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Holmes Business College
"The School that gets you a good position." Washington at Tech, Portland, Or.

TO FIGHT FATIGUE

Peculiar Organization That Has Been Formed.

Society Believes That It Can Do Much for the Elimination of "That Tired Feeling" on the Part of the Workers.

In Providence, R. I., a museum of devices for the elimination of unnecessary fatigue has recently been opened. Ten of thousands of letters have been mailed calling for such devices, but, strange to say, only half a dozen have been sent. But several colleges, whose professors have been attending the course in scientific management, of which the museum is a result, have taken up this matter of unnecessary fatigue and are trying to devise means for its elimination.

Frank B. Gilbreth, who is in charge of this museum, says a large amount of the fatigue accumulated by workers of all sorts is preventable, being

A Valuable "First Aid"

in sickness of the Stomach, liver and bowel disorders and in general weakness can be found in

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Case of Necessity.

William F. McCombs, the well-known Democratic politician, relates the following:
"Little Tommy had a very pretty sister. Pretty sister had a very devoted admirer. One evening when the devoted admirer was sitting in the parlor waiting for sister to appear he was approached by little Tommy.
"Say, Mr. Smith," rather pointedly queried the youngster, "do you love sister Jenny?"
"Why, Tommy!" was the amazed response of the blushing Mr. Smith.
"Why do you ask me a question like that?"
"Because," was the quick rejoinder of the youngster, "she said last night she would give five dollars to know, and I need the money."—Philadelphia Telegraph.

Excusable Inadvertence.

Machinery seems almost endowed with intelligence.
"That's right," replied Farmer Cornsuet.
"Sometimes I ketch myself usin' the same language to our automobile that I use to the mule."—Washington Star.

Placed.

"So you're looking for a job in the chorus, eh?"
"Yes, sir."
"How is your voice?"
"Well, I'm a little hoarse now, but—"
"All right. I'll put you in the pony ballet."—Philadelphia Telegraph.

A Fair Guess.

"Who was it prophesied that the war would be all over by the first of August?"
"I don't know, but if he meant all over Europe, he wasn't so far wrong."—Philadelphia Telegraph.

A Venetian Trait.

"Our town is considered the Venice of Sagebrush county."
"A town on a prairie? Why, you have to haul your drinking water to this alkali burg."
"That may be true."
"Then where does your resemblance to Venice come in?"
"We have a large floating population."—Louisville Courier-Journal.

Quality.

Norah—Faith, an' I never dreamed that was your mistress.
Bridget—Bogorra, an' she's grand! She seems more like an equal—Life

FARMER'S WIFE TOO ILL TO WORK

A Weak, Nervous Sufferer Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Kasota, Minn.—"I am glad to say that Lydia E. Pinkham's Vegetable Compound has done more for me than anything else, and I had the best physician here. I was so weak and nervous that I could not do my work and suffered with pains low down in my right side for a year or more. I took Lydia E. Pinkham's Vegetable Compound, and now I feel like a different person. I believe there is nothing like Lydia E. Pinkham's Vegetable Compound for weak women and young girls, and I would be glad if I could influence anyone to try the medicine, for I know it will do all much more than it is claimed to do."—Mrs. CLARA FRANKS, R. F. D. No. 1, Maplecrest Farm, Kasota, Minn.

Women who suffer from those distressing ills peculiar to their sex should be convinced of the ability of Lydia E. Pinkham's Vegetable Compound to restore their health by the many genuine and truthful testimonials we are constantly publishing in the newspapers.

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HENS AS AEROPLANE SPIES

Any Fowl Can Be Trained to Do the Work, According to an English Writer.

The London Daily Chronicle republicates from the Cologne Gazette, an odd article on the use of animals to signify the approach of enemy aeroplanes. The writer, who is evidently quite serious, has noticed that the sight of certain animals is much keener than that of human beings, and in a hasty view of the entire animal kingdom he comes to the conclusion that birds have the most alert vision and that hens and pigeons are the birds most get-at-able, most easily trained and most reliable.

