

**not tea
not coffee**

It's the most delightful Breakfast
Drink you ever tasted

—and the most wholesome and invigorating. You cannot but like its rich "grainy" flavor and spicy aroma. Ask your grocer for

Three G's
(GOLDEN GRAIN GRANULES)

—if he hasn't got it he will get it for you. It's good for you 3 times a day. And remember that there is no substitute for 3 G's.

HOWARD E. BURTON—Assayer and Chemist. Leadville, Colorado. Specimen prices: Gold, Silver, Lead, etc. Gold, Silver, 10c; Lead, 5c; Zinc or Copper, 1c. Mailing envelopes a full price list sent on application. Control and Empire work no limited. Reference: Carbonate National Bank.

Machinery Second-Hand Machinery bought, sold and exchanged: engines, boilers, sawmills, etc. The J. E. Martin Co., 76 1/2 St., Portland. Send for Stock List and prices.

KODAKS SUPPLY LIST Write for Catalogues and Literature. We do Developing and Printing. Mail orders given prompt attention. Blumauer Photo Supply Co., 343 1/2 Washington St., Portland

Some Self-Denial Necessary. We all have to put up with one another; one cannot do that even in our own homes, without conceding a good deal which we should very much like to retain.

DAISY FLY KILLER placed anywhere, attracts and kills all flies. Neat, clean, ornamental, convenient, cheap. Lasts all season. Made of metal, can't rust or tip over; will not soil or injure anything. Guaranteed effective. Sold by dealers or sent prepaid for \$1.

HAROLD SOMERS, 100 DeKalb Ave., Brooklyn, N. Y.

Good Thing Easily Lost. Jack—"Fred has a snap, but he's foolish to continue abusing his privileges." Tom—"That's so! It takes mighty little to make a sinecure insecure."—Boston Transcript.

MEXICAN MUSTANG LINIMENT
FOR SPRAINS.

G. M. Northrop, Bisbee, Ariz., writes: "I have been using Mexican Mustang Liniment for a sprained foot with great results. It's an awful fine remedy for such ailments. It penetrates quickly, removes all inflammation and reduces the swelling."

25c. 50c. \$1 a bottle at Drug & Gen'l Stores

Actions a Criterion. A slender acquaintance with the world must convince every man that actions, not words, are the true criterion of the attachment of friends; and that the most liberal professions of good-will are very far from being the surest marks of it.—George Washington.

HOW GIRLS MAY AVOID PERIODIC PAINS

The Experience of Two Girls Here Related For The Benefit of Others.

Rochester, N. Y.—"I have a daughter 13 years old who has always been very healthy until recently when she complained of dizziness and cramps every month, so bad that I would have to keep her home from school and put her to bed to get relief.

"After giving her only two bottles of Lydia E. Pinkham's Vegetable Compound she is now enjoying the best of health. I cannot praise your Compound too highly. I want every good mother to read what your medicine has done for my child."—Mrs. RICHARD N. DUNHAM, 311 Exchange St., Rochester, N. Y.

Stoutsville, Ohio.—"I suffered from headaches, backache and was very irregular. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, and before I had taken the whole of two bottles I found relief. I am only sixteen years old, but I have better health than for two or three years.

I cannot express my thanks for what Lydia E. Pinkham's Vegetable Compound has done for me. I had taken other medicines but did not find relief."—Miss CORA B. FOSNAUGH, Stoutsville, Ohio, R. F. D., No. 1.

Hundreds of such letters from mothers expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for their daughters have been received by the Lydia E. Pinkham Medicine Company, Lynn, Mass.



WORTH KEEPING IN MEMORY

Garnered Wisdom That Has Been Handed Down Through Generations of Housewives.

When making sweet croquettes add a little sugar to the crumbs in which the croquettes are to be rolled.

Cold water is preferable to warm for scrubbing doors because it does not sink into the wood and so dries quickly.

Holding tomatoes over the gas flame will cause skin to burst and come off easier than when scalded, and the tomato will be less mushy than when scalded.

