

**SAVE YOUR TEETH**  
Come in and have your mouth examined. I use the very latest scientific painless methods. DR. A. W. KEENE, 251 1/2 Washington St., Portland.

**RUBBER STAMPS** Stencils, Butter & Egg Stamps, Rubber Stamps for Fruit Boxes. Made on short-notice. WHITE STAMP & SEAL CO., 251 1/2 Washington St., Portland, Oregon.

**PORTLAND BARBER COLLEGE**  
Teaches the Trade 5 Weeks. Scalp, Face Massage a Specialty. Tools Free. Positions Guaranteed. PAY WHILE LEARNING. 203 Madison St., Portland, Oregon.

**RUPTURED** The WILSON WAY gives absolute comfort and many cures; payments \$1 week, with money-back guarantee. Write for FREE book. Jay W. Wilson, 322 Commercial Club Building, Portland, Oregon.

**FARM HELP.**  
When in need of good, reliable farm and dairy help write or wire our expense. Pioneer Employment Company, 16 North Second Street, Portland, Oregon. Established 16 years.

**LEARN AUTOMOBILE REPAIRING AND DRIVING**  
at the best equipped, most up-to-date and only practical Automobile School in the Northwest. L. & M. Auto Repair Co., 369 Hawthorne Ave., Portland, Ore.

**A FIGHT ON HIGH**  
prices. Why pay \$5 to \$10 for a pair of glasses when I can fit your eyes with first quality lenses in a gold filled frame as low as \$1.50? Chas. W. Goodman, 220 Morrison St., Portland, Or. Glasses fitted by mail. Write for particulars.

**WEEKS' BREAK-UP-A-COLD TABLETS**  
A guaranteed remedy for Colds and La Grippe. Price 25c of your druggist. It's good. Take nothing else.—Adv.

**HOTEL CARLTON**  
14th and Washington Sts., Portland, Ore. Rooms with bath, \$1.50 per day. Rooms without bath, \$1.00 per day.

**All Outside Rooms—Fireproof Construction**  
Special Rates for permanent guests. Ross Finnegan, Mgr. Victor Brandt, Prop.

**TWO CARLOADS OF IVER JOHNSON BICYCLES**  
To be closed out at Actual Cost  
We are going out of the Bicycle Business and will sell at Retail all our High Grade Iver Johnson Bicycles at the following prices:  
Ladies' Roadster, Model 1487-L, complete with Coaster Brake, Mudguards and Tires, Regular \$35 Bicycles, at \$25.00.  
Mens' Roadster, Model 1487, equipped as above, regular \$35, at \$25.00.  
Heavy Service Wheel, Model 1488-S, fully equipped, The Finest Wheel in America, regular \$50.  
Special, \$40.00.  
This will be your only opportunity to get the Highest Grade Wheel manufactured at actual cost. All wheels fully guaranteed.  
**H. T. HUDSON ARMS CO.**  
110 Third St., Portland, Ore.

**Cretinism Made Curable.**  
Study of the functions of the thyroid gland in animals has shown how this class of idiots can be cured. Formerly they were hopeless and remained through life semi-imbeciles. Now extract of sheep's thyroid is given to them and the perverted growth and mental dullness are checked and the children become normal.

**Following the Doctor's Orders.**  
When an Atchison man was told to take more exercise he commenced rolling twice as many cigarettes.—Atchison Globe.

**A POTATO ROMANCE**  
"If I were a farmer boy, or a boy without capital, and wanted an early competency, I'd start right out growing Potatoes," said Henry Schroeder, the Potato king of the Red River Valley, whose story in the John A. Salzer Seed Co.'s Catalogue reads stranger than a romance.  
That advice of Mr. Schroeder, the self-made Potato king, comes from a warm heart, a level head, an active hand, and above all, a successful Potato grower!



**Do You Know, Mr. Farmer,**  
There is more money in five acres of Potatoes year in and year out than in anything you can grow on your farm, and the growing of Potatoes now, with present machinery, etc., is easy. It's regular Fourth of July fun!  
Salzer's Creations in Seed Corn put Wisconsin on the Corn Map with its astonishing yields!

