# A Good Hair-Food

proved formula, is a genuine hair-food. It feeds, nourishes, builds up, strengthens, invigorates. The hair grows more rapidly, keeps soft and smooth, and all dandruff disappears. Aid nature a little. Give your hair a good hair-food. Does not change the color of the hair.

Formula with each bottl yers show it to your doctor

Ask him about it, then do as he says

You need not hesitate about using this new Hair Vigorfrom any fear of its changing the color of your hair. The new Ayer's Hair Vigor prevents premature

## CASH FOR IDEAS

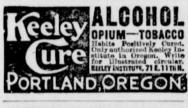
\$50 for the best Trademark \$25 for the best Motto We want these to help impress on the publishes strength and vigor of this WESTERN sompany, and its unusually liberal policy contracts. Contest, which is open to every nody, closes September 30.

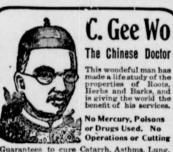
for particulars address S. Bleiweiss, General Agent, 834 E. Yamhill Street, Portland, or Continental Life Insurance & In-

vestment Company W. H. Cunninghan General Manag McCornick Blook, Sait Lake City Exulting in his suddenly returned

strength, Samson was about to push the pillars from under the temple. "Ha," he chuckled, as the roof toppled in, "couldn't have done it if the contractor had built this temple ac-cording to specifications." The Canine Howlology.

There is nothing so very remarkable in the Atlantic City dog that can tell time. Every dog on earth can tell time. That is, they can tell breakfast time, dinner time and supper time, and know to a minute when it is time to start their nightly howl.





The Chinese Doctor This wondeful man has made a life study of the properties of Roots, Herbs and Barks, and is giving the world the benefit of his services. No Mercury, Poisons

cure Catarrh, Asthma, Lung, A SURE CANCER CURE

COASULTATION FREE

The C. Gee Wo Medicine Co. 621/4 First St., cor. Morrison, Portland, Or

She's such a help to her clever hus-and. Everybody knows that he is a genius, but few are next to the fact that little wife aids him in his every activity. We got a look-in at this state of affairs at the surprise party we gave him the other night.

When the food had been discussed he was called on for a speech, of course. He arose from his seat beside his wife-he hemmed and hawed, and then he said:

"Ladies and gentlemen-I am totally unprepared, of course, and er-being as I said totally unprepared, you must - er excures me for being er unprepared. I er ah I was hardly prepared for this er' And then his wife interrupted:

"Why, darling," she said, "you knew it perfectly this morning. The next sentence begins, 'Knowing as I

#### Bowled Over.

Ayer's Hair Vigor prevents premature grayness, but does not change the color of the hair even to the slightest degree.

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

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

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

—morning, following an unusunally swift encounter with the alcoholic foe, anneared in his office looking sad and shaken up.

"How are you this morning, Sam?" inquired a friend. Worse than I've ever been," replied the judge, with a groan. "Im in bad at home. When I left the house a little while ago the children

were calling me Sam and my wife attractions.

Was addressing me as Mister."

The honored An Autocrat's Relaxation. "You seem to get a great deal of pleasure out of business." "Yes," re-plied Mr. Dustin Stax, "after I have fretted over a golf match there's nothing rests me up like getting back to

## my own way." NOT FEELING

WELL?

You need a short course of The Bitters. It is fine for a weak or overloaded stomach, clogged bowels and sluggish liver. Be persuaded to get a bottle of

## HOSTETTER'S STOMACH BITTERS

today. It will set things right in quick time.



The Dawn of Scientific Knowledge mand is greater than the supply.

Honorable, Dignified, Lucrative

to TOUR advantage.
Invalids and others needing skilled treatment, rite for particulars. 409 Commonwealth Bldg., Portland, Or.