Neglected brass may be polished with a paste of powdered bath brick and oil. Take two pieces of the brick and rub together. This makes a finer powder than if scraped with a knife.

Cut hams may be kept from molding if the cut end is wet with vinegar each time after cutting. Vinegar will also keep beef fresh for a time when you happen to be without ice temporarily.

To frost over a window without darkening the room, dissolve Epsom salts in hot water and paint over the window while the water is hot, then allow to dry. This is easily removed and is entirely opaque white on.

Fringed cloths are often quite ruined in appearance at the laundry. They may be made to look like new for an indefinite period if, when they are starched, a little care be taken not to starch the fringe. Fold each cloth in four like a handkerchief and then gather the fringe of each part into the hand and hold it firmly while you dip the middle only into the starch. When the cloth is dry shake the fringe well and comb it with a specially kept toilet comb, and it will fall as softly and prettily as when new.

BROUGHT OVER FROM SPAIN!

Three Recipes That Have Found Favor Because of Their Really Excellent Qualities.

Chicken Spanish.—Chicken cut into small pieces and fried brown in its own fat and half cup olive oil; add clove garlic, medium sized onion, half can tomatoes, pepper, salt, five cloves, two dozen allspice, one bayleaf. Stew slowly one hour, adding a little water if necessary. Thicken with flour and water just before serving.

Spanish Summer Squash.—Fry in butter an onion and three green peppers chopped fine; add three ripe tomatoes and stew well, seasoning with salt and teaspoon of sugar. Add summer squash, sliced, and fry until soft.

Spanish Shrimps.—Large onion, six green peppers chopped fine and fried in butter; add two large tomatoes and cook well; then add a pinch of soda and cup of cream; then can of chopped shrimps.

Kitchen Line.

A convenient clothesline for the kitchen or other place where a clothes drying line is sometimes needed, is rolled into an oxidized copper reel case about five inches in diameter. This reel screws to a wall or casing and a hook is put up in a casing on another wall. When the line is wanted it is stretched across the space between the two and is fastened by a ring over the hook, the reel meanwhile catching it automatically and keeping it from slipping. When the line is not in use it is out of the dust in the reel casing. The line is 24 feet long. It would be a convenience for the kitchen veranda or porch of the summer cottage.

Making Nut Muffins.

Two cups of flour, half a teaspoonful of salt, three teaspoonfuls of baking powder, one cupful of milk, half a cupful of chopped nut meats, two eggs, two tablespoonfuls of sugar, three tablespoonfuls of melted butter and half a teaspoonful of vanilla extract. Mix and sift the dry ingredients, then add the beaten yolks of eggs, butter and milk. Beat well, add the vanilla extract and the stiffly beaten whites of the eggs. Divide into buttered and floured gem pans, bake in a hot oven for twenty minutes.

Sit While Ironing.

There is an old-fashioned prejudice against sitting down while ironing. Our grandmothers would probably have condemned the woman caught in this practice as hopelessly lazy—but why not do so, especially when standing at the ironing-board means tired, blistered feet and a frazzled temper? It might not be practicable to sit while ironing a dress skirt or anything requiring a long reach of the arm, but handkerchiefs and such small pieces can easily be managed while sitting.

Safeguard Against Moths.

Gather wild yarrow, commonly called tansy; sprinkle freely among fur garments of any sort, as well as woolen material. Lock your wardrobe; feel perfectly safe that when opened next fall your furs are unharmed by moths. Equally good for the buffalo bug never fails.

Nut Loaf.

Mix one cup bread crumbs with one cup of ground nuts. Wet with one cup sweet milk and one beaten egg; season with salt, pepper, sage; grate in some onion; bake 25 minutes; fine for lunch.

To Clean Clothing.

Take light bread and rub where there is a grease spot and it will remove it without leaving a mark, from men's hats or any kind of clothes.

FARM AND ORCHARD

Best Floor for the Kitchen.

