

MULTNOMAH HOTEL
PORTLAND OREGON
 LARGEST HOTEL IN THE NORTH
 WEST-REOPENED OCTOBER-10-1916
 REDECORATED AND RENOVATED

550 ROOMS
 \$1.50 DAY-UP

500000 SAMPLE ROOMS
 \$3.00 UP

WHY BE AN INVALID?

The Phillips System of stopping sympathetic nerve-waste, the cause of Chronic Disease, is without an equal. It stops that waste of vital energy, harmonizes your vital forces and transforms you into a new being. It is the scientific application of nature's law-assisting nature in nature's own way. The many chronic invalids restored to health by it attest its superiority. For full particulars call on or write

DR. R. A. Phillips,
 ALISKY BLDG.,
 Portland, Oregon

SHIP Veal, Pork, Beef, Poultry, Butter, Eggs and Farm Produce

to the Old Reliable Everding house with a record of 45 years of Square Dealings, and be assured of TOP MARKET PRICES.

F. M. CRONKHITE
 45-47 Front Street Portland, Oregon

New Houston Hotel
 SIXTH AND EVERETT STS.

Four Blocks from Union Station. Under new management. All rooms newly decorated.

SPECIAL RATES BY WEEK OR MONTH
 Rates 50c, 75c, \$1, \$1.50 Per Day.

Wanted, Ladies

To leave on trial only, with friends, wonderful face beautifier; results unsurpassed; no deposit required; no canvassing; we furnish everything. Good money for spare time. **PRINCESS TOILET CO.** Box 1242, Seattle, Wash.

FRED P. GORIN, Patent Attorney,
 Organizer and Developer; patents secured or FREE REFUNDED; free book on patents. Suits 701, 701-A, 701-B and 701-C, Central building, Seattle.

OREGON VULCANIZING COMPANY
 moved to 333 to 337 Burnside St., Portland, Ore. Largest Tire Repair Plant in the Northwest. Country service a specialty. Use Parcel Post.

Sore Eyes Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by **Murine Eye Remedy**. No Smarting, just Eye Comfort. At Your Druggist's 50c per Bottle. **Murine Eye Salve** in Tubes 25c. For Book of the Eye Freack Druggists or **Murine Eye Remedy Co., Chicago**

LAND FOR SALE
 in Kern County, California

20 acres fenced and having old well, about five miles from Bakersfield, California, near highway. Good alfalfa land or potatoes and other vegetables. Good crop is being raised on adjoining land. Near good homes and schools. Only five miles from Bakersfield. Low price and easy terms to the right man who wants some good land and good location where he can do well. Address **M. A. Green, 822 Mission Street, San Francisco, California.**

WHEN IN SEATTLE

TRY THE FRYE

SEATTLE'S LARGEST HOTEL
 Only three blocks from Depots and Docks. Opposite City Hall Park and Court House. **THE FINEST DOLLAR ROOM IN AMERICA**
 With detached bath, 1 person, \$1.00 \$1.50
 2 persons, \$1.50 \$2.00
 With private bath, 1 person, \$2.00 \$2.50 \$3.00
 2 persons, \$3.00 \$3.50 \$4.00

"When in Seattle Try the Frye"

Safe.
 Black—I want to put my money into something safe!
 White—Try a fireproof vault.

BUY DIRECT

Do Your Own Plumbing

By buying direct from us at wholesale prices and save the plumber's profits. Write us today your needs. We will give you our rock-bottom "direct-to-you" prices. E. O. B. Fall or boat. We actually save you from 10 to 35 per cent. All goods guaranteed.

Northwest headquarters for Leader Water Systems and Fuller & Johnson Engines.

STARK-DAVIS CO.
 212 Third Street, Portland, Oregon

EAT LESS MEAT IF BACK HURTS

Take a glass of Salts to flush Kidneys if bladder bothers you.

Eating meat regularly eventually produces kidney trouble in some form or another, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

The Wishbone Superfluous.
 They were dining off fowl in a restaurant. "You see," he explained, as he showed her the wishbone, "you take hold here. Then we must both make a wish and pull, and when it breaks the one who has the biggest part of it will have his or her wish granted." "But I don't know what to wish for," she protested. "Oh, you can think of something," he said. "Well, I'll wish for you," he exclaimed. "Will you really?" she asked. "Yes." "Well, then, there's no use fooling with the old wishbone," she interrupted with a glad smile; "you can have me."—Wisconsin State Journal.

