

ASSIST YOUR STOMACH

In its work of digestion and assimilation by beginning your meals with a dose of

HOSTETTER'S STOMACH BITTERS

It will prevent

- SOUR STOMACH
 - INDIGESTION
 - SICK HEADACHE
 - HEARTBURN
 - DYSPEPSIA
 - MALARIA
- Try a bottle today

Envelopes for Packing.

Envelopes used in packing small articles will be found better than boxes, as they take up less room. Stout, collapsible envelopes, which may be bought where office supplies are sold, will be found satisfactory. Gloves, handkerchiefs, neck arrangements, etc., may be kept nicely in such envelopes.

SAVED FROM AN OPERATION

By Lydia E. Pinkham's Vegetable Compound

Peoria, Ill.—"I wish to let every one know what Lydia E. Pinkham's remedies have done for me. For two years I suffered. The doctors said I had tumors, and the only remedy was the surgeon's knife. My mother bought me Lydia E. Pinkham's Vegetable Compound, and today I am a healthy woman. For months I suffered from inflammation, and your Sanative Wash relieved me. Your Liver Pills have no equal as a cathartic. Any one wishing proof of what your medicines have done for me can get it from any druggist or by writing to me. You can use my testimonial in any way you wish, and I will be glad to answer letters."—Mrs. CHRISTINA REED, 105 Mound St., Peoria, Ill.

Another Operation Avoided.
New Orleans, La.—"For years I suffered from severe female troubles. Finally I was confined to my bed and the doctor said an operation was necessary. I gave Lydia E. Pinkham's Vegetable Compound a trial first, and was saved from an operation."—Mrs. LILY PEYRON, 1111 Kerlerec St., New Orleans, La.

The great volume of unsolicited testimony constantly pouring in proves conclusively that Lydia E. Pinkham's Vegetable Compound is a remarkable remedy for those distressing feminine ills from which so many women suffer.

DAISY FLY KILLER



Send anywhere, at once and save all flies, bees, gnats, mosquitoes, house flies, etc. It is a sure and safe remedy for all these pests. It is a sure and safe remedy for all these pests. It is a sure and safe remedy for all these pests.

Whittemore's Shoe Polishes

Finest in Quality, Largest in Variety, without rubbing, 50c. "French Glass," 50c. "Dandy" combination for cleaning and polishing all kinds of rubber or tan shoes, 25c. "Star" size, 50c. "Quick White" makes dirty canvas shoes clean and white. In liquid form so it can be quickly and easily applied. A sponge in every package, so always ready for use. Two sizes, 10c. and 25c.



GILT EDGE the only ladies shoe dressing that positively contains oil. Blacks and polishes ladies' and children's boots and shoes, shines without rubbing, 50c. "French Glass," 50c. "DANDY" combination for cleaning and polishing all kinds of rubber or tan shoes, 25c. "Star" size, 50c. "QUICK WHITE" makes dirty canvas shoes clean and white. In liquid form so it can be quickly and easily applied. A sponge in every package, so always ready for use. Two sizes, 10c. and 25c.

If your dealer does not keep the kind you want, send us his address and the price in stamps for a full size package.

WHITTEMORE BROS. & CO.,
20-26 Albany St., Cambridge, Mass.
The Oldest and Largest Manufacturers of Shoe Polishes in the World.

CARE OF LEATHER FURNITURE

Mixture of Vinegar, Whites of Eggs and Turpentine Makes Good Cleaning Compound.

The cleaning of leather upholstered furniture is a question that concerns almost every housewife, for those who do not possess one or more pieces of the padded leather kind have at least the leather seated chairs, that require refurbishing three or four times a year.

In preparing to clean such a piece it is best to have the necessary materials at hand, so that the work can be finished at once and without risk of injuring the furniture, as there would be a liability if the different operations of the work were not done in rapid sequence.

Procure three large size cheese-cloths, a basinful of tepid or nearly warm water, to which has been added a little vinegar, say a tablespoonful, and a mixture of the whites of two eggs and a half pint of turpentine. The mixture is best made by first beating the eggs to a froth and placing it in a bottle before the turpentine, and then before each application it is well shaken in the bottle.

