and Dairy Produce	An idea for Wives. "Dearle," said the young married man, "I have to go to New York on business. It will only take a day or so and I hope you won't miss me too		VALUE OF PASTURING	Washington Street, Corner of Tweifth. CHAS. H. ROWLEY, Manager.	Same Rates for One or Two Persons in a Reem Portland, Oregon.
CASH OFFER Pearson-Page Co. PORTLAND ORECON.	much while I'm gone, but" "I don't," answered his young wife, positively, "because I'm going with you."	OF MEAT OR FISH, AS THE FAM ILY MAY PREFER.	Result of Experiments With For- age Crops for Swine.	\$1.00, \$1.50 \$2.50 Per Day With Bath Privilege. Special Rates by week or month. Bus to an Washington St. and transfer, get off at Tweift Fireproof Building, modern and clean in every re talephones in every room. Single or double bedu	I from trains and beats on take a Dense and to
000 Prize-Winning Receipt for Women, 25c. ps or Silver. Box 1176, Portland. Oregon.	"I wish you could, dear, but it won't be convenient this time. What would you want to go for, anyhow? I'm go- ing to be too busy to be with you, and	Best Method of Frying Chicken, Amer- ican Style—Beef and Ham Pie— Mackerel, Creamed or Baked, Will Be Found Excellent.	Alfalfa Proved to Be Most Satisfac- tory at the Iowa Station, Furnish- ing Pasture Most Constantly of All Crops Tried.	A solar physics laboratory is to be created in New Zealand, at Nelson. The site will probably be on a summit known as the Fringe, which has an	dren in 41 American cities, in 200 English, 150 German and 1200 French
TED-Partner with capital to pay off mtg. o into livestock business with me. Have ent layout. Box 50. R. I. Ellensburg, Wash. ARD E. BURTON - Assayer and Chemist. adrilla. Colorado. Specimon prices: Gold. Lead. II. Gold, Silver, 75c, Gold, 50c; Zine	"But, darling—you can get all the clothes you want right here on Euclid avenue." "Thank you. That's all I wanted."	Fried Chicken—Cut the chicken into pieces for serving. Boil in flour, or, is preferred, in beaten egg and crumbs	(By W. C. PALMER, North Dakota Ag- ricultural College.) The profits in hog raising come	elevation of 2500 feet above sea level. China's first cotton mill was built	communities. In Wisconsin 72 towns have entered a statewide social center organization.
ARD E. BURTON - Assayer and Chemies, advilla, Colorado, Specimum pricesi Gold, Lead B. Gold, Biver, They Gold, Sker Zine par, fl. Mailing envelopes and full price list a application. Control and Umpire work so References Carbonate National Back.	WOMEN SUBJECT TO	Heat one cup nice dripping or lard, one teaspoon salt, and one saltspoon pepper; lay in the pieces and fry brown on each side, allowing not less	largely through pasturing. The Iowa experiment station in bulletin No. 136 reports the result of experiments with forage crops for swine. It was found	a di di Magazar 1. 7	
KM WANILD ers for farma that are priced right. If ish to sell, send accurate, complete descrip- ST, CHARLES LAND CO. orrison St. St. Charles Hotel. Portland, Or.	KIDNEY TROUBLES	than twenty minutes for the thickest pleces and ten for the thin ones. Lay on a hot platter, and make a gravy by adding one tablespoonful flour to the	that the profits from grazing an acre of alfalfa in 1911 was, with corn at 50 cents and hogs selling at five cents.	In the locking-glass a woman often see	S PROBLEM
COND-HAND MACHINERY	stant sufferer with severe pains in my back and was on the verge of nervous prostration resulting from kidney trou- ble and other complications. A friend	fat, stirring smooth, and adding slowly one cup boiling water or stock. Strain over the chicken. Milk or cream may be used instead of water.	\$65.99; hogs, at six cents, \$97.09. The cost per 100 pounds of pork was but \$2.88. In 1909, the profit was \$23.62 with hogs at five cents, and \$46.39	down with those troubles which are dist pains, lassitude, nervousness and drain	turn to the right remedy when worn incly feminine. Backache, headache, upon vitality-bring untold suffering The nervous system and the entire
J. E. MARTIN CO., 85 1st St., Portland, Or. MOTOR TRUCKS, d your name and address on a postal and we orward you by return mail our new plan of	of mine recommended Dr. Kilmer's Swamp-Root as a sure cure for these troubles. Acting upon her advice I began taking Swamp-Root and began to improve before I had finished the	Stewed Oxtails—Cut the tails in two-inch lengths and brown in butter, prepare a brown sauce, season it well and stew all slowly together for two	when hogs sold at six cents. In 1909, clover when grazed with hogs retruned a profit of \$32.34, hogs selling at five cents, and \$57.07, at six		TTE PRESCRIPTION
g truets of all expacities without any initial ent. Let the trucks pay for themselves. JTOMOBILE SALES UNDERWRITING COMPANY. P. O. Box 1062, Portland, Or.	first bottle. I continued its use until I had taken several bottles and con- tinued to improve until I was com- pletely cured. I am happy to say that	hours. Garnish with tiny milk bis- cuit. Beef and Ham Pie-Use raw ham and dice both meats, line the dish	cents. In 1910, the clover pasture re- turned \$28.82, and \$51,20 with hogs at five and six cents. In 1909, rape returned \$27.50 and	other distressing symptoms commonly diseases of the feminine organs. It mental anxiety and despondency. Kno as the standard remedy for the disea- cells it in liquid or sugar-coated table	attendant upon functional and organic induces refreshing sleep and relieves wn ev ywhere and for over 40 years as of women. Your dealer in medicines
