I'LL PAY YOU CASH.

Ship me your nice, fresh country produce and I will pay you as follows. I never charge commission:

Dressed Veal, up to 180 pounds.....13c
Dressed Hogs, block.....11c
Live Spring Chickens.....17c
Live Large, Fat Hens.....18c
Dressed Chickens.....19c and 20c
Eggs—Market price.

Send us your turkeys, geese, ducks and we will pay you the market price. We want potatoes, apples, and all other kinds of fruits and vegetables.

We will send you egg packers complete with fillers for 15c each.

ADDRESS ALL SHIPMENTS
FRANK L. SMITH MEAT CO.
"Fighting the Beef Trust"
PORTLAND, OREGON

YOUNG MEN WANTED
TO LEARN TO DRIVE AND REPAIR AUTOMOBILES.

Thorough, practical and unlimited course. We assist students to secure positions as chauffeurs, repairmen, etc. Write

Automobile School of Oregon
215 Merchants Trust Building
PORTLAND, OREGON

OREGON AND WASHINGTON
FARM LANDS
Bought and Sold
HARRY M. COURTRIGHT
Yeon Bldg., Portland, Ore.

TWO GRAND CRUISES
AROUND THE WORLD

The First to leave New York November 1, 1911, and the Second from San Francisco February 17, 1912.

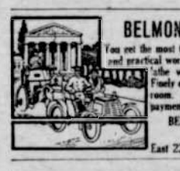
By the Large Transatlantic S. S. CLEVELAND (17,000 TONS)
Duration 110 Days | $650 and up, including all necessary expenses aboard and ashore.

Optional Tours OF 17 DAYS IN INDIA. 14 DAYS IN JAPAN.

Send for Illustrated Booklet.

HAMBURG-AMERICAN LINE
41-45 BROADWAY NEW YORK

INSIST UPON
WESTERN Gasoline and Kerosene MANTLES
L. A. KLEIN & CO., Inc., Distributors
28 Front Street Portland, Ore.



BELMONT AUTO SCHOOL

You get the most thorough instructions in driving and practical work that can be produced, also the work, drill press and forging. Finely equipped machine shop and school room. Tuition fee $35 cash; $40 payments $10 per week.

BELMONT AUTO SCHOOL & REALTY COMPANY.
East 23d and Morrison, Portland, Or

They won the Gran prize or Roses at the Seattle Exposition last year. They are planted in Portland's most beautiful gardens. Large field plants by express. Send postal for catalogue today. THE SIBSON ROSE NURSERIES, 1180 C. Milwaukie Avenue, Portland, Oregon

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Most economical and effective for house and school heating.

J. C. BAYER FURNACE CO.
Front and Market Sts. Portland, Or.

Homesteads and Timber Lands Located

If your Farm or Property is For Sale I Can Sell it QUICK for CASH

Send Description and Price. Address
C. A. BENGTSON
500 Henry Bldg PORTLAND, ORE.

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Write for catalogues and literature. Developing and printing. Mail orders given prompt attention

Portland Photo Supply Co.
149 Third Street PORTLAND, ORE.

HOWARD E. BURTON — Assayer and Chemist, Leadville, Colorado. Specimen prices: Gold, Silver, Lead, $1. Gold, Silver, 75c; Gold, 50c; Zinc or Copper, $1. Mailing envelopes and full price list sent on application. Control and Empire work solicited. References: Carbonate National Bank.

Continued Test.

As the thin man and the stout one were talking of diet and food in general the thin man said, "You can get an excellent dinner at Clapham's, the restaurant near my office, for 25 cents. Every try one of his dinners?" "One of 'em! Yes. I should say I had!" said the stout man. "Why, I ate four of 'em one day last week!"—Youth's Companion.

Keeley Cure
ALCOHOL
OPIUM—TOBACCO
Habits Positively Cured. Only authorized Keeley Institute in Oregon. Write for illustrated circular.
KEELEY INSTITUTE, 711 E. 11TH ST.
PORTLAND, OREGON

Forget It!

Every one ought to make it a life rule to wipe out from his memory everything that has been unpleasant, unfortunate, says Orison Swett Marden in Success Magazine. We ought to forget everything that has kept us back, has made us suffer, has been disagreeable, and never allow the hideous pictures of distressing conditions to enter our minds again. There is only one thing to do with a disagreeable, harmful experience, and that is—forget it!

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.

Judicial Distinction.

