

Economy

Is a strong point with Hood's Sarsaparilla. A bottle lasts longer and does more good than any other. It is the only medicine of which can truly be said 100 DOSES ONE DOLLAR.

Bad Memories.

Many people complain of having a bad memory, as if it were something they could not help, like a headache, or some similar ailment; yet even that can be helped nowadays by the application of a little common sense. After all, there is no reason why anybody should have a bad memory. It is merely a matter of training and is, moreover, a matter in which it is never too late to attend to its training. For grown-ups many methods are advocated, all of them, no doubt, based on the principle of mental concentration. In a young child the faculty can be cultivated by making the child describe everything it has seen in its morning walk, taking care that no fact is exaggerated, but that strict attention is paid to truth in every detail. In the matter of memorizing it is an excellent plan to let the child learn one line of poetry a day, which it should repeat the following morning, and at the end of a week it will be able to say the seven lines. The young brain should not be overloaded with knowledge, but allowed to assimilate a fragment each day.

Are Visiting Lists Too Long?

Mrs. De Fashion (average society lady making her round of calls owing to average society friends)—Is Mrs. Wiggins Van Mortland at home?
Servant—No, madam, she's—
Mrs. De Fashion—Please hand her my card when she returns.
Servant—She won't return, madam. She was buried a month ago.

The Water Clock.

About 150 B. C. there was a water clock in use in Italy, Greece and Egypt. The water escaped from a jar and fell into a receptacle beneath, in which floated a small car, which, by its rising on the water, pointed out the hours.

A great deal of sympathy is given a preacher because he doesn't always get his salary. Transfer it to his wife, who works twice as hard, and is not supposed to get anything but board and clothes, and a chance to praise the Lord.

A New Jersey woman thinks she is entitled to two pensions because she is the widow of one soldier and the grass widow of another.

Of course, no girl really wants to marry. She only yields to some poor man's solicitations to help make his life miserable because she feels sorry for him.

The banana is a perfect food. Weight for weight it is claimed to be as nutritious as the beefsteak.

If there is a crime of deeper dye than all the guilty train of human vices, it is ingratitude.—Brooks.

Our first impulses are good, generous, heroic; reflection weakens and kills them.—L. A. Martin.

Ibsen declares that he would rather remain a beggar all his life than accept a pension.

There are many trusts in this country, but the poor man is expected to come up with the cash just the same.

Chaperon is but another name for a matrimonial promoter.

Every mother has the secret hope that her daughter will be such a perfect lady she will never chew gum.

Occasionally we see a man who looks as if he had tried to preserve his dignity in alcohol.

DREAD OF HUMANITY

I am compelled by a sense of gratitude to tell you the great good your remedy has done me in a case of Contagious Blood Poison. Among other symptoms I was severely afflicted with Rheumatism, and got almost past going. The disease got a firm hold upon my system; my blood was thoroughly poisoned with the virus. I lost in weight, was run down, had sore throat, eruptions, spots and other evidences of the disease. I was truly in a bad shape when I began the use of S. S. S., but the persistent use of it brought me out of my trouble safe and sound, and I have the courage to publicly testify to the virtues of your great blood remedy, S. S. S., and to recommend it to all blood-poison sufferers, sincerely believing if it is taken according to directions, and given a fair trial, it will thoroughly eliminate every particle of the virus. JAMES CURRAN, Stark Hotel, Greensburg, Pa.

Painful swellings in the groins, red eruptions upon the skin, sores in the mouth and loss of hair and eyebrows, are some of the symptoms of this vile disease. S. S. S. is an antidote for the awful virus that attacks and destroys even the bones. S. S. S. contains no Mercury, Potash or other mineral ingredient. We offer \$1.00 for proof that it is not absolutely vegetable. Home treatment book giving the symptoms and other interesting and valuable information about this disease, mailed free. Our physicians advise free those who write us.

SSS
The Swift Specific Company, Atlanta, Ga.

A Little Lesson In Patriotism

"Let our object be our country, our whole country, and nothing but our country."—Daniel Webster.

To the people of his own time John C. Fremont was the ideal of romantic soldiery. His eloquence with the daughter of Senator Benton, their hardships in the West, and their triumphs in Paris, were elements that tended to make his career of more than usual interest to the American public.

Fremont was in Paris when the War of the Rebellion broke out. Hastening home, and bringing with him a large and valuable assortment of arms for the government, he was immediately placed in command of a new military district known as the Western department, embracing the State of Illinois and the States and Territories west of the Mississippi and this side of the Rocky Mountains, including New Mexico. To the activity of Fremont was due the splendid organization of this department, although he was superseded by General Hunter before any engagement took place.

Even after this Fremont returned to active service when he felt that his country needed him; without any rancor against those who might be thought to have slighted him despite his sacrifices for the cause of his country, he accepted the command of the Mountain department of the army in 1862. In every engagement in which he took a part General Fremont displayed that remarkable courage and personal dash that had distinguished him in his earlier combats and adventures. Every one who was ever associated with John C. Fremont testifies to the patriotic soul of the man, who, despite the ingratitude of men, continued to live his life for the country he loved.—Chicago Journal.