# W. L. DOUGLAS

\*2.50, \*3.00, \*3.50 & \*4.00 SHOES WOMEN wear W.L.Douglas stylish, perfect fitting, easy walking boots, because they give long wear, same as W.L.Douglas Men's shoes. THE STANDARD OF QUALITY FOR OVER 30 YEARS

The workmanship which has made W.L. Douglas shoes famous the world over is maintained in every pair. If I could take you into my large factories

at Brockton, Mass., and show you how carefully W.L..Douglas shoes are made, you would then understand why they are warranted to hold their shape, fit better and wear longer than any other make for the price CAUTION The genuine have W. L. Douglas name and price stamped on bottom

our town, write for catalog. Shoes sent direct ONE PAIR of my BOYS' \$2, \$2,50 or from factory to wearer, all charges prepaid. W.L. \$3.00 SHOES will positively outwear DOUGLAS, 145 Spark St., Brockton, Mass. TWO PAIRS of ordinary boys' shoes



# SHOTGUN Few and strong and simple parts Allows five shots-in lightning succession or deliberately -as desired. Three to get the cripples.

Minimum recoil. Not a single ounce of muzzle energy lost. Part of the recoil, ordinarily absorbed by shooter's shoulder is utilized to operate the mechanism.

Handles heaviest ammunition easily and accurately. Solid Breech, Hammerless, Safe!

Remington-UNC-the perfect shooting combination.

Send for Descriptive Folder REMINGTON ARMS-UNION METALLIC CARTRIDGE CO. 299 Broadway, New York City

# KILLS

## Fourteen Badly Injured at Race Meet in New York.

Racing Machine Bursts Tire and Leaves Track-President Taft Had Just Left Scene.

Syracuse, N. Y.-Nine persons were killed and 14 injured, some of them seriously, as a result of an accident in the closing miles of a 150-mile race What helps they are, these anxious wives.—Cleveland Plain Dealer. through the fences surrounding it, and plunged into the throng that lined the side of the speedway.

Six of the nine persons were killed outright, and three were so badly injured that they died on the way to the hospital.

The injured include Lee Oldfield, driver of the car, and one woman. It is believed that several of the injured cannot live.

The accident came as the fatal termination of a day that undoubtedly was the biggest the State Fair has ever known in point of attendance and

The honored guest of the day was President Taft. It was but a short time after he had left the grounds that the tragedy occurred. Just be-fore he departed, President Taft took a short ride in an automobile on the track, which was wet to keep the dust from the president and his party. It is believed that the wet track was re my desk, where I can have everything sponsible for the accident. Several of the drivers refused to start in the race until the track had dried off somewhat.

GIANT BUBBLE OF LAVA.

#### Incandescence Adds to Wonder of Hawaiian Scene,

Los Angeles - Mail advices from Honolulu tell of the most amazing stead of water. phenomenon ever observed within the crater of a volcano by a white man. It was no less than a tremendous bub-ble of lava, inflated by gas from the very center of the earth, which supported an island as it floated across a lake of fiery liquid. Frank A. Perret, the scientist who observed it, estimated that it covered an area of 3,000 square feet, and he was fortunate enough to secure a few photographs, although conditions were far from favorable for picture-taking.

"The bubble was a huge, sausage-shaped affair, inflated with volcanic gas and composed of lava glass," says the scientist in his report. "A lava fountain, boiling continuously under the eastern end, gave the appearance of a screw propeller and the amazing contrivance seemed to be navigating the lake like a great whale-back

steamer. 'There was an island of black crust, which, when it began to sink, evolved a great quantity of gas, which blew the bubble of lava glass and this in der them with an orange stick and turn sustained the island and prevent- wash with warm water. Learn a Profession where the demand is greater than the supply.

And I refer all two days who saw it. or double boiler, stand in a pan of They believe it may never be given to boiling water over the fire. When the man to witness such a sight again.

CHINOOK JARGON ASKS TAFT.

President to Be Guest of Seattle Press Club on Visit.

