

PAINS INSTANTLY

... tired, aching or burning
Aches and pains in the heel
or forward part of the foot
as well as the ankle, calf or knee
quickly disappear.
Cramped toes and calf-
cramps are promptly
relieved. Dull aches in
the calf of the leg,
knee or thigh are
quickly overcome.
Shoes cease to feel
uncomfortable. That
tired, broken-down
feeling vanishes.
... our method of foot cor-
rection is different.
J. E. TRYZELAAR
Arch Specialist
Sixth St. Portland, Ore.

FEIFER MAKES BEST RUGS IN PORTLAND

You are wanting a rug, you say? You are wanting a rug made by an expert rug maker? I wonder if you have ever chanced to visit the plant of the East Side Rug company in Portland? It is at 46 East 13 street. Meet Mr. Pfeifer, the best rug maker in Portland. He is that, and we vouch for the truth of that assertion. We don't know how to make a rug. If we tried to make one, we'd probably turn out a stove pipe or a chair, or maybe not even either one of them. At least, what we don't know about rug making, is hardly to be contained in an encyclopedia.
But Mr. Pfeifer—a conscientious, honest workman, who takes pride in his art—because rug making, as we see it, is an art—turns out a beautiful product. For his sake, I would like to sell you one of his rugs. I would, because I know every Mother would just love to have one for every room in her home—and maybe two of them.
Yes, I know every Mother would. I wish you'd drop into Mr. Pfeifer's plant, and just see how carefully he works. Making a fluff rug is by no means easy work. It takes training and experience to make one in the right way.
Well, you know that, too. And when you are wanting a rug, I know you're going to look at those rugs which Mr. Pfeifer makes—at 46 East 13 street. He has an ad in this paper—and we recommend him to you.

ALLEN & ROBERTS

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666

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DENTISTRY

In opening cavities for children it is a common thing to find that decay has gone much deeper than would appear on the surface. Very often the nerve will become infected from a rather invisible cavity in a tooth, and you can imagine the surprise of a patient when the walls of a tooth break away upon ordinary chewing. Too bad for the patient, yet an excellent opportunity for me to explain the simple means of preventing decay and pyorrhea.
It has been my pleasure to show many people how to squeeze tooth-paste between their teeth and massage all of the fleshy parts of their mouths for the prevention of dental diseases. You will understand that the condition of one's teeth can be no better than the condition of the mouth in which they live. So, you see, it is the patient's job to keep the mouth, as well as the teeth, clear of decay, if pyorrhea is to be prevented.
Positively, any one who will get the understanding, and practice the simple principle of perfect mouth cleansing, will have no new cavities and no more new pyorrhea pockets.

HOME POINTERS

Baked potatoes will have tender, well-flavored skins if they are oiled before baking. To hasten baking the potatoes may be dipped in hot water until warmed through.
The quality of dried fruits will be preserved much longer if the fruits are kept in a dark place to prevent the light affecting color, and in a dry, well covered vessel to prevent entrance of molds.
Less sugar will be required and a better flavor will result if sugar is added to fruit sauces after cooking. Cooking fruits in sugar syrup helps to preserve the shape because the cellulose of the fruit is toughened by the sugar.
One cup of molasses in a recipe is the equivalent of 1-3 cup of sugar and one cup of liquid. One egg equals 1/2 teaspoon leavening agent. If one cup of ground nuts is used 1-3 cup less butter is required.

DENTISTRY

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Three tablespoons cocoa equal one square of chocolate.
Cake kept in a well ventilated box will keep free from mold.
Cheese and soda crackers are often served as a last course at dinner. Roquefort, Cantenbert or Neufchatel cheese is especially desirable at this time. It may be cut in small square and served on small plates with butter spreader.

FARM POINTERS

Geese can be raised much more cheaply than ducks because they use green food instead of grain during the growing season, but ducks lay more eggs in a season and are often slightly more popular on the market, says the Oregon experiment station. There is usually a good market for either around Thanksgiving and Christmas.
To insure fertility of goose eggs five or seven ganders are necessary in a flock of 20 geese. A goose will lay from 20 to 30 eggs a season if not allowed to set, says the Oregon experiment station.
Excessive use of stimulants for poultry tends to increase the number of blood clots, commonly due to jemmorage of the ovary. If fowls are receiving customary ration and giving normal production with only an occasional bloody egg, attempts to counteract it are not advisable, according to the Oregon experiment station.
Coddling moths of the second generation are now on the wing and eggs have been deposited. The egg may be expected to hatch by the middle of August, reports the Oregon experiment station, and advises that the next cover spray be applied before that time.
In Oregon stands of clover being saved for seed can often be more economically handled and cleaner seed be produced if the grower will take a heavy hoe and spend some time in the field cutting off large weeds, such as bull thistles and

Lone Oak Barbecue

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China lettuce, says the experiment station.

FLEAS ERADICATED BY USE OF SALT

A cheap and effective method of killing immature fleas that may be found in the basement is to scatter salt lightly over the floor, and then thoroughly wet down the salt, says the entomology department of Oregon State college. The salt solution has proved very efficient in killing the fleas in the immature stages.
A light spraying of creosote oil, derived from coal tar and often used as a wood preservative, is also of value in killing fleas in the adult stages, and has some destructive effect on the immature stages also, it is found. To eradicate fleas it is necessary, of course, to remove all animals that may act as hosts.

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DAD AND I - In the Animal Kingdom

The dog will get a surprise when he attacks that Armadillo, Dick

The Armadillo is a native of South America. He burrows with great rapidity and eats insects and vegetables. He has an armor of hard bony scales or plates.

Well, what do you know about that?
The Armadillo rolls himself into a ball when attacked.

I can't make head or tail out of this thing.

By Stafford