If you must have hardwood, avoid white ash, which splinters and turns gray. Maple has many admirers for its hard whiteness, but requires almost daily scrubbing to maintain that whiteness, and varnish wears off seemingly over night. Red oak has a rich tone and withstands use without screeching for the daily scrubbing brush.

My own preference, says Maude E. Hymers in Farm and Home, is for southern pine, stained and oiled (never varnished), since the wear of a kitchen keeps it constantly scarred, and varnish cannot be renewed in spots without having a patchy look. The only remedy is to remove it and apply a new coat, but varnish remover is both expensive and laborious to apply. Paint is open to similar objections, with the possible exception that it "patches" better.

Possibly the most permanent stain for pine is also one of the most expensive, consisting only of permanganate of potash. This can be purchased at any drug store, and needs only to be mixed with water, in the proportion of one-quarter ounce to a quart of water. Have the floor thoroughly clean and dry and apply the mixture with a brush, freely and evenly. If a very dark shade is desired, make two applications, but the addition of the oil makes it dark enough for most tastes.

When thoroughly dry, oil with burnt linseed oil, heated, or an emulsion of beeswax and turpentine. The former is quicker to apply, needing simply two soft cloths, one to apply it, the other to wipe away the superfluous oil. The latter however, gives a higher polish and is rubbed to a beautiful luster. Either finish will repel grease spots.

In applying the permanganate of potash do not be alarmed if at first your floor takes on an undesirable magenta color; this will subside almost immediately, changing to a dark, rich brown, a genuine Havana stain, utterly impervious to water.

Make the Cellar Sanitary.

The cellar should be carefully kept at all times, but never is its thorough renovation more imperative than in the spring. Fungus spores which have lain dormant all winter are ready for growth with the advent of warmer weather. Unused vegetables stored in the cellar must receive attention lest decay render the air impure.

After all the food has been removed from the storeroom, all vegetable stores should be examined and such varieties as no longer appeal to the appetite should be at once removed. Potatoes will still continue as a household supply. They should be sorted and sprouts rubbed off.

In those parts of the cellar used for food or milk give the shelves and tables a thorough scrubbing with hot water in which washing soda, two tablespoonfuls to 10 quarts, has been dissolved. Pay as much attention to the underside of the shelves as to the upper. Wipe them with cloths wrung from clean water. Movable shelf boards, etc. should be carried out and laid in the sun to dry. The air should be allowed to circulate freely through the cellar.

The next step is to give the walls a good coat of whitewash, says Farm and Home. This is prepared by slaking two two-pound cans of whitewash lime in a pail. Put the lime into the pail, add water enough to cover it, stir it with a long stick and when it begins bubbling add a little more water. Let it boil without further attention. When this boiling has subsided, add water enough to make it of a creamy consistency.

Now go over the floor with a long-handled stiff brush, using warm water to which one teaspoonful of carbolic acid to every 10 quarts has been added. Mop as dry as possible.

How to Pack Eggs.

A clean stone jar holding six to 10 gallons is the best vessel for packing down eggs for family use, but a tight wooden firkin or other vessel will answer very well. The eggs must be clean and fresh. Dirty shells and cracked or spoiled eggs will injure and possibly spoil the entire lot.

Place the eggs in the jar as they are gathered and cover with a solution of water glass (silicate of soda) one part to 10 or 15 parts water. Cover the jar to prevent evaporation. Water glass is an amber colored liquid which can be procured of druggists or dealers in poultry supplies. It costs about 25 cents per quart, or less by the gallon.

Pure water should be used, rain water if you can get it. The jar should be placed in a cool cellar or room where it will not freeze in winter. According to Farm and Home, eggs preserved in this way will keep in good condition eight or nine months.

High Price for Rare Etching.

Collectors of etchings and engravings must occasionally pay high prices for their treasures. A Rembrandt print, "Jan Sylvius," signed by the artist and dated 1646, brought at auction recently \$1,625.

After Fighting.

Mistress—And be careful, Norah, that my child doesn't fight that little German boy on our block.

