



Mrs. Laura S. Webb,
Vice-President Woman's Democratic Club of Northern Ohio.

"I decided the change of life which was last approaching. I noticed Wine of Cardui, and decided to try a bottle. I experienced some relief for the first month, so I kept on taking it for three months and now I menstruate with no pain and I shall take it off and on now until I have passed the climax."

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IN THE DAIRY

The officers at the Soldiers' home at Leavenworth, Kan., have purchased fifty more cows for the dairy. The cows were purchased from food sufferers who were unable to keep them. The Soldiers' home dairy now consists of 100 cows, nearly all of the Shorthorn and Holstein breeds. At the last meeting of the board of managers it was decided to permit the purchase of fifty more cows at \$50 each. Much milk is required at the Soldiers' home. The hospitals require seventy-five gallons a day, as many of the veterans are on a milk diet. The veterans have much and milk for supper twice a week, and most of them take milk in their coffee. The home officials state that \$3,000 can be saved every year by keeping cows. There is plenty of pasture and forage to maintain them on the home grounds. The milking is done by veterans. No attempt is made to obtain butter from the cows. The butter is supplied by contract.

World's Fair Score Card For Butter.
The management of the dairy department of the Louisiana Purchase exposition has adopted the following scale of points for scoring the butter made on the exposition grounds from the milk of cows entered in the competition for determining the capacity of the different breeds as dairy animals:

Flavor	50
Aroma	15
Grain	15
Color	15
Salt	10
Package	5
Total	100

This is practically the same scale of points which was used at the World's fair in Chicago and has been used by the different associations where butter has been entered for competition, except that the 45 points heretofore allowed for flavor have been divided, 15 being given to aroma and only 30 to flavor proper.

A Good Dairy Cow.
A good dairy cow should have great depth of chest and also fair width of floor of chest. She should have a large, capacious barrel that is capable of utilizing generous quantities of food, and her udder should be of good size and well balanced as to size and position of quarters. It should extend well forward on the abdomen. The teats should be set well apart and be of such size as to be conveniently grasped by the milker. The milk veins (these are the large veins which extend along the abdomen forward of the udder) should be large, crooked and branching, and the holes, or milk wells, where these veins pass into the body should be large. The udder itself should be free from coarseness and not appear to be full of meaty tissue when handled after milking, says Wayne Dinsmore in Kimball's Dairy Farmer.

The points we have mentioned are few—the chest capacity, roominess of barrel, or abdomen and a good udder—but these are the essentials of a good dairy cow.

A Highland Heifer.



"They have cows like this one in Scotland, but of course they also have some fine high bred stock."

Increase in Iowa.
Assistant State Dairy Commissioner F. H. Kieffer when interviewed recently stated that thus far in the year the Iowa creamery products have shown an increase of 7 or 8 per cent over last year, partly due to better pasturage. The work of creamery inspection over the state is proving very satisfactory, though there have been some prosecutions for failure to comply with the dairy regulations. Whenever negligence is discovered it is being severely dealt with.

Performance—Test of Merit.
Performance is something that must not be lost sight of by the practical dairyman in grading up his herd. Sometimes the fancy points of the breed he is using for the grading up and sometimes a little thing like color will influence a breeder much more than they ought to.

One of the best grade herds, a Wisconsin Agriculturist representative who travels about the state remembers having seen were grade Jerseys, and the wise owner made production the standard by which the cows eligible to a place in the herd were judged. The butter record was set at 850 pounds and every cow's production was judged by the Babcock test.

some Jersey men would have objected to many of the individuals because they were so dark in color. We do not think that this discrimination is as marked as it was some time since and it is time that it be done away with in herds where production is the measure of value. Some men would keep a cow in a grade herd because she was a nice type and pretty, even if she did not make money enough to pay for her feed, but the practical dairyman must not do it.

FRUITS AND NUTS AS FOOD.

Results of Researches by the Department of Agriculture.
The department of agriculture has for several years been conducting a series of experiments to determine the dietary value of different foods.

Nine dietary studies and thirty-one digestion experiments were carried on. In the majority of the dietary studies and all but one of the digestion experiments fruit and nuts constituted all or almost all of the diet. The results of the investigation emphasize the fact that both fruit and nuts should be considered as true foods rather than food accessories. The subjects were two women, three children, two elderly men and two university students. The men all did hard manual labor during a part of the time, the students working to support themselves while pursuing their studies.

The fare given in these experiments was in every case one that would appeal to any normal appetite. It embraced honey, tomatoes, apples, bananas, cantaloupes, grapes, verdal, cornichon, tokay, muscat, scarlet haws, pears, pomegranates, persimmons, oranges, strawberries, watermelons, figs, almonds and peanut butter. The only animal foods allowed were cottage cheese and eggs, and these in limited quantities. The cost of such a diet varied from 15 to 18 cents a day.

Comparative experiments were carried along in which animal foods were employed under the usual conditions of living, and in these the daily cost ran from 20 to 30 cents. It was found that the food eaten supplied about 60 per cent of the protein usually secured by the average meat diet, while health and strength continued the same, if not improved, and in two or three cases there was a slight gain in flesh and weight.

Fruits contain little protein, and nuts are relied on in the fruitarian plan of eating to balance the ration. Fruits are rich in carbohydrates and nuts in fat. A pound of peanuts, which costs 7 cents, furnishes 1,000 calories of energy at a cost of 3 1/2 cents and protein at a cost of 36 cents a pound. A porterhouse steak costs for the same result respectively 22 1/2 cents and \$1.31 when the steak can be bought for 25 cents a pound.

