

**Harmonious Doctors.**  
 "They have called two doctors in for consultation."  
 "And do the doctors agree?"  
 "I believe they have agreed upon the price."—Philadelphia Ledger.

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

To make silk that has been washed look like new put a teaspoonful of methylated spirits to a pint in the rinsing water and iron while damp.

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 irritating 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 acts 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.  
 Hall's Family Pills are the best.

Where the best things are not possible, the best should be made of those that are.—Hooker.



Young women may avoid much sickness and pain, says Miss Alma Pratt, if they will only have faith in the use of Lydia E. Pinkham's Vegetable Compound.

Judging from the letters she is receiving from so many young girls, Mrs. Pinkham believes that our girls are often pushed altogether too near the limit of their endurance nowadays in our public schools and seminaries.

Nothing is allowed to interfere with studies, the girl must be pushed to the front and graduated with honor; often physical collapse follows, and it takes years to recover the lost vitality,—often it is never recovered. Miss Pratt says,—

"DEAR MRS. PINKHAM:—I feel it my duty to tell all young women how much Lydia E. Pinkham's wonderful Vegetable Compound has done for me. I was completely run-down, unable to attend school, and did not care for any kind of society, but now I feel like a new person, and have gained seven pounds of flesh in three months.

"I recommend it to all young women who suffer from female weakness."—MISS ALMA PRATT, Holly, Mich. — \$5000 forfeit if original of above letter proving genuineness cannot be produced.

**YOUR OPPORTUNITY**  
 Washington and Idaho. Dignified, honorable, permanent and immensely profitable employment at home or on the road; something new; send stamp or call at office for details.  
**SQUARE DEAL BROKERAGE CO.**  
 129 Seventh Street, Portland, Oregon

**BUY SOLID SHOES FROM YOUR DEALER**  
 THE WASHINGTON SHOE MFG. CO. SEATTLE

**HOOD RIVER Strawberries**  
 Are famous for size, beauty, flavor and shipping qualities. Dealers can send in their orders for the number of crates they want expressed each day of the week and we will book them. Quotations and information furnished on application. Supply your customers with the best Strawberries grown by ordering of  
**Fruit Growers' Union**  
 HOOD RIVER OREGON

**Hood's Sarsaparilla** is unquestionably the greatest blood and liver medicine known. It positively and permanently cures every humor, from Pimples to Scrofula. It is the Best Blood Medicine.

**A Chum of Sir Henry Irving.**  
 When Sir Henry Irving was staying lately at the Queen's Hotel, Manchester, a small boy, about 6 years old, son of William Mollison, a well-known member of Sir Henry's company, strayed into his rooms one afternoon, invited to make himself at home, and take some refreshment, he consumed a pear and a bottle of lemonade with apparent satisfaction. Then gazing steadfastly at his host, he said: "I do miss Phil May."  
 "So do we all," said Sir Henry, gravely.  
 "Yes, but I miss him most," pursued the child. "He was my chum."  
 "Ah! that makes it very hard," said Sir Henry.

There was a long pause, and then the little fellow asked very earnestly: "Will you be my chum now?" So they swore eternal friendship on the altar of Phil May's memory.

**Cure for Backache.**  
 Randolph, Neb., May 30.—Cedar Co. has seldom heard of a more wonderful case than that of Mrs. Lucy Nicholls of this place. For a long time Mrs. Nicholls suffered with very severe pains in the back and almost instantly these pains left her. She has tried doctors and everything, but nothing had helped her till she used Dodd's Kidney Pills. She says:

"Dodd's Kidney Pills did me so much good I can't tell, it was so wonderful. My back hurt me all the time. I doctored and tried everything but did not feel any better. I thought my life was short on earth, but now I feel like a new person. I used one box of Dodd's Kidney Pills and I do not feel the slightest ache or pain. I can turn and twist any way without feeling it and I feel so proud of it I cannot hardly express my gratitude to Dodd's Kidney Pills for what they have done for me."

A microscopic examination of a hair will determine, with almost infallible certainty, to what kind of animal it belonged.

Piso's Cure is a good cough medicine. It has cured coughs and colds for forty years. At druggists, 25 cents.

For holding from the 1,320 foot level of the Kimberly diamond mine forty seconds is required.

