

Your Blood

Needs purifying and your whole system renovating in the spring, as pimples, boils, eruptions, loss of appetite and that tired feeling annually prove.

Hood's Sarsaparilla is the most effective medicine ever devised for the complete purification of the blood and the complete renovation of the whole system.

It will make you feel better, look better, eat and sleep better and give you the best possible preparation for the hot days of summer, as over 40,000 people have testified in the last two years. Today buy and begin to take

Hood's Sarsaparilla

Usual form, liquid, or in tablet form, called Sarsatabs, 100 Doses \$1.

Buttermilk Yeast.
For the best yeast ever made, the day you churn take one pint of fresh buttermilk and put in a stepdown to boil. When it boils stir in enough white corn meal to make like thick gruel. Let it boil up well, then remove from fire and let cool. When lukewarm stir into this one cup of good yeast; set in a warm place to rise. In two hours it should be nice and light. This thickened with corn meal and make into cakes. Do not put any salt or sugar, flour or hops in this yeast; nothing but buttermilk, meal and the yeast you put in to raise it. Make bread the same as with hop yeast. In making new yeast use a cup of this yeast to start with.—*Trinah Smith.*

Preserving Apples.
The quantities given will fill four pint jars. Select fifteen good-sized ripe Bartlett pears; peel and cut them in halves; remove core and drop fruit into bowl of cold water to which the juice of a lemon has been added. Place a preserving kettle with two pounds of sugar and one pint of water over the fire; stir to partly melt the sugar, boil a few minutes, removing all the black scum; put in the pears, cover and cook until a straw will penetrate them easily. Then fill them with the syrup into the jars; let the syrup overflow, at once, turn upside down until cold, then set aside.

Wedding Cakes.
Cream a half-pound of sugar with a half-pound of butter, and, when very light, whip in six well-beaten eggs. Stir in a half-teaspoonful each of powdered cinnamon, nutmeg and cloves and a cupful of flour. Have ready prepared and mixed the following fruits—a half-pound each of seeded and chopped raisins and cleaned currants and a quarter-pound of minced citron. Fold this fruit plentifully with flour and fold it into the batter. Last of all, add a tablespoonful of vanilla. Turn into a well-greased tin and bake in a steady oven until well done. Cover for the first half-hour with brown paper. When cold, ice all over with white frosting.

String Beans.
Break the blossom end and pull it back to remove the string, then pare a strip from the other end, cut the beans into pieces, dropping them into a pan of cold water. When all are cut, drain and put into jars and set them into the kettle or wash boiler, just as the corn was. When heated, fill each jar with boiling water and set on the covers. Cover the kettle and let cook one hour. Then add a teaspoonful of salt to each jar and more boiling water to fill to overflow. Put rubbers and covers in place and cook half an hour longer. Tighten the covers and let cool in the water. Green peas are canned the same way.

Her Age.
"How old do you think that woman is?"
"I wouldn't like to say, but I'll bet she owns up to being several years younger than any other woman you care to name."—*Philadelphia Press.*

Giving Sister Away.
Little Kitty (entertaining him)—"Minnie thinks a lot of you, Mr. Watson."
Elderly Sutor—Does she, dearie? How do you know?
Little Kitty—She says you'll be the darlingest old meal ticket that ever happened.

Washing Apples.
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"OUCH" OH, MY BACK
IT IS WONDERFUL HOW QUICKLY THE PAIN AND STIFFNESS GO WHEN YOU USE
ST. JACOBS OIL
THIS WELL-TRIED, OLD-TIME REMEDY FILLS THE BILL
25c.—ALL DRUGGISTS.—50c.

CONQUERS PAIN

Some women just naturally look as if they made their husbands buy more than they can well afford.

Industry is a better friend than talent.

FORM BERKSHIRE ASSOCIATION

Marks Important Step in Livestock Industry of Northwest.
By J. L. Ashlock, Washington State College, Pullman.

President E. A. Bryan, of the Washington State college, has just received notice of his appointment as temporary president of the State Berkshire association, which is affiliated with the American Berkshire congress. President Bryan's appointment is the beginning of the organization of the Berkshire association in the state of Washington. This association reaches through nearly all the states of the Union, and in the opinion of President Bryan, its coming into the state of Washington marks an important step in the livestock industry of the Northwest.

