

O.K.

A Hair Dressing

Nearly every one likes a fine hair dressing. Something to make the hair more manageable; to keep it from being too rough, or from splitting at the ends. Something, too, that will feed the hair at the same time, a regular hair-food. Well-fed hair will be strong, and will remain where it belongs—on the head, not on the comb!

The best kind of a testimonial—
"Sold for over sixty years."

Made by J. C. Ayer Co., Lowell, Mass.
Also manufactured by
Ayer's
SARSAPARILLA
PILLS
CHERRY PECTORAL.

Feeling a Want.
"We call this the 'housekeeper's delight,'" said the salesman, exhibiting another set of china.
"What's peculiar about it?" asked the customer.
"The fact that we have forty other sets just like it, together with any number of odd pieces, and expect to keep the pattern always in stock. Any piece that's accidentally broken can be replaced at half a day's notice without saying a word to the rest of the family about it."
"I'll take it," said the customer.—Chicago Tribune.

THE DART FLY KILLER
destroys all the flies and other insects that annoy you in dining rooms, parlors, bedrooms, and every place where you are troubled. Clean, neat and will not soil or injure anything.
If not kept by you, sent prepaid for 25c.
WABOLD SOMERS, 149 DeKalb Ave., Brooklyn, N. Y.

WHEN YOU COME TO PORTLAND
ARRANGE TO STOP AT
THE CORNELIUS
PARK AND ALDER STS.

A New and Modern European Hotel, catering particularly to State people. A refined place for ladies visiting the city, close to the shopping center. Rates reasonable. Free Bus.

A. K. CLARKE, (late of Portland Hotel) Mgr.

C. Gee Wo
The well known reliable
CHINESE
and Herb
DOCTOR

Has made a life study of roots and herbs, and in this study discovered and is giving to the world his wonderful full remedies.

No Mercury, Phosgene, or other poisons. He cures: Catarrh, Asthma, Long Cough, Rheumatism, Nervousness, Nervous Debility, Stomach, Liver, Kidney, Throat, Headache, Neuralgia, Female Weakness, and all other ailments.

A SURE CANCER CURE
Just Received from Peking, China—Safe, Sure and Reliable.

IF YOU ARE AFFLICTED, DON'T DELAY. DELAY IS DANGEROUS.

CONSULTATION FREE
If you cannot call, write for symptom blank and other information.

THE C. GEE WO CHINESE MEDICINE CO.
1113 First St., Cor. Morrison, Portland, Oregon.
Please Mention This Paper.

Libby's
Food
Products

Peerless Dried Beef

Unlike the ordinary dried beef—that sold in bulk—Libby's Peerless Dried Beef comes in a sealed glass jar in which it is packed the moment it is sliced into those delicious thin wafers.

None of the rich natural flavor or goodness escapes or dries out. It reaches you fresh and with all the nutriment retained.

Libby's Peerless Dried Beef is only one of a Great number of high-grade, ready to serve, pure food products that are prepared in Libby's Great White Kitchen.

Just try a package of any of these, such as Ox Tongue, Vienna Sausage, Pickles, Olives, etc., and see how delightfully different they are from others you have eaten.

Libby, McNeill & Libby, Chicago

ARE LEARNING KALE.
Oregon Farmers Overcome Prejudice of Long Standing.

From the Oregon Agricultural College, Corvallis.

Kale is one of the best talking crops in Oregon. When the Oregon booster wants to prove that Oregon is the best dairy state in the union he has to talk kale. Unless he knows what kale will do to the milk-bucket he is not qualified as a booster. It is called the thousand-headed kale, and the botanist knows it as brassica oleracea, but it is the plain kale of old letters that does the talking. The strange thing is that it has only been during the last two or three years that it has had an audience, though it is nearly thirty years old in the Willamette valley. It has tried to talk all those years, but the people wouldn't listen when it sought recognition.

"We never heard it talk," they insisted, "back in Iowa and New York. Back there cows produce milk without kale, and I guess they will say to here." That is tradition. It took thirty years for kale to get an audience in this state and live down tradition.

