

Spring-Cleaning

The Human System Needs It.

Mrs. M. Morgan, 411 4th Ave., E. Brainerd, Minn., writes: "I take from one to two bottles of Hood's Sarsaparilla in the spring to purify the blood just as regularly as I do my house-cleaning, and go around light-footed and light-hearted. I believe it is the best blood purifier known."
Hood's Sarsaparilla so combines the curative principles of roots, barks and herbs as to raise them to their highest efficiency; hence its unequalled cure. Get it today in usual liquid form or tablets called Sarsatabs.

Rare, Please.

After the sermon on Sunday morning the rector welcomed and shook hands with a young German. "And are you a regular communicant?" said the rector. "Yes," said the German; "I take the 7:45 every morning."—Lippincott's.

WELCOME WORDS TO WOMEN

Women who suffer with disorders peculiar to their sex should write to Dr. Pierce and receive free the advice of a physician of over 40 years' experience—a skilled and successful specialist in the diseases of women. Every letter of this sort has the most careful consideration and is regarded as sacredly confidential. Many sensitively modest women write fully to Dr. Pierce what they would shrink from telling to their local physician. The local physician is pretty sure to say that he cannot do anything without "an examination." Dr. Pierce holds that these distasteful examinations are generally needless, and that no woman, except in rare cases, should submit to them.

Dr. Pierce's treatment will cure you right in the privacy of your own home. His "Favorite Prescription" has cured hundreds of thousands, some of them the worst of cases.

It is the only medicine of its kind that is the product of a regularly graduated physician. The only one good enough that its makers dare to print its every ingredient on its outside wrapper. There's no secrecy. It will bear examination. No alcohol and no habit-forming drugs are found in it. Some unscrupulous medicine dealers may offer you a substitute. Don't take it. Don't trifles with your health. Write to World's Dispensary Medical Association, Dr. R. V. Pierce, President, Buffalo, N. Y.,—take the advice received and be well.

Good Word for the Departed. Here is the kind of an obituary a Georgia editor put up for a man: "Poor Jim Jones slung his earthly garments on a limb and swam the river yesterday. He did not stand back because the water was cold, but plunged right in and struck out for the other shore and met the angels smiling. Jim was a poor man, but had his subscription to his home paper paid up and got there in good shape. Peace to his memory."

Perrin's TRY THE BEST **Eye** FOR THE **Salve** FOR THE EYES

The London Feather Market. The London market for the importation of plumage for ladies' hats is the largest in the world and it is estimated that 5,000 persons are employed in the manufacturing and other work incidental to this trade. The value of the imports is said to be \$3,500,000 to \$4,000,000 a year.—Forest and Stream.



MAKES TRAY SERVICE EASY

Little Things That Help Where Many Meals Are Served in a Room.

Where many meals are served in a room it is well to hunt up some of the novelties that make such service easy.

Very new is a tray of white porcelain with silver or nickel trimmings. This is fitted with grooves of the metal in which are set two cups and saucers, a tea pot, cream jug, butter plate, toast rack, marmalade jar and small breakfast plate.

Smaller but equally convenient is a combination salt and pepper shaker set in a little stand, which holds a glass butter plate and knife. The stand has a curved handle, which makes it easy to lift from the main tray when not in use.

Another convenience is the teaspoon with perforations that make it possible to send up a jug of boiling water and have tea just the right strength.

HANDY TO BAKE POTATOES

Convenient Stand Has Been Placed on Market That Will Meet Popular Favor.

A support or stand for potatoes while baking has been placed on the market. It consists of a tin 15 inches long by 2 1/2 inches wide, with sides turned so as to raise the body up from the oven, thus permitting a free circulation of heat. Spurs, formed



Handy Potato Baker.

by cutting out sections on the top of the tin, make supports for the potatoes. In this position they are exposed to an even heat on all sides.—Popular Mechanics.

VIRGINIA CHICKEN SALAD

Correct Recipe for Dish That Is Popular at Christmas and on Special Occasions.