Large pieces of leather furniture are gone over in sections, first with the cheese-cloth, which has been dipped in the warm water to which has been added the vinegar, and then after being carefully wiped with a dry cheese-cloth, it is polished with a cheese-cloth or chamolis lightly saturated with the egg white and turpentine mixture, after this the article is carefully wiped dry with other cloths.

Seats of the dining chairs can be done one at a time with ease. Any leather covered article, such as seat pads and even go-carts, not leaving out the dull calf or gunmetal shoe, can be renovated after a fashion by the same process, and shiny leather thus treated will admit of a polish more readily than before it is applied.

USE OF RICE AS VEGETABLE

Flavor May Be Constantly Varied by Cooking Cereal in Essence of Vegetables.

Wash the rice thoroughly, rubbing the grains between the hands and using many waters, until all starchiness disappears. Then let the rice soak in cold water for at least 15 minutes—longer if possible. Cut three or four large carrots in long, thin strips, as for soup, and boil them in one quart of water until it is reduced to a pint. Then throw away the carrots and use the water, which will contain their essence, to cook the rice. Melt one tablespoonful butter in a double cooker, placing it, for the time being, directly over the fire, and let the rice fry in it for a few minutes until it shows a tendency to brown, stirring constantly. Then add the water in which the carrots were cooked, one teaspoonful of curry powder, and salt and cayenne pepper to suit the taste. Place the rice cooker in its proper vessel and let it cook until all the liquid is absorbed and the rice is well done. Test the rice by pressing a grain of it between the thumb and finger. If it crushes readily, it is sufficiently cooked.

The essence of any vegetable, secured in the same way as that of the carrots described in this recipe, may be used for cooking rice as a vegetable, and thus the flavor may be constantly varied.

Lemon Custard Layer Cake.

Two cups sugar, half cup butter, one cup milk, three eggs, one and one-half teaspoons baking powder and three cups flour. This makes four layers. For filling take the juice and grated rind of two lemons, one egg, one cup sugar and one-half cup water, one teaspoon butter and two table-spoons of flour mixed smooth with a little of the water. Boil this together until it thickens (watching carefully), then place between layers.

The Use of the Broom.

Few people handle a broom properly, although accustomed to its use every day of their lives. Always draw your broom by leaning it forward, because this allows the dirt to be moved along more gently and will not raise much dust. Most sweepers thrust the broom ahead of them in a sort of digging way, with the handle toward the sweeper. This breaks the broom, wears out the carpet, flirts up dust and makes the sweeping much more laborious.

A Good Buttonhole.

Stitch the buttonholes in underwear on a crosswise thread of the material, instead of the usual lengthwise one, and sew them around by machine before finishing with the hand button-hole stitch. In this way they will not break out.

Brownies.

One cup sugar, two eggs, one-half cup butter, one-half cup flour, two squares melted chocolate, one-half pound walnuts, chopped, one teaspoon vanilla. Bake in pan 7x11.

The Difference.

European cities certainly have a laughing, contented air, people seem to take life easily, they have time for pleasures, if it's only a chair hired for two cents on one of the broad, shaded boulevards to watch the crowds pass of a Sunday afternoon, says Orison Sweet Marden in Success Magazine. What smiling, care-free faces! One remembers with a shiver the faces in a New York crowd—grim, anxious, frowning, self-centered.

No doubt this atmosphere of joyousness, along with the external beauty and picturesqueness of European cities, has its attraction for our heires, but, of course, that alone would not make them live abroad and marry foreigners. There are other considerations which bring them to this important decision.

A Lost Art.

Another art has been lost! There was a time when the elegant woman took a legitimate pride in her manner of ascending a stair. In this day of elevators, if there still exist women who have the manner, there are few stairs worthy to serve as a stage on which they may exhibit it.

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

In His Power.

"How effusively sweet that Mrs. Blonder is to you, Jonesey," said Witherell. "What's up? Any tender little romance there?" "No, indeed—why, that woman hates me," said Jonesey. "She doesn't show it," said Witherell. "No; but she knows I know how old she is—we were both born on the same day," said Jonesey, "and she's afraid I'll tell somebody."—Harper's Weekly.

Our Life's Work.

We are not sent into this world to do anything into which we cannot put our hearts. We have certain work to do for our bread and that is to be done strenuously; other work to do for our delight and that is to be done heartily; neither is to be done by halves or shifts, but with a will; and what is not worth this effort is not to be done at all.—John Ruskin.

