

# My Hair is Extra Long

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 used to be very short. But after using Ayer's Hair Vigor a short time it began to grow, and now it is fourteen inches long. This seems a splendid result to me after being almost without any hair."—Mrs. J. H. FERRIS, Colorado Springs, Colo.

Made by J. C. Ayer & Co., Lowell, Mass. Also manufacturers of  
**Ayer's**  
SARSAPARILLA,  
PILLS,  
CHERRY PECTORAL.

**Vacuum and Insulation.**  
The remarkable heat-insulating effects of a vacuum is strikingly brought out in the claims made for a new sportsman's bottle. The vessel has double walls, being really one bottle within another, with a sealed-up intervening space from which the air has been withdrawn. It is asserted that liquids in this bottle can be kept hot forty-eight hours in the coldest weather, and that cold beverages will retain their delicious coolness for weeks in the hottest summer.

**Charged Up to Him.**  
The proprietor of the celebrated mountain inn was showing the new guest the beautiful surroundings. "Ah, these cliffs," said the proprietor, rapturously. "In an electrical storm they are awe-inspiring. The next time a storm rises see that you are standing on the porch of the inn. Why, sir, the air is always heavily charged." "I don't doubt it," laughed the new guest, winking at another late arrival, "and if I don't happen to be standing on the porch I can feel assured that it will be heavily charged anyway—on my bill."

## WHAT \$10 WILL DO

Do you want to know how \$10, if put to work at once, will lay the foundation of your fortune? If you do, drop us a line today asking for particulars concerning W.A. KILGILL, the beautiful, the incomparable homestead addition in the city of Portland.

## \$10 SECURES A LOT

which in a very short time will double and triple in value. No such opportunity has ever presented itself in this country, where so small amount invested monthly has the advantages of a healthy increase, as in

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Sixth & Washington PORTLAND OREGON



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**Sherman, Clay & Co.**  
Opposite Postoffice  
PORTLAND OREGON

# THE HOUSEHOLD

## Attachment for Pans.

So many housewives have suffered burned fingers while examining the contents of a boiling pot that it is



small wonder they are anxious to procure some utensil which would obviate this disagreeable feature of housekeeping. An Ohio inventor seems to have attained the coveted utensil in the very simple attachment shown in the illustration. As here shown the cooking pot is provided with a handle of more than the average length. In connection with the handle, in close reach of the user's hand is a small lever. By grasping the latter and forcing it down a connecting rod raises the lid of the pot, the lid being hinged to the edge of the pot close to the handle. There is absolutely no danger of burning the fingers or hand. Another advantage is the fact that any liquid in the pot can also be drained off quickly and with ease.

## A Simple Steamed Pudding.

Mix together one cup of entire wheat flour, half a cup of white flour, half a teaspoonful of salt, one teaspoonful of soda, one teaspoonful of cinnamon, nutmeg and cloves mixed together. Beat one egg. Add half a cup each of molasses and milk and stir into the dry ingredients. Stir in four tablespoonfuls of melted butter and three-fourths of a cup of fruit (currants, sultana raisins, citron, candied peel, chopped figs, dates or prunes), either a variety or a combination of two or more. Steam two and one-half hours. Serve with hard sauce. The dry ingredients might be sifted into a mixing bowl and the fruit gotten ready beforehand, but the liquid should not be added until time of cooking.

## Marble Spice Cake.

Cream three-quarters of a cup of butter with two cups of sugar, then divide into equal parts. Into one part put the beaten yolks of four eggs and the stiffened whites into the other half. Into the light part stir three-quarters of a cup of sweet milk and two small cups of flour sifted with a teaspoonful of baking powder. Into the dark part put a teaspoonful of allspice, one-half teaspoonful each of ginger, cloves and nutmeg, one teaspoonful of cinnamon and a teaspoonful of vanilla extract. Stir the two parts lightly together, not enough to blend them, but just enough to give the batter a "marbled" effect. Bake in a loaf tin.

## Seasoning Apple Pies.

For the average-sized pie take three-quarters cup of sugar, a pinch of salt, for apples are always improved by salt, two level tablespoonfuls of flour to absorb the juice, and one-half level teaspoonful of cinnamon. Mix all the seasoning together, then sprinkle a part of it over the under crust before putting in any of the apple. Put the apples in three layers, with seasoning between; then moisten in the edges of the crust and press together well. Now cut several parallel gashes in the top crust, for the steam to escape; the juice will be taken up by the flour and none of the pie will be lost.

## Cabbage and Pepper Salad.

Use a crisp, tender white cabbage; remove the wilted leaves, divide into quarters and cut off most of the core. Let stand in cold, salted water for one hour. Drain and slice as fine as possible. Drain it well and pour over a sour cream dressing. Mix two tablespoonfuls of lemon juice with one cup of sour cream, add a saltspoon of salt and two tablespoonfuls of sweet green peppers minced fine. This dressing may be used on sliced tomatoes or cucumbers.

