

Knees Became Stiff

Five Years of Severe Rheumatism
The cure of Henry J. Goldstein, 14 Barton Street, Boston, Mass., is another victory by Hood's Sarsaparilla. This great medicine has succeeded in many cases where others have utterly failed. Mr. Goldstein says: "I suffered from rheumatism five years, it kept me from business and caused excruciating pain. My knees would become as stiff as steel. I tried many medicines without relief, then took Hood's Sarsaparilla, soon felt much better, and now consider myself entirely cured. I recommend Hood's." Get it today in usual liquid form or chocolate tablets called Sarsatabs.

RUBBER STAMPS Seal, Stencils and Brass and Ribbon Badges. Good Goods, Quick Service. Send for complete list. Acme Stamp Works, 1015 A St., Tacoma, Wash.

ASTHMA CAN BE CURED
Instant relief. Try our great Asthma Remedy. Send for FREE FIRST TREATMENT. Henry Miller Remedy Co., 721 So. 1st St., Seattle, Wash.

Machinery Second-Hand Machinery Bought, Sold, Leased, Exchanged, Engines, boilers, sawmills, etc. The J. E. Martin Co., 76 1st St., Portland. Send for Stock List and prices.

Wanted--Men and Women
To learn barber trade. Tools free. Waags while learning. Positions guaranteed. International Barber School, 429 E. 5th St., Los Angeles, Cal.

CORNS REMOVED Simple plaster, no strings. No pain. No scars. No redness. No swelling. Why be miserable? Send for FREE SAMPLE. Address: REX SPECIALTY CO., Box 164, Seattle, Wash.

RAW FURS
We positively pay the highest market prices for all furs. We are manufacturers and therefore can pay more than dealers. Send for free price list and shipping tags and full value for your skins. N. M. Unruh Co., The Reliable Furriers, 202 7th St., Portland, Ore.

Paper Plates for Animal Pets
Using paper plates for animal pets will be found to be a good plan. Some people do not take the care to wash plates kept for dogs and cats, although they should be kept scrupulously clean and be used for no other purpose. Paper plates, which may be bought by the hundred for but little money, may be burned after they have been used. It is also a good idea to have a piece of zinc put on the back porch, where the pets are likely to be fed, and place the dishes on this for them. The zinc is easily cleaned.

Regular Habits.
It is a good plan to have a regular time for reading. One accomplishes so much more in this way, and besides establishes a kind of intellectual habit that is a good thing in itself. In an hour, or even half an hour given regularly each day to reading, a great deal may be accomplished. Do not confine yourself to serious books. Alternate light with heavy reading, and do not attempt heavy reading when you are tired. Do not read merely to be amused. Treat your books as friends. Do not follow blindly the teachings of any book.

Truism Repeated.
"No man is truly great," says a philosopher, "unless he is able to convince his neighbors that he is." That may be true. Anyway, a man's neighbors are the last to discover that he is great.

Slight Misunderstanding.
Mrs. Oldtimer—"When we were in Egypt we visited the pyramids. They were just covered with hieroglyphs." Mrs. Newrich—"Horror! Weren't you afraid that some of the ugly things would get on you?"

That Held 'Em.
Tourist--So you've stopped motor car speeding? How did you do it? Heavy fines? Native--Nope. Every fellow who was pinched had to take the judge's old maid daughter out for a 5-hour ride--Puck.

MEXICAN MUSTANG LINIMENT
The Household Remedy.
John Lind, Yost, Utah, writes: "We have been using your Mexican Mustang Liniment in our family ever since 1868 and find it to be a good article to have in the home and a never without it. I have recommended it to many of my friends who have also found the same very valuable." 25c. 50c. \$1 a bottle at Drug & Gen'l Stores

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DAIRY FEED
BEST AND CHEAPEST

Ask your dealer for it. If he does not handle it drop us a postal card and we will furnish you the name of a dealer who does

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TO COOK VEGETABLES

SUGGESTIONS THAT MAY BE HELPFUL TO HOUSEWIFE.

Properly Cooked and Dished Up Vegetables Should Take More Prominent Place on Table--Few Do the Work Right.

One of the greatest drawbacks to the success of vegetarianism is that so few people know how to cook vegetables. Sudden boiling is not in any sense of the word right cooking even if the vegetables are half-strained afterwards and sent to table with streaks of well-watered butter through them, masquerading as sauce.