SELF WETTING BROOM.

Device to Prevent Dust From Rising While Sweeping.

Before the scientist made his appearance with his all seeing microscope and frightened us with his terrible little germs of all diseases the housewife was content to sweep the carpet with an ordinary broom and to take up the dust in a dustpan without any microbe killers attached to either. But those days of happy ignorance are passed, and the scientific housekeeper cannot wield her broom without first assuring herself that the microbe killer is attached to the dustpan and that the disinfecting apparatus is in place on the broom itself.



BROOM WITH MOISTENER.

This latter device, which has just been patented, takes the form of a small, flat reservoir, clamped or strapped to one side of the broom. In order to distribute the liquid thoroughly through the straws numerous small tubes project from the tank into the broom, from which the disinfectant percolates slowly downward.

Should the housewife not be so particular about the microbe danger she may see fit to use this same invention to hold common water, in which no disinfectant is to be found, for the purpose of moistening the carpet or floor to lay the dust during the sweeping process, or, the inventor mentions, there is still another use to which it can be put, that of distributing kerosene oil to a carpet to brighten the colors and destroy the moths which often lurk in the edges or corners.

To See Over the Phone.
C. P. Brennenman, a railway clerk of St. Paul, has invented what he calls an electroscope, by means of which, he says, people conversing by telephone can see each other. The machine consists of two lenses. Behind these lenses are silicon cells, which contain the semiconducting substance known as silicon.

um. The substance performs the same duty in transmitting the light vibrations as the diaphragm in a telephone does in transmitting sound vibration. These light vibrations are transmitted by means of electricity to the receiver at the other end of the line and there changed by the action of polarized beams of light into the original image.

A Wonderful Light.

A fast flashing beacon light that can be seen in favorable weather for more than forty miles has just been installed by the German government upon the island of Helgoland, in the German ocean. It is the most wonderful in the world. The light used equals 30,000,000 candle power. The light lasts one-fifth of a second and repeats itself in five seconds. It illumines the entire horizon in that period. At forty miles distance the pencil of light flashes over the sea at the rate of 180,000 miles an hour. The German parabolic mirror reflector is used.

SANTA CLAUS LETTERS.

Fate of Childish Scrawls Received From All Over the Country.

No matter what some persons may say about the passing of childhood's dream of Santa Claus, the good old man of the chimney top is just as popular as he was fifty years ago, says the New York Herald.

The white haired clerk at the head of the inquiry department in the New York postoffice says so, and he ought to know. For fifty years he has been receiving the Santa Claus letters, and he declares the old man's correspondence this year far exceeds anything he has ever known. They are the same miscellaneous assortment of big and little envelopes disfigured with childish scrawls. They contain the same simple appeals to be remembered at Christmas time, and they will all be forwarded after New Year's to the dead letter office in Washington to be destroyed.

The first letter for Santa Claus this year came from Alaska. It was written in October and was addressed to "No. 120 Ice street, Prozetown, Central Park, Nuork." This was followed the next day by another from a little girl in New Mexico addressed to "Santa Claws, 2d snow house, Raindears apt, Sparkietown, New York." Then they began coming by the score, addressed to Snow Mountain, Lapland, Cloudville in the Sky, Klondike avenue, Greenland, icy Regions, Arctic Regions, North Pole, Snotown, Ice County, Snow Hill, Central Park and a hundred other places where Santa Claus is supposed to live.

Somehow, no matter what the address may be, these letters seem to be forwarded to New York. First they go to the foreign department, where they are passed upon in a serious business-like way, and then they are turned over to the inquiry department, where they again receive the sober attention of the government clerks.

Occasionally a watchful father or mother intercepts the letter and places the name of the sender on the envelope, and all such letters are carefully returned, so that the parent may learn the particular request made of Santa Claus in time to see that the order is filled. Frequently little postscripts are scratched in corners of the envelopes as an afterthought. They are such messages as this: "Tommy would like a train of cars." One letter from a little girl in Maine informed Santa Claus on the outside of the envelope that "we have all been good since last Christmas."

POET STANTON'S SORROW.

Georgia Writer's Desk Condemned as a Menace by Fire Inspectors.

City fire inspectors in Atlanta have declared the desk of Frank L. Stanton, Georgia's poetic son of "Just From Georgia" fame, a menace to the business section of the city. With sorrowing eyes Stanton recently had his desk overturned and the letters and papers which covered it to a depth of more than a yard carted away.

True to the old newspaper legend, he avoided bad luck in sorting his papers, and they all went together. The unanswered letters of autograph hunters formed a part of the rubbish which the fire officials feared would start a conflagration in the Constitution building.

Stanton will not say how many years these papers have been accumulating. Once one was laid on the desk, its fate was sealed, as it was soon covered by another, which fared no better. All kinds of things, from morocco bound books to rats' nests, were found in the drawers of the desk, and all found common refuge in the junk paper yards.

Stanton will at once begin a new collection, to which autograph and photograph sends the country over likely will be the chief contributors.

Hard on Auntie.

Ethel—Auntie, when will I be old enough to kiss really and truly?
Auntie—When you're as old as I am, Ethel.
Ethel—But Uncle Jack says that's too old.—Detroit Free Press.

Recovered.

"Did your husband recover after his railway accident?"
"No," replied the widow, "but I did—\$30,000."—Houston Post.

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