**Headquarters for Oats, Barley, Clovers.**  
For 10c in Postage  
We gladly mail our Catalog and sample packages of Ten Famous Farm Seeds, including Speltz, "The Cereal Wonder," Rejuvenated White Bonanza Oats, "The Prize Winner," Billion Dollar Grass, Teosinte, the Silo Filler, etc., etc.

**Or Send 12c**  
And we will mail you our big Catalog and six generous packages of Early Cabbage, Carrot, Cucumber, Lettuce, Radish, Onion—furnishing lots and lots of juicy delicious Vegetables during the early Spring and Summer.

Or send to **John A. Salzer Seed Co., Box 720, La Crosse, Wis.** twenty cents and receive both above collections and their big catalog.

P. M. U. No. 14, 1918

When writing to advertisers, please mention this paper.



**THE SANDMAN'S STORY**  
By Mrs. F. A. WALKER

**HELEN'S GREAT-GRANDMOTHER.**  
Helen had a great-grandmother, who lived with her grandmother, and when Helen went to see her grandmother she spent an hour each day in Grandma Great's room. One day, while Helen was sitting with her, she asked: "How old are you, Grandma Great?" "I am eighty years young, my dear," was the reply.

"Young?" said Helen. "I thought eighty very old."  
"No," answered Grandma Great, "not if your heart is young."  
"And is your heart young?" inquired Helen.

"Yes, my heart is young; all these things keep it so," said Grandma Great, pointing to the old-fashioned furniture around the room.

Helen looked her thoughts very plainly. She did not understand how all that old furniture could make anyone feel young.

"Then I have many other things," Grandma Great continued, "which you do not see, and when I feel a bit like growing old I look at them and I am young again. Would you like to see them?"

Helen's curiosity was really aroused and she was eager to see what wonderful things could make Grandma Great feel young.

Grandma opened the drawer of an old-fashioned bureau. There were wonderful boxes. One was called a handkerchief box; it opened in the middle, and two little tapes held it together; then the covers opened on either side. Grandma Great took out a little lace collar. It was fine as a spider's web.

"This was one of my wedding collars," she told Helen. Then there was a fine linen handkerchief, yellow with age, with the tiniest flowers embroidered in one corner. There was a chain made of hair, with a gold clasp, and also a ring made of hair, with a little gold buckle, which make it look like a tiny belt.

Grandma Great handed her a picture.

"See if you can tell who this is," she said. Helen looked and saw a very pretty girl, with black curls and pink cheeks. Her eyes were black, like her own, and she had on a dress made—oh! so queerly—of flowered material.

"I was eighteen when that was taken," said Grandma Great. Helen thought she looked like a beautiful wax doll and wondered if Grandma Great was as young and pretty as that, and then she wondered if some day she would be old like Grandma Great. She had never thought of it before.

"Here is a picture of your great-grandfather, taken when we were married," Helen saw a handsome young man, with blue eyes and brown, curling hair. He looked very straight and he had on a high collar, and it looked to Helen as though he had yards of black satin wound around it. Then there was a fan, with pearl sticks, and on one of the outside sticks was a tiny mirror. She was told that it would be hers some day.

Then there was a funny pair of kid gloves—pale pink, with little brass hooks. "These were my wedding gloves," said Grandma Great, "and these were my traveling gloves." Helen thought she never had seen anything so funny as the second pair, which were bright green.

Then there were queer little ties with tassels and a pair of stockings the color of the pink gloves. "They were my wedding stockings, and your grandmother wore them when she was married," said Grandma Great, "and I hope they will be yours, some day."

Helen thought that very odd. She did not want to wear old stockings when she was married. There were locks of hair, tied with ribbon, and pictures of people in queer-looking clothes.

"Here is a breastpin your great-grandfather gave me, with his hair in it."

Helen took it in her hand and looked at it. She thought it very odd that anyone should want to wear a pin like that. There was a watch with a gold face, and on the back of the case was a house and trees. "That will be yours, also," Grandma Great told her, but Helen did not think she would ever wear such a big watch.