When vegetables are boiled the water should be saved for stock, for it has nourishing qualities that have been given out in the process of cooking; to prevent this cooking by steam is the best method that can be recommended. Properly cooked and dished up vegetables might be promoted to a much more important position at our tables; on occasion they might very well take the place of meat even among those who do not profess vegetarian principles.

When steaming is resorted to, the steam should be brought directly into contact with the green food that is being cooked, if possible. A home-made steamer may, of course, be contrived, and a milk can may be made to serve this purpose if a muslin cloth is tied across the top. Carrots, peas, sprouts, cauliflower or spinach may be set in this inner can and steamed while potatoes are boiling in the water outside. Place a little butter in the improvised bain marie if cabbage, spinach, sprouts, French beans or cauliflower should be the vegetable course, and add a little water (or in some cases milk), then allow the vegetables to steam slowly, the water in the outside vessel being kept boiling, but not too fast.

While boiling the pan should be well filled with water, which should always be kept boiling, and the lid of the pan should not be quite closed. Here it may be said that the method of pouring off the water preparatory to adding a little butter is a barbarous one; the vegetables should be thoroughly drained and then returned into a pan in which the butter is already melted.

Potatoes are best cooked by steam and new potatoes are particularly nice when prepared in this fashion, quite dry with a little butter added before they are sent to table.

It is because vegetables that have been cooked by steam have not so good a color as when boiled that objection is sometimes taken to this method and the perforated steamer preferred. When, however, boiling is the method chosen the vegetables should be carefully prepared and outside green leaves should all be removed while steeping in salt gives firmness and will destroy and remove any lurking insects. If the vegetable is then put for five minutes into boiling water and afterwards again into cold the color will be improved, and a little sugar in the cooking water also helps the color.

Cauliflower is a vegetable which appeals to all tastes, and it is also one of the most nourishing of our vegetables, and in price practically within the reach of all. Like all vegetables for boiling, it requires care in cooking. First soak the cauliflower in salted water for an hour, drain and leave it whole or break it into sprigs if preferred, removing the outer leaves. Then put it into a large pan full of boiling salted water and boil till the green parts are soft.

Root vegetables, among which are included sea kale, celery, artichokes, turnips and carrots, are best boiled in a small amount of water and the heat must not be too fast and furious, or the vegetable will become tough. Parsnips is one of the many vegetables which are unappreciated, because it is rarely cooked in a fashion which makes the most of its flavor. It should not be watery when served, but sent to table thoroughly dry with butter sauce.

Orange Loaf Layer Cake.
Melt a piece of butter the size of an egg, put into a measuring cup, with two eggs and fill cup with milk. Beat well, add 1 cup of sugar (beat until sugar is dissolved), grated rind of 1 orange. Sift 3 times 1/4 cup flour, 1/4 teaspoon salt, 1 heaping teaspoon baking powder, Mix dry ingredients and butter, etc. Beat well and bake. Frosting--Two great spoons of orange juice, thicken with confectioner's sugar. Frost cake when cool. Frost cake first with orange frosting, then smear over with cocoa.

Beef Rolls.
The remains of cold roast or boiled beef, seasoned to taste of salt, pepper and minced herbs; puff paste. Mince the beef tolerably fine, with a small amount of its own fat; add a seasoning of pepper, salt and chopped herbs; put the whole into a roll of puff paste and bake for half an hour or rather longer should the roll be very large. Beef patties may be made of cold meat by mincing and seasoning beef as directed above and baking in a rich puff paste in patty tins.

Sauce for Plum Pudding.
Cream together a cupful of sugar and half a cupful of butter. When light and creamy add the well-beaten yolks of four eggs. Stir into this one wineglass of wine or brandy, a pinch of salt and one large cupful of hot cream or rich milk. Beat this mixture well, place it in a saucepan over the fire, stir it until it cooks sufficiently to thicken like cream. Be sure and not let it boil.

Squash Biscuit.
One pint of sifted squash, one cup sugar, half pint milk, scalded, half yeast cake, butter size of an egg, one teaspoon salt, one teaspoon soda. Mix milk, butter, squash and sugar together; when cool add yeast, dissolved, and flour enough to knead a little stiffer than bread, raise over night, cut down in the morning and form into rolls. Bake about half an hour.

PACKERS' WAY X-RAYED.

Government Asserts Firm Bought Up and Killed Competition.