Here is the correct recipe for the Genuine Virginia chicken salad. It is served at Christmas and on other special occasions: For making the dressing for this salad the chicken oil, skimmed from the water in which the chickens are boiled, is used in place of the olive oil. The chickens, which must be plump, are simmered tender in lightly salted water. When cold the skin and bones are removed and the meat cut, not chopped, into small bits. Mix with double the quantity of celery cut from tender, well-bleached stalks that have been crisped in ice water, then dried in a clean towel, minced and added to the mixture, which is then dressed with a good salad dressing, preferably mayonnaise, and set on the ice to chill and ripen.

Bancroft Pudding.

Cream 4 tablespoons butter and 1 cup sugar and add 1 well-beaten egg. Sift 1 1/2 cups flour with 1/2 teaspoon salt and 1 teaspoon baking powder. Add 1/2 cup of flour to the first mixture, and beat thoroughly, then add the rest of the flour and 1/2 cup of milk, alternately. Finally beat 1/4 square chocolate into the batter and bake 30 minutes in a moderate oven. Sauce—Beat 2 eggs until very light, then add 1 cup of confectioner's sugar and 1 cup of thick cream. Beat until the whole is the consistency of whipped cream.

A Quick Loaf Cake.

Sift together one cup sugar, one heaping cup flour and one teaspoon baking powder. Break two eggs in same cup and pour four tablespoons of melted butter over eggs. Fill the cup with sweet milk; flavor to suit taste. Bake in a moderate oven.

Laundry Help.

To iron "cold starched" pieces with out any trouble whatever: Take the required amount of starch, dissolve in cold water, adding enough boiling water to make starch warm (not cooked). Dip parts to be starched into it, rubbing or spitting the starch well in. Fold and let remain overnight. Thus treated the pieces will iron as easily and as well as the clothes ordinarily starched, without sticking and without starch streaking and rolling up on the goods.

Fruit Cake.

One cup of butter, 1 of brown sugar, 1/2 pint of molasses, 2 eggs, cup of sour milk, teaspoon of soda, a pound of flour, pound of currants, 1 1/2 pounds of raisins after seeds are removed, flavor to taste. This recipe has been thoroughly tested.

Red Spots.

To the annoying red spots that now and then appear on the skin touch a drop of cologne or lavender water five or six times a day. As a rule the blemishes soon disappear.

Earn This Suit in One Hour!



PARAGON TAILORING COMPANY, Dept. 34, Chicago, Ill.

AGENTS and SOLICITORS I have the greatest seller out, newly patented article, carried in pocket. Send 10c in stamps for sample to Pocket Door Lock Co., 210 Mohawk Bldg., Portland, Oregon.

MOHAIR WOOL and HIDES. Write Today for Prices THE H. F. NORTON CO. 313 and 315 Front St. PORTLAND, ORE.

KODAKS and KODAK SUPPLIES. Write for catalogue and literature. Developing and printing. Mail orders given prompt attention. Portland Photo Supply Co. 18 Third Street PORTLAND, ORE.

MOHAIR (Send for prices and shipping tags.) THELO BERNHEIM CO. 247 Ash St. Portland, Ore.

Knew His Business. "What you want to do is to have that mudhole in the road fixed," said the visitor. "That goes to show," replied Farmer Cornsossel, "how little you reformers understand local conditions. I've partly nigh paid off a mortgage with the money I made hauling automobiles out of that mud-hole."—C.P.

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

The Moabite Stone. The "Real Moabite Stone" is a black basaltic block, unearthed at Dibon in 1868, by Rev. F. A. Klein, 3.8 feet by 1.2 feet in dimensions, which contains 24 lines in the Phoenician language. These chronicle the result of Mesha King of Moab, from Ahab King of Israel. At least two replicas of this valuable stone have been made, but the original is still in the Louvre in Paris.

2 Cures While You Walk. Allen's Foot-Ease is a certain cure for hot, swollen, callous, and swollen, aching feet. Sold by all Druggists. Price 25c. Don't accept any substitute. Trial Package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Not to Be Thought Of. "My dear," he feebly said, after they had permitted her to go to him after the operation, "I shall not recover. They think I will, but they are mistaken. I feel it I am going to die." "No, no, John!" she cried. "Don't say that! You mustn't die! I haven't a thing that is fit to wear to f..."

Pain and Swelling seldom indicate internal trouble. They are usually the result of local cold or inflammation which can be quickly removed by Hamlin's Wizard Oil.