New Nurse—Certainly, mum. Which nationality do you want him to be after fightin'?

Little Helpers on the Farm.

Among the willing workers who work for nothing and board themselves are the birds, which have often been called "the farmers' best friends." They assist the farmer in three distinct ways—as insect eaters, as consumers of weed seed and as destroyers of large numbers of field mice, gophers and other rodents. Entomologists estimate that the destruction of agricultural products from insects amounts to over \$500,000,000 a year. What it might be were not such a vast army of birds engaged daily from dawn until dark in making war upon these various insect pests can only be vaguely realized, says Farm and Home.

Among the birds that eat insects are the fly-catchers, warblers, swallows and chimney swifts, which live exclusively on insects. Many others, such as the blackbirds and several varieties of hawks, depend on insects for a large part of their food. The meadow lark has a large appetite for insects and in the course of a season rides the meadows and pastures of countless pests that are injurious to crops. Even the much-abused crow has a fondness for cutworms that almost equals his liking for corn.

As seed eaters some birds are most tireless. To this group belong the large number of sparrows. Many other birds eat seeds; in fact, most birds eat both insects and seeds in varying amounts. A large number of birds feed on field mice, gophers, ground squirrels, moles, etc., chief of all being hawks and owls.

Best Way to Set Posts.

After many years' experience I have concluded by placing the small end of the post in the ground. A post will last much longer than with the large end down. The reason for this is obvious. When limbs are cut off it always leaves a cup that holds more or less water, and where worms have worked the holes are always downward, but by placing the top end down this moisture runs out and leaves the post dry.

At first thought it seems as though the post with the large end up would not make a good appearance. However, says an expert in Farm and Home, I have generally found that the large end is the straight end, and frequently there is a crook at the small end. If this is placed in the ground, the fence when completed looks much better. I also have found that small posts for wire fence last longer than large ones, for they do not hold moisture as long. A post should never be reset until it is well seasoned. The end posts should always be placed in concrete; then there need be no bracing or anchors used.

FASHION HINTS



Ratine is the material used for this little dress. A touch of rather heavy lace on neck and sleeves is the only trimming.

Resentful Recollections.

"Did they make you recite 'Little Drops of Water' when you were a child?"

"Yes," replied Colonel Stillwell, "and it didn't stop there. When I grew up they tried to insist on my adopting them as a beverage."

Uncle Henry's Aphorism.

"Lean men usually have pessimistic leanings," said Uncle Henry Butterworth. "But the fat fellow who sits down and is a hull cheer full, usually takes a cheerful view of things."

A "DRAUGHTSMAN" BUNGALOW



\$1425 to build. Complete plans and specifications \$10.00. DE LUXE BUILDING CO., Union League Building, Los Angeles, Cal. Second edition of Draughtsmans now ready for mailing, 25c.

Two or Four Kinds of Women.

Someone—probably one of those Frenchmen whose life job it was to make epigrams—once said that there are but two kinds of women: good women and bad women. Ever since then problem playwrights have been putting that fiction into the mouths of wronged husbands and building their "big scenes" around it. But don't you believe it. There are four kinds: good women, bad women, good bad women and bad good women. And the worst of these is the last.—American Magazine.

Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids.

Caution's Choice. "A man of your energy and talents should take an active part in politics." "No," replied Dustin Stax. "I prefer big business. In politics when you decide to forget the details of a transaction some one is sure to pull an old scrap book on you."

Emerson on Woman Suffrage.

If a woman demands votes, offices and political equality with men, as among the shakers an elder and elderess are of equal power—and among the Quakers—it must not be refused. It is very cheap wit that finds it so dreary that women should vote.—Ralph Waldo Emerson.

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

Red Cross Ball Blue will wash double as many clothes as any other blue. Don't put your money into any other.

Wouldn't Try It On Himself.

"And you didn't know it was loaded?" "No, judge, I swear I didn't." "But before pointing it at the deceased, why did you not look into the barrel to see whether or not it was loaded?" "Why, Judge, that would have been a fool thing to do! It might have exploded and killed me."—Houston Post.