The dairymen of New York understand what green succulent food means to the dairy cow, and they build expensive silos, buy expensive machinery, and grow fertility-robbing corn, which they irrigate with their sweat, in order that the farmer during the long winter months may have an excuse for milking his cows. The Oregonian needs no expensive silos to remind the cow of the good old summer time. Kale! A thousand blessings on the thousand-headed kale! It is making Oregon the greatest dairy state in the union.

When grown under favorable conditions kale will yield 40 tons per acre of green feed, and its chief value is as a soiling crop during the fall and winter. Splendid results are being secured by feeding kale and vetch hay to dairy cows, without any grain or mill feed. Dr. Withcombe of the Agricultural College, says that 15 pounds of vetch hay and 40 pounds of kale a day is practical; a balanced ration for a dairy cow. Mr. W. L. Wilson, of Banks, Or., says: "I received \$207 from 14 cows in the month of December, and fed them nothing but kale, turnips and vetch hay. The man who feeds chop would have to make \$237 to clear as much as I do. I have not had a speck of mill feed in the barn all winter."

Mr. Byron Hunter, of Corvallis, has an assistant agriculturist of the bureau of plant industry, U. S. department of agriculture, made a special study of the forage crops of Western Oregon, and in Bulletin No. 81, published jointly by the Oregon Experiment Station and the Department of Agriculture, has the following to say about kale, which is timely:

"Methods of Sowing.—For fall and winter use kale is usually sown in drills on well prepared and drained soil as soon after the 15th of March as the season will permit. This furnishes plants for transplanting in June and July. The land used for transplanting is well manured and plowed two or three times between the first of March and the first of June. With the land in perfect tilth it is plowed again with a 12-inch plow about the first of June, and the young kale plants dropped into every third furrow about two and a half to three feet apart. This places about one plant to every square yard. The spots where the plants are placed where the next furrow covers them, leaving the tops uncovered. The plants that are plowed in during the day in this way are rolled in the evening of the same day to pack the ground. Two or three cultivations are all that can usually be given, for the plants will soon touch in the row, if they do well. Any plants that fail to grow may be replaced by hand. Some growers prefer to plant the seed in hills, and when the plants are large enough thin them to one plant in a hill. Others put kale out just as cabbage is usually transplanted, instead of plowing it in. The time of transplanting must be determined by the size of the plants and the condition of the land. If the land is wet and subject to overflow the transplanting may be delayed until during July. If the land is well drained and the plants are large enough it may be done before the first of June. In transplanting, enough plants may be left for a stand on the land where the seedlings are grown.

A man living at Maud wants to know if he can irrigate his trees by means of a water wagon and barrels. Professor Thornber did not favor the plan, stating:

"This would be rather too complex. I am of the opinion that you will find it too great an expense, considering the value of a team and a man, to haul this water during the summer. The station would advise you to try and conserve this moisture by means of culture. This could be done with good effect during the summer months. I have had considerable experience on the state college campus in hauling water; and have concluded, first that it is impracticable to place water around the tree without a heavy mulch of straw; second, that nothing much less than a barrel of water for each tree at each watering, should be given. This will soak the ground up fairly well, and in our case, I did not need to water the trees on the campus more than twice during the summer. I do not know that it will be possible for you to make use of a heavy mulch, but in order to hold the water, it is necessary to do so. You can use rotted straw for this, or forest leaves."

From the Washington State college, Pullman.

An Award of Honor.
"Excuse me, ma'am," said the educated hobo, "but would you favor a soldier in the great army of the unemployed with a square meal?"
"I will," replied the good woman, "if you don't mind earning a dollar by doing a few odd jobs about the premises this afternoon."
"Pardon me, ma'am," answered the h. b., "but I am a man of honor and must therefore decline to desert from the army."