well, which was only recently	I am as well as any woman on earth and have been so for the past nine years, thanks to Dr. Kilmer's Swamp- Root, and I cheerfully recommend it to all who suffer from kidney troubles.	with a rich biscuit, fill with the meat and a high seasoning, about one-half cup chopped potatoe, small bits of the crust, and one cup rich gravy. Bake in a moderate oven, and just before	cents; in 1911, \$23.46 and \$39.50. Oats	stamps for a trial box of Dr. Pierce's I Dr. R. V. Pierce, Invalids' Hotel and Sc DR. PIERCE'S PLEASANT PELLE' STOMACH, LIVER AND BOWELS.	avorite Prescription tablets. Address rgical Institute, Buffalo, N.Y. IS RECULATE AND INVICORATE
The New Race. he present generation might be ted the automobile race.—Chicago s.	Very truly yours, MRS. ALVA BAXTER, 407 Cypress St., Orange, Texas Subscribed and sworn to before. me this 21st day of March, 1912.	serving pour in a cupful or more of piping hot gravy. Oyster Pie-Line a vegetable dish with mashed potatoes. Brush it over	pasture returned \$15.33 and \$32.53, with hogs at five and six cents respect- ively. In 1909, oats, Canada field peas and rape returned \$22.83 and	GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD	The Speechless Movie. "You seem fond of moving pictures."
perts have estimated that if the ts of the world were scientifical- perated they would yield the valent of from 30 to 120 times the	JOHN J. BALL, Notary Public.	with the white of an egg, and put it in the oven to brown lightly. Take two dozen oysters, half a pint of milk. one tablespoonful of butter, pepper and	\$43.86, with hogs at five and six cents. In 1911, three different lots returned \$53.45, \$39.52 and \$64.63 each with hogs at five and six cents. In 1909, the returns from blue grass were		"For a change," replied Miss Cay- enne. "It is one of the few forms of theatrical entertainment where you are sure there won't be dialogue con-
Eyes, Granulated Eyelids and Sties	Prove What Swamp-Root Will Do For You	salt to taste. Let it come to a boil and thicken with a heaping teaspoon- ful of flour and put into the space left in the vegetable dish.	\$15.23 per acre, with hogs at five cents, and \$31.85 at six cents. In all the trials corn was fed and charged at 50 cents a bushel. Land	Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once.	Bragging. Perhaps it is better for a man to
moking tree is one of the natural	will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure	Creamed Salt Mackerel-Soak the	rent was charged at six dollars per acre. All costs of producing the crop were figured in. Some meat meal was	ish, stomach sour, breath bad; has sore throat, diarrhoea, full of cold,	brag of his prosperity than to tell of his troubles.—New Orleans Picayune. Large deposits of sulphur have been found in southern Texas and are to be
fter sunset, and the smoke is- from the top of the trunk. Beware.	fifty-cent and one-dollar size bottles for sale at all drug stores.	and pour over it a cream sauce made as follows: Into one cupful of boiling water stir two teaspoonfuls of corn- starch, rubbed smooth with one table-	fed. This was charged at two and one-half cents a pound. Alfalfa proved to be the most satisfactory. It fur- nished pasture the most constantly of	ed food and sour bile gently moves	developed in a similar manner to the Louisiana sulphur fields. There are 23,244 postoffices in Great
man who sings "I Want to Be gel" had better keep out of the ical district.—Philadelphia Rec-	COLD IN HEAD CATARRH INSTANTLY RELIEVED BY THE OLD DR MARSHALL'S	spoonful of butter; cook until well thickened. Add a well-beaten egg, mixing carefully to prevent curdling. Cook a moment longer, season with a	satisfactory the first year, but grew too rank the second year. The results of these experiments	ing, and you have a well, playful child again. Ask your druggist for a 50- cent bottle of "California Syrup of Figs," which contains full directions	
Many cows die be and many be of and many want of		tablespoonful of chopped parsley and a saltspoonful of pepper. Baked Salt Mackerel—Salt mackerel	Dakota. The season is a little short- er, but this is in a measure offset with lower land rents. It is necessary to	for grown-ups. Learned at Reform School.	RUINS HEALTH AND PLEASURE DON'T NEGLECT IT
Many cows die be- try year, and many, be- try year, and many, want of an unprofitable for want of an unprofitable	and the second		keep in mind that some grain needs to be fed the hogs in addition to the forage. When the pasture is alfalfa, corn is a good grain to use.	Mrs. Goodsole—Didn't you learn to be a good citizen in the reform school? Everett Wrest—Yes'm I learnt it theoretically, but I ain't had no prac-	or experiment with freak trusses -it's expensive and dangerous. No matter how severe or long standing the rupture, we fit a truss to suit, by mail or in person-that's our
proper thay, produce using	Each "Pape's Diapepsin" Digests 3000 grains food, ending all stomach misery in five minutes.	of cold water, with the flesh side turned down. Wipe dry, lay in a bak-	THREE BUILES FOR FEEDING	ticeHouston Post. The French military authorities have	businees. We guarantee satisfac- tion. Send NOW, or call, for FREE BOOK. It tells all.