Seattle, Wash .- "Copa Tyee Taft" was the unusual address on a document mailed here 10 days ago. It was the invitation of the Seattle Press club, written in Chinook jargon to President Taft that he become the guest of the club during his visit here.
"For Chief Taft" is the translation.
"For waste pipes, which stop the outflow of On that slender address the 'document was taken in charge by Postmaster George F. Russell and was delivered promptly at Beverly, Mass.

The president has accepted the invitation, which was handsomely engrossed. It follows: Copa Tyee copa nesika illahee, Se-

"Conoway copa Boston illahee mika elip hiyu khoma."

## Hillman Escapes Jail.

estate dealer convicted of using the mails to defraud, who is at liberty pending the decision of the Circuit till required. Court of Appeals, on \$200,000 bail, narrowly escaped being remanded to jail Saturday. Following a dispute with C. N. Gill, a real estate dealer of Tacoma, who, with his wife, is on Hillman's bond for \$25,000, a deputy United States marshal was sent for and Gill announced his intention of basin and mix it into a smooth paste surrendering Hillman to the court for with cold milk; add the boiled cream safe-keeping.

Road Stops to Aid Tramp.

Denver-In an effort to save the tramp who fell into a vat of boiling cream. Serve in dainty cups, with water in the roundhouse of the Chi-cago, Rock Island & Pacific railroad at Limon, 80 miles east, the railroad company Sunday night disarranged its schedule, "laid out" important trains and rushed the boy here on a special. Devlin had been put off a train on which he was stealing a ride and fell into the vat while seeking a place to sleep. He was literally cooked alive, and cannot live.

Any Woman is Too Good. New York-"Most any woman a man happens to meet is too good for him," was the reply of Mayor Gaynor to a letter from a resident of Arkansas City, Kan., who asked the mayor to find him a wife. "Do you not know the proverb that he who goes far away from home for a wife is apt to be fooled? And then, again, how could I recommend any good girl to you? You may not be as attractive as you think you are."

# NINE TRY POND LILY SALAD

EGGS AND OTHER THINGS.

Veal Croquettes That Are Tasty, Made From Meat Left Over-Stuffed Peppers, Madge's Cookies and Pie Cruts.

Pond Lily Salad .- On separate salad plates arrange some nice white let- two hours to dig two quarts of potatuce leaves. Boil eggs hard, one and toes?" one-half for each person. Cut whites in long strips, placing these in center of lettuce. Then chop yolks fine, adding finely chopped celery, parsley and olives. Mix well with mayon-naise dressing, season with salt and

pepper and place in middle of dish. Veal Croquettes.—Use beef or chicken or any kind of leftover meat. Put the meat through the chopper, season with salt and pepper, moisten with cream sauce or soup; add well beaten egg; cracker crumbs to make stiff enough to mold in balls and fry sauce for same. Fry a small onion in butter for the flavor only, take out and brown some flour; then add either soup stock or water and then season with salt, pepper and catsup. Cream sauce may be poured over them in-

Stuffed Peppers .- Be sure and get bell peppers. For six large peppers cut tops and take out seeds. Boll for half an hour one and one-half cups of chopped veal, one-half cup cold one-half teaspoon salt, one tablespoon

and chopped nuts. Good Pie Crust .- Six heaping tablespoons of flour; about half teaspoon of baking powder, tablespoon lard and a little salt. Mix with milk instead of water



hardened by water soft and pliable as

Place a deep skillet over irons when they are heating. They will retain the heat longer. Bolled starch is made smooth and

effective by the introduction of sperm, salt or gum arabic dissolved. Old paint stains may be removed from cloth by covering the spot with olive oil or butter, then applying chlo-

roform. If dirt seems to settle under the der them with an orange stick and

ed it from sinking. It made several tours of the lake before it disappeared from sight at last." All this was observed in the volcano Halemaumau, It will last longer than in water. Parsley may be kept fresh and and Perret and two Japanese assist- To scald milk put the milk in a par

milk begins to steam it is scalded.

