My Hair is Extra Long Horse racing in Italy is dead since the long in Italy in Ita

Feed your hair; nourish it; give it something to live on. Then It will stop falling, and will grow long and heavy. Ayer's Hair Vigor is the only hair-food you can buy. For 60 years it has been doing just what we claim it will do. It will not disappoint you.

"My hair need to be very short. But after saling Ayer's Hair Viscor a short time it began to grow and now it is fourteen tuches long. This secens a spicoutal reads to me after testing alreads without any hair." Man. J. H. Firms. Colorado Springs. Color.

Made by J. C. Ayer Co., Lowell, Mass ers PILLS. CHERRY PECTORAL.

Mrs. Sarah A. Evans, who has been appointed inspector of the meat markets of Portland, is president of the Oregon State Federation of Women's Clubs.

We offer One Hondred Dollars Reward for any case of Catarrh that cannot be cored by Hall's Catarrh Cure.

F.J. CHENEY & CO., Props., Toledo, O., We, the undersigned, have known F. J. Cheney for the last loyears, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

When A TRULE, Wholesale Bruggists, Toledo, O. Waldings, Kidhan & Marvin, Wholesale Bruggists, Toledo, O.

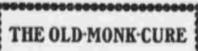
gists, Toledo, O.

Hall's Catarth Cure is taken internally, acting directly upon the blood and inucous surfaces of the system. Frice The per bottle.

Sold by all Druggists. Testimonials free.

Hall's Family Fills are the best.

An optimist is a man who runs an account with a light-weight grocer.





has traveled round the world, and everywhere human

Aches and Pains

have we comed it and blest it for a curs.

Price, 25c. and 50c.



Horse racing in Italy is dead since the introduction of automobile speed com-

Aquatic birds are more numerous than land birds.

MALLEABLE IRON STUMP PULLERS Fastest, fightest and strongest fitting Puller on the market, 119 Horse power on the sweep with two horses. With for descriptive catalog and prices.

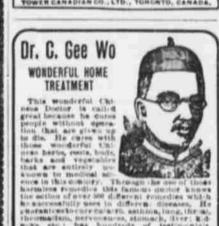
REIERSON MACHINERY CO.

Portland, Oregon

Foot of Morrison Street







AGDIEST THE C. GEE WO CHINESE MEDICINE CO. 162% First St., S. E. Cor. Morrison

Mention paper.

No. 1-06

WHEN writing to advertisors please mention this paper.



We do erown and bridge-sork without pain. Our is years' experience in plate work en-ables us to fit your mouth comfortably. Dr. W. A. Whe has fitted a safe way to extract seeth absolutely without pain. Dr. T. P. When is an expert at gold filling and critwo and bridgework. Estracting trac when and bridgework. Estracti-

WISE BROS. DENTISTS

Palling Ridg., Third and Washington Sts. Open evenings till vo'clock, Sundays from



PORTLAND, OREGON.

Start the New Year Right!

mind and a clean body! Most people are very neat and clean in their outward appearance, but how about the inside? Are you clean inside?

And if not, how can you face the New Year with clean thoughts, clear intelligence, a fair, just, and bright mind, and your full share of capacity for work and enjoyment.

The holidays are over and everybody's had a good time - perhaps a little too much of a good time. Over-eating and overdrinking have been the rule ever since Thanksgiving Day.

Many people get little exercise in winter and breathe much stuffy, over-heated inalde air.

At the same time they eat too much rich and indigestible food, while fresh fruit and fresh vegetables are scarce in the market. So stomach and howels are liable to be over-taxed.

Clog up, stretch and paralyze the large intestine by over-stuffing it with undigested food, so it can not carry off the useless refuse, and it "backs up" the sewage, and compels the small intestine to absorb the poison of decaying matter, instead of wholesome nourishment.

That's what must happen. Isn't it plain as day?

What's the result?

Nearly everybody "gains in flesh" in the winter time, but it's pussy fat - not healthy flesh and muscle. The liver gets inactive: the bile doesn't "work off"; the eyes get yellow; the skin gets dead like putty and pale like dough, with boils. pimples, blackheads, liver-spots to break the monotony.

