

Blood Humors

Commonly cause pimples, boils, hives, eczema or salt rheum, or some other form of eruption, but sometimes they exist in the system, indicated by feelings of weakness, languor, loss of appetite, or general debility, without showing any breaking out.

Hood's Sarsaparilla

In usual liquid form or in chocolate tablets known as Sarsatabs. 100 doses \$1.

Not Impressed.

Capital was making a virtue of its chronic timidity.

"Why," it exclaimed to the country, "I'm so scared that I feel the symptoms of a panic."

No immediate response being evoked, Capital proceeded to set up a fearsome scarecrow and, gazing intently upon the same, to throw a fit.

"There, I told you so," it remarked in tremulous but exultant tones. "I'm having a panic. Just watch my convulsions."

But the country had seen fake fits thrown before.—Philadelphia Ledger.

Uncle Allen.

"Lots of men who get a reputation for wisdom by not doing any talking," observed Uncle Allen Sparks, "don't dare to talk; they've got too much to conceal."

CATARRH BLOOD DISEASE AND SYSTEM DISORDERED

Catarrh is not merely an inflammation of the tissues of the head and throat, as the symptoms of ringing noises in the ears, mucous dropping back into the throat, continual hawking and spitting, etc., would seem to indicate; it is a blood disease in which the entire circulation and the greater part of the system are involved. Catarrh is due to the presence of an excess of uric acid in the blood. The Liver, Kidneys and Bowels frequently become torpid and dull in their action and instead of carrying off the refuse and waste of the body, leave it to sour and form uric acid in the system. This is taken up by the blood and through its circulation distributed to all parts of the system. These impurities in the blood irritate and inflame the different membranes and tissues of the body, and the contracting of a cold will start the secretions and other disgusting and disagreeable symptoms of Catarrh. As the blood goes to all parts of the body the catarrhal poison affects all parts of the system. The head has a tight, full feeling, nose continually stopped up, pains above the eyes, slight fever comes and goes, the stomach is upset and the entire system disordered and affected by this disease. It is a waste of time to try to cure Catarrh with sprays, washes, inhalations, etc. Such treatment does not reach the blood, and can, therefore, do nothing more than temporarily relieve the discomfort of the trouble. To cure Catarrh permanently the blood must be thoroughly purified and the system cleansed of all poisons, and at the same time strengthened and built up. Nothing equals S. S. S. for this purpose. It attacks the disease at its head, goes down to the very bottom of the trouble and makes a complete and lasting cure. S. S. S. removes every particle of the catarrhal poison from the blood, making this vital stream pure, fresh and healthy. Then the inflamed membranes begin to heal, the head is loosened and cleared, the hawking and spitting cease, every symptom disappears, the constitution is built up and vigorous health restored. S. S. S. also tones up the stomach and digestion and acts as a fine tonic to the entire system. If you are suffering with Catarrh begin the use of S. S. S. and write us a statement of your case and our physicians will send you literature about Catarrh, and give you special medical advice without charge. S. S. S. is for sale at all first class drug stores.

I had Catarrh for about fifteen years, and no man could have seen worse. I tried everything I could hear of, but no good result. I then began S. S. S., and could see a little improvement from the first bottle, and after taking it a short while was cured. This was six years ago, and I am as well today as any man. I think Catarrh is a blood disease, and now there is nothing on earth better for the blood than S. S. S. I do. M. MATSON, Laporte, Mich.

S.S.S. PURELY VEGETABLE

THE SWIFT SPECIFIC CO., ATLANTA, GA.

The Finest Gardens  
Are always reported when Portland Seed Co.'s "Diamond Brand" Seeds are planted. Why? Because we sell you the kinds that grow best on this Coast. Our handsomely illustrated and descriptive Annual tells all about our Seeds, Plants, Roses, Spray Pumps, Fertilizers, Incubators, Brooders, Poultry and Bee Supplies.  
Ask for Book No. 260. We also have a special catalog of Trees, Shrubs, Etc., Book No. 261 free on request.  
PORTLAND SEED CO.  
Portland, Oregon Spokane, Wash.

CLASSIFIED ADS

NOTICE—The following announcements are from leading business men and firms, and are well worthy your careful reading. The list may contain just the proposition you are looking for.

REAL ESTATE

\$10.00 DOWN—\$10.00 MONTHLY

Send in for booklet describing our guaranteed investment at Jamieson Park, a suburb of Spokane.

An investment here enjoys all the security and protection offered by a savings bank or life insurance company, but the returns will not from 80 per cent to 100 per cent on the investment.

