

LISTEN TO THIS! SAYS CORNS LIFT RIGHT OUT NOW

corns pestered men and women suffer no longer. Wear the shoes nearly killed you before, says Cincinnati authority, because a drop of freezeone applied directly to the tender, aching corn or callus, soreness at once and soon the hardened callus loosens so it is lifted out, root and all, without pain.

A small bottle of freezeone costs little at any drug store, but will lift off every hard or soft corn or callus. This should be tried, it is inexpensive and is said not to irritate the surrounding skin.

Your druggist hasn't any freezeone? Get a small bottle for you from his wholesale drug house. It is stuff and acts like a charm every time.

Wanted Many common ones worth 2c to 7c per pound. O. National Drug Co., North Yakima, Wash.

ASTROLOGICAL Instructions: Birth, Readings, Books, etc. A general forecast with special indications for 1 year; for 2 years with special indications for 1 year; for 3 years with special indications for 1 year. Full birth data. ASTROLOGICAL STUDIO, 1014 Broadway, New York, N. Y.

Bookkeeping, shorthand, telegraphy, stenography, English branches, at an accredited school. Write or phone Main 500 for catalogue; make guaranteed positions. Behrke-Walker College, 187-189 Broadway, New York, N. Y.

All Files! They Spread Disease Destroy every file, fly, mite, etc., and kill all insects, mites, etc., and all diseases. Daley Fly Killer, 100 DuPont Ave., New York, N. Y.

For the Marine Is for Tired Eyes. Red Eyes—Sore Eyes—Itchy Eyes—Bleeding Eyes—Marine is a favorite remedy for eye troubles. Marine is a favorite remedy for eye troubles. Marine is a favorite remedy for eye troubles.

Joffre to Assist Pershing. Marshal Joffre has been designated as the French minister of war to continue his work, begun in Washington, assisting to organize American participation in the war. He will, therefore, be the representative of the French in cooperating with the American commander, Major General Pershing.

Too Much Gratiified. "They say the ex-czar of Russia is very fond of fish." "Then he ought to be satisfied with a pretty kettle of it he's in just now."—Exchange.

College of Neurology and Electro-Therapeutics, Inc., Fits Men and Women for a life of useful and profitable work as **Drugless Practitioners**. A. BREWSTER, M. D., DEAN, State, Salem, Oregon.

Hotel Hoyt Corner Sixth and Hoyt Sts., Portland, Ore. Thoroughly Renovated & Decorated. LOU HIMES, Manager.

FREE DEVELOPING and PRINTING for YOU A little developing among your friends will make you popular. Send for information as to how you can have your work done FREE of charge. Write today, or send us for a roll of film negatives to be printed and receive 40 per cent off.

PHOTO CRAFT SHOP, Plutck Block, Portland, Oregon 700. Box 725.

AGATE CUTTING For \$2.50 WE WILL CUT AND MOUNT YOUR AGATE IN A SOLID GOLD RING. LEE CUT, SEND SIZE OF FINGER AND AGATE.

NOVELTY AGATE CO. 10 BROADWAY, PORTLAND, OREGON

"C. B." MINERS & CO. UNIVERSAL REPAIR and MACHINE SHOP AUTOMOBILE REPAIRING and REBUILDING. 100 FIFTH and QUINN STS. PORTLAND, OREGON

SHIP Veal, Pork, Beef, Poultry, Butter, Eggs and Farm Produce. In the Old Reliable Evered house with a record of 45 years of Superior Dealings, and to be assured of TOP MARKET PRICES. F. M. CRONKHITE, 1547 Front Street, Portland, Oregon

BUY DIRECT Do Your Own Plumbing. By buying direct from us at wholesale prices and using the plumber's profits. Write us today for our needs. We will give you our rock-bottom "direct-to-you" prices, f.o.b. rail, or out. All goods guaranteed.

Northwest headquarters for Lender Water Systems and Fuller & Johnson Engines. STARK-DAVIS CO., 18 Third Street, Portland, Oregon

P. N. U. No. 27, 1917.

Study of Food Values Will Aid The Housewife to "Do Her Bit" In Crisis

By MIRIAM M. HAYNES,
Instructor in Colorado Agricultural College.

The patriotic American housekeeper, in striving to "do her bit" in the nation-wide campaign to conserve our food supply, finds herself confronted with the necessity of revising her methods of conducting her home.