Hens will protect their chickens against soaring birds of prey which the sharpest human sight cannot discover, and pigeons will fly in any weather and are extraordinary doers. The training of a hen or a pigeon to announce the approach of an aeroplane is much easier than one would think. They are to be placed captured in the vicinity of a descending air machine, and as soon as the airman lands he is to rush at the unfortunate fowls and belabor them with a rod. This practice is to be repeated until the hen or pigeon believes its life to be endangered by anything on a large scale descending from the sky. All day long these terrified birds will strain their vision skyward, and the remotest speck in the vault of heaven will flutter the doves and hencoops as nothing else would.

Another bird which adapts itself to this military service is the common crow. He has the most extraordinary eyes, which enable him to see in front of him and behind. An object for which a man requires a telescope is easily discovered by the crow without any telescope. Crows are very wise creatures, says the Cologne writer, and once you catch your crow, train him and whack him sufficiently, you will be surprised at the results when the enemy aeroplanes come along.

ARMY MOTOR REPAIR SHOP

Used at the Front by the French Army to Follow Aeroplanes in Flight.

The enormous use of aeroplanes during the present war has resulted in an extensive use of special motor aeroplane repair shops.

These portable aeroplane factories were first used by the French, and are marveled of ingenuity, for, in addition to carrying spare propellers and wings for aeroplanes, they are fitted with lathes, drilling machines, forges and, in fact, most of the apparatus necessary to completely rebuild an

Portable Aeroplane Factory.

aeroplane, except, of course, the engine.

Fitted with powerful engines, these aeroplane motors can get up a tremendous speed despite their weight, and are quickly on the scene of any aeroplane smash.

Patriotic Badges.

Women in England are wearing "Proud-of-Him" badges. These badges are made of metal, enameled in colors, with the design of the union jack. They are inscribed either "Husband With the Colours," "Son With the Colours," "Brother With the Colours," or "Father With the Colours."

Silver Taken From Heart.

Early in the present war a silver of steel from an exploded grenade penetrated the heart of a French soldier where it remained for four and half months. Recently surgeons succeeded in removing it in a delicate operation and the man is regarded as cured, for the heart acts normally.

Buttermilk in Hot Weather.

Buttermilk is always a better hot weather food than whole milk for grown people, and sometimes it is better for babies. On a hot day it is better to drink buttermilk than beer over a bar.

Wall Paper Trade With Germans.

In the last 20 years Germany has wrested 17 per cent of the wall paper trade from England and France, who formerly had a monopoly.—London Chronicle.

War Note.

The dreadnaughts are mighty instruments of destruction, but, oh, U boat!

Children's Safety First.

The safety-first rule for children—traveling or not—is Keep Busy.

WHY FAMOUS PASTRY COOKS USE K C BAKING POWDER

The patrons of our first class hotels and restaurants are exacting—they demand the best. Women go where the pastry and cakes are noted for their excellence. Men are attracted by hot bread and biscuits—when fresh and moist and light.

The pastry cook with a reputation uses K C Baking Powder because he knows that results are certain; every time everything is as good as his best.

Then, too, with K C Baking Powder he can mix the various kinds of batter before the rush of the meal begins and bake as needed so that every order goes to the table fresh and hot, yet the last he bakes are just as good as the first.

The reasons behind these reasons is that K C is really a blend of two baking powders. One commences to give off leavening gas as soon as moistened. The other requires both moisture and heat to make it active. Dough or batter will remain in a partially leavened condition for hours, and when put in the oven, will come up as light as if mixed a moment before.

For cookies, pancakes, doughnuts and the like, which cannot all be baked at once, K C is indispensable. For all baking the doubleraise makes doubly certain.

Follow the example of the professional cook and your baking will be equal to his.

Mr. Singleton—Do you believe in divorce, Miss Yellowleaf?
Miss Yellowleaf—Oh, you men are just awful! You haven't even asked me to marry you yet!—Judge.

