the sufferer. Headache, backache, "bearing-down" sen-sations, and "female weaknesses" follow and sorely afflict the sufferer.

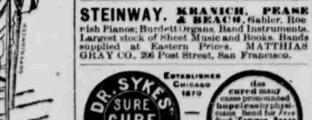
As an invigorating, restorative tonic, As an invigorating, restorative tonic, soothing cordial and bracing nervine, for debilitated and feeble women generally, Dr. Pierce's Favorite Prescription has no

equal. In fact, it is the only medicine for the peculiar weaknesses and ailments inci-dent to females, sold by druggists, under a positive guarantee from its manufactur-ers, that it will, in every case, give satisfac-tion or its price (\$1.00) will be promptly refunded. It improves digestion, invigorates the system, enriches the blood, dispels aches and pains, produces refreshing sleep, dispels melancholy and nervousness, and builds up both the flesh and strength of those re-duced below a healthy standard. It is a legitimate medicine – not a beverage. Con-tains no alcohol to inebriate ; no syrup or legitimate medicine — not a beverage. Con-tains no alcohol to inclurinte; no syrup or sugar to sour or ferment in the stomach and cause distress. It is as *peculiar* in its com-position as it is marvelous in its remedial results. Therefore, don't be put off with some worthless compound easily, but dis-homestly, recommended to be "just as good," that the dealer may make more profit. "Fa-vorite Prescription" is *incomparable*. The manufacturers' unprecedented offer to guar-antee satisfaction in every case, or money manufacturers' unprecedented offer to guar-antee satisfaction in every case, or money refusded, ought to convince every invalid of this fact. A Book, on Woman's Ailments, and their Self-cure (160 pages), sent under seal, in plain envelope, for ten cents in stamps. Address, WORLD'S DISPENSARY MEDICAL ASSOCIATION, 663 Main Street, Buffalo, N. Y.



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Jobbers in Show Cases, Scales, Paper Bass-in fact, anything you need in in Con-fectioner's store. Salesroom-Corner of Front and Oak street.



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