Chicago--Evidence that the National Packing company was one of the agencies used by the alleged packers' combination to destroy competition was given in the trial of the ten defendants charged with criminal violation of the Sherman law.

By the books of the National Packing company, the government showed that the corporation acquired by purchase 13 competitors after its organization in March, 1903, and that the price paid for these independent concerns was \$8,000,000. A majority of these packing concerns thereupon were closed.

The packers have contended all along, according to the theory of the government, that the sole object of organizing the National Packing company was to operate the 15 independent packing companies purchased in 1902 to put in place a \$1,000,000,000 merger, which was abandoned because of the inability of its promoters to finance it.

This contention was upheld by the government in evidence showing the National Packing company purchased 13 competing companies after its organization.

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TAFT WOULD DEFEND COURTS

Not All Peoples Are Fitted For Popular Government.

Believes Majority Needs Curbing--Words "Judicial Recall" Are Inconsistent.

New York--With a denunciation of the principle of judicial recall, delivered to the Bar association of the state of New York at its banquet Saturday, President Taft concluded a busy evening which he employed chiefly in speechmaking at three different functions. After a plea for simplification of legal procedure, which he argued with much earnestness before the company of lawyers, Mr. Taft waxed more incisive in coming to the topic on which he evidently felt deeply.

"We do not believe that all people are fitted for popular government," he said. "Some of us don't dare say so, but I do, and the question whether a people is fitted for popular self-government depends upon the restraint that the minority can place upon the majority to see that justice is done."

"We speak the truth that is in you in favor of courts and their independence and the restraint of the constitution that were imposed by the wisest ancestors any people ever had."

In reference to the simplification of legal procedure the president said he had had a feeling that the bar and the bench "owed to the people greater effort toward making the administration of law effective and just by expediting their business."

"I am glad to know," he said, "that there is now a profound effort to study where it is that we can shorten litigation so that delay won't make just judgment unjust."

Referring to the French code, the president said that there, as with us, there was a "tendency to assume that litigants were made for the courts and the exercise of the refinements of reason rather than vice versa."

"There is much the same tendency there as with us," he continued, "to keep the antagonists pawing in the vestibule of justice."

AVIATORS THRILL CROWD.
Aeroplane Badly Beaten By Motorcycle in 100-Yard Dash.

Los Angeles--Before a crowd of 10,000 persons, the third international aviation meet opened here Saturday. Forty-nine aviators were entered in the 16 events scheduled for the day, and most of them appeared in the air. No records were broken and no accidents occurred.

The first event, that of a fast flight around the field, was participated in by a dozen or more flyers.

A motorcycle, a man, a horse, an automobile and an aeroplane contested in a handicap dash of 100 yards. The motorcycle won easily, the man second, horse third, automobile fourth and the aeroplane a bad fifth. The program included shooting at pigeons, fancy dipping and diving and races.

Fare to Northwest, \$25.
Omaha--The Union Pacific railroad officials in this city have announced a resumption of its low colonist rates to the Northwest, effective for six weeks of March and April next, during which time the fare from the Missouri river to all Oregon and Washington points will be \$25.

Each day of the colonist rates a through train of tourist sleeping cars, with special dining car service and greatly reduced dining car prices, will be run through from Omaha to Portland.

Daily Mrs. Belmont's Aim.
New York--Mrs. O. H. P. Belmont said Saturday that she was planning to start a daily newspaper to be managed by women and devoted entirely to their interests. She said that women did not have a fair representation in the news of the day and thought the time was ripe for women to come to the front editorially. Mrs. Belmont's ideal, she announced, "would be a paper which is not bound by any financial, political or social obligation to suppress one bit of news or to alter its tone."

Royal Visitors to Avoid Capital.
London--The fact that the Duke and Duchess of Connaught, with their daughter, the Princess Patricia, are not to visit Washington while they are in the United States is causing some comment here, although it is believed there must be some good explanation for their decision. It is usual when royal personages visit a foreign country, even if semi-officially, to pay their respects to the head of the nation.

Butter Prize of Thieves.
Houston, Tex.--So-called strike-breakers, numbering 150, employed in the Harriman line shops here, walked out shortly before noon Wednesday. They declared they had declined to assent to a charge of 50 cents a day for meals. It is said the company had been giving them free board since the inauguration of the strike here October 19.

