

Loss of Appetite

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.

Get it today in usual liquid form or chocolate tablets called Sarsatabs.

ASTHMA

Or heart trouble, which is often a forerunner of prostrating disease.

DR. DOUGLAS, D. C.
338 Union Avenue N., Portland, Or.

Machinery

Second-Hand Machinery bought, sold and exchanged. Engines, boilers, sawmills, etc. The J. E. Martin Co., 76 1st St., Portland. Send for Stock List and prices.

Wanted--Men and Women

To learn barber trade. Tools free. Wages while learning. Positions guaranteed. International Barber School, 429 E. 6th St., Los Angeles, Cal.

RUBBER STAMPS

Stamps, Stencils and Brass Signs, Colored, White and Ribbon Padges. Good Goods, Quick Service. Send for complete Catalogue No. 26. Acme Stamp Works, 1615 A St., Tacoma, Wash.

RAW FURS

We positively pay the highest market price for all raw furs. Send for free price list and shipping tags and get full value for your skins. N. M. Ungar Co., The Reliable Furriers, 2021 7th St., Portland, Or.

Fingernail Photography.

"Would you like your sweetheart's portrait placed on your fingernails?" is a unusual query at most of the well known manicurists just now. The new fad grew out of a whim of a pretty cousin of the Kaiser who had an enameled portrait of her fiancé worked on the nail of her little finger.

The portrait was a gem of art in its way and cost \$90. The manicurists took up the idea, and now, for a small fee of 20 marks—about \$5—you can have anyone's photograph placed on your fingernail.

The main skill of the manicurist consists in rendering the photograph watertight; which is done by coating it over with a shellac-like substance, which is burned upon the nail. This is the only painful element of the strange process.

Quite a number of society dames have taken to the idea and everywhere you go you see fingernail photography. Mothers have pictures of their favorite and prettiest children placed on their fingernails; young men and maidens display their sweethearts in the same fashion, and the fad has spread marvelously since it was first introduced. A portrait on a fingernail will last with careful handling, about four months without renewal.

Great Value of Coconut.

The coconut is not only valuable as a source of food and drink in tropical countries, but is also the best of all trees for shade.

FERRY'S

Plant breeding and selecting has been our business for years. We market the results in the shape of thoroughbred vegetable and flower seeds. They grow good crops.

1912 SEED ANNUAL FREE ON REQUEST
D. M. Ferry & Co., Detroit, Mich.

SEEDS

Painless Dentistry

In our pride—our hobby—our study for years and now our success, and ours is the best, painless work to be found anywhere. No matter how much you pay. Compare our Prices.

We finish plates and bridges in one day if desired. Painless extraction from when plates or bridges work is ordered. Consultation free.

Molar Crowns \$5.00
22k Bridge Teeth 4.00
Gold Fillings 1.00
Enamel Fillings .50
Silver Fillings .50
Good Rubber Plates 5.00
Best Red Rubber Plates 7.50
Painless Extr'n .50

22 YEARS ESTABLISHED IN PORTLAND
All work fully guaranteed for fifteen years.

Wise Dental Co., Inc.

Painless Dentists
Falling Building, Third and Washington PORTLAND, ORE
Office Hours: 9 A. M. to 5 P. M. Sundays, 9 to 1

How to Get Well and Keep So.

DR. WO

The eminent Chinese doctor, treats with non-poisonous, non-injurious herbs and cures such diseases of the Throat, Heart, Liver, Lungs, Stomach, Kidneys, Asthma, Pneumonia, Consumption, Chronic Cough, Piles, Constipation, Dysentery, Nervousness, Dizziness, Neuralgia, Headache, Lumbago, Appendicitis, Rheumatism, Catarrh, Eczema, Etc.

CONSULTATION FREE
It is better to call than write, but those who are unable to come, send 4 cents in stamps and secure symptom blank. After carefully giving symptoms these wonderful health-giving herbs can be secured, which will put you on the road to recovery.

Wo Chinese Medical Co.
250 1/2 Alder St. Cor. Third, Portland, Or

PISO'S REMEDY

Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.

FOR COUGHS AND COLDS

PROTEIN IS MOST IMPORTANT SUBSTANCE IN ANY FOODSTUFF

Composed of Nitrogen, Carbon, Hydrogen, Oxygen, Sulphur, and Phosphorus—It Makes Up Muscles, Tendons, Ligaments, Connecting Tissues, and Almost Everything but Fat.

(By H. B. McCLURE.)