## Pine-Pong Balls.

Two teaspoonfuls melted butter, one cup of sugar, two eggs, two and one-half cups rolled oats, one teaspoonful baking powder, a pinch of salt and one teaspoonful of vanilla. Cream the butter and sugar, beat eggs and add vanilla and salt and mix all together; then add rolled oats and baking powder. Stir well and drop by spoonful into pan, pinching up into shape with fingers. Bake ten minutes in quite a hot oven. Do not brown too much.

## To Clean Knives.

An easy way to clean knives is to use a small piece of old Brussels carpet, sprinkled well with either bath brick or emery powder and slightly moistened with methylated spirit. Double over and rub the knives backward and forward, using the left hand to steady the carpet.

# Banking by Mail

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**Oregon Trust & Savings Bank**  
Portland, Oregon  
Sixth and Washington Sts.

## College Days.

There was once a Yale sophomore who, as many college men do, found himself in financial straits and pawned all his good clothes. A little before Thanksgiving he got a big check from home.

When he got home for the holidays the first thing his mother took out of the trunk was an overcoat and on it was pinned the pawnbroker's ticket he had forgotten to remove.

Hastily grabbing the ticket, he said: "Hello! They must have forgotten to take this off at the Smith dance when I left it in the cloakroom."

A moment later his mother took out his evening trousers. They also had a ticket on them.

"Why, Reginald," she said, "surely you didn't leave these in the cloak room, too, did you?"—Lippincott's.

**FITS** St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. King's Great Nerve Restorer. Send for FREE \$2 trial bottle and treatise. Dr. R. H. King, Ltd., 211 Arch St., Phila., Pa.

The London Graphic suggests that the British educational authorities set up phonographs, with a "standard accent" in all the schools of the empire.

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

"King Edward the Shrewd" or "the Wise" is, according to a Paris correspondent, the title a near posterity will give to England's ruler.

## No Answer Required.

Tommy—Paw!  
Mr. Tucker—What's the trouble now, my son?

Tommy—Why is it that the magazines don't make their readers' matter as interesting as they do their advertising pages?

## Self-Made Theories.

"It is the nature of women to be a delusion to men," growled the old cynic. "Yes," merrily replied the young enthusiast, "and it is the nature of men to hug their delusions."—Baltimore American.

# SKIN DISEASES HUMORS IN THE BLOOD

When the blood is pure, fresh and healthy, the skin will be soft, smooth and free from blemishes, but when some acid humor takes root in the circulation its presence is manifested by a skin eruption or disease. These humors get into the blood, generally because of an inactive or sluggish condition of the members of the body whose duty it is to collect and carry off the waste and refuse matter of the system. This unhealthy matter is left to sour and ferment and soon the circulation becomes charged with the acid poison. The blood begins to throw off the humors and acids through the pores and glands of the skin, producing Eczema, Acne, Tetter, Psoriasis, Salt Rheum and skin eruptions of various kinds. Eczema appears, usually with a slight redness of the skin followed by pustules from which there flows a sticky fluid that dries and forms a crust, and the itching is intense. It is generally on the back, breast, face, arms and legs, though other parts of the body may be affected. In Tetter the skin dries, cracks and bleeds; the acid in the blood dries up the natural oils of the skin, which are intended to keep it soft and pliant, causing a dry, feverish condition and giving it a hard, leathery appearance. Acne makes its appearance on the face in the form of pimples and black heads, while Psoriasis comes in scaly patches on different parts of the body. One of the worst forms of skin trouble is Salt Rheum; its favorite point of attack is the scalp, sometimes causing baldness. Poison Oak and Ivy are also disagreeable types of skin disease. The humor producing the trouble lies dormant in the blood through the winter to break out and torment the sufferer with the return of Spring. The best treatment for all skin diseases is S. S. S. It neutralizes the acids and removes the humors so that the skin instead of being irritated and diseased, is nourished by a supply of fresh, healthy blood. External applications of salves, washes, lotions, etc., while they soothe the itching caused by skin affections, can never cure the trouble.

I suffered with Eczema for forty years and could find nothing to cure me until I tried S. S. S. I suffered intensely with the itching and burning; pustules would form from which there flowed a sticky fluid; crusts would come on the skin and when scratched or the skin was left as raw as a piece of beef. I suffered agony in the long years I was afflicted, but when I used S. S. S. I found a perfect cure. There has never been any return of the trouble.  
C. H. EVANS,  
Stockman, Neb.