For the Hair

Are you so fortunate as to be well satisfied with your hair? Is it long enough, thick enough, rich enough? And your hair does not fall out? Well, well, that is good. But you may know of some not so fortunate. Then just tell them about Ayer's Hair Vigor. They will surely thank you after using it, if not before. Remember, it does not color the hair. Show the list of ingredients to your doctor. Let him decide their value. He knows.

Ingenious Little Invention.
Some college girls invented an ingenious apparatus for boiling a kettle, when they wanted tea instead of a chafing dish concoction. It is made of heavy wire, bent at the ends to rest on the chafing dish frame. A hardware dealer will make it for a few cents. The kettle is set down on the framework, which comes with in two inches of the frame.

Marriage Made Easy.
Gretna Green, Scotland, became famous for its celebration of irregular marriages. For many years the average number was five hundred. The ceremony consisted only of an admission, before witnesses, by the couple that they were husband and wife, this being sufficient to constitute a valid marriage. After this the officiating functionary (for many years a blacksmith), together with two witnesses, signed the marriage certificate.

As a Great Statesman Boasted.
"Aspiria! I have done with these cares, with these reflections. Little of life is remaining, but my happiness will be continuous with it, and my renown will survive it; for there is no example of any who has governed a state so long, without a single act of revenge or malice, of cruelty or severity. In the thirty-seven years of my administration I have caused no citizen to put on mourning. On this rock, Oh, Aspiria! stand my Propylaea and my Parthenon."--Walter Savage Landor: Pericles and Aspiria.

WASHES CLOTHES FASTER.
Use RED CROSS BALL BLUE and you will find it makes beautiful, clear, white clothes with less effort and less cost than any other blue. It is far superior to any liquid blue on the market for the best of liquid bluing is principally water. Use the blue that is all blue. AT ALL GROCERS. Price, 10 cents.

Shock Brought Back Speech.
Sarah Alice Stevenson of Padmham, Lancashire, England, recovered her speech recently in a remarkable manner. While engaged in household duties her clothing caught fire and in her terror the young woman screamed aloud. The flames were immediately extinguished, and to her joy, Miss Stevenson found that she had recovered her power of speech, which she had lost six years ago.

PILES CURED IN 4 TO 14 DAYS.
Your druggist will refund money if PAIN OZEMONT fails to cure any case of Itching, Bleeding or Protruding Piles in 6 to 14 days. 25c.

One of Life's Regrets.
Among the lesser regrets that mingle with graver sorrow for the friends of an earlier generation we have lost are our omissions to ask them so many questions they could have answered so easily and would have been pleased to be asked.--O. W. Holmes.

Speak Gently.
Speak gently! Use a little thing dropped in the heart's deep well; the good, the joy, that it may bring eternally shall tell.--G. W. Langford.

If you use Eye Salve use the best. PETTIT'S EYE SALVE is the standard, reliable and costs no more than inferior goods that are unknown. Used by Physicians and Oculists, helps where all others fail. It is not TUBE or BOX that cures, it is the SALVE that does the work. Guaranteed by Howard Bros. under the Government Food and Drugs Act. Don't be deceived or misled. The only really antiseptic Eye Salve that has been in the market for years. Sold by Druggists throughout the known world.

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Take no substitute. How to order by MAIL. Shoes sent everywhere. W. L. Douglas shoes are sold in your town, and direct to factory. Take possession of foot as shown in model. State size and desired style and color on left side, giving length and width measurements in the world. Model Catalog Free. W. L. DOUGLAS, 145 Spring St., Boston, Mass.

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In All Cases OF DISTEMPER, PINK EYE, INFLUENZA, COLDS, ETC., OF All Horses, Brood Mares, Colts, Stallions, is to

"SPOHN THEM"

On their tongues or in the feed put Spohn's Liquid Compound. Give the remedy to all of them. It acts on the blood and astringent. It kills the disease by expelling the disease germs. It is so effective that no matter how they are "spoiled" absolutely free from anything but disease. Children can safely take it. 20 cents and \$1.00, \$3.00 and \$10.00 the dozen. Sold by all druggists, farmers, dealers, or sent express paid by the manufacturer.

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

Domestic Economy.
American Medicine says that the supply of housewives is falling off and young men delay marriage because of the decreasing purchasing power of the dollar. Nevertheless, we know a lot of fellows who never knew what the purchasing power of a dollar was until they married.

Both Are Happy.
If a woman gets what she wants to wear and a man what he wants to eat, there's no reason why they shouldn't live together and be happy.--Tatter.

Only One "BROMO QUININE"
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c.

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