Dizziness, headaches, blurred vision, foul breath, sleeplessness and a temper like a wild cat make such persons very

others. * * *

April."

Not considering your duty to yourself and family, inn't it certain that to leave the body full of poison all winter, and then auddenly attempt to force out all impurities by one violent attack is dangerous, abourd and unreasonable?

. . . Keep clean inside all the time. That's

If you can not diet, or keep your mech-

A Cascaret every night before going to

If you have been neglecting yourself for some time, take a Cascaret night and morning and break up the "constipated habit" without acquiring a "cathartic

Cascarets are sold by all druggists. 10c, 25c and 50c. The 10c size trial box is a

Be sure to get the genuine, with the "CCC" on each tablet. They are never sold in bulk.

pleasant company to themselves and

the simple solution.

anism going by proper exercise, the selfevident alternative is to take Cascareta, the aweet, fragrant, harmless little vegetable tablets, that "act like exercise" on your bowels, and gently but powerfully clean out and disinfect the whole digestive canal.

bed will "work while you sleep" and make you "feel fine in the morning."

said his hostess. habit."

neat fit for the vest pocket or lady's purse.

"long-tailed G" on the box and the letters gie, the maid, grew indignant.

AF FREE TO OUR FRIENDS! We want to send to our friends a beautiful French-designed GULD-PLATED BUNBUN BUX hard-cnameled in colors. It is a beauty for the dressing table. For cents in stamps is asked as a measure of good faith and to cover cost of Cascareta with which this dainty trinket is loaded.

Send to-day, mentioning this paper, Address Sterling Remedy Company, Chicago or New York.



About three hundred species of mosbut Florida slone claims twenty-two outward calmness was disturbed by

poisonous-is often contaminated with had stood six hours' exposure in a

creathing wells, are now being invest to go when the President should rise. igated by the United States Geological This seemed easy; still, it was evi-Survey. The best known examples of dept that the fearless athlete was revthis type of well are found throughout erently practicing "Mr. President" with Nebraska. The force of the air cur- his lips as he approached the White rent in one of the Louisiana wells is House. All uneasiness disappeared, sufficient to keep a man's hat suspend- however, when the President, catched above it. Such phenomena are main- ing sight of the boy stepped forward ly due to changes in atmosphere press- and called him by his surname. "Sit

Some anxiety is being caused in Gernany by the decline of the birth rate. lad's heart—the recent races at In 1904 the birth rate was 20.5 in each Poughkeepsie. Etiquette was forgot-1,000 inhabitants, against 30.9 in 1963, ten; the boy held fast to "Mr. Presi-32.1 tn 1902, 33.4 in 1901, and 33.7 in dent," when he thought of it, in the 1900. The decrease, therefore, is continuous. Lung disease, not only in towns but in the country as well, is outs of intercollegiate races, but decreasing. It is claimed that this sometimes he forgot and merely said result is owing to the systematic and "you," scientific war which the authorities are conducting against this scourge.

The prosperity of Japan depends varieties of fish-including the sharkare eaten by the inhabitants, the annual yield of the fisheries being three and said afterward that "if Thack- less marvelous conquest of animal and million tens, or three times the consumption in the United States. The value of this product is \$30,000,000. The coasts also supply an edible alga showed him a very scientific jimjitsu known as layer, and other sea weeds grip. And this was followed by an infrom which food gelatine is extracted, terchange of lore on this interesting together with large quantities of sait. Japanese science of physical culture, From Japan, moreover, comes a large with illustrations, in which the boy quantity of the world's coral and entirely forgot his fear of the "court pearls.