The nutritive substances in hay or feed may be divided into two classes—flesh forming and fuel or energy producing substances. When the proper amount of these two classes of substances is fed the ration is said to be balanced. If an unbalanced ration is fed, as one containing more fuel or energy producing substances than are needed and less flesh-forming material, the ration is partially wasted, and such unwise feeding will not bring as good results as the feeding of the same amount of a balanced ration. Each class of substances has different offices to perform in the body. If not enough flesh forming substance is

Protein is the substance which builds up the body. The muscles, tendons, ligaments, connective tissues, skin, hair, hoofs, part of the bone, and in fact every part of the body but fat are made up of protein, together with mineral matter and water.

The next important class of substances is the carbohydrates, which contain carbon, hydrogen, and oxygen, but no nitrogen, sulphur, or phosphorus; they include starch, sugars, etc. These are used for practically the same purpose for which coal or wood is used in the steam engine, namely, to furnish energy and heat.

The third important constituent of hay is its oils. Small quantities of oil are present in all kinds of hay. These oils serve the same purpose as the carbohydrates. A pound of these, however, will furnish two and one-fourth times as much energy or heat as the same quantity of carbohydrates. It can readily be seen, when the chemical analysis of hay is considered, why the price of the different grades or kinds of hay should depend, first, upon the amount of digestible nutrients contained, and, second, upon the purpose for which the hay is fed. If the concentrated feed—i. e., the grain in the ration—lacks protein, then the hay that is high in this substance is more valuable than one which contains little but carbohydrates, and vice versa. There is quite a range in the amount of the different classes of nutrients in the various kinds of hay.

On an average, in 100 pounds of alfalfa hay the digestible protein amounts to 10.58 pounds; in cowpea hay, 10.79 pounds; in alsike clover hay, 8.15 pounds; in red clover hay, 7.38 pounds; in redtop hay, 4.80 pounds; and in timothy hay, 2.89 pounds.

In 100 pounds of redtop hay the digestible carbohydrates amount to 47 pounds; in timothy hay, 43.72 pounds; in alsike clover hay, 41.70 pounds; in alfalfa hay, 37.33 pounds; in cowpea hay, 38.40 pounds; in red clover hay, 36.15 pounds.

When fed for protein, timothy hay ranks last, but when fed for carbohydrates it stands next to redtop, which heads the list. If the total nutrients are considered there are a number of different kinds of hay which are equal, if not superior, to timothy hay for feeding purposes.

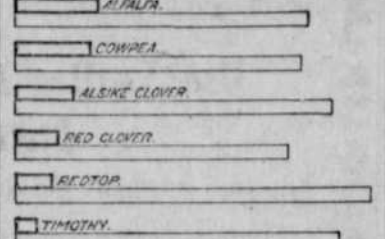


Diagram showing the relative amounts of digestible protein and carbohydrates in different kinds of hay. The section enclosed in light lines represent the carbohydrates; those enclosed in heavy lines, the protein.

fed, the body suffers, because it is absolutely necessary to keep the body in good condition. Thousands of horses are fed all they can eat, yet are poorly nourished because the food contains little except fuel substances.

The flesh forming substances are used to replace the waste that goes on in all living tissues. Energy producing substances are used to furnish the energy required for the nervous and muscular activities of the body, and when fed in excess they may to a certain extent be stored up in the form of fat for use later, when needed for either energy or heat.

One of the most important substances in any foodstuff is protein. All nutritive substances which contain nitrogen are classed under the general term of protein. Protein is composed of nitrogen, carbon, hydrogen, oxygen, sulphur, and phosphorus.

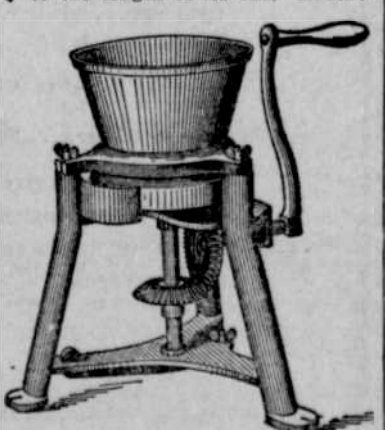
EVERY FARMER CAN USE PAINT

Adds to Appearance of Place and to the Durability of Any Kind of Farm Building.

Any man can do an average job of painting, and can thereby not only improve the appearance of his place, but can add greatly to the durability of the buildings.