Whispering Customer (producing a note)—I came here because I have been told that you are an honest pawnbroker. Avuncular Patriarch (with a deprecating smile)—My friend, somebody has been trying to have fun with you.

Customer—Will you give me a copy of "The Art of Being Happy at Home"? Librarian—I'm afraid it's out, but I have here a little treatise on *Ma Jitu*, which makes an excellent substitute for it.—*Pale Male.*

Does your husband hold any civic office, madam? asked the converser. "If I should say he did," answered the young matron. "He's the majestic grand high killemaiser of the Ancient and Illustrious Order of Spissariotombangs!"

That forward Miss Flip openly avocates kissing games. Hasn't she? "Well, encouraging oculation is a thing which does require cheek."—*Baltimore American.*

"Papa, what's the use of saying 'good by' when you're talking over the telephone?" "No use, I suppose, Tommy, except that it means that the conversation has closed. I never use it except when I am talking to your mother."

Mrs. Droppyn—It's a wonder your kitchen girl doesn't insist on using the piano. Mrs. Stayham—Let the impudent thing do it if she dares! I've found out that she can play it better than my girls can!

Teacher (at night school)—What is a sacred cow, and why is it so called? Shaggy Haired Puppl—"Sacred cow" is a corruption of "sick red cow," its sickness being caused by a large lump on its shoulders.—*Chicago Tribune.*

Squiggs—Why do they call these interurban cars "limited"? Squiggs—Because such a small number of people who travel on them get to their destination alive.—*Toledo Blade.*

A small boy who lives near a lake was fishing and his mother had to call him five times to make him hear, says the Philadelphia Telegraph. Finally, she landed on him, and, shaking him in a terrible manner, wanted to know why he did not answer. This was the reply: "I didn't hear you for the first three times, and the last time I had a bite."

"Where's the man that's at the bottom of this fuss?" demanded the policeman, forcing his way into the center of the excited crowd. "He's there, all right!" said one of the eager spectators. "The other man's still on top!"

"The representative part of the British Parliament is a practical paradox." "Why?" "Because it is a house of commons and yet peerless among legislatures."—*Baltimore American.*

The laws of a wasp are so powerful that the insect can cut its way through shells.

One pint of potato rubbed through a sieve or colander, four well-beaten eggs, one full cup of sugar, a tablespoonful of butter, nutmeg to taste; make into a very thin batter with rich milk; fill three undercrusts; bake in moderate oven.

Chop fine cabbage and onion, mix one pint of cabbage, one tablespoonful of onion, season with salt, pepper and crushed celery seed; sprinkle over the cabbage and onion one cup of minced solid ham; pour over all good vinegar and serve quickly.

To make an iron run smoothly, get some leaves from evergreen trees. Rub hot irons on them, and they will iron without sticking to starched clothes. Leaves may be dried for use.

Peel fresh cucumbers and cut in thin slices. Sprinkle lightly with salt and let stand for an hour. Drain, sprinkle with lemon juice and paprika, let stand for half an hour or longer, then use for a filling between thin slices of buttered bread.

SKIN DISEASES

HUMORS IN THE BLOOD

When the blood is pure, fresh and healthy, the skin will be soft, smooth and free from blemishes, but when some acid humor takes root in the circulation its presence is manifested by a skin eruption or disease. These humors get into the blood, generally because of an inactive or sluggish condition of the members of the body whose duty it is to collect and carry off the waste and refuse matter of the system. This unhealthy matter is left to sour and ferment and soon the circulation becomes charged with the acid poison. The blood begins to throw off the humors and acids through the pores and glands of the skin, producing Eczema, Acne, Tetter, Psoriasis, Salt Rheum and skin eruptions of various kinds. Eczema appears, usually with a slight redness of the skin followed by pustules from which there flows a sticky fluid that dries and forms a crust, and the itching is intense. It is generally on the back, breast, face, arms and legs, though other parts of the body may be affected. In Tetter the skin dries, cracks and bleeds; the acid in the blood dries up the natural oils of the skin, which are intended to keep it soft and pliant, causing a dry, feverish condition and giving it a hard, leathery appearance. Acne makes its appearance on the face in the form of pimples and black heads, while Psoriasis comes in scaly patches on different parts of the body. One of the worst forms of skin trouble is Salt Rheum; its favorite point of attack is the scalp, sometimes causing baldness. Poison Oak and Ivy are also disagreeable types of skin disease. The humor producing the trouble lies dormant in the blood through the Winter to break out and torment the sufferer with the return of Spring. The best treatment for all skin diseases is S. S. S. It neutralizes the acids and removes the humors so that the skin instead of being irritated and diseased, is nourished by a supply of fresh, healthy blood. External applications of salves, washes, lotions, etc., while they soothe the itching caused by skin affections, can never cure the trouble because they do not reach the blood. S. S. S. goes down into the circulation and forces out every particle of foreign matter and restores the blood to its normal, pure condition, thereby permanently curing every form of skin affection. Book on Skin Diseases and any medical advice desired sent free to all who write. S. S. S. is for sale at all first class drug stores.

