

## Loss of Appetite

Which is so common in the spring or upon the return of warm weather, is loss of vitality, vigor or tone, and is often a forerunner of prostrating disease.

It is serious and especially so to people that must keep up and doing or get behindhand.

The best medicine to take for it is the great constitutional remedy

## Hood's Sarsaparilla

Which purifies and enriches the blood and builds up the whole system.

Get it today in its usual liquid form or chocolate tablets known as Sarsatabs.

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## SICK? If you send today for

"How to get well and keep well." DR. H. W. FREEZE, Neurologist, 308 Marston Trust Bldg., Portland, Or.

## Bismarck Was Superstitious.

The great Prince Bismarck was not without superstition and this always was noticeable on the eve of the new year. From nine o'clock that night until after midnight he would not take water in any circumstances from a glass. It was an ancient tradition in the chancellor's family that anyone who set the legend at defiance would pass through a serious illness.

## Not Half as Hard.

It is not half as hard to do what one wants to do most of all, as it is to do that which some one else wants one to do above all else.

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## GOLDEN WEST COFFEE TEA SPICES BAKING POWDER

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Guarantees to cure Catarrh, Asthma, Lung, Stomach and Kidney troubles, and all Private Diseases of Men and Women.

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If you cannot eat, write for symptom blank and circular. Inclose 4 cents in stamps.

CONSULTATION FREE

The C. Gee Wo Medicine Co.  
162 1/2 First St., cor. Morrison, Portland, Or.

## Seed Tomatoes.

Growers having a choice variety of tomatoes should select the best and earliest ripe fruit for seed. A dozen vines of this same kind planted in the same soil and given the same fertilizing and culture will show marked differences in order of ripening and in the yield. Let the fruit get fully ripe; the pulp of the tomatoes should be soft, the seed can then be easily squeezed out into a pan of water. Let the seed remain in the water over night; the next day drain off, then wash in several waters to remove the muckage, strain through muslin, squeeze the water out of the seed, then spread the seed on papers to dry in the sun. The seed should be dry and hard before wrapping up. Mark each variety distinctly, and the date of ripening. Keep in tin box away from mice.

## RHEUMATISM

There is a cure

Munyon's Rheumatism Remedy relieves pain in the legs, arms, back, stiff or swollen joints. Contains no morphine, opium, cocaine or drugs to deaden the pain. It neutralizes the acid and drives out all rheumatic poisons from the system. Write Prof. Munyon, 53d and Jefferson Sts., Philadelphia, Pa., for medical advice, absolutely free.

## ART CREATION

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## Taking the Rain Cure.

The complexion cure of the Irish society belle is the rain cure, according to the Pall Mall Gazette. The Irish woman puts on her raincoat, and a small hat, without veil and saunters out for a brisk walk in the hardest downpour, letting the fresh drops play on her face as they will. When she returns to her home she changes her wet clothes, rubs her face with a soft, warm towel and rests all her facial muscles.

## TRY MURINE EYE REMEDY

For Red, Weak, Watery, 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.

## Love in England.

"In England," says the London Daily Mail, "love dwells and remains in the inmost secret recesses of the soul; it does not circulate about in the air. That is why the air in England is somewhat cold. And that is why closed up hearts there burn so intensely. For the English love is not the delightful occupation of youth, it is the very warp through which the whole life is woven."

## Dr. Pierce's Pleasant Pellets cure constipation.

Constipation is the cause of many diseases. Cure the cause and you cure the disease. Easy to take.

## Wrong Kind of Bones.

The proprietor of a little restaurant in Forty-fifth street, New York city, ran short of soup bones and telephoned to the butcher's "I want some bones," he said. "Send me around quick a lot of the best you have. I want them for making soup." "Who do you think this is?" came over the wire. "Why, ain't you Bunks, the butcher?" asked the restaurateur. "No, this is Bunks, the undertaker, in Sixth avenue," was the response.

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

## "Atheists" converted.

A number of Serbian conscripts, on entering Belgrade barracks to serve their time, announced themselves as atheists so as to avoid attendance in church. The commander got them to clean out the yard and stables every Sunday morning while their comrades went to mass. The atheists have now asked to be instructed with a view to conversion to the national creed.

## Blood poisoning is a ten caused by slight cuts or wounds. Death may result. Hamlin's Wizard Oil will draw out the poison, heal the wound and prevent serious trouble.

## Telephone in Church.

Morial church of Utica has installed a telephone system for the benefit of members of the church who may be afflicted with deafness. Six telephones have been placed in various parts of the auditorium, the transmitter being located on the pulpit directly in front of the speaker.—Telephone Record.

