

Buy Hair at Auction?

At any rate, you seem to be getting rid of it on auction-sale principles: "going, going, g-o-n-e!" Stop the auction with Ayer's Hair Vigor. It checks falling hair, and always restores color to gray hair. A splendid dressing also. Sold for over sixty years.

"My hair came out so badly I nearly lost it all. I had heard so much about Ayer's Hair Vigor I thought I would give it a trial. I did so and it completely stopped the falling, and made my hair grow very rapidly."—MARY H. FIELD, Northfield, Mass.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of
Ayer's SARSAPARILLA, PILLS, CHERRY PECTORAL.

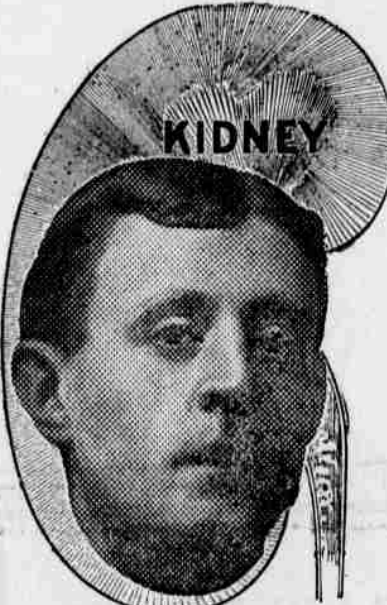
Banana is a Real Food.

Professors of dietetics tell us that the banana is not, as so many fruits are, a flavor and nothing more, but a food and a source of real nutriment. It is at once useful and delicious. It not only gratifies the palate, but supplies material for combustion and the maintenance of animal heat, while it also builds up the muscles and repairs the worn and threadbare nerves.

The flour made from it in its dried state is equal in nutritive value to rice, and how invigorating and sustaining rice is has been demonstrated in the recent achievements of the Japanese. Dried and sprinkled with sugar, a form in which it has been recently introduced into this country, the upstart banana is, weight for weight, as nutritious as the venerable fig.

But it is in the fresh state, clad in its primrose tunic—the stripping off of which is in itself a fascinating operation—that the banana chiefly appeals to us. Its creamy succulence and delicate odor are inviting and its pleasant savor is a prelude to good digestion. Dependent as that savor is on an ethereal body which the coal-tar investigators have not yet been able to imitate by any chemical essence, it is a subtle stimulus to all subsequent alimentary processes. And thus it is that the banana is an eminently digestible food. No sense of oppression or drowsiness follows a meal of it, and a meal of it may be made bulky enough.—*Pall Mall Gazette.*

KIDNEY TROUBLE DUE TO CATARRH



The Curative Power of PE-RU-NA In Kidney Disease the Talk of the Continent.

Nicholas J. Hertz, member of Ancient Order of Workmen, Capitol lodge, No. 140, Pearl Street hotel, Albany, N. Y., writes:

"A few months ago I contracted a heavy cold which settled in my kidneys, and each time I was exposed to inclement weather the trouble was aggravated until finally I was unable to work.

"After trying many of the advertised remedies for kidney trouble, I finally took Peruna.

"In a week the intense pains in my back were much relieved and in four weeks I was able to take up my work again.

"I still continued to use Peruna for another month and at the end of that time I was perfectly well.

"I now take a dose or two when I have been exposed and find that it is splendid to keep me well."

Hundreds of Cures.

Dr. Hartman is constantly in receipt of testimonials from people who have been cured of chronic and complicated kidney disease by Peruna. For free medical advice, address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.



How to Make Soap.

All fat and grease from the kitchen should be carefully saved, tried out and made into soap before accumulating and becoming offensive. When people burned wood they made their own lye of green wood ashes; but now it is easier to make it of salsoda. For soft soap allow to five pounds of grease three pounds of washing soda and four gallons of boiling water. Put into a small tub and let it stand for several days until the grease is eaten up. Stir every day, using a wooden paddle. If too thick add more water. If wood ashes are used instead of soda, boil the mixture. You can tell when the grease is all absorbed by dropping a spoonful of the melted soap into a glass of water, when any grease remaining will show on the surface. If thick or ropy, add a little more lye.

Mixed Pickles.