ach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, foul

five minutes, put on a hot dish, butter lightly and garnish with sliced lemon

Country Pot Roast.

tion to Daily Milk Yield. It is not practical to spend the time under ordinary conditions to

Concentrates and Give in Propor-





RUPTURE IS CURABLE By wearing a SEELEY SPERMATIC SHIELD TRUSS. No worrying or danger of an operation. Rupture is not a tear or breach, as commonly supposed, but is

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Strength, Fower, Accomplishment are all Typified in S. S. S. Some blood disorders become deeply rooted in the glands and tissues, and the inistake is made of resorting to drastic Grugs. These only aggravate by causing other and worse troubles. A host of peo-ple know this to be true. They know from painful experience. To get right down into where the blood is vitiated requires S. S. S. the greatest blood purifier ever discovered. This remarkable remedy contains one ingredient, the active purpose of which is

This remarkable remedy contains one ingredient, the active purpose of which is to stimulate the tissues to the health; and the medicinal elements of this match-less blood purifier are just as essential to well balanced-health as the nutritions elements of the meats, grains, fats and sugars of our daily food. Not only this, but if from the presence of some disturbing poison there is a local or general interference of nutrition to cause bolls, carbuncies, abscesses and kindred troubles, S. S. S. S. so directs the based cells that this poison is rejected and

Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach remedy in the whole world and besides it is harmless. Put an end to stomach from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder. It's the quickest, surest and most harmless stomach doctor in the world.

breath or headache.

What He Feared. Mrs. Capron informed her husband ing out. Turn several times.

one morning that she expected a party of guests that afternoon. Immediate ly Mr. Capron arose and put all the umbrellas away, much to his wife's astonishment.

"Why, Walter, do you fear my guests will steal your umbrellas?" she asked in an injured tone.

"No," said Walter, as he closed the

Designed for feminine use is a new hand mirror fitted with an electric light at one end, current being supplied by a storage battery contained in the handle.

butter or fry out a small piece of pork. figure out an extra ration for each in-While very hot put in the roast, dividual cow. It is practicable, howbrowning all sides. Roll it over. Do ever, to make a mixture of grains and not insert the fork, so as to keep all other concentrates and to feed each trouble forever by getting a large the juice in. When browned put in a cow from this grain mixture in pro-fifty-cent case of Pape's Diapepsin pot which has been heated, put water portion to her daily milk yield, and pot which has been heated, put water portion to her daily milk yield, and in the frying pan to get any juice that then to give her all the roughage she may have escaped and pour over the will eat up clean, and be reasonably meat. Cover closely and cook slowly sure that she has had all the food she for three hours, turning occasionally. needs to produce milk to the limit of Keep about a cupful of water under her ability under ordinary conditions. the meat and sprinkle a little flour The following rules of feeding are sugand salt over it 15 minutes before tak- gested by the Pennsylvania station:

Dumas Sauce.

teaspoon salt, three-quarter teaspoon duced in one day. fresh-crushed very fine white pepper. one medium-sized sound shallot, peel. cow will eat up clean, up to the point ed and very finely chopped, one heap where she gains too much weight. ing teaspoon very finely chopped chi- 3. Whenever she becomes too fat, pour in one-half teaspoon olive oil mined by the milk yield. six drops tabasco sauce, one light saltspoon good fresh mustard, lastly one grain or roughage which is free from light gill good vinegar. Mix well, send

Maple Frosting.

maple sugar into small pieces and put

boiling water. Stir occasionally un-

til the sugar is dissolved, and boil

of a spoon. Pour gradually on the

Here is a tested recipe for maple

to the table, serve as required.