## To Bottle Peas.

Green peas that are to be bottled should be gathered on a dry day and only peas that are perfectly sound should be used. Shell them carefully "Copa Tyee copa nesika illahee, Seattle tsum tillicums copa klaska tyees, a spray of mint has been soaked. Aftdelate ticke mika chaco copa nesika er blanching, dry the peas and put illahee, tenas lale mika mitlite yakwa. them into wide necked bottles with mint and saited boiling water. Cover nanetch tillicums klaxta ticke mash the bottles and put them, wrapped in copa mika kloshe tumtum pe nesika hay, in a pan of water. Bring the wawawa delate halo mika iskum conoway ter slowly to the boll and allow the peas to cook gently for an hour and a half. Set the pan aside till the peas are quite cold, then lift the bottles Seattle-C. D. Hillman, the real out and lay them on a damp cloth in

Rice Ice Cream.

Boil for five minutes two cupfuls of cream, four tablespoonfuls of sugar, the rind of one lemon, three bay leaves and one inch of cinnamon stick. and simmer fifteen minutes. Pass through sleve; when cold, add one teaspoonful of vanilla extract, and then freeze. During the freezing add one life of Felix Devlin, a 22-year-old cupful of whipped and sweetened ground almonds sprinkled on top.

Fricaseed Beefsteak.

Take a round steak and cut it into small pieces about two inches square; roll seach piece in flour, sprinkle salt and pepper over all and put into frying pan with plenty of lard or butter. Put into oven and brown as you would a roast, turning pieces a few times. Then add water and cook either in oven or on stove for an hour and a half or two hours. Thicken the gravy and serve.

For Porch Teas.

Bread for sandwiches should be 24 hours old. Do not spread butter or filling on the bread before it is cut from the loaf and into shape. Cream the butter, using a small wooden

## Misapplied.

It is related that a clergyman living in the suburbs set a tired-looking man who had applied to him for work dig-MADE WITH LETTUCE, BOILED ging potatoes. In an hour or so he went out and found that the man had uncovered about two quarts of the

> "Well," said the parson, "you don't believe in overworking yourself, do

"Oh," replied the laborer, "I work according to Scripture. "Where in the Bible can you find anything that justifies your taking

"Why, this: 'Let your moderation be known to all men.

The minister thought this rather witty and he took the man to dinner. The moderate worker did not prove to be a moderate eater; in fact, he cleared the table.

"You don't seem to eat according to your text," remarked his host, watching the victuals disappear. knife and fork faster than ever.

all thy might!""
"Humph!" said the clergyman. "My good man, you've got your two texts misplaced."

of chopped veal, one-half cup cold to vaudeville as the "Virginia Judge," in life evaporates; the nature coars-boiled rice, three chopped tomatoes, walked up the Strand he complained ens. This is the threatening picture to his English companion that the of American character today.

sprinkle cinnamon, granulated sugar Star.

# 7 YEARS

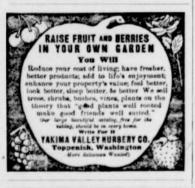
I Was Cured by Lydia E. Pinkham's Vegetable Compound

Waurika, Okla.—"I had female trou-

Another Grateful Woman. Huntington, Mass.—"I was in a nervous, run down condition and for three years could find no help.

fibroid tumors, irregularities, periodic pains, backache, that bearing-down pains, backache, that bearing-dreeling, and nervous prostration.

A Good Position and ladies in the field of "Wireless" or railway telegraphy. Since the 8-hour law became effective, and since there is a great shortage of telegraph-\$70 to \$90 per menth, with good chance of advancement. The National Telegraph Institute, Commonwealth Building, Portland, Oregon, operates under supervision of R. R. and less officials, and places all graduates into positions. It will pay you to write to me for full details.





