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Teaches the Trade 8 Weeks. Scalp, Face Massage a Specialty. Tools Free. Positions Guaranteed. PAY WHILE LEARNING. 293 Madison St., Portland, Oregon.

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ALL MAKES  
The only strictly Bicycle Salesroom and Repair Shop in Portland. Price list on application. Write 108 1/2 St., Corner Washington. SCOVILL'S CYCLERY

**River Names.**  
Nansemond, the name of a river in Virginia, is from the Indian word Nawsachimund, "the place from which we were driven away." The Flint, in Michigan, was called by the Indians Perwonko, "the river of the flint," from the abundance of this stone on its banks. Humboldt river, in Nevada, was named by Fremont in honor of Baron Humboldt.

**Early Marriage Arrangement.**  
Sometimes at the birth of a Japanese baby a tree is planted which must remain untouched until the marriage of the child. When the nuptial hour arrives the tree is cut down and a skilled cabinet maker transforms the wood into furniture for the house of the young people.

**MONAMOBILE Oils and Greases**  
are the goods of QUALITY.  
Oils and Greases for AUTOMOBILES.  
Oils and Greases for TRACTION and HARVESTERS  
Oils and Greases for STEAM ENGINES.  
Oil comes in 1, 2, 3, 3 1/2 and 5 gal. pks.  
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**TWO CARLOADS OF IVER JOHNSON BICYCLES**  
To be closed out at Actual Cost  
We are going out of the Bicycle Business and will sell at Retail all our High Grade Iver Johnson Bicycles at the following prices:  
Ladies' Roadster, Model 1487-L, complete with Coaster Brake, Mudguards and Tires, Regular \$35.00, at \$25.00.  
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This will be your only opportunity to get the Highest Grade Wheel manufactured at actual cost. All wheels fully guaranteed.  
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**Fundamental Principles of Health**  
By ALBERT S. GRAY, M.D.  
(Copyright, 1914, by A. S. Gray)

**RIGG'S DISEASE AND VITALITY.**

Next in frequency to the most prevalent human disease, caries, or tooth decay, comes one very closely associated with it, known in dental literature as periodontitis, better known as pyorrhoea alveolaris, or Rigg's disease. This disease, characterized by a more or less general infection of the membranes within the tooth socket, is indicated by a slight tenderness during mastication, looseness of the teeth and pulp sensitiveness, or even pain on the ingestion of hot or cold drinks because of the exposure of the cementum, the external shell of the root. The gum is swollen and soft, the tooth may be raised in its socket, and pressure brings relief. There is a discharge of pus from between the tooth and gum on pressure, the teeth become loose, and, in course of time as the disease progresses and the alveolar process (the tooth socket) is destroyed, they fall out.

Efficient mastication is, of course, impossible; hence not only is food bolted partly chewed and more or less mixed with pus, but the tissues in and around the teeth are deprived of exercise necessary to give them an adequate blood supply and they are thereby rendered less resistant to attack. Tooth after tooth is involved and there is established another of those numerous vicious cycles that continually operate to drag us down. As in so many diseases there is a great diversity of opinion as to its cause. It sometimes follows severe fever and many consider it the result of low vitality and feeble circulation, the result of a gouty diathesis (physical habit), or of chronic rheumatism; but the majority opinion appears to be that the immediate cause of the disease is the accumulation of irritant material in the pocket around the tooth.

The general bacteriology of the disease is by no means confined to one group of organisms, and so far as is known no specific micro-organism has been isolated; the streptococcus, pneumococcus, staphylococcus and others of the bacillary type predominate.

Pyorrhoea is not a new disease; it was recognized by the early investigators, but it has become more prevalent during the last 50 years and it is the rule rather than the exception to find patients with more or less periodontitis. The disease is not confined to man, but is also extremely prevalent among domestic animals.

A class of serious disorders has long been known in which failure of nutrition could be named as the immediate antecedent in the case and in which it has vaguely been assumed that the diet must be at fault. Probably the most generally familiar of these diseases is scurvy.

Victims of scurvy suffer from severe physical exhaustion, soreness of the gums and looseness of the teeth, and, of course, this opens the way to bacterial invasion and periodontitis. When we note that, as all observers agree, improvement or intensification of the mouth diseases synchronizes with the rise and fall of general health in the individual, it is reasonable to suspect that the disease is not a strictly local infection resulting from local irritation or injury. It does not come from injuries received in chewing grit and sand or from soft food accumulating about the teeth; it comes as the result of lowered vitality from the lack of those organic compounds other than the proteins which Casimir Funk and other investigators prove to be present in fresh vegetables and in lime and other juices, small quantities of which are absolutely essential to normal growth and continued health. The name given these compounds by Funk is well chosen in view of its root meaning: Vitamines. An "amine" is a nitrogenous compound of a certain type, and a vitamine is obviously such a nitrogenous compound absolutely necessary to vitality.