While a home-maker may be convinced, and justly, that she is not wasteful, if she will examine her methods she will often find that she is extravagant. In the present national crisis, we need to practice the old-fashioned thrift and economy of our grandmothers in our homes. We are not advocating the eating of less food but we are urging less waste of food. The amount actually wasted in a home may seem small in each individual case, but when the waste goes on throughout the nation it counts up.

Fifty-seven varieties of food are not necessary for a well-balanced ration, in fact the 57 varieties may be present and a "square meal" absent. Let us, as home-makers, set about to be food conservators by—

- 1—Studying food values so as to plan economical and properly balanced meals.
- 2—Making use of meat substitutes such as cheese, milk, beans, peas, nuts. Make use of rice as a starchy food and corn as a breadstuff.
- 3—Eliminating over-eating and use of excessive and wasteful variety of foods.
- 4—Giving careful attention to canning, drying and proper storing of vegetables and fruits.
- 5—Starting simple systems of home accounts to check household "leaks" in business methods.

Hold to simple standards of living. Simplicity means the elimination of non-essentials.

POULTRY NOTES

A good incubator insures early hatches.

Chilled chicks are apt to have diarrhea.

The pullet hatched early in the year is the one which will lay next winter.

The small coal stove brooder which will accommodate 300 chicks is a good investment.

Little chicks should be kept dry. Don't turn the hen loose too early in the morning.

If incubators are used, remember that it is just as important to have a good brooder.

Long, pointed, short, round, thin, or thick shelled eggs should not be used for hatching purposes.

Kill the louse. A piece of blue ointment the size of a kernel of wheat rubbed into the skin just beneath the vent will do it.

Most people either raise twice as many chickens as they should or provide half enough brooding equipment. Plan your equipment for the worst weather that can be expected.

Yards sowed to oats furnish hens and chicks material that can be supplied in no other way than by green food in some form. Later, rape or buckwheat can be used to advantage.

Imitate nature in hen hatching. Either make the nest in a bottomless box on the ground or put an overturned sod in the bottom of the nest. This assists the hen in controlling evaporation from the egg.

Things Worth Knowing.

Denmark has about 85 head of cattle to every 100 inhabitants.

An adjustable handle enables a new saw to make horizontal cuts easily. Japan is the only Oriental country in which sheet glass is manufactured.

A holder to suspend a flat can of tobacco from a man's belt has been patented.

Experiments in France have shown that ordinary sod is an efficient filter for sewage.

An electrically-driven machine has been perfected that will seal 20,000 envelopes an hour.

The world's greatest iodine works are in Chile, having an annual output of 400,000 pounds.

A recently patented padded elbow rest is claimed by its inventor to prevent writer's cramp.

Pulverized street rubbish and coal tar have been found to make good fuel briquettes in Amsterdam.

The government of Brazil maintains a snake farm for the production of serum antidote for snake bite.

Springs control a new soap receptacle so that it can be opened or closed with a touch of a finger.

The Lord on Salesman.

Lord Eustace Percy told at a reception a story about Lord Devonport, the British food controller.

"Lord Devonport," he said, "runs the largest chain of groceries in England. When he was a poor man, running only one provincial grocery, he hated ostentation and display.

A traveling salesman once dropped in on him in his little shop.

"I'm from London," the salesman said, laughingly. "I want to show you a line of London goods that will open your—"

"Where did you say you come from?" asked the humble grocer.

"London," said the salesman, proudly. "London, my word."

"London, eh?" The grocer smiled pleasantly. "Who runs the hotel in that town?"

Spread of Tuberculosis One Of War Dangers, Is Warning

"While preparing for war every possible precaution," says Dr. W. J. Markey, a director of the Minnesota Public Health association, "should be taken to make certain that the men who enlist are free from tuberculosis. There are probably many enlisting whose resistance against disease is low and who will become active cases of tuberculosis when the men are subjected to the hardships of camps and trenches. The idea that camp life will harden the system of the weakling is false; it will harden those naturally strong but has the opposite effect upon people especially likely to develop tuberculosis.

"Many cases which will become active as the result of mobilization will return as spreaders of infection to various communities of this state. Accordingly, all local health organizations, health officers and visiting nurses, should endeavor to see that equipment exists in their communities for the proper treatment of these cases. The council on national defense has formulated plans for the co-operation of all state organizations that should assist in this work."

A Wiser View.

