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The Rayo Lamp is a high grade lamp, sold at a low price. There are lamps that cost more, but there is no better lamp made at any price. Constructed of solid brass; nickel plated—easily kept clean; an ornament to any room in any house. There is nothing known in the art of lamp-making that can add to the value of the Rayo Lamp as a lighting device. Every dealer everywhere. If not at yours, write for descriptive circular to the nearest agent of the
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BOYS' SHOES, \$2.00, \$2.50 and \$3.00. BEST IN THE WORLD.
The benefits of free heels, which apply principally to sole leather, and the reduced tariff on sole leather, now enables me to give the wearer more value for his money, better and longer wearing \$3, \$3.50 and \$4 shoes than I could give him previous to this tariff revision.
Do you realize that my shoes have been the standard for over 30 years; that I make and sell more \$3.00, \$3.50 and \$4.00 shoes than any other manufacturer in the United States? Quality counts. It has made W. L. Douglas shoes a household word everywhere.
CAUTION! No one genuine without W. L. Douglas name and price stamped on the bottom.
If your dealer cannot supply you with W. L. Douglas shoes, write for Mail Order Catalogue.
W. L. DOUGLAS, 140 Spark St., Brockton, Mass.

Name Spelt in Various Ways.
The orthographic liberties that are taken with the good, old-fashioned name of Catherine—or Catharine—are increasing. Among the earlier ones was the spelling of the name with a "K." Then came others among them Kathleen, Kathaleen, Katrina, Katrina and later Kathrine and Kathryn—not to mention Katharina and several others.

Blood Humors
Commonly cause pimples, boils, hives, eczema or salt rheum, or some other form of eruption; but sometimes they exist in the system, indicated by feelings of weakness, languor, loss of appetite, or general debility, without causing any breaking out.
They are expelled and the whole system is renovated, strengthened and toned by
Hood's Sarsaparilla

Get it today in usual liquid form or chocolate tablets called **Sarsatabs**.
Her Hopeful Disposition.
"Women," remarked Jones, "are naturally more hopeful than men." "Yes," agreed Smith, "there's my wife, for instance, every time she buys fish she asks the shopman if they are fresh. I suppose she hopes that some day he'll say no."—Stray Stories.

TRY MURINE EYE REMEDY for Red, Weak, Watery Eyes and Granulated Eyelids. Murine Doesn't Smart—Soothes Eye Pain. Druggists Sell Murine Eye Remedy, Liquid, 25c, 50c, \$1.00. Murine Eye Salve in Aseptic Tubes, 25c, \$1.00. Eye Books and Eye Advice Free by Mail.
Murine Eye Remedy Co., Chicago.

Pleasant Speech.
Musician (after much pressing)—Well, all right, since you insist; what shall I play? Host—Anything you like; it's only to annoy our neighbors.—Rite.

It Cures While You Walk.
Allen's Foot-Lose is a certain cure for hot, sweating, callus, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Gimsted, Le Roy, N. Y.
Welcome Relief.
From Gloucestershire comes a report of a shower of frogs. This is good news. We were getting so tired of seeing it raining cats and dogs.—London Punch.

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TO LEARN TO DRIVE AND REPAIR AUTOMOBILES.
Thorough, practical and unlimited course. We assist students to secure positions as chauffeurs, repairmen, etc. Write
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215 Merchant Trust Building
PORTLAND, OREGON

ALFALFA GROWING.
Washington Experiment Station at Pullman Gives Valuable Instructions.