**FITS** Permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free \$2 trial bottle and treatise. Dr. H. H. Kline, Ltd., 237 Ave. St., Philadelphia, Pa.

The Greeks had a female deity named Hygieia, whose duty it was, when properly propitiated, to keep the babies well; when she neglected her business, however, the deficiency was sometimes remedied by Meditritna, who restored the health of the little ones.

**Facts and Figures.**  
 For seventy-seven years the pay of a Congressman of the United States was \$6 a day while in attendance upon a session and \$6 for each twenty miles in going and coming. Double pay was granted to the Speaker of the House. The President's salary until 1873 was \$25,000, when it was increased (for Grant's second term), to \$50,000. The Vice President received \$5,000, the chief justice \$4,000, and department heads less. In 1890 the pay of Senators and Representatives was raised to \$5,000 a year, with mileage at 20 cents a mile going and coming. The salaries of the Speaker and Vice President were raised to \$8,000. Delegate Jonah K. Kalaninnoie, of Hawaii, has to travel nearly 10,000 miles to get to Washington and back, and his mileage is \$2,180.

**To Break in New Shoes.**  
 Always shake in Allen's Foot-Ease, a powder. It 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. Ginstad, Le Roy, N. Y.

A happy genius is one who has had enough wealth left him to make it unnecessary that he depend on his talents.

**OREGON BLOOD PURIFIER**  
 TESTED AND TRUE—GUARANTEED NOW! is the time to USE IT.

**Small Coins Newer and Brighter.**  
 "Have you noticed the improved quality of the coins now in circulation?" asked the trolley car conductor as he pulled a handful of bright pennies, nickels and dimes from his pocket for inspection.  
 "It's due to an effort on the part of the government to put better money into circulation by recalling the worn and shiny pieces from which the impression of the die has become effaced. I've noticed for the past two years a steady improvement in this respect. All the banking institutions now throw aside the coins that show decided traces of wear, and the treasury department redeems these with new ones. In England a soiled bank note is unknown. The paper money is always new and crisp, being recalled before it becomes worn. It's getting to be that way in this country with our small coins."—Philadelphia Record.

**Where Ajax Would Have Failed.**  
 "That is Ajax defying the lightning."  
 "Well," answered the man with the timorous manner, "there's always a strong chance that lightning won't hit anybody. If the same amount of electricity had been after him in the battery of an automobile, I don't believe Ajax would have been so courageous."—Tit-Bits.

**Learning in Oklahoma.**  
 Oklahoma has seven educational institutions of higher learning under control of the Territory, and many schools and colleges under the supervision of religious denominations. The State has more than 250,000 children of school age, and 3,000 young men and women in the institutions of higher learning.

**Keeley LIQUOR-MORPHINE-TOBACCO HABITS PERMANENTLY CURED**  
 FOR FULL PARTICULARS ADDRESS THE KEELEY INSTITUTE, PORTLAND, ORE.



**Mayonnaise Dressing.**  
 Have all the ingredients very cold. Into a chilled soup plate put the yolk of an egg from which all the white has been drained and pour upon it a few drops of lemon juice. Stir with a silver fork for a minute, then add a few drops of oil gradually and, as the yolk thickens, add the oil faster until a half pint has been used. Now season with salt, white pepper and a added gradually. If this thins the few drops of lemon juice or vinegar dressing too much add a little more oil. Keep in the ice chest until wanted.

**Buttermilk Bread.**  
 Two pounds of flour, brown or white, one teaspoonful of baking powder, one-eighth ounce of bicarbonate of soda, a pinch of salt, a dessertspoonful of white sugar, if liked. Put the flour into a basin, and mix all the other ingredients on a board, taking care to leave no lumps; add to the flour, and mix in a firm dough with sour buttermilk, knead it a little, make it into loaves, and bake it at once. Sour does not mean rancid buttermilk. If it is sweet, double the baking powder and leave out the soda; but it will not be so good.

**Boston Brown Bread.**  
 Mix together a cup each of graham flour, wheat flour and cornmeal, adding a teaspoonful of salt. Mix and warm a teaspoonful of milk and dissolve in it a small teaspoonful of baking soda, then add a teaspoonful of warm molasses. Into the mixed flour and meal stir a cup of boiling water, then the warm milk and molasses. Beat hard and long and steam in a greased mold with a tightly fitting top for three hours. Set in the oven for a few minutes after turning from the mold.