1. Feed grain in proportion to milk yield, that is, give her, for example, one pound of grain mixture a day for Place in a sauce bowl one heaping each three or four pounds of milk pro-

2. Feed all the roughage that the

closet door. "I'm afraid they'll rec-ognize them."—Washington Herald. parsley. Gently mix together, then ing the amount of grain to be deter-

When a cow leaves uneaten either



Excellent Milk Type.

cleaning up of her manger.

Windows for the Barn.

The horse stable should contain windows on all sides for a good circulation of air, and the stable doors should be arranged to be left open on all hot nights and at all times when the animals are feeding or resting in their stalls. The horse is always more or less heated after a day's work, and it cannot rest well

Pays to Cull the Sows.

When the breeder culls out his sows that produce stock that never attains good size; when he promptly sends to the block the sow with small litters; when he gets out of his herd the peevish hogs and the hogs of low vitality, then he will hear less about the sait before being put into the shaker relative advantage of the crossbred hog.

Sick Nomen Made No. Reliable evidence is abundant that women are constantly being restored to health by

Lydia E. Pinkham's Vegetable Compound

The many testimonial letters that we are continually publishing in the newspapers-hundreds of them-are all genu-ine, true and unsolicited expressions of heartfelt gratitude for the freedom from suffering that has come to these women solely through the use of Lydia E. Pinkham's Vegetable Compound.

Money could not buy nor any kind of influence obtain such recommendations; you may depend upon it that any testimonial we publish is honest and true—if you have any doubt of this write to the women whose true names and addresses are always given, and learn for yourself.

Read this one from Mrs. Waters:

CAMDEN, N.J.—"I was sick for two years with nervous spells, and my kidneys were affected. I had a doctor all the time and used a galvanic battery, but nothing did me any good. I was not able to go to bed, but spent my time on a couch or in a sleeping-chair, and soon became almost a skeleton. Finally my doctor went away for his health, and my husband heard of Lydia E. Pinkham's Vegetable Compound and got me some. In two months I got relief and now I am like a new woman and am at my usual weight. I recommend your medicine to every one and so does my husband."—Mrs. TILLI WATERS, 1135 Knight St., Camden, N.J.

And this one from Mrs. Haddock:

UTICA, OKLA .- "I was weak and nervous, not able to do my work and scarcely able to be on my feet. I had backache, headache, palpi-tation of the heart, trouble with my bowels, and inflammation. Since taking the Lydia E. Pinkham's Vegetable Compound I am better than I have been for twenty years. I think it is a wonderful medi-cine and I have recommended it to others."-Mrs. MARY ANN HAD-DOCK, Utica, Oklahoma.

Now answer this question if you can. Why should a woman continue to suffer without first giving Lydia E. Pinkham's Vegetable Compound a trial? You know that it has saved many others-why should it fail in your case?

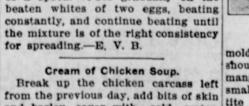
For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for fe-male ills. No one sick with woman's ailments does justice to herself if she does not try this fa-mous medicine made from roots and herbs, it has restored so many suffering women to health.

Write to LYDIA E.PINKHAM MEDICINE CO. (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.









and barley, cover with cold water. cook slowly on the back of stove or simmering burner for an hour or more, then drain off liquor, add an equal amount of milk and thicken with flour and butter rubbed together. A little cooked rice or macaroni improves this economical and delicious soup.

Quick Coffee Bread.

One quart of flour, one level teaspoonful of salt, two teaspoonfuls of baking powder, five eggs well beaten until it has fully cooled off. with two tablespoonfuls of sugar, one pint of milk and two .tablespoonfuls of softened butter. Beat well, spread in a pan and sprinkle sugar, a little cinnamon and bits of butter on top, and bake in a quick oven.

To Keep Salt From Clogging. If a little cornstarch is mixed with it will keep it from clogging.

mold, dirt or foreign material, it should be removed immediately, the manger swept clean and a much smaller amount given until her appetite returns, as evidenced by the