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TYPHOID is my more necessity than S mail pox. A rmy speciese has demonstrated the almost wirexwood. Revy, and harmlessness, do nitryphold vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, drugglet, or send for "Have you had Typhold" telling of Typh aid Vaccine, results from use, and danger from Typhold Carriers. THE CUTTER LASORATORY, SCREELLY, CAL.

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With the aid of ARGENITE, an improvement on the SILVER NITRITE treatment as used by industrial Schools and Juvenile Courts.

At yout druggist or send 50c restment post paid.

tion.—Philadelphia Louger. _____....

An Anatemical Mistake.

Just before the baseball season spened Joe Engel, one of the young sitchers for the Nationals in the

American league, wrote to J. Ed Gril-

lo, the sporting editor:
"Dear Mr. Grillo: I am on my way
to see Bonesetter Reese, and I think

when he gets through with my arm I'll be a better pitcher than ever."

Grillo replied:
"Dear Joe: You're making a mistake

WOMAN WEAK

Get him to treat that

AND NERVOUS

Finds Health in Lydia E.

Pinkham's Vegetable

Compound.

Creston, Iowa.-"I suffered with fe-male troubles from the time I came into

your medicine had done for her and I tried it. It made me strong and healthy and our home is now happy with a baby boy. I am very glad that I took Lydia E. Pinkham's Vegetable Compound and do all I can to recommend it."—Mrs. A. B. BOSCAMP, 504 E. Howard Street, Creaton, Lowa.

Tons of Roots and Herbs

are used annually in the manufacture of Lydia E. Pinkham's Vegetable Com-pound, which is known from ocean to ocean as the standard remedy for

For forty years this famous root and herb medicine has been pre-eminently successful in controlling the diseases of

nen. Merit alone could have stood

If you have the slightest doubt that Lydia E. Pinkham's Vegeta-

ble Compound will help you, write to Lydia E. Pinkham Medicine Co.

(confidential) Lynn, Mass., for ad-

had taken Lydia E.

Pinkham's Vegeta-ble Compound. I

would have pains if I overworked or

lifted anything heavy, and I would be so weak and ner-

ous and in so much

misery that I would be prostrated. A friend told me what

Middle Course.

Senator Root was discussing the Mexican situation.

"Steer a middle course," he said to an attential Course, the said to a an extremist.

are always wrong.

"Thus at a tea one young girl asked"

other: "'And where are you going this "'From the way mother talks,' was the reply, 'you'd think we were going to Newport. From the way father talks you'd think we were going to starve. But I suppose we'll steer a

starve. But I suppose we'll steer middle course, as usual, and put in fortnight at a \$12 Atlantic City boar-ing house."—Washington Star.

How He Knows. A traveling sales agent visiting a large factory made a bet with the manager that he would pick out all the married men among the employes, Accordingly he stationed himself at the door as they came back from diner and mentioned all those whom he believed to be married, and in almost every case he was right.

beneved to be married, and in almost every case he was right.

"How do you do it?" asked the man-ager in amazement.

"Oh, it's quite simple," said the traveler, "quite simple. The married men all wipe their feet on the mat; the single men don't."—St. Louis Post-Dispatch.

Sunlight Intensified

By Reflection from Ocean Beach and
Desert Sand unrelieved by Foliage. Winds
and Mineral Laden, Poisonous Dust, all
bring Eye Troubles in their wake—Grand
lated Eyelids, Red, Itching, Burning, Tired
and Watery Eyes, Impaired Vision and
Eye Pain. Reliable Relief is found in
Murine Eye Remedy, Mild and Harmless,
If you Wear Glasses, Try Murine. Doesn't
Smart. Feels Fine. Acts Ouicely. Is an
Eye Tonic compounded by Oculists—not a
"Patent Medicine"—but used in successful
Physicians' Practice for many years. Now
dedicated to the Public and sold at
50c Per Bottle. Murine Eye Salve in
Aseptic Tubes, 25c and 50c. Sold by
Druggists. For Books, write to Murine
Eye Remedy Co., Chicago. Sunlight Intensified

March of Progress. "Great times we live in. "How now?"