Avoid Liquid Bluing.

The reason so many housewives prefer RED CROSS BALL BLUE is because it is all blue. Liquid blue contains a large percentage of water. Why buy water when you have it by the tub full? Buying solid RED CROSS BALL BLUE is real economy. Dissolve it as you need it. A large four-oz. package, all blue, for 10c. Used in thousands of homes. FOR SALE AT ALL GROCERS.

Pleasure of the Children.

There should be some time during the day, even in the busiest household, an hour at least, set apart in which the older members of the family should devote themselves wholly to the children. Little object lessons or stories containing practical knowledge told in an interesting way will be sure to hold their attention. The story of the gradual formation of the fruits, flowers and vegetables will delight them and will be eagerly looked forward to and always remembered.

Wealth Not Always Advantage.

Advantage, opportunity, chance, luck! They are all on the side of the boy born in obscurity, brought up in poverty. Provided he be endowed with the will that brooks no obstacle, with the mental ability to conceive great thoughts, to plan great undertakings, the boy is all the more blessed who is not handicapped by wealth.

The Craze for the Weird.

The artistic craving today is for novelty—for new expressions of form and combinations of color, the more strange and weird the better; hence the passing fashion for post-impressionism and other kindred cults, in which neither truth nor beauty is the inspiring motive.—Connorsaur.

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules.

Canadian Heroine.

"Monument to Madeline de Vercheres to be erected at Vercheres—\$15,000." This item, which appears for the first time this year in the estimates of the public works department, marks the tardy recognition by Canada of one of the heroines of French Canadian history—the maid of fourteen, who for one long week in 1692 defied her father's seignior against the attacks of hostile Iroquois. After two centuries the little heroine of the Castle Dangerous is to have her memory perpetuated by a bronze statue to be erected at Vercheres, P. Q., on the spot made memorable by her exploit.

Your Own Opinion.

Public opinion is a weak tyrant compared with our own private opinion. What a man thinks of himself, that it is which determines, or rather indicates, his fate.—Henry D. Thoreau.

Aids Nature

The great success of Dr. Pierce's Golden Medical Discovery in curing weak stomachs, wasted bodies, weak lungs, and obstinate and lingering coughs, is based on the recognition of the fundamental truth that "Golden Medical Discovery" supplies Nature with body-building, tissue-repairing, muscle-making materials, in condensed and concentrated form. With this help Nature supplies the necessary strength to the stomach to digest food, build up the body and thereby throw off lingering obstinate coughs. The "Discovery" re-establishes the digestive and nutritive organs in sound health, purifies and enriches the blood, and nourishes the nerves—in short establishes sound vigorous health.



If your dealer offers something "just as good," it is probably better FOR HIM...it pays better. But you are thinking of the cure not the profit, so there's nothing "just as good" for you. Say so.

Dr. Pierce's Common Sense Medical Adviser, in Plain English; or, Medicine Simplified, 1008 pages, over 700 illustrations, newly revised up-to-date Edition, paper-bound, sent for 21 one-cent stamps, to cover cost of mailing only. Cloth-bound, 31 stamps. Address Dr. R. V. Pierce, Buffalo, N. Y.

GILLESPIE SCHOOL OF EXPRESSION

534 Morrison St., Portland, Oregon.

Two-year courses for teachers, readers and public speakers. Graduates after completing two years of post-graduate work, granted professional diplomas. Continuous classes from 9 to 11 o'clock, five days per week. Individual lessons with either the principal or the assistant, afternoons and evenings.

EMMA W. GILLESPIE, Principal.

Victoria Fond of Jewelry.

Queen Victoria, although simple in her tastes, had an almost oriental liking for beautiful and costly jewelry. Even if she rarely wore it, its possession gave her pleasure and she is reported to have spent hours in looking over her collection.

Y. M. C. A. EXPANDS.

New Booklet Just Out Can Be Had for the Asking.

The Portland Young Men's Christian Association is about to enter upon a new era in its work, in extending the advantage of its educational department to the entire state. While a great majority of the 1400 students enrolled in night and day classes are residents of Portland, yet a large and increasing number are now enrolling from towns and cities outside of Portland.

