# Loss of Appetite

Which is so common in the spring or upon the return of warm weather, is less of vitality, vigor or tone, and is often a forerunner of prostrating dis-

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 chocolated tablets known as Harsatabs.

AGENTS and SOLICITORS I have the great-sembly patentied article; current in pocket. Heard the in stamps for sample to Pocket Door Lock Co., in Mohaw's Hidg., Fortland, Oregon.

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KODAKS AND RODAK Write for estalogues and literature. Developing Fortland Photo Supply Co.

MOHAIR Rend for prices and THEO BERNHE M CO.

SICK? If no mored today for block "How to get well and been well by PREFIE, Neurologist, 305 Northern Treat Bide, Particul Or.

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



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CRESCENT CHEMICAL CO. 526 Washington St., Portland, Or.



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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.

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CONSULTATION FREE The C. Gee Wo Medicine Co. 1621/2 First St., cor. Morrison, Portland, Or.

Growers having a choice variety of ematoes should select the best and earliest ripe fruit for seed. A dozen ines of this same kind planted in the same sell and given the same fertilzing and culture will show marked differences in order of ripening and in the yield. Let the fruit get fully ripe; he pulp of the tomatoes should be soft, the seed can then be easily squeezed out into a pan of water. Let the seed remain in the water over sight; the next day drain of, then wash in several waters to remove the muellage, strain through muslin, squeeze the water out of the sced. then spread the seed on papers to dry in the sum. The seed should be dry and hard before wrapping up. Mark such variety distinctly, and the date of ripening. Keep in tin box away



Munyon's Rhesmathsm Benedy refleves white in the legs arms, back, stiff or written Joints. Contains no morphite, plans, cocaine or drugs for desides the sim. It neutralizes the neid and drives at all rheamatic poleons from the system. Write Prof. Manyon, 53d and Jorsson Sts., Phila. Fa., for medical address, absolutely free.

"What makes you keep giving me fish for dinner day after day?" he in quired. "Are you particularly fond or stance, in faiure I shall shave myself. Now, "she replied, "I was wholl) unselfish. I read a lovely recipe about the accordance of the considered for a moment. Then the considered for a moment for the considered for a moment. Then the considered for a moment for the considered for a moment. Then the considered for a moment for the considered for the cons sticks in your throat, and I wanted to cut your hair!"

# YEARS OF

All Relieved by Lydia E. Pinkham's Vegetable Compound.

Sikeston, Mo. — "For seven years I suffered everything. I was in bed for four or five days at a time every month, and so weak I could hardly walk. I cramped and had backache and head as a joke, whereupon he very dryly commend." ache, and was so remarked: nervous and weak 'Yes, that I dreaded to Success. see anyone or have anyone move in the

gave me medicine to times, and said that I ought to have an for woman?" operation. I would not listen to that, and when a friend of my husband told him about Lydia E. Pinkham's Vege-table Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like it, too. I can do my own housework, hoe my garden, and milk a cow. I can entertain company and enjoy them. I can visit when I choose, and walk as far as any ordinary woman, any day in the month. I wish I could talk to every suffering woman and girl.'

Mrs. Dema Bethune, Sikeston, Mo. The most successful remedy in this

remost successful remedy in this country for the cure of all forms of female complaints is Lydia E. Pinkham's Vegetable Compound.

It is more wide'y and successfully used than any other remedy. It has cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration, after all other neans had failed. Why don't you try it?

pesperate Dentistry.

An original Hamburg youth, whe had a tough toothache the other day, got himself posed in front of a mirror, and shot out the offending molar with a revolver. Had the bullet not landed in the opposite shoulder, and proved more difficult to extract than the tooth would have been, this novel made of home dentistry might have been considered notes a success.

# Free from Alcohol

Since May, 1906, Ayer's Sarsaparilla has been entirely free from alcohol. If you are in poor health, weak, pale, nervous, ask your doctor about taking this non-alcoholic tonic and alterative. If he has a better medicine, take his. Get the best always. This is our advice.

We publish our formulas y We banish sleene from our medicine We urge you to consult your dostor

A sluggish liver means a coated tongue, a bad breath, and constipated bowels. The question is, "What is the best thing to do under such circumstances?" Ask your doctor if this is not a good answer:
"Take lazative doses of Ayer's Pills."

Patrice—That's the reason they sit out so many in the conservatory, I suppose, —Yonkers Statesman. -Made by the J. C. Ayer Co., Lowell, Mass.



