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GIVES "TONE" TO ANY "BELLE"

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WHERE ALL DRUGLESS METHODS ARE USED.

Chiropractic adjustments remove the cause of disease. A healthy body defies disease. We coincide with nature and adopt nature's methods.

Sufferers from Appendicitis, Bronchitis, Cancer, Catarrh, Diabetes, Dropsy, Deafness, Epilepsy, Eczema, Goitre, Gall Stone, Heart Disease, Hernia, Lumbago, Neuralgia, Paralysis, Rheumatism, Sciatica, or any disease, are invited to write us.

We solicit your inquiries, for we desire to show you how to raise your vitality, remove the cause of your disease and keep well.

All Diseases Permanently Removed by Our Methods.

No Knives, No Osteopathy, No Drugs. Fasting and Dieting scientifically directed. Trained Nurses.

MATILDA M. GREINER, D. C., Superintendent.

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Simple Refreshments Easily Prepared Without Spending Much Money or Effort.

When girl friends drop in unexpectedly for the evening dainty refreshments add much to the pleasure of the guests without causing any great expenditure of either money or effort. Hot chocolate is a favorite beverage of all womankind and the truly hospitable woman is always an adept at making it.

To make hot chocolate allow one ounce of chocolate to each pint of liquid. To make one quart put two ounces of chocolate in a double boiler with one pint of hot water. Stir until the chocolate is melted, then add one pint of rich milk. Beat and stir rapidly until it boils again. Add three tablespoonfuls of sugar, take from the fire and beat quickly. Have the chocolate pot hot when the chocolate is turned in and served with whipped cream. If slightly thickened chocolate is desired make a thin paste of two teaspoonfuls of cornstarch moistened with milk and stir slowly into the mixture just before it is taken from the stove.

Dainty sandwiches to serve with the chocolate are made by cutting white bread into thin slices and spreading them with a paste made of finely chopped pecan nut meats and mayonnaise. Lettuce sandwiches have a leaf of crisp lettuce spread with the mayonnaise as filling. Butter the bread before using the filling. Some hostesses keep a jar of chopped nuts or peanut butter on hand all the time and so are never at a loss when the unexpected guest drops in. Peanut sandwiches are made by spreading one slice of the bread thinly with butter and the other with the peanut butter. Put together with a lettuce leaf.

Oldest Dwelling.

Archaeologists at a recent conference decided that the oldest dwelling inhabited today is a mansion belonging to Count Matuschke at Winfel-on-the-Rhine, Germany, which was built in 700.

The Great Thing.

The great thing in life is not so much where do we stand, but what are we standing for—why don't we go ahead?

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With the beginning of this year Mills College does only college work. There are no longer any Seminary courses.

The only Woman's College on the Pacific Coast. Chartered 1885. Ideal climate. Entrance and graduation requirements equivalent to those of Standford and University of California. Well equipped laboratories. Grounds comprise one hundred and fifty acres. Special care for health, out door life. Pres. Luella Clay Carson, A. M., Litt. D., LL. D. For catalogue address Secretary, Mills College P. O., Calif.

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A Tonic, Alterative and Resolvent. The best remedy for Kidneys, Liver and Bowels. Eradicates Pimples, Eruptions and Disorders of the Skin. Purifies the Blood and gives Tone, Strength and Vigor to the entire system.

QUICK RESULTS

Moderate Rates

We treat and cure quickly the following ailments, often getting good results after others fail:

RHEUMATISM, EPILEPSY, APPENDICITIS, ASTHMA, INSOMNIA, PNEUMONIA, NEURALGIA, HYSTERIA, ANAEMIA, CATARRH

and all disorders of the Stomach, Liver, Kidneys, Bowels and all Female Weaknesses. Eye, Ear, Nose and Throat troubles are quickly reached by our new methods and over 1100 satisfied patients gladly testify to the permanent relief obtained from our treatment which may be taken at our sanitarium or office. For full particulars address or call on

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are the safest and most reliable cathartic and system cleanser. The best remedy for Torpid Liver, Biliousness and Sick Headache.