Luther Burbank, of California, who has probably produced more new varie. dom. The boy seemed to think that ties of fruits, flowers and plants than American muscle was a match for any other living man, said recently oriental skill, but he was plainly conto a friend that he was accustomed, when selecting for color among newly created flowers, to submit the choice to a lady of his acquaintance noted for her exquisite taste. Mr. Burbank's as one who understood but felt his its dainty splendor traces its origin to own Judgment, however, in the matter of color and form is highly trained, and this year entered Harvard, was then is exercised with surprising quickness and sureness of decision. Among his father cutled a bit from his son's ex- plants and animals to go back to the latest productions is a daisy, in which perience in out-of-door sport. It was original type. It is indeed a battle to he has striven especially to obtain a plain that, through sympathy in these keep strains pure and up to the standgraceful carriage of the stem and matters, he had the same point of ard they have already attained, let flower.

Postal authorities in Milan, Italy, use an automobile wagon in which to collect part of the mail. The car runs between the central postoffice and the branch offices and boxes in the dif. did. ferent districts of the city. The autothe mail can be sorted by one clerk es in an hour and a half.

statistics collected among the schools boys a few miles from his summer of Germany and France. In Germany home at Oyster Bay. it has been shown that 50 per cent of But, you say-"I'll take a course of those engaged in the so-called liberal Spring medicine to clean me out next professions suffer more or less from myopia, or shortness of sight, whereas to 5, and among peasants to only a geons, he declared, were always the growth of myopia with increase of attention demanded by school work is only 6 per cent of the scholars in the chance for his complete recovery. primary schools of France are affected, the secondary schools. In the College guished surgeon. Rollin 15 per cent of the acholars have in the third grade, and 55 per cent in the courses in philosophy.

Reasoning from Experience.

A little East Side boy was having his first country outling, says the New York Tribune. He lay on the grass in peach orchard, making a chain of clared the bill to be an outrage. duisies and buttercups. Across the blue sky a line of swallows dipped.

"Look up, look up, Johnny! See the pretty birds flying through the air," Jimmy looked up quickly. "Poor lit-

'They ain't got no cages, have they?"

Followed Instructions. "Why didn't you put this watermelon in the ice box, as I told you?" asked the mistress of the maid. Then, says the Cleveland Plain Dealer, Mag-

"I did, mum." "But It isn't cold." "No, mum. How could it be? I

had to take the ice out to get it in." If the woman who throws a shawl ROOSEVELT AND A BOY.

They Had a Jolly Informal Chat About Outdoor Sports.

One boy-one of many-who had the honor of meeting the President now acts as if Mr. Roosevelt's eyes were constantly on him, says St. Nicholas. This lad was not a small boy when he was presented; he was big quitoes have been described, and it is enough to play baseball with skill and estimated that two hundred more ex- energy and on ordinary occasions be lst. Giles recognizes only thirty-six was a haughty sophomore. This boy species in the whole of North America, wanted to see the President, but his the intimation from his sisters that Polsoning from gas inhalation is now he would have to make three bows as added to the recognized dangers of bal- he approached the President and say, looning. The hydrogen-liself non-"Your excellency." The courage that arsenic, selenium and antimony, and heavy sea on the keet of an upturned fourteen cases of ill effects have been boat weakened before this prospect. reported to the French Academy of A benevolent friend corrected the Medicine. In one of the two forms of starming auggestion of the sisters by poisoning death results in two or three telling him that he would simply be expected to say, "Mr. President," to Blowing wells, sometimes known as stand until everybody was seated and down!" he said, and then he began to talk about a subject dear to the delight of talking with somebody who "really knew" all about the ins and

The boy was pained for a moment to discover that the President could not play baseball. To a near-sighted very largely upon the sea. A thousand man who must wear glasses a baseball flying at large is much worse eray were alive and played basebail instead of cricket he would have had the same difficulty." The President presentation" and talked and acted with entire respect, but entire freevinced that the President had both, Questions of boxing and riding came limitations. Young Theodore, who has the common garden vegetable. at school; but every now and then his of the great tendency manifested in all view as his sons. During all this in alone any improvement. The practical terview the President was as enthu. results are accomplished by men operatstastic on the various subjects disstastic on the various subjects dis-cussed as the boy and he seemed to Eckford in England, as well as by the enjoy it as much as his boy visitor