For the guidance of persons desiring orchard is 25 per cent," said the speaker, former agronomist of the Washington experiment stations, says:
"In preparing to seed alfalfa, it is usually best to plow in the fall, leaving the furrows rough over winter, in order to secure the benefits of weathering, and to permit the settling of the furrows by the action of the fall and winter rains. This also encourages the early germination of weed seeds, so that the soil may be partially cleaned of foul stuff in the spring preparation of the soil for seeding.
"As soon as the soil is fit to work in the spring, the surface should be given a light working in order to form a mulch to conserve the moisture and to smooth the surface of the furrows to encourage the germination of weed seeds that lie near the surface. The amount of cultivation must be determined by the condition of the soil, but should be sufficient to work up a good mulch of loose earth. Deep cultivation is not desirable. Up to the first day of May the land should be given sufficient cultivation to preserve the mulch, and to prevent weeds from securing too much of a start. About the first of May the final preparation for seeding should be given.
"If the surface has been well worked prior to the first of May little more than a single harrowing may be needed, but the aim should be to secure a well pulverized seed bed of two or three inches depth with the bottom of the furrow left firm. In case of spring plowing, the firming of the furrow may be brought about by the use of a roller, planker or other compacting tool.
"Soils west of the Cascade mountains seem to require inoculation for successful alfalfa production. This is best accomplished by harrowing in at the final preparation for seeding, a light sprinkling of soil taken from some old alfalfa field where the crop has grown successfully. Soils secured from persons in this region who have succeeded with alfalfa would be admirable for this purpose.
"In securing seed, be very careful to purchase seed possessing high vitality and free from the seeds of noxious weeds. It is more important to be sure of these two points than to seed alfalfa of a certain strain. Persons who are not able to determine the purity of samples furnished them should send samples to the botanist of their state experiment station, who will examine free of charge, and report the results.
"If good seed is secured, ten pounds per acre seeded broadcast on very thoroughly prepared soil and well harrowed in will be ample. The Washington experiment station has secured better success by seeding with a grain drill, slipping the spouts of the drill off the grain box and attaching them to the grass seed box, so that the seed will be conducted into the shoes of the drill, as in the case of wheat and oats. Setting the shoes of the drill to run shallow will result in the seed being placed in moist dirt where the greatest number will germinate, and it will not be put in too deep. If the soil has been prepared as previously indicated.
"During the first season the alfalfa should not be pastured before it has made a growth of at least a foot, as the plant needs an opportunity to develop its root system. If weeds are apt to seed run a mower over the piece with the cutter bar tilted to cut high. There is no advantage in clipping back the alfalfa if weeds do not become troublesome. After the alfalfa has thoroughly established itself, it may be mowed or pastured off. Each spring as soon as the ground is fit to work, it is best to give the soil a thorough working with a spring tooth harrow and disc, or some other effective tool."

In an address recently given to the student body of the State Agricultural College at Pullman, President Howard Elliott of the Northern Pacific Railway, said that one of the greatest needs of the present day is an appreciation of the values of country life. In part he said:
"The railroads are interested in the general subject of education, and particularly are they interested in better education, better methods of living, and bettering country living in general as compared with life in the cities.
"In the last 100 years there has been a marked drifting away from the country to the city. In 1800 only 3.1 per cent of the people of the United States lived in cities, and the census just taken will probably show over 35 per cent living in towns and cities.
"A great work is being done by the agricultural colleges of the country in showing how to make country life more desirable, how to make better use of the land. Especially is this a great work when it in an educational way reaches young men and women of the farming communities. We must have more people who like to live in the country. We must have country life made more pleasant. There is no better life for the young man or young woman than a home in the country. They can do better for themselves there. Scientific farming is just as important, and in time will produce just as good results as scientific work in any other pursuit.
"The people who live in the Pacific Northwest, I believe, are very fortunate. It is a land which is just beginning to develop. It is a land which will require a great deal of hard and intelligent work for its future development. If any young man feels that his opportunity is not as good now as it would have been twenty-five years ago, he is mistaken. Opportunities never were greater west of the Rocky Mountains than today for an intelligent, thorough, patient young man or woman."

