

**LIVER AND KIDNEYS**

It is highly important that these organs should properly perform their functions.

When they don't, what lameness of the side and back, what yellowness of the skin, what constipation, bad taste in the mouth, sick headache, pimples and blotches, and loss of courage, tell the story.

A great alterative and tonic

**Hood's Sarsaparilla**  
Gives these organs vigor and tone for the proper performance of their functions, and cures all their ordinary ailments. Take it.

**The Difference.**

"What a luxury a clear conscience is!" exclaimed the high minded statesman.

"Yes," answered Senator Borghum, "it's a luxury, but it isn't a necessity."

**No Danger.**

"Do you think there is any danger of America being dominated by Europe?"  
"No sir," answered Mr. Meekton with extraordinary emphasis; "not so long as eminent Europeans continue to marry American girls."

**33% PER CENT OFF**  
On all Packet Seeds

For orders of \$1.00 or more (This does not include grass seeds or garden seeds in quantity.)  
If in the market write for special net prices.

**MANN, the SEEDMAN.**

188 Front Street, Portland, Ore.

**THE Keeley Cure**  
Alcohol, Opium, Tobacco Using  
Write for ILLUSTRATED CIRCULARS  
1005 A MONTGOMERY ST. PORTLAND, ORE. Telephone Main 394

**Imperative.**

Schoolmaster—Now, Jones, give me a sentence, and then we will see if we can change it to the imperative form.

Pupil—The horse draws the wagon.  
Schoolmaster—Now put it in the imperative.  
Pupil—Gee up!—Chums.

**A Musical Hero.**

Little Daniel was visiting at his grandfather's in the country for a few days, and on going to the barn to see the animals he heard cows lowing and said to his grandpa:

"Hear the cows horning."  
"That is not what they are doing," said grandpa. "They are lowing."  
"Oh," said little Dan, "I thought they were blowing their horns."

**Youthful Bank President.**

Wade H. Negus of Greenville, Miss., who was elected president of the First National bank in that city last week, succeeding his father, the late Major James E. Negus, is probably the youngest bank president in the United States, being but 24 years old.

**Immense Banyan Tree.**

In one of the Howe islands off the Australia a banyan tree has been discovered the branches and trunk of which cover nearly seven acres.

**An Easter Chirp.**

First Chick—Oh, you needn't put on so many airs, your mother was not a lady.

Second Chick—Huh! My mother was a high priced incubator, while yours was only a common old hen.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It sets directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

**Cause for Rejoicing.**

Bix—Does your wife play the piano?  
Dix—No.

Bix—Does she play any musical instrument?  
Dix—None whatever.

"That's good. You ought to be proud of her accomplishments."

**False Pretenses.**

"Why does he always begin with the statement, 'To make a long story short.'"

"Oh, that's just to encourage you to believe he's going to do it."

**Couldn't Do Worse.**

"Young man," said the stern father, "do you think you are in a position to support my daughter in the style to which she has been accustomed?"

"Sure thing," replied the knowing youth. "Why only last week she refused to accompany me to the theater because she had nothing to wear."

**Wanted to Realize.**

Three year-old Julia wanted to write Santa. Claus to bring her a "shot gun." When asked what she wanted it for she said:

"I want to shoot one of papa's cattle and get the money out of it, for papa says there is money in cattle."

**In Good Company.**

"Isn't it a shame, Abe?" asked his father. "You are the second year in one class."

"Shame!" said Abe; "my teacher is twelve years already in the same class, and nobody thinks it's a shame!"

**Very Taking.**

"Do ministers take in this town?" inquired the advance agent of the Colossal Black-Cork troupe.

"Well, the last that were here did," responded the innkeeper sourly. They took everything, even to the soap out of their rooms."



**When Betty Bakes Cakes.**  
When Betty bakes the buckwheat cakes  
My bosom swells with pride;  
I then forget my life's mistakes  
And smile, well satisfied,  
The chilling wind outside the pan  
To discord vainly wakes;  
It cannot move me to complain  
When Betty bakes the cakes.