The average farmer, if there is such a thing, seems to think that paint is used solely for ornament, and he is of all men most keenly practical, he eschews what he regards as an unprofitable luxury. It is, perhaps, the rule rather than the exception in some sections to see houses and agricultural implements sadly in need of repainting.

Of course paint does improve the appearance of property, but it is far more useful as a protector rather than an ornament. The expenditure of a small amount of money and time in painting a valuable piece of farm machinery or a building will add greatly to the length of its life. Another



A Hand-power Paint Mill.

useful object accomplished by painting is the improved sanitary conditions of buildings and outhouses. The cost of such work is small, the necessary equipment not expensive, and with proper care will last a long time.

In order to supply information which will enable the farmer to purchase the paint economically and apply it intelligently and to the best advantage, Secretary Wilson caused experts in the bureau of chemistry to investigate the subject and prepare Farmers Bulletin No. 474 calling attention to the economic importance of painting farm buildings and equipment and giving details as to the cost, purchase, and care of brushes, cost of the ingredients needed, how to mix and apply them. Paint conveys to the casual reader the idea of a mixture of pigment with linseed oil, but the general conception of the word includes both whitewash and calcimine, not varnish, and

the bulletin gives several very valuable recipes for making both of these excellent coatings for both out and inside of buildings.

The secretary in addition to urging the proper use of paints for both useful and ornamental purposes, for he does not think anything too good or attractive for the farm homes, emphasized several precautions: "Do not use any paint containing compounds of lead about stables or outhouses where the fumes from decaying organic matter occur, since these gases are likely to darken the lead paints. Do not use with lead compounds any pigment which may liberate compounds of sulphur. For example, ultramarine blue which contains sulphur in a form in which it may be set free is a beautiful blue and may be used with zinc white, but should not be used with white lead or any other lead pigments. Prussian blue, on the contrary, does not contain sulphur and may be used with lead pigments.

"Remember that turpentine and benzine are very inflammable and especial precautions should be taken not to bring paint containing these substances near any light or open fire.

"Many pigments are poisonous, and the workman should be particularly careful to remove all paint stains from the skin, and not under any circumstances allow any of it to get into his mouth. A man should not eat in the same clothes in which he has been painting, and before eating should not only change his clothes but wash all paint stains from his skin. It is not advisable to use turpentine or benzine in removing paint stains from the hands, but by oiling thoroughly with linseed oil, or, in fact, with any fatty oil, and then thoroughly washing with soap, the paint may be removed, provided it has not been allowed to dry too thoroughly on the hands."

Good Liberal Education.

One of the best investments that any farmer can make, with a view to helping his boys and girls in the future, is in giving those boys and girls a good liberal education, that will enable them to compete with others and hold their own in the future. One thousand dollars and a good education equip a young man much better for his struggles in life than will two thousand dollars and no education.

Care of Farrowing Sow.

During the farrowing hour, the sow should be kept quiet and should seldom be approached by any person. She will not need the attention of man and as she is extremely nervous and irritable at this time, all causes of excitement should be removed as far as possible.

Shoots for Killing.

Pick out the very smoothest and most likely shoots for the winter killing, keep them in clean quarters and feed so as to make well balanced meat—not too much fat.

YOU CAN ASSIST YOUR WEAK STOMACH

back to its normal condition by taking a short course of

HOSTETTER'S STOMACH BITTERS

It tones and invigorates, also prevents Poor Appetite, Indigestion, Heartburn, Costiveness, Colds, Grippe and Malaria.

TRY A BOTTLE TODAY.

Simple Allegory.
A Tear said to the Smile: "Mamma is gone; let us have a race." They started. Sometime the Tear was ahead; then again the Smile appeared. At last the Tear went in full speed, and had nearly won—but there, Smile saw mamma in the door—and won the race.

If you use Eye Salve use the best. PETTIT'S EYE SALVE is the standard, reliable and costs no more than inferior goods that are unknown. Used by Physicians and Oculists, helps where all others fail. It is not the TUBE or BOX that counts, it is the SALVE that does the work. Guaranteed by Howard Bros. under the Government Food and Drugs Act. Don't be deceived or misled. The only really antiseptic Eye Salve that has been in the market for years. Sold by Druggists throughout the known world.

Why Old Myths Survive.

The destroyers of fine dramatic myths tell us nowadays that the Caliph Omar did not burn the ancient library of Alexandria, and therefore did not have a chance to say that all the books in it that agreed with the Koran were superfluous, and all that disagreed with the Koran were pernicious. Doubtless the perennial freshness and vitality of the tale are due to an everlasting normal human hatred of weed-grown, literary graveyards.