Gracious to his wife. Neither rich furniture, nor abundance of gold, nor a descent from an illustrious family, nor greatness of authority, nor eloquence and all the charms of speaking, can produce so great a serenity of life as a mind free from guilt, kept untainted, not only from actions, but purposes, that are wicked.

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.

TO MAKE DEVONSHIRE CREAM

Let Milk Stand Until a Good Head of Cream Rises, Cook to Boiling Point.

A reader who was interested in a recipe for making Devonshire cream has kindly written as follows, regarding method of procedure: "I used to work in a dairy at home where Devonshire cream was one of our specialties. The way we made ours was to let the milk stand till a good head of cream rose on it. Then we lifted the tin containing it onto a copper boiler of water, hot, but not boiling and let it simmer until done. In this way, the cream is made sweeter, though good results can be obtained either way. One advantage in water scalding is that you cannot burn the cream as you might with stove scalding. Care must be taken not to have the milk tin too full or it will sink. The water must be of sufficient quantity to float the milk tin. Our copper was generally built in a house, but in my opinion where a stove is used a large deep pan filled with water would answer the same purpose."

A. Wester FARMS, ACREAGE

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BELMONT AUTO SCHOOL. You get the most thorough instruction in driving and you get well the car in graduated, one-half week, full price and license. Fully equipped machine shop and school room. Tuition on 135 cash, \$42 per month \$10 per week. BELMONT AUTO SCHOOL & REALTY COMPANY. East 23d and Harrison, Portland, Or.

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BOYNTON FURNACES. Most economical and effective for houses and school heating. J. C. BAYER FURNACE CO. Front and Market Sts. Portland, Or. SEND FOR CATALOGUE.

KILL YOUR MOLES, GOPHERS AND OTHER RODENTS. Whitney's Rodent Torch will do the work. Fully tested at Lewis and Clark Fair and O. A. C. Address M. T. WHITNEY, Chitwood, Or.

GOLDEN WEST COFFEE, TEA, SPICES, BAKING POWDER, EXTRACTS, JUST RIGHT. CLOSSET & DEYERS, PORTLAND, ORE.

FERRY'S SEEDS. The confidence felt by farmers and gardeners in Ferry's Seeds to-day would have been impossible to feel in any seeds two score of years ago. We have made a science of seed growing. FERRY'S SEEDS always do exactly what you expect of them. For sale everywhere. FERRY'S 1211 SEED ANNUAL Free on request. D. M. FERRY & CO., Detroit, Mich.

Money and Man. When a man can make money just a little bit faster than he can manage to let go of it, and can hold onto the surplus so that another can never separate him from it even with a steel crowbar, then he is it—any old way you try to solve the problem of money and man.

Insomnia

"I have been using Cascares for Insomnia, with which I have been afflicted for twenty years, and I can say that Cascares have given me more relief than any other remedy I have ever tried. I shall certainly recommend them to my friends as being all that they are represented." Thea. Gillard, Elgin, Ill. Pleasant, Palatable, Potent, Taste Good, Do Good! Never Sicken, Weaken or Grip. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C. C. U. Guaranteed to cure or your money back.

First Cat—"How sweetly you sing! I never heard anything so entrancing! What was that last song?" Second Cat (sentimentally)—"If I had nine thousand lives to live, I'd live them all for you."—Woman's Home Companion.

Not a drop of Alcohol

Doctors prescribe very little, if any, alcohol these days. They prefer strong tonics and alteratives. This is all in keeping with modern medical science. It explains why Ayer's Sarsaparilla is now made entirely free from alcohol. Ask your doctor. Follow his advice.

Ayer's. We publish our formulas. We banish alcohol from our medicines. We urge you to consult your doctor. Unless there is daily action of the bowels, poisonous products are absorbed, causing headache, biliousness, nausea, dyspepsia. We wish you would ask your doctor about correcting your constipation by taking laxative doses of Ayer's Pills. Made by the J. C. Ayer Co., Lowell, Mass.

A Corking Good Smoke! MONUMENTAL FULL 54 WORTH CIGAR. Write for Prices and Sample Sig Sichel & Co. PORTLAND, ORE. Wholesale Agents.

