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.

Pleasant, Palatable, Potent, Taste Good. Do Good. Never Sicken, Weaken or Gripe. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C C C. Guaranteed to cure or your money back. 924

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 strop 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. Hamlins 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, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Dont accept my substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Get the Ax!

"Yes," said the retired auctioneer, "that boy of mine is a chip off the old block, with all the original bark on him; he's a spieler 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.

Maybelle—Glad to know it, dear. Has George heard of it yet?

Why, Sure!

Tommy—Paw, what is concentrated lye?

Mr. Tucker—It's the short and ugly word, Tommy. Don't bother me."

Vacation Days.

"You say Grinder worker 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	3.50
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.

(INC.) Third and Washington Sts.
PORTLAND, OREGON

Editorials

Opinions of Great Papers on Important Subjects.

SCHOOL GARDEN WORK.

THE school garden work of the past few years has not only given the school buildings themselves more attractive surroundings, but it has been the means of developing in the children a sense of proprietorship in the growing things, and of inspiring an embryonic civic spirit that promises well for the Washington of a few years hence. It is impossible to estimate the benefits which the city has gained from this work, modestly started, and for a season or two conducted under discouraging difficulties, but loyally persisted in by the teachers until it has come to be recognized as one of the important branches of school work. The direction of the children's attention on a certain day to the importance of the vine as a means of improvement is in the line of wholesome education, and every adult in the district should emulate the example which the youngsters will set day after tomorrow.—Washington Star.

THE ART OF JURY-MAKING.

THE American art of jury-making was a jest and a scandal even before "The Gilded Age" depicted its technique, thirty-six years ago. Not for a day since have men out of court ceased laughing at or bewailing its imbecilities, or men in court been able to restrain their anger over the delays and injustice caused by the search for talesmen "without prejudice." Yet judges are still forced to permit attorneys to toil along in the same old rut, as though it were a sacred way. A week was spent hunting jurors for the Hains trial. Five were chosen, after 177 citizens had been tediously cross-examined, and to secure two more 150 additional talesmen had to be called. As soon as they expressed any knowledge about anything they were forthwith bundled off again. The dreary old procedure should be made to yield to a method that gets a jury together as expeditiously as in Europe—or New Jersey.—New York Evening Post.

THE FAR-SEEING SULTAN.

ABDUL HAMID must surely live—after he shall have been hastened upon his final abdication—in the minds of his countrymen as the apotheosis of cunning. He has been the John D. Rockefeller of Turkey, playing not only the bold game for power and wealth, but arranging for a safe and easy cushion upon which to light in case of mishap.

The pillagers of the imperial palace at Yildiz have made several interesting discoveries in the late Sultan's private affairs. One of them is that it was Abdul Hamid's custom to keep large sums of money in banks abroad, using a confidential agent to make the deposits. German banks hold no less than $10,000,000. Great Britain and France have been his bankers, and a short time ago the old fox placed his confidence in certain institutions in New York.

The Eastern despot has, in common with Presidents of Latin America, a purely selfish interest in ruling. He is a patriot only when it is absolutely convenient for political purposes. The power, the luxury, the Oriental love for concentrated and unemployed wealth alone make the throne attractive. The Sultan did no little to improve the state of his country, but travelers insist that he did this reluctantly. He undertook railroad building because it kept the soldiers—who did the building—busy and placed in parts of the empire where they could plot to little advantage. Western ideas entered the country slowly—and it is proof of the Sultan's cunning that he long opposed them, for when European thought did become widespread in Turkey it brought about the fall of Abdul Hamid.—Toledo Blade.

THE SIMPLIFIED SPELLING FAD.

ONE of the silliest things that Andrew Carnegie ever did with a portion of those surplus millions, upon the disbursement of which depends his happy and peaceful deathbed, was to permanently endow a simplified spelling board. Simplified spelling, like many another reform attempted in the United States, was a fad. Certain writers and teachers over the country became for a time greatly interested in the subject, and the matter reached the height of its popularity when President Roosevelt indorsed it, and it was at that time that Andrew Carnegie was moved to invest some excess money in the progress of this much needed reform.

And now the fad has passed. Such newspapers and journals as adopted a portion of the changes advised by the Simplified Spelling Board have dropped the most of them, and were it not for the conscientious efforts of the board to earn salaries and the continual flooding of newspapers and teachers with the literature setting forth the changes which they allege are desirable in the spelling of English words, the whole matter of simplified spelling would be as forgotten as the interest once felt in the age of Ann.—Fort Worth Record.

PARENTAL DUTIES FORGOTTEN.

