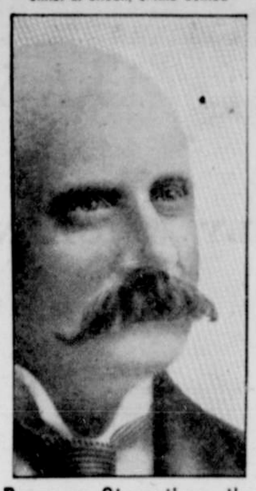
CHAS. L. SAUER, GRAND SCRIBE



Pe-ru-na Strengthens the Entire System

Mr. Chas. L. Sauer, Grand Scribe, Grand Encampment I. O. O. F. of Texas, and Assistant City Auditor, writes from the City Hall, San Antonio, Tex.:

"Nearly two years ago I accepted a position as secretary and treasurer with one of the leading dry goods establishments of Galveston, Tex.

"The sudden change from a high and dry altitude to sea level proved too much for me and I became afflicted with catarrh and cold in the head, and general debility to such an extent as to almost incapaciate me for attending to my duties.

"I was induced to try Peruna, and after taking several bottles in small doses I am pleased to say that I was entirely restored to my normal condition and have ever since recommended the use of Peruna to my friends."

Some Facts About Boston.

Boston is the second largest port in the United States. It is the largest market for boots and shoes in the world. It is the largest market for hides and leather in the world. It is the largest market for wool in the United States. It is historically the most interesting city in the country. It is the great market of the country for domestic dry goods. It is the richest city in the United States in point of wealth per capita. Its annual output of rubber boots and shoes is 32,000,000 pairs, the largest in the United States. It has more people within a radius of fifty miles than any other city in the United States, excepting New York. It manufactures over $11,000,000 worth of clothing per annum.

STATE OF OHIO, CITY OF TOLEDO, } ss.
LUCAS COUNTY.

FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

{SEAL} A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.
Hall's Family Pills are the best.

Nothin' Doin',

The hobo approached the pompous citizen and asked for alms.

"'Go to the ant, thou sluggard,'" quoted the p. c.

"'Tain't no use, mister," answered the hobo. "Me aunt's jist as tightfisted as me uncle an' all de rest uv me relashuns."

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE $2 trial bottle and treatise. Dr. R. H. Kline, Ld., 931 Arch St., Phila., Pa.

Not Reduced to That.

The traveller through a part of New Hampshire where the stones seemed to be especially thick stopped to comment to her driver on a man who was at work in a field the surface of which was little more than a mass of stones of all sizes and shapes.

"Yes, Jake's having a hard time of it," said the driver, who apparently knew every one in that region. "He's been at that field now for two years, off'n' on. The wall all came out of the ground, as you might say, and you see there's still consid'rable material left to work on."

"I should think he'd be perfectly discouraged, poor man, to own such a piece of property," said the traveller.

"Oh, he doesn't own it, ma'am, Jake doesn't," said the driver, hastily. "Jake isn't so poor as all that. It belongs to Squire Farnum, and he's hired Jake to clear it, that's all."

BLOATED WITH DROPSY.

The Heart Was Badly Affected When the Patient Began Using Doan's Kidney Pills.

Mrs Elizabeth Maxwell, of 415 West Fourth St., Olympia, Wash., says: "For over three years I suffered with a dropsical condition without knowing that it was due to kidney trouble. The early stages were principally backache and bearing down pain, but I went along without worrying much until dropsy set in. My feet and ankles swelled up, my hands puffed and became so tense I could hardly close them. I had great difficulty in breathing, and my heart would flutter with the least exertion. I could not walk far without stopping again and again to rest. Since using four boxes of Doan's Kidney Pills the bloating has gone down and the feelings of distress have disappeared."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

"GENERALLY CLEAN"

Products of Chicago Stockyards Declared Wholesome.

ALL NOT NICE IN PACKING PLANTS

Some Products Are Lacking in Nutrition—Canning Departments in Fairly Clean Condition.