The Wise Fool.
"A man should always try to keep ahead of the game," observed the sage.
"You never went hunting, did you?" asked the fool.

WINCHESTER

REPEATING SHOTGUNS

No matter how big the bird, no matter how heavy its plumage or swift its flight, you can bring it to bag with a long, strong, straight shooting Winchester Repeating Shotgun. Results are what count. They always give the best results in field, fowl or trap shooting, and are sold within reach of everybody's pocketbook. Made in three different models and in 10, 12, 16 and 20 gauges.

DEALERS EVERYWHERE SELL THEM

Proud of Him.
Sandy Macpherson started to build a small house of bricks. After the usual fashion of bricklayers, he worked from the inside, and, having the material close beside him, the walls were rising fast when dinner-time arrived, and with it his son, Jock, who brought his father's dinner.

"With honest pride in his eye, Sandy looked at Jock over the wall on which he was engaged, and asked:
"Hoo d'ye think I'm gettin' on?"
"Famous feythur; but hoo dae ye get out? You've forgot the door!"

One glance around him showed Sandy that his son was right; but looking kindly at him, he said:
"Man, Jock, you've got a gran' heid on ye. Ye'll be an architect yet, as shure's yer feythur's a builder."

Not Necessarily.
"Do you think baseball can be made more popular by lowering the price of admission?"
"Decidedly not. Look at the churches. They charge no admission at all, and still they can't get the crowds."

A Poor Excuse.
"Van Lushie says his wife keeps him in hot water all the time."
"I suppose that's how he accounts for getting stewed so often."

His Stand.
"I'm neuter 'bout dis yuh war dat de white men is holdin' over dar in—whenever 'tis," declared old Brother Kerroot.
"Yassah, plumb neuter—I dunnoh no mo' dan dey does what dey's fighting 'bout."—Kansas City Star.

He Was It.
"My grandmother left a large progeny," he was saying.
"Of course, you expect to share in it," chirped the sweet young thing.—Buffalo Express.

A Moderate Request.
Creditor—Can't you pay something on account of that bill you owe me?
Debtor (grouchily)—How much do you want?

Looking Backward.
Crawford—What's that perpetual motion crank working on now?
Crabshaw—A machine that will enable a woman to lace her own shoes.—Judge.

Force of Habit.
We gazed pityingly on the listless store clerk leaning against the soda counter.
"Haven't you any ambition?" we queried, kindly and all that.
"No," he replied, with brightening intelligence; "but I have something just as good."—Newburgh Journal.

Otherwise Engaged.
"Is Bilgins a fisherman?"
"No."
"But he tells some remarkable stories."
"That's the reason he isn't a fisherman. He'd rather think up stories than fish."—Washington Star.

A Treat for Ma.
"Yes, we girls are going to camp out."
"You'll find cooking very irksome."
"Oh, we are going to take mother along to cook. She needs a vacation."—Judge.

Are You Suffering From Auto-Intoxication?

The dictionary says that Auto-Intoxication is "poisoning or poisoning of the body." This is a condition due to the stomach, bowels, kidney, liver, or pores of the body failing to throw off the poisons. More than 50% of adults are suffering from this trouble. This is probably why you are suffering from nervousness, headaches, loss of appetite, lack of ambition, and many other symptoms produced by Auto-Intoxication. Your whole system needs stirring up.

DR. PIERCE'S GOLDEN MEDICAL DISCOVERY

(In Tablet or Liquid Form)

Will remedy the trouble. It first aids the system to expel accumulated poisons. It acts as a tonic and finally enables the body to eliminate its own poisons without any outside aid. Obey Nature's warnings. Your dealer in medicines will supply you, or you may send \$1.00 for a sample package of tablets by mail. Address Dr. V. M. Pierce, Buffalo, N. Y.

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Sure! He Thought of Her.

There was trouble in the nursery. Baby Enid was howling, and mother couldn't soothe her.

As Warranted.