Old Favorites

Tired of Play?
What hast thou done this livelong day? The birds are silent, and so is the bee; The sun is creeping up steeply and true; The doves have flown to the sheltering eaves; And the nuts are dark with the drooping leaves:
I'll wait till the day is done— How hast thou spent it, restless one?

"Playing?" but what hast thou done beside
To tell thy mother at eventide?
What promise of morn is left unbroken?
What kind words to thy playmates spoken?
Whom hast thou pitied, and whom forgiven?
How with thy faults has duty striven?
What hast thou learned by field and hill, By greenwood path, and by singing rill?

There will come an eve to a longer day That will find thee tired—but not of play!
And thou wilt lean, as thou leanest now, With drooping limbs and aching brow, And wish that the shadows would faster creep,
And long to go to thy quiet sleep.
Well were it then, if thine aching brow Were as free from sin and shame as now! Well for thee, if thy lip could tell A tale like this, of a day spent well.

If thine open hand hath relieved distress, If thy pity hath sprung to wretchedness, If thou hast forgiven the sore offense, And humbled thy heart with penitence; If nature's voices have spoken to thee With her holy meanings eloquently; If every creature hath won thy love, From the creeping worm to the brooding dove;
If never a sad, low-spoken word Hath plead with thy human heart unheard;
Then, when the night steals on, as now, It will bring relief to thine aching brow, And with joy and peace at the thought of rest.

Thou wilt sink to sleep on thy mother's breast.
—N. I. Willis.

COUGHS AND THE NOSE.
Many Stubborn Cases Due to Trouble in Nasal Fossae.

There are people who have a stubborn cough which lasts for months and years and which the more rational treatment is unable to cure. This was the case with a woman, of whom M. Lermozey, of Paris, recently reported his observations to the Societe Medicale des Hopitaux, and who coughed for seven years without anyone being able to cause this infirmity to disappear, until one day, after an examination of her nose, the ablation of polypoid curd it suddenly and definitely.

A cough with a nasal origin, therefore exists which may be more frequent than one is led to believe. It is M. Lermozey says, generally termed a nervous cough. This term is at the same time an error in diagnosis and leads to an insufficient treatment.

The nasal cough occurs when two morbid conditions are realized simultaneously; these are an exaggerated sensibility of the mucous membrane of the nose and a local cause of irritation. This local excitant may be either hay fever or a polypus in the nose.

Nasal coughs have certain characteristics which may serve to render them recognizable. They are dry, convulsive, progressive, irritable.

What often deceives as to the cause of these fits of coughing is a banal subjective illusion. The sufferer from a nasal cough feels that it is caused by a pricking sensation in the larynx, and, on the contrary, notices no tickling in the nose.

A systematic examination of the nasal fossae of all people who cough is, therefore, necessary. Sometimes a large lesion is found in them, floating polypoid which irritates the mucous membrane; sometimes the latter seems normal, but at certain points cough-producing zones are found which are revealed by two complimentary signs: production of the cough by the irritation of the said zones, suppression of the cough by the coagulation of the zones.

The diagnosis of the nasal origin of a cough considerably attenuates its prognosis. This cough when not recognized continues almost indefinitely; when recognized it gives way almost always to a rational local treatment, and sometimes disappears with astonishing rapidity.

Thanks are due to M. Lermozey for calling attention to the role, scarcely suspected until now, by which the mucous membrane of the nose plays in the persistence of certain coughs; and in case of need recourse will be had to the therapeutical means which this knowledge indicates.—Paris Edition of New York Herald.

Look.
"I suppose you wouldn't part with this dear old farm house for anything," said the enthusiastic girl.
"No," answered Farmer Coratossel, "I don't expect to."
"You regard it as a kind of mascot, don't you?"
"Well, the fellow that managed to sell it to my father was pretty lucky."
—Washington Star.

After the supper is over and the dishes done, a woman removes her kitchen apron and sits down beside her husband with an air that says, "Now, tell me all that has happened to-day."

"You needn't be so proud because you are fat; maybe it's dropy."

