

SEEKING HEALTH?

This means taking better care of the Stomach and helping the Liver and Bowels in their daily work. If assistance is needed, try

HOSTETTER'S Stomach Bitters

It has been proven very beneficial in such cases.

Arkansas Tightwads.

"We know two or three men in this town who have owed us a small amount of money since the time when Heinz had only one pickle, and we have made arrangements with a local doctor to administer the 'twilight sleep treatment' so they can part with the money that belongs to us without so much mental agony."—Siloam Springs Herald and Democrat.

SOUR, ACID STOMACHS, GASES OR INDIGESTION

Each "Pape's Diapiesin" Digests 3000 grains food, ending all stomach misery in five minutes.

Time it In five minutes all stomach distress will go. No indigestion, heartburn, sourness or belching of gas, acid, or eructations of undigested food, no dizziness, bloating, foul breath or headache.

Pape's Diapiesin 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 trouble forever by getting a large fifty-cent case of Pape's Diapiesin 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.

Her Indorsement.

"It was a pity to let the maid overhear us quarrel."

"I have rectified that by discharging her."

"That was a mistake. She is smart enough to take the whole story to somebody in our set and get a good job on the strength of it."—Louisville Courier-Journal.

Tobacco Habit Cured

Not only to users of pipe and cigars, but the vicious cigarette habit is overcome by using the "NITRITE" treatment. Price complete, postage paid, \$1.00. Lane-Davis Drug Co., 31 and Yamhill, Portland, Or. (When writing mention this paper.)

Resemblance.

One day there was a fish for dinner and little Margie said: "Mamma, do you know what a shad reminds me of?"

"No, dearie," was the reply.

"Well," said Margie, "it reminds me of a porcupine turned outside in."—Chicago News.

New Ills.

"Jonesby had a doctor with him all night."

"Was he very sick?"

"He was toward the last, when the doctor held all the good hands."—Birmingham Age-Herald.

Managing a city, according to experts, is strict business, but it is usually done best by the street corner loafers.

Catarrh of Head

I Feel It a Duty to Mankind to Let Them Know of Pe-ru-na

Mr. W. H. Chaney, R. F. D. 2, Sutherlin, Pittsylvania Co., Va., writes: "For the past twelve months I have been a sufferer from catarrh of the head. Since taking four bottles of your Peru-na I feel a different person altogether. The severe pains in my head have disappeared, and my entire system has been greatly strengthened. This is my first testimonial to the curative qualities of any patent medicine, but I feel it a duty to mankind to let them know of the greatest medicine on earth—Peru-na—in my estimation for the above trouble."

Those who object to liquid medicines can now procure Peru-na Tablets.

P. N. U. No. 4, 1915

When writing to advertisers, please mention this paper.

TRAINING LEFT HAND

RESULTS HAVE NOT BEEN AS ANTICIPATED.

Possibility of a Second Speech Center Was Considered, but Experiments Have Destroyed That Hope, According to Physicians.

Some time ago the development of left-handedness in children was warmly advocated by various persons, not only because in this way reliance could be placed on both upper extremities for mechanical work, which would undoubtedly be of advantage in case of serious disturbance of the functions of the right arm, but also because the hope was entertained that by training the left arm a second speech center might develop in the right hemisphere of the brain in the same way as the well-developed right arm corresponds with the speech center place in the left half of the brain.

The Berlin physician, M. Frankel, was especially active in the advocacy of this idea—in fact, experiments in this direction were undertaken in various localities. The practical results which have been so far reported do not correspond in any degree to the optimistic expectations of the advocates of the method, says the Journal of the American Medical Association.

Doctor Schafer, on the basis of permission granted by the school department, collected statistics with reference to the left-handedness among about 18,000 pupils of the Berlin public schools. These statistics show that 4.06 per cent of all the children are left handed, 5.5 per cent of all the boys and 2.98 per cent of the girls. The percentage of children in whom both hands are equally developed is very small, being only 21 per cent. The overwhelming majority, 95.73 per cent of all the children, are distinctly right-handed. In several school districts, among 418 teachers, there were ten who were left handed.