"My wedding dress is in that trunk. Would you like to see it?" Helen told her she would, for she often wondered what was in the trunk covered with hair.

"Oh, my; that is beautiful!" exclaimed Helen, as Grandma Great held up a dress of pale pink silk, with little sprays of green on it. The skirt was very full and long, and the waist looked as though it might fit Helen.

"Your grandmother wore this dress at her silver wedding," said Grandma Great. "I wish you might, but I'm afraid it will not hold together till then. Here is the shawl I wore, also, that you will have and can wear, I think." It was the palest pearl color, with fringe around it and embroidered with big flowers. "And these were my wedding slippers; your grandmother wore these, also, when she was married, and I hope you may be able to." But Helen thought the same as she did about the stockings—she would want new ones.

"Here is something you will like,"

said Grandma Great, as she handed Helen a box. Helen took off the cover, and there were valentines, yellow with age, but the prettiest she had ever seen. "You can amuse yourself looking at them," Grandma Great told her. There were valentines with lace and pretty colored papers, and one was of satin and perfumed, but the one that pleased Helen the most was a lace one, which had a little mirror in the center, with blue paper around it, and under it, in gilt letters, she read, "My Sweetheart."

"Where is the sweetheart?" she asked.  
Grandma Great laughed. "Look in the mirror," she told her.

"Oh! that is so funny," said Helen. And in one corner were little Cupids with a banner, which read, "With fondest love," and in another a pair of turtle doves with a banner in their bills, which read, "Remember me."

"Here is a package of letters," said Helen, when she came to the bottom of the box, and she handed them to Grandma Great. They had queer-looking stamps on them and were tied with a blue ribbon.

"Those were written to me by your great-grandfather," said Grandma Great, "when he was my lover, or I should say before we were married, for he was always my lover," and she pressed the letters to her lips. Helen went on looking at the valentines. When she had finished she saw that Grandma Great had fallen asleep. The letters were in her lap and she had her sweetheart's picture in one hand.

Helen looked at her. There was a smile upon her face, and somehow Helen understood what she had meant by keeping young, and after that day's visit Helen always felt that Grandma Great was much younger than she had ever thought her.

**PROCESS OF STEWING**

REGULATION OF HEAT IS THE MAIN CONSIDERATION.

On That Account It is Best to Use Gas, When Possible—Glazed Earthenware Jar Should Be Receptacle Employed.

Stewing is a method of food preparation that approaches the soup-making process. It is to some extent a proceeding that occupies a middle position between boiling and baking; the latter is often called roasting. In stewing, the cook's endeavor should be to extract from the meat its nutritive juices, and then to employ those juices, suitably treated, to finish cooking the remainder of the meat. For successful stewing, the most important point is the power of regulating the heat at which the operation is conducted. In order to stew successfully the heat must be absolutely under the cook's control. The up-to-date cook, therefore, prefers gas for stewing purposes on account of the perfect control that can be exercised over the temperature.

For successful stewing, meat should be divided into small portions for the easy extraction of the juices. Where bones exist, these should be broken into small pieces, and form an under layer in the stewing vessel. The meat and bones ought always to be placed in cold water and the water should cover everything in the pan or jar. The lid or cover should be carefully secured, and the temperature must be gradually raised to a steady heat, which must, of course, be below boiling. The extraction of the meat juices then proceeds, and when vegetables are to be added to the stew they are placed in the vessel at a later stage. Boiling and stewing are by no means the same process. The proper temperature for stewing is about 180 degrees Fahr. As almost everybody knows, the boiling point is 212 Fahr.

A glazed earthenware jar with a tight-fitting cover is most useful for stewing meat, or for making soups. If it has no cover, one should be constructed by fitting a plate or saucer on top of the jar and brown paper should then be tied over it. A jar with a cover saves this trouble, and is, therefore, worth the extra expense. Earthenware or stone jars are very easily kept clean, and food does not spoil when left in them, as it may do if left in a metal pan. They can be placed on the top of the stove or in the oven when it is necessary to reheat the food contained in them, or if placed in a pan of boiling water the contents of the jar will cook slowly without attention from the cook. A meat stew can be served in the jar in which it has been cooked, if it is neither too large nor too high. It must, of course, be wiped dry and a napkin may be neatly folded around it. By this process the great advantage of a very hot dinner may be obtained in the coldest weather, even when the whole family does not reach the home at exactly the same hour, as a stone or earthenware jar, having been thoroughly heated, will retain the heat for some time.—American Cookery.

