

Constipation

"For over nine years I suffered with chronic constipation and during this time I had to take an injection of warm water once every six hours before I could have an action on my bowels. Happily I tried Cascarets, and today I am a well man. During the nine years before I used Cascarets I suffered untold misery with internal piles. Thanks to you, I am free from all that this morning. You can use this in behalf of suffering humanity." B. F. Fisher, Rossmore, Ill.

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Slips Weakens or Irritates. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped U.C.C. Guaranteed to cure or your money back. 939

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Gold or enamel filling..... 1.00
Silver filling..... .50
Gold rubber plates..... 5.00
The best red rubber plates..... 7.00
Painless extractions..... .50

ALL WORK GUARANTEED 15 YEARS

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President and Manager
The Wise Dental Co.
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PORTLAND, OREGON

Just a Pleasant Run.
"Is it really only ten minutes' walk from the station to your house?" asked Clitman.

"What a ridiculous question!" exclaimed Hubbs. "Nobody in lovely Swamphurst ever 'walks' to the station. I may say, however, that it's only about eight and a half minutes' run."

An Intermittent Memory.
A small customer appeared at the grocery store, says a writer in the Century Magazine, and the smiling grocer asked him what he wanted.

"Please, mister," said the boy, "I can't remember what ma sent me for, but you can give me two cents' worth o' peppermint candy, 'cause she said I could keep the change."

Curious Giant Cranes.
Australia, the land of oddities, animal, vegetable and mineral, has few more curious creatures than the giant cranes—often five and six feet in height, with beautiful blue-gray plumage—which are called native companions. These huge birds mate for life and, as mates, are singularly and touchingly devoted to one another.

Force of Habit.
"I beg your pardon," said the landlord, "but do you walk in your sleep?"

"No, sir," answered the guest, who had arrived the day before. "I hope I didn't disturb you last night, but the fact is I've been a country doctor for thirty years, and I'm so used to being called up two or three times during the night that unless I get out of bed and walk around once in a while I don't get any sleep."

Seldom Nowadays.
Tradition is a noble thing.

But did you ever hear of one A graduate who'd say or sing: "Beyond the Alps Lies Italy?"

—New York Mail.

O, yes, indeed, young man! And say, if you were older you would know of one sweet girl grad, anyway.

Who wrote that—umpty years ago!

—Chicago Tribune.

When We Tackle It in Earnest.
"I have read," said the visiting fireman, "that when you celebrate your Fourth of July in this country the destruction of life and property is appalling. Don't the people take any interest in bringing about a reform in the manner of observing the day?"

"O, yes," said the native; "we begin a crusade for a safe and sane Fourth the next day after the celebration, and sometimes we keep it up for three or four weeks."

Heard in the Foyer.
"Well, how did you like the play?"

"There's one thing about it I liked exceedingly; the star didn't come on until the middle of the third act."

Howard E. Burton—Agriculturist and Chemist.
Lansdowne, Colorado. Specializes in gold, silver, lead, tin, zinc, bismuth, iron, copper, nickel, manganese, etc. Also in the treatment of various diseases. Special rates for students and those who are interested in the subject. Write for literature. Address: Custom House National Bank.

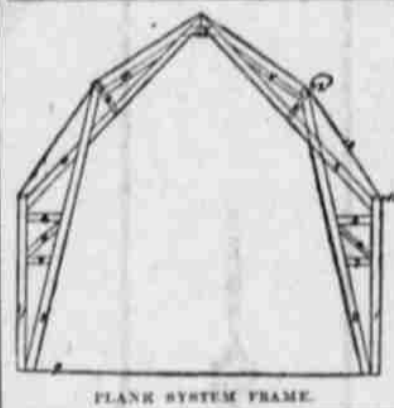
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NERVE AND GARDEN

Roof on Plank Frame.
The sort of frame here pictured is called the plank system and is a hip roof braced from the sill and plates without post. The sketch explains itself, but to make certain that no mistake will occur a key to the numbers is given. No. 1 is the main side post braced of two pieces of 2 in. x 8 in.; No. 2, purline post built of two pieces 2 in. x 8 in.; No. 3, purline roof support, one piece 2 in. x 8 in.—19 in.; No. 4, main tie, one piece, 2 in. x 8 in.; No. 5, sub-support, one piece, 2 in. x 6 in.; No. 6, stay, two pieces, 2 ft. x 4 in.; No. 7, tie, 2 in. x 8 in. or 2 in. x 6 in.; No. 8, strut, 2 in. x 6 in.; No. 9, sill or main cross tie, two pieces, 2 in. x 8 in.; No. 10, line showing pitch of roof; No. 11, main