Dr. Pierce's Favorite Prescription
For the relief of Chronic Weakness
ON PAGE 18

Honored by Women
When a woman speaks of her silent secret suffering she trusts you. Millions have bestowed this mark of confidence on Dr. R. V. Pierce, of Buffalo, N. Y. Everywhere there are women who bear witness to the wonder-working, curing-power of Dr. Pierce's Favorite Prescription—which saves the suffering sex from pain, and successfully grapples with woman's weaknesses and stubborn ills.
IT MAKES WEAK WOMEN STRONG IT MAKES SICK WOMEN WELL.
No woman's appeal was ever misdirected or her confidence misplaced when she wrote for advice, to the World's Dispensary Medical Association, Dr. R. V. Pierce, President, Buffalo, N. Y.
Dr. Pierce's Pleasant Pellets induce mild natural bowel movement once a day.

LIFE INSURANCE COMPANIES
They Are Closely Observing Public Health Conditions
An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that the reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of applicants do not even suspect that they have the disease.
He states that judging from his own experience and reports from druggists who are constantly in direct touch with the public, there is one preparation that has probably been more successful in relieving and curing these diseases than any remedy known. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of cures.
We find that Swamp-Root is strictly an herbal compound and we would advise our readers who feel in need of such a remedy to give it a trial. It is on sale at all drug stores in bottles of two sizes—fifty-cents and one-dollar.
However, if you wish first to test the preparation, the manufacturers will gladly forward you a sample bottle by mail, absolutely free. Address Dr. Kilmer & Co., Binghamton, N. Y., and mention this paper.
Cherubin's Advice.
A young man with an extremely powerful voice was in doubt what branch of musical art to adopt. He went to the composer Cherubin for advice. "Suppose you sing me a few bars," said the master. The young fellow sang so loud that the walls fairly shook. "Now," said he, "what do you think I am best fitted for?" "Auctioneer," dryly said Cherubin.—Old Farmers' Almanac, 1882.
Dread of Outdoor Air.
Why is there such a dread of outdoor air in the sleeping room? Science has made great advances in hygiene. In many hospitals children suffering from diseases of the respiratory system are taken up to cots on roofs and there attended by nurses in ulsters. Open air and tent life are part of the recognized treatment of tuberculosis nowadays.
Constipation causes and aggravates many serious diseases. It is thoroughly cured by Dr. Pierce's Pleasant Pellets. The favorite family laxative.

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TEETH WITHOUT PLATES
Discovered in Egypt.
One of the most exquisitely finished discoveries in Egypt is a case of neatly fitting alabaster embalming instruments, taken from a tomb 5,000 years old. One of them is an instrument used for opening the mouth after death, it being supposed that if the mouth was not opened the poor departed would be unable to eat in the next world.

Wise Law of Moses.
Corn-mills are often mentioned in the Bible. The original corn-mill much resembled the modern druggist's pestle. Moses forbade corn-mills to be taken in pawn, for that, he thought, was like taking a man's life in pledge.
Caroline Newman.
Lord Coleridge himself declared that the intellectual force which had most impressed him—and he must have known, I suppose, nearly all of the great men of his time—was that of John Henry Newman.—From Justin McCarthy's *Portrait Gallery*.

Something.
"Can you keep anything on your stomach?" the ship's doctor asked. "No, sir," he returned, feebly, "nothing but my hand."—Ladies' Home Journal.

PILES
"I have suffered with piles for thirty-six years. One year ago last April I began taking Cascarets for constipation. In the course of a week I noticed the piles began to disappear and at the end of six weeks they did not trouble me at all. Cascarets have done wonders for me. I am entirely cured and feel like a new man." George Kryder, Napoleon, O.
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Does not change the color of the hair.
Formula with each bottle. Show it to your doctor. Ask him about it, then do as he says.
Ayer's
We certainly believe this, or we would not say so. Ayer's Hair Vigor, as now made from our new improved formula, is a great preparation for the hair and scalp. Stops falling hair. Cures dandruff. Promotes the growth of hair.
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