

# A Good Hair-Food

Ayer's Hair Vigor, new improved formula, is a genuine hair-food. It feeds, nourishes, builds up, strengthens, invigorates. The hair grows more rapidly, keeps soft and smooth, and all dandruff disappears. Aid nature a little. Give your hair a good hair-food.



Formula with each bottle. Show to your doctor. Ask him about it. This do as he says.

You need not hesitate about using this new Hair Vigor from any fear of its changing the color of your hair. The new Ayer's Hair Vigor prevents premature grayness, but does not change the color of the hair even to the slightest degree.

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

## CASH FOR IDEAS

\$50 for the best Trademark \$25 for the best Motto

We want to help improve on the public the strength and vigor of this WESTERN company, and its unusually liberal policy contracts. Contest, which is open to every body, closes September 30.

For particulars address S. Blaiswain, General Agent, 834 E. Yamhill Street, Portland, or Continental Life Insurance & Investment Company, W. H. Canham, General Manager, McCormick Block, Salt Lake City.

Graft. Exulting in his suddenly returned strength, Samson was about to push the pillars from under the temple. "Ha," he chuckled, as the roof toppled in, "couldn't have done it if the contractor had built this temple according to specifications."

The Canine Howlology. There is nothing so very remarkable in the Atlantic City dog that can tell time. Every dog on earth can tell time. That is, they can tell breakfast time, dinner time and supper time, and know to a minute when it is time to start their nightly howl.

**Keeley Cure** ALCOHOL OPIUM—TOBACCO Habits Positively Cured. Only authorized Keeley Institute, 2111 Broadway, New York City.

**C. Gee Wo** The Chinese Doctor. This wonderful man has made a life study of the properties of roots, herbs and minerals, and is giving the world the benefit of his services.

**W. L. DOUGLAS** \$2.50, \$3.00, \$3.50 & \$4.00 SHOES. WOMEN wear W.L. Douglas stylish, perfect fitting, easy walking boots, because they give long wear, same as W.L. Douglas Men's shoes.

THE STANDARD OF QUALITY FOR OVER 30 YEARS. The workmanship which has made W.L. Douglas shoes famous the world over is maintained in every pair.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W.L. Douglas shoes are made, you would then understand why they are warranted to hold their shape, fit better and wear longer than any other make for the price.

CAUTION! The genuine have W. L. Douglas name and price stamped on bottom. If you cannot obtain W. L. Douglas shoes in your town, write for catalog. Shoes sent direct from factory to wearer, all charges prepaid. W. L. DOUGLAS, 145 Spark St., Brockton, Mass.

ONE PAIR of my BOYS' \$2, \$2.50 or \$3.00 SHOES will positively outwear at TWO PAIRS of ordinary boys' shoes.

REMINGTON UMC AUTOLOADING SHOTGUN. Steel Lined SHOT SHELLS. Few and strong and simple parts.

Allows five shots—in lightning succession or deliberately—as desired. Three to get the cripples. Minimum recoil. Not a single ounce of muzzle energy lost. Part of the recoil, ordinarily absorbed by shooter's shoulder is utilized to operate the mechanism.

## First Aid.

She's such a help to her clever husband. Everybody knows that he is a genius, but few are next to the fact that little wife aids him in his every activity. We got a look-in at this state of affairs at the surprise party we gave him the other night.

When the food had been discussed he was called on for a speech, of course. He arose from his seat beside his wife—he hemmed and hawed, and then he said:

"Ladies and gentlemen—I am totally unprepared, of course, and—er—being as I said totally unprepared, you must—er excuse me for being—er—unprepared. I—er—ah—I was hardly prepared for this—er" And then his wife interrupted:

"Why, darling," she said, "you knew it perfectly this morning. The next sentence begins, 'Knowing as I do.' Now can you go from there?" What happens they are, these anxious wives.—Cleveland Plain Dealer.

Bowled Over. There is in a Western town a judge who occasionally hits the flowing bowl until it puts him down and out. One morning, following an unusually swift encounter with the alcoholic foe, he appeared in his office looking sad and shaken up.

"How are you this morning, Sam?" inquired a friend.

"Worse than I've ever been," replied the judge, with a groan. "I'm in bad at home. When I left the house a little while ago the children were calling me Sam and my wife was addressing me as Mister."

