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 A good place to Eat and Live Well.
 Remarkable 40c luncheon at noon.
 Open 7 a. m. to 2 a. m., 264 Yamhill

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 Strong-minded young men with vigor and genuine desire to work, can make big money selling stock in a real gold mine with an excellent record of production and backed by some of the leading men of the Northwest. No trillers need apply but this is a real opportunity for serious, trustworthy winners. You will be given every help in closing deals that will win you liberal wages. Address First Thought Gold Mines, Limited, 606-607 Porter Building, Portland, Oregon.

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Paper making offers a good opportunity to strong, intelligent, sober men between the ages of 21 and 50—sure pay and steady work.
 Meals 35c each. Plenty to eat and excellent cooking. Company hotel.
 Supply beds 25c, 30c and 40c.
 Free hot and cold baths—tubs and showers.
 Worthy, faithful employees have good chance for advancement.
 Positions given free on application—you pay no fee for your job. Employment Office at Camas, Washington and 209 Commonwealth Bldg., Portland, Oregon.

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Throw away your old SQUEAKY WHEELS
 Treat your old faithful Ford right. New First Quality Hardwood 30x3 or 30x3 1/2 Plain black clincher wheels, bored for hub and hub bolts, each \$3.65
 Mail orders filled the same day as received.
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 Successors to A. J. Winters Co., Inc.
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 We are one of the largest buyers of Cascara Bark in the world.
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 Branch at Pocatello, Idaho.
 Write for Prices and Shipping Terms.

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 Expert fitting at lowest prices. Glasses in all styles. Lenses duplicated from broken pieces. Mail in your broken glasses. Satisfaction Guaranteed. Dr. A. E. Hurwitz, 223 First St., Portland.

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 Protect that Idea with a United States Patent. Others have made fortunes out of Patents. Why not you? Thomas Bilyeu, 202 Stevens Bldg., Portland, Ore.

PILES
 MY FREE illustrated booklet explains my guaranteed non-surgical method of permanently curing Piles, and points out the danger of neglect and use of "quick" remedies. Send for it today.
DR. CHAS. J. DEAN
 2ND AND MORRISON PORTLAND, OREGON
 MENTION THIS PAPER WHEN WRITING

Holland's Odd House.
 Rotterdam has the highest house in the country. It is known as the American skyscraper, and is actually seven stories high. It is built of porcelain tiles and stands upon piles. Amsterdam has the queen's palace, the foundation of which is 13,600 piles, and there are so many other buildings there supported that way that the town really roosts on tree trunks.

Youthful Mrs. Malaprop.
 She was a nice little thing, but somewhat of a Malaprop turn of speech. "You know," she said, "I think we shall be going this year to a dear little place in the Austrian Tyrol. It's very hilly, but they've got a lovely vernacular railway."—London Tit-Bits.

Praise of the Beautiful.
 The useful encourages itself; for the multitude produce it, and no one can dispense with it; the beautiful must be encouraged; for few can set it forth, and many need it.—Goethe.

Damp, We Should Imagine.
 Ad in Exchange—"For rent, house on Maple avenue, 5 rooms—nicely papered with town water."—Boston Evening Transcript.

INFORMATION DEPARTMENT

PLEATING SPECIAL 85 cents
 Cut, seam, hem and machine pleat skirts ready for hand. Hemstitching, pleating and tucking.
EASTERN NOVELTY MFG. CO.
 83 1/2 Fifth St. Portland, Ore.

ATTENTION LADIES
 Sanitary Beauty Parlors—We fix you up, we make all kinds of Hair Goods of your combings. Join our School of Beauty Culture. 400 to 414 Dekum Bldg., Phone Broadway 6002, Portland, Oregon.

BRAZING, WELDING & CUTTING
 Northwest Welding & Supply Co., 88 1st St.

OUT FLOWERS & FLORAL DESIGNS
 Clarke Bros., Florists, 287 Morrison St.

FOUNDRY AND MACHINE WORKS
 Commercial Iron Works, 7th and Madison.

FOOT CORRECTIONIST
 Featherweight Arch Supports made to order. J. E. Tryzinski, 613 Pittcock Block, Portland, Ore.

PERSONAL
 Marry if Lonely; most successful "Home Maker"; hundreds rich; confidential; reliable; years experience; descriptions free. "The Successful Club," Mrs. Nash, Box 555, Oakland, California.