Let us mail you full particulars; a postal card will bring them.

BABCOCK & MOORE  
Selling Agents  
Spokane, Washington National Bank, Ref.

EAST GREENACRES

The only tract on the market where you can contract to sell your property. Ten tracts a day. Abundant water. Price \$150.00 per acre—easy payments—come in or write for particulars.

BECKER & THOMPSON  
Spokane, Washington. 110 Stevens

WE BUY Timber Lands from owners  
SPARKS BRO., 14 Bernard, Spokane, Wash.

Coeur d'Alene Reservation will open soon; choose land 20 miles from Spokane. Coeur d'Alene Reservation Agency, 17-18 Exchange Building, Spokane, Wash.

Something Wrong.  
The lad timidly entered the office of the old broker.

"Well, my boy," said the broker, wheeling in his chair, "I suppose you have come to apply for a position as office boy?"

"Yes, sir," replied the lad, twitching his hat nervously.

"If I'm! How many grandmothers have you?"

"None, sir. Both are dead."

"Well, how often do you get the mumps in the baseball season?"

"Never, sir. I only have the mumps in the winter."

"Strange. Then what excuse do you make up when you wish to take an afternoon off to see a ball game?"

"None at all, sir. I don't like baseball, and I have never been to a game in my life."

The old broker gave a low whistle.

"My lad," he exclaimed, "any American boy who doesn't like baseball must be a freak. You'd better go in a dime museum."

Two Explanations Needed.

"Tell me, confidentially, old chap—have you changed for a \$10,000 bill?"

"I have, provided you can explain how you happen to be in possession of a \$10,000 bill."

"I'm not. That's more money than I ever saw in my life. But I'd like to have you explain to me how you happen to be in possession of \$10,000 in change!"



THE HOUSEHOLD

Dish Drainer.

Among the recent inventions for household use is a dish drainer, which should prove very useful. As shown in the illustration, it is a device for holding plates, saucers and other dishes in a position to allow them to drain thoroughly.

The drainer comprises a wire rack in which the dishes are supported and a pan to catch the drip.

Diagonally across the frame are span wires, a considerable number of dishes being thus accommodated in a comparatively small space. As the span wires touch the dishes only in one spot, there is nothing to prevent thorough cleansing, the drainage being perfect. The dishes may be washed or partially washed before being inserted in the rack, or, as some prefer, they can be placed in the rack exactly as they come from the table and then cleansed by pouring boiling water over them.

Pickled Trout.

Clean the fish and boil in salted water, then drain, wipe dry and set aside until very cold. Make a pickle of two quarts of vinegar, a dozen blades of mace, the same number of white peppers and cloves, two teaspoonfuls of mustard, three tablespoonfuls of white sugar and a pint of the water in which the fish was boiled. Boil all this liquid once, then skim it. Cut the fish into pieces of uniform size. Let the liquid get cold; put back on the stove and when it boils drop the fish and take from the fire. Pack in jars filled to overflowing with the spiced vinegar, seal tightly and put in a cool place.

Hard Soap.

Put together four gallons of boiling water, six pounds of washing soda and three pounds of unslaked lime. Set aside until clear, then drain off and put over the fire with six pounds of pure fat. Boil for about two hours, or until it begins to harden, thinning, when necessary, with the water that you have drained off, adding it when there is danger of the soap boiling over. Try a little in a saucer and when thick enough throw in a handful of salt and remove from the fire. Pour into a wet tub, and stand aside to harden, then cut into bars.

Tapoca and Banana Sponge.

Sprinkle half a cup of tapoca and two-thirds of a cup of sugar into one pint of boiling water, add half a teaspoonful of salt, and cook in a double boiler, stirring occasionally. When the tapoca is transparent add the juice of two lemons and the whites of two eggs, beaten until stiff. Spread over sliced bananas and serve with cream and sugar, or with a cold-boiled custard previously made. This dish may be made with canned peaches or quinces, using the juice of the fruit instead of water.

Banana Salad.

Have the bananas very cold. Cut them into small pieces and mix with a dressing made of two teaspoonfuls of salad oil, one teaspoonful of vinegar, one teaspoonful of lemon juice and a quarter of a teaspoonful each of salt and white pepper. Fill the banana skins and set over lettuce leaves. Sprinkle a few halves of English walnuts and a little chopped parsley over the top of the salad and serve immediately.

Cream of Corn Soup.