BRUISES OR ANY PAIN. PORTLAND, OREGON

## What Ails You?

Do you feel weak, tired, despondent, have frequent headaches, coated tongue, bitter or bad taste in morning, "heart-burn," beiching of gas, acid risings in throat after eating, stomach gnaw or burn, foul breath, dizzy spells, poor or variable appetite, nausea at times and kindred symptoms?

If you have any considerable number of the above symptoms you are suffering from biliousness, torpid liver with indigestion, or dyspepsia. Dr. Pierce's Golden Medical Discovery is made up of the most valuable medicinal principles known to medical science for the permanent cure of such abnormal conditions. It is a most efficient liver invigorator, stoma a tonic, bowel regulator and nerve strengthear.

regulator and nerve strengthener. The "Golden Medical Discovery" is not a patent medicine or secret nostrum, a full list of its ingredients being printed on its bottle-wrapper and attested under oath. A glance at these will show that it contains no alcohol, or harmful habit-forming drugs. It is a full extract made with pure, triple-refined glycerine, of proper strength, from the roots of native American medical, forest plants. World's Dispensary Medical Association, Props., Buffalo, N. Y.

## atching the victuals disappear. "No," replied the tired man, plying Be Cured In Your Own Home

231 Main Street, PORTLAND, OREGON.

"I have another text for this: 'Whatever thy hand findeth to do, it with the another text for this: 'Rheumatism, Stomach and cured permanetly in short time and at small cost by use of a concentrated mineral water. No Fake. S nd for the content of the content ever thy hand findeth to do, it with Address LANG'S ROCKY MOUNTAIN MINERAL WONDER COMPANY

Guard Your Ideals.

Deuced Bad Form.

The first night Walter Kelly, known

The first night Walter Kelly,

one-half teaspoon salt, one tablespoon of melted butter. Fill the shells with most famous street in London was this and a few buttered cracker crumbs on top. Bake about one hour.

Madge's Cookies.—Cup of butter, cup of powdered sugar, cup of corn starch, tablespoon of milk, two well beaten eggs, small glass of sherry and teaspoon baking powder. Flour.

Why is a sid, "at this hour this hour tempting, so fascinating, that by the time they are ready for active life our youth are so saturated with commercialism, so ambitious to coin every bit of their ability, their education,

"But Leave old town add his Few." and teaspoon baking powder. Flour the make stiff enough to roll; roll thin and cut, then brush over with milk; conspicuous?" — Cincinnati Timesideals, which are the true test of character.

## SMILE ON WASH DAY.

The laundress' delight is RED CROSS BALL BLUE. A neat; handy package, nothing to break or spill, and a blue that is all blue. It is so far superior to any liquid bluing that there is no comparison. Always produces snow white clothes. Large package 10 cents. ASK YOUR GROCER.

His Lullaby.

"Good morning, Mr. Schneiderpop-ski!" exclaimed the good lady of the house as the new second-floor back took his place at the breakfast table. "Goot mor-r-rning!" replied the

musician, bowing gallantly
"I am so afraid you didn't pass a bles for seven years, was all run down, "I am so afraid you didn't pass a comfortable night" pursued the host-

comfortable night" pursued the hostcould not do anything. The doctors
treated me for different things but
did me no good. I
got so bad that I
could not sleep day
or night. While in
this condition I read
of Lydia E. Pinkham's Vegetable
Compound, and
began its use and
wrote to Mrs. Pinkham for advice. In
a short time I had gained my average
weight and am now strong and well."
—Mrs. Sallie Stevens, R. F. D., No.
8, Box 31, Waurika, Okla.

Another Grateful Woman.

History Didn't Repeat.

Senator Swanson, of Virginia, tells To clean and renew shine of leather Lydia E. Pi., kham's Vegetable Composition political speech he ever made. He To clean and renew shine of leather chairs, brush off first all dust. Then rub well with a mixture of three parts benzine and one of sweet oil.

