

Loss of Appetite

Which is so common in the spring or upon the return of warm weather, is loss of vitality, vigor or tone, and is often a forerunner of prostrating disease.

It is serious and especially so to people that must keep up and doing or get behindhand.

The best medicine to take for it is the great constitutional remedy

Hood's Sarsaparilla

Which purifies and enriches the blood and builds up the whole system.

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SICK? If you need today for book "How to get well and keep well." DR. B. W. FREE, Neurologist, 308 Merchants Trust Bldg., Portland, Ore.

Bismarck Was Superstitious. The great Prince Bismarck was not without superstition and this always was noticeable on the eve of the new year. From nine o'clock that night until after midnight he would not take water in any circumstances from a glass. It was an ancient tradition in the chancery family that anyone who set the legend at defiance would pass through a serious illness.

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seed Tomatoes. Growers having a choice variety of tomatoes should select the best and earliest ripe fruit for seed. A dozen lines of this same kind planted in the same soil and given the same fertilizing and culture will show marked differences in order of ripening and in yield. Let the fruit get fully ripe; the pulp of the tomatoes should be squeezed out into a pan of water. Let the seed remain in the water over night; the next day drain off, then wash in several waters to remove the mucilage. Strain through muslin, squeeze the water out of the seed, then spread the seed on papers to dry in the sun. The seed should be dried and hard before wrapping up. Mark such variety distinctly, and the date of ripening. Keep in tin box away from mice.

CAP and BELLS



WIFE'S WAY OF ECONOMIZING

Generously Offers to Cut Her Husband's Hair When He Suggests Cutting Expenses.

"Bills, bills, bills!" cried the distracted man. "They come morning, afternoon and night. But what doesn't come is the money to pay them with."

"Never mind, dear," said his wife, sweetly, as she pruned behind the mirror in a new hat. "I expect it'll turn up."

"You women seem to think money turns up as easily as a handle turns round!" growled the harassed hubby. "But it doesn't. Look here, Julia," he added, firmly, "you and I will have to economize."

Julia stopped pruned and looked serious.

"How, dear?" she asked. "We need everything we have."

"Nonsense! We can surely, each of us, make one small sacrifice. For instance, in future I shall shave myself. Now, what will you do?"

She considered for a moment. Then she exclaimed: "I know, dear! I'll cut your hair!"

Evidence of It. Two young women of Wayne were talking about men and things—principally men—the other day, when one of them remarked with strange shyness: "You ought to have heard Mr. Elrott's ringing speech to me last night."

Her friend looked more than a little astonished. "Speech," she repeated, "I didn't know he ever made a speech in his life."

"O, but he did," the first maiden insisted; "I—I can't repeat the speech, but I can show you the ring."

Odious Comparison. A Boston woman, who attained much prominence in the campaign for woman's suffrage, once said at a public meeting that she thought T. B. Aldrich was effeminate.

The remark was repeated to Aldrich as a joke, whereupon he very dryly remarked: "Yes, so I am—compared to her."

With Poor Success. "Talk about man!" exclaimed the suffragist. "What has man ever done for woman?"

"He's furnished her with a model she's trying darned hard to imitate," came a voice from the rear of the hall.

Between Friends. Alice—I thought Mr. Smart had good literary taste until he sent me that silly novel.

Kate—Oh, that doesn't necessarily indicate his taste, dear; it merely represents his opinion of yours.

A SAD LOSS.



"I'm mighty sorry that pretty little brown-eyed nurse has got married," said the visiting surgeon.

"You didn't happen to be in love with her yourself, did you, doctor?" asked the chief interne.

"No, but she had a way of prolonging a case, without endangering the life of the patient, that was very gratifying and helpful."

Consistency of Criticism. "There's one thing I don't like about Brown."

"What is that?"

"Why, the confounded, low-browed, half-baked idiot is always calling somebody names."

Trials of Modern Art. Artist—There! My latest masterpiece!

Patron—Splendid! For the humorists' exhibition, I suppose?

Very Likely. Patience—Peggy says she likes the way Will holds her during a dance.

Patrice—That's the reason they sit out so many in the conservatory, I suppose.—Yonkers Statesman.

FEW RULES FOR DIETING

Too Much Trifling With Digestion These Days and Much Harm Results.

Here are a few rules that the girl who is determined to diet does well to observe. There is too much trifling with our digestion these days, and not the least harm is done by the notion for underating.

Never diet on the advice of a friend. Her regimen may have done wonders for her and will put you to bed or make you a sorry-looking wreck.

Don't diet to excess at any time. Girls, make sure she knows dietetics. Many physicians, good in other things, have little knowledge of the effect of food upon the system.

If you want to diet from a cause, as from diabetes or kidney trouble, do it religiously; almost better not begin than to do it spasmodically, letting up whenever food tempts you.

If you only diet for the sake of figure or complexion, count the cost before starting. Cutting out the foods of ordinary family meals is hard. Ask yourself, "Which means most to me, the loss of a few pounds or being a nuisance at mealtime?"

Don't keep on dieting if you feel that it disagrees with you. This holds good even when your food list is carefully censored by a physician. The best of them will make mistakes. Find out in time what is wrong.