One Woman's Wisdom.
Mrs. Newed—And you paid only 99 cents for that hat?
Mrs. Oldwed—That's all.
Mrs. Newed—Your husband was delighted, of course?
Mrs. Oldwed—I hope you don't think I was foolish enough to tell him I got such a cheap hat.
Mrs. Newed—Where would the foolish part come in?
Mrs. Oldwed—Why, if I told him what it cost he'd expect me to be satisfied with bargain counter hats all the rest of my days.

Has a Better Thing.
"I used to know that man when he was a struggling lawyer. What business does he follow now?"
"Stimming cream."
"Stimming cream? Is he in the dairy business?"
"Dairy nothing! He's receiver for a bankrupt trust company."

Original.
"Jones is certainly original."
"Why?"
"Well, he's written a melodrama and he's done away with the 'old mill' and the 'missing papers' and the 'hand-to-hand encounter on the cliff.'"
—Detroit Free Press.

By His Pen.
Wealthy Stranger—Yes, I made my money, every farthing of it, by my pen.
Youth—Ah, a novelist, or a dramatist, maybe.
Wealthy Stranger—Not me. I used to keep a sheep farm in New Zealand.

Gave Rein to Her Thoughts.
"Looks a bit like rain, ma'am," observed the friendly milkman as he handed in his morning pail.
"It does, indeed," replied the ready-witted housekeeper, with her gaze fixed on the bottle.—Boston Transcript.

So It Is.
Teacher—If a vehicle with two wheels is a bicycle, what is one with three wheels?
Scholar—A wheelbarrow.—Illustrated Bits.

Only Them.
"Little boy, do you ever swear?"
"No, ma'am, 'ceptin' when it's necessary and I gotta do it."
"When is it necessary to swear?"
"Wen de empire calls ye out on two strikes an' a ball."

Standing and Sitting.
She sat for an oil portrait of herself, did she not?
"Yep, Jax was the artist."
"How'd it come out?"
"She sat for it but when she saw it she wouldn't stand for it."—Houston Post.

The telephone has not reached the point of a domestic convenience in France. It is but little used by the public generally.

Truth and Quality

appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing. Accordingly, it is not claimed that Syrup of Figs and Elixir of Senna is the only remedy of known value, but one of many reasons why it is the best of personal and family laxatives is the fact that it cleanses, sweetens and relieves the internal organs on which it acts without any debilitating after effects and without having to increase the quantity from time to time.

It acts pleasantly and naturally and truly as a laxative, and its component parts are known to and approved by physicians, as it is free from all objectionable substances. To get its beneficial effects always purchase the genuine—manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

State of Ohio, City of Toledo.
I, Frank J. Cheney, do hereby certify that I am a partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure.

FRANK J. CHENEY,
Notary Public,
(Seal.)
A. W. GLEASON,
Notary Public,
(Seal.)

Hall's Catarrh Cure is taken internally, and acts directly upon the blood and mucous surfaces of the system. Send for testimonials free. F. J. CHENEY & CO., Toledo, O.
Sold by all druggists, 75c.
Take Hall's Family Pills for constipation.

Nothing Done.
Diogenes had abandoned the search. "It's a waste of time," he said. "Every time I think I've found an honest man he turns out to be a hireling of some predatory trust."
"Winking at the bystanders, he extinguished his lantern."—Chicago Tribune.

Reconciliation.
"I see that Little Leep is to sing and dance at another dinner somewhere or other."
"What! Is she alive yet?"
"No; again."

You Can Get Allen's Foot-Powder FREE.
Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Powder. It cures sweating, hot swollen, itching feet. It makes new or tight shoes easy. A certain cure for corns, improving nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Getting Close to Nature.
"Wrigley, what ever became of that little Miss Goodsole?"
"She turned sociologist and married a tramp."
"Why, I heard her say once that you were her best ideal of a man."
"Did you? Well, she passed me up for a hobo ideal of a man."

Not Good Form.
"When shall I call again with this bill, Mr. Ardup?"
"I think, young man, as a concession to the conventionalities, you'd better not come any more until I have returned at least one of your calls."