An Autocrat's Relaxation. "You seem to get a great deal of pleasure out of business," "Yes," replied Mr. Dustin Stax, "after I have fretted over a golf match there's nothing rests me up like getting back to my desk, where I can have everything my own way."

**NOT FEELING WELL?** You need a short course of **The Bitters**. It is fine for a weak or overloaded stomach, clogged bowels and sluggish liver. Be persuaded to get a bottle of **HOSTETTER'S STOMACH BITTERS** today. It will set things right in quick time.

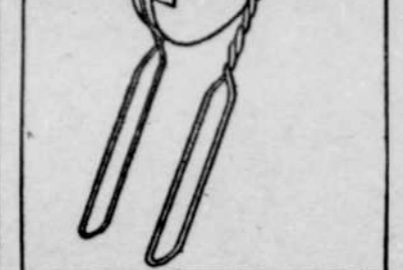
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Honorable, Dignified, Lucrative. Write for literature and information. It will be to YOU! advantage. Invalids and others needing skilled treatment, write for particulars. 409 Commonwealth Bldg., Portland, Or.

## NOVEL BUT TOO ELABORATE

Device for Separating Whites and Yolks of Eggs invented by an Oregon Man.

An ingenious but rather elaborate egg separator has been invented by an Oregon man. A concave plate with a lip on one side has a yolk-receiving socket and a revolving cup, mounted on a lever, fits down over this socket. By bringing the cup down the egg is



Revolving Arm Cleans Plate.

cracked and the white flows out into the plate, while the yolk is retained in the socket. The cup also has a cleaning arm extending from it and by turning the cup this arm can be made to clean the plate, the contents of which can be poured through the lip into the cup or other receptacle waiting. Of course the yolk of the egg is not broken in this operation or it would run into the white. As it is, the yolk and shell are removed from the cup of the separator afterward. The experienced cook, however, would probably regard such an apparatus as more interesting than necessary.

**CUCUMBER CUPS ARE GOOD** Salad-Like Dish That is Attractive and Not at All Difficult to Make.

To make cucumber cups pare large, well-shaped cucumbers, cut each in four pieces crosswise, and cut a slice off the two ends so that they will stand upright; hollow out the centers, stand the cups on a few leaves of lettuce and fill with the tartar sauce, arranging the left-over bits of cucumber at the base.

To prepare the sauce set a bowl on some pieces of ice, and put into it a tablespoonful each of mustard and salt, with two of sugar, and a pinch of cayenne; drop in the yolks of two eggs, stir until mixed and begin whisking with a wire whisk while you add slowly a gill of olive oil, diluting, for fear it should become too thick, with three teaspoonfuls, gradually, of vinegar.

When ready to serve add a teaspoonful each of chopped capers, pickles, parsley, olives and shallots, and a few drops of Tarragon vinegar. Those who go in for changes may like this better than the ever-delicious plain French dressing, for tablespoonful of olive oil beaten with pepper and salt, and then, still beating, a tablespoonful of vinegar, drop by drop, on this, sliced cucumber.

**Lemon Pie.** Line pie plate with crust and bake. Make crust with two cups of flour and one-half cup of lard, a little water and teaspoon salt. Take double boiler and put in a cup of sugar with two rounding tablespoons flour. Mix well. Grate the rind of one lemon; add the juice and yolks of three eggs, with salt. Stir all together and add a cup of boiling water. Cook until thick. Beat the whites of the three eggs, add sugar and spread over the filling and brown in the oven.

**Broiled Eggplant.** Remove the skin from a raw eggplant, cut it in slices a quarter of an inch thick. Lay them on a greased broiler, cook until done. Turn frequently to keep from burning. The same result may be achieved by laying the slices on a hot griddle such as you use for pancakes, greasing with a bit of suet. Draw griddle to back of stove where the eggplant will cook through slowly without burning. Serve on toast slightly moistened with hot water.

**Filling.** Put two ounces of chocolate, one tablespoonful of butter, one-quarter of a cupful of cream and one-half of a cupful of sugar over hot water to melt, then boil until you have a soft ball as you drop it in ice water. Have ready one-half of a cupful of nuts chopped; stir the nuts into this mixture and stand aside to cool; add one teaspoonful of vanilla, and when the cakes are cold put them together with the filling.