The principles of evolution are universal and constantly at work, even in the minds of men, and we are slowly evolving out of the old idea of "cause" and "cure." The investigations of Soddy in the chemistry of the radio-elements, of Twort, Penfold, Mme. Henri and others in the mutations of bacteria, make it quite clear that if medicine ever takes a place among the sciences it can come only as the result of a general habit of mind such as is found in the advanced sciences.

We know, for example, that sunbeams are the ultimate cause of the revolving of a windmill, but no man can state the origin of the particular puff of air that causes a wheel to revolve at a certain speed at a certain time. Neither is it possible to put one's finger on the exact point at which we enter or leave the vital current of life. The wise man takes no chances and simply sticks close to nature. This means eating simple, properly prepared, unprocessed foods.

**GOOD USES FOR KEROSENE**

Excellent for Cleaning Glassware—Will Remove Rust From Kitchen Stove—For the Refrigerator.

A little kerosene added to very hot water will make windows, looking glasses and picture glasses bright and clear. Use a small, clean cloth, wring it dry and rub it over the glass, after wiping down the framework with an oiled cloth. Then proceed to the next window and treat it similarly on both sides. After that go back to the first one and wipe it dry with a large clean cloth. No real polishing is required and the window or glass will look clear and shiny.

Kerosene will clean your hands better than anything else after blacking a range or stove. Pour a little in the water, wash your hands in it, then wash them in tepid water, and finally with plenty of soap and a stiff brush in hot water. If possible finish up by rubbing the hands with lemon and rosewater and glycerin.

When your kitchen sink is rusty rub it over with kerosene.

Squeaks in shoes may sometimes be prevented by dipping the soles in kerosene.

The white spots appearing in the spring on the lining of your refrigerator will disappear if you rub the zinc with kerosene. Leave the refrigerator open several hours, then wash with water, soap and ammonia. The refrigerator will then be clean and sweet and all spots will have disappeared.

To clean painted walls wipe them first with a cloth wet in kerosene and let stand 15 minutes. Then wash the walls with good warm soapuds, but do not rub soap on the cloth, or the paint will be streaked. Rub spots of tar or pine pitch on clothing in kerosene before washing them.

**MANY WAYS TO SERVE EGGS**

Albumen Water, for One Thing, is Palatable and Highly Beneficial for Children.

After a bilious attack or any other kind of stomach trouble when a child cannot digest the yolk of the egg, it is possible to make the needed albumen more palatable by poaching just the white, removing the yolk before the white is dropped into the poacher.

Of course this can only be done in the transition period after the albumen water (raw white shaken up in water) is no longer strong enough.

Those who have babies generally know how to make albumen water, but for the benefit of those who do not know, the proportion depends upon the age of the child.

The usual formula for older children is the white of one egg shaken up in a glass of water, put on ice or served with ice chopped with a little orange juice for flavoring, if the doctor will allow it.

A refreshing drink for a sick person is the white of egg shaken up in two-thirds of a glass of water, mixed with the juice of a whole orange and half a lemon, with a little cracked ice. The acid cuts the albumen and prevents the stringiness besides adding a delicious flavor, cooling to a fevered throat.

**Beefsteak Pie.**  
Have butcher cut 1 1/2 pounds of round steak into small squares. Put meat, with one small onion chopped fine, in frying pan with two tablespoonfuls of butter and simmer for a few minutes. Cover with boiling water and boil—not too rapidly—until tender. Add four potatoes, cut into small cubes the last 15 minutes. Make pie crust and line baking pan. Prick and place in oven until dry but not brown. Put stew into this, adding one-half teaspoonful of chopped parsley, one-quarter teaspoonful of black pepper and one-half teaspoonful of salt. Put on top crust and brown in oven. Serve from baking dish. Mushrooms may be added with potatoes if desired.

**Fruit Sherbet.**  
The juice of two oranges, two lemons, a pint of cream and a cupful of sugar sirup (or less, depending upon the fruit). Strain the juice and add the cream and sirup, then freeze.

The proportion of ice and salt for ice cream is one part salt to three of ice.

For ices and sherbets use one part salt to four parts of ice. For packing use one part of salt to four parts of ice. Use a gnyssack and a heavy mallet to crush the ice.