At Druggists' or by Mail, 25 Cents

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When volunteer prayers were called for a man struck in and prayed very earnestly for his poor land, and asked the Lord to give him a good crop.

"What that land of yours needs, brother, is not prayer, but manure," said the preacher, "as he gave out, "Work, For the Night Is Coming."

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Basket Creams.

Make a very short, sweetened pie crust, roll thin and cut in squares. Bake them delicately and fasten the two opposite corners together while hot with a toothpick. Serve filled with wripped cream or any kind of filling preferred, and either hot or cold, according to the kind of filling used.

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Ladies' Two-Strap Velvet, Corduroy and Satin Pumps in Black or Tan, regular $2.50 values, at half price—

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ALL SIZES

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Can Defy Microbes.

A doctor in Yokohama, Japan, has built himself a novel house with a view to guarding against microbes. The walls of this remarkable edifice are made of blocks of glass. They are hollow, the interstices being filled up with a solution of salts of soda, which is intended to regulate the temperature of the interior. The windows are hermetically closed, and air is only admitted after passing through filters.

First Meal of the Day.

Breakfast is, before all things, a respectable meal. One cannot imagine a man or woman who is always down punctually to breakfast being other than a highly reputable member of society. A dinner may be frivolous, a supper may be hilarious, but a breakfast is always staid and solemn and conductive to the building up of a sound and sensible character.

Uses of the Aloe.

In Africa the leaves of certain species of aloe provide material for bowstrings, hammocks, fishing lines and ropes. With the Mohammedans the aloe means much. For instance, those who have returned from a pilgrimage to Mecca hang it over their doors, as a sign that they have made the great journey.

FOREIGN TRADE BIG

All Records Broken for Fiscal Year Ended June 30.

Balance in Favor of Home Products $520,000,000—Half of Imports Enter Free of Duty.

Washington, July 17.—All foreign business records of the United States were broken during the fiscal year ended June 30. Figures of the bureau of statistics issued today show that the volume of foreign business amounted to the enormous sum of more than $3,500,000,000, which exceeded the record year of 1907 by more than $263,000,000.

The country's exports for the first time exceeded the $2,000,000,000 mark, while the imports were second only to last year's. The year closed with a balance of trade of more than $520,000,000 in favor of American business.

This is $332,000,000 more than last year's balance, but was exceeded by the record years of 1908 and 1901 and 1900 and 1899.

Fifty per cent of the imports entered the country free of duty, being greater than at any time in the history of the trade, except in 1892-93-94, when sugar was being imported free under the McKinley tariff law.

The total value of merchandise entering free, however, was larger than in any year heretofore.

NORTHWEST HAS HOTTEST DAY IN PAST FOUR YEARS

Portland, July 17.—Portland was not the hottest place in the Pacific Northwest yesterday, though for two hours in the afternoon, while perspiring folk stampeded for shade and coolness, the thermometer stood at 97 degrees and Brother Beals, the genial weather man, registered the hottest consecutive 120 minutes since 1907. But that 97 degrees was as the gentle warmth of a day in spring, compared to the heat in other towns in Oregon, Washington and Idaho.

In 11 cities that had been heard from last night, the thermometer stood above 100 degrees. Eltopia, a little water tank station in Central Washington, near Pasco, was perhaps the hottest place in the United States, the mercury climbing to 110 degrees.

Following were the maximum temperatures Sunday in Pacific Northwest cities: Portland 97; Albany 102; Salem 102; Roseburg 105; The Dalles 104; Bend 98; Seattle 92; Vancouver 99; Walla Walla 108; Ashland 104; Baker 96; Boise 98; Marshfield 70; North Yakima 106; Tacoma 88; Goldendale 106; Pullman 100; Lewiston 106; Eltopia 110; Spokane 99.

SHELL 400,000 YEARS OLD.

Tortoise Fossil Preserves Color Through Ages.