Chicago, July 7. — The report of the joint committee of the Chicago Commercial association and Illinois Manufacturers' association, appointed to investigate the packing industries of Chicago, together with the report of the experts who accompanied them, was made public today. The committee says:

"That a board of experts of the character employed, with professional ideals and guided and influenced by an 'esthetic sense,' which embodies something of necessity and something more of 'luxury,' should find the product 'wholesome,' the yards 'generally clean,' and the inspection 'efficient,' seems to your committee to cover the situation.

"As a result of this investigation, we ourselves have no hesitancy in stating that the products at the yards are wholesome and proper food. We find that the companies have been improving the conditions and products from year to year."

A summary of the report is:

Part of the plants are up to date.

In each of these parts are some sections indifferently good and in most of them things that meet disapproval.

The worst conditions are in old buildings added to as business expanded.

Further scientific inquiry recommended on preservatives.

Not all of carcasses affected with tuberculosis and lumpy jaw need be thrown away.

Ante-mortem inspection of less importance than inspection of dressed meat.

Dressed meat of yards is wholesome and a proper article for human food.

Methods for the most part cleanly.

Canning departments are in a fairly clean condition.

Some products are lacking in nutrition

Better inspection of sausage departments is recommended.

Lard companies are wholesome.

Conditions of hygiene and sanitation are very bad.

Not much spitting goes on.

MANEUVERS WITHOUT SIGNALS

Plan To Be Tried With Largest American Fleet Ever Assembled.

Washington, July 7. — Plans for extensive maneuvers of the North Atlantic fleet are being matured by the general navy board, in conjunction with Rear Admiral Evans, commanding the fleet. Admiral Dewey, president of the board, has sent Admiral Evans a copy of the program of the maneuvers of the French fleet in the Mediterranean. These maneuvers are under command of Admiral Fournier, who not long ago visited the United States and was a guest of some of our naval officers. Before autumn, Admiral Evans will have a fleet of 16 battleships, which will be the largest fleet of effective vessels ever assembled at one time by the United States.

A new feature is to be introduced in the maneuvers this summer, and the ships are to practice evolutions without signals in order to meet emergencies in battle, when owing to smoke or when signal apparatus has been shot away, signals cannot longer be given. While it is regarded as somewhat hazardous to maneuver big battleships without signals, it is thought necessary to have the officers familiar with this duty in case they are engaged in actual warfare at some time in the future and a situation should arise necessitating the abandonment of signals.

Fight the Income Tax.

Sacramento, Cal., July 7.—Both the Western Union and the Postal Telegraph companies have been assessed here on their franchises, and both are making a gigantic fight before the local board of equalization on the ground that if Sacramento can force payment of tax on franchises, every city, town and hamlet in the country where they have offices may do likewise, and thus burden the company beyond financial endurance. The assessments here are as follows: Western Union, $90,000; Postal, $35,000.

To Make Brigade Posts.

Washington, July 7.—Secretary Taft has determined to make a trip of inspection westward next October to Fort Riley and Fort Leavenworth, as well as to Fort Sam Houston, at San Antonio. His purpose is to examine these places, with particular reference to the execution of the plans of the general staff for the creation of large brigade posts at these points. He will likely also approve of such posts at American Lake, Wash.; Fort D. A. Russell, Wyo.; Chickamauga, and some post in the Middle states.

Warrant for Mrs. Nation.

Guthrie, July 7.—A Federal warrant was issued today by United States Attorney Scothorn for Carrie Nation, charging her with sending obscene matter through the mails in her temperance publication, the Hatchet. Mrs. Nation is now lecturing in Texas, and Federal officers have been notified to place her under arrest. A recent issue of the Hatchet contained a lecture to young men and boys, in which Mrs. National used very plain language.

From Oldest to Youngest.

