

CONSTIPATION



Munyon's Paw-Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods; they do not scour; they do not gripe; they do not weaken; but they do start all the secretions of the liver and stomach in a way that soon puts

these organs in a healthy condition and corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weakening; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. These pills contain no calomel, no dope, they are soothing, healing and stimulating. They school the bowels to act without physic. Price 25 cents.

KIDNEY TROUBLE CAUSES LUMBAGO

Remarkable Story About Great Remedy

I cannot refrain from writing to say that your Swamp-Root has benefited me greatly. Last year I had a severe attack of lumbago. Was bad for a long time, and on seeing your advertisement, I determined to give it a trial. I did so and in two weeks was cured. I gave a bottle to a poor woman who could scarcely walk. She came to me in four days to tell me she was all right and most thankful. I had another attack last November and was so bad that I could not rise from my chair without assistance, and could hardly lace up my boots. I at once sent for more Swamp-Root and after taking two bottles, I am more than glad that I am well again. My age being seventy-three, I am more convinced of the excellence of Dr. Kilmer's Swamp-Root.

Yours very truly,
HENRY SEARLE,
1410 Arch street, Little Rock, Ark.

Letter to
Dr. Kilmer & Co.
Binghamton, N. Y.

Prove What Swamp-Root Will Do for You
Send to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. It will convince anyone. You will also receive a booklet of valuable information, telling all about the kidneys and bladder. When writing, be sure and mention this paper. For sale at all drug stores. Price fifty-cents and one-dollar.

Only One Thing to Do.
An Omaha doctor says bolting food increases human mortality. There are so many theories on this thing nowadays that we've come to the conclusion that the only thing to do with food is to eat it.

The Man That Wins.
L. W. says that the man who takes yesterday by the scruff of the neck and puts it where it belongs is the man who is going to make something of today.

Little Real Difference.
"Tough luck for Jim. The girl he married turned out to be a professional pickpocket." "Gee. The rest of us drew some pretty clever amateurs, though."—Cleveland Leader.

The Philosopher of Folly.
"Time has more lives than a cat," says the Philosopher of Folly. "I've killed it a thousand times myself, but eternity doesn't seem a minute nearer."

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Write for catalogues and literature. Developing and printing. Mail orders given prompt attention.
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"FILL YOUR OWN TEETH" FILL-O
If you have aching teeth or cavities and you are too nervous for the dental ordeal, try FILL-O, the home dentist. At druggists or by mail, 50c.
FILL-O MFG. CO., 351 Empire Bldg., Seattle, Wash.
Bismarck-Frank Drug Co., distributors for Oregon

Young America.
Elizabeth was sewing. She saw me making a buttonhole and wanted it to be like hers. I thought it little too hard for her; she said: "Why, mamma that isn't hard; you just make eye winks all around that hole."—Exchange.

LAZY LIVER

"I find Cascarets so good that I would not be without them. I was troubled a great deal with torpid liver and headache. Now since taking Cascarets Candy Cathartic I feel very much better. I shall certainly recommend them to my friends as the best medicine I have ever seen."
Anna Bazinet,
Osborn Mill No. 2, Fall River, Mass.
Pleasant, Palatable, Potent. Taste Good. Do Good. Never Sickens. Weakens or Grips. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C. C. Guaranteed to cure or your money back.

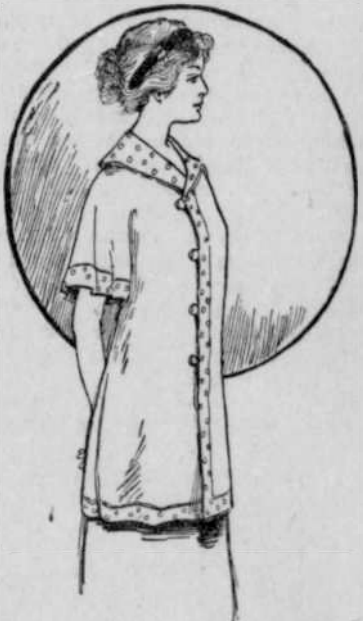
TAKE A DOSE OF
PISO'S
THE BEST MEDICINE
FOR COUGHS & COLDS

DEVELOPING LOVE OF ART

Have Children During Their School-days Acquire the Habit of Visiting Picture Galleries.