**SLINGSHOT WITH SIGHT LOOP**

Open Circle Set on Top of Frame Enables User to Draw Accurate Bead on Object Aimed At.

There are people who will feel that in fitting up a slingshot with a sighting loop at the top two Pennsylvania men have stretched their ingenuity unnecessarily. The average small boy can come uncomfortably near his target with the homemade weapon. This glorified affair is made of wire, twisted to form the frame and with wire springs in the ends of the frame to increase the force of the shot. An elastic band holds the missile, as in



Slingshot With Sight.

the old-time "slappy." But here comes the devilment: In the top of the frame the inventors have set an open circle that serves as a sight and enables the user of the weapon to shoot with a great deal more accuracy than otherwise. For target practice this is excusable. In the schoolroom it would wreak havoc.

**TRUE DIGNITY OF GIRLHOOD**

Does Not Mean Stiff, Pompous Manner, But Quiet, Unassuming Atmosphere of Self-Respect.

We are likely to associate the word dignity with men and women of maturity, people who have achieved something, who stand a little above the rank and file. And it is a pity that we should have this idea, for dignity should characterize girlhood as well as maturity and old age. A girl's dignity is not just like that of some statesman or artist. It is a girl's dignity, simple and sweet and unassuming.

There are some girls who are afraid that dignity will interfere with their popularity. They will submit to the most casual treatment, mistakenly imagining that they will be better liked. The girl who allows her boy acquaintances to call her by some nickname, to address her in cavalier fashion, to disregard in her presence the little courtesies which custom demands of his sex toward hers, is sacrificing in vain. She is losing what is her right, and gaining nothing in return.

There are few things the modern girl needs to cultivate as much as dignity. This does not mean a stiff, pompous, keep-at-your-distance manner, but the quiet, unassuming atmosphere of self-respect that compels the respect of others. It is not only a safeguard to the girl who possesses it, but it is a promise of happiness.—Allen Forrest in Girls' Companion.

**Not Quite Right.**  
Boy (in bookstore)—Slister asked me to get her Mr. Darn's novel, "Great Expectations."  
Clerk—Mr. Darn? You mean Dickens.

"That's it. I knew it was some kind of a swear word."

**PROCESS OF STEWING**

REGULATION OF HEAT IS THE MAIN CONSIDERATION.

On That Account It is Best to Use Gas, When Possible—Glazed Earthenware Jar Should Be Receptacle Employed.

Stewing is a method of food preparation that approaches the soup-making process. It is to some extent a proceeding that occupies a middle position between boiling and baking; the latter is often called roasting. In stewing, the cook's endeavor should be to extract from the meat its nutritive juices, and then to employ those juices, suitably treated, to finish cooking the remainder of the meat. For successful stewing, the most important point is the power of regulating the heat at which the operation is conducted. In order to stew successfully the heat must be absolutely under the cook's control. The up-to-date cook, therefore, prefers gas for stewing purposes on account of the perfect control that can be exercised over the temperature.

For successful stewing, meat should be divided into small portions for the easy extraction of the juices. Where bones exist, these should be broken into small pieces, and form an under layer in the stewing vessel. The meat and bones ought always to be placed in cold water and the water should cover everything in the pan or jar. The lid or cover should be carefully secured, and the temperature must be gradually raised to a steady heat, which must, of course, be below boiling. The extraction of the meat juices then proceeds, and when vegetables are to be added to the stew they are placed in the vessel at a later stage. Boiling and stewing are by no means the same process. The proper temperature for stewing is about 180 degrees Fahr. As almost everybody knows, the boiling point is 212 Fahr.