London, July 7.— A large number of signatures of members of the British parliament have been attached to a message which will be forwarded to the Russian parliament extending to it the congratulations of the oldest to the youngest parliament, expressing the hope that some of the members of the latter will attend the international arbitration conference to be held here at the end of July.

WILL ISSUE PERMITS.

Agricultural Department Ready to Enforce Heyburn Bill.

Washington, July 9.— The Heyburn 36-hour livestock bill became a law June 29, when it was signed by the president. Since that time the department of Agriculture, which is charged with the administration of the new statute, has made preparation to issue permits to all shippers of livestock who care to avail themselves of its more liberal terms. The permits to make shipments for periods longer than 28 hours can only be made by authority of the secretary of agriculture, and those not obtaining such permits will be required to conform to the old law.

The Heyburn law, of course, applies only to livestock shipped in cars that have no facilities for feeding in transit, and which are so crowded as to deprive the stock of rest while on the rail. Stock that is shipped in the more modern cars, and which is regularly fed and watered on the cars, is not affected by the law.

The bill in its approved form prohibits any railroad from transporting livestock from one state to another for a period longer than 28 consecutive hours without unloading the same into properly equipped pens for rest, feeding and water, and it is stipulated that these stopping periods shall be at least five hours in duration. In case of storms or on account of other unfavorable circumstances, shipments may be prolonged beyond the 28-hour period without authority from the department.

FINEST SHOTS IN THE WORLD.

American Army is Increasing Record for Proficiency.

Washington, July 9. — In a letter to Acting Secretary Oliver, President Roosevelt has expressed his gratification at the remarkable progress that is being made by the enlisted men of the army in marksmanship. Before the Spanish war the American private soldier was admittedly the finest shot in the world. The addition of the large number of volunteers had the effect of greatly reducing the average of the riflemen. But since the reorganization of the army following the war, every effort has been made to stimulate interest in marksmanship, and the result is that today the average is probably as high, if not higher, than it was at the beginning of the war.

The figures laid before the president that elicited his approval showed that in 1903 there were, in the whole army, 58 expert riflemen, 394 sharpshooters and 500 marksmen, as the various grades are known technically. In the following year these figures had increased to 264 expert riflemen, 1,439 sharpshooters and 2,484 marksmen. Now it shown that last year the record stood 596 expert riflemen, 3,371 sharpshooters and 3,346 marksmen. General Oliver attributed the improvement in large part to the fact that congress has allowed an increase of pay of $3 per month in the case of expert riflemen, $2 for sharpshooters and $1 for marksmen.

GRAND DUKES COWER.

Czar Asks for Aid to Escape Wrath of His People.

St. Petersburg, July 9.—According to advices from Moscow, there are now 20,000 workmen on strike in the city, and conditions are hourly becoming more threatening. All the police and soldiers on duty there have been notified to use the strictest measures to prevent crowds gathering in the streets and to compel all persons who cannot show authority to keep off the streets after nightfall.

The situation in the Caucasus is threatening and a detachment of Cossacks, armed with rapid fire guns, has been dispatched there on a special train.

It is asserted in official circles in St. Petersburg that the grand dukes are taking the most gloomy view of the situation. All are said to have sent their valuables to Paris and other European centers and to be ready to flee the country at an hour's notice.

The rumor is again afloat that the czar has asked that one of the powers send a warship to wait at a convenient point to take on the royal family in case of a revolution and convey them to a place of safety.

Secretary Wilson to Visit Stockyards.

Washington, July 9.—Secretary of Agriculture Wilson, accompanied by Solicitor McCabe, Dr. Melvin, chief of the bureau of animal industry, and Dr. Dorset, chairman of the biochemic division, left for Chicago this afternoon to make a personal inspection of the Chicago packing institutions. "Before drafting the regulations for the enforcement of the law, I want to see what is going on for myself," said Secretary Wilson today. "My stay in Chicago may run two weeks. I have not mapped out any itinerary."

Overhaul the Oregon.