Ma's Mistake.
 "These moth balls are bigger'n usual, but they don't seem to have much smell." "I wouldn't pack the summer stuff in them, ma." "Why not?" "That's a box of golf balls you have."—Louisville Courier-Journal.

Logical Deduction.
 "Is Willie interested in his nature study class?" "Very much; wanted to know today if cat-tails belonged to the pussy-willow family."—Baltimore American.

Wife (sternly)—Henry Bibberly, look me in the eyes. Bibberly—Which p'ticler eye, m'dear. You seem to have more eyes'n a potato.—Boston Transcript.

WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more food into stomach.

Says inside-bathing makes anyone look and feel clean, sweet and refreshed.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, causing illness, while the bowel pores do.

For every ounce of food and drink taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste material is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed or sucked into the blood stream, through the lymph ducts which should suck only nourishment to sustain the body.

A splendid health measure is to drink, before breakfast each day, a glass of real hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons, gases and toxins from the stomach, liver, kidneys and bowels; thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

A quarter pound of limestone phosphate costs but very little at the drug store but is sufficient to make anyone an enthusiast on inside-bathing. Men and women who are accustomed to wake up with a dull, aching head or have furred tongue, bad taste, nasty breath, sallow complexion, others who have bilious attacks, acid stomach or constipation are assured of pronounced improvement in both health and appearance shortly.

WINTER REPAIR WORK

PLAN TO OVERHAUL ALL BUILDINGS AND FARM EQUIPMENT.

Exercise of Little Thought at This Season Will Often Save Much Time Later on When Outdoor Work Is Impossible.

So long as good weather continues in the fall most farmers are so busy with threshing, corn and potato harvest, fall seeding, hauling, etc., that less important work is usually postponed until winter. However, the exercise of a little thought and the expenditure of a very few minutes at this season will often save not only hours but days later on, when the weather and roads get bad and outdoor work is impossible.

Then the odd jobs of overhauling the farm equipment, repairing, painting, etc., which have been put off until a slack season, will require attention; but all too often the necessary materials will not be on hand, and the work will be delayed until it is possible to make a trip to town, and not infrequently it remains undone until the busy season the following year, when necessity demands it.

A list should be made of the things that will be wanted for this work. It will only take a few minutes to jot them down as they are brought to mind, and then on the next trip to town they may be bought and set aside so they will be ready when wanted. The condition of the different machines which will, or should be, overhauled, should be noted, and the parts which will need to be replaced purchased. Then there are the odd jobs of repairing buildings, fences, gates, etc., which will require lumber and nails. There is no need to make an extra trip for them when wanted; they may be brought home the next time a load is taken to town. Likewise the lumber and hardware for the small jobs of construction which should be done before spring. Also the paints, oils, putty, and brushes which will be required in painting the various farm wagons, implements, inside woodwork, furniture, etc., and, above all, the necessary materials for the improvements planned for the house should be obtained so that they can be completed this winter and not have to wait another year.

Everyone knows how much more satisfactory it is to have the necessary equipment ready to perform a piece of work when an opportunity presents, than to get started on it and then find that it will have to be postponed until a trip can be made to town, which, even if the roads are good, and the trip can be made at once, means a loss of time and added expense. It is astonishing how much can be accomplished on rainy days or during slack times, when the tools and materials are at hand.

COLONY HOUSES FOR WINTER

Excellent Quarters for Breeding Geese and Turkeys—Chickens Require Much Fresh Air.

Colony houses make excellent winter quarters for breeding geese and turkeys. Sometimes it may be necessary to leave the front more open than for chickens. These birds need a lot of air, and the only shelter they need is enough to protect them from cold rains, snows and brisk winds.

Ducks can be handled successfully in the colony houses. Runners, kept for laying, can be broken up into small flocks and wintered in this way with better results than in large buildings.

Swamps May Be Redeemed.
 Swamps on the farm are like dark spots on the human character. They are neglected and misunderstood and may be redeemed to usefulness and beauty by proper cultivation.

Get After Lice and Mites.
 Mites and lice have too often had free swing about the place. Get busy now unless you want these pests to put your fowls into the right condition to contract roup.

Inbreeding Weakens Vitality.
 While inbreeding is the surest and quickest means to fix type, the system weakens vitality unless very carefully followed.

Ward Off Diseases.
 A few drops of turpentine once or twice a month will ward off contagious diseases in the poultry yard.

Best Way to Fatten.
 Fattening must be done in the shortest time possible in order to save time, labor and expense.

