

Spring Humors

Impure or effete matters accumulated in the blood during the winter cause in the spring such disfiguring and painful troubles as boils, pimples, and other eruptions, also weakness, loss of appetite and that tired feeling.

The best medicine to take to rid yourself of them is Hood's Sarsaparilla, which thoroughly cleanses the blood, and effects permanent cures by giving healthy functional activity to the stomach, liver, kidneys, bowels and skin.

This is the testimony of tens of thousands who have taken this great spring medicine.

Accept no substitute for Hood's Sarsaparilla, but insist on having Hood's and get it today.

Sold by druggists everywhere.

Usual form, liquid, or in new form, tablets, 100 Doses One Dollar.

Best Way to Plow.

Measure off a head and on each end of the field say as wide as the length of team and plow. Commence plowing at one side of the field one-half land from the fence, plowing back and forth, turning to the right and sliding plow on head land. When first land is done; measure off another land, skip it, go on and plow third land same as first, then plow second land turning to left. The object is plowing the third land before second is to avoid having so many center ridges and dead furrows, as you would if you took every land as it came. Keep on in this way until you get to the other side of the field, then plow head lands and you have the field nicely plowed without turning square corners, tramping horses heels, lifting plow or tramping plowed ground.

Count Boni de Castellane is reported to be anxious to become President of France.

Amending It.

"You got a typewritten copy of this speech in advance, didn't you?" asked the reporter of the party organ.

"Yes," replied the reporter of the opposition paper, "the speaker sent it in, even to the 'cheers' and 'applause' in parentheses."

"Well, then what are you taking down now?"

"The 'cheers' and 'applause' and substituting 'sneers' and 'groans.'"

Annoyed.

"Were you annoyed while on the witness stand?"

"Slightly," answered the great corporation magnate. "The judge and one or two other people in the courtroom seemed to think they were quite as important as myself."—Washington Star.

In France, out of every 1,000 inhabitants, 123 are old people of more than sixty years, as against 73 in England and 79 in Germany.



Frosted Apples.

Select medium sized, smooth apples which are tart. Peel and take out the core with apple corer. Fill a plate, which fits into the steamer with one layer of apples, set over kettle of boiling water and cover closely until done; set away to cool, then carefully remove to a clean plate and prepare another plateful for steaming; make a frosting with whites of three eggs, add seven tablespoonfuls of pulverized sugar; frost before they are quite cool. This will make frosting for two plates of apples. Set in oven a few minutes, but watch closely or the frosting will get too brown.

Brown Celery Soup.

Well wash eighteen or more sticks of celery; outer sticks will do, and the better sticks will do for stewing. Boil them until soft in a quart of good stock, in which may be put one large onion and any scraps of ham or bacon that you may have. When soft, rub through a wire sieve. Melt one and a half ounces of butter in a sauce pan, carefully fry in it until brown one ounce of flour, then add the soup, and stir well over the fire until it boils. Add a very little sugar and serve with fried bread. A few nicely stewed pieces of celery cut in dice may be stirred in.

Fruit Cake.

Three-quarters of a cup of butter, one cup of sugar, one-half cup of sour milk, two eggs, three-quarters of a teaspoonful of baking soda, one and a half cups of flour, one and a half cups of raisins, one cup of currants, one cup of citron, orange and lemon peel minced and mixed (dredge the fruits with flour), three-quarters of a teaspoonful each of cinnamon, cloves and allspice; one-half teaspoonful of nutmeg, ground; a little salt, one-quarter cup of molasses. Bake in a very slow oven for three or four hours.

Pineapple Trifle.

Soak one box of gelatine one hour in a cup of cold water. Put it into a deep dish with two cupfuls sugar, one pineapple peeled and chopped finely, the juice and grated rind of a lemon. Let it all stand one hour, then pour over it three cupfuls of boiling water, then strain through a cloth, squeezing it well. Set on ice, and when it begins to harden stir into it the whites of three eggs beaten to a stiff froth.

Filling for White Cake.