WHAT TO DO FOR HOT

WEATHER SKIN TROUBLES

With hot weather comes the worst skin suffering for some folks. Eczema, hives, heat-rash, insect-bites, poison oak or ivy, sunburn, chafing, and a dozen other troubles make life unendurable. But YOU seedn't worry. That soothing, antiseptic resinol ointment stops tightly and beginning the sound of the section of the sound of the section of the sectio

ors have prescribed resinol olatmen

Only a Portion.

her defense. Kansas City Journal.

zanne, an artist and a huntsman, has

Beneficent Nature.

W. D. Plattenburg, recently elected president of a bank in Canton, Ill., began work there 32 years ago as a janitor.

The government of Brazil has begun work on the extensive system of reservoirs to enable the residents of its northwestern states to get water in long dry seasons, which frequently

The English city of Leeds will install automatic lighting devices on about 17 gas street lamps.

The workingmen's compensation act

passed by the Ontario legislature will be placed in operation the first of

A rubber tennis court is about to be

tried experimentally in London

miral Peary.

stain the kettle.

POPULAR DISHES IN THE LAND OF GOOD COOKING.

Pot-au-Feu," National Soup, Delicious When Properly Made-Eggs With Cheese-Boulllabalse Resembles American Chowder.

Pot-Au-Feu.-This may be called the ational French soup. It is frequently found on American menus, but seldom should be made in a covered earthen-

a large marrow bone, six carrots, two put it in the refrigerator to ripen. or three turnips, two leeks, a bunch of parsley, several cloves, a bay leaf and one lump of sugar. Put the beef into the pot and cover it with as many quarts of water as there are pounds of beef, add a little salt and let it boil tle cold water. Let it boil again, skim and then add the vegetables. Cover very with the lid, allowing a little air to cake, get in, and let cook over a good fire constantly at boiling point for several hours. When cooked, remove the gratin, is especially delicious served with a thick tomato sauce.

Eggs With Cheese.-This is a simple and delicious luncheon dish. Break of liquid. Stir until melted. as many fresh eggs as there are persons to be served in a china baking dish; lover over with thick, fresh cream, season with salt and pepper, and sprinkle over with a thick coat ing of grated Parmesan cheese. Cook for five minutes in a hot oven. The cheese must be very hot and brown and the eggs well set.

Both of these recipes are in use in dmost every French kitchen, and you vill find them well worth adding to our recipe book. The pot-au-feu hould, of course, be cooked on a conange or in a fireless cooker, as seven our of boiling over a gas range would dd considerably to the cost of the oup. The egg and cheese dish takes mly a few minutes to make, and is implicity itself. The French serve his, and, indeed, the majority of their gg dishes, individually-one egg or wo to a person cooked in ramequins or flat china egg dishes.

Bouillabalse.-For this dish take our and a half pounds of fish-any arge fish such as flounder or mulletand a small lobster. Cut the fish into pieces three or four inches square, put them into a large saucepan with a pound of sliced onion, two cloves, two bay leaves, a small bunch of parsley small pieces of garlic, two shallots, and two carrots, four large tablespoonfuls of olive oil, and peppercorns, one small chill, and two quarts of water. Cover and let cook for 25 minutes. When cooked, pass the liquor through a colander and stir in a teaspoonful of powdered saffron. Place some slices of slightly toasted bread in a deep platter or tureen, spread fish on them, pour the liquor over and

Cream Meringue.-Whip up some whites of eggs with powdered sugar, allowing one pound of sugar to twelve whiles of eggs. When a thick paste is formed, spread some sheets of white paper upon a making tray, and put a tablespoonful of paste on the paper at intervals of two inches. Lightly dredge with powdered sugar and cook in a slow oven. When the meringues are cooked, remove them carefully from the paper and lightly crush in the centers with a spoon. Before serving fill the centers with whipped cream.