L. Katscher's work on "Training the Left Hand" was the theoretical basis for the exercises to train the left hand. They included exercises in writing, arithmetic manual training and gymnastics; especially in the last two systematic efforts were made. In general, the result showed that the possibility of employing the hitherto unused left hand at first excited great joy and marked interest, but the physical awkwardness generally was a great hindrance.

The outcome of the whole experiment shows that in no case could a preference for the left hand be developed. It may be trained to be a welcome assistant to the right hand, but never a substitute for it. In teaching writing the complaint is made of a destruction of the esthetic sense and a deterioration of the handwriting. The children refused to write with the left hand, became nervous and worried over it, and increased intellectual development was in no case observed. Almost all those who gave an opinion were unanimous that the advantages stood in no relation to the expenditure of time, pains and patience.

Enormous Rainfall in Hawaii.

The rainfall on the island of Hawaii varies greatly, ranging from the enormous downpour of 353 inches a year in the upper Waipio valley to 20 inches on some of the slopes of Hualala. The only surface streams on the island are found along the northeast coast between Hilo and Kohala. Waipio river, according to the United States geological survey, is the largest stream on the island and has been partly developed for irrigation. At Kapoho, on the east point of the island, warm water flows from seams in the rocks. These "warm springs" flow into a pool about 100 feet long, 25 feet wide, and 20 feet deep. The pool is entirely surrounded by rocks and its color varies in shade from a beautiful blue to violet. Walapele, or Green lake, is a body of fresh water in the pit of an old crater near Kapoho. This lake covers an area of about five acres and is fed by springs below the surface. A pumping plant takes water from this lake for domestic use and for irrigation.

New System of Sterilization.

Nice, France, has recently adopted a new system of sterilization for its drinking water. The water is sterilized by the use of ozone, which is produced in an ozone generator. The generator consists of copper plates between which are glass sheets, and the air between the plates is decomposed by a silent discharge at 17,000 volts pressure. The decomposed air is drawn by suction fans through a purifier which eliminates the nitrogenous compounds, and therefore the ozone is conducted to a chamber into which the water flows. The water passes through a layer of gravel on the water getting, and falls into the chamber in the form of a heavy rain. The ozone absorbed by the water is thereafter extracted by having the water fall on stone steps. The water is then absolutely free of germs. There are two plants at Nice, one with an output of 40 gallons per second, and the other with an output of 80 gallons.

What They Escaped.
"Mamma, do you think it is true, as papa says, that teachers do not have to work as hard now as they did when he went to school?"

"I expect it is."

"What do you suppose the reason is?"

"The teachers of today do not have to teach your father."

"DEVIL THUMBS" HIS CURSE

East Indian Princes Allah as Surgeons Eliminate Cause of His Ostracism.

Allah be praised! Gian Singh is without his "devil thumbs," extra ones that grew upon his hands. They were taken from him the other day by Allah, he says, but the surgeons in the receiving hospital say differently, and say it in a very technical and convincing way.

From the time of his youth in the village Tuse, district of Ludhiana, Punjab, India, Gian Singh has not found favor in the eyes of his relatives, and always the little boys with whom he played reviled him by calling him "Devil Thumbs."

It was a malformation of the thumbs from which he suffered, not an uncommon thing in the United States, but a horrible visitation and curse in India. Never could he be a favored son of Allah.

When he had a chance to come to America, but his friends took his companionship without grace, and when an affair of chance was undertaken by them recently, and they lost, they cursed Gian Singh roundly, and, by the custom of their race, spat upon him.

So great was Gian Singh's distress that he came to the receiving hospital, and asked if some deliverance could not be given him from the curse he bore. The surgeons remarked "easily."

The other day Gian Singh and his friend, Omar, came to the hospital. A moment for anesthesia, the quick and tense activity of the surgeons, and Gian Singh was being wheeled back to his bed in the ward. As he was trundled along, he awakened for an instant. Instantly he held his hands high, so he could look upon them. There was the thumb, one thumb on his right hand. His left was the same. With a sigh, he renewed his dreams in anesthesia, only to mutter, "Allah be praised!"—Los Angeles Times.

Acting and Singing.