A small lassie was conducted by her mother on a tour of the Layton gallery and the established etiquette for art galleries in general was being included as a part of her instruction for the day. Standing before a particularly prosaic-looking canvas, she found it convenient to divert her mind by utilizing the brass railing as a trapeze—thereby developing the muscles of her back and arms. "What are you doing?" the fond mother inquired. "Do you think this is a gymnasium? You don't come to an art gallery to swing on a railing. You come to look at the pictures. Stand up there, if you want to come again." The implied threat as a finality was effective so far that there was no question in the onlooker's mind as to the treat the little lady evidently regarded a visit to the gallery. That is the great point—to have children during their schooldays acquire the habit of visiting picture galleries. Then it will be but a matter of time for the development of discriminative appreciation. That and real affection for the truly beautiful will follow logically.

FASHION HINTS



It is the easiest thing in the world to make this negligee, and it is a most becoming one. Make it of warm, cozy flannel, or crepe de chine, challis or lawn; it is equally suitable for any of these materials. The trimming may be plain or a bit fancy, if desired.

SHOWS SAGACITY OF SHEEP

Ewe's Care of Blind Lamb Proves They Are Not Devoid of Intelligence.

Sheep are not usually considered sagacious, but the following incident will show that they are not devoid of intelligence. A ewe gave birth to a lamb which was totally blind. The ewe soon realized that something was wanting in her offspring, and bestowed especial care on it, so that it grew up a fine, healthy animal. One day the farmer was driving the ewes and lambs to a field of fresh pasture. On the way they had to cross a small river by a ruda bridge that had no railing or defence of any kind at the side. The farmer forgot all about the blind lamb, but the mother ewe did not. On reaching the bridge she turned quickly round and, seizing her offspring by the ear, walked slowly backward over the bridge, drawing the lamb after her and making a murmuring noise all the while. Nor did she quit her hold till safe on the other side, while the farmer looked on in amazement.

GENERAL FARM NOTES.

Daisies are a nuisance in a pasture. Be careful not to churn the butter into a lump. There is no pleasure or money in keeping unprofitable sheep. Corn should contain sufficient moisture to pack well into the silo. Something should be done to have the young pigs get plenty of exercise. Always strain the cream into the churn to remove any particles of curd or dried cream. Fall plowing for alfalfa is recommended by the best authorities where the seed is to be sown early in the spring. A wire stretched across the barn behind the cows for a lantern is usually in evidence on well-managed farms. Dandelions are not a weed when found in the pasture, because their medicinal qualities are very beneficial to its stock. Bee-keeping, for those inclined that way, is certainly a well paying business, as there is less competition in raising bees and producing honey than in any other side line of farming.

Alma Mater.
It may not be generally known that the term "alma mater," which is universally applied to colleges and universities where men receive their scholastic training, is of purely Catholic origin. It had its source at the University of Bonn, and drew its inspiration from the beautifully chiseled statue of the mother of Christ—known as the Alma Mater—placed over the principal portal of that celebrated seat of learning.—Rosary Magazine.

A Natural Presumption.
When Edna's mother wished the little girl many happy returns of the day on the morning of her fifth birthday, the child said thoughtfully: "I'm five years old today and now, I 'spose I'll just keep on being five and five and five every day, till I'm six."

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

Internals of Ocean Greyhound.
In a big Atlantic liner there are over one thousand tons of piping of various kinds. The boiler tubes if placed end to end would stretch about ten miles, the condenser-tubes over twenty-five miles. The condensers pump up more than fifty thousand tons of water a day, and the furnaces consume about eight million cubic feet of air per hour. No fewer than 50,000 separate pieces of steel are used in the main structure of the ship.

Alone.
"What we must do," thundered the politician, walking rapidly down the street beside his bored acquaintance "what we Englishmen must do is to put our foot down firmly on these foreign imports." And to show that he could practise as well as preach, at that moment he put his foot down on the skin of an imported banana; and his friend walked on alone.—London Globe.

To Break in New Shoes.
Always shake in Allen's Foot-Powder. It cures hot, sweating, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Parent's Complaint.
There is at least one man in Michigan who is determined that his son shall have as good an education as his own. He recently sent the following communication to the superintendent of schools: "Dear Sir, my boy come home today with his head broke open by a bigger boy. I wish you would look into it. My boy comes to school to learn brains, and not to have them 'knocked out.'"

The Charm of Woman.
The society of women is usually sought by men during hours of mental relaxation, and we naturally find such a charm in their mere presence, especially when they are graceful or beautiful, that we are not very severe or even accurate judges of the abstract intellectual quality of their talk.—Philip Gilbert Hamerton.