Mother's Responsibility First.

Before the state, before her husband, a mother is responsible for her children's upbringing.—Exchange.

For Bone-Setters.

A recently invented aluminum apparatus makes the most minute details of a fracture distinctly visible. Aluminum is no more an obstacle to the X-rays than clear glass is to the light. As the metal is transparent to the rays the operating surgeon can examine the fracture without haste or difficulty, closing his apparatus only when every fragment has been put in place.

Separating Lady's Finger Tips.

Many boys pride themselves on their muscular strength. Let a girl place the tips of her forefingers together, keeping her elbows on a level with her shoulders, and challenge any boy to take hold of her wrists and separate them by a steady pull. Unless she be unusually weak or he be very strong, he will probably fail.—Woman's World.

Automobile Eye Insurance needed after Exposure to Sun, Winds and Dust. Murine Eye Remedy freely applied Affords Reliable Relief. No Smarting—Just Eye Comfort—Try Murine.

Too Shabby for a Servant.

Coleridge was one day riding in Itegen's park in an unusually strange, shabby dress, when a number of his friends rode up and met him. Coleridge offered to fall behind and pass as one of the party's servants. "No," one of them said, "I am proud of you as a friend; but, I must say, I should be ashamed of you as a servant."

Origin of Diamonds.

Von Bolton thinks that diamonds were formed in nature by the action of metal vapors, such as iron or magnesium, on carbon dioxide. He has succeeded in making microscopic diamonds by the action of mercury vapor on carbon.

Nervous? Thin? Pale?

Are you easily tired, lack your usual vigor and strength? Then your digestion must be poor, your blood must be thin, your nerves must be weak. You need a strong tonic. You need Ayer's Sarsaparilla, the only Sarsaparilla entirely free from alcohol. We believe your doctor will endorse these statements. Ask and find out.

If you think constipation is of trifling consequence, just ask your doctor. He will disabuse you of that notion in short order. "Correct it at once!" he will say. Then ask him about Ayer's Pills. A mild liver pill, all vegetable. Made by the J. C. AYER CO., Lowell, Mass.

A MODEL CHAUTAUQUA

Conditions at Gladstone Park Approach the Ideal

The Willamette Valley Chautauqua, which convenes at Gladstone Park, Oregon City, July 9 to 21, 1912, is making elaborate preparations to accommodate the largest crowd in its successful career of eighteen years. Always leading in Chautauqua progressiveness, the directors are constructing a large septic tank and building a new sewage system, with all modern sanitary devices for the comfort and convenience of its patrons. A large force of workmen is enlarging old buildings and erecting new ones, and the P. R. L. & P. track for the car service, which goes right into the park, is being re-ballasted.

With an array of peerless platform talent, and with Gladstone Park made even more ideal by the latest move of the directors, Willamette Valley people can well be proud of their popular institution.

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Resident and Day School for Girls in charge of Sisters of St. John Baptist (Episcopal) Collegiate, Academic and Elementary Departments. Music, Art, Elocution, Gymnasium. For catalog address THE SISTERS SUPERIOR Office 33 St. Helens Hall

By Natural Reasoning.

A keen student of human nature must have written the following: "When you see a young man sauntering down a street shortly after midnight with his collar crumpled, you can make up your mind that there's a young girl crawling upstairs not far distant, with her shoes under her arm and an extinguished lamp in her hand."

When Your Eyes Need Care

Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. Murine is recommended by our oculists—not a "patent medicine"—but used in successful Physicians' Practices for many years. Now dedicated to the Public and sold by Druggists at 25c and 50c per Bottle. Murine Eye Remedy in Aseptic Tubes, 50c and 90c. Murine Eye Remedy Co., Chicago

Modern Witches.

A little boy who went to the same school I did was reading a story about witches. When he finished the teacher asked him if he knew whether witches still existed. "Oh, yes," he said, "only they call them old maids now."—Exchange.

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

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