**Lentil Croquettes.**  
Take one pint of lentil pulp, one-half pint of bread crumbs (entire wheat preferred), three beaten eggs, two tablespoonfuls of grated onions, one-quarter cupful of butter. Salt and pepper to taste. Mix ingredients together, cook in double boiler or steam until eggs are set. Chill, then form in croquettes. Dip in egg, roll in crumbs and fry in deep fat. To add one-half cupful of shredded English walnuts or pecans imparts a rich, delicate flavor.

**Tongue Sandwiches.**  
Mince cold boiled tongue and mix it with half as much finely diced celery. Moisten with mayonnaise and to a cupful add a tablespoonful of good tomato catchup. Spread between white bread and butter.

**Macedoine Salad.**  
Take an even quantity of cold, cooked vegetables—peas, turnips, beets and potatoes, cut fine. Add a little minced onion. Cover with salad dressing, mix lightly and serve cold.

**BEST OF APHORISMS**

AMERICAN HAS GATHERED SENTENCES THAT ARE ALIVE

Have Epigrammatic Quality Surprisingly High—For Instance, "Never a Great Saint That Lacked a Sense of Humor."

The successful aphorist is about ten thousand times scarcer than the successful essayist or story teller or Assyriologist, remarks the New York Sun. The man who without borrowing directly from the few really great maxim makers of the world's literature, or without appropriating the letter or the spirit of those folk proverbs which contain the quintessence of human wisdom, can put into eight hitherto uncombined words the entire pathology of human hypocrisy and cant merits especial notice and more or less gratitude of mankind:

"In the truly good all gout is rheumatism."  
We commend to the discerning everywhere the small and perhaps not very happily named book, "Keystones of Thought," in which Dr. Austin O'Malley of Pennsylvania has gathered from fifteen hundred to two thousand of these "conclusions which spare you the labor of tramping in moist relement thought's syllogistic mazes." This small army of aphorisms are not all so good as those which we now proceed to exhibit as examples; but the average of epigrammatic quality is surprisingly high:

Autumn is a hint from God to Old Age.

A fallen lighthouse is more dangerous than a reef.

We are plated with piety, not alloyed with it.

Style is not the setting of the diamond thought; it is the glitter itself of the diamond.

Atheism is a disease of the mind caused by eating underdone philosophy.

It is a long snake that has no tail. If you snub conscience a few times she will cut your acquaintance.

Memory is a crazy woman that hoards colored rags and throws away food.

Writers on the spiritual life are constantly mistaking the liver for the devil.

Possess your soul without fusing; your guardian angel does not lose half the sleep over you you think he does.

It is as easy to give advice to yourself as to others, and as useless.

Cunning is a short blanket; if you pull it over your face you expose your feet.

The new is what has been forgotten.

In holding an eel a gentle grip is foolishness.

Distance lends amity to consins.

The most dangerous savages live in cities.

What is called a weak will is commonly a flabby intellect.

There never was a great saint that lacked a sense of humor.

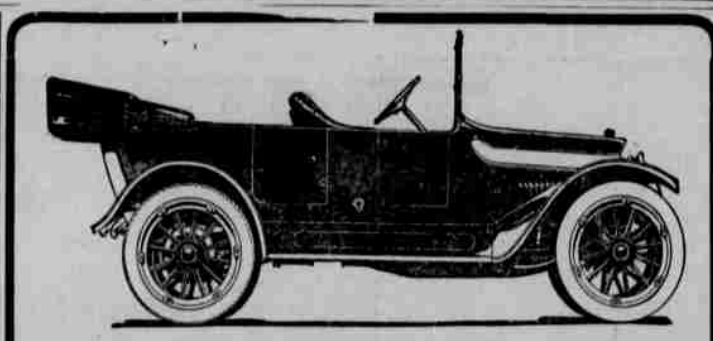
A gentleman never heard a story before.

Many social visits you think paid to yourself are paid to your bottles.

Most women wear their looks like trousers.

A college can bluff like any poker player.

Humor without effort, wit without bitterness, philosophy without pretension; Doctor O'Malley has printed a book that is worth possessing.



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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.

**New Version of Old Song.**  
Grandpa was showing little Helen the pictures in a popular magazine. Coming to a page which advertised men's wearing apparel, he called certain garments "breeches." Whereupon the little three-year-old, hearing a familiar sound that carried suggestions, began to sing "London breeches falling down!"