Washington, July 9.—The battleship Oregon is to be put out of commission for two or three years while undergoing complete overhauling at the Puget sound navy yards. The Navy department today received complete estimates of proposed repairs, which aggregate $975,000, but before this work is undertaken estimates will have to be reviewed by the general naval board. Of this total amount, $500,000 is required for general repairs, such as laying decks, substituting new plates for those which have been worn or damaged, etc.

Needs Faster Cruisers.

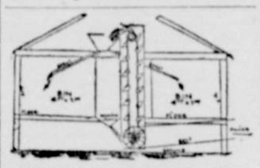
London, July 9.—It is stated that the Admiralty has decided, after the lesson at the recent maneuvers, that there is need of more and faster cruisers to protect British commerce. The cruisers are decided to have too small a coal carrying capacity and therefore useless when it becomes necessary to send them on missions requiring a large steaming radius. The proposed new cruisers will carry only a few heavy guns.

Call for Designs for Big Ship.

Washington, July 9.—Secretary Bonaparte has issued a circular inviting ship designers and shipbuilding firms to submit plans for the 20,000-ton battleship authorized by congress. The naval bureaus have also been instructed to prepare like plans for comparison.

Granary with Elevator.

Here's a plan of granary to hold 3,000 bushels of grain; the walls are of stone, and an elevator is arranged to work by horse power. A granary to hold 5,000 bushels will require to be 22 feet by 38 feet inside. This will give six bins, size 15 feet by 7 feet, and 6 feet high. This will also allow for a passage across the middle of the building 8 feet wide, which will give access to all of the bins and can be used for cleaning grain, as well as storing small implements. The floor should be raised four feet from the ground to make it dry and convenient for loading grain, as well as to provide for the elevator, and belting below the floor. The walls being of stone, should be 13 feet high; this will provide for 4 feet below the floor, one foot for floor, than 8 feet to the plates; this will give one foot clear over the bins. There should be a stone center wall lengthwise under the floor to carry the floor joists, which will be 12 feet long and match on middle wall.



GRANARY WITH POWER ELEVATOR.

To give head room over the top joists the roof should be a third pitch.

Following is the required material:

1,750 feet roofing, one inch.

1,670 feet flooring, inch, to be laid double.

50 joists for floor, 2 inches by 12 inches, 12 feet long, 1,000 feet.

19 joists over head, 2 inches by 2 inches, 24 feet long, 610 feet.

650 feet lumber for bins, one inch.

26 studs, 4 inches by 4 inches, 8 feet long.

13 squares shingles.

150 feet inch lumber for doors.

40 rafters, 2 inches by 6 inches, 16 feet long.

To arrange an elevator for horse power, a hopper that will hold at least 50 bushels should be sunk in the floor close to the door and at one side to empty grain for the wagon. The elevator is an ordinary built elevator with buckets standing upright and in the rear corner of center bin. The box at bottom of elevator must be close on the ground to be connected with the delivery hopper by a spout, with sufficient slope that the grain will run freely. The elevator will discharge well above the upper joists into a hopper in the center of the building, to which a funnel-shaped spout is attached, that can be shifted to deliver into any of the bins. The horse power should be placed at the end of the granary, and driven by a belt or shaft, passing through an opening in the wall left for the purpose. The details can be all worked out by a mechanic, one essential is to have plenty of slope for the delivery hopper to box at foot of elevator, even if it should be sunk into the ground a little.—Montreal Star.

Feet of the Horse.

To get the most from a horse its feet must be kept in proper condition; not only well and properly shod, but cared for by the owner in the matter of cleanliness. The beginning of such care should be the clean stable; that is, the stable clean of manure, than which nothing is worse for the horse to stand in for any considerable time. When the horse comes in from a day of work in the fields, which are soft, or from a hard drive on muddy roads, look after its feet and legs. Each hoof should be looked over carefully and cleaned, and the legs should be groomed as carefully as the sides. Then there are the portions of the coat which are covered by the harness which ought to have good care each time the horse is brought into the barn. First of all, see that the harness fits well, then, after unharnessing wipe off the places touched by the harness, using a moist rag or sponge. If there is any suspicion of a rubbing, look to the cause at once and remove it. There is no time in the work days of the horse when good care and watchfulness will do so much to keep him in good condition as during the period of hard spring work.