ment stops itching and burning in-stantly, allays inflammation, and soon restores the skin to perfect health, even in severe, stubborn cases. Doc-The following sauco was a great fafor 19 years. At all druggists.-Adv. verite in times gone by and is still religiously used by the same people "You women are too extravagant,"
he stormed. "Last year \$600,000,000
was spent in this country for frills and
furbelows."
"Well, I didn't spend all of it," was who must have mint sauce with roast then served cold with upper crust, lamb and caper sauce with boiled mut- without a meringue, ton: Wash some green sorrel and press out the juice through a thin cloth. Boil a half pint of green gooseberries, drain off the water and rub YOUR OWN DRUGGIST WILL TELL YOU Fry Murine Eye Remedy for Red, Weak, Waisry Eye and Granulaidd Ryelids; No Smarting— just-cyc Comfort. Write for Book of the Kye by mail Free. Murine Eye Remedy Co., Chicago. through a sieve. Put the sorrel juice in a saucepan, allowing a wineglassful Fired with the ambition of placing his easel farther north than ever a painter has done before, Jacques Suz-

left for the arctic regions. Suzzanne has a number of Eskimo dogs, one of Cream of Ham Salad. Soak one-half envelope of gel-tin in one-half cupful water until which was presented to him by Adsoft, then add one cupful of boiling Horsemint cures hookworm and horsemint grows wild where hookworm flourishes. Can you beat that system?—South Bend News-Times, stock and atir until gelatin is dis-Mix this with two cupfuls of boiled ham, chopped fine, season highly with paprika, mustard and a littie catsup and put aside until it cools and just begins to thicken, then stir in lightly the stiffly beaten white of Putnam Fadeless Dyes do not one egg and one-half cupful whipped Turn into wet molds and set Telitale Marks.

A man who had been reading the details of a sensational criminal trial in his evening paper turned to his wife and said: "Do you take any stock in this finger print theory?"

"Well," she replied, with a laugh, "I can generally always detect our Willie that way when he has been stealing the jam."—Judge. in a cold place until firm. Turn out on lettuce leaves and serve with may-

Casserole of Chicken Clean and joint a tender spring chicken. Put into a frying pan three tablespoonfuls of butter and fry in this a small onion and a carrot, both cut into tiny dice. When these vegetables are lightly brown, turn into the cassercle add to them two cupfuls of clear soup stock, in which three bay eaves and a little thyme have been boiled and then remove. In this con-somme lay the jointed chicken, put should cook for an hour.

Corn Muffine With Dates. Mix and sift a cupful of corn meal, ne cupful of white flour, one and onehalf teaspoonfuls of salt, two teaapoenfuls of baking powder and one tablespoontals of brown sugar; then of sweet milk, two teaspoonfuls of melted better and mix; then add onebalf cupful of stoned and cut dates. rans in a hot even. These muffins emprice a very relishable dessert.

Properly Plays an Important Part II the Preparation of All Kinds

of Desserts.

Gelatin plays an important part in many a recipe. A tasty dessert is made thus: Dissolve the contents of one envelope of granulated gelatin in one pint of boiling water; stir it to melt the powder and then pour it into a bowl, and as soon as it starts to "jel" beat with a rotary egg-beater until it is light. Then pour in half a pint of rich, sweet milk, a pinch of salt, two ounces of crushed stale al-mond macaroons; if this is soft, put it nourishing soup, and a large pot of it on the ice until it stiffens again, then can be utilized for several days. It voring and one gill of granulated sugar. Wet a mold, pour the water Take three pounds of round of beef, out of it and refill with the mixture;

Serve with plain or whipped crear and lady fingers. With Fruit.-Fill individual glasses a little more than half with mixed fruit, fresh or canned; drain off all juice; make one pint of orange or up, then skim carefully and add a lit- lemon gelatin; as soon as cold put it by spoonfuls over the fruit; serve cold, with cream and sponge

Prune Delight.-Wash, soak and cook in only enough water to cover them one pound of good prunes; while meat and vegetables, skim the liquor they cook put in a pinch of sait, two and serve in a tureen with slices of inches of stick cinnamon; grated yelbread. The vegetables may be served low rind of an crange and one lemon; separately, and the meat which has been cooked in the pot may be used lemon juice and one gill of brown suin many ways; stewed, cooked au gar. As soon as the prunes are very soft stir in one package of granulated gelatin previously dissolved in cold water. There should be over one pint cold serve with cream and soft ginger-