"We take a wiser view of preparedness now than we took last year," said Representative David A. Classon at a banquet.

"Our former attitude toward preparedness reminds me of Boozeman Boozier.

"How well you're looking," a man said to Boozier at the club.

"Yes," he answered, swelling out his chest. "Yes, I've sworn off."

"Gee! That settles it. I'm going to swear off, too. How long have you been a teetotaler?"

"I begin tomorrow," Boozier answered.



Second Choice.

"I understand your son intends to devote his life to art."

"Well, he did intend to, but when I made it very plain to him that I had no intention of devoting any of my money to the cause, he gave it up and decided to go into the insurance business."

Not Woman's Friend.

"Sunlight is a great thing."

"It's no friend to woman."

"Why not?"

"See what it does to her complexion, and besides, they do say its chemical effect disintegrates the backing of mirrors in a comparatively short time."

High Cost of Wives.

"Don't you love me any more, Herbert?" asked his wife, in tears, after he had made a few caustic remarks about the dressmaker's bill.

"Yes, indeed," answered the bank that was usually broke. "You are very dear to me."

The New Way.

"Aren't you ashamed to let your wife run you out the house trying to beat you?"

"On the contrary, I have her at my mercy by executing a strategic retreat which has foiled all her plan of action."

FRED TONEY NOW MEMBER OF THE "COME BACK" SQUAD

Several Bad Starts in the Big League Failed to Discourage Big Hurler Now With Cincinnati.

Big Fred Toney, Cincinnati's most recent hero, at last has come into his own. Like every other twirler in the big leagues, he has dreamed of the day when his name could be placed in the hall of fame with the other no-hit twirlers, but he also had another idea in mind. He wanted to prove that he could "come back," and this recalls some ancient history.

Several years ago Fred was twirling for the Winchester (Ky.) club in the Blue Grass league. One day he pitched



Fred Toney.

a 17-inning no-hit contest, and performed this feat while a scout for the Cubs was among those present in the grandstand. Toney was signed by the Chicago Nationals and heralded as a wonder when he broke into the big show. But Fred exploded as a large league star. He had worlds of speed, but his control was awful. He lasted a couple of years and was shunted to Louisville, where he had his good and bad days, but mostly bad. He was given another chance, but couldn't stay up, so he went back again and twirled indifferent ball. Finally at the end of the 1914 season he was turned loose and politely requested to shift for himself. He was a free agent, with nothing but a reputation of having the "speed of a railroad train, but wild as a mountain hare."

But Toney was not discouraged. He had a sneaking idea that he had the goods and could pitch baseball as well as any of the so-called stars. He tried to land a job with one of the southern clubs, but they gave him the icy stare and the frigid shoulder. In desperation he wrote to Charley Herzog and asked for a job. He said that all he wanted was a trial and would pay his own expenses on the training trip. Herzog took him up and Fred was put through the paces. The big pitcher showed up well and the Cincinnati manager decided to put him on the pay roll.

He did good work in 1915 and last year showed an improvement. He pitched in 41 games with a total of 300 innings, and won 14 and lost 17. He struck out 146, gave 78 bases on balls, made 6 wild pitches and 76 earned runs were scored. This year he started out early to make a real record.



TURN HAIR WITH WITH SAGE TEA

If Mixed with Sulphur It Darkens so Naturally Nobody Can Tell.

The old-time mixture of Sage Tea and Sulphur for darkening gray, streaked and faded hair is grandmother's recipe, and folks are again using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.

Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound." It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft lustre and appearance of abundance which is so attractive. This ready-to-use preparation is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

An Objection.

"They can't have prohibition in the British army in France."

"Why not?"

"Because they are using too many tanks in it."—Exchange.

Bowled Out.

Representative Campbell was talking about a political dispute.

"The falseness of your opponents' claims," he said, "was easily brought out—as easily, in fact, as in the case of the orphan."

"Lady," whined a husky young beggar, "can't ye help me to a crust of bread or sumpn? I'm a poor orphan."

"Where do your father and mother live, my boy?" said the alert lady in kindly tones.

"Down that there alley, sniffed the orphan."—Washington Star.

RED FACES AND RED HANDS

Soothed and Healed by Cuticura—Sample Each Free by Mail.

Treatment for the face: On rising and retiring smear affected parts with Cuticura Ointment. Then wash off with Cuticura Soap and hot water.