Los Angeles, Cal.—Three thousand feet above sea level on the slopes of Mount Baldy, and 50 miles from the coast in Orange county, Thomas Donlon picked up the perfect fossil of a huge sea tortoise, which Hector Alliot, curator of the Southwest museum, pronounces the most important discovery of the kind ever made in Southern California.

Donlon has a bee ranch and was seeking a rock to hold down the lid of a hive when he saw the shell protruding from the ground. The stone weighs 100 pounds and shows the exact markings and some of the original color on the back and yellow bottom. The specimen is nearly 30 inches in diameter.

Alliot estimates that it is 400,000 years old, the most ancient specimen ever picked up on the Western hemisphere. The tortoise swam in these seas, he says, when California and all the territory this side of the Rocky mountains was still a mile or two under water.

Madero to Disband Army

Puebla, Mex.—Professing surprise at the many Maderistas he finds yet bearing arms, and realizing the danger of maintaining an undisciplined army in time of peace, Francisco I. Madero has determined upon a policy of immediate disarmament. He said the work of mustering out revolutionary forces would be started at once and would be prosecuted vigorously until Mexico has but one army. It is believed that the battle in Puebla was started by young men of the town firing on the barracks of both armies.

Haytians Take Valleire.

Port Au Prince, Hayti—The government troops under General Glemenceau have occupied Valliere without a fight, the insurgents retiring. Groups of rebels are now directing their attention to points where the government troops have been weakened. Two divisions have been sent against Hiniche, a small town held by insurgents. By order of the Cape Haytien authorities the light at Picolet Point has been extinguished. This has given rise to protests as a measure dangerous to navigation.

Wealth Due to Wife.

Cleveland, O.—John D. Rockefeller says that it was a woman, and that woman his wife, who made him the richest man in the world. To her assistance in his financial ventures and her good advice at crucial periods he admits he owes his fortune. From early days, when the business had its beginning, she has known the details of every transaction of the trust, Mr. Rockefeller stated in an interview on the subject.

Monitor Survivor Dies.

Sawtell, Cal. — Michael Mooney, said to be one of the three survivors of the crew which manned the "Monitor," when it fought and vanquished the Confederate ram "Merrimac," died Saturday night aged 74, at the National Soldiers' Home. On the anniversary of the battle, Mooney sent a letter recalling the events of the day to another survivor, who lives in Philadelphia.

Southern Cake.

One and one-half cupfuls of sugar, one-half cupful butter (scant), three-quarter cupful of milk, whites of three or four eggs, two heaping spoonfuls of baking powder, about two cupfuls of flour, sifted four times, vanilla. Filling—One cupful of brown sugar, one cupful of white sugar, one cupful of milk, butter size of a walnut. Boil all together (add butter when nearly done) until it forms a soft ball in water. Take from the fire and add one teaspoonful of vanilla, one teaspoonful of lemon, chopped raisins, cherries (candied), citron, and pecan nuts. Beat until creamy, and spread between the layers and on top.

THE TRUTH ABOUT BLUING.

Talk No. 10.

Be thrifty on this little thing. Don't accept water for bluing. Think of it, a little dab of bluing in a large bottle of water. Give me 10 cents. Well I guess not.

Buy RED CROSS BALL BLUE. Best bluing value in the whole world for the consumer. Makes the whole family smile. Large packages. AT YOUR GROCERS.

Squab Grows Fast.

A squab grows enormously the first 12 hours, and still more rapidly after the third day. Squabs are at first sparsely covered with long filaments of down, the root of each filament indicating the point from which each future feather is to start. The down for a while still hangs on the tips of some of the feathers, during their growth, and is thought by some to be finally absorbed into the shaft of the growing feather.

THE KEYSTONE TO HEALTH IS HOSTETTER'S STOMACH BITTERS

You will find the Bitters a beneficial remedy in every way in cases of Indigestion, Dyspepsia, Costiveness and Cramps.

Try it today and see.

All About the Pig.