COLD ENTREE HARD TO BEAT

Mousse of Sweetbread Just the Thing for the Table When the Weather

Line a plain mold with pale aspic jelly, dotted with diamond-shaped pieces of truffie. Blanch and braise large sweetbread, and, when it is cold, of the white meat of a boiled fowl and a tablespoonful of pate de foie gras, and then pass the mixture through a fine sieve. Bring a large cupful of milk to a boll with a small chopped onion, a dozen white peppers, a blade of mace, a few thin strips of lemon peel, and a thin slice of fat bacon. Simmer twenty minutes and then strain over a tablespoonful of butter rubbed smooth in two of flour. Stir quickly until thick, season with salt and white pepper, and dissolve in half an ounce of gelatine. Pour into a basin with the sifted chicken and sweetbread and two tablespoonfuls of sher-

Whip a pint of cream, and as soon as the sweetbread mixture is cool, stir it in and add the stiffly beaten whites of two eggs. Pour the mousse at once into the molds lined with aspic, and leave it on ice to chill. Turn out on a flat platter and garnish with alternate slices of tomato and cucum ber and a bunch of watercress here and there.

Green Gooseberry Pudding. This may be made the same as rhubarb pudding with a suet pasts, and boiled, steamed, or made in a deep pie dish with good ordinary ple paste with a little cornstarch mixed with the sugar to thicken the juice. When the gooseberry filling is thick enough to support the mixture, lift off the crus and pour in a layer of cornstarch custard cooked in a double-boiler, the whites of the eggs reserved for a meringue to cover the top. The top crust may be served at another meal spread with canned peaches or pears Or instead of a top crust, cover the dish with another pie dish until the seberries are done. Another way is to replace the top crust and return ple to the oven until the custard mixture is cooked quite firm. The pie is

English Yorkshire Pudding. "Here is a recipe for English Yorkshire pudding: Put 12 tablespoonfuls of flour into a pudding bowl and add salt, pouring over sufficient milk to of it to the pulp of the berries. Add make a thick, smooth batter, being a small piece of butter, an ounce of very careful to rub away all lumps. sugar, salt and pepper to season, and To two well beaten eggs add sufficient a dash of nutmeg. Make the sauce milk to make a smooth batter that very hot, but do not boil. Serve in a separate dish with the fish.

milk to make a smooth batter that will run nicely from the bowl into the first mixture. Beat well together and put in a meat tin with a little fat from the roast; some cooks put it under the roast, but I prefer it arate. In England this dish is in great favor served with roast beef or lamb. It should be put in a hot oven and allowed 20 to 30 minutes to cook

Three cupfuls of light brown sugar wo squares of chocolate, a cupful of new milk, one-half teaspo cream of tartar. Cook in a granite pan until it threads; add a lump of butter the size of a walnut, and when thoroughly mixed remove from the fire, add a tablespoonful of swee cream and a teaspoonful of vanilla and beat till it begins to thicken. Pour into shallow buttered pans and when nearly cold cut into squares.

Baked Cheese In Crusts buttered bread, having bread cut about one-half inch in thickness. Fill dish with two cupfuls of cheese cut in thin slices, as for rarebit, and pour over all a mixture of two slightly beater eggs, one cupful of rich milk, one teathe closely fitting cover on the cas-spoonful of salt, one-half teaspoonful serole and set in a steady oven. It of dry mustard and one-fourth teaspoonful of paprika. Bake in a moderate oven one-half hour. Serve at

Mistress Ford's Green Currant Ple. Line a deep dish with paste. Fill with green currants and sugar in aladd one well beaten egg, one cupful thirds as much sugar as fruit. Heap the fruit up well as it shrinks in cooking, and shake over the top a table balf cupful of stuned and cut dates.

Sake in buttered and floured muffin
Cut slits in the top crust or prick with a fork. Bake in a moderate oven from thirty to forty-five minutes.