BE MODERATE IN EXERCISE.

Average Business Man Can, While Dressing, Get All He Needs.

The benefit of exercise depends largely upon the condition of the person taking it and his fitness to derive advantage from it. As one eminent physiologist and hygienist says: "If a man persistently overfills his blood and connective tissue with materials ingested greatly in excess of his requirements, exercise, especially if spasmodic and violent, and taken at irregular intervals, is likely to do him more harm than good."

Few persons appreciate the fact that even in work which seems sedentary tissue is consumed in one way or another, and that they can not alternate it with other hard work under the impression that it is recreative exercise, without burning the vital candle at both ends. To people who live in cities the drain of normal daily life upon the physical and mental energies is usually all they are able to meet.

It is safe to say that the average business man will get all the special exercise he needs if he takes it while dressing in the morning. For this purpose light dumbbells or Indian clubs (if he has room to swing them), or the chest weights, or even an elastic strap with handles, is all the apparatus he needs. He can do without even these if he will learn from any book on calisthenics the simple motions of the body and limbs which bring the commonly unused muscles into play.

Exercise for its own sake should not be taken when it induces fatigue; it should not ordinarily be prolonged after it has started sensible perspiration, unless one is prepared for a bath and change of underclothing at its termination. With moderation in eating and drinking and zeal in the performance of the duties of life moderation in exercise will commend itself to the same man as much better than over-exertion.—New York Times.

Her Broad Brow.

"Poor, dear Llewellyn—" The carelessly lingering way in which she pronounced the name made you, somehow, think of the taste of a nice, large caramel. "Is such a bad writer! I really do not know whether this note from him is an invitation to accompany him somewhere or a proposal of marriage." The pucker of perplexity presently disappeared from between her brows.

"But, to be on the safe side, I'll just accept with pleasure, and await results."—Puck.

His Case an Exception.

A certain physician told some of his patients that as long as they kept their feet dry they would be safe from the attack of the grip. He was surprised to receive a letter from one of his patients in which the latter said that he had two wooden legs, and yet he had the grip for five consecutive years. The letter was unanswered.—Albany Journal.

There are men whose mission in life seems to be to say disagreeable things, and make you feel uncomfortable. Don't let them throw you off; don't pay any attention to them.

It is always proper to say that a young person looks old, or that an old person looks young.

Eloquence is but ordinary gab with its holiday clothes on.

Ayer's

Don't try cheap cough medicines. Get the best, Ayer's Cherry Pectoral. What a record it has, sixty years of

Cherry Pectoral

cures! Ask your doctor if he doesn't use it for coughs, colds, bronchitis, and all throat and lung troubles.

"I have found that Ayer's Cherry Pectoral is the best medicine I can prescribe for bronchitis, influenza, coughs, and hard colds."

M. LOEWEN, M.D., Boston, N. Y.

For

Bronchitis

Correct any tendency to constipation with small doses of Ayer's Pills.

Both Laughed.

How a railway porter gave a Roland for a passenger's Oliver is related in the following tale:

"A few weeks ago," he says, "a gentleman came up to me on the arrival of an express, and said he had changed at such-and-such a junction, and he could not find his luggage in the van."

"That's all right, sir," I said; "the train divides into two halves at the junction. You've come on by the first half; your luggage will come on by the second. I've known many a case."

"You're wrong, porter," said the traveler; "it was not a case, it was a portmanteau."

"And," added the porter, "he went away with a grin which made me fairly mad. In a quarter of an hour or so, though," he continued, "the gentleman came back, and said to me: 'Porter, how long will that second train of yours be?'"

"Twelve coaches and an engine," I replied.

"We both laughed that time."

Everyday Swindlers.

"There it goes again," said the trolley conductor as he rang the bell to let off a passenger who had only ridden for a square.

"You'd be astonished," continued the knight of the bell strap, "to know how many people try to beat the trolley for a free ride when they want to make a curl a square or two away from home."

"They hop on the car, wait till it has started and then wait to know if the car doesn't go to some place which they know it doesn't come within a mile of. In this way they get their ride for nothing and go on their way in the belief that they have fooled the conductor."—Philadelphia Press.

Sign of the Three Balls.

The three balls used by pawnbrokers are the symbol of St. Nicholas. There is a legend to the effect that the saint once offered three purses of gold to three women to enable them to marry. The purses of those days were small bags, which when tied at the top to keep in the coins somewhat resembled balls.

Ferry's Seeds
are known by what they have grown. For half a century they have been the standard—haven't failed once to produce bigger, better crops than any others. Sold by all dealers. 1908 Seed Annual free to all applicants.
D. M. FERRY & CO., Detroit, Mich.

"ALL SIGNS FAIL IN A DRY TIME. THE SIGN OF THE FISH NEVER FAILS IN A WET TIME."
WHY DON'T YOU WEAR TOWER'S FISH BRAND SLICKER AND KEEP DRY?
BEWARE OF IMITATIONS. LOOK FOR ABOVE TRADE MARK. CHANGES FROM RED TO BLUE. TOWER'S CANADIAN