**Nut Balls.** One cupful of cold chopped veal, 12 chopped blanched almonds, one-half teaspoonful of salt, one egg, pepper to taste, and one cupful of tomato sauce. Mix the meat, almonds and seasoning and moisten with the well beaten egg. Roll into balls the size of a walnut and set in a baking pan. Pour over them the hot tomato sauce. Cook in a hot oven 20 minutes. Serve on a platter garnished with water cress.

**Wagon Grease, Grass or Tar Stains.** If garments stained by tar or wagon grease are first washed in cold soaps, the stains will be eradicated. White dresses can be freed of grass stains by touching the spots with alcohol before washing. For pitch stains, first grease with lard and then use soap and cold water. Turpentine will also remove these stains.—The House-keeper.

**Spiced Salmon.** Place in the dish the liquor from a can of salmon, two tablespoonfuls butter, two tablespoonfuls lemon juice, four of water, one-half teaspoon cloves, pinch of cayenne. When it begins to boil add the salmon, salt to taste and boil a few minutes. Serve on toast or crackers.

## APPLE SHOW TO GIVE BIG PRIZES

\$3,900 for Carload Exhibits Alone to Be Awarded.

\$500 for Best Packed Car—Generous Premiums for Decoration, Quality, Etc., of Display.

Spokane, Wash.—Thirty-nine hundred dollars, of a total of \$20,000 in premiums and trophies, is offered as prizes in carload contests on pack, variety and decorative features at the Fourth National Apple show in Spokane, November 23 to 30. The chief prize, \$500 in gold and the International Apple Shippers' association's trophy cup, is for the best packed car of 630 boxes or 210 barrels grown in one orchard and exhibited by the owner, lessee or agent of the land. Prizes of \$300 to firsts and \$100 to seconds are announced in each of the following carload competitions:

Spitzenberg, Winesap, Jonathan, McIntosh Red, Rome Beauty, Wagoner, Yellow Newtown, any standard variety not mentioned in the foregoing and mixed of commercial varieties, variety to consist of not less than 50 boxes.

Quality, color, size, uniformity, condition and pack will be considered by the judges in scoring the exhibits for awards. A special prize of \$200 will be awarded to the exhibitor of the most artistically decorated carload display. This arrangement makes possible the winning of \$1,000 by a single carload entry, without forcing the grower into competition under a handicap against varieties scoring higher on quality.

Other attractive display of apples grown on irrigated land and exhibited by a commercial club, union, association, county or district; \$100 for first, \$50 for second. Best general display produced on non-irrigated land; \$100 for first, \$50 for second.

Most unique and attractive display, not of commercial value, open to any association, district, lodge, society or union of five or more persons, \$200 for first, \$100 for second. Best individual display in the same class; \$200 for first, \$100 for second. Fifty dollars each to five entries ranking next to winners.

Ten-box classes, 15 contests on standard varieties; \$40 for firsts, \$20 for seconds, with added prizes on pack. Five-box classes, 15 contests on standard varieties; \$25 to firsts, \$15 for seconds, with added prizes for pack.

Five-box class, five distinct varieties, one in each box; \$50 for first, \$25 for second. Single box classes, 30 contests on standard varieties, \$10 for firsts, \$5 for seconds, with added premiums on pack.

Best barrel or three boxes from these groups of states: Eastern and New England, Middle Western, Southern and Northwestern, also any province, district or territory outside of the United States; \$40 for firsts, \$20 for seconds.

Fifty largest apples in pyramid, judged by weight; \$75 for first, \$25 for second. Five largest apples, circumference to determine award; \$25 for first, \$15 for second. Largest single apple, \$20 for first, \$10 for second.

Plates of five apples, 400 contests; \$2 for firsts. These competitions are open to all varieties. Cups, gold and silver banners and other trophies are offered for new varieties, best keepers and designs or photographs on apples.

Nursery stock, orchard implements, spraying machines and materials and other articles will be distributed as added prizes. The management of the show announces that the competitive commercial entries will be scored by a board of judges, consisting of experts of recognized ability. The premiums on decorative and feature displays will be awarded by special judges.

"The coming show, for which the railroads in the Northwest have made a special rate of one and one-third fare for the round trip from numerous points in the United States and Canada, will be the largest, most attractive and interesting from an educational viewpoint in the history of apple exhibitions," said Julius A. Zittel, vice president of the association.