Now, some there be whose brooding  
Is ladylike and fine;  
And some most daintily do sing  
Or write in phrases fine.  
But, though my admiration stirs,  
My loyalty ne'er shakes,  
Their cleverness is naught to hers  
When Betty bakes the cakes.

The syrup in a golden line  
Sets forth to trace her name;  
The coffee steam, an incense fine,  
Arises to her fame.  
And though the sunshine for a while  
The wintry morn forsakes,  
I ask no radiance save her smile  
When Betty bakes the cakes.  
—Washington Star.

**Liver and Bacon.**

Bacon and calves' liver is a coloman dish, but especially attractive to men who enjoy rich food. Calves' liver is much more delicate than beef or even lamb. Slice it fine and lay it in cold water for at least ten minutes. This draws out the blood and makes the liver better food. Fry a dozen pieces of bacon cut in water-like like slices to every quarter of a pound of calves' liver. Let the bacon be ice-cold and crisp it quickly on a very hot frying pan until it forms, in a few minutes, into little brown rolls. Take up the bacon and fry the calves' liver, which has been dried on a clean cloth, in the bacon fat for ten minutes, or until it is well browned on both sides. Dish it and decorate it with the crisp rolls of bacon. There should be no grease about this dish, and there will not be if it is properly cooked.

**Carried Veal (Chaffing-Dish).**

Cut into small pieces, half an inch square, about a pound of cold roast veal; put in the chaffing dish two tablespoonfuls of butter, an onion, a tart apple and a clove of garlic, all minced fine; then stir in a tablespoonful of curry powder, and half a tablespoonful of flour; add the meat and pour in half a pint of stock or the same quantity of hot water, in which a dessertspoonful of fluid beef has been dissolved. Add a little lemon juice and salt, let all simmer slowly a few minutes, and serve hot.

**Hollandaise Sauce.**

Put two ounces of butter in a saucepan, with a little salt, nutmeg and a gill of water. Cook over the fire for five minutes. In another saucepan have two tablespoonfuls of vinegar cooked till reduced one-half. Add to the other ingredients with a tablespoonful of bechamel sauce and an ounce of butter. Mix the yolks of four eggs in a tablespoonful of water and remove the sauce from the fire; when it has ceased boiling add the egg yolks, the juice of a lemon, and strain before serving.

**Brief Suggestions.**

Pastry should be cooled off in a warm room; taking it suddenly from the oven to a cold larder will make it heavy.

A too large cork will often fit a bottle quite well after it has been soaked in boiling water for a few minutes.

To shell shrimps easily, put them in a colander and pour boiling water over them. Shell them as soon as possible after they have drained.

Turpentine will cleanse zinc and make it look like new. Wash the zinc first in hot soda water and then rub with a flannel dipped in turpentine.

A large manila envelope, pasted in the inside of the cover at the back of a cook-book, is a very handy receptacle for clippings and copies of recipes which one intends to try at once.

The daily supply of food may be kept in the cellar if a wire safe is used, but this is doubtful wisdom unless the housekeeper is prepared to inspect the safe every day to see that no scraps are left lying around.

Never leave empty wooden tubs and pails standing in the sun, or in a hot part of the scullery. In very hot weather they should be left full of clean water to prevent the wood shrinking and cracking. At other times keep them in a cool, rather damp place.

When knives have steel blades they should be cleaned and polished after each using. This is best accomplished if a small basket is kept near at hand which contains a potato, a bathbrick and a polishing cloth. Scrape a little of the brick upon a board, dip the cut end of the potato into it, and use this to rub the blade of the knife free of all stains. Then polish with the cloth and wash the handle in warm but not hot water.