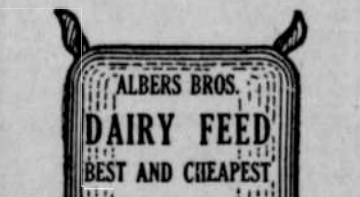
Only One "BROMO QUININE"
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c.

Called.

"I asked the audience to lend me their ears," said the verbose speaker. "But in three-quarters of an hour they were dozing." "I see," replied the financier. "They called the loan."

Nailed.

Housekeeper—Here, drop that coat and clear out! Burglar—You be quiet, or I'll wake your wife and give her this letter I found in your pocket.



Ask your dealer for it. If he does not handle it drop us a postal card and we will furnish you the name of a dealer who does.



DENTIST

Do you want to be your own dentist? Do you want to do away with dental bills and the dread of the dental chair? Do you want to have good, sound and beautiful teeth? If you use Fuch's Dental Paste it will absolutely prevent decay and give to the teeth that pearly white appearance and to the gums the firmness and colour of health. Tubes, 50c. large tube, \$1.

YOUTH AND BEAUTY

Preserve the beauty and youthful appearance of the face by the application of Fuchi Massage Cream, which feeds the skin, thereby filling out and preventing wrinkles and destroying blackheads, and gives the skin the blush and glow of youth. The marvelous complexion of the high class Orientals, which has been a mystery to Europeans, is due to the use of preparations made from this receipt. Put up in glass, \$1.

This is the first time the above-mentioned preparations have been offered for sale in America. A limited supply is to be had by addressing:

(Branch) FUCHI LABORATORIES
Suite 9, 342 1/2 Washington St.,
F. O. Kany Order preferred. Portland, Oregon

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or v/c will send postpaid at 10c a package. Write for free booklet how to dye, bleach, and mix colors.

famous makers of rugs.
In the cities of Harput and Sivas are several firms engaged in the manufacture of rugs of the best grade and quality. In Sivas there are 500 looms, with about 1,500 operatives, and in Harput about one-third that number of looms and operatives. Nearly all the output of the Sivas looms is sold in Europe, while the output of the Harput looms is shipped to America.

Free to Our Readers
Write Murine Eye Remedy Co., Chicago, for 64-page illustrated Eye Book Free. Write all about Your Eye Trouble and they will advise as to the Proper Application of the Murine Eye Remedies in Your Special Case. Your Druggist will tell you that Murine Relieves Sore Eyes, Strengthens Weak Eyes, Doesn't Smart, Soothes Eye Pain, and sells for 50c. Try it in Your Eyes and in Baby's Eyes for Sore Eyelids and Granulation.

Editor Evidently Not Musician.

Cristofali, a native of Padua, produced the first piano in 1710. Now that we know the miscreant's name we feel easier.—Exchange.

Treat Fear as an Enemy.

Stamp out fear in the child. Teach it nothing to make it fear. So will you make the sane, normal man and woman.

W. L. DOUGLAS

\$2.25, \$2.50, \$3, \$3.50, \$4 & \$5 SHOES

All Styles, All Leathers, All Sizes and Widths, for Men, Women and Boys.

THE STANDARD OF QUALITY FOR OVER 30 YEARS

THE NEXT TIME YOU NEED SHOES

give W. L. Douglas shoes a trial. W. L. Douglas name stamped on a shoe guarantees superior quality and more value for the money than other makes.

His name and price stamped on the bottom protects the wearer against high prices and inferior shoes. Insist upon having

the genuine W. L. Douglas shoes.

Take no substitute. Buy Color Eyelets. Fast Color Eyelets. Fast Color Eyelets.

HOW TO ORDER BY MAIL. Shoes Sent Everywhere. All Charges Prepaid.

W. L. Douglas shoes are not sold in your town, send direct to factory. Take measurements of foot as shown in model; state style desired; size and width usually worn; plain or cap toe; luster, medium or light sole. If you like the fastest shoe send order enclosing in the world. Lites, Catalog Free. W. L. DOUGLAS, 145 Sparks St., Brooklyn, Mass.

Stimulant or Tonic?

Ayer's Sarsaparilla is not a stimulant. It does not make you feel better one day, then as bad as ever the next. There is not a drop of alcohol in it. Ayer's Sarsaparilla is a tonic. You have the steady, even gain that comes from such a medicine. Ask your doctor all about this. Trust him fully and always do as he says. He knows.