ONE LUXURY NOT PROVIDED

Secretary to Postmaster General Amazed When Typical Country Rube Borrows Toothbrush.

Col. Edward B. Smith, for 20 years a Washington newspaper man, now serving the postmaster general in a secretarial capacity, has had his full share of amusing adventures

This story is told by Mr. Smith of an incident which happened to him while en route from Washington to Baltimore. At one of the little wayside stations a typical country "rube boarded the train and immediately went to the wash room at the end of the car, where Colonel Smith was "dolling up," preparatory to his arrival in Baltimore. His toothbrush was lying conveniently on the wash basin, and the Marylander, after re-moving a goodly portion of Kentucky leaf from his mouth, unhesitatingly eded to make use of it.

"Here! What are you doing with my toothbrush?" exclaimed Smith. "Scuse me, jedge, I didn't know that was yours. Where's the 'regu-lar' one?" inquired the innocent coun-YOU CANNOT

Whereupon Smith enlightened the old farmer to the effect that the railroad has not yet, in its magnanimity, seen fit, for sanitary reasons or other wise, to provide such luxuries for its

Hibernian Wit. An Irish farmer was asked if he used any of the commercial fertiliz-

ers on his land. "No, sorr," he replied. "To my no-tion there's nothing like the old barnyard kind."

'Nonsense, man," said the other; "the time is coming when a man can carry the fertilizer for an acre of land in one of his waistcoat pockets."
"Maybe it will, sorr," returned Pat-'An' he'll be able to carry the crop in the other pocket, I'm thinkin'.'

Escaped From Irish Pastures. Gentleman (riding on jaunting car, which is just passing a large mansion, to driver)—Who lives there, Pat?
"Och! sure, it's Mr. O'Flaherty—but he's dade."

"And what did he die of, Pat?" "Faith, thin, he died of a Tuesday." "And how long has he been dead?" "Shure, yer honor, if he'd lived till morrow he'd have been dade a fortnight."-London Evening Standard.

touched the kind heart of the lady of the house. He ate the food she gave him and started wearily on his way. "And how," said she, sympathetical-ly, "did the hand laundry you were managing come to fall on you?" He glanced round, it might be as if he suspected the dog were within call. Then passing out and closing the gate, he said, "She quit and went home to her mother."—Kansas City Star. His Golf. Alfred Plus-Your caddle is miss-George Minus-Where is the little beggar?

Alfred Plus-The other boys say he's gone fishing, because in the morning round you dug him up such a fine supply of worms.—London Opin-

THE QUESTION.



Jones is going away next month "Hay fever or a vacation?

A Suggestion.

Visitor to the Salon—How man pictures are there? Attendant-More than six thousand

Visitor-How fatiguing, and I have only half an hour to spend. Why don't they hang them end by end all along the subway tracks?-L'Illustration.

Back-Yard Scenery Belle-How do you and your mother like your new home? Beulah-We don't like the neighbor

"Why not?" "Oh, we've been accustomed to se ing better-looking clothes on the lines wash-daya."

Leading.
Patience—What business is Clar mce in? Patrice—Why, he's interested one of our leading industries. "Yes; he leads the germans."

Case for Arbitration "There's a difference of opinion tween my employer and myself."

"About compensation!"
"Yes. He thinks I ought to make : rebate because I hear all his lectures and I think I ought to get more."

Lower Broadway All Right. Fiatbush-If a man asked you to neet him in lower Broadway, where would you expect to meet him? Bensonhurst-in the subway.

WINCHESTER CARTRIDGES

For Rifles, Revolvers and Pistols Winchester cartridges in all calibers from .22 to .50, shoot where you aim when the trigger is pulled. They are always accurate, reliable and uniform. Shoot them and You'll Shoot Well. Always Buy Winchester Make.

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PORTLAND, OREGON.

There is a completeness and finish about our students' education that is bringing praise from many of the leading business men of the Northwest. The supreme test of a business college is to eatisfy the hard-headed men of the business world. We do. Write for literature which will truthfully tell you all you want to know.

Mutual Secrets.