while the car is running. The car ing," he said, with conviction, "I ments. The results of their experistops at each letter box to collect the think that my boys and I can hold mail, and between the boxes the clerk our own." And several times the Annual, which they will send tree to sorts and stamps the letters and passes "we" was repeated in a way which all applicants. them in packages to a second man who showed that Mr. Roosevelt and his puts them in a series of compartments sons were to be considered a happy corresponding to each carrier's route. family of boys thoroughly in accord. This car covers a route fourteen miles it is not convenient to take his large long and collects the mail from all box- "boy family" on his western and southern bear hunts, but the Presi-The influence of occupations upon dent does the next best thing. Every the eyesight is strikingly illustrated by summer he goes "into camp" with his

Could Give Time Value.

Dr. W. W. Keen, the noted surgeon of Philadelphia, was praising speed among laborers the percentage drops in surgical operations. The best surhalf of 1 per cent. The remarkable swiftest. Speed was one of the great essentials of fine operations, since the briefer the period passed by the paindicated by the fact that the eyes of tient under the knife, the greater tha

"On this head," Dr. Keen continued, but those of more than 20 per cent in smiling, "there is a story of a distin-

"He performed successfully a diffimyopia in the lower grade, 32 per cent cult and delicate operation on a mil-Bonaire banker's wife, and, naturally, the bill that he rendered for this operation was a large one. It was not exorbitant, but it was enough-a rensonable and just bill.

> With an imprecation, be dewise. "'Why,' he cried, 'the operation

"The banker, though, thought other

only took you 10 minutes.' "The surgeon laughed.

"'Oh,' he said, 'if that is your only objection, the next time any of your family needs an operation I'll keep the fellers!" he exclaimed, pityingly, them two or three hours under the knife."

> Didn't Need It by Day. "Gee, but Bill's got a nerve!"

"Put me wise." "He went to de pawnshop to soak his bed, an' wanted to know if de pawnbroker wouldn't let him take it home nights to sleep on."-Cleveland Leader.

Tickled Him. Manager-I want you to quit grin-



Professional Jealousy "Mr. Dustin Stax says he isu't going

to endow any more libraries." "But I thought be was devoted to literature. He has written books him-

welf." "That's the trouble. The people let the dust He on his books and stand in line to get 'Maxie's Wooing' and 'When True Love Was in Bloom' and works of that character."-Washington Star.

Controlling Nature.

Everybody knows that of late years natural forces have been wonderfully subjected to man's need. We are dazzled by the spectacular achievements in steam and electricity, but are than a bullet. The ind admitted this likely to forget the less noisy but no plant life. Horses are swifter, cattle heavier, cows give more milk and sheep have finer fleeces than in days gone by. In plants the transformation is even more marked. People now living can remember when the number of edible fruits and vegetables was far less than at present and even those that could be grown were vastly inferior to what we now have. For example, our parents Journal. knew nothing of the tomato, except as a curious ornament in the garden. Sweet corn was hardly better than the commonest field sorts. All oranges had Celery was little known and poor in quality. In the flower hed the up and the President spoke as an ex- significant heart's case from which is pert and the boy listened and talked was developed, and the sweet pea in all

This progress has been made in spite ing largely for love of the work, like great seed merchants, D. M. Ferry & mobile is of large size, on the style of an omnibus, and is fitted out so that "When it comes to boxing or rid ample means, to conduct new experiences can be found in their 1906 Seed

> The largest flour mill in the British empire is in Montreal. It turns sut 5,000 barrels of flour a day.

Value of Elephants.

An African elephant is of value only for its ivory, of which a full-grown animal yields from \$250 to \$300 worth. On the other hand, a working Indian ele-\$2,500 to \$3,500.

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

Many horses are made vicious from

eruel treatment. For bronchial troubles try Piso's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

Food for Thought.

"I trust, Miss Cutting" remarked young Borem, as he rose to depart after a prolonged stay, "that I have not taken up too much of your valuable time."

"Not at all, Mr. Borem," replied the fair damsel. "The time you have taken up has been of no value to me whatever, I assure you."