A glazed earthenware jar with a tight-fitting cover is most useful for stewing meat, or for making soups. If it has no cover, one should be constructed by fitting a plate or saucer on top of the jar and brown paper should then be tied over it. A jar with a cover saves this trouble, and is, therefore, worth the extra expense. Earthenware or stone jars are very easily kept clean, and food does not spoil when left in them, as it may do if left in a metal pan. They can be placed on the top of the stove or in the oven when it is necessary to reheat the food contained in them, or if placed in a pan of boiling water the contents of the jar will cook slowly without attention from the cook. A meat stew can be served in the jar in which it has been cooked, if it is neither too large nor too high. It must, of course, be wiped dry and a napkin may be neatly folded around it. By this process the great advantage of a very hot dinner may be obtained in the coldest weather, even when the whole family does not reach the home at exactly the same hour, as a stone or earthenware jar, having been thoroughly heated, will retain the heat for some time.—American Cookery.

lobster cutlets. Melt one teaspoonful of butter, add two tablespoonfuls of flour and cook thoroughly. Add one cupful of boiling water and cook until thick, stirring constantly. Add two cupfuls of chopped lobster meat. Season with salt, paprika, lemon juice and minced parsley. Take from the fire, add the beaten yolk of an egg and cool. Shape into cutlets, dip into egg and crumbs and fry in deep fat. Stick a lobster claw into the small end of each cutlet.

**Bean Pot Roast.**  
Take one pound of beef, a cheap cut, is just as good if it is free from veins. Cut in pieces about an inch square. Put in all the fat, too. Put in a bean pot, just cover with water and put in the oven. As water boils away add a little more. When about half done add a little salt. When ready to serve take from oven and put it in the spider. Thicken with a little flour mixed with water. The gravy is a rich brown.

**Creamed Sardines.**  
Remove skin and bones from two boxes of sardines, then add four finely chopped hard-boiled eggs, five tablespoonfuls of bread crumbs, two tablespoonfuls of melted butter, one and one-fourth cupfuls of milk, one-half saltspoonful of salt, big dash of red pepper. Heat this mixture to a boiling point, then pour it over four slices of buttered toast.

**Fried Cabbage.**  
Shave very thin enough cabbage to fill a quart measure. Put in granite stewpan, sprinkle with salt and pour on two cupfuls boiling water. Cook rapidly until water has evaporated. Then add two tablespoonfuls milk, one of butter, a dash of pepper and fry brown.

**Raw Carrots.**  
Take nice, fresh, crisp carrots, scrape and put through a food chopper, using the coarse knife. To each pint of carrots add two tablespoonfuls melted butter, one teaspoonful sugar and salt to taste. Serve on lettuce leaves.

**When Washing Overalls.**  
All the paint marks can be removed from overalls by letting them soak for a day in turpentine.

**LINES IN THE FACE**

Make Women Look Old and they show the effect of unnatural sufferings—of headaches, backaches, dizziness, hot flashes, pains in lower limbs, pains in groins, bearing-down sensations.

These symptoms indicate that Nature needs help. Overwork, wrong dressing, lack of exercise, and other causes have been too much for nature—and outside aid must be called upon to restore health and strength.

**Dr. Pierce's Favorite Prescription**

The Vegetable Remedy for Woman's Ills that relieves nervous exhaustion and irritability and removes other distressing symptoms due to disturbed conditions of the delicate feminine organism.

For over forty years it has been used with more than satisfaction by the young, middle-aged and the elderly—by wives, mothers and daughters. You will find it of great benefit. Sold by Medicine Dealers in liquid or tablet form, or send Dr. V. M. Pierce, Buffalo, N. Y., 50 one-cent stamps for trial box by mail.

**DR. PIERCE'S PLEASANT PELLETS** Relieve constipation, regulate the liver, and bowels. Easy to take as candy.



**INFLUENZA**

And all diseases of the horse affecting his throat speedily cured; colts and horses in same stable kept from having them by using Spohn's Distemper and Cough Cure. 3 to 6 doses often cure; one bottle guaranteed to cure one case. Safe for broodmares, baby colts, stallions, all ages and conditions. Most skillful, scientific compound. 50c and \$1 per bottle; \$5 and \$10 a dozen. Any druggist, or delivered by manufacturers.