Wedding Bouquets and Funeral Pieces
 Lulliner Florists, 348 Morrison St.

MONUMENTS—E. 3d and Pine Sts.
 Otto Schumann Granite & Marble Works.

TIMBER—One-half section Grant County.
 Oregon, cruised, yellow pine, \$20 per acre, cash, for immediate sale. Must have the money. Worth \$25 on the market today. Address, Box 246, Hillsboro, Oregon.

Aberdeen.—Aberdeen building permits for the year 1923 indicate that more than \$1,000,000 worth of building construction is under way or has been completed during the 6 2-3 months of the year. The building permits issued so far total \$975,000, the latest being one for \$200,000 for a theater and store building at the corner of I and Wishkah streets. This was issued Thursday. This will make July the banner month of the year, it is predicted. June will be next, with a total of over \$280,000.

A wife need not be a good cook, according to the decision of a "learned" Detroit judge. Just the same we still maintain that it is a handy accomplishment to have tucked in your apron pocket.

Reported by Miss N.
 School Dentist—"Now, children, you must take care of your teeth. I can't do it all for you. Remember your mouths are in your own hands."—Boston Evening Transcript.

The Sea.
 The view of it inspires a delight and ecstasy which is not only hard to describe, but which has something secret in it that a man should not utter loudly.—Thackeray.

Uncommon Sense . . .
 By JOHN BLAKE

LEARN TO AIM
BEFORE the soldier is permitted to shoot his rifle he is taught to aim it. Over and over again he must practice holding his weapon, and sighting it.
 It is discouraging work. With the target before him the recruit naturally wants to try to hit it.
 But to permit him to fire too soon would be fatal to his efficiency. He will never shoot well unless he first learns to shoot correctly.
 And the long drill in holding the rifle properly, and aiming it properly is never wasted.
 These rules are as necessary in life as they are on the rifle range.
 It is easy enough to aim high, but it is not easy to reach your target.
 Before you actually set out to accomplish your ambition you must learn how to accomplish it. This means long and often uninteresting toil, but without it all your aiming at the target will be useless.
 There can be no success without training, severe and continuous.
 You can no more become a bank president without learning how to be

Misunderstanding
 By GRACE E. HALL
YOU'RE far away tonight, my dearie, dearie, The sunshine has been mocking me all day; I've strained my eyes 'til they are weary, weary, Longing to see you passing by this way; Within my heart a pain is growing, growing, The truth insists that I shall heed and know That further still you're ever going, going, And oh, I love you dearie, love you so!
 The world is very cold, my dearie, dearie, Outside the magic circle of your arms; My heart is pleading to be cheery, cheery, Safe locked against your breast from all alarms; The tears persist tonight in falling, falling, The breezes whimper of an unknown woe, And 'cross the silence I am calling, calling— Come back to me, I love you, love you so!
 (© by Dodd, Mead & Company.)

Something to Think About
 By F. A. WALKER

MENTAL EXPLOSIONS
IF BY any chance you should fall into the lamentable habit of becoming truculent, peevish, ill-humored and sharp-tongued in moments of trial, take a new tack and head straight for the delectable port of good-will.
 Nothing is more detrimental to the individual happiness and success than mental hysterics, whether they be of a mild or severe form. Often, in spite of himself, the victim of passionate outbursts is plunged into a sea of trouble from which he cannot extricate himself without loss of friends and self-respect.
 Men and women have fallen from high estates by allowing a burst of anger to sweep them off their mental balance and been taught a very trenchant principle for future judgment and action, in most cases, however, too late to be of any use to them.
 If you will look about you, you will see them among the sad-faced and forlorn, eking out a bare existence in a lowly station from which they are unable to rise because of their un-governable spirit.
 When an automobile has been wrecked by a careless driver it serves as a warning to others, but it fails to restore the car.
 Just so do foolish persons who have ruined their life prospects through impetuous impulse serve as warnings to the observing and thoughtful.
 And yet the world goes on, a large part of it unmindful of what is taking place under its very eyes.
 The true conclusion is obvious: if you will apply the experience of others to yourself, profit by their follies and hold your spirit in check when it is about to burst forth into a violent quake, you will have nothing to fear.