For Calloused Shoulders.

A farmer in North Dakota gives his method of treatment and cure of calloused shoulders of work horses in the Dakota Farmer, which he says he has used with uniform success, as follows:

"I cut a slit in the front part of the collar opposite the callous, then cut another slit at right angles across the first one. I then take out enough of the filling to allow for callous. After soaking face of collar in warm water I lay the front part, where cuts have been made, on a plank or something solid, and pound face of collar where it presses on callous, with round-faced hammer, till a sufficient hollow has been made. This plan will work whether collar has been used with or without pad. Then when the horse comes in from work I bathe the callous in water as hot as can be borne and paint with idoine. You will find this plan worth trying, and I will guarantee the collar will not be injured."

Alfalfa Seed.

The constantly increasing acreage of alfalfa and the high price of seed make purity and germinability of the latter of the highest importance. Bulletin No. 133, just issued by the agricultural experiment station, Manhattan, Kan., treats of alfalfa seed and the various impurities and defects to which it is liable. The methods of testing available to farmers and seedsmen and more elaborate ones practiced at the station are described in detail. The bulletin is lavishly illustrated and may be obtained free on application.

Watch for Seed Adulterations.

The work of different experiment stations has shown that a large number of foreign seeds are contained in clover and alfalfa seed, including the dodders, which are so destructive to alfalfa, and a large number of bad weed pests like the narrow plantain, wild mustard and a host of new weeds.

One impure sample of last year's supply contained thirty-two species of foreign seeds, including both species of dodder, the plantains, many common weeds, three species of Western weeds that are new in Ohio and as many European weeds that have been heretofore unknown in this State. At least a dozen new weeds have been introduced into Ohio in alfalfa seed during half as many years.

While this is unacceptable it is still more so to get only black medick (yellow trefoil) plants as many have done, where supposed alfalfa seed was sown. In these times of high-priced seeds there is temptation to adulterate with cheap seeds like the black medick, etc., which have very slight value as forage plants with us; there is like disposition to offer seeds with many weed seeds, at low prices. Both these dangers are real. Intending purchasers of such seeds will do well to be assured of their quality.

Shipping Hay to Dealers.

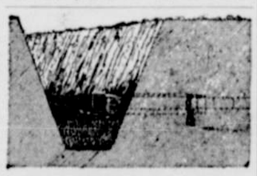
During the last two years a number of rogues in different sections of the country have been offering a considerable advance on the market price of hay and thousands of tons have been shipped to these people for which the producer received little or no return. With hay, as with other articles of farm produce, it is usually best to sell it as near home as possible. In every farming center there are reliable dealers who will pay a fair price for such products and pay spot cash for them. True, they sell them at an advance, but it is almost impossible for the grower to reach these outside sources of demand, hence he can better afford to let the local dealer make a dollar or two than he can to take any chances in shipping himself, and especially to people of whom he knows nothing. The writer yearly sells his surplus hay to a local liveryman and gets the cash on delivery. Opportunities offer to bale it and ship to the city at an advance on the local price, but we have figured that our labor, time and element of risk in the latter proposition is not warranted by the higher price, so we "let well enough alone," and it generally pays to do this.—Indianapolis News.

Best Farm Hands.

Labor on farms is nearly always pressing after spring opens, but it is difficult to secure capable help. There are many excellent opportunities for boys to secure good homes and fair wages if they are willing to serve a year on farms in the endeavor to learn. It may be mentioned that, while many suppose that "anybody can work on a farm," the fact is that even a large number of laborers accustomed to farming are undesirable. The best farm hands are those who require no supervision, thus relieving the employer of the necessity of leaving his personal duties in order to look after the help.