A man whose trousers were stolen from a Pullman car has been awarded damages in the sum of $439.50, which is doubtless all the trousers were worth, but sets a ridiculously low estimate on the amount of "mental anguish."

TRY MURINE EYE REMEDY
for Red, Weak, Weary, 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.

Miniature Specialization.

A young medical student was being quizzed by one of his teachers: "In what will you specialize?" he was asked. "Disease of the nostril," replied the student. "Good," said the professor, enthusiastically. "Which nostril?"

The Chicago fire could have been prevented with one pail of water, but the water was not handy. Keep a bottle of Hamlins Wizard Oil handy and prevent the fiery pains of inflammation.

A Gift Book.

To give a book is to enrich the receiver permanently; to put into his or her possession something which leaves residuun of pleasure long after the particular date on which it was received has been forgotten.—Hamilton W. Mable.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, stomach, liver and bowels. Sugar-coated, tiny, granules, easy to take. Do not gripe.

Miraculous!

An ad clipped from a Des Moines paper: "In looking over an almanac, I read of ——. I purchased a bottle; in three days I felt better. I took five bottles and two months later I went to work. My friends say it is the most wonderful cure they ever saw."

INDIGESTION
CAN BE
RELIEVED
AND
HOSTETTER'S
STOMACH
BITTERS
is the medicine you can rely on to do the work

It is a real digestive help. Try it today.

Refuse all Substitutes

New Use for a Crypt.

The Rev. C. H. Chard, rector of Spitalfields, has converted the crypt of his church into a store where poor people whose homes are broken up may deposit their furniture free of charge until they are in a position to set up house again. At present the crypt is full of furniture.—London Evening Standard.

COLDS

Munyon's Cold Remedy Relieves the head, throat and lungs almost immediately. Checks Fevers, stops Discharges of the nose, takes away all aches and pains caused by colds. It cures Grip and obstinate Coughs and prevents Pneumonia. Write Prof. Munyon, 53rd and Jefferson Sts., Phila., Pa., for medical advice absolutely free.

Glance Backward.

Fichte once said: "The day that opens for us another year is best used in beginning that year aright; but one wastes no time, in spite of this, by a backward look or two, not only to balance his own books, as it were, but also to take due note of what memorable men and women have accomplished in the years that were theirs. So shall he at once inform his mind and raise examples to his future effort." And the sentences might well stand text to what has here been written.

Safe That Floats.

A buoyant safe that in case of disaster will float to the surface as the ship equipped with it sinks, has been devised by four mechanics in the navy yard at Bremerton, Wash. The safe consists of a large cylinder of steel which is divided into two compartments, the lower one being an air chamber and the lower fitted as a receptacle for money and papers.

First and Last Love.

"It is the last love that makes a fool of the woman, and the first love that makes a man look as foolish as he is."—"Tower of Ivory," by Gertrude Atherton.

PEACH LEAF CURL.

Comprehensive Directions for Its Recognition and Treatment.

Oregon Agriculturae College, Corvallis—Professor H. S. Jackson, botanist and plant pathologist, at the Oregon Agricultural Experiment station, in a paper recently prepared, discussed at some length the nature and cure of what he considers to be most common and destructive disease of the peach which is met with in the Northwest.

"The most common and destructive disease of the peach in the humid sections of the Northwest and probably wherever the peach is grown in this region is without doubt the peach leaf curl or, as it is commonly known among growers, the curl leaf.

"The disease may be recognized by the characteristic effect upon the foliage and twigs. The leaves are peculiarly and characteristically curled. This curling results from a stimulation induced by a parasitic fungus which grows among the cells of the leaf. The infected leaves become considerably increased in thickness and breadth. The cells of the tissues develop thickened walls and increase in size and number. The tissues of the midrib do not increase to any extent and the abnormal growth in the tissues on either side as described above, results in a puckering or curling. Since the greatest growth is in the tissues toward the upper side there is a tendency for the upper surface of the curled leaf to be convex. Affected twigs are increased in thickness and very much shortened. The green coloring matter normally present in healthy twigs is largely bleached out so that diseased twigs appear whitish.

"The parasitic fungus causing the trouble is known as exoascus deformans. The vegetative condition of the fungus, the mycelium, is present among the cells of all diseased tissues, absorbing the juices needed for the proper growth of the tree and stimulating the tissues to produce the abnormal structures described above which are not able to properly perform the functions of normal tissues. Productive bodies or spores are produced in little sacs which form a layer on the surface of affected leaves. These form under the cuticle, finally pushing it off and imparting to the surface a frosted appearance. In each sac are borne at first eight spores. These become greatly increased in numbers by budding within the sac. The spores thus formed escape by the rupture of the sac. These spores are presumably carried over the winter on the surface of twigs and bud scales and produce infection as soon as the leaf buds open in spring.

