

## FEW FOLKS HAVE GRAY HAIR NOW

Druggist Says Ladies are Using Recipe of Sage Tea and Sulphur.

Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair. Our grandmother made up a mixture of Sage Tea and Sulphur to keep her locks dark and beautiful, and thousands of women and men who value that even color, that beautiful dark shade of hair which is so attractive, use only this old-time recipe. Nowadays we get this famous mixture improved by the addition of other ingredients by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," which darkens the hair so naturally, so evenly, that nobody can possibly tell it has been applied. You just 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; but what delights the ladies with Wyeth's Sage and Sulphur Compound is that, besides beautifully darkening the hair after a few applications, it also brings back the gloss and lustre and gives it an appearance of abundance.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite to impart color and a youthful appearance to the hair. It is not intended for the cure, mitigation or prevention of disease.—Adv.

### Foolish Worrying.

So many things do not matter. Innumerable things that we worry over or fret about or strive for, really make no difference whatever, and we worry and fret and strive for them merely from a stupid sort of habit. And we have, perhaps, let them bother us and trouble us again and again, thinking that they mattered, and mattered supremely. But do they?

### For House Plants.

A splendid fertilizer for all pot plants and evergreens may be made in this way: Dissolve one can of lye in two gallons of water; put in enough bones to make a thick, crusty mass. A few spoonfuls of this in your watering pot once a week will give a wonderful result.

### The Difference.

Flat head is quite as bad in politics as flat foot is in military life. Not only that, but 80 per cent of the flat foot cases are curable.—Hudson Post.

### Funny, Ain't it.

Said the facetious feller: "I have often wondered how a man can speak straight from the shoulder unless he does his talking on his fingers."

### And He's Worth Listening To.

The man who really has nothing to say generally talks less than other people, because he considers it worth giving some thought to.

### Proper Treatment of Friends.

When our friends are present we ought to treat them well; and when they are absent, to speak of them well.—Epictetus.

## A NERVOUS BREAKDOWN

Miss Kelly Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Newark, N. J.—"For about three years I suffered from nervous breakdown and got so weak I could hardly stand, and had headaches every day. I tried everything I could think of and was under a physician's care for two years. A girl friend had used Lydia E. Pinkham's Vegetable Compound and she told me about it. From the first day I took it I began to feel better and now I am well and able to do most any kind of work. I have been recommending the Compound ever since and give you my permission to publish this letter."—Miss FLO KELLY, 476 So. 14th St., Newark, N. J.



The reason this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, was so successful in Miss Kelly's case was because it went to the root of her trouble, restored her to a normal healthy condition and as a result her nervousness disappeared.

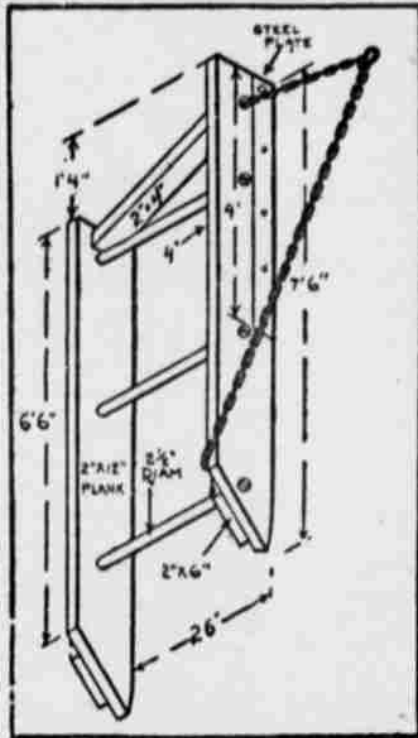


## DRAGGING ROADS IN SPRING

By Taking Advantage of Proper Moment Many of Ruts and Bumps Can Be Smoothed Out.

Most earth and gravel roads are in bad shape during the entire winter, largely because of the heavy fall hauling of harvested crops, and the rush of necessary farm work, which takes precedence over any kind of road work. The cold weather strikes them in this condition and makes each rut and bump almost as solid as rock, and in the spring these break down into mud.