Abuse Condemns Corn.
 It is the abuse and not the use of corn that condemns it as a poultry food.

First Litter From Sow.
 Sows should be at least a year old before producing the first litter.

K C BAKING POWDER

Passed by the Board of Censors

- 1st—The manufacturer with the rigid tests of the laboratory and factory.
- 2nd—The wholesale grocer with his high standing and desire to handle only reliable goods.
- 3rd—The retail grocer who desires to handle only those brands he knows will please his customers.
- 4th—The food officials with their rigid laws for the purity and wholesomeness of food products.
- 5th—And most important, you, the housewife with your desire for purity, efficiency and perfect satisfaction.

ASK YOUR GROCER — HE SELLS IT

25 Ounces for 25¢
 (More than a pound and a half for a quarter)

BE PRETTY! TURN GRAY HAIR DARK

Try Grandmother's old Favorite Recipe of Sage Tea and Sulphur.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive. Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

LAND FOR SALE
 In Solano County, California

160 acres known as Northwest Quarter, Section 28, Township 20, Range 2 West, in northwestern part of Solano County. Low price and easy terms to the right man. Address **M. A. Green, 822 Mission Street, San Francisco, California.**

Sociability.
 "I'm afraid father-in-law doesn't care much about me," said the young man. "He finds fault with most every thing I do."
 "Nonsense," replied his wife, "You don't know his ways. He is treating you just like one of the family."—Washington Star.

To Break in New Shoes.
 Always shake in Allen's Foot-Paste, a powder, cures hot, sweating, itching, 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.**

A Mistake.
 "There isn't a punch to that new play."
 "What's the matter with the knock-out the critics gave it?"—Baltimore American.

Rather.
 She—Why do they call the places at baseball games the bleachers?
 He—Because the hopes of the folks on 'em fade when the home team loses.—Baltimore American.

TYPHOID is no more necessary than Smallpox. Army experience has demonstrated the almost miraculous efficacy, and harmlessness, of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for "Have you had Typhoid?" telling of Typhoid Vaccine, results from us, and danger from Typhoid Carriers. **THE CUTLER LABORATORY, BERKELEY, CAL.** PREVENTIVE VACCINES & SERUMS ORDER U. S. GOV. LICENSE

RESINOL

To stop dandruff and loss of hair

Use Resinol Soap and Resinol Ointment—full directions with each package. Sold by all druggists and toilet departments.

WEEKS' BREAK-UP-A-COLD
 FOR COLDS AND LA GRIPPE
 So good you can afford to taste and see that you get genuine like package shows. Sold by best druggists everywhere. 25c

Cheerful Surroundings.
 Uncle Josh—Here's a letter from nephew Harry, that's gone to Africa, and says that within 20 rods of his house there's a family of laughing hyenas.
 His Wife—Well, I am glad he's got pleasant neighbors, anyway—that's something.—Tit-Bits.

Just So.
 "They say you can keep off mosquitoes with those Chinese joss sticks."
 "That's all punk."—Baltimore American.

A WOMAN'S TORTURE

No ingenuity of barbarism ever devised an agony so intense, so persistent, so long-enduring, so nerve-harrowing as that which is suffered day after day by the woman whose distinctly feminine organism is deranged or diseased. There are three trying times in every woman's life: 1st—when girlhood blossoms into womanhood; 2d—when motherhood is achieved; 3d—the change.

Dr. Pierce's Favorite Prescription was devised to make these three periods safe and painless by restoring to vigorous health the organs involved. It soothes, heals, nourishes. It gives nature just the help it needs. It is the only ready-prepared medicine devised by a regularly graduated physician and skilled specialist in the diseases of women.

You know what you are getting with this Prescription of Doctor Pierce's, because it's extracted from native roots by using glycerine—no alcohol or narcotics. The ingredients published on wrapper and free to the world.

For all diseases peculiar to women, Dr. Pierce's Favorite Prescription is a powerful restorative. For nearly fifty years it has banished from the lives of tens of thousands of women the pain, worry, misery and distress caused by irregularities and diseases of a feminine character. Buy it now, in liquid or tablet form from your druggist or send 50 cents or \$1.00 to Doctor Pierce's Invalids' Hotel, Buffalo, N. Y., for tablets. Write for free book on woman's diseases.

If you will pay the mailing charges, Doctor Pierce will send you his cloth-bound book of over 1,000 pages, newly revised with color plates and illustrations. Send three dimes or stamps to Dr. Pierce, Invalids' Hotel, Buffalo, N. Y., and enclose this notice.