"Affected foliage usually drops and where abundant may cause more or less complete defoliation of the tree. Such trees set little or no fruit. Defoliated trees usually leaf out again so that in mid-summer no signs of the disease may be found. The effect of such defoliation however, is to stunt the tree. Trees allowed to become infected year after year are usually unprofitable.

"Besides the method mentioned above the fungus may be carried over from one season to the next by the mycelium living over the winter in the twigs. The fungus gains entrance to the twigs by the growth of the mycelium down the leaf stalks of affected leaves into the twig. Where such twigs remain alive over the winter the leaves produced from the buds on these twigs will always be infected. Fortunately only a few branches become infested in this way and the majority of these die before the next spring, leaving only a very small percentage of the infection, even in serious cases, caused by this method.

"Control. Since the great majority of infections take place at the time the buds open in the spring from spores adhering over winter to the buds, bud scales and twigs, it is obvious that a spray applied early in the spring before the buds open, will kill the spores or prevent their germination and will control the disease.

"Use the bordeaux mixture 5-5-50 or the lime-sulphur 30 degrees baume diluted 1-15 and apply early in the spring just before or while the buds are swelling, but before any of the buds show any green leaf tips. If any of the buds show the green tips of the leaves these may become infected.

"Spraying will not prevent infection resulting from the mycelium wintering over in the bark of the twigs. Fortunately this method of wintering over accounts for only a small proportion of the infection.

"In spraying for leaf curl it is important that every twig be thoroughly covered with the spray.

"Either of the sprays mentioned are equally good in preventing this disease. The lime-sulphur, however, has the advantage of being an insecticide and will control the scale and is to be recommended over the bordeaux mixture on that account."

The Supreme Test.

"Has Will made a success of his college course?"

"I should say so. He has gone through every football game without being in the hospital once."

Exhausted.

"Mister Grocer, ma says send her a can o' peas an' a pound o' butter an' five pounds o' sugar an' charge it!"

"Lucy, you run right back and tell your mother we are just out of charge it."

What Was Yet

He was an old darky. He wore no overcoat and the icy wind twisted his threadbare clothes about his shriveled body.

"Wind," he demanded whimsically, "whar wuz you dis time las' July?"—Everybody's.

A Hard World.

"Barker is awfully discontented."

"What's the matter with him? He earns enough to keep his family together, doesn't he?"

"Yes, but he wants to make enough to keep them apart."

Hood's Sarsaparilla

Leads all other medicines in the cure of all spring ailments humors, loss of appetite, that tired feeling, paleness and nervousness. Take it.

Get it today in usual liquid form or tablets called Sarsatabs. 100 Doses $1.

Love Letters Buried With Her.

A maiden lady of Hanley (Staffs) who died at the age of more than ninety years asked shortly before her death that her love letters should be buried with her. Her relatives found several letters, dating back some of them to the '30s, with the ink almost faded. Her last request was complied with.—London Evening Standard.

OTTUMWA WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Ottumwa, Iowa.—"For years I was almost a constant sufferer from female trouble in all its dreadful forms; shooting pains all over my body, sick headache, spinal weakness, dizziness, depression, and everything that was horrid. I tried many doctors in different parts of the United States, but Lydia E. Pinkham's Vegetable Compound has done more for me than all the doctors. I feel it my duty to tell you these facts. My heart is full of gratitude to you for my cure."—Mrs. HARRIET E. WAMPLER, 524 S. Ransom Street, Ottumwa, Iowa.

Consider This Advice.

No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous medicine, made only from roots and herbs, has for thirty years proved to be the most valuable tonic and invigorator of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, confidential, and always helpful.

Best He Could Do.

Miss Chatterton (gushingly)—"What a magnificent great Dane! And of course his name is Hamlet?" Mr. Gaiety (the owner)—"Not exactly; you see, I—er—couldn't consistently use that name. The best I could do was to call her Ophelia!"

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

Hours to Remember.