Traveling over these ruts is a very racking, uncomfortable, and sometimes painful, operation. The rough jolts require a reduction in speed, cause an added strain on all classes of hauling



Plan of Plank Road Drag.

equipment, and frequently force the automobile owner to abandon the use of his car for the entire spring rather than risk a breakdown.

Most of the unpleasantness and difficulty may be remedied in many localities even in the worst weather, for there are times when the worst cut-up surface is in fairly good condition for dragging. By taking advantage of the proper moment, the ruts and bumps can be smoothed out and the next freeze will result in a smooth hard-surfaced pike that can be favorably compared to a concrete highway.

Owing to the fact that the road surface will be rather wet and sticky when dragged, greater care must be exercised in handling the drag. If the blades of the drag are set vertically, there will be a tendency to scrape up too much earth, or, in the language of the road man, "Ball up in front." Also, if the hitch to the team is set too near the center, the angle of the drag with the road will be too nearly a right angle, or straight across, to shed or crown the wet earth.

Dragging under these conditions should be more an "Ironing out the wrinkles" process; hence the blades of the drag should be given a forward or flatter inclination than when working a dry road. The hitch should be so arranged that the angle of the drag is more nearly parallel to the road than ordinary, thus causing the earth to shed better and prevent trouble. For extremely bad conditions, the use of the road machine ahead of the drag will be found effective. In all cases, the road should be freed of all stumps, snags, and bowlders, as these seriously retard good dragging.

A little practice will enable the operator to do a fairly creditable job, and after a subsequent freeze the road will present a smoother and much more comfortable surface. Then, when the spring rains come, the road will quickly shed the water that formerly collected in the deep ruts, and be dry and hard long before similar roads not dragged.

The present difficulties encountered in getting large amounts of crushed stone for road repairs necessitates the greatest care in maintaining all road surfaces in the best possible way without the use of additional materials.

### A Hoe and a Sponge.

A thick cultivated soil mulch is one of the best possible ways of saving moisture for growing crops. He that most frequently stirs his soil, especially in times of drought, reaps, other things being equal, more abundant harvest than if tillage were neglected.

## NITRATE OF SODA REVITALIZES TREE

Rapidity and Certainty of Response Is Said by Observers, to Be Startling.

(By Oregon Agricultural College.)

Nitrate of soda added in March to orchard soils lacking adequate nitrogen supply causes a larger set of fruit in April, an immediate change in the character of the foliage and a stimulation of wood growth, reports the Hood River branch experiment station. Horticultural observations, chemical analyses and soil surveys of Hood River soils all indicate that nitrogen is the element most needed. Indications of lack of adequate nitrogen are thus pointed out in the report:

"Orchards in a somewhat run-down or devitalized condition; namely, those which are making very little vegetative growth, either in twig or leaf, those which have thin, yellow leaves and weak fruit buds." All such are greatly benefitted by the use of nitrogen.

With such trees the nitrogen produces a vigorous wood growth, causes the leaves to become thicker and greener, and induces more and larger fruit, thus restoring the trees to a normal condition.

One of the most striking results from nitrogen was the increased percentage of set. The rapidity with which nitrogen in available form gives results is almost startling.

Pollination troubles in some cases seem to have been due to lack of sufficient vitality in fruit spurs and buds to mature fruit, even though they blossom.

Growers in the Hood River district are advised not to buy or use mixed fertilizers on their orchard lands, since nitrogen is the only element that gave results in the station trials.

The nitrate is applied to the ground about each large, mature tree at the rate of six pounds to the tree, smaller trees in proportion. Six pounds supply about one pound of actual nitrogen. This is enough to restore the tree to its natural vigor. Indeed this amount added two years in succession frequently produces an over-stimulation in some instances, resulting in too heavy foliage, too strong wood growth, and too much over-big fruit.

Application is best made in early March. If not earlier than May, which has been the usual time of application, very little benefit is received from the nitrate that year. Not enough moisture is obtained to dissolve the fertilizer. Having so pronounced effect on the set of fruit it should be applied some time before the trees bloom.

The best method of application was found to be spreading the dry crystals broadcast on the ground and harrowing them in soon after.