Pettit's Eye Salve for 25c
relieves tired or overworked eyes, stops eye aches, congested, inflamed or sore eyes. All druggists or Howard Bros., Buffalo, N. Y.

Standing Room Only.
The regular umpire was sick and a kind old gentleman from the country agreed to do the best he knew how. All went well until the fifth inning when, with the bases full, the pitcher got wobbly and put over four wide ones and the batter started to take his base. "What will we do with the young feller," asked the old man of the pitcher. "We ain't got no place to put him."—Success Magazine.

Only Real Security.
Irresistible power and great wealth may up to a certain point give us security, but the security of men in general depends upon the tranquillity of their souls and their freedom from ambition.—Emile Zola.

Canadian Ensign.
The Canadian ensign is a flag of red, having a union jack in the upper canton, or corner, next the mast, and the Dominion coat-of-arms in the fly or field of the flag.

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Painless Extraction Free
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Best Rubber Plate on Earth 85c

ALL THIS WORK IS GUARANTEED. Don't throw your money away. A dollar saved is two dollars earned. Our original reliable Modern Painless Methods and our perfected office equipment saves us time and your money.
SOSTON DENTISTS, 5th & Morrison, Portland
Entrance 211 1/2 Morrison, opposite Postoffice and Motor & Truck. Established in Portland 15 years. Open evenings until 8 and Sundays until 12:30, for people who work.

P N U No. 50-19

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MORROE DRUG COMPANY, Quincy, Illinois.

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is a very hard task for any man or woman whose system has become weakened on account of some illness of the stomach, liver and bowels. It is to those persons that Hostetter's Stomach Bitters will appeal very forcibly, because it will tone and strengthen the organs of digestion, make plenty of rich, warm blood and thus prevent Chills, Colds and Grippe. A trial today will convince you of its merit. All Druggists and Dealers.

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Full Set of Teeth only... \$5.00
Bridge-work or Teeth without Plates... \$3.50 to \$5.00
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Does Not Strain the Eyes



Don't use a small, concentrated light over one shoulder. It puts an unequal strain on your eyes. Use a diffused, soft, mellow light that cannot flicker, that equalizes the work of the eyes, such as the Rayo Lamp gives, and avoid eye strain. The Rayo is designed to give the best light, and it does. It has a strong, durable shade-holder that is held firm and true. A new burner gives added strength. Made of solid brass and finished in nickel. Easy to keep polished. The Rayo is low priced, but no other lamp gives a better light at any price.

Once a Rayo User, Always One.
Dealers Everywhere. If not at yours, write for descriptive circular to the nearest agency of the
Standard Oil Company
(Incorporated)

Sympathy for Moose.
Treed by a cow moose, a Massachusetts man started to play a phonograph and the moose thing was just six seconds jumping over two barns and four haystacks and losing itself in the woods. We know exactly how the moose felt about it, and nothing but the speed laws prevented us from taking a similar hike on no less than two thousand different occasions.

The Hard Task.
It is easy to draw up rules of life, but few people can live up to their own rules.

Comfort and a Pious Soul.
Susan's only comfort under the circumstances was to reflect that Sir Guy was certainly going, at no distant date, to a place where his rank would not be oestry would be nothing compared to the period for which he would be doomed to suffer torment.—From James Payne's "Gwendoline's Harvest."

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With a New Perfection Oil Heater



When clothes can't be hung outside, and must be dried in a room or cellar, the New Perfection Oil Heater quickly does the work of sun and air. You can hang up the wet clothes, light your Perfection Oil Heater, open the damper top, and the heat rises and quickly dries the clothes.

Do not put off washing to await a sunny day in order to avoid mildew. Dry your washing any day with hot air from a

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SMOKELESS
OIL HEATER

Absolutely smokeless and odorless

It gives just as much heat as you desire. It is safe, odorless and smokeless.

It has an automatic-locking flame spreader, which prevents the wick from being turned high enough to smoke, and is easy to remove and drop back, so the wick can be quickly cleaned. Burner body or gallery cannot become wedged, because of a new device in construction, and can always be easily unscrewed for reworking.

An indicator shows the amount of oil in the font. Filler-cap does not need to be screwed down, but is put in like a cork in a bottle, and is attached to the font by a chain. Finished in japan or nickel, strong and durable, well-made, built for service and yet light and ornamental. It has a cool handle and a damper top.

Dealers Everywhere. If not at yours, write for descriptive circular to the nearest agency of the

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