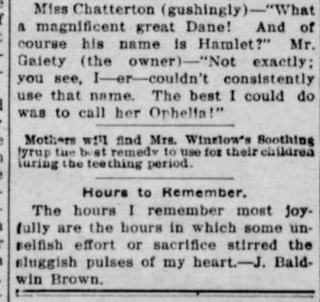
The hours I remember most joyfully are the hours in which some unselfish effort or sacrifice stirred the sluggish pulses of my heart.—J. Baldwin Brown.

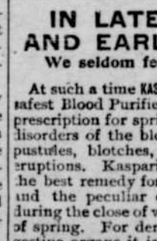
IN LATE WINTER AND EARLY SPRING
We seldom feel JUST RIGHT

At such a time KASPARILLA is the best and safest Blood Purifier, the most successful prescription for spring humors and such disorders of the blood as boils, pimples, pustules, blotches, sores and cutaneous eruptions. Kasparilla is admitted to be the best remedy for that lack of energy and the peculiar debility so prevalent during the close of winter and the opening of spring. For derangements of the digestive organs it is a natural corrective, operating directly upon the liver and alimentary canal, gently but persistently stimulating a healthy activity. Its beneficial influence extends, however, to every portion of the system, aiding in the processes of digestion and assimilation of food, promoting a wholesome, natural appetite, correcting sour stomach, bad breath, irregularities of the bowels, constipation and the long list of troubles directly traceable to those unwholesome conditions. Kasparilla dispels drowsiness, headache, backache and despondency due to inactivity of the liver, kidneys and digestive tract. It is a strengthening tonic of the highest value.

THE BEST SPRING MEDICINE
HOYT CHEMICAL CO. Portland, Oregon

FERRY'S SEEDS





PISO'S is the name to remember when you need a remedy for COUGHS and COLDS

CURRENT EVENTS OF THE WEEK

Doings of the World at Large Told in Brief.

General Resume of Important Event Presented in Condensed Form for Our Busy Readers.

Owing to a strike of printers, Chicago dailies are issued with only four pages.

Carter Harrison has been renominated for mayor of Chicago by the Democrats.

Long Beach, Cal., authorities have begun a crusade against immodest bathing suits.

Train service is established on the Oregon Trunk from Fallbridge, Wash., to Metolius, Ore.

Sir Thomas Lipton has raised a cry of alarm over annexation as a result of the reciprocity treaty with Canada.

A squaw captured in the fight with renegade Indians in Nevada says the band killed nine men during the past year.

Fire destroyed the big plant of the Oregon & Washington lumber company at Portland, causing a loss of $75,000.

It is believed that Abe Ruef's last hope for freedom is gone and that he must serve his 14-year sentence at San Quentin.

Two masked and heavily armed robbers held up and looted an express car within the city limits of St. Louis, escaping with several valuable packages and the money box.

Prohibition of profanity and vulgarity on the stage by a city ordinance is being urged upon the New York aldermen by representatives of a hundred churches and religious societies.

Junction City, Wash., had a $100,000 lumber fire.

San Francisco will have a new $800,000 hospital.

A derelict ship has been found frozen in the ice in the Caspian sea, and with her entire crew of 30 frozen to death.

A premature explosion of dynamite killed four men and wounded six, who were clearing the channel of the Columbia below Celilo.

Two soldiers are walking from New York to San Francisco, carrying newly-invented knap-sacks and outfits weigthing 16 pounds each.

Pendleton, Or., suffered a $10,000 fire which might have been checked at the start but the fire bell was fozen fast and no alarm could be sounded.

Heads of many large railroads and also many financial interests approve the ruling of the Interestate Commerce commission against an increase of freight rates.

Eight Indians, including two squaws and two children, were killed by a posse in Nevada. They are believed to be the band that killed four stockmen a short time ago. The Indians fought desperately.

PORTLAND MARKETS.

Wheat — Track prices: Bluestem, 81c; club, 78c; red Russian, 76-77c; valley, 80c; forty-fold, 78-79c.

Barley—Feed, $23-23.50 ton; brewing, nominal.

Millstuffs—Bran, $21-22 per ton; middlings, $27-28; shorts, $22-24; rolled barley, $25.50-26.50.

Corn—Whole, $28; cracked, $29 ton

Oats—No. 1 white, $27-27.50 ton.

Hay—Track prices: Timothy, Eastern Oregon, No. 1, $19-20; mixed, $16-18; alfalfa, $12-12.50; grain hay, $13-13.50; clover, $11-12.

Apples—Fancy, $1.50-2.50; choice, $1-1.25; common, 50c-$1 per box.

Green Fruits—Pears, $1.50-1.75 per box; cranberries, $13.50 per barrel.