For the hands: Soak them in a hot lather of Cuticura Soap. Dry, and rub in Cuticura Ointment.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

ANNOUNCEMENT VAUGHAN'S PORTABLE DRAG SAW

3 1/2 H.P. Now \$135 4 H.P. Now \$145
was \$150. Now \$145 4 H.P. Now \$145
The Lightest and Strongest Drag Saw made—Can be Operated by One Man and Carried by Two Men.
Vaughan Motor Works, 475 E. MAIN
PORTLAND, OREGON

KOVERALLS

Reg. U.S. Pat. Off. Keep Kids Kleen

The most practical, beautiful, playtime garment ever invented for children 1 to 6 years of age. Made in one piece with drop back. Easily slipped on or off. Easily washed. No tight elastic bands to stop circulation. Made in blue denim, and genuine blue and white checky stripes. Also lighter weight, but-color material in dark blue, cadet blue, tan or dark red, all appropriately trimmed with fast-color galles. All garments made in Dutch neck, with elbow sleeves or high neck and long sleeves.

\$1.00 the suit
If your dealer cannot supply you we will send them, charges prepaid on receipt of price, \$1.00 each. Satisfaction guaranteed or money refunded.

A New FREE If They Rip
Because of Instructions. Look for the Two Lions on the Label.
Made by Levi Strauss & Co., San Francisco
Awarded GRAND PRIZE at the P.P.E.

Many Business Men Debauched.

Profits made on a steadily rising market based on inadequate supplies seem to have debauched many of our business men and may force the federal government to adopt emergency measures that will bear hard on the trade. It is useless to stimulate production on the farm if middlemen skim the cream and the masses are forced to exist on short rations. High prices in the last three or four weeks have weakened the case of those engaged in selling foodstuffs.—New York Commercial.



Resinol

a safe, reliable skin treatment

ABSORBINE STOPS LAMENESS

from a Bone Spavin, Ring Bone, Splint, Curb, Side Bone, or similar trouble and gets horse going sound. It acts mildly but quickly and good results are lasting. Does not blister or remove the hair and horse can be worked. Page 17 in pamphlet with each bottle tells how. \$2.00 a bottle delivered. Horse Book 9 M free.

ABSORBINE, JR., the antiseptic liniment for mankind, reduces Painful Swellings, Enlarged Glands, Wens, Bruises, Varicose Veins, heals Sores, Allays Pain. Will tell you more if you write. \$1 and \$2 a bottle at dealers or delivered. Liberal trial bottle for 10c stamps. W. F. YOUNG, P.O.F., 403 Temple St., Springfield, Mass.

HIDES, FELTS, CASCARA BARK, WOOL AND MOHAIR.

We want all you have. Write for prices and shipping tags THE H. F. NORTON CO. Portland, Ore.; Seattle, Wa.

Women of Middle Age

Many distressing Ailments experienced by them are Alleviated by Lydia E. Pinkham's Vegetable Compound.

Here is Proof by Women who Know.

Lowell, Mass.—"For the last three years I have been troubled with the Change of Life and the bad feelings common at that time. I was in a very nervous condition, with headaches and pain a good deal of the time so I was unfit to do my work. A friend asked me to try Lydia E. Pinkham's Vegetable Compound, which I did, and it has helped me in every way. I am not nearly so nervous, no headache or pain. I must say that Lydia E. Pinkham's Vegetable Compound is the best remedy any sick woman can take."—MRS. MARGARET QUINN, Rear 259 Worthen St., Lowell, Mass.

She Tells Her Friends to Take Lydia E. Pinkham's Remedies.

North Haven, Conn.—"When I was 45 I had the Change of Life which is a trouble all women have. At first it didn't bother me but after a while I got bearing down pains. I called in doctors who told me to try different things but they did not cure my pains. One day my husband came home and said, 'Why don't you try Lydia E. Pinkham's Vegetable Compound and Sanative Wash?' Well, I got them and took about 10 bottles of Vegetable Compound and could feel myself regaining my health. I also used Lydia E. Pinkham's Sanative Wash and it has done me a great deal of good. Any one coming to my house who suffers from female troubles or Change of Life, I tell them to take the Pinkham remedies. There are about 20 of us here who think the world of them."—MRS. FLORENCE ISLELL, Box 197, North Haven, Conn.

You are Invited to Write for Free Advice.

No other medicine has been so successful in relieving woman's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass. Such letters are received and answered by women only and held in strict confidence.