Boll together three-quarters of a cup of sugar, one cup of warm water, a lump of butter the size of a walnut, the yolks of three beaten eggs, a half-tablespoonful of cornstarch, wet with a little cold water. Stir steadily while cooking. When thick, flavor with a teaspoonful of lemon extract or with lemon juice. Take from the fire, and when cool spread on the cake.

Potato Salad.

Boll and mash four potatoes, add minced onions and a dressing composed of the yolks of three hard boiled eggs mashed and mixed with three-quarters teacupful of vinegar, one teaspoonful each of mustard and melted butter, two teaspoonfuls each of salt and sugar, mix well and garnish with the whites, cut in rings, and lettuce.

Cheese and Potatoes.

Bake large smooth Irish potatoes; when done cut off one end, scoop out the potato; mash well with salt and pepper; lay slices of hard grated cheese to each potato; refill the skins and return to the oven a few minutes; then serve with a nice gravy or fresh butter.

White Cake.

Cream a half-cup of butter with one and a half cups of granulated sugar, add a cup of milk, two and a half cups of flour that have been sifted with two teaspoonfuls of baking powder; lastly, fold in the stiffened whites of three eggs. Bake in layer tins.

Potato Fritters.

One pint of mashed potatoes, mash and beat until very light; one pint of flour, two eggs, one teaspoonful of baking powder, a little salt and enough sweet milk to make a batter stiff enough to drop. Drop into hot fat and fry quickly; serve very hot.

Puffs for Tea.

Three eggs, one cupful of sugar, two-thirds of a cupful of butter, one pint of sweet milk, three pints of flour, three teaspoonfuls of baking powder. Bake in muffin rings and serve warm.

Beans and Onions.

Add a teaspoonful of molasses to a quart basin of baked beans, crowd two small boiled onions in the center, pour over a teacupful of stock or thin cream and bake fifteen minutes.

Performing Unpleasant Duties.

"The very next time you have something unpleasant to do, something to which you bring an unwilling mind," says a writer in Harper's Bazar, "just repeat the following formula to yourself, and say it over and over again until you believe it: 'This which I am doing now is what, in the circumstances, I prefer to do at this moment, above all other things. Of course, then, I enjoy it!' This self-restraint, faithfully applied during dishwashing, bed-making, sweeping, dusting, house-cleaning, stocking-darning, and all the monotonous duties of a home woman, may be relied on to bring floods of sunshine everywhere. The work is done in less time, and with less friction, than ever before, an atmosphere of peace and serenity pervades the whole household, the soul of the worker is enlarged. It is worth trying. Try it at once, dear readers."

Sweet.

"Whadda you think o' my sister, Mr. Spoonalot?"

"Why, Johnny, I think she's very sweet."

"Gee! She thinks that about you, too."

"Oh, indeed? That's glorious. How do you know?"

"I heard her tellin' ma you was a regular puddin'."—Cleveland Leader.

The Frenchman eats nearly twice as

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Amending the Declaration.

"From a hasty examination," said the doctor, "I am decidedly of the opinion that you are suffering from the peculiar trouble known as 'clergyman's sore throat.'"

"The — you say!" exclaimed the caller.

"It is quite possible, however, that I may be wrong. I will make another examination."

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A Doctor's Medicine

Ayer's Cherry Pectoral is not a simple cough syrup. It is a strong medicine, a doctor's medicine. It cures hard cases, severe and desperate cases, chronic cases of asthma, pleurisy, bronchitis, consumption. Ask your doctor about this.

"I have used a great deal of Ayer's Cherry Pectoral for coughs and hard colds on the chest. It has always done me great good. It is certainly a most wonderful cough medicine."—MICHAEL J. FITZGERALD, Medford, N. J.

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

You will hasten recovery by taking one of Ayer's Pills at bedtime.

A Joke that Failed Twice.

Miss Adelbert had just returned from a vacation spent at a tiny village on the Maine coast. In recounting her experiences she talked somewhat for the benefit of a cousin, a quiet person, who was visiting her city relatives for the first time in many years.

"There was just one store in the place," said Miss Adelbert, "and they kept everything, that is, everything they had to keep.

"One day I went in to buy some soap, and just on a venture I asked the clerk if they had Browning. He stared at me a second, then went off and looked under the counters and on the shelves.