Later observations indicate that the nitrate is more lasting in its effects than formerly thought. It is known that nitrate applied in 1914 was beneficial in 1915.

The principal effect of nitrate is on the tree rather than on the soils. The addition of organic matter is necessary to improve the physical condition of the soil.

## HOUSEHOLD ACCOUNT IS BETTER THAN ALLOWANCE

Once we were told that the woman of the house should be given an allowance to pay for the food for the family. No special reason was offered.

Now we learn that keeping household accounts is the way to regulate family expenses. A very good reason is offered—"the allowance tends to make the housewife niggardly or wasteful."

The accounts should be kept by the housewife, says Miss A. Grace Johnson, professor of house administration, "but she must have the hearty co-operation of the husband in apportioning the income and maintaining the family standards of living. The housewife is the senior partner in the scientific management of the home. The whole family makes the budget."

Should anyone, say the husband, care to ask why he should play the firm's junior partner in spending the income that he earned he will learn, if he doesn't already know, that:

Women buy 48.8 per cent of all supplies for the family, and "have a voice in buying 23 per cent more."

If wife keeps account of these purchases she becomes a better buyer. As it is, without records, hubby doesn't know how or when the money was spent, but only that it was spent. That's worse than being a junior.

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Soap 25c. Ointment 25 and 50c.

### True Friends Beyond Price.

"The most blessed reality in human life is a friend who understands and can companion your heart. Don't allow yourself to wear your spirit out alone with anxiety or grief. "The friends thou hast, and their adoption tried, grapple them to thy soul with hoops of steel." A true friend will save your soul alive.

## QUIT MEAT WHEN KIDNEYS BOTHER

Take a glass of Salts if your Back Hurts or Bladder troubles you.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become over-worked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will 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 and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Adv.

### Eye Guard for Eye Workers.

An eye guard valuable for machinists who work where there is danger to the eyes from steel or other particles consists of a steel frame and a piece of plate glass covered by iron wire netting of large mesh. The guard is said to be easily adjusted and more convenient than goggles.

### ALLEN'S FOOT EASE FOR THE TROOPS.

Shaken into the shoes and sprinkled in the foot-bath it gives rest and comfort, takes the friction from the shoe and prevents blisters and sore spots. Makes walking easy. Accept no substitute. Sold everywhere, 25c.

### Valuable New Metal.

A white metal, which takes a brilliant polish and holds it on exposure to the atmosphere, and claimed to be possessed by an alloy of bismuth, mercury, tin, zinc and copper, has been covered by a patent.

### Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented convenient, economical face, skin, baby and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Toilet Trio (Soap, Ointment, Talcum).—Adv.

### Water Regulated by Pedal.

Pressing one end of a pedal with the foot admits cold water to a new washstand, pressing the other end allows hot water to flow and pressing the entire pedal mixes the two so that moderately warm water is obtained.

### Ever Think of It?

Electricity can run through very slender wires. And the energies of saving grace can enter the life through the medium of a very unfinished creed.—Christian Herald.

### Are You Satisfied?

BEHNKE-WALKER BUSINESS COLLEGE is the biggest, most perfectly equipped Business Training School in the Northwest. Fit yourself for a higher position with more money. Permanent positions assured our Graduates. Write for catalog—Fourth and Yamhill, Portland.

**LA GRIPPE** Admitting fever, influenza, cold, cough, sore throat, etc. **WEEKS' SICKLE-UP-A-COOL-ER TABLETS** These will often prevent a serious case and prolong relief. 25c at all drug stores.

## Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.

Instead of the thousands of sickly, anaemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation.

### Monasteries.

The monasteries once thickly strewn throughout England and must of Europe were called abbeys, from being ruled by abbots—or abbats from abbas, Syrian for "father"—as those governed by a prior were called priories.

## 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.—Adv.

### Power of Gentleness

Kindness pays. "Boiled potatoes," says an authority on culinary matters, "are ever so much better if they are gently boiled."—New York Telegraph.

## Your Granulated Eyelids, Eyes

Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy. No Smarting, Just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write Murine Eye Remedy Co., Chicago.

## Children's Coughs

may be checked and more serious conditions of the throat will be often avoided by promptly giving the child a dose of safe

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