"The institution is not a money-making enterprise in any sense of the term; in fact, we will do well if we can keep the expense inside of the appropriation. Every contest is free and open to the world, not a penny being charged either for entry fees or for the space occupied by exhibitors. The chief aim is to exploit the industry by encouraging the growing of wholesome fruit and popularizing the apple as a healthful food product, also assisting the growers in solving orchard and market problems.

"We shall have this year in connection with the exposition a series of growers' conventions, country life meetings and tests of orchard appliances, also a free packing school and demonstrations by experts in the various uses of the apple as an article of daily food. Other features, including band concerts and amusement programs by the Arabian Order of Mystic Enakops, will be of the highest class, and taken in all the show will be well worth the money, time and efforts expended to make it in every way the most unique and distinctive in this age of educational exhibitions."

Ben H. Rice, secretary of the show, with headquarters in the Hutton Building, Spokane, will gladly send premium lists and other information to prospective exhibitors and others interested in the exposition.

## Misapplied.

It is related that a clergyman living in the suburbs set a tired-looking man who had applied to him for work digging potatoes. In an hour or so he went out and found that the man had uncovered about two quarts of the tubers.

"Well," said the parson, "you don't believe in overworking yourself, do you?"

"Oh," replied the laborer, "I work according to Scripture."

"Where in the Bible can you find anything that justifies your taking two hours to dig two quarts of potatoes?"

"Why, this: 'Let your moderation be known to all men.'"

The minister thought this rather witty and he took the man to dinner. The moderate worker did not prove to be a moderate eater; in fact, he cleared the table.

"You don't seem to eat according to your text," remarked his host, watching the victuals disappear.

"No," replied the tired man, playing his knife and fork faster than ever. "I have another text for this: 'Whatever thy hand findeth to do, it with all thy might!'"

"Humph!" said the clergyman. "My good man, you've got two texts misplaced."

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invigorate the stomach, liver and bowels and cure constipation.

Deuced Bad Form. The first night Walter Kelly, known to vaudeville as the "Virginia Judge," walked up the Strand he complained to his English companion that the most famous street in London was dark at 9 o'clock.

"Why," he said, "at this hour Broadway is as bright as day. There is one street alone, 'The Chariot Race,' in which there are 50,000 electric lights."

"But I say, old top, said his English friend, 'wouldn't that be rather conspicuous?'—Cincinnati Times-Star.

## AFTER 7 YEARS SUFFERING

I was Cured by Lydia E. Pinkham's Vegetable Compound



Waurika, Okla.—"I had female troubles for seven years, was all run down, and so nervous I could not do anything. The doctors treated me for different things, but did me no good. I got so bad that I could not sleep day or night. While in this condition I read of Lydia E. Pinkham's Vegetable Compound, and began its use and was cured in a short time. I had gained my average weight and am now strong and well."—Mrs. SALLIE STEVENS, R. F. D., No. 8, Box 51, Waurika, Okla.

Another Grateful Woman. Huntington, Mass.—"I was in a nervous, run-down condition and for three years could find no help. 'I owe my present good health to Lydia E. Pinkham's Vegetable Compound and Blood Purifier which I believe saved my life. 'My doctor knows what helped me and does not say one word against it.'—Mrs. MARI JANETTE BATES, Box 134, Huntington, Mass. Because your case is a difficult one, doctors have done us no good, do not continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. It surely has cured many cases of female ills, such as inflammation, ulceration, displacements, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, and nervous prostration.

## What Ails You?

Do you feel weak, tired, despondent, have frequent headaches, coated tongue, bitter or bad taste in morning, "heart-burn," belching of gas, acid risings in throat after eating, stomach gnaw or burn, foul breath, dry spells, poor or variable appetite, nausea at times and kindred symptoms?

If you have any considerable number of the above symptoms you are suffering from biliousness, torpid liver with indigestion, or dyspepsia. Dr. Pierce's Golden Medical Discovery is made up of the most valuable medicinal principles known to medical science for the permanent cure of such abnormal conditions. It is a most efficient liver invigorator, stomachic, bowel regulator and nerve strengthener.

The "Golden Medical Discovery" is not a patent medicine or secret nostrum, a full list of its ingredients being printed on its bottle-wrapper and attested under oath. A glance at these will show that it contains no alcohol, or harmful habit-forming drugs. It is a food extract made with pure, triple-refined glycerine, of proper strength, from the roots of native American medicinal forest plants. World's Dispensary Medical Association, Props., Buffalo, N. Y.

