

## EAT LESS MEAT IF BACK HURTS

Take a glass of Salts to flush Kidneys if bladder bothers you.

Eating meat regularly eventually produces kidney trouble in some form or another, says a well-known authority, because the uric acid in meat excites the kidneys, they become overworked; get sluggish; clog up and cause all sorts of distress, particularly backache and misery in the kidney region; rheumatic twinges, severe headaches, acid stomach, constipation, torpid liver, sleeplessness, bladder and urinary irritation.

The moment your back hurts or kidneys aren't acting right, or if bladder bothers you, get about four ounces of Jad Salts from any good pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush clogged kidneys and stimulate them to normal activity; also to neutralize the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts cannot injure anyone; makes a delightful effervescent lithia-water drink which millions of men and women take now and then to keep the kidneys and urinary organs clean, thus avoiding serious kidney disease.

### IF YOUR CHILD IS CROSY, FEVERISH, CONSTIPATED

Look Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again.

Sick children needn't be coaxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups.

Good health cannot be maintained where there is a constipated habit. Garfield Tea overcomes constipation.

### DANDRUFF AND ITCHING

Disappear With Use of Cuticura Soap and Ointment—Trial Free.

The first thing in restoring dry, falling hair is to get rid of dandruff and itching. Rub Cuticura Ointment into scalp, next morning shampoo with Cuticura Soap and hot water. Prevent skin and scalp troubles by making Cuticura your everyday toilet preparation.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

## BE PRETTY! TURN GRAY HAIR DARK

Try Grandmother's old Favorite Recipe of Sage Tea and Sulphur.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe, improved by the addition of other ingredients, for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, glossy and attractive.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire dark hair and a youthful appearance. It is not intended for the cure, mitigation or prevention of disease.



**Resinol**  
a safe, reliable  
skin treatment

## MAKER OF MISCHIEF

CARELESS TALKER IS OFTEN CAUSE OF TROUBLE.

Most Misunderstandings Are Result of Exaggerated Reports Due to Average Person's Inability to Give Accurate Descriptions.

The inability to give accurate descriptions is not to be counted a vice. That is a fault frequently due to imperfect development of the powers of observation or of memory. It should be recognized as such, and measures taken to correct it by the cultivation of such powers as will enable those who possess them to accurately report to others what they have seen or what they have heard. Most people respect truth and desire to be truthful, but very few worship truth, as they should, by efforts to reach it in their intercourse with their fellowmen. As much mischief may be done in society by a merely careless talker with a poor memory who does not intend to do any harm as by a malignant liar who spreads false stories with the intent to deceive.

Indeed, the majority of misunderstandings and anomalies that arise in the intercourse of men may be traced to exaggerated or misleading reports of what one has said about the other. It is not so much what is said as the manner and spirit of the remark, that should be conveyed, and one who is incapable of correctly reporting the spirit of a conversation should refrain from attempting to convey it to another. The exact words may be reported in such a way as to convey a false impression, or the spirit of the remark may be correctly given without the use of the exact words.

This fact is clearly recognized by sharp lawyers, who, when the testimony is injurious to them, will not allow a witness to give the substance of a conversation so as to convey a true conception of its spirit, but insist upon the exact words spoken, knowing that in the effort to give them the witness will be very likely to obscure or distort their meaning.—Irish World.

### The Mountain Ash.

Long ago people believed in witches and evil spirits, who were going about the country doing harm. They also believed that the rowan (mountain ash) had some charm to do away with their evil powers.

So all the maidens wore the scarlet berries of the rowan in their hair, and the young men carried canes made from the branches of the same tree. The housewife hung branches of the berries over her doorway, while her good man hung the same about his barns and stables, so the witches could have no power over his sheep and cattle and horses.

For the same purpose they kept a great hoop of rowan branches. Through this they made the young calves and lambs jump. This act was intended to keep sickness and death away from them—at least the good man thought so. Every animal had to jump through the hoop whether he wanted to or not, for the good man switched his legs with a rowan switch until the jumping was accomplished.

### Wonderful Maine "Skeeters."

The mosquitoes up on Pushaw stream seem to have a size and character of their own, equal perhaps to that of the famed Jersey "skeeter." It is said that two young old town men went up the stream last Sunday in a canoe and ran into a swarm of mosquitoes of such size and strength that they (the boys) were lifted out of their canoe and unceremoniously dumped into the stream. Another story says that a mosquito alighted on one of the fellow's neck and he struck at it with such force that he upset the craft—but most people believe the first story.—Kennebec Journal.

### Passing Muster.

"I can," said the bashful young man to the director of the film company, "swim, dive, run an auto, fly an aeroplane, fence, box, shoot, ride a horse, run a motorboat, play golf, fight, make love, fall off cliffs, rescue heroines, play football, die naturally and kiss a girl."