**Bean Soup.**  
 One pint of kidney beans, 2 quarts of cold water, small piece of salt pork or bacon. Cook slowly, covered, until the beans are very tender (about two hours should do); then strain, mash the beans through a colander, add a pint of milk mixed with a level tablespoonful of flour, and a generous lump of butter. Return to the fire, stir and cook until as thick as cream; add one-half teaspoonful of pepper, salt with one scant teaspoonful to three pints of soup. The salt pork should furnish the rest of the salt required.

**Sauce for Macaroni.**  
 Salt pork, size of a goose egg. An onion chopped very fine with it, and fry until thoroughly done. Then add three-quarters of a can of tomatoes, a carrot cut fine and a little parsley. Let all boil together three-quarters of an hour, strain, and if too thin add a very little flour. To a package of spaghetti allow half a pound of butter, melted, half a pound of Parmesan cheese grated. Arrange spaghetti or macaroni in layers, dressing each with butter and cheese. Pour sauce over it or serve separately.

**Plain Layer Cake.**  
 Cream a cup of butter with two of powdered sugar and when light beat in the yolks of four eggs, a small cup of water and three cups of prepared flour or enough to make a good batter. Lastly fold in the stiffened whites of three eggs, reserving the extra whites for the filling. Bake in greased layer tins in a steady oven.

**Cream Rabbit.**  
 Melt a tablespoonful of butter, to which add one-half pound of cheese cut fine, one saltspoonful of salt, and one-fourth as much pepper. When the whole has become creamy, add gradually one cup of cream and the beaten yolks of two eggs. Serve on toast or light crackers.

**Mince Meat.**  
 Two pounds each of raisins, currants and suet. One pound each of light brown sugar, beef chopped very fine and citron or candied orange peel; twelve large apples; three teaspoons each of allspice and cinnamon, one and a half teaspoons of cloves and one teaspoon of grated nutmeg. Brandy to taste.

**White Cookies.**  
 Two-thirds cupful of melted butter, one and one-half cupful of sour cream, two cupfuls of sugar, soda and enough flour to roll out evenly. Have the materials cold and mix quickly, handling as little as possible. Flavor as desired.

**Hickory Nut Macaroons.**  
 One pound of powdered sugar, one pound of chopped hickory nuts, the whites of five unbeaten eggs, half a cup of flour, one teaspoonful of baking powder. Drop on buttered paper and dry in the oven. These are delicious.

**Short Suggestions.**  
 To make ironing easier, rub the flat-irons first on fine sand and then over a piece of paper which has been saturated with kerosene.

**Ayer's Hair Vigor**  
 Why is it that Ayer's Hair Vigor does so many remarkable things? Because it is a hair food. It feeds the hair, puts new life into it. The hair cannot keep from growing. And gradually all the dark, rich color of early life comes back to gray hair.  
 "When I first used Ayer's Hair Vigor my hair was about all gray. But now it is a nice rich black, and as thick as I could wish."  
 — Mrs. Susan Klossan, Tascumbie, Ala.  
 \$1.00 a bottle. All druggists. J.C. AYER CO., Lowell, Mass.

**Whyness of the Whyfore.**  
 Fred—I always enjoy conversing with a spinster at a social gathering.  
 Joe—Because why?  
 Fred—She never bores one half to death by talking about old times.

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

Very small and so 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.  
 Price 25 Cents. PURELY VEGETABLE. *Wm. Wood*  
 CURE SICK HEADACHE.

**Dr. C. Gee Wo**  
 WONDERFUL HOME TREATMENT  
 This wonderful Chinese doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, buds, bark and vegetable that are entirely unknown to medical science in this country. Through the use of those harmless remedies this famous doctor knows the action of over 500 different remedies, which he successfully uses in different diseases. He guarantees to cure catarrh, asthma, lung, throat, rheumatism, nervousness, stomach, liver, kidneys, etc. Has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars. Send stamp. CONSULTATION FREE. ADDRESS  
 The C. Gee Wo Chinese Medicine Co.  
 253 Alder St., Portland, Oregon.  
 25¢ Medicine paper.

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 Phillips Hydraulic Ram  
 Write today for free illustrated book.  
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 Tenth and Johnson Streets  
 PORTLAND OREGON  
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 SURE WHERE ALL ELSE FAILS  
 Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.