"Presently he came back and said, 'No, miss, we ain't got none. We got blacking, an' we got bluing, an' we got whitening, but we ain't got a bit o' Browning in the store.'"

Miss Adelbert had to make several protests to assure her audience that this really happened. Finally the cousin asked, gravely: "But, Cousin Bert, why didn't you say varnish in the first place?"

Quite Simple.

"Do you understand the tariff question?"

"Perfectly," answered Mr. Cumrox. "All raw material I use in my business should be admitted duty free. Everything else should be taxed."—Washington Star.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

Stray Cow's Act.

A stray cow, picked up by the police on the South Side, nearly put the officer out of business and created lots of fun for the urchins in the neighborhood. The cow was captured by the newly appointed subpolice, and, wishing to distinguish himself by an arrest, he determined to take the bovine to the station house. Procuring a rope, he fastened it to her horns and started down Cottage Grove avenue. The thoroughfare was slippery from a rainstorm, and in a jiffy the policeman was sliding down the asphalt on his stomach, with the cow on a dead run. The officer was game and hung on to his captive for a square, when the boys headed the animal off. He landed his prisoner and then begged off for the night to clean up.—Chicago Inter Ocean.

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Portland Trade Directory

Names and Addresses in Portland of Representative Business Firms.

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SWEET PEAS—Send 10c per pkg. asst. Fair Gold Medal peas. J. J. Butzer, 188 Front street.

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MEN'S CLOTHING—Buffum & Pendleton, sole agents Alfred Benjamin correct clothes. Everything in men's furn. shing. Morrison and Sixth streets. Opposite postoffice.

FREE LAND IN OREGON under the Carey Irrigation act. Deed direct from state. Write today. Booklet and map free. B. S. Cooke & Co., 251 Alder street, Portland, Oregon.

POULTRY FOOD—If you want your hens to lay more eggs write us for free particulars about PURINA POULTRY FEEDS—Acme Mills Co., Portland, Oregon.

TAILORS—Columbia Woolen Mills Co., Portland, Ore. Latest style clothes made to measure cheap. Our self measurement system insures perfect fit. Write for free samples and prices.

PIANOS & ORGANS—Oldest piano house on Pacific coast. Organs and Pianos on easy payments. Write for list. Let us quote you a price. Allen & Gilbert-Hamaker Co., Portland, Oregon.

Oregon Herbs—Specific for all Kidney and Bladder troubles. Cures BACKACHE. Price 50c. Trial size sent by mail for 10c. In stamps. Send today. 200 1/2 Third St.

Human Hair Goods—Switches, Pompadours, Men's Toupees and Wigs; best quality; lowest prices; send for free price list; mail orders a specialty. Paris Hair Store, 308 Washington St. Est 1888.

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K. C. BAKING POWDER

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The Little Doctor in your Vest Pocket

SEE the thin, round-cornered little Enamel Box below! When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets of pleasant taste, almost as pleasant as chocolate.

Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver.

It will not purge, sicken, nor upset the stomach.

Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters.

These waste Digestive Juices of the system needed tomorrow, in merely flushing out the Bowels today.

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

These emergency drugs relieve the immediate trouble, but do not relieve its Cause.

The same trouble will therefore recur again till that Cause is removed permanently.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels.

Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles.

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten.

Cascarets do this naturally, without purging or discomfort.

They don't help the Bowels and Liver in such a way as to make them lean upon similar assistance for the future.

This is why, with Cascarets, the dose may be lessened each succeeding time instead of increased, as it must be with all succeeding doses of other Cathartics and Laxatives.

Cascarets act like exercise.

If carried in your Vest Pocket, (or carried in My Lady's Purse), and eaten just when you suspect you need one, you will never know a sick day from the ordinary ills of life.

Because, nearly all these ills begin in the Bowels, and partial Constipation paves the way for all other Diseases.

"Vest Pocket" box 10 cents.

Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

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We want to send to our friends a beautiful French-designed GOLD-PLATED BOMBON BOX hand-enamelled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets with which this dainty trinket is loaded. 715 Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.

Showing size of "Vest Pocket" Cascaret Box compared to Watch.