Steel, when rusty, may be cleaned by giving the article a good coating of sweet oil, leaving it for a few days and then rubbing it with unslaked lime.

It's a good scheme to keep a long crochet needle in the bathroom to draw out threads or hairs from the waste pipes, which stop the outflow of the chairs, brush off first all dust. Then pound and Blood Purifier which I be lieve saved my life.

"My doctor knows what helped me and does not say one word against it."
—Mrs. MARI JANETTE BATES, Box 134, Huntington, Mass.

Because your case is a difficult one, doctors having done you no good, do not continue to suffer without giving the article in the bathroom to many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic many cases of female pound at the control of the control

## Ancient Needle Factory?

The discovery of a prehistoric needle factory at a prehistoric lake village near Glastonbury, England, roused much interest recently. The Can be had by ambitious young men dwellings were placed on mounds of clay raised above the level of the wathe Wireless companies are establishing stations throughout the country, and bone splinters discovered in another mound led the explorers to think Positions pay beginners from that it may have been the site of an ancient needle factory.

Mothers will i.ud Mrs. Winslow's Soothing Syrup the best remedy to use for their children luring the teething period.

Guilty of Something. Another lawyer's story arriver

We are told that a man was charge with picking a pocket the other day and that when arraigned he pleaded 'guilty." The case went to the jury, however, and the verdict was "not guilty." And the court spake as fol-

"You don't leave this court without a stain on your character. own confession you are a thief. the verdict of the jury you are a liar. Cleveland Plaindealer.

ACHES PETTIS EVE Salve

Music Ever Helpful. Music is the nearest at hand, the most orderly, the most delicate and the most perfect of all bodily pleasures; it is also the only one which is equally helpful to all the ages of man; helpful from the nurse's song to her infant-to the music, unheard of others, which often, if not most frequently, haunts the deathbed of pure and innocent spirits.-Ruskin.

Mrs. Prime Puzzled. Cy Prime says he often tells his wife that whatever he amounts to he owes to her-and the poor woman can't make up his mind whether he is handing her an insult or compli-

Youth Never to Be Recalled. Dr. Pierce's Pellets, small, sugarcoated, easy to take as candy, regulate
and invigorate stomach, liver and bowels and cure constipation.

How true it is that without a vision
the people perish, says Orison Swett
Marden, in Success Magazine. Where
the pursuits are sordid, where the
pursuits are sordid, where the
the pursuits are sordid, where the
the pursuits are sordid, where the
solutions are sorded.

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*WE BUY OLD GOLD* Highest prices paid for Silver, Old Jewelry, Gold eeth, Etc. UNCLE MYERS. Forty years in Portland, 71 Sixth, between Oak and Pine.

Tumors, Goiters, Rheumatism Chronic, Nervous and Female Diseases

Meadow Glade Osteopathic Sanitarium Dr. Mead C. Coon, Physician. Battle Ground, Wash



## EVERY HOME

Should have a c py of my new booklet, 'Neurology---the Way to Health." It tells of the wonderful cures that have been made and how to get well. Write for it today, to DR. HARVEY W. FREEZE, Merchants Trust Bldg., Portland, Oregon.

Skylights Tanks Gutters Down Spouts Steel Ceiling J. C. BAYER Portland, Oregon 2v4 Market









GILT EDGE the

BABY ELITE size 10c.

If your dealer does not keep the kind you want, and us his address and the price in stamps for WHITTEMORE BROS. & CO., 20-26 Albany St., Cambridge, Mass. The Oldest and Largest Manufacturers of Shoe Polishes in the World,

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UTNAM FADELESS

ighter and faster colors than any other dve. One 10c package colors slik, wool and cotton equally well give perfect results. Ask dealer, or we will send postpaid at 10c a package. Write for free bookle ind mix colors.

MONROE DRUG COMPANY, Quincy, llinois.



BLUMAUER-FRANK DRUG CO.