A little boy's first composition was about a pig. This is the way he wrote it: "Pigs are very queer animals. The pig has its uses. Our dog don't like pigs. His name is Nero. Our teacher read a piece one day about a wicked king named Nero. I like good men. My papa is an awful good man. Men are very useful. They have a great many uses which I can't stop to tell them all. This is all I can think of about the pig."

Milk to Put Out Fire.

It has been proved that milk will effectually extinguish the flames from gasoline, or any form of petroleum, since it forms an emulsion with the oil, whereas water only spreads it.—Home Department, National Magazine.

Vanity's Excuse.

The peacock spread his gorgeous tail and strutted around, proud of his magnificence. "Still," he squawked, "I'm only doing this for the credit of the family; my wife ought to wear the bustle, you know, but she doesn't."

SEVEN YEARS OF MISERY

All Relieved by Lydia E. Pinkham's Vegetable Compound.

Sikeston, Mo. — "For seven years I suffered everything. I was in bed for four or five days at a time every month, and so weak I could hardly walk. I cramped and had backache and headache, and was so nervous and weak that I dreaded to see anyone or have anyone move in the room. The doctors gave me medicine to ease me at those times, and said that I ought to have an operation. I would not listen to that, and when a friend of my husband told him about Lydia E. Pinkham's Vegetable Compound and what it had done for his wife, I was willing to take it. Now I look the picture of health and feel like it, too. I can do my own housework, hoe my garden, and milk a cow. I can entertain company and enjoy them. I can visit when I choose, and walk as far as any ordinary woman, any day in the month. I wish I could talk to every suffering woman and girl." —Mrs. Dema Bethune, Sikeston, Mo.

The most successful remedy in this country for the cure of all forms of female complaints is Lydia E. Pinkham's Vegetable Compound.

It is more widely and successfully used than any other remedy. It has cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration, after all other means had failed. Why don't you try it?

WOMAN'S ILLS

Many women suffer needlessly from girlhood to womanhood and from motherhood to old age—with backache, dizziness or headache. She becomes broken-down, sleepless, nervous, irritable and feels tired from morning to night. When pains and aches rack the womanly system at frequent intervals, *ask your neighbor about*

Dr. Pierce's Favorite Prescription

This Prescription has, for over 40 years, been curing delicate, weak, pain-wracked women, by the hundreds of thousands and this too in the privacy of their homes without their having to submit to indelicate questionings and offensively repugnant examinations.

Sick women are invited to consult in confidence by letter *free*. Address World's Dispensary Medical Ass'n, R. V. Pierce, M. D., Pres't, Buffalo, N. Y.

Dr. Pierce's Great Family Doctor Book, The People's Common Sense Medical Adviser, newly revised up-to-date edition—1000 pages, answers *in Plain English* hosts of delicate questions which every woman, single or married, ought to know about. Sent *free* to any address on receipt of 31 one-cent stamps to cover cost of wrapping and mailing *only*, in French cloth binding.

Bread Griddle Cakes.

One and one-half cups flour, one cup stale bread crumbs, three teaspoons baking powder, one teaspoon salt, two tablespoons sugar, one-half cup boiling water, three-quarters cup milk, one egg, well beaten, two tablespoons melted butter. Add boiling water to the bread crumbs and let stand five minutes. Add the milk, sift together thoroughly the flour, salt, sugar, and baking powder, and add to the bread mixture; then add the egg and butter. Fry as griddle cakes.

To Break in New Shoes.

Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, aching, swollen feet, gives corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Dont accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Another Story.

"What did you do when your husband told you the old, old story?" "I told him to shut up before he was half through!" "Why, what a funny way to reply to a confession of love!" "Oh, is that what you mean? I thought you meant the story he told last night when he came home from a time with the boys."

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny, granules, easy to take. Do not gripe.

Alfalfa Feed for Flock.

If your hens do not do well, try a small patch of alfalfa. An acre will be enough for a few colonies.