## Be Cured In Your Own Home

Rheumatism, Stomach and Lung Troubles, Skin Diseases Cured permanently in short time and at small cost by use of a concentrated mineral water. No Fake. \$3 and up. Testimonials and literature. \$1.00 trial package \$5 cents. Address LANG'S ROCKY MOUNTAIN MINERAL WATER COMPANY, 231 Main Street, PORTLAND, OREGON.

Guard Your Ideals. How true it is that without a vision the people perish, says Orison Swett Marden, in Success Magazine. Where the pursuits are sordid, where the highest aim is the all-absorbing ambition to make money, everything that is finest, cleanest and most beautiful in life evaporates; the nature coarsens. This is the threatening picture of American character today.

The vast resources and great commercial prizes of this country are so tempting, so fascinating, that by the time they are ready for active life our youth are so saturated with commercialism, so ambitious to coin every bit of their ability, their education, their influence, their friendships, almost everything, into dollars, that all else is neglected. They lose their ideals, which are the true test of character.

SMILE ON WASH DAY. The laundress' delight is RED CROSS BALL BLUE. A neat, handy package, nothing to break or spill, and a blue that is all blue. It is so far superior to any liquid bluing that there is no comparison. Always produces snow white clothes. Large package 10 cents. ASK YOUR GROCER.

His Lullaby. "Good morning, Mr. Schneiderpork!" exclaimed the good lady of the house as the new second-floor back took his place at the breakfast table. "Goot mor-rning!" replied the musician, bowing gallantly. "I am so afraid you didn't pass a comfortable night?" pursued the hostess, sympathetically. "Can we do anything for you?"

"Not koomfortable? Me!" exclaimed the long-haired one. "Ach, ja, I sleep like so hummingbird! I was all right. Just before I go to bed I practise mit mein fiddle. 'Oh was that it!' interposed the hostess, with a look of glad relief. "I'm so pleased. We thought you were shifting the bed."—Answers.

Children suffer every day in the year with Sprains, Bruises, Burns, Cuts and Bumps. Hamlin Wizard Oil has been curing these aches and pains for nearly sixty years.

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Ancient Needle Factory? The discovery of a prehistoric needle factory at a prehistoric lake village near Glastonbury, England, roused much interest recently. The dwellings were placed on mounds of clay raised above the level of the water. The framework of a primitive loom was found under one mound, and the number of broken bone needles and bone splinters discovered in another mound led the explorers to think that it may have been the site of an ancient needle factory.

Mother will Lad Mrs. Winstow's Boobing Bump the best remedy to use for their children during the teething period.

Guilty of Something. Another lawyer's story arises. We are told that a man was charged with picking a pocket the other day and that when arraigned he pleaded "guilty." The case went to the jury, however, and the verdict was "not guilty." And the court spoke as follows: "You don't leave this court without a stain on your character. By your own confession you are a thief. By the verdict of the jury you are a liar."—Cleveland Plaindealer.

FOR EYE ACHEs Retts Eye Salve

Music Ever Helpful. Music is the nearest at hand, the most orderly, the most delicate and the most perfect of all bodily pleasures; it is also the only one which is equally helpful to all the ages of man; helpful from the nurse's song to her infant—to the music, unheard of others, which often, if not most frequently, haunts the deathbed of pure and innocent spirits.—Ruskin.

Mrs. Prims Puzzled. Cy Prime says he often tells his wife that whatever he amounts to be owes to her—and the poor woman can't make up his mind whether he is handing her an insult or compliment.

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Youth Never to Be Recalled. A man has a shrewd suspicion that age has overtaken him when he keeps assuring you that he feels as young as ever—and he doesn't know but—younger. Poor fellow, he whistles to keep his courage up; but, alas! he cannot recall youth as he calls his pointer—with a whistle.

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**BELMONT AUTO SCHOOL** You get the most thorough instruction in driving and general car work that can be obtained. After work, all gas and repairs. Fully equipped machine shop and repair shop. Terms \$15 cash, \$40 per month, \$10 per week. BELMONT AUTO SCHOOL. East 23d and Harrison, Portland, Or.

**EVERY HOME** Should have a copy of my new booklet, "Neurology—the Way to Health." It tells of the wonderful cures that have been made and how to get well. Write for it today. DR. HARVEY W. FRIEZE, Merchants Trust Bldg., Portland, Oregon.

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