Vegetables — Cabbage, $1.25-1.50 per cwt; celery, California, $3-3.25 per crate; garlic, 10-12c per lb; pumpkins, 2c; sprouts, 8c; carrots, 90c-$1 per cwt.; parsnips, $1; turnips, 90c-$1; beets, $1.25.

Potatoes —Oregon, buying prices: $1.25-1.40 per cwt.

Onions—Buying price: $2.50 per cwt.

Poultry — Live: Hens, 18-19c; springs, 18-18½c; turkeys, 20c; ducks, 20-23c; geese, 12-12½c. Dressed: Turkeys, choice, 23-25c.

Eggs—Oregon ranch, candled, 21-22½c per dozen.

Butter—City creamery, extras, 1 and 2-pound prints, in boxes, 33c per pound; less than boxes, cartons and delivery extra.

Pork—Fancy, 11-11½c per pound.

Veal—Fancy, 85 to 125 pounds, 13½-14c per pound.

Hops—1910 crop, 18½-19c; 1909 crop, 12-14c; contracts, 15-16c.

Wool—Eastern Oregon, 12-18c, according to shrinkage; valley, 17-19c; mohair, choice, 30c per pound.

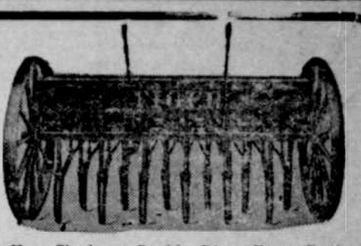
Cattle—Prime steers, $6-6.85; good to choice, $5.75-6; fair to good, $5.25-5.75; common, $4-5; choice to prime cows, $5-5.25; good to choice beef cows, $4.75-5; common to fair beef cows, $2-4; choice spayed heifers, $5.25-5.50; good to choice heifers, $5-5.25; choice to good fat bulls, $4.25-4.50; fair to good fat bulls, $3-3.50; good to choice light calves, $7.75-8; fair to good light calves, $7-7.50; good to choice light calves, $3.75-4.75; good to choice stags, $5-5.25; fair to good stags, $4-4.50;.

Hogs—Choice, $8.25-8.75; good to choice, $8-8.25; poor, $7-7.50.

Sheep — Choice yearling wethers, grain fed, $4.25-4.60; old wethers, grain fed, $4-4.25; choice ewes, grain fed, $3.50-4.50; fair to medium ewes, grain fed, $2.75-3.25; choice lambs, grain fed, $5.75-6; good to choice, grain fed, $5.50-5.75; fair to good, $4.50-5.50; poor lambs, $2.50-3.50.

Hay fed sheep and lambs 50c lower than grain fed.

TIGER GRAIN DRILL



We Ship on 30 DAYS' FREE TRIAL FREIGHT PAID

Latest Improved in the Hoe; Single or Double Discs; Force Feed; Steel Ribbon Tubes; Re-enforced Frame—no sagging; Heavy Wooden Wheels. The Strongest and Best-Made Drill on the Market. Two, four, or six-horse hitch. Send for large Illustrated Catalogue, and state size Drill interested in. Drills are guaranteed.

THE FOOTT-TITUS MACHINERY HOUSE
184 Union Avenue PORTLAND, OREGON

COLT DISTEMPER

Can be handled very easily. The sick are cured, and all others in same stable, no matter how "exposed," kept from having the disease, by using SPOHN'S LIQUID DISTEMPER CURE. Given on the tongue or in feed. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for mares in foal. One bottle guaranteed to cure one case. $6 and $12 a box; $5 and $10 dozen, of druggists and harness dealers, or sent express paid by manufacturers. Cut shows how to position throats. Our Free Booklet gives everything. Local agents wanted. Largest selling horse remedy in existence—twelve years.

SPOHN MEDICAL CO., Chemists and Bacteriologists, GOSHEN, IND., U. S. A.

English Sparrow Slayer Club.

Farmers in Codford and district have formed a club for the destruction of sparrows, which are so numerous that they have become a pest to this part of Wiltshire. The rules provide that each member shall kill no fewer than 100 sparrows in two months or be fined 1d. a head for any under that number not destroyed.

To Stop a Leak.

To stop a leak in a water pipe until the plumber comes, shut off the water, drain the pipe, wipe the place dry, apply a piece of surgeon's plaster and bind on tightly with a long strip of the same plaster. Wind this thickly with absorbent cotton and bandage the whole with strong cloth. This will hold very well for about 24 hours.