WIFE'S WAY OF ECONOMIZING

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

"Bills, bills, bills!" cried the dis-"They come morning, tracted mun. afternoon and night. But what doesn't nuisance at mentime?" come is the money to pay them with." sweetly, as she pirouetted before the mirror in a new hat. "I expect it'll fully censored by a phylaician. The turn up."

"You women seem to think money turns up as easily as a handle turns round!" growled the harassed hubby. Women often go to the point of weak-"But it doesn't. Look here, Julia," he added, firmly, "you and I will have clously following a doctor's advice. to economize,"

serfous. "How, dear?" she asked. "We need

how to ramove a fish bone when to she exclaimed: "I know, dear! I'll

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 shy-

ness: "You ought to have heard Mr. Elllott'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 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.

"Yes, so I am-compared to her."-

suffragist. "What has man ever done whole life is waven." "He's furnished her with a model

she's trying durned hard to imitate," came a voice from the rear of the

Priween 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 rep resents 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 prolong Switzerland, France, Russia and Beling 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 master-

piece! Patron-Splendid! For the humor ists' 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

# FEW RULES FOR DIETING

the least harm is done by the notion for undereating.

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, save little knowlege of the effect of good 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 temps you

If you only diet for the sake of figure or complexiion, count the cost be fore starting. Cutting out the foods of ordinary family meals is hard. Ask ourself, "Which means most to me, he loss of a few pounds or being a

Don't keep on dieting if you feel "Never mind, dear," said his wife, that it disagrees with you. This holds good even when your food list is carebest of them will make mistakes. Find out in time what is wrong,

Don't diet to excess at any time. ening their entire system by injudi-

Common sense and moderation are Julia stopped pirouetting and looked good things to hold to in the matter of food.

ART CREATION

Taking the Rain Cure. The complexion cure of the Irish so-

clety belle is the rain cure, according to the Pall Mall Gazette. The Irish woman puts on her raincost, 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 taken of the flock, for he has learned returns to her home she changes her the value of cleanliness and proper wet clothes, rubs her face with a soft, food. Insects will never sap the life muscles.

TRY MURINE EYE REMEDY for Red, Weak, Weary, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart-Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, \$1.00. Murine Eye Salve in Aseptic Tubes, 25c, \$1.00. Eye Books and Eye Advice Free by Mail. Murine Eye Remedy Co., Chicago.

Love in England.

"In England," says the London Daily With Poor Success. the delightful occupation of youth, it is the very warp through which the

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 Partam

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

"Atheists" Converted. A number of Servian conscripts, on their time, announced themselves as sulity of the crime of felling them .entoring Belgrade barracks to serve 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 to do that which some one else wants now asked to be instructed with a one to do above all else. view to conversion to the national

Blood porsoning is o ten caused by slight cuts or waunds. Death may result. Ham-in's Wizard Oil will draw out the polson, heal the would and prevent serious trou-

Prisoners Do Valuable Work. In England, at Dartmoor, the prisoners have been engaged in reclaiming the moorland, working even in win-Agricultural prisons have been ter. established in England, New South Wales, Prussia, Austria, Hungary,

**Bad Breath** 

gium.

"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 ahall recommend them to any one suffer-ing from such troubles."—Chas. H. Hal-pern, 114 E. 7th St., New York, N. Y.

Pleasant, Palatable Potent, Taste Good, Do Good, Never Sicken, Westen or Gripe, Re. 25c, 50c. Never sold in bulk. The ren-nine tablet stamped C.C.G. Guarantsed to cure or your money back.

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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 gin to pick out his best birds for the next senson'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 indispense it consists in giving and in serving able.

It consists in giving and in serving others.—Henry Drummond.

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 warm towel and rests all her facial 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

After he has learned the right way and got a fairly good start, the work Mail, "love dwells and remains in the is easy and pleasant, and seems to inmost secret recesses of the soul; it swing along without any difficulty. does not circulate about in the air. As in everything else, it is the begin-That is why the air in England is ner who experiences the difficulties, somewhat cold. And that is why for he has very little knowledge to beclosed up hearts there burn so in-tensely. For the English love is not the delightful occupation of youth, it does not take long to understand the most essential points in poultry keep ing. 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 ftem that may prove helpful later on. for it is not well to trust one's mem-

### ory too much Salve Petrits

Treasured Trees.

Two trees to be seen in the main street of Thorshavn, the capital of the Faroe Islands, have an interesting Trees resolutely refuse to history. 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 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





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,

Too Expensive. "This eigar 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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