Outlet for Drain.

One of the most common as well as most efficient protections for the outlet of a main drain is a plank box with wire bars placed vertically across the



DRAIN OUTLET.

end about two inches apart. Such a box should be made of 2-inch plank, 12 feet long and large enough to admit of the insertion of the tile into the upper end. A protection of this kind serves a double purpose. It prevents small animals from entering the drain and will not be damaged by frost.

Smoking Meat.

The best fuel for smoking meats is green hickory or maple wood, smothered with sawdust of the same material. Hardwood of any kind is preferable to soft wood. Resinous woods should never be used, as they are likely to impart bad flavors to the products. Corncobs are the best substitutes for hardwood and may be used if desired. Soft woods and corncobs give off large amounts of carbon in burning, and this is deposited on the meat, making it dark in color and of rank flavor. Juniper berries and fragrant woods are sometimes added to the fire to flavor the meat.

Growing Nuts.

Nut growing is profitable, but it requires years to bring a nut tree to a stage of growth where it will pay well; hence only young farmers are induced to devote land in that direction. Walnuts, chestnuts and butternuts will improve with cultivation. In a few years walnut trees will be so scarce that the farmer who has a grove will secure his own price therefor, the timber being exceedingly valuable.

Thunder Storms and Sour Milk.

The primary cause of sour milk is the growth of certain bacteria that are always very numerous in the air and cannot be kept out of the milk. These are most abundant during damp, heavy weather, which usually accompanies thunder storms; as such weather is particularly favorable to their development. Hence, the popular notion that thunder storms make milk sour.

Grubs in cattle are caused by the gadfly depositing its eggs on the backs of cattle, and the young larvae, after issuing from the egg, bores its way through the animal's skin and remains lodged in the cellular tissue until it attains maturity. The grub may be detected by a swelling of the skin of the animal. The swelling should be squeezed, which will cause the larvae to be ejected. If it is not easily removed, a small opening should be made in the skin with a sharp-pointed knife, and the larvae may then be extracted with a curved needle.

An Urgent Call.

In the course of a checkered career, Wesley Hanson, known as a "promoter," had sojourned temporarily in many places, so it is not strange that he sometimes forgot a face.

"Have you any call for a stirring man in the advertising department of your business?" he asked one morning, when he had gained access to the office of the inventor of some tin specialties.

The man at the desk looked at him and then dropped his eyes.

"No," he said, shortly, "but I can tell you exactly where there's a call for just such a man as you are."

"Yes?" said the promoter. "I should be glad to hear of it."

"It's up in Banktown, Vermont," said the inventor. "The call comes from the grocer and the provision dealer and the plumber and the livery-stable keeper and several others. They've been calling for you for ten years, ever since——"

"Ah," said the promoter, "I fear that call is a trifle too loud," and he softly and rapidly withdrew.

You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it, 25c. Don't accept any substitute.

Scriptural Proof.

At a colored camp meeting in Carolina a testifying penitent referred to himself and his unconverted brothers as "niggers" in a spirit of abject humility which he deemed well pleasing to his Maker. The presiding elder who "amened" his speech at proper intervals finally threw out a gentle rebuke.

"Call yo'self a culled pusson, brother," he admonished impressively. "Niggers is a term ob reproach invented by proud white folks. Dey ain't no mention in de Good Book of niggers."

"Oh, yes, dey is, parson," the penitent contradicted solemnly. "Don't you recliect de place whar it tell about nigger Demus?"—Lippincott's Magazine.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Where Ignorance Is Bliss.

Rising Young Statesman—But there is another matter, just as important, that has been overlooked. I am going to introduce a bill for the rigid inspection of bakeries.

Constituent—Prodmore, for your own peace of mind, I advise you not to do it."

Almost Human.