"I didn't want to come here in the first place," confided the first guest at the expensive hotel at a well known winter holiday resort on the south

"No more did I." replied the second "but my wife insisted on my coming."
"So did mine," said the first, "She said we had to come, just because Munseys were coming, although I told her we simply could not afford th

"And that's what I said," explained the second, "but my wife said we had to come because the Browns were "Why, look here, my name is

"And mine is Munsey."

Then the two men shook ther warmly by the hand.

Arbitrate

the question of a Sick

Stomach, Loss of Ap-

petite, Heartburn,

Headache, Indigestion

a far better plan to

or Constipation. It is

help Nature restore

these organs to a

healthy condition with

HOSTETTER'S

STOMACH BITTERS

Try a Bottle Today

Refuse Substitutes

His Wife His Business.

At the Movies,

He (his arm around her)—What a dainty wrist you have, my dear!

That's the ankle of the man beside

"He suffers from sunstroke."
"Go on! Whoever heard of a fish with a sunstroke?"

"Well, you see, a sunfish bumped into him."

telephone exchange in the world.

YEAR

Boston is said to have had the first

me you are holding .- Puck.

"What's alling Mr. Trout."

the aid of

SUCCESS-

Depends Upon Your Training

FALL TERM SEPTEMBER 7.

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BUSINESS COLLEGE. We Guarantee Positions for All

Our Graduates. Write Us, No Trouble to Answer

A tourist in Scotland came to a wide ferry. It was stormy, and the wind was constantly increasing. The wind was constantly increasing. The Scotch ferryman agreed to take the tourist across, but told him to walt until he had first taken a cow across. When he had returned and started across with the traveler the latter be-

came curious.
"Will you tell me why you took the cow over and made me wait?" he

asked.
"Weel, now," explained the ferry-man, "you see, the coo war valuable, and I feared th' wind wad increase so th' boat might upset on th' second Secrets of the Wardrobe.

When Winston Churchili was run-ning for the governorship of New Hampshire his opponents became pestiferously active, making speeches, writing letters and distributing campaign buttons. One morning a friend sent this telegram to Churchill:

"Have you ne buttons for your supporters?

The candidate was out of town and did not get the telegram, but a pretty girl stenographer did. She sent this answering wire:

"No. We use safety pins."
"Winston Churchill."
—Popular Magazine.

It has been estimated that during the present year 1,248,000 factory hands in Russia have already partici-The hungry tramp told his tale. It buched the kind heart of the lady of he house. He ate the food she gave pated in strikes, in addition to 215,000 others who are employed in establish-ments not under the factory act.



at a good salary is the change that has come to many young men from the farming districts, who have completed our Commercial Course.

Be a tarm hand all your life if you wish to—if not, enter the Commercial field—with our aid you can succeed.

Write for catalog today. A position guaranteed.

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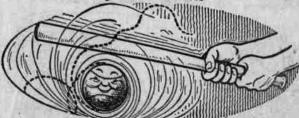
OLMES BUSINESS COLLEGE The school that gets you a good position. Thousands of Graduates PORTLAND, ORE. MOST

Trouble Either Way. "Who are those two weary-loking en who both admit they are afraid

Easy to Misjudge **Remedy You Need**

-Washington Star.

In Overcoming Blood Trouble Do Not Be Fooled By Mere Claims.



Study the Game and Yeu Will Understand Why Some Indigs are Deceptive.

seating a sp blood disorder the fundafact an it be observed that the said
lect of i.e medicine used is to permit
a home run and a sure, safe hit
time.

The propalisive effect of S. S. is to
the blood formation, to assist in
ment of itsnes and to have a decided
of upon the lymphatic influence, all of
is in this promotion of blood health.

The propalitive effect will be similar

and preventing and more productive of
the influence and one productive of
the most contribute of the most contribute of the contribute of the most contribute of the minerals employed in
medicine.

The cost of replacing with steel cars all the passenger cars in use on the railroads of the United States is estimated at more than \$600,000,000.

vice. Your letter will be spened, read and answered by a woman, and held in strict confidence. P. N. U.