**Mrs. F. Wright, of Oelwein, Iowa, is another one of the million women who have been restored to health by Lydia E. Pinkham's Vegetable Compound.**

**A Young New York Lady Tells of a Wonderful Cure!**

"My trouble was with the ovaries; I am tall, and the doctor said I grew too fast for my strength. I suffered dreadfully from inflammation and doctored continually, but got no help. I suffered from terrible dragging sensations with the most awful pains low down in the side and pains in the back, and the most agonizing headaches. No one knows what I endured. Often I was sick to the stomach, and every little while I would be too sick to go to work, for three or four days; I work in a large store, and I suppose standing on my feet all day made me worse.

"At the suggestion of a friend of my mothers I began to take Lydia E. Pinkham's Vegetable Compound, and it is simply wonderful. I felt better after the first two or three doses; it seemed as though a weight was taken off my shoulders; I continued its use until now I can truthfully say I am entirely cured. Young girls who are always paying doctor's bills without getting any help as I did, ought to take your medicine. It costs so much less, and it is sure to cure them.—Yours truly, ADELAIDE PRAHL, 174 St. Ann's Ave., New York City." — \$5000 forfeit if original of above letter proving genuineness cannot be produced.

**POPULAR NORTH BEACH.**

Excursion Steamer T. J. Potter Goes Into Service June 27.

Those who are planning their vacation this year will be interested in knowing that the popular excursion steamer, T. J. Potter—queen of river boats—goes into service June 27, and that she will leave Portland, during the season, every day from Tuesday until Saturday inclusive. To see the beauties of the picturesque and mighty



Columbia from the decks of the Potter is a treat never to be forgotten. For speed and grace nothing in river or lake service in the entire West equals this side-wheeled beauty. Five hours from Portland and one from Astoria, through the famous fishing waters of the Columbia, past scores of salmon traps and nets and as many white-winged fish boats, lands the passengers at Ilwaco, where close connection is made for beach points with trains of the Ilwaco Railway & Navigation Company, whose cars stand on the wharf awaiting the steamer. The beach is 27 miles long, two hundred yards wide at low tide, and so hard that carriage wheels scarcely leave a mark. It is an ideal place for driving, riding, wheeling or walking, and the surf bathing is unsurpassable. The excellent hotels and boarding houses provide good accommodations at prices ranging from one dollar to three dollars per day.

The round trip rate from Portland to Astoria is \$2.50; to Ocean Beach points, \$4.00, good until October 15th. On Saturdays, during July and August, round trip tickets are sold to beach points at \$2.50, good for return passage leaving the beach the following Sunday evening.

The Oregon Railroad & Navigation Company has just issued a new summer book, (free for the asking) which tells all about the delightful resorts of the valley of the Columbia river. This can be obtained from any agent of the Oregon Railroad & Navigation Company or by writing A. L. Craig, general passenger agent, Portland, Oregon.

**Wanted Their Money's Worth.**

Ruth McEnery Stuart, the Southern authoress, was taken suddenly ill when giving a reading in a church in New Haven, Conn., and was obliged to stop and return to her home in New York. The church refused to pay her.

**In the Imperative.**

While the boys of a classroom were having a grammar lesson, the teacher said:

"John give me a passive verb."  
"Whoa!" answered John.  
"Now make it active," said the teacher.  
"Back up," replied John.

**BEAUTIFUL TEETH.**

Better for a Woman Than Riches, Dress or Intellect.

Did you ever notice that, when anyone describes a pretty girl, he generally begins by saying she has a beautiful set of white teeth?

Well, that is natural, because a fine set of teeth is the most conspicuous characteristic of the face. A winning smile, adorned by even, brilliant teeth, carries a woman farther than riches, dress or intellect.

And, on the contrary, think a moment of the shock you get when you see a woman, or a man, with a yellow revolting set of teeth, or great holes in the mouth where good teeth ought to be.