It has been shown that alfalfa can be grown anywhere in the United States and by starting with a small patch of it and gradually widening the area as you get time to lime and inoculate the soil, you will soon have a good-sized field of it. It is excellent feed, both for hogs and poultry.

Alfalfa meal is one of the best of winter feeds for chickens. The meal is semi-green in nature, besides containing a high percentage of lime and protein. Alfalfa meal will cost about as much as wheat bran, and it has about equal feeding value to bran, besides providing green stuff for the hens in winter when grass is dead. Try some of the meal this winter and arrange to grow your own alfalfa for the hens and bees another year.

Wore Outer Clothing Only.

Centuries ago, as Sir Walter Scott says in "Ivanhoe," men wore one thickness of clothes, whether of wool, leather or velvet. The shirt was invented, but for a long time was worn only by the nobility and gentry. Then followed the waistcoat, breeches and, later on, trousers. The overcoat, which succeeded the mediaeval cloak, was rare until the seventeenth century.

Love All.

There is no balm to a man's heart like love, not only the love others feel towards him, but that he feels towards others. Be in love with all things, not only with your fellows, but with the whole world, with every creature that walks the earth, with the birds in the air, with the insects in the grass.—H. Fielding Hall.

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Highest prices paid for Silver, Old Jewelry, Gold Teeth, Etc. UNCLE MYERS. Forty years in Portland. 71 Sixth, between Oak and Pine.

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Address Dr. Kilmer & Co., Binghamton, N. Y.

Fine Self-Denial.

An Albany (N. Y.) lady refuses to speak to others who wear feathers on their hats. Such self-denial should be worthy of a fine reward.—Chicago Record-Herald.

Don't cringe—don't flinch,
Should fortune pinch
And all seem lost;
With might and main,
TRY, TRY again
At any cost.

MUNYON.

I AM taking the above text for the reason that I want to instill into the people self-reliance, self-nobility, self-sovereignty. I want every person to feel that they are above deception, hatred, selfishness, jealousy, envy or revenge.

I want the person who is pinched by poverty, who has suffered great reverses, who is weighted down with some great sorrow to become acquainted with the redeeming power of Hope. I want them to take Hope as a companion, as a counsellor, as a light, as a medicine, for Hope is an ambassador from God. It is a teacher that shows us the beautiful. It fills our souls with songs and our tongues with praise.

To be hopeful one must be well, and to be well one must be hopeful.

That the lower bowel is responsible for most bodily ills is now being recognized by the leading physicians throughout the world. There is no further excuse for being bilious, for having headaches, for suffering with dyspepsia or indigestion, for putting up with a sluggish or lazy liver, for poisoning the blood as a result of constipation, for Munyon's Paw Paw Laxative Pills are positively correcting all these ailments. They assist in digesting everything that is put into the stomach. They stimulate the liver into activity. They start the secretions of the stomach, which carry off all the bile and poisonous matters through the bowels. They strengthen the lower bowel, so that it empties itself naturally, without the aid of cathartics or foreign substances.

Munyon's Paw Paw Pills for sale at all druggists. Price, 25 cents. Munyon's.

If Omar Were Alive.

Dr. Wiley is an able man, but he is not qualified to say what mince pie is. There was a Persian poet who might have served, but "the wild ass stamps o'er his head and cannot break his sleep."

Know Nature.

He who knows that secrets and virtues are in the ground, the waters, the heavens, and how to come at these enchantments—is the rich and royal man.—Emerson.

"Sam Sloan"

A Good Cigar Costs You 5c Worth More

ALLEN & LEWIS

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P N U No. 29—'11

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I publish my true photograph, correct name and personally conduct my office.

No severe operations, many cases permanently cured in one treatment. Most time-saving, most natural, most safe. A radical and permanent cure. I give my word and will cite you to other medical authorities that this is a fact. I am certainly prepared to cure by experience and equipment, which are the keystones to success. I have the best equipped medical office on the Coast. I will give $500 to any charity as guarantee that every statement in this announcement is true.