For mixed pickles one may put together cauliflower, cut in flowers, button onions, tiny cucumbers, string beans cut in two, nasturtium seeds, small peppers, lima beans, morsels of watermelon rind and green tomatoes cut in slices. Drop them into scalding strong brine and allow them to cook in it for a few minutes, dip out with a skimmer and drain in a colander till quite dry. Pack into cans and over each pour a prepared pickle made by boiling with one quart of vinegar, two tablespoonfuls of sugar, one teaspoon of salt and four tablespoonfuls of mustard. Pour over the pickles while hot and seal immediately.

Vegetable Salad.

Cut two boiled potatoes into squares and slice thinly one onion, one cucumber and two ripe tomatoes. Shave a little celery and some cabbage very fine and place the whole in ice water to become crisp. Arrange the vegetables on lettuce leaves with a dressing made as follows: Mix one-half cup of water, one-half cup of vinegar, one tablespoonful of made mustard, salt and sugar to taste, one cup of cream and a piece of butter the size of a walnut. Boil this mixture until it thickens, and when cool stir in the yolks of three eggs and cool one minute.

Peach Preserves.

Pare, halve, stone and weigh choice freestone peaches, adding the kernels from about a fourth of the pits. Allow three-fourths pound of sugar to every pound of fruit and to 4 cups of sugar a cup of water. Dissolve the sugar in one-fourth the amount of water; skim, and in the syrup cook the peaches a few pieces at a time until they are clear, then lift each piece out separately with a fork or skimmer. Condense the syrup, and when quite thick strain, reheat, adding the fruit, and after boiling seal in jars.

Strawberry Fool.

This is a most delicious sweet. One pot of strawberry jam, one pint and a half of milk, one egg. Press the jam (or fresh fruit) through a hair sieve with the back of a wooden spoon; simmer the milk with the yolk of an egg beaten up in it, add half a pint of cream when cooling, and stir all the ingredients into the fruit. Serve in a glass dish when cold.

To Make Cucumber Boxes.

Do not peel the cucumbers nor halve them, but cut an oblong opening in the top of each one; take them and scoop out the centers; fill with the green or white salad. Place a rose across the opening, put on the covers, leaving the rose at one end and the end of the stem at the other. The guests will remove covers by pulling out the rose.

Chocolate Wafers.

One cupful of brown sugar, one cupful of granulated sugar, one cupful of butter, one egg, one cupful of grated chocolate, one teaspoonful of vanilla extract and sifted flour to make stiff—about one and a half cupfuls. Roll very thin, cut with a little square cutter and bake very quickly. They should only be in the oven a few minutes.

Cocoon Dainties.

Half pound of desiccated cocoon, half teacup of sugar, whites of two eggs. Mix cocoon and sugar together in a basin, and add the whites of eggs. Stir until a paste is made, then mold into pyramids on greased paper, and onion sands in the oven.

Onion Sandwiches.

Cut bread thin, removing outside crust. Chop either Bermuda or Spanish onion very fine and mix with mayonnaise dressing and spread between buttered bread.

Wheat Gems.

Beat one egg light, add two cups milk and one teaspoon of salt and gradually beat into it two cups wheat flour; put it into hot, well-greased gem pans and bake about twenty minutes.

A Mistake Somewhere.

"I've been told," said the old man on the back platform of the street car, "that if we didn't look out sunthin' would happen."

"I hadn't heard of it," said the conductor.

"I heard some fellers talkin' about it half an hour ago."

"Well, I don't think you need be afraid. Want to get off here?"

"Yes, but you needn't stop the car. I can just step out like this, and swing my leg so, and—"

And he plowed along the street for ten feet and then fell full length.

"Hurt much?" asked a pedestrian, who went to his assistance.

"Somewhat, but that hain't what ails me," was the reply. "It's that that dinged comet was ready to hit me in the back and the fool-headed conductor was taking things as easy as if he was forty miles away."

\$75 PERMANENT salary and expenses paid reliable men, outside of the city; pleasant work. H. Henker, room 5, 127 1/2 7th st., Portland.

Well Supplied.

The young man with the black box and big brass horn entered the exclusive hotel.

"What have you there?" asked the clerk.

"A talking machine. Can I sell you one?"

"It would be superfluous here. This hotel is patronized exclusively by ladies."

STATE OF OHIO, CITY OF TOLEDO, Lucas County.

FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1886.

A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

Alma Mater So Dear.

Farmer Jason—Want a job, hey? Are ye a good, steady worker?

Bypath Blake—Well, no, now you speak of it. I have to take four months off every year to go an' coach me old college football team.—Puck.

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

His Bad Blunder.