Who makes the best liver pills? The J. C. Ayer Company, of Lowell, Mass. They have been making Ayer's Pills for over sixty years. If you have the slightest doubt about using these pills, ask your doctor. Ask him first, that's best. Made by the J. C. AYER CO., Lowell, Mass.

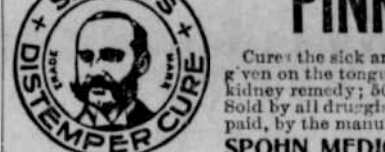


KILLS GOPHERS, SAGE RATS, SQUIRRELS AND PRAIRIE DOGS

REQUIRES NO MIXING OR PREPARATION. ALWAYS READY FOR USE.

WHEN YOU BUY, DEMAND THE BEST. GET THE "WOODLARK BRAND"

MONEY BACK IF NOT AS CLAIMED. CLARKE, WOODWARD DRUG CO., PORTLAND, ORE.



FOR PINK EYE

DISTEMPER, CATARRHAL FEVER AND ALL NOSE AND THROAT DISEASES

Cures the sick and acts as a preventive for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy; 50 cents and \$1 a bottle; \$5 and \$10 the dozen. Sold by all druggists and horse goods houses, or sent, express paid, by the manufacturers.

SPORN MEDICAL CO., Chemists, Goshen, Ind.

Ray-Killed Bacteria.

A method for sterilizing milk without heating or adding preservatives is claimed to have been effectively demonstrated recently in Holland. An apparatus has been constructed, it is explained, whereby the milk flows in a thin stream along an electric light, the ultra-violet beams working on the bacteria. The result is attributed to the quality of the ozone formed under the influence of the light.—The Argonaut.

SMILE ON WASH DAY.

The laundress' delight is RED CROSS BALL BLUE. A neat, handy package, nothing to break or spill, and a blue that is all blue. It is so far superior to any liquid bluing that there is no comparison. Always produces snow white clothes. Large package 10 cents. ASK YOUR GROCER.

Scotch Alarm Clock.

A tourist in rural Scotland took refuge for the night in the cottage of an old lady. He asked her to wake him up early in the morning, warning her that he was quite deaf. Upon awakening much later than the appointed hour he found that the old lady, with strict regard for the proprieties, had slipped under the door a slip of paper upon which was written: "Sir, it's half past eight."

Tightness across the chest means a cold on the lungs. That's the danger signal. Cure that cold with Hamlin's Wizard Oil before it runs into Consumption or Pneumonia.

Furniture Polish.

Many people do not know that lemon oil is the basis of all fine furniture polishes. A small bottle of polish usually costs 25 cents. You can buy a quart of crude lemon oil in bulk at a paint shop for 15 cents. For using on furniture proper, dilute with one-third turpentine, apply with a soft rag, and you will have the finest polish you could buy. It is fine to use on hard wood, stained or painted floors. A quart of oil will last nearly two months.

FILES CURED IN 6 TO 14 DAYS

Your druggist will refund money if FAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Files in 6 to 14 days. 50c.

True Patriotism.

Patriotism is not boastfulness nor the depreciation of other nations. The patriotism that tells is that which is felt, not proclaimed.

New Yorkers and "the West."

If we lived in New York we could easily settle the question which is said to be disturbing the minds of the western governors—as to what is the dividing line between the east and the west. Everybody in New York knows that it is the Hudson river.—Wheeling Register.

BAKER'S Bu--Kola Tablets

Best Nerve and Kidney Tonic on Earth



Before Taking. After Taking.

Will make you sleep better, eat better, because they rebuild your broken-down nerves. Act on the kidneys and give permanent relief for backache and all bladder troubles. Sold only by the MURPHY DRUG CO., 280 Burnside St., Cor. Fifth, Portland, Oregon. 25c a box, 5 boxes \$1.00, by mail, postage paid.



FOR SICK COWS

Healthy cows give more milk, make richer butter, and require less care. KOW KURE is a cow medicine, not a food. It regulates the digestive and generative organs and tones up the entire system. A positive cure and preventive for LOST APPETITE, BARRENNESS, ABORTION, SCOURS, MILK FEVER, and all other ailments that sap the strength of milking cows. Thousands of profitable herds owe their health to KOW KURE.

Be sure to send for our valuable free book, "More Money From Your Cows."

DAIRY ASSOCIATION CO., MFRS.

Lyndonville, Vt., U. S. A.

P. N. U. No 5-12

WHEN writing to advertisers, please mention this paper.