Then he went forth into the night, and wandered homeward, wrapped in a heavy mantle of thought.-Chicago

The Choice of the People.

When things began to go too "fast and loose" in New York, the people rose up in their wrath, got together and elected a district attorney who makes magnificent paney has replaced the in- life miserable for wrongdoers. Jerome flaunted the banner of no political

party; he was the people's choice. Pillsbury's Vitos is the first choice of all people who reliah good things for breakfast. It's dainty, delicious and nourishing.

FITO Permanently Cured. No fits or nervousness FITO after first day's use of Dr. Kilne's Great Nervo Restorer. Send for Free S2 trial bottle and treaties. Dr. M. M. Mines, Ltd., 82 Arch St., Philadelphia, Fa.

Auxlety.

Tramp (outside the gate)-Does your dog bite?

Mrs. Weptonwish (on the porch)-Yes, he does, and-O, please don't come in! We are so particular about The talk drew out of the President only eternally vigilant to hold what we feed him on!—Somerville

Reckless Courage.

"I talked real sassy to the hotel tele-

graph operator. "My goodness! You didn't dare?" "Yes, I did."

man doing that." "What would you call it?" "'Ajax Defying the Lightning!"-Cleveland Leader.

"Gee! I'd like to have a picture of a

_ ANNOYING-

Catarrh is usually regarded as nothing more serious than a bad cold or alight inflammation of the inner skin and tissues of the head and throat, when it is, in fact, not only a vexatious and troublesome disease, but a complicated and dangerous one. It is true that Catarrh usually begins with a cold in the head, but when the poisons, which are thrown off through the secretions, find their way into the blood, it becomes a constitutional trouble that affects all parts of the body. It has more annoying and disgusting symptoms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the ears, headaches and pains in the eyes are frequent, while filthy, tenacious matter drops back into the throat requiring continual hawking and spitting, and in certain stages of the disease the breath has an odor that is very offensive. Catarrh is worse in Winter, because the cold weather closes the pores and glands, and the poisons and unhealthy vapors which should pass off that way are thrown back on the tender linings and tissues, causing the inflammation which starts

the unhealthy secretions to be absorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circulates through the body the foul matter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the stomach. It also affects the Kidneys,

Several years ago my blood was had and I had in addition a dreadful case of Catarrh. My nose was stopped up, I had headaches, ringing noises in my ears and felt unfit for work. I commenced the use of S. S. S. on the recommendation of a friend, and in a short time it cured me sound and well. It put my blood in good condition and I have never had the slightest return of the Catarrh since that time.

No. 200 Edgar St. Evansville, Ind.

Bladder and other members of the body, while the general health is weak-ened, appetite lost and the patient feels despondent and half sick all the time. But worst of all, if the trouble is not checked the lungs become diseased from the constant passage of poisoned blood through them, and Catarrh terminates in Consumption, the most fatal of all diseases. You cannot get rid of Catarrh by treating it with sprays, washes, inhalations, etc., because they only reach the membranes and tissues, while the real cause of the trouble is in the blood. These relieve the annoying symptoms for a time, but the poison is all the while getting a stronger hold on the system and when they are left off will manifest itself in worse form than before. S. S. S. is the greatest of all blood purifiers, and when it has cleansed the blood, this pure, rich stream circulates through the body, carrying healthful properties to the diseased parts. Then the inflamed membranes and tissues begin to heal, the dis-

charges cease, the general condition of the system is strengthened, every one of the annoying and disgusting symp toms pass away, and the patient is left in perfect health. S. S. S. is the best remedy for Catarrh. It goes right into the blood and removes all effete matter

PURELY VEGETABLE. the blood and removes all enete matter over her head to run into a neighbor's had time to pass a looking glass, her reason for going would be scared out of her head and she would remain at that at the salary you pay death comes bome.

The woman who throws a slaw of the woman who throws a looking slass, her ming in that death scene. What do you mean by it?

Actor—Why, it seems so real to me that at the salary you pay death comes to the salary you pay death comes as a happy release.—Cleveland Leader, with S. S. S.

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