Dr. W. A. Wise, the famous dentist of the Falling building, Portland, Oregon, said to the reporters yesterday that it was beyond his comprehension why any one in the Northwest now should neglect the teeth for a day longer. The big cost of dental work in the past has been reduced. The expense now, at such large and modern equipped offices as Wise Brothers', is extremely moderate—no more formidable than getting repairs made to any article of regular wear in the household. And the pain has been banished. There is no pain. For your own comfort, go and have your teeth put in order. For your looks' sake, don't neglect your teeth any longer. If your teeth are worn out, have a new set fitted; or, if a few of the old ones are gone, have them replaced, and begin to enjoy life again. Your friends will like you better, and you will like yourself better. Do it now.

**By Way of a Lesson.**

"One of our cars ran over another man last night" announced the superintendent of the street railway line.

"Well," replied the president, "after awhile the people will learn that the only safe place is aboard the car and that 5 cents is a small price to pay for safety."

**CASTORIA**  
For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Mitchell*

**Healthfully Occupied.**

When Wesley was about three years old, a friend who had not seen him for some time greeted him with:

"Well, Wesley, what have you been doing since I saw you last?"  
"Been growin'," was the rather unexpected answer.

**Too Much Realism For the Manager.**

"So you had to close the show?"  
"Yes," answered the manager with the pained vest.

"What was the trouble?"  
"Too much realism. There was a counterfeiting scene, and the actors said they couldn't go through with it unless they could see what money looked like once in awhile."

**ABSOLUTE SECURITY.**  
Genuine  
**Carter's Little Liver Pills.**  
Must Bear Signature of *Wm. Wood*  
See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

**CARTER'S LITTLE LIVER PILLS.**  
FOR HEADACHE, FOR DIZZINESS, FOR BILIOUSNESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW SKIN, FOR THE COMPLEXION.  
CURE SICK HEADACHE.

**PISO'S CURE FOR CONSUMPTION.**  
CURES WHERE ALL ELSE FAILS.  
Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.

**The Innocent Suffer With The Guilty**

The world to-day is full of innocent sufferers from that most loathsome disease, Contagious Blood Poison. People know in a general way that it is a bad disease, but if all its horrors could be brought before them they would shun it as they do the Leprosy. Not only the person who contracts it suffers, but the awful taint is transmitted to children, and the fearful sores and eruptions, weak eyes, Catarrh, and other evidences of poisoned blood show these little innocents are suffering the awful consequences of some body's sin. So highly contagious is this form of blood poison that one may be contaminated by handling the clothing or other articles in use by a person afflicted with this miserable disease. There is danger even in drinking from the same vessel or eating out of the same tableware, as many pure and innocent men and women have found to their sorrow. The virus of Contagious Blood Poison is so powerful and penetrating that within a short time after the first little sore appears the whole system is infected and every drop of blood in the body is tainted with the poison, and the skin is soon covered with a red rash, ulcers break out in the mouth and throat, swellings appear in the groins, the hair and eyebrows fall out, and unless the ravages of the disease are checked at this stage, more violent and dangerous symptoms appear in the form of deep and offensive sores, copper colored spots, terrible pains in bones and muscles, and general breaking down of the system.

**BLOOD POISON IS NO RESPECTER OF PERSONS**

S. S. S. is a specific for Contagious Blood Poison and the only remedy that antidotes this peculiar virus and makes a radical and complete cure of the disease. Mercury and Potash hold it in check so long as the system is under their influence, but when the medicine is left off the poison breaks out again as bad or worse than ever. Besides, the use of these minerals bring on Rheumatism and stomach troubles of the worst kind, and frequently produce bleeding and sponginess of the gums and decay of the teeth. S. S. S. cures Blood Poison in all stages and even reaches down to hereditary taints and removes all traces of the poison and saves the victim from the pitiable consequences of this monster scourge. As long as a drop of the virus is left in the blood it is liable to break out, and there is danger of transmitting the disease to others. S. S. S. is guaranteed purely vegetable and can be taken without any injurious effects to health, and an experience of nearly fifty years proves beyond doubt that it cures Contagious Blood Poison completely and permanently. Write for our "Home Treatment Book," which describes fully the different stages and symptoms of the disease.



**THE SWIFT SPECIFIC CO., ATLANTA, GA.**