**Howard K. Burton—Analyst and Chemist.**  
Louisville, Colorado. Specialties: Gold, Silver, Lead, H. Gold, Silver, Sn. Gold, Pew. Zinc or Copper H. Mailing envelopes of full price list sent upon request. Control and Empire work so noted. Reference: Carbonate National Bank.

**Had Run Out of Kisses.**  
Little Irene while away visiting had grown weary of the caresses showered upon her by adoring relatives and friends. So when one demonstrative young lady begged, "Won't you give me just one kiss?" she shook her curly head and lisped: "No; I haven't any kisses left—only bites."

**YOUR OWN DRUGGIST WILL TELL YOU**  
Try Murine Eye Remedy for Red, Weak, Watery Eyes, Blood Purifier, Eye Relief, No Stinging, Just Eye Comfort. Write for Book of the Day by mail Free. Murine Eye Remedy Co., Chicago.

**Best Wood for Furniture.**  
The latest use for locust wood is in the manufacture of fine furniture and interior finishing of the residences. The wood has a grain and color not found in any other timber.

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**Keep Kids Kleen**  
The most practical, healthful, playing garments ever invented for children 1 to 8 years of age. Made in one piece with drop back. Easily slipped on or off. Easily washed. No light elastic bands to stop circulation. Made in blue denim, and blue and white hickory stripes for all the year round. Also lighter weight material for summer wear. All garments trimmed with fast red or blue galata. Made in Dutch neck with elastic sleeves and high neck and long sleeves.  
**75c the suit**  
If your dealer cannot supply you, we will send them, charges prepaid on receipt of price, 75c each.  
**A New FREE Rip Suit**  
Made By  
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**American Historians.**  
The most eminent living historians of American history include James Ford Rhodes, Henry Adams, Frederick J. Turner, Herbert L. Osgood, William A. Dunning, Albert Bushnell Hart, John Bach McMaster, J. W. Burgess, James Schouler, and Charles A. Beard.

**Nervous Women**

Are troubled with the "blues"—anxiety—sleeplessness—and warnings of pain and distress are sent by the nerves like flying messengers throughout body and limbs. Such feeling may or may not be accompanied by headache or headache or bearing down. The local disorders and inflammation, if there is any, should be treated with Dr. Pierce's Lotions Tablets. Then the nervous system and the entire womanly make-up feels the tonic effect of

**DR. PIERCE'S Favorite Prescription**  
Take this in liquid or tablet form and be a well woman!  
Mrs. Eva Tyler of So. Geneva St., Ithaca, N. Y., says: "I have been in a run-down condition for several years. Suffered from nervousness and a great deal of pain at certain periods. Have taken several different medicines but found your 'Favorite Prescription' has given me the most relief of anything I have ever tried. Am very much better than I have been in some time. I gladly recommend this remedy to any woman in need of a tonic."  
Dr. Pierce's Pleasant Pellets regulate stomach, liver, bowels  
**In Girlhood Womanhood Motherhood**

**All Blood Disorders Quickly Driven Away**  
Astonishing Results With the Greatest Blood Purifier Ever Discovered.



**Strength, Power, Accomplishment are all Typified in S. S. S.**  
Some blood disorders become deeply rooted in the glands and tissues, and the mistake is made of resorting to drastic drugs. These only aggravate by causing other and worse troubles. A host of people 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 to stimulate the tissues to the healthy selection of its own essential nutriment and the medicinal elements of this matchless blood purifier are just as essential to well balanced health as the nutritious 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 boils, carbuncles, abscesses and hundred troubles, S. S. S. so directs the local cells that this poison is rejected and eliminated from their presence.  
Then, too, S. S. S. has such specific stimulation on these local cells as to preserve their mutual welfare and a proper relative assistance to each other.  
In a very brief time S. S. S. has the reconstructive process so under control that remarkable changes are observed. All eruptive places heal, mysterious pains and aches have disappeared, and from head to foot there is a conscious sensation of renewed health.  
From the fact that S. S. S. is purely a botanical preparation, it is accepted by the weakest stomach and has great tonic influence. Not one drop of drugs or minerals is used in its preparation. Ask for S. S. S. and insist upon having it. And if you desire skillful advice upon any matter concerning the blood and skin write to The Swift Specific Co., 203 Swift Bldg., Atlanta, Ga. Do not allow some seamy clerk to larrup the atmosphere in eloquence over something "just as good" as S. S. S. Beware of all counterfeits.

**Confusing.**  
"I should like to look at some As-trakhan," said the lady in the department store.  
"Are you looking for fur or civarie, madam?" asked the polite floorwalker.