**S.S.S.**  
PURELY VEGETABLE

because they do not reach the blood. S. S. S. goes down into the circulation and forces out every particle of foreign matter and restores the blood to its normal, pure condition, thereby permanently curing every form of skin affection. Book on Skin Diseases and any medical advice desired sent free to all who write. S. S. S. is for sale at all first class drug stores.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

# Don't Poison Baby.

**FORTY YEARS AGO** almost every mother thought her child must have PAREGORIC or laudanum to make it sleep. These drugs will produce sleep, and A FEW DROPS TOO MANY will produce the SLEEP FROM WHICH THERE IS NO WAKING. Many are the children who have been killed or whose health has been ruined for life by paregoric, laudanum and morphine, each of which is a narcotic product of opium. Druggists are prohibited from selling either of the narcotics named to children at all, or to anybody without labelling them "poison." The definition of "narcotic" is: "A medicine which relieves pain and produces sleep, but which in poisonous doses produces stupor, coma, convulsions and death." The taste and smell of medicines containing opium are disguised, and sold under the names of "Drops," "Cordials," "Soothing Syrups," etc. You should not permit any medicine to be given to your children without you or your physician know of what it is composed. **CASTORIA DOES NOT CONTAIN NARCOTICS**, if it bears the signature of Chas. H. Fletcher.

## Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. J. W. Dinsdale, of Chicago, Ill., says: "I use your Castoria and advise its use in all families where there are children."  
Dr. Alexander E. Mintie, of Cleveland, Ohio, says: "I have frequently prescribed your Castoria and have found it a reliable and pleasant remedy for children."  
Dr. J. S. Alexander, of Omaha, Neb., says: "A medicine so valuable and beneficial for children as your Castoria is, deserves the highest praise. I had it in use everywhere."  
Dr. J. A. McClellan, of Buffalo, N. Y., says: "I have frequently prescribed your Castoria for children and always got good results. In fact I use Castoria for my own children."  
Dr. J. W. Allen, of St. Louis, Mo., says: "I heartily endorse your Castoria. I have frequently prescribed it in my medical practice, and have always found it to do all that is claimed for it."  
Dr. C. H. Glidden, of St. Paul, Minn., says: "My experience as a practitioner with your Castoria has been highly satisfactory, and I consider it an excellent remedy for the young."  
Dr. H. D. Benner, of Philadelphia, Pa., says: "I have used your Castoria as a purgative in the cases of children for years past with the most happy effect, and fully endorse it as a safe remedy."  
Dr. J. A. Boardman, of Kansas City, Mo., says: "Your Castoria is a splendid remedy for children, known the world over. I use it in my practice and have no hesitancy in recommending it for the complaints of infants and children."  
Dr. J. J. Mackey, of Brooklyn, N. Y., says: "I consider your Castoria an excellent preparation for children, being composed of reliable medicines and pleasant to the taste. A good remedy for all disturbances of the digestive organs."

**GENUINE CASTORIA ALWAYS**  
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*Chas. H. Fletcher*  
**The Kind You Have Always Bought**  
In Use For Over 30 Years.  
THE CENTRAL COMPANY, 27 MURRAY STREET, NEW YORK CITY.

**Irreproachable.**  
"He would joke at the grave's brink."  
"What causes you to believe that?"  
"Why, he is a boarder and he jokes about prunes."—Houston Post.

**No Secret.**  
"Do tell me, Mrs. Mannidge, how you succeed in keeping your hired help so long?"  
"By letting them merely help. I really do the work, you know."

**The Practical Result.**  
"The Spenditis are certainly a very extravagant couple. What is their income?"  
"They haven't any. It's all outgo."—Baltimore American.

**With Apologies.**  
"Where are you going, my pretty maid?"  
"I'm going skating, kind sir," she said.  
"May I skate with you, my pretty maid?"  
"You're too high a roller, kind sir," she said.

**HOWARD E. BURTON**—Assayer & Chemist. Leadville, Colorado. Spectrometer prices: Gold, silver, lead, tin, iron, nickel, zinc, copper, brass, steel, etc. Mailing envelopes and full price list sent on application. Control and Empire work solicited. References: Carbonate National Bank.

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**HAROLD BOMERS, 242 DeKalb Ave., Brooklyn, N. Y.**

## 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.

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**EAST GREENACKS**  
The only tracts on the market where you can contract to sell your crop. Ten tracts a day. Abundance of water. Price \$150.00 per acre—easy payments—come in or write for particulars.  
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Built especially for work in the Northwest. Drilling and boring tools. We carry a large stock. Write us for your machinery or wants. Well Drills' contract blanks free.  
**REISBERG MACHINERY COMPANY, 123-4-5 Morrison St., Portland, Ore.**

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Instantly kills lice on Poultry by its fumes. It is very powerful—the strongest of all lice killers. It is a necessary remedy, because lice-infested poultry cannot lay or thrive. Sold by dealers. Made only by Chas. H. Lilly Co., Seattle, Portland, San Francisco.

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