S.S.S.
PURELY VEGETABLE

THE SWIFT SPECIFIC CO., ATLANTA, GA.

SAVE THE CARTON TOPS
and Reel Wrappers from
"20 Mule Team Borax"
Fertilizer and make them into
VALUABLE PREMIUMS FREE
4000 Illustrated Catalogs of 1000 articles given away free.
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D.M. FERRY & CO'S
SEED
FOR 1908

Ferry's Seeds are the best known and most reliable seeds grown. Every package has behind it the reputation of a house whose business standards are the highest in the trade.

Ferry's 1908 Seed Annual will be mailed FREE to all applicants. It contains colored plates, many suggestions and full instructions, prices and directions for planting over 100 varieties of vegetable and flower seeds. Obtainable all. Send for it.
D. M. FERRY & CO., Detroit, Mich.

THE MEN WHO KNOW
THE SUPERIOR
QUALITIES OF
TOWERS
SLICKERS, SUITS
AND HATS
are the men who have put them to the hardest tests in the roughest weather.
Get the original
Towers' Fish Brand
made since 1836
CATALOG FREE FOR THE ASKING
W. L. DOUGLAS CO., DETROIT, MICH.

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"Bromo Quinine"
That is
Laxative Bromo Quinine
USED THE WORLD OVER TO CURE A COLIC IN ONE DAY.

Always remember the full name. Look for this signature on every box. 25c.

E. W. Grover

W. L. DOUGLAS SHOES
\$3.00 SHOES AT ALL PRICES FOR EVERY MEMBER OF THE FAMILY. MEN, BOYS, WOMEN, MISSES AND CHILDREN.

W. L. Douglas makes and sells more shoes than any other manufacturer in the world, because they hold their shape and are of greater value than any other shoes in the world to-day.

W. L. Douglas \$4 and \$5 Gilt Edge Shoes Cannot Be Equalled At Any Price.

CAUTION: W. L. Douglas name and price is stamped on bottom. Take No Substitute. Buy the best shoe always everywhere. Shoes made from the best material. Guaranteed to give perfect satisfaction in any climate.

W. A. WISE DENTIST
FALLING BUILDING, THIRD AND WASHINGTON, PORTLAND, OREGON

The Taking Cold Habit

The old cold goes; a new one quickly comes. It's the story of a weak throat, weak lungs, a tendency to consumption. Ayer's Cherry Pectoral breaks up the taking-cold habit. It strengthens, soothes, heals. Ayer's doctor about it.

I had a terrible cold, and nothing relieved me until I used Ayer's Cherry Pectoral. It promptly broke up my cold, stopped my cough, and gave me perfect relief. I can now breathe freely and sleep peacefully. My wife and I both used it. —*Mrs. M. F. LITTLE, Toledo, Ohio.*

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DOING WORK FOR THE BEST PEOPLE

It is positive proof of the reliability and confidence especially have in us. Specialists always in attendance, assuring prompt and courteous attention. Lady attendants every where.

Reliable Painless Dentists.—Our reputation for reliability and thoroughness is well established. Cleanliness, Good Work and Quick Service.

"AND IT DIDN'T HURT A BIT"
Painless Extraction. 50 cents. Extraction Free when plates or bridges are added. Plates \$1 and up. Best Plate Work.—Partage your teeth and save your money. It is impossible to destroy or to bridge. Then the old style are removed without causing you any pain. The plates are made in your own mouth. The plates are made of the best material and perfect in fit. The plates are made of the best material and perfect in fit. The plates are made of the best material and perfect in fit.

Crown and Bridge Work.—It is a shame to spoil your natural appearance and ruin your digestion. The plates are made of the best material and perfect in fit. The plates are made of the best material and perfect in fit. The plates are made of the best material and perfect in fit.

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