Simmer one can of corn in three cups of water for an hour. Then press through a sieve. Thicken three cups of scalded milk with one tablespoonful each of butter and flour, add it to the corn pulp and season to taste, with salt and pepper. Let it get very hot, stir in half a cupful of cream, remove from the fire and add a beaten egg just before serving. If the cream is whipped it is more delicate.

Chocolate Almond Delight.

Disolve one package of raspberry gelatin in a full pint of boiling water. Strain when it begins to harden and press in one-half pound of chocolate almonds. When firm serve in college ice glasses, with a spoonful of whipped cream over each glass and an almond on the center of each.

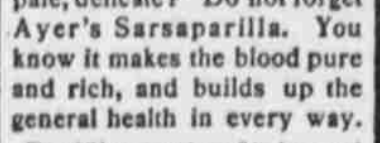
Spanish Cream.

One-half box of gelatin, one quart of milk, the yolks of three eggs, one small cup of sugar. Soak the gelatin in the milk for an hour, then put it on the fire and stir well as it heats. Add to milk and heat to the boiling point, stirring all the time. Strain with a mold and flavor with vanilla.

For the Children

To succeed these days you must have plenty of grit, courage, strength. How is it with the children? Are they thin, pale, delicate? Do not forget Ayer's Sarsaparilla. You know it makes the blood pure and rich, and builds up the general health in every way.

The children cannot possibly have good health unless the blood is in proper condition. A sluggish liver gives a coated tongue, bad breath, constipated bowels. Correct all these by giving small, laxative doses of Ayer's Pills. All vegetable, sugar-coated.



Made by J. C. Ayer & Co., Lowell, Mass. Also manufacturers of HAIR VIGOR, AGUE CURE, CHERRY PECTORAL.

His Reason.

"Pickleham is certainly kind to his folks."

"Why, he told me he hadn't been home for a year."

"That's it."—Cleveland Plain Dealer.

Danube Spanned by Longest Bridge.

The longest bridge in the world is that crossing the Danube at Cernavoda, with a length of 12,705 feet, followed next by the Galveston bay bridge in Texas with 11,197 feet. The Fifth of Forth bridge, near Queensferry, in Scotland, ranks eighth and the Brooklyn bridge ninth.

Johnny's Ailment.

"Yes," said Mrs. Lapeling. "Johnny is ailing, but I'm not going to give him any drugs. I believe the trouble is in his bones, and I am going to take him to a costyoothist."

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

These Bottomless Highways.

Traveler (in central Illinois)—How do you get to Cornville? Follow the main road east?

Village Postmaster—No; I wouldn't advise you to do that. It will take you straight to China.

Lots of It, but—

Mrs. Gest—Did you ever see so much wretched bad taste at one time as those decorations—

Mrs. Allow—Never! I was just about to remark it—

Mrs. Newritch (the hostess)—How d'ye do, ladies? Glad to see you.

Mrs. Gest and Mrs. Allow (in chorus)—We were just remarking on the great amount of taste you display. —Philadelphia Press.

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On savings deposits of a dollar or more, compounded twice every year. It is just as easy to open a Savings Account with us by Mail as if you lived next door. Send for our free booklet, "Banking by Mail," and learn full particulars. Address

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PORTLAND'S "BLUE RIBBON" ADDITION

IS ATTRACTING MANY OUTSIDE BUYERS who appreciate the fact that Portland property is the best investment that can be made. "Terrace Park" is acknowledged by all to be Portland's most beautiful and best new residence section, and when one can buy a lot in this addition from \$300 to \$600, where the values will soon treble, by paying a few dollars down and the rest on easy terms, it is no wonder that so many outside people are investing in "Terrace Park." Write for particulars and invest in a sure thing on terms that you can easily meet.

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Opposite Chamber of Commerce 270 Stark Street, Portland, Oregon

POLAND CHINA HOGS

Pigs old enough to wean to breed sows of up to date breeding. Pedigree furnished with every pig sold. Write me your wants.

A. L. SWAGGART,  
ATHENA, OREGON

Green chrysanthemums were exhibited the other day at a flower show in Essex, England.

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As Cheap as Can Be Bought in the East  
Delivery Much Quicker Write Us Today

C. M. McDOWELL & CO.  
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The common spinach is the only plant that has emigrated from New Zealand.

The Portland Tile and Mantel Co.

Will be glad to give you particulars about its beautiful Ceramic, Mosaic, Enamelled and Economic Tile, wholesale and retail. Write today.

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900 DROPS  
CASTORIA  
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of  
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Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.  
A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.  
See Similar Signature of  
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15 DROPS = 35 CENTS  
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CASTORIA  
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.  
What is CASTORIA  
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.  
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