"Say," said the man as he entered the clothing store, "I bought this suit here less than two weeks ago, and it is rusty looking already."
"Well," replied the clothing dealer, "I guaranteed it to wear like iron, didn't I?"—Cincinnati Enquirer.

Proving His Poverty.

Mrs. Owens—Mercy, John, there isn't a thing in the house fit to eat.
Owens—I know it, Kate; that's why I brought him home to dinner. I want him to see how frugally we live. He's my principal creditor.—Boston Transcript.

A Practical Application.

"I think I can explain it to you. Now I ask you for a kiss. That's the initiative."
"And I refer you to mother."
"Um. That's the referendum."—Louisville Courier-Journal.

Beating Him to It.

"Well, how about that little bill?"
"But I told you to call at 4 o'clock, and it is only 3 now."
"I know it. I wanted to catch you in."—Houston Post.

How It Was.

"Your wife came from a fine old family, didn't she?"
"No; she brought them with her."—Judge.

A Real Success.

"What is a food expert?"
"Any man who can make his wages buy enough for the family table."—Life.

C. Gee Wo

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His successful herbs, remedies cure all kinds of ailments of men and women without the use of medicine. From the wonderful Chinese herbs, roots, barks and vegetables, which are unknown to the medical science of this country. Write for blanked circulars. Send stamp. CONSULTATION FREE. Address
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P. N. U. No. 39, 1915
When writing to advertisers, please mention this paper.

Good Reason for It.

A certain regiment stationed in Belfast was mustered in the Ormeau Park for inspection, and was standing awaiting the arrival of the colonel. Presently the commanding officer was seen approaching on horseback, but when a few paces from the troops the horse (which had been hired for the day) stood stock-still, and refused to move.

The officer made desperate efforts to urge on his steed, but all to no purpose. Before long a group of bystanders encircled him, and one of them, a ragged urchin, suddenly cried out to his chum:

"I say, Bill, run and ring the park bell; it's a tramcar horse."
This was enough for the colonel, who at once dismounted.

Not Guilty.

There had been a railway collision near a country town in Virginia and a shrewd lawyer had hurried from Richmond to the scene of the disaster. He noticed an old colored man with a badly injured head, and hurried up to him where he lay moaning on the ground.

"How about damages?" began the lawyer.
But the sufferer waved him off.

"O'way, boss, g'way," he said. "I never hit de train. I never done sich a thing in all mah life, so help me Gawd! Yo' can't git no damages outen me."—New York Evening Post.

Elusive Impression.

"I listened to your speech with close attention," said the man who tries to be pleasant, but fails.
"And did it set you thinking?"
"It did. And the next time you deliver it I'm going to listen again and see if I can find out what I was thinking about."—Washington Star.

Precious Article.

"Why do you give the waiter so large a tip?"
"Because a position of extraordinary trust and responsibility rightly commands unusual compensation. He is the custodian of a genuine full-blooded sirloin steak."—Washington Star.

You Can Get Allen's Foot-Powder FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Powder. It cures sweating, itching, swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns and bunions. All mail orders filled. 25c. Don't accept any substitutes.

No Rebate.

A beautiful young lady approached the ticket window at the Penny station, and in a voice like the rippling of a brook, asked the agent: "What is the fare to the fair?"

To which the agent replied: "Same as to the homely, madam."

Chance to Shine.

"Well, wife, I am now a judge, and you know that famous divorce case now coming up?"
"Yes."
"I'm to preside."
"Oh, good! I'll invite all my society friends to act as patronesses and I'll snub some cats I know."—Louisville Courier-Journal.

Too Much.

"Why did Nerissa break the engagement?"
"Seems as if she went with her fiancé to a baseball game."
"Well?"
"She said he got more enthusiastic over that game than he ever had on her account."—Louisville Courier-Journal.

Just as Good.

Wild-eyed Customer—I want a quarter's worth of carbolic acid.
Clerk—This is a hardware store. But we have—er—a fine line of ropes, revolvers and razors.—Yale Record.