PLANK SYSTEM FRAME

plate, two pieces—top piece, one piece 2 in. x 10 in., and side piece, 2 in. x 8 in.; No. 12, purline plate, two pieces, 2 in. x 8 in.; No. 13, collar tie, 2 in. x 10 in., or 12 in.

Dry Potatoes for Food.
Consul Frank S. Hannah sends a report to the Department of Commerce and Labor relative to some recent experiments in the drying of potatoes under the auspices of the German Imperial Interior Department, which may offer a new field for farmers.

The potatoes are reduced by this process to about one-quarter of their original weight, and can be kept in a good condition in this compressed form for an indefinite length of time. The military authorities have made thorough experiments with this product and have become convinced that its nutritious value is fully equal to that of corn, and that the dried potatoes can take the place of one-third of the former ration of oats. The fact that the potatoes are reduced to one-fourth of their original weight brings about a corresponding reduction in the price of freight, so that it will pay to grow more potatoes than has formerly been the case.—Michigan Farmer.

The Plain Farmer.
Speaking of farmers' institutes, one man says: "I would like to know what is in the mind of the working farmer in felt boots, who sits in the back seat." He adds: "A few people who are good talkers praise the work, but what about the silent ones who listen and say nothing?"

The Rural New Yorker, commenting on these statements, says: "The institute speakers can not do any wiser thing than to learn how to encourage and keep just this class of farmers. The retired farmers and successful men who make up a good share of the audience are well able to take care of themselves. It is pleasant to entertain them, and their praise gives a man a thrill of satisfaction. It is a truer service to the State, however, to gain the confidence of the plain farmer and help him."

The Work Horse in Summer.
Working horses from grass has never been our way, although a great many do it and keep their teams in very good fix. When there is only light work for a few days, our horses have the run of good pasture when not in the harness, but most of the time they are in the barn, where they get grain and bright hay three times a day. It seems to us they are better able to stand hot weather when on a hay ration, with grain, than when they get grain and green grass for their roughness. It probably does no more harm to a horse to sweat than it does a person. It is usually certain that when a horse is sweating freely he is taking no hurt, but a "grass sweat" can be avoided by feeding hay instead.—Twentieth Century Farmer.

Farmers Must Watch the Crop.
In order to determine what elements of plant food are deficient in a soil, it is necessary to carefully study the growing crop. Many farmers seem to be of the opinion that a chemical analysis of the soil will show the amount of plant food contained therein. This, however, is a mistaken idea.

The chemist can only determine approximately the amount of nitrogen, phosphoric acid and potash in a soil, without specifically showing what proportion of these elements is not available by the growing plant. A large percentage of these elements is not available to plant food. Hence the necessity for them in an available form. We must turn, then, to the crop, and by watching it closely during its growth and by a careful examination when matured, see whether the soil is deficient in plant food and what elements are lacking.

Care of Setting Hens.
When sitting the hens in order to keep the lice from bothering them, a good plan is to fill the nest boxes with wood shavings, preferably those that have some odor about them. Cedar shavings are excellent and so are cedar twigs, and the hens will appreciate the nest of such materials. Lice are a great drawback to a hen when she is on the nest, and many times they compel the sitter to leave her nest when she does not desire, and if there is anything the poultryman can do to keep the sitting hen comfortable he will be amply repaid for it in the end. The shavings are inexpensive and are easily destroyed. They do not pack hard in the boxes and are quite comfortable for the hen. Try some of them when sitting a hen and see how useful they really are.—Rural World.