Another question relative to studying a role is: "Is there any difference between studying characters for acting and for singing?" Here again I must quote myself. I need the music to inspire me. Many persons have told me that if I would leave the operatic stage for the drama I would be the greatest actress the world has ever seen. I don't believe it. I don't think all of this could be brought out of me without the music, because it is the music which does bring it out. The case of "Salome" is quite in point here. I went first to see it acted without any music, because I thought it would be interesting to act it, if I never sang it. It was just a commonplace drama, that's all; but when Strauss put the music to it it became strong, tense, magnificent—in brief, a new thing! Nor was I the only one affected that way by the change. In Paris, where it was created, everyone said, when Strauss had put music to the drama: "The hand has found its glove."—Mary Garden in the American Magazine.

Wild Geese Delay Trains.

Wild geese congregating along the right of way of the Nevada, California and Eastern railroad running out of this city in the last week have interfered seriously with the operation of

Can Tell Speed of Aeroplanes.

For an aviator there has been invented in France apparatus which shows the speed at which his aeroplane is traveling, the velocity of the wind and the angle at which he is attacking it and whether he is rising or falling.

Use Electric Outfit.

A large railroad the New York terminus of which is electrified has put into service the first large electrically driven wrecking outfit, current being taken from the third rail which supplies it to locomotives.

Talk From a Bright Friend.

"I never knew until last night what a bright fellow Mr. Piddewit is." "H'm? How did you find it out then?" "He told me."—Judge.

Father Is in the Library.

Dorothea Newrox—Where is papa? Mrs. Newrox—In the library, dearie—but don't wake him up now.—Puck.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules, easy to take as candy.

What Jarred Her.
"The published reports do me a great injustice," declared the beautiful actress.

"Then you didn't shoot him?" "Of course I shot him. But the reports say I'm 35, whereas I'm only a little past 33."—Louisville Courier-Journal.

10 CENT "CASCARETS" OR COSTIVE IF BILIOUS OR COSTIVE

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels—They work while you sleep.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a still barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret tonight will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months.

A Hard Knock.
Lawyer—So you want to make a case of it?
Farmer—Yes, by jing! I offered to settle by fair means, an' he wouldn't. So I decided to hire a lawyer an' have him took into court.—Livingston Leader.

Have New Dipper.
A new bulb shaped ladle for molten metals has an opening in one side so that its contents can be poured more accurately and at the same time leave the cross behind.

Ruptured

Persons suffer more from inexperienced trust fitting than from hernia. Why not buy your trusses from experts? Try Lane-Davis Drug Co., 31 and Yamhill, Portland, Ore., who are experts and know how.

Motives of Friendship.
"Are you familiar with the motives of Blink's new play?"
"Yes; he needed the money."—Birmingham (Ala.) Age-Herald.

Why not help the "poor" farmer by starting a buy-a-bushel-of-dollar-wheat movement?



Rheumatism

For Young and Old
The acute agonizing pain of rheumatism is soothed at once by Sloan's Liniment. Do not rub—it penetrates to the sore spot, bringing a comfort not dreamed of until tried. Get a bottle today.

RHEUMATISM
Here What Others Say:
"I highly recommend your Liniment as the best remedy for rheumatism I ever used. Before using it I spent large sums of money trying to get relief of the misery and pain in limbs and body, so I tried your Liniment both internal and external and I found quick relief, and now am well and strong again."—Geo. Curtis, 822 N. 12th St., Springfield, Ill.
Here's Proof:
"I wish to write and tell you about a fall I had down fourteen steps, and bruised my neck and hip very bad. I could not sleep at all. I sent my wife for a 25-cent bottle of your Liniment and in two days time I was on my feet again."—Charles Hyde, 1231 1/2 Prairie Ave., St. Louis, Mo.

SLOAN'S LINIMENT

for neuralgia, sciatica, sprains and bruises.
All Druggists, 25c.
Send four cents in stamps for a TRIAL BOTTLE.
Dr. Earl S. Sloan, Inc.
Dept. B. Philadelphia, Pa.

Weak Women!