City Grocer—We have some extra nice country hams, madam, if—

Mrs. Flatt (interrupting)—For goodness' sake, don't say "ham" to me. I've just got back from a three-weeks' visit with a country cousin.—Chicago News.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free Trial Bottle and Treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

Charged His Time.

"The treasury deficit for the fiscal year is nearly \$24,000,000."

"Eh? That doesn't seem much for a big and prosperous nation, does it?"

"And your share of the deficit—if there are 80,000,000 in our nation—will be close to 30 cents."

"What's that! My share? Say, only the grossest carelessness and bad management could run up an enormous deficit like that."—Cleveland Plain Dealer.

Frenzied Advertising.

In these days of frenzied advertising, it is hard for all of us to tell the real thing, and it naturally follows that the safest way is to pin our faith to those articles and products which are backed and guaranteed by the oldest and most reliable concerns.

The Pillsbury company, of Minneapolis, with a world-wide reputation for best quality, guarantees to you that in buying their ideal breakfast food, "Pillsbury's Vitos—the Meat of the Wheat," you actually purchase a product which is free from impurities, and at the same time a most economical food. It is truly the white heart of the wheat kernel, sterilized, nothing added, nothing taken away; no flavoring, no cooking, and a two-pound package will make you twelve pounds of delicious white food. Figure the economy of this.

If you are looking for the best, and are willing to accept the statements of the largest and most respected of firms, whose products are the yard stick by which all competitors measure their lines, you will not hesitate.

Ask your grocer today for "Pillsbury's Vitos—the Meat of the Wheat." Put up only in two-pound air tight packages. Price 20 cents.

Two of a Kind.

The lightning bug is brilliant, but he hasn't any mind; he meanders through the darkness with his headlight on behind. Likewise the foolish merchant, whom no one can advise; he declares there's "nothin' doin'"; when asked to advertise.

Piso's Cure is a remedy for coughs, colds and consumption. Try it. Price 25 cents, at druggists.

He Owed the Butcher.

"What's the matter now?" asked the village editor as the "devil" rushed excitedly into his sanctum.

"Your wife has just eloped with the butcher," replied the inky imp.

"Oh, is that all!" exclaimed the editor, with a sigh of relief. "Well, that makes one less bill I'll have to settle, anyway."

SCROFULA A Disease We Inherit

The tainted blood of ancestors lays upon the shoulders of innocent offspring untold suffering by transmitting to them, through the blood, that blighting disease, Scrofula; for in nearly every instance the disease can be traced to some family blood trouble, or blood-kin marriage which is contrary to the laws of nature. Swelling, ulcerating glands of the neck, catarrh, weak eyes, sores, abscesses, skin eruptions, white swelling, hip disease and other deformities, with a wasting of the natural strength and vitality, are some of the ways this miserable disease manifests itself. The poison transmitted through the blood pollutes and weakens that health-sustaining fluid and in place of its nutritive qualities fills the circulation with scrofulous matter and tubercular deposits, often resulting in consumption. A disease which has been in the family blood for generations, perhaps, or at least since the birth of the sufferer, requires constitutional treatment. S. S. S. is the remedy best fitted for this. It cleanses the blood of all scrofulous and tubercular poisons, makes it rich and pure and under the tonic effects of this great blood medicine the general health improves, the symptoms all pass away, there is a sure return to health, the disease is cured permanently while posterity is protected. Book on the blood and any advice wished, furnished by our physicians, without charge.

SSS is the remedy best fitted for this. It cleanses the blood of all scrofulous and tubercular poisons, makes it rich and pure and under the tonic effects of this great blood medicine the general health improves, the symptoms all pass away, there is a sure return to health, the disease is cured permanently while posterity is protected. Book on the blood and any advice wished, furnished by our physicians, without charge.

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On White Salmon River

Two hundred acres (40 leased school land) with 1150 young fruit trees, mostly Spitzenberg and Newton apples. On stage and R. F. D. route; 3/4 mile from school. Irrigating ditch covering gardens and small fruits. Stock and tools with place. Price \$4,000; \$2,500 down. For further particulars address

H. H. AHRENS, White Salmon, Wash.

Positive, Comparative, Superlative.

"I have used one of your Fish Brand Slickers for five years, and now want a new one, also one for a friend. I would not be without one for twice the cost. They are just as far ahead of a common coat as a common one is ahead of nothing."

(Name on application.)

HIGHEST AWARD WORLD'S FAIR, 1904.

Be sure you don't get one of the common kind—this is the mark of excellence.

A. J. TOWER CO., BOSTON, U.S.A.

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