SCHOOL DAYS



To the man or woman who can control his or her action in the vital moment the world is willing to yield its riches.
The eyes of employers ever watching such men and women, taking note of their worthiness.
Such persons do not have to beg for opportunity or advancement.
 In matters of art, intellect and self-restraint they are always at home, sure of themselves in every field of human endeavor, confident that they can "make good," even when opposing winds beat hardest against them in their darkest night.
 (©, 1922, by McClure Newspaper Syndicate.)

Mother's Cook Book

Every task wrought out in patience brings a blessing to the doer; Joy comes to the waiting worker, But eludes the swift pursuer.
GOOD THINGS FOR OCCASIONS
THIS olive is such an appetizer and many dishes that it should always be found on the shelf.
 For garnishing dishes one may cut into a queen olive with a sharp knife and keeping close to the stone, pare in a spiral fashion. This will leave the olive still shapely without the stone.
Zwieback.
 Zwieback is often not obtainable and a recipe for it will be cherished by many.
 Take a yeast cake softened in one-half cupful of warm water, two tablespoonfuls of sugar, and mix well. Add flour to make a thin batter, about half a cupful. Set aside to rise in a warm place, covering well with a cloth. An hour later, when bubbles form on top, add two more tablespoonfuls of sugar, two tablespoonfuls of melted lard, two well-beaten eggs, cinnamon and salt to taste and two cupfuls of flour or a bit more. Beat well, cover and let rise again in a warm place. When light make into two small loaves and bake in a hot oven fifteen minutes. Take from the oven, cool, cut in half-inch slices and bake until brown on both sides, in a hot oven. Keep air tight. Fine for babies and convalescents.
Cheese Salad.
 Break a cake of cream cheese into pieces and wash to a paste with two

WRIGLEYS
After Every Meal

Have a packet in your pocket for ever-ready refreshment.
 Aids digestion. Allays thirst. Soothes the throat.
 For Quality, Flavor and the Sealed Package, get
WRIGLEYS SPEARMINT
 THE PERFECT GUM
 MINT FLAVOR
THE FLAVOR LASTS

Explaining the Smell.
 Betty likes to doll herself up and she makes free with her mother's toilet articles whenever she gets a chance. One evening there were several guests to dinner, and conscious that there was a strong odor of perfume in the air, Betty remarked, "If you smell anything, that's me."—Boston Evening Transcript.

Home of the Patriarch Abraham.
 The Temple of the Moon, the home of the patriarch Abraham, recently uncovered in the Chaldees, may be between 6,000 and 7,000 years old. It is probably the oldest known edifice. The British museum and the museum of the University of Pennsylvania have charge of the research work in this section.

Bear a Swimmer.
 Nansen claims for the polar bear a farthest north of 84 degrees, says Nature Magazine. It seldom goes more than a day's journey inland, but it is an expert swimmer, and will go 40 miles from shore in the ice-packed seas with ease.

Noah Webster Wrote of Epidemics.
 Noah Webster, the great lexicographer who wrote "Webster's Dictionary," also wrote the first general history of epidemic diseases published in this country.

Nothing New.
 An auto has been invented that runs on legs, but this is nothing new, as many a poor victim in the hospital can testify.—Boston Evening Transcript.

You Must Get Up.
 Yet a little sleep, a little slumber, a little folding of the hands of sleep; so shall thy poverty come as one that travelth and thy want as an armed man.—Solomon.

Making Virtue of Stubbornness.
 Stubbornness is a bad quality in a character, but if it can be changed to persistence it is turning a liability into an asset and is as good.—O. H. Barnes.

Miners to End Strike
 Sydney, N. S. — Coal miners of South Cape Breton decided at a mass meeting at Glace Bay Saturday night to return to work Tuesday.
 The North Cape Breton men are expected to follow suit. Their action would end the strike of miners of district No. 26, United Mine Workers against the presence of troops in the district.

Salem.—The 1923 crop of pears in the Willamette valley will be the largest for several years, according to Earl Percy of the Oregon Growers Co-Operative association. Although no definite offers have yet been made growers anticipate that they will receive not less than \$35 a ton for their products.

Bend.—A budget for the Bend school district of \$223,271.39, of which the district must raise by taxation only \$76,059.51, will be submitted to the school board at a district meeting to be called soon by the budget committee, which Saturday night completed compilation of the amount necessary to run the schools the coming year.

Red Cross BALL BLUE
 used for baby's clothes, will keep them sweet and snowy-white until worn out. Try it and see for yourself. At grocers.

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 P. N. U. No. 31, 1923