I invite you to come to my office. I will explain to you my treatment for Varicose Veins, Hernia, Nervous Debility, Blood Poison, Piles, Fistula, Bladder, Kidney, Prostatic and all Men's Ailments and give you FREE a physical examination; if necessary a microscopical and chemical analysis of secretions, to determine pathological and bacteriological conditions. Every man should take advantage of this opportunity to learn their true condition. *A permanent Cure is what you want. A permanent Cure is what I give.*

WRITTEN GUARANTEE—My written guarantee means a cure or no pay. I guarantee to cure certain ailments or refund every dollar you have paid. My services cost you nothing unless I cure your Varicose Veins, Hernia, Piles, Fistula, Blood Poison, or any ailment I guarantee to cure. Terms are reasonable and no more than you are able and willing to pay for benefits.

Office hours—9 A. M. to 8 P. M. Sundays, 10 A. M. to 1 P. M.

"606" FOR BLOOD POISON I use Professor Ehrlich's wonderful new discovery, "606" in cases of Specific Blood Poison. It cures in one treatment and is the greatest marvel of medical science. This new remedy has been successfully used in thousands of cases. Let me explain it to you.

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Finest in Quality. Largest in Variety. They meet every requirement for cleaning and polishing shoes of all kinds and colors.

GILT EDGE the only ladies' shoe dressing that positively contains Oil. Blacks and Polishes ladies' and children's boots and shoes, shines without rubbing. 25c. "French Gloss," 10c.

DANDY combination for cleaning and polishing all kinds of russet or tan shoes, 25c. "Star" size, 10c.

QUICK WHITE makes dirty canvas shoes clean and white. In liquid form so it can be quickly and easily applied. A sponge in every package, so always ready for use. Two sizes, 10 and 25 cents.

If your dealer does not keep the kind you want, send us his address and the price in stamps for a full size package.

WHITTEMORE BROS. & CO., 20-26 Albany St., Cambridge, Mass. *The Oldest and Largest Manufacturers of Shoe Polishes in the World.*

Keeley Cure ALCOHOL OPIUM—TOBACCO

Habits Positively Cured. Only authorized Keeley Institute in Oregon. Write for illustrated circular.

KEELEY INSTITUTE, 71 E. 11TH N. PORTLAND OREGON

Waits for Fame.

No writer ever thinks of spelling out his middle name in full until he has been a war correspondent or has taken a ride in a aeroplane.—Los Angeles Express.

In the Present.

With the wise man it is always time.

Stops Hair Falling

Ayer's Hair Vigor, new improved formula, will certainly stop falling of the hair. Indeed, we believe it will always do this unless there is some disturbance of the general health. Then, a constitutional medicine may be necessary. Consult your physician about this.

Does not change the color of the hair.

Ayer's Formula with each bottle. Show it to your doctor. Ask him about it, then do as he say

The reason why Ayer's Hair Vigor stops falling hair is because it first destroys the germs which cause this trouble. After this is done, nature soon brings about a full recovery, restoring the hair and scalp to a perfectly healthy condition.

—Made by the J. C. Ayer Co., Lowell, Mass.—

REMINGTON UMC NITRO CLUB and NEW CLUB SHOT SHELLS

The steel lining in Nitro Club smokeless powder shells insures better pattern, better penetration and greater velocity for the same load.

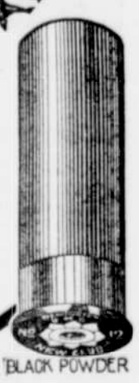
It makes the shell stronger, surer and safer. It costs you no more to buy.

If you prefer black powder, shoot New Clubs—the famous hard-hitting, sure-fire, old "yellow" shells.

Remington-UMC—the perfect shooting combination.

Remington Arms-Union Metallic Cartridge Co. 299 Broadway, New York City

SMOKELESS POWDER



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PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send postpaid at 10c a package. Write for free booklet how to dye, bleach, and mix colors.

MONROE DRUG COMPANY, Quincy, Illinois.