THE doctors say that most of the babies of the poor are quite as strong and healthy at birth as any, but that the summer mortality among them is due to improper feeding and inadequate care. The babies born in the spring, who thus become frail, succumb to the first weeks of very hot weather, the infant death rate jumps up, and there is a hue and cry to "save the babies." But the babies in greatest need of care have been lost before the summer work is under way. The new plan is to give them proper care from the week of their arrival, so that they may be fortified against the first descent of hot weather.

It is a beautiful and thorough-going scheme and highly to be commended for its practical good sense. But it leaves an old-fashioned man rather gasping to know what has become of the duties of parenthood, and just why they should end with a birth certificate. It is, however, a clear economic waste to allow children to die because the homes into which they come are unable, from ignorance or poverty, to bring them to healthful maturity.—Brooklyn Eagle.

GOING OUT TO DINNER.

Mrs. Coburn had decided at the last minute to go to town in the morning with her husband. He fretted while she got ready, and together they rushed for the eight-fifteen, only to find themselves, much to Coburn's unacknowledged discomfiture, in plenty of time. His impatience he expressed in a tirade against the slowness of women in dressing, and the unnecessary fuss they made about their clothes. A writer in the Chicago News tells the story.

"My dress suit comes home from the tailor to-day," he said to his wife as they parted. "I'll get there at five-thirty, so we can start for that dinner in plenty of time. And, Bess, do start to dress before the last minute!"

At twenty-five minutes to six Coburn rang the bell furiously and long. The maid and Mrs. Coburn arrived at the door simultaneously.

"Thought you'd never come," he said, as he flung himself out of his overcoat and dropped it on the stairs. "I must have lost my latch-key. Did the tailor send my suit?—oh, there's the box. Looks all right, but you never can tell. Where on earth are my dress shirts? I haven't one in sight—"

He paused as his wife took his hands out of the bureau drawer, which he was frantically pawing from top to bottom.

"Not in there," she said. "That's the drawer your socks and handkerchiefs are kept in. Here they are!"

"Oh!" he exclaimed, slightly mollified. "Aren't you dressed yet, Bess? I wish you'd put in the links and buttons for me. And say, will you hunt up my ties?

"Ask Mary to see if the patent-leather polish is down-stairs, will you, and telephone Bill not to come out this evening. I forgot to tell him we wouldn't be home!"

Mrs. Coburn, in her kimono, and with her hairpins in her hands, flew one way and Mary flew the other. The roar of running water and mighty splashings came from the bath-room.

"You've got those buttons in wrong!" he cried, presently. "Still in that kimono? You'll be late, sure as fate!"

He emptied the tailor's box and proceeded to don his new clothes. A groan brought Mrs. Coburn to find him twisting his head round perilously and staring into the mirror with an anguished face.

"Awful!" he moaned. "Give them away—burn them up—they don't fit!"

"Now, Harold," said his wife, restrainingly, "what is the trouble? Of course that coat wrinkles when you twist yourself up like that!"

"Can't you see?" he stormed, "the coat's ruined! It's cut too low in the neck! The shoulder hunches! Look at the sag here! And the trousers are too tight! That man a tailor? He ought to be breaking stones!"

"Let me hold the mirror and you stand still and take a look," commanded his wife.

He did so, and then coughed.

"It'll have to do for to-night," he said. "Where's my hat? I'll bet it's still packed away in moth-balls. Oh, did you get it down? It smells like a drug shop. Aren't you dressed yet? I'll go down-stairs, and please hurry up. Wonder where my overcoat is—ugh!"

Coburn fell over the overcoat at the bottom of the stairs, and promptly examined his new suit and shirt-front for possible damages. His eye caught the clock.

"Bess," he yelled, "it's quarter of seven! We've just fifteen minutes to drive four miles! You've had the whole afternoon to dress—"

"My dear boy," said his wife, sweetly, "you sit down and be quiet. Now that I've got you dressed, I'm going to finish myself. That clock is half an hour fast. I set it ahead, and the one up here, too, for I knew just how it would be when you started getting ready."

Coburn sat down to wait without a word.

A Person of Note.

Colonel White—Your son is quite a singer, isn't he, Busenbark? Brother Busenbark—Yassah! Yassah! 'Bleeged to yo' for axin'. Dat boy, sah, am suttingly de most malodorous culled pusson in dis whole town.—Puck.

Suggestion for Young Wives.

"How do you tell bad eggs?" queried the young housewife.

"I never told any," replied the fresh grocery clerk; "but, if I had anything to tell a bad egg, I'd break it gently."—Christian Guardian.

Hard to Choose.

"Whom would you rather entertain?" asks the philosopher of folly, "a perfectly stupid bore or a clever fellow who has just been abroad for the first time?"

One Difference.

'Twixt prize ring and political
The difference is fair—
The one in which men biff and bang
And spar and feint is square.
—Kansas City Times.