Don't diet to excess at any time. Women often go to the point of weakening their entire system by injudiciously following a doctor's advice.

Common sense and moderation are good things to hold to in the matter of food.

ART CREATION Panama-Pacific International Exposition. Everybody buys Transfer Emblem in twelve colors, three beautiful maidens representing Commerce, Manufacturing and Agriculture, size ten inches, biggest sellers on Earth, transfers on anything. Agents wanted. Sample by mail 60c. Don't delay. Address 3215 Exposition Ad Co., 322 Market St., San Francisco.

Taking the Rain Cure. The complexion cure of the Irish society belle is the rain cure, according to the Pall Mall Gazette. The Irish woman puts on her raincoat, and a small hat, without veil, and saunters out for a brisk walk in the hardest downpour, letting the fresh drops play on her face as they will. When she returns to her home she changes her wet clothes, rubs her face with a soft, warm towel and rests all her facial muscles.

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Love in England. "In England," says the London Daily Mail, "love dwells and remains in the inmost secret recesses of the soul; it does not circulate about in the air. That is why the air in England is somewhat cold. And that is why closed up hearts there burn so intensely. For the English love is not the delightful occupation of youth, it is the very warp through which the whole life is woven."

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take.

Telephones in Church. Moriah church of Utica has installed a telephone system for the benefit of members of the church who may be afflicted with deafness. Six telephones have been placed in various parts of the auditorium, the transmitter being located on the pulpit directly in front of the speaker.—Telephone News.

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

"Atheists" Converted. A number of Servian conscripts, on entering Belgrade barracks to serve their time, announced themselves as atheists so as to avoid attendance in church. The commander got them to clean out the yard and stables every Sunday morning while their comrades went to mass. The atheists have now asked to be instructed with a view to conversion to the national creed.

Blood poisoning is ten times as dangerous as wounds. Death may result. Hamlin's Wizard Oil will draw out the poison, heal the wound and prevent serious trouble.

Prisoners Do Valuable Work. In England, at Dartmoor, the prisoners have been engaged in reclaiming the moorland, working even in winter. Agricultural prisons have been established in England, New South Wales, Prussia, Austria, Hungary, Switzerland, France, Russia and Belgium.

Bad Breath

"For months I had great trouble with my stomach and used all kinds of medicines. My tongue has been actually as green as grass, my breath having a bad odor. Two weeks ago a friend recommended Cascarets and after using them I can willingly and cheerfully say that they have entirely cured me. I therefore let you know that I shall recommend them to any one suffering from such troubles."—Chas. H. Halpern, 114 E. 7th St., New York, N. Y.

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SAVE BEST HENS FOR MATING

Leg Band and Trap Nest Are Almost Indispensable for Success—Care of Flock.

The season is approaching when the poultry keeper will be glad to pick out his best birds for the next season's matings. None but the best should be used in the breeding pens, and if the breeder has hatched eggs from his best hens of last season he is reasonably sure of some good birds. If a breeder is trying for perfection in any form, the leg band and the trap nest are almost indispensable.

The careful breeder can estimate very closely the value of the young stock for future breeders. He knows the good and bad points of each of his birds, and has mated to overcome defects and improve points already good. Every year he is nearer perfection, and every year greater care is taken of the flock, for he has learned the value of cleanliness and proper food. Insects will never sap the life of his flock and kill the vitality of his breeders. Tainted food or water never reaches them, everything is fresh, pure and clean. They have plenty of room in their winter quarters, and he provides exercise by throwing the grain in chaff on the floor. He does this in the evening after they have gone to roost, and they have had their breakfast long before he has had his own morning meal.

After he has learned the right way and got a fairly good start, the work is easy and pleasant, and seems to swing along without any difficulty. As in everything else, it is the beginner who experiences the difficulties, for he has very little knowledge to begin with, and often pays dearly for the knowledge he acquires, but it does not take long to understand the most essential points in poultry keeping. One must keep on learning, however, there should be no standing still; every day something helpful may be learned, and it is well to keep a notebook in which to jot any little item that may prove helpful later on, for it is not well to trust one's memory too much.

Petitis 100 YEARS OLD Believe in FERRIS SEEDS

Treasured Trees. Two trees to be seen in the main street of Thorshavn, the capital of the Faroe Islands, have an interesting history. Trees resolutely refuse to grow in these islands, except in some few sheltered spots, and the inhabitants therefore prize them greatly. When the road was made it was decided to leave the trees in the middle of the carriage way rather than be guilty of the crime of felling them.—Wide World Magazine.

Not Half as Hard. It is not half as hard to do what one wants to do most of all, as it is to do that which some one else wants one to do above all else.

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On Wrong Scent. Half the world is one the wrong scent in the pursuit of happiness. They think it consists in having and getting and in being served by others. It consists in giving and in serving others.—Henry Drummond.

Too Expensive. "This cigar tastes like it was made of cabbage," growls the customer. "Huh!" replies the clerk. "If you knew the wholesale price of cabbage this year you wouldn't insinuate that it could be put in a five-cent cigar."

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