"But," interrupted the famous director, "can you act?"  
"Ahs!" muttered the would-be screen hero, "I never thought of that."  
"Engaged," growled the director and another screen star was born.—Life.

### Costly Remark.

"What do you think, Miss Chentle, a friend of mine got a three-karat diamond ring for only twenty dollars!"  
"Why don't you look out for a bargain like that, Mr. Slowguy?"  
And presently it dawned upon him that the remark was going to cost him money.

### The Exception.

"Faint heart never won fair lady, you know."  
"I don't know about that. Some widows are fair ladies."

## 10 CENT "CASCARETS" FOR LIVER AND BOWELS

Cure Sick Headache, Constipation, Biliousness, Sour Stomach, Bad Breath—Candy Cathartic

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascarets. They immediately cleanse and regulate the stomach, remove the sour, fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and bowels. A 10-cent box from your druggist will cure your liver and bowels clean; stomach sweet and head clear for months. They work while you sleep.—Adv.

## SUFFERING CATS! GIVE THIS MAN THE GOLD MEDAL

No humbug! Any corn, whether hard, soft or between the toes, will loosen right up and lift out, without a particle of pain or soreness. This drug is called freezone and is a compound of ether discovered by a Cincinnati man.

Ask at any drug store for a small bottle of freezone, which will cost but a trifle, but is sufficient to rid one's feet of every corn or callous.

Put a few drops directly upon any tender, aching corn or callous. Instantly the soreness disappears and shortly the corn or callous will loosen and can be lifted off with the fingers.

This drug freezone doesn't eat out the corns or callouses but shrivels them without even irritating the surrounding skin.

Just think! No pain at all; no soreness or smarting when applying it or afterwards. If your druggist don't have freezone have him order it for you.

Pure Blood is essential to Good Health. Garfield Tea dispels impurities, cleanses the system and eradicates disease.

### END STOMACH TROUBLE, GASES OR DYSPEPSIA

"Pape's Diapepsin" makes Sick, Sour, Gassy Stomachs surely feel fine in five minutes.

If what you just ate is souring on your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach-headache, you can get blessed relief in five minutes. Put an end to stomach trouble forever by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder. It's the quickest, surest stomach doctor in the world. It's wonderful.

### It Cures While You Walk.

Allen's Foot-Loose is a certain cure for hot, sweating, itching, and swollen, aching feet. Sold by all Druggists. Price 50c. Don't accept any imitations. Trial package FREE. Address: ALLEN'S SHOE STORE, LE ROY, N. Y.

Garfield Tea, taken regularly, will correct both liver and kidney disorders.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.

Use Murine after Exposure to Cold, Cutting Winds and Dust. It Restores, Refreshes and Promotes Eye Health. Good for all Eyes that Need Care. Murine Eye Remedy Co., Chicago. Sends Eye Book on request.

### TAKES OFF DANDRUFF, HAIR STOPS FALLING

Save your Hair! Get a 25-cent bottle of Danderine right now—Also stops itching scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its lustre, its strength and its very life; eventually producing a feverishness and itching of the scalp, which if not remedied causes the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25-cent bottle of Knowlton's Danderine from any drug store. You surely can have beautiful hair and lots of it if you will just try a little danderine. Save your hair! Try it!

"Don't you miss the noise and bustle of the city now that you live in the country?"  
"Not if I catch my train to town."

## ELECTRIC MOTORS

Bought, Sold, Rented and Repaired WALKER ELECTRIC WORKS  
Burnside, cor. 10th. Portland, Ore.

**BLACK LEG**  
LOSSES SURELY PREVENTED  
by CUTTER'S BLACKLEG PILLS  
Low priced, long-acting, prepared by western scientists, because they protect where other vaccines fail.  
Write for booklet and testimonials.  
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The only inferior, but Cutter's simplest and strongest.  
The superiority of Cutter's vaccine is due to over 15 years of specializing in VACCINES AND SERUMS ONLY. HIGHEST ON CUTTER'S. If undesirable order direct.  
The Cutter Laboratory, Berkeley, California

## SEAL WAS HIS SIGNATURE

Babylonian Stamped Documents and Letters Instead of Going Through the Formality of Signing Them.

Practically every man of any standing in ancient Babylonia had a seal cylinder or seal, the impression of which upon the document or letter served the purpose of his signature. Thousands of these have been found, cut out of all kinds of hard stone, which had been imported from distant lands, for Babylonia is an alluvial plain.

As a substitute for a seal the individual would make his thumb-nail mark upon the soft clay or impress upon it a portion of his zizku, which was a cord attached to an undergarment. This in all probability is to be identified with the zizku mentioned in the Old Testament (Num. 15:38-39), and even at the present time worn by orthodox Hebrews.