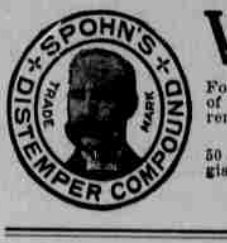
Some women are weak because of ills that are common in Girlhood—Womanhood and Motherhood
The prescription which Dr. R. V. Pierce used most successfully—in diseases of women—which has stood the test of nearly half a century—is

Dr. Pierce's Favorite Prescription

Take this in liquid or tablet form as a tonic and regulator!

Mrs. Kate D. Richardson, of Beasley, Essex Co., Va., says: "I esteem it a pleasure to testify to the wonderful curative qualities of Dr. Pierce's Favorite Prescription. For some years I suffered greatly with weakness peculiar to my sex. I was treated by several physicians but gradually grew worse. One of my friends told me of the good results of your 'Favorite Prescription.' I went to the drug store and got a bottle, and after taking it, with the 'Pleasant Pellets,' I commenced to get better. I never knew what happiness was, for I was always sick and complaining and made others as well as myself unhappy. So you see what a debt I owe you!"

Dr. Pierce's Pleasant Pellets regulate stomach, liver, bowels



Watch Your Colts

For Coughs, Colds and Distemper, and at the first symptoms of any such ailment, give small doses of that wonderful remedy, now the most used in existence.
SPOHN'S DISTEMPER COMPOUND
50 cents and \$1 a bottle; \$5 and \$10 the dozen, of any druggist, harness dealer, or delivered by
SPOHN MEDICAL CO.,
Chemists and Bacteriologists, Goshen, Ind., U. S. A.

Keep the Apple Hanging High.
Dr. Worcester used a simile in his testimony before the senate Philippine committee which sums up the true philosophy of our relationship to the Philippines. "I believe," he said, "that the practical way to develop the Philippine people is to let the apple hang high and make them climb for it, instead of telling them to hold their hats and shake the tree."—New York Tribune.

Fire Proof Envelope.
A Californian has patented a document envelope with an inner lining of asbestos covered with carbon paper to receive and retain copies of inscriptions written on an outer paper covering—should the latter be destroyed by fire.

WHY SCRATCH? RESINOL WILL STOP THAT ITCH
The moment that resinol ointment touches itching skin the itching stops and healing begins. That is why doctors have prescribed it successfully for nineteen years in even the severest cases of eczema, tetter, ringworm, rashes and other tormenting, disfiguring skin eruptions. Aided by warm baths with resinol soap, resinol ointment makes the skin or scalp perfectly healthy, quickly, easily and at little cost. Try it and see.

Resinol ointment contains nothing harsh or injurious and can be used on the tenderest or most irritated surface. Practically every druggist sells resinol ointment and resinol soap.—Adv.

Naval Safety.
"Son, if you must enlist," said the wise old man, "enlist in the navy."
"Why, dad?"
"A government sustains no actual loss if a company of soldiers is shot to pieces, but a new battleship is too valuable to take chances with."—Louisville Courier-Journal.

GIVE "SYRUP OF FIGS" TO CONSTIPATED CHILD
Delicious "Fruit Laxative" can't harm tender little stomach, liver and bowels.

Look at the tongue, mother! If coated, your little one's stomach, liver and bowels need cleansing at once. When peevish, cross, listless, doesn't sleep, eat or act naturally, or is feverish, stomach sour, breath bad; has sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, 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 for babies, children of all ages and for grown-ups.

A Hem.
"The Russian government has taken over a sewing machine factory."
"What on earth for?"
"Hem in the Germans, naturally."—Buffalo Express.

For Interest.
"I buy my wife everything she wants. How about you?"
"I keep mine wanting a few things, just to be sure that her interest in me is maintained."—Louisville Courier-Journal.

Done Properly.
"How is it you were so long over your work today?"
"Sure, ma'am," replied the servant, "you were watching me most of the time."—Judge.

Anxiety to Correct a Mistake.
"Look here!" said an excited man to a druggist. "You gave me morphine for quinine this morning."
"Is that so?" replied the druggist. "Then you owe me 25 cents."—Christian Register.

Defined at Last.
"What is the meaning of ragtime?" asked the loving young thing.
"It's the way my stenographer spells," responded the tired business man.—Philadelphia Ledger.