Live Stock and Prosperity.
Live stock is the chief element of agricultural prosperity. It is the foundation upon which both the present and future profits are established. We boast of our great wheat and corn crops, and we have a reason for so doing, but if we depend upon them alone we rob ourselves and our children by selling off the fertility of the soil with each year's crop. For many years the soil will continue to yield their crops, but they will get poorer and finally fail unless they are fed. How much better to make your farm richer instead of poorer; to get the benefits of the increased crops during your own lifetime and then leave a rich and valuable farm to your children after you have done with it. Live stock will do it as nothing else can.—Kansas Farmer.

A Celery Spray.
Celery blight can be controlled by spraying with ammoniacal carbonate of copper. To make this, dissolve 3 ounces copper carbonate in a pint of ammonia, and add 25 gallons of water. To make copper carbonate, dissolve 5 pounds copper sulphate (blue vitrol) in 5 gallons of water, also 6 pounds carbonate of soda in 5 gallons of water. Mix the two solutions slowly, stirring well. Let the mixture stand until next day to settle, after which pour off the liquid. Pour on 10 gallons of water, let stand until next day, and repeat the operation, after which strain and dry the blue powder, which is the copper carbonate.

The Flavor of Butter.
It has been a generally accepted theory among teachers and writers on dairy subjects that the production of good butter necessitates the development of a certain amount of acid in the cream, for two reasons—to develop a desirable flavor and to improve the keeping quality. Recent investigations by the United States Department of Agriculture indicate, however, that butter made from pasteurized sweet cream has better keeping qualities and remains free from objectionable flavors for a longer time than butter made from sour cream.

Dry Farming Fruit.
Dry farm fruit promises to yield an abundant crop this year in Colorado, according to E. R. Parsons, of Parker, Colo., one of the most successful dry farmers in that State. Mr. Parsons created much interest in the subject of fruit growing on non-irrigated land when he described his orchard in an address at the third dry farming congress at Cheyenne, and has promised to send an exhibit of his dry farm horticultural products to the international exposition of dry farm products when the dry farming congress holds its fourth session at Billings, Mont., October 26, 27 and 28 next.

Have Sense of Direction.
Bees return to their hives in a direct line when they have been carried away and liberated, up to two miles. This has been supposed to be due either to the sense of sight or of smell, but the experiments of Gaston Bonnier have proven that neither sight nor smell can serve the purpose and that bees have a special "sense of direction." This sense is not in the antennae.

When to Cut Grass for Hay.
Good hay can only be made by cutting the grass as soon as it heads out, and clover as soon as the heads are in full bloom. It is a mistake to wait until the heads turn brown. There is nothing in the theory that sunshine alone makes hay. Air is as much a factor as sunshine. Curing mainly in the winrows and hay cocks is now practiced by many of our best hay specialists.

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The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of 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.

The Kind You Have Always Bought Bears the Signature of

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In Use For Over 30 Years.

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Time.
"It's sort o' curious," said Uncle Jerry Peebles; "but when a man is workin' for another man he's always wantin' to go in and see the hall game. When he's workin' on his own time he gets stingy with it and can't spare it."—Chicago Tribune.

An Expert Opinion.
"Maria, is there a single good thing about these great wide hats the women are wearing?"

"Yes, John, there is; when two women meet they can't kiss each other now."

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

Cynical.
"The law, you know, presumes that every man is innocent unless he has been proved to be guilty."

"Yes; I sometimes think the law hasn't any more sense than the average jury."

Eureka!
City Man—You broke an old hen from wanting to set? How?

Suburbanite—I set her in one of my wife's spring hats.

Sore throat is no trifling ailment. It will sometimes carry infection to the entire system through the food that is eaten. Hamlin's Wizard Oil is a sure, quick cure.

Not by That Name.
Shoe Salesman (to tall, bony customer)—I'm afraid these shoes will pinch you a trifle, madam. I suggest that you try what we call our—b'm our contracted No. 6.

Customer—No, sir; I won't wear a 6. Have you an expanded No. 5?

Built early in the eleventh century, there are great cracks appearing in the north and south transepts of the cathedral of Southwell Minster, England.

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

It's Fruity Flavor.
"Old boy, that oration of yours was a peach."

"It wasn't so bad. I had—pruned it down till it was just about the right size."

Not His Best Role.
Aigy—If there is anything I detest, it is this so-called "joy riding."

Miss Tartan—I don't doubt it. I saw you on horseback the other day, and you didn't look the least bit like a joy rider.

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