**SPORN MEDICAL CO., Goshen, Ind.**

Wanted a Sample. "Your honor," said the foreman of the jury, "this body is suing this get for \$10,000 for a stolen kiss." "Correct," responded the judge. "You are to decide if it was worth it." "That's the point, your honor. Could the jury have a sample?"

**HOWARD E. BURTON—Assayer and Chemist.** Leadville, Colorado. Specimen prices: Gold, Silver, Lead, B. Gold, Silver, B. Gold, Zinc, or Copper. B. Mailing envelopes and full price list sent on application. Control and Empire work so listed. Reference: Oreston National Bank.

**Well, Sometimes.** Marriage makes one out of two; but generally this comes through the squealing of the husband.—New York World.

**TRY THIS EASY WAY TO HEAL YOUR SKIN**

If you are suffering from eczema, ringworm or similar itching, red, unsightly skin affection, bathe the sore places with resinol soap and hot water, then gently apply a little resinol ointment. You will be astonished how instantly the itching stops and healing begins. In most cases the sick skin quickly becomes clear and healthy again, at very little cost. Resinol ointment and resinol soap also clear away pimples, blackheads, and dandruff. Sold by all druggists. Adv.

**Wild Muscovy Duck.** The muscovy duck is found wild in South America.

**Rheumatism Muscle Colds**

"It is easy to use and quick to respond. No work. Just apply. It penetrates without rubbing."

Read What Others Say: "Have used your Liniment very successfully in a case of rheumatism, and always have a bottle on hand in case of a cold or sore throat. I would not say I think it one of the best of household remedies. I would not have used it only it was recommended to me by a friend of mine who, I wish to say, is one of the best boosters for your Liniment I ever saw."—J. W. Fuller, Denver, Col.



**SLOAN'S LINIMENT**

Good for Neuralgia, Sciatica, Sprains and Bruises. All Dealers 25c. Send four cents in stamps for a free TRIAL BOTTLE.

**DR. EARL S. SLOAN, Inc. Dept. B Philadelphia, Pa.**

**Had No Chance.** "Honesty pays in the long run," counseled the visitor. "Perhaps you're right," admitted the man in the stripes, "but a cop got me before I'd gone 100 yards."—Baltimore American.

**Two Advantages.** He who makes two blades of wheat grow where one grew before, is not only a benefactor to the human race, but stands a first-class chance to make money in the transaction.

**All Blood Disorders Quickly Driven Away**

Astonishing Results With the Greatest Blood Purifier Ever Discovered.



Strength, Power, Accomplishment are all Typified in S. S. S. Some blood disorders become deeply rooted in the glands and tissues, and the mistake is made of resorting to drastic drugs. These only aggravate by causing other and worse troubles. A host of people know this to be true. They know from painful experience.

To get right down into where the blood is vitiated requires S. S. S., the greatest blood purifier ever discovered. This remarkable remedy contains one ingredient, the active purpose of which is to stimulate the tissues to the healthy selection of its own essential nutriment and the medicinal elements of this matchless blood purifier are just as essential to well balanced health as the nutritious elements of the meats, grains, fats and suppers of our daily food.

Not only this, but from the presence of some disturbing poison there is a local or general interference of nutrition to cause boils, carbuncles, abscesses and in eloquence over something "just as good" as S. S. S. Beware of all counterfeits.

eliminated from their presence. Then, too, S. S. S. has such specific stimulation on these local cells as to preserve their mutual welfare and a proper relative assistance to each other. In a very brief time S. S. S. has the reconstructive process so under control that remarkable changes are observed. All eruptive places heal, mysterious pains and aches have disappeared, and from head to foot there is a conscious sensation of renewed health. From the fact that S. S. S. is purely a botanical preparation, it is accepted by the weakest stomach and has great tonic influence. Not one drop of drugs or minerals is used in its preparation. Ask for S. S. S. and insist upon having it. And if you desire skillful advice upon any matter concerning the blood and skin write to The Swift Specific Co., 205 Swift Bldg., Atlanta, Ga. Do not allow some zealous clerk to larrup the atmosphere in eloquence over something "just as good" as S. S. S. Beware of all counterfeits.