Recovered.
He—I feel like a fool tonight.
She—So glad you've recovered.—Boston Transcript.

In the new night school curriculum the new society dances haven't been given the slightest consideration.

THE WESCO SYSTEM OF PENMANSHIP TEACHES YOU HOW TO WRITE. IT IS THE BEST. BOOK BEAUTIFULLY ILLUSTRATED. 182 PAGES, BY MAIL, 75c.

NEW HOTEL HOUSTON
Days Houston, Prop. H. H. Thomson, Mgr. Thoroughly modern. 101 Rooms of comfort. Moderate Prices. Three minutes' walk from Union Depot. Write for rates. 72 N. 3rd St., PORTLAND, OR.

DO YOU WANT a better position, expert efficiency, higher salary? We can help you. Entirely new system of correspondence study, extremely cheap, extremely practical. Civil service examinations, Engineering, Bookkeeping, Preparation. Write National Institute of Education, 1250 Winona Ave., Chicago, Ill.

Kola Tablets

Have many friends who use them as a general tonic and for kidney trouble. Price 25c per box. 3 boxes for \$1.00. For sale by Lane-Davis Drug Co., 31 and Yamhill Sts., Portland, Ore.

Unnecessary Effort.
His Wife—This paper says an army of 100,000 men has wrecked a railroad in Belgium.
Railroad Magnate—What a waste of energy! A board of five directors could have done it just as thoroughly.—Life.

Preference of the Lesser Evil.
"I can give you a cold bite," said the woman.
"Why not warm it up?" asked the tramp.
"There ain't any wood sawed."
"So? Well, give it to me cold."—New York Sun.

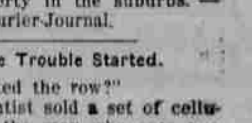
YOUR OWN DRUGGIST WILL TELL YOU
Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids; No Smarting—Just Easy Comfort. Write for Book of the Eye by mail. Free. Murine Eye Remedy Co., Chicago.

Easy.
"Your wife needs rides in the open air."
"All right, doc. I'll drop word among the real estate agents that I might look at property in the suburbs."—Louisville Courier-Journal.

How the Trouble Started.
"What started the row?"
"A fake dentist sold a set of celluloid teeth to the man who eats rare in the vaudeville show."—Philadelphia Ledger.

Helping Kidneys By Clearing Blood

A Function Greatly Assisted By a Well-Known Remedy.



Most readers will be interested to more clearly understand why analysis of urine is so important in the use of S. S. S. to purify the blood, its action is a stimulant to the myriad of fine blood vessels that make up the constructive tissues of the kidneys. All the blood from all over the body must pass through the kidneys. They act as testers and assays. And according to what they allow to pass out in the urine, both as to quantity and materials, the health of the kidneys and the quality of the blood is determined. The catalytic energy forced by S. S. S. is shown in the urine. It is also demonstrated in the skin. As the blood continues to sweep through the kidneys the dominating nature of S. S. S. acting as it does through all the avenues of elimination, shows a marked decrease of disease manifestations as demonstrated by urine analysis. This assistance is a great relief to the kidneys. The body wastes are more evenly distributed to the excretories; their elimination is stimulated by the tonic action afforded the liver, lungs, skin and kidneys. Thus, in cases of Rheumatism, cystitis, chronic sore throat, huskiness of voice, bronchitis, asthma, and the myriad of other reflex indications of weak kidney action, first purify your blood with S. S. S. so it will enable the tissues to rebuild the cellular strength and regain the normal health.

S. S. S. is prepared by The Swift Specific Co., 527 Swift Bldg., Atlanta, Ga., and if you have any deep-seated or obstinate blood trouble, write to their Medical Dept. for free advice.

PUTNAM FADELESS DYES

Color more goods faster and brighter colors than any other dye. Every package guaranteed to color Silk, Wool, Cotton and Mixed Goods at one boiling. 10 cents package. Write for free booklet "How to Dye and Mix Colors," calendar, blotter, etc. MONROE DRUG COMPANY, Department Z, Quincy, Illinois