Housework Drudgery

Housework is drudgery for the weak woman. She brushes, dusts and scrubs, or is on her feet all day attending to the many details of the household, her back aching, her temples throbbing, nerves quivering under the stress of pain, possibly dizzy feelings. Sometimes rest in bed is not refreshing, because the poor tired nerves do not permit of refreshing sleep. The real need of weak, nervous women is satisfied by Dr. Pierce's Favorite Prescription.

It Makes Weak Women Strong and Sick Women Well.

This "Prescription" removes the cause of women's weaknesses, heals inflammation and ulceration, and cures those weaknesses so peculiar to women. It tranquilizes the nerves, encourages the appetite and induces restful sleep.

Dr. Pierce is perfectly willing to let every one know what his "Favorite Prescription" contains, a complete list of ingredients on the bottle-wrapper. Do not let any unscrupulous druggist persuade you that his substitute of unknown composition is "*just as good*" in order that he may make a bigger profit. Just smile and shake your head! Dr. Pierce's Pleasant Pellets cures liver ills.

Restoring Whiteness of Marble.

To clean marble take finely powdered pumice stone and mix with vinegar to a paste. Lay this all over the marble, and leave it on for five or six hours. Then brush it hard and wash it with warm water and curd soap till clean. Then, to give a polish, rub over with oxide of tin applied on a wet cloth. Should the article be stained, you can remove the stain by dipping a cloth in oxalic acid solution and passing it quickly over it. Then wash in water to remove the acid and polish.

It Cures While You Walk.

Allen's Foot-Ease is a certain cure for hot, sweating, callus, 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.

Truth Before All.

Herodotus tells us, in the first book of his history, that from the age of five to that of twenty, the ancients instructed their children only on three things, namely: to manage a horse, to shoot dexterously with their bows, and to speak the truth. The study of truth is perpetually joined with virtue; there is no virtue which does not derive its original from truth, just as there is no vice which does not spring from a lie.

FOR ALL EYE DISEASES Pettit's Eye Salve

New Fields of Pitchblende.

As long as the present process of extracting radium from pitchblende is so enormously expensive it avails little that new pitchblende fields have been found in the south seas. However, it is of scientific interest if not of commercial advantage. Certainly the radium manufacturers are not using all the pitchblende available at the present time.

PILES CURED IN 6 TO 14 DAYS.
Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days. 50c.

In Much the Same Boat.

"If we didn't have to give back any change, think of the money we merchants would make." "We all have our troubles," said the magazine publisher. "Sometimes it frets me to have to print any reading matter, but I s'pose it must be done."—Kansas City Journal.

Wine Many Centuries Old.

That the Romans of old knew something of vintages is proved by the finding of a vial of wine believed to be 2,000 years old in an old Roman cemetery near Bordeaux.

Desperate Coughs

Dangerous coughs. Extremely perilous coughs. Coughs that rasp and tear the throat and lungs. Coughs that shake the whole body. You need a regular medicine, for such a cough. Ask your doctor about Ayer's Cherry Pectoral.

We publish our formulas
Ayer's
We banish alcohol from our medicines
We urge you to consult your doctor

Any good doctor will tell you that a medicine like Ayer's Cherry Pectoral cannot do its best work if the bowels are constipated. Ask your doctor if he knows anything better than Ayer's Pills for correcting this sluggishness of the liver.

—Made by the J. C. Ayer Co., Lowell, Mass.—

A VALUABLE SUGGESTION

Information of Importance to Everyone

A great deal of pain and suffering might be avoided if we had some knowledge of physiology and the care of the body, particularly those parts that do the most work and should always be kept strong and healthy.

In an interview with a prominent physician he states that people should pay more attention to their kidneys as they control the other organs to a remarkable degree and do a tremendous amount of work in removing the poisons and waste matter from the system by filtering the blood.

During the winter months especially, when we live an indoor life, the kidneys should receive some assistance when needed, as we take less exercise, drink less water and often eat more rich, heavy food, thereby forcing the kidneys to do more work than Nature intended. Evidence of kidney trouble, such as lame back, inability to hold urine, smarting or burning, brick-dust or sediment, sallow complexion, rheumatism, may be weak or irregular heart action, warns you that your kidneys require help immediately to avoid more serious trouble.

An herbal medicine containing no minerals or opiates has the most healing influence. An ideal herbal compound that has had remarkable success as a kidney remedy is Dr. Kilmer's Swamp-Root.

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