"Why, Antonio," said the horrified matron, who had tossed a 5-cent piece at the monkey, "does he always put a coin in his mouth when he picks it up?"

"Not his mout', signora," corrected the organ grinder. "Her mout'."

Help! Help! I'm Falling

Thus cried the hair. And a kind neighbor came to the rescue with a bottle of Ayer's Hair Vigor. The hair was saved! In gratitude, it grew long and heavy, and with all the deep, rich color of early life. Sold in all parts of the world for sixty years.

"About one year ago I lost nearly all of my hair following an attack of measles. I was advised by a friend to use Ayer's Hair Vigor. I did so, and as a result I now have a beautiful head of hair."—MRS. W. J. BROWN, Menominee Falls, Wis.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of

Ayer's SARSAPARILLA. PILLS. CHERRY PECTORAL.

Manchuria is just twice the size of Japan.

LAND SCRIP Bought and Sold

Approved Forest Reserve and Railroad Scrip for surveyed, unsurveyed, timbered or prairie land; approved United States Military Bounty Land Warrants; Recruited Soldiers' Additional Scrip; all kinds of Land Scrip bought and sold.

H. M. HAMILTON,
The Portland, Portland, Or.

CLASSIFIED ADVERTISING

Portland Trade Directory

Names and Addresses in Portland of Representative Business Firms.

MAGIC LANTERNS—Wolster Co., Portland. Lowest prices on Lanterns and Slides.

HORSES of all kinds for sale at very reasonable prices. Inquire 23 Front St.

CREAM SEPARATORS—We guarantee the U. S. Separator to be the best. Write for free catalog. Hazelwood Co., Fifth and Oak.

MEN'S CLOTHING — Buffum & Pendleton, sole agents Alfred Benjamin & Co.'s correct clothes. Everything in men's furnishings. Morrison and Sixth streets. Opposite postoffice.

POULTRY FOOD—If you want your hens to lay more eggs write us for free particulars about PURINA POULTRY FOODS—Ames Mills Co., Portland, Oregon.

PIANOS & ORGANS — Oldest piano house on Pacific coast. Organs and Pianos on easy payments. Write for list. Let us quote you a price. Allen & Gilbert-Ramaker Co., Portland, Oregon.

WANTED—Men and Women to learn Barber trade in eight weeks; graduates earn from $15 to $25 weekly; expert instructors; catalog free; Moler System of Colleges, 35 N. Fourth st., Portland.

When writing to advertisers please mention this paper.

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought

Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

The Little Doctor in your Vest Pocket

SEE the thin, round-cornered little Enamel Box below! When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets of pleasant taste, almost as pleasant as chocolate.

Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver.

* * *

It will not purge, sicken, nor upset the stomach.

Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters.

These waste Digestive Juices of the system needed tomorrow, in merely flushing out the Bowels today.

* * *

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

These emergency drugs relieve the immediate trouble, but do not relieve its Cause.

The same trouble will therefore recur again till that Cause is removed permanently.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels.

Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles.

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten.

Cascarets do this naturally, without purging or discomfort.

They don't help the Bowels and Liver in such a way as to make them lean upon similar assistance for the future.

This is why, with Cascarets, the dose may be lessened each succeeding time instead of increased, as it must be with all succeeding doses of other Cathartics and Laxatives.

* * *

Cascarets act like exercise.

If carried in your Vest Pocket, (or carried in My Lady's Purse), and eaten just when you suspect you need one, you will never know a sick day from the ordinary ills of life.

* * *

Because, nearly all these ills begin in the Bowels, and partial Constipation paves the way for all other Diseases.

"Vest Pocket" box 10 cents.

Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

* * *

Showing size of "Vest Pocket" Cascaret Box compared to Watch.

FREE TO OUR FRIENDS!

We want to send to our friends a beautiful French-designed GOLD-PLATED BONBON BOX hard-enameled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets with which this dainty trinket is loaded. 715

Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.