PLUMBING SUPPLIES. We Sell to All Help Us Fight the Trust. Bath Tubs \$ 8.00 Toilets 11.00. All guaranteed absolutely first-class. J. SIMON & BRO. 581-85 Front St. Port and Ore.

THE EMPIRE LINE. Have you seen the Easy Running Empire Cream Separator or the Lawson Frost King Gasoline Engine? If not, you should, for they are both leaders in their line, and the prices are right. We will be glad to send you catalogues. EMPIRE CREAM SEPARATOR CO., Ltd. 326 Flinders St. Portland, Or.

Keeley ALCOHOL OPIUM—TOBACCO Cure. Write for illustrated circular. KEELY BROTHERS, 712, 1117 & 1119.

NOW IS THE BEST TIME of the year to have your teeth out and plate and bridge work done and here is the place to get the best painless work possible. Compare our prices. We watch plate and bridge work for out-of-town patients in our day if desired. Remove extractions from when plates or bridge work is ordered. Consultation free. Water Crown \$5.00 22x Bridge Teeth 4.00 Gold 7.00 Enamel Fillings 1.00 Silver Fillings .50 Gold Rubber Plates 5.00 Best Red Rubber Plates 7.50 Painless Extractions .50 BEST METHOD. All work fully guaranteed for fifteen years. Wise Dental Co., Inc. Painless Dentists. Falling Building, Third and Washington, PORTLAND, ORE. Office Hours: 9 A. M. to 9 P. M. Sundays, 9 to 2 P. M. P. N. U. No. 17-11. WHEN writing to advertisers please mention this paper.

Kidney Trouble Overcome by the Great Treatment. I have been a sufferer for years with kidney and bladder trouble and took all most everything a drug store contained without obtaining any benefit. I suffered so that I became utterly discouraged, as I could not sleep, was always dizzy and had a headache all the time. I saw one of your advertisements and as a last resort, decided to try your Swamp-Root. I am now taking the third bottle and feel like a new woman, sleep well and have no pains whatever. I strongly advise all sufferers to take the only real cure for kidney and bladder trouble. Dr. Kilmer's Swamp-Root was a God-send to me. You may publish this letter if you wish so that it may be the means of bringing some poor sufferers back to health. MRS. MARY O'DONNELL, Lander, Wyo. Subscribed and sworn to before me this July 14th, 1909. CHARLEY ALLEN, Notary Public in and for Fremont Co., Wyo. Letter to Dr. Kilmer & Co. 512 Broadway, N. Y.

Doing His Share. "I suppose," said the helmsman's father, "you have assured my daughter that you will grant her every wish." "No," replied Baron Pucash, "I will not misrepresent my financial resources. But I will do my best to be of service." "In what way?" "I will help her to wish."

DR. COOPER'S COMPOUND DANDELION PILLS are the safest and most reliable cathartic and system cleanser. The best remedy for Torpid Liver, Biliousness and Sick Headache. At Druggists' or by Mail, 25 Cents. HOYT CHEMICAL CO. PORTLAND, OREGON.

I will give \$500.00 for a case of Stomach Trouble. Neurology will not cure. Sick or well you need my new booklet "Neurology, the Way to Health." Mailed free. DR. H. W. FREEZE, Neurologist. 326 Merchants Trust Bldg., Portland, Ore.

FOR YEARS. Housewives have used a cloth to protect their hair while sweeping, but nothing to protect their faces, causing irritation and inflammation. Best is both dangerous and annoying. You would refuse water that was not clean, but continue to breathe polluted atmosphere and never complain. NO-DUST SWEEPING COMPOUND is chemically prepared, absorbs the dust and disease germs, saves doctors' bills. Make your premises "dust clear" by using Sweeping Compound; burn the sweepings.

NO-DUST No. 1, for household use, in 5 and 10-lb. cans, 50c and 90c.; grocers, 15-lb. metal drums, \$2.50. NO-DUST No. 2, for business places, 75-lb. drums, \$2.25; 150-lb. barrels, \$4.50; 200-lb. barrels, \$5.00; 1 c. b. Portland. Order by mail or through your grocer or druggist. Send for circulars. CRESCENT CHEMICAL CO. 526 Washington St., Portland, Ore.