POPULAR OCEAN BEACH

Many From Willamette Valley Spend Vacation at Sea Shore.

Hundreds from the Willamette Valley spent their vacation at North (Long) Beach, Washington, last summer, and it is safe to say that this popular resort of the North Pacific Coast will be visited by many more this year than ever within its history. The change from the valley to the sea level opens up an entirely new realm of scenic charms.

The trip on the Willamette and Columbia rivers, out of Portland, is one long to be remembered, the usual heat of a summer afternoon being tempered by a gentle breeze freighted with the aroma of pine trees and seasoned with salt air. The scenery includes much that is beautiful. Leaving Portland on one of the Oregon Railroad & Navigation Company's palatial river steamers, (the T. J. Potter being queen of river flyers) the excursionist is carried through its harbor where fly the flags of many nations. The 12 miles on the Willamette river are quickly made, and, after saluting the government lighthouse, marking the junction of the two rivers, the boat swings into the Columbia for the trip down stream. The morning is clear (generally so from June until September), and a magnificent and inspiring sight meets the eye as the sweep around the bend is made—five snowcapped peaks, Mount Hood, Mount Adams, Mount Saint Helen, Mount Rainier and Mount Jefferson, looming into view—a sight worth traveling thousands of miles to see. On down the picturesque river, past villages, sawmills, fishing fleets, salmon canneries, perpendicular basaltic bluffs, and pretty side-hill farms, the boat pursues its way. The majestic sweep of the river is awe-inspiring. Gradually the shores grow farther apart and, scarcely realizing that the five hours have been consumed in making the trip, the boat steams alongside the wharf at Astoria.

One hour from Astoria, through the famous fishing waters of the Coulmbia, past scores of salmon traps and nets and as many white-winged fish boats, lands the passengers at Ilwaco, on Baker's Bay, where connection for beach points is made with trains of the Ilwaco Railway & Navigation Company, whose cars stand on the wharf awaiting the steamer. North Beach, where the surf bathing is unexcelled, at low tide is from 200 to 400 feet wide, 26 miles long and so compact that a carriage or wagon scarcely leaves a trace upon it. Scattered along the beach are hundreds of cottages and hotels in which summer life is an unceasing round of pleasure from the opening until the closing of the season. The much dreaded "Resort Mosquito" is unknown and no venemous snakes or insects are found. The thermometer rarely goes above 80 degrees in July or August, but light overcoats, fires morning and evening and blankets at night are comfortable during the season.

Rates for accommodations at North Beach points are reasonable and vary to suit the visitors. At European hotels and lodging houses rooms range from 25 cents to $1.00 a day; at restaurants, meals run from 25 to 50 cents; and at the American-plan hotels, the charges range from $1.00 a day to $2.00 and upward.

Dozens of delightful side trips may be taken from the beach into a country of wild and picturesque beauty, quiet and secluded among hills and forest, with hunting and fishing in native haunts; to the United States Life Saving stations and lighthouses, cranberry farms, oyster beds, salmon fishing grounds and canneries. For particulars about the trip to North Beach ask the nearest O. R. & N. agent, or send two cents in stamps to A. L. Craig, general passenger agent, Portland, for "Restful Recreation Resorts," which tells all about the Columbia River summering places

A woman makes her toilet with care and content. But in bad health it often happens that the gratification of being well attired is lost. There is hardly strength to brush and dress the hair, and there is small courage to make the effort to keep up appearances.

Dr. Pierce's Favorite Prescription makes weak women strong, by making them well. The common cause of feminine weakness is found in a diseased condition of the womanly organism. "Favorite Prescription" establishes regularity, dries enfeebling drains, heals inflammation and ulceration, and cures female weakness. The tonic effects of this medicine are remarkable; it soothes the nerves, encourages the appetite, and induces refreshing sleep. It gives comfort and courage to prospective mothers, and practically does away with the pains commonly experienced at maternity.

There is no alcohol in "Favorite Prescription" and it is entirely free from opium, cocaine, and all other narcotics.

Women suffering from disease or aggravated form are invited to consult Dr. Pierce, by letter *free*. All letters are read in private and womanly confidences held in absolute secrecy. Address Dr. R. V. Pierce, Buffalo, N. Y.

It Surprised Her.

[illegible] Favorite Prescription and "Golden Medical Discovery," writes Mrs. J. L. Schoonover, of Lexington, Gem Co., Ill. "I have taken six bottles of your medicine. I took them a little for Prolapsus and Leucorrhoea. I was so nervous I could not do my work. I was so bad I could not walk across the floor without falling. I had to have someone with me. Had such aches and pains in my back and sides I could not endure to live long. I thought I should die before I got up. I knew that one bottle would do me no good. I took your medicine and it did me more good than all the doctor medicine I took before. In my case the last bottle made a wonderful change. I can now do my housework and do it easily. I was troubled at times with a discharge. I took all my medicine and also used your douche. I do not feel nervous at all this time. An old friend of mine said to me, 'Why, what is the matter with you? You look so much better.' I told her what I had taken. She said she would try your medicine and see what it would do for her. It cured her in two months' time. I think your medicine is wonderful. I was troubled with fainting spells. I could not do my work. I was so nervous I could not sit still long enough to write a letter. I was troubled with pain in my side, so that I could not walk across the floor without falling