The different courses offered include a full commercial course, comprising Shorthand, Bookkeeping and related subjects; a college preparatory course, a graded course in elementary subjects for boys and vocational courses such as plumbing, carpentry, sheet metal, bricklaying, electrical work, automobile repair and driving. Many students trained in these classes are now occupying important positions in the business houses of Portland.

An attractive booklet entitled "Activities" has just been issued by the association and contains a statement of all Educational Courses. The Educational Director will mail this booklet to all persons who desire it.

Classes for day school open September 5th, night classes September 25th. From present indications an unusually large registration is anticipated.

Foolish Wager Caused Death.

A workman named Celestin Leroy, aged fifty, died in Paris, France, the other day while trying, for a wager, to eat a large beefsteak at one mouthful.

REDUCED RATES

on all lines on account

ASTORIA CENTENNIAL PAGEANT

Ask your ticket agent for full details

AUG. 10 to SEPT. 9

Juvenile Misapprehension.

"Papa," whispered Johnny, who was in attendance at the Sunday morning services, "why do the people look so sad when they drop their money in that plate?"

DR. COOPERS 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

HUNT CHEMICAL CO. PORTLAND, OREGON

GREINER'S CHIROPRACTIC HEALTH HOME

A healthy body defies disease. Chiropractic adjustments make healthy bodies by removing the cause of disease. No knives, no drugs, no catarrhs. Feeding and dieting directed scientifically. Trained nurses.

ALL DISEASES PERMANENTLY REMOVED BY OUR METHODS

Sufferers from Appendicitis, Bronchitis, Cancer, Catarrh, Diarrhea, Dropsy, Indigestion, Piles, Rheumatism, Sciatica, Gout, Stomach, Heart, Kidney, Hemiplegia, Neuritis, Paralysis, Rheumatism, Sciatica, or any other disease, are invited to write us. We show you how to take your vitality and keep well. (Write today. Your cure will be quicker.)

MATILDA M. GREINER, D. C., SUPERINTENDENT

775 1/2 WILLIAMS AVENUE PORTLAND, OREGON

ROBERTINE

GIVES TO ANY "BELLE"

50c

Blissmore Frank Drug Co. PORTLAND, OREGON

"Sam Sloan"

A Good Cigar Costs You 5c Worth More

ALLEN & LEWIS

Distributors, Portland, Or.

P. N. U. No. 32-11

WHEN writing to advertisers please mention this paper.

COME TO PORTLAND AND BE CURED IN FIVE DAYS

VARICOSE VEINS, HERNIA, BLOOD POISON

No severe operations, many cases permanently cured in one treatment. Most time-saving, most natural, most safe. A radical and permanent cure. I give my word and will write you to other medical authorities that this is a fact. I am especially prepared to cure by experience and equipment, which are the keystones to success. I have the best equipped medical office on the Coast. I will give \$500 to any charity as guarantee that every statement in this announcement is true.

I invite you to come to my office. I will explain to you my treatment for Varicose Veins, Hernia, Nervous Debility, Blood Poison, Piles, Fistula, Bladder, Kidney, Prostate and all Men's Ailments and give you FREE a physical examination. If necessary a microscopic and chemical analysis of secretions, to determine pathological and bacteriological conditions. Every man should take advantage of this opportunity to learn their true condition. A permanent cure is what you want. A permanent cure is what I give.

WRITTEN GUARANTEE—My written guarantee means a cure or no pay. I guarantee to cure certain ailments or refund every dollar you have paid. My services cost you nothing unless I cure your Varicose Veins, Hernia, Piles, Fistula, Blood Poison, or any ailment I guarantee to cure. Terms are reasonable and no more than you are able and willing to pay for benefits.

Office hours—9 A. M. to 5 P. M. Sundays, 10 A. M. to 1 P. M.

"500" FOR BLOOD POISON I use Professor Ehrlich's wonderful new discovery, "500" in cases of Specific Blood Poison. It cures in 500 to 1000 and is the greatest marvel of medical science. This new remedy has been successfully used in thousands of cases. Let me explain it to you.

DR. A. G. SMITH

324 MORRISON ST., COR. SECOND PORTLAND, OREGON

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or if not available, send postpaid at 10c a package. Write for free booklet how to dye, bleach, and mix colors.

MONROE DRUG COMPANY, Quincy, Illinois.