In all periods scribes are very numerous. This is inferred from the fact that in some periods almost every document is found to have been written by a different scribe. In the Assyrian period women are known to have belonged to this profession. The scribes wrote the legal documents, as well as the private letters of individuals. They even placed the seal impression upon the legal documents, in proximity to which they wrote the name of the person to whom it belonged, usually the obligor or the witness.

In the time of Hammurabi (about 2000 B. C.) there was at hand an officer called the burgul, who was prepared to cut temporary seals upon a soft material for those who did not possess them. This is the custom in oriental lands in the present day.

In Constantinople, for instance, the urbs of certain streets are lined with scribes prepared to write for the illiterate. An occasional man among them is provided with little blank stamps in soft brass, and with an engraving tool is prepared to cut the signature or initials of the man upon one of them while he waits. The impression of the stamp is affixed to his letter in place of his signature.—Prof. A. T. Clag, in National Geographic Magazine.

### Bismuth in Alaska.

A considerable ledge of rock, carrying bismuth in commercial quantities, has been found in the Totolanika country of Alaska by a well-known miner named John Leach. Tests demonstrate that the ore carries bismuth from 20 to 30 per cent pure. Bismuth brings from \$300 a ton upward, and of all metals is perhaps the easiest to mine. It melts at a temperature slightly above 268 degrees centigrade, and can, therefore, be melted with wood fires, obviating the necessity of shipping the ore outside with the heavy incidental transportation and melting charges, a burden other mining interests have to bear because of the government's policy of forbidding the development of coal mines in Alaska. While the presence of bismuth ore in Alaska has long been known, the Leach claim is the first discovery of a large deposit. Heretofore most of it used in the States has been imported from Saxony and Bohemia, although Connecticut has mines from which considerable quantities of the ore have been taken. Bismuth is used principally as an alloy constituent, but also enters into the preparation of paints, medicines, face powder, etc.

### His Offering.

"James," said his mother, "did you put your money in the collection plate at Sunday school today?"  
"No'm," said James, "I didn't."  
"Why didn't you?"  
"Well, you see, when I got there I found out all the other boys had two cents except me and Freddie Brown, so we matched for 'em and Freddy won."

### There Might Have Been.

A Boston minister who always preaches to large congregations made sanctimonious, psalm singing, professed Christians who have no real religion in their make-up a target for his wit. A little boy who heard him remarked after he returned home from the morning service: "Mother, I shouldn't have thought Doctor Blank would have spoken that way about Christians this morning. There might have been some of them in church."—Exchange.

### What It Looked Like.

In a New Zealand town one of the municipal candidates, a Scotchman, had received a present of a huge Scottish thistle, which at the moment happened to be lying on the table of his committee room. A friend, entering, withdrew suddenly, with the remark, "I beg your pardon; I did not know that you were at luncheon."

### Thrift.

American Cedar for Lead Pencils. Two billions of lead pencils are made each year. Half of them are made of American cedar.

## Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

### Quiet Girl.

Caller—That new girl of yours seems nice and quiet.

Hostess—Oh, very quiet! she doesn't even disturb the dust when she's cleaning the room.—Exchange.

## A Well Known Woman Speaks

In Every Town in Oregon Neighbors Say the Same.

Portland, Oregon.—"I have used

Dr. Pierce's Favorite Prescription for my nerves and a general break-down and after using only three bottles I was completely cured. I also used Doctor Pierce's Golden Medical Discovery for the blood and it proved very beneficial.

"I can heartily recommend Doctor Pierce's medicines."—Mrs. J. B. HATH, 643 Dequim Ave.

The mighty restorative power of Dr. Pierce's Favorite Prescription speedily causes all womanly troubles to disappear—compels the organs to properly perform their natural functions, corrects displacements, overcomes irregularities, removes pain and misery at certain times and brings back health and strength to nervous, irritable and exhausted women.

It is a wonderful prescription, prepared only from nature's roots and herbs, with no alcohol to falsely stimulate and no narcotics to wreck the nerves. It banishes pain, headache, backache, low spirits, hot flashes, dragging-down sensation, worry and sleeplessness surely and without loss of time.

Why should any woman continue to worry, to lead a miserable existence, when certain help is at hand?

What Doctor Pierce's Favorite Prescription has done for thousands it will do for you. It's not a secret remedy for its ingredients are printed on wrapper. Get it this very day from any medicine dealer in either liquid or tablet form.

"Why do they always use the expression of casting votes?"  
"Because it is a throw-down for somebody."—Baltimore American.

## Need a Tonic This Spring?

Are You Weak and Run-down?

Is the Appetite Poor, the Liver Lazy or the Bowels Constipated?

TRY  
**HOSTETTER'S  
Stomach Bitters**