FOR SALE—AUTOMOBILES

Rebuilt Federal Trucks

A Safe Used Truck to Buy.

A REBUILT FEDERAL is as good value for the money as a new truck. It is rebuilt by men who are entirely taken apart, each part examined and if necessary replaced by a new part made at the Federal factory, the entire truck repainted and refinished, and everything necessary done to make the truck practically as good as new in every detail.

When you buy a rebuilt Federal you are protected by the same policy and interest that we give to all Federal owners. We operate a repair department in which the workmen are specialists on Federals, our supply of Federal parts is complete, and the stock room organization, high class, which insures the prompt filling of all parts orders. We also operate a service department, which is open day and night, "always at your call." The Federal being a good truck in the first place and protected by a company which is equipped and has the disposition to give you service in consistency.

A SAFE USED TRUCK TO BUY. You are in the market for a truck from \$1000 to \$1400, we urge you to compare used Federals with new trucks at similar prices. We think we can convince you of their superior value.

GERLINGER MOTOR CAR CO.
Cor. E. Third and Oregon Sts., over Steel Bldg.



Spring Chair for Workers on Sewing Machines.

caused by wrong lighting, vibration, improper adjustment of chairs or stools to benches or desks, standing instead of sitting.

Naturally the first object of attention for the anti-fatigue crusaders was the chair—or the lack of it. Consequently several fatigue-saving chairs have been designed and are now being used in many factories at Providence, where the rule has become: "A chair for every worker, whether he needs it or not." Some of the chairs already in use are shown in the pictures printed here with, which are taken from photographs furnished by Mr. Gilbreth.

That showing the man filling a piece of steel was specially designed for such work as that, which has always been done standing. The chair, which can be made by any carpenter, has a solid projecting foot rest which enables the worker to push a file as vigorously sitting as standing. The chair is of such a height that the worker can stand or sit with equal ease.

The chair in which the woman is sitting at a sewing machine is the result of experiments in eliminating vibration. In large factories where much machinery is running, the vibration causes great fatigue. This chair is set upon strong springs that take up all the vibration.

The other chairs are ordinary chairs raised to exactly the right height for the particular work and the individual worker by placing their legs in sockets in wood blocks, which, of course, can be removed and adjusted to any height. Mr. Gilbreth is anxious to hear from anyone who has devised or who can devise any object that will eliminate any form of fatigue in any office or factory work.

Getting Even.

A farmer strolled into a motor sales house. "What's this worth?" he asked, pointing to a small car.

"Five hundred dollars," was the reply.
"And that?" pointing to a better car.

"Seven hundred, and fifty dollars."
"And that one?" pointing to a seven passenger, with a jerk of his thumb.

"That is a fine car, and is worth \$1,200."
"I'll take it," said the farmer.

"The car is cash, you know," said the salesman.
"Yes, I got the money," said the farmer, as he pulled a roll of bills out of his pocket, peeled off twelve \$100 bills and paid for the car. "Now you'll show me how to drive the critter?"

"Sure," said the salesman, "that's a part of the sale."
"So they started out, and, after going three miles, overtook a man in a wagon and honked and honked and tooted, but the man with the mules refused to heed."

"Finally the farmer said: "This is my car, ain't it?"
"It is," said the salesman.
"And I paid for it?"
"You did."
"Then," said the farmer, "you run right over that sunnagun. That's the way automobile drivers always done with me."

"State Use" System Adopted.

One of the reform prison measures passed at the last session of the Pennsylvania legislature and signed by the governor introduces the so-called "State use" system in that state. This means that prisoners will be given an opportunity to manufacture goods for use in State institutions. It is believed this will eventually result in the abolition of convict labor in competition with free labor.

Great Drainage Project.

A project for draining and reclaiming 1,000,000 acres of land in Egypt, work on which has been begun, is one of the greatest and most expensive tasks of the kind ever attempted.

Where Population Decreased.

In 1910 2,491 counties in all the states of the Union showed 793 in which the rural population was less than ten years previous.