SINKS AND DRAINS A FREQUENT CAUSE OF TYPHOID
Purify These and You Will Be Safe From Contagion

DISINFECTING THE ONLY PREVENTIVE
Borax, a Simple, Safe and Sure Method

Two table-spoonfuls of Borax in a pailful of hot water poured down the grease-choked pipes of a sink, or flushed through a disease-laden drain, cleanses and purifies it, leaving it clean and sweet.

Bed clothing and clothes used in a sick room can be made hygienically clean and snowy-white, if washed in a hot solution of Borax water.

Kitchen and eating utensils, used during illness will be kept from all possibility of contagion if Borax is used when washing them. Pure as snow and harmless as salt, and because it can be used for almost every domestic and medical purpose, Borax must be considered the one great household necessity.

Local agents wanted. Write for money-making plan. Many produce some of the strongest obacco in the world, and she makes use of the crop herself.

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Behnke-Walker
BUSINESS COLLEGE
PORTLAND, OREGON
BEHNKE-WALKER STUDENTS SUCCEED. WHY?
They are Trained for business in a business-like way. Why not enroll in a reputable school that places all of its graduates?
I. M. WALKER, Pres. SEND FOR CATALOGUE O. A. BOSSERMAN, Sec.

S.S.S. NATURE'S PERFECT TONIC

There is scarcely any one, no matter how vigorous and healthy, who does not need a tonic sometimes. Little physical irregularities upset the system, the appetite fails, digestion is poor, the body feels tired and worn out, and other unpleasant symptoms give warning that the system is disordered and needs assistance to ward off, perhaps, some serious sickness or ailment. S. S. S. is recognized everywhere as the best of all tonics, nature's medicine, made entirely of healing, cleansing, invigorating roots and herbs, a systemic remedy without an equal. S. S. S. has the additional value of being the greatest of all blood purifiers. It re-establishes the healthy circulation of the blood, rids the body of that tired, worn-out feeling, improves the appetite and digestion, and brings about a return of health to those whose systems have been weakened or depleted. S. S. S. acts more promptly and pleasantly than any other medicine, and those who are run down in health should commence its use at once. It will thoroughly purify the blood and tone up the system. S. S. S. is admirably suited for a systemic remedy because it is free from minerals; it may be used without harmful results by persons of any age, and no unpleasant effects ever follow.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

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Lifting the Reference.
Rodrick—Stood out in the middle of the road the other day to decide an automobile race. They both came in even.
Van Albert—It was a toss-up, eh?
Rodrick—I should say so. I was tired over a haystack.

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

Let no one say that the mind has no power over the body. If it can cause such effects as in the case taken from Ulik, how much more can it influence the physical conditions of the now and here?
"You look pale and thin. What's got you?"
"Work! From morning till night, and only a one-hour rest."
"How long have you been at it?"
"I begin to-morrow."

FITS St. Vitor Dance and various diseases promptly cured by Dr. J. Lee's Great Nerve Restorer. Send for FREE 25c trial bottle and treatise. Dr. R. H. Kline, L.A. 311 Arch St., Philadelphia, Pa.

The Artistic Temperament.
"Yes," said Mrs. Nuritch, "my son means to be an artist."
"Indeed?" replied Mrs. Ascum.
"That's a very laudable ambition."
"Yes, he thinks it's just cute to wear those flowing black ties."—Philadelphia Press.

CASTORIA
For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Dr. J. C. Fitcher

Use For Over Thirty Years

CASTORIA

THE CENTIN COMPANY, NEW YORK CITY.

Quality IS OUR MOTTO

Said an Employer: "Stick to quality. It will win out in the end." We do "stick to quality." That is the reason our graduates are so thorough and in such demand. Investigate our claims to superiority. Catalogue, business forms and penwork free. Call, phone or write.

Portland Business College
Teath and Morrison, Portland, Oregon
A. P. ARMSTRONG, LL. B., PRINCIPAL

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