## The Three Great Chances.

Every human being—man, woman and child, hero and convict, neurasthenic and deep-sea fisherman, athlete and invalid—needs the blessing of God through three, and only three, great channels: Responsibility, recreation and affection. If you want to put courage and aspiration into the gelatinous character of a street-walker, or the flickering mentality of a hysteric, you labor to furnish just the same trio—work, recreation and affection. In every case the healing power which you want to give is real life, and real life means just these three things. The same needs are fixed for all of us—and the same all-sufficing bounty in the supply. If we can get and keep in touch with it.—Richard Cabot, in the Atlantic.

## A Thrilling Event.

H. E. Dunn used to be traveling passenger agent for a western railroad, but gave that up and went to a small town to live. Dunn frequently felt the need of excitement. Once, when he was really depressed with the monotony of his life, he saw a wildly excited crowd gathered on a vacant lot. Prominent citizens were there hopping up and down, gesticulating and shouting; and Dunn felt that the unexpected had happened and something was doing. He rushed to the lot and gasped out: "What's the matter?" "Matter!" shouted a rampant citizen. "Matter? Why, we are going to have a swarm of bees."—Philadelphia Saturday Evening Post.

## Question of Disposition.

Dissatisfied Patron—Gentle disposition! Why, he wants to bite the head off every dog he meets. I've been swindled!" Dog Merchant—"You didn't ought to keep dogs at all, mister. The animals you ought to keep wiv your temperament is silkworms."—Punch.

## DR. PIERCE'S FAVORITE PRESCRIPTION

THE ONE REMEDY for woman's peculiar ailments good enough that its makers are not afraid to print on its outside wrapper its every ingredient. No Secrets—No Deception.

THE ONE REMEDY for women which contains no alcohol and no habit-forming drugs. Made from native medicinal forest roots of well established curative value.

## KIDNEY TROUBLE

Is a deceptive disease—thousands have it and don't know it. If you want good results you can make no mistake by using Dr. Kilmer's Swamp-Root, the great kidney remedy. At druggists in 50¢ cent and dollar sizes. Sample bottle by mail free, also pamphlet telling you how to find out if you have kidney trouble. Address Dr. Kilmer & Co., Binghamton, N. Y.

## FEW RULES FOR DIETING

Too Much Trifling With Digestion These Days and Much Harm Results.

Here are a few rules that the girl who is determined to diet does well to observe. There is too much trifling with our digestion these days, and not the least harm is done by the notion for undereating.

Never diet on the advice of a friend. Her regimen may have done wonders for her and will put you to bed or make you a sorry-looking wreck.

Don't diet to excess at any time. Girls, make sure she knows dietetics. Many physicians, good in other things, have little knowledge of the effect of food upon the system.

If you want to diet from a cause, as from diabetes or kidney trouble, do it religiously; almost better not begin than to do it spasmodically, letting up whenever food tempts you.

If you only diet for the sake of figure or complexion, count the cost before starting. Cutting out the foods of ordinary family meals is hard. Ask yourself, "Which means most to me, the loss of a few pounds or being a nuisance at mealtime?"

Don't keep on dieting if you feel that it disagrees with you. This holds good even when your food list is carefully censored by a physician. The best of them will make mistakes. Find out in time what is wrong.

Don't diet to excess at any time. Women often go to the point of weakening their entire system by injudiciously following a doctor's advice.

Common sense and moderation are good things to hold to in the matter of food.

## Treasured Trees.

Two trees to be seen in the main street of Thorshavn, the capital of the Faroe Islands, have an interesting history. Trees resolutely refuse to grow in these islands, except in some few sheltered spots, and the inhabitants therefore prize them greatly. When the road was made it was decided to leave the trees in the middle of the carriage way rather than be guilty of the crime of felling them.—Wide World Magazine.

## The Limit.

"He absolutely lacks the business instinct." "Does he?" "Why, he'd have no more idea of business than to open a garage in Venice."—Chicago Record-Herald.

## You can't sow thistles and reap figs. If you plant Perry's Seeds you grow exactly what you expect and in a proportion and perfection never excelled.

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## Bad Breath

"For months I had great trouble with my stomach and used all kinds of medicines. My tongue has been actually as green as grass, my breath having a bad odor. Two weeks ago a friend recommended Cascazets and after using them I can willingly and cheerfully say that they have entirely cured me. I therefore let you know that I shall recommend them to any one suffering from such troubles."—Chas. H. Halpern, 114 E. 7th St., New York, N. Y.

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