About the first thing a girl does after she has been told she has a fine figure is to have a princesse dress made.

If every man got what he deserved all the jails would be overcrowded.

WORTH TRYING.

The terrible question, "Where shall we spend the summer?" is again rampant. None the less terrible to the deciding member of the family, perhaps are the numerous "best places in the world" which are freely and sincerely recommended. The man in the following story had a good answer, according to a writer in the Philadelphia Record.

"I see the railroads have been raising rates again," remarked a commuter to his companion as they came into the city on a Reading train.

"Yes," replied his city friend, "but luckily for me, it is not going to affect my holidays any more than last year, so I cannot complain."

"Oh, I heard you speaking about your vacation last year—great place I believe?"

"Yes, it was."

"Good table?"

"Best in the world. Wasn't a thing I wanted I did not have."

"Pleasant people?"

"Delightful, and the best of it was it was so informal. We could do just as we pleased."

"Restful?"

"I should say so. Never was in a place I could rest better."

"Beds good?"

"Great! Private bath, too."

"I'll bet it was expensive, though?"

"On the contrary, it was the cheapest holiday I ever had."

"Goodness me, man, tell me where it is!"

The fortunate man drew a card from his case, wrote the name on it and handed it to his friend, who read "Home."

A Disappointed Jury.

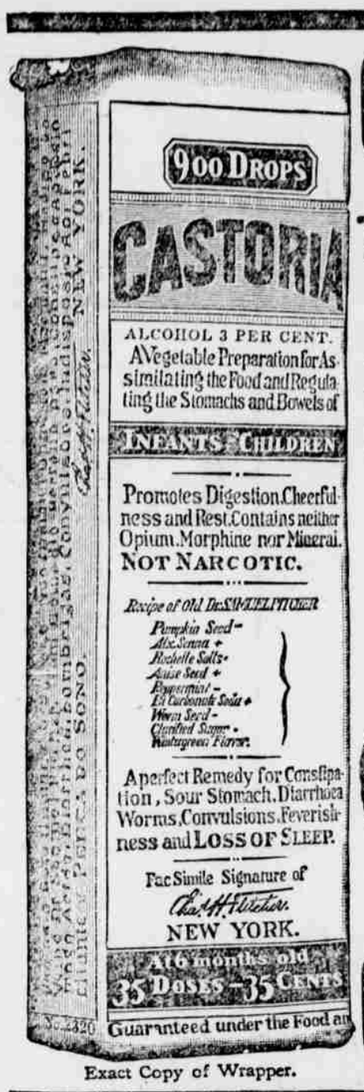
A South Missouri man recently was tried on a charge of assault. The State brought into court as the weapons used a rail, an ax, a pair of tongs, a saw and a rifle. The defendant's counsel exhibited as the other man's weapons a scythe blade, a pitchfork, a pistol and a hoe. The jury's verdict is said to have been "Resolved, That we the jury, would have given one dollar to have seen the fight."—Bellman.

A Short, Sad Story.

My case went to the faculty,
There was some small dissension.
So first I waited in suspense—
Then waited in suspension.
—Yale Record.

People manage to keep all other family gossip private except when they have been married more than once. This little history always leaks out.

Some marriages are eye-openers, and some others are eye-closers.



Exact Copy of Wrapper.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

In 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, Pulsatilla," 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 hair just like mine."

If you suffer from Fits, Failing Sickness, Spasms or 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 Bottle of

Dr. May's Epilepticide Cure.

It has cured thousands where everything else failed. Sent free with directions. Express Prepaid. Guaranteed by May Medical Laboratory, under the National Food and Drugs Act, June 30th, 1906. Guaranty No. 1897. 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. Neat, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, cannot spill or tip over, will not soil or injure anything. Guaranteed effective. Of all dealers or sent prepaid for 30 cents.

HAROLD SOMERS, 150 DeKalb Ave., Brooklyn, N. Y.

GOLDEN WEST
COFFEE
TEA SPICES
BAKING POWDER
EXTRACTS
JUST RIGHT
A TRIAL WILL CONVINCE
CLOSSET & DEVERS
PORTLAND, ORE.

C. Gee Wo
The Chinese Doctor

This wondeful 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

Guarantees to cure Catarrh, Asthma, Lung, Stomach and Kidney troubles, and all Private Diseases of Men and Women.

A SURE CANCER CURE

Just received from Pekin, China—safe, sure and reliable. Unfailing 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.
162½ First St., cor. Morrison, Portland, Or.

WHEN writing to advertisers please mention this paper.

WILL DO ALL THAT ANY HIGH PRICED POWDER WILL DO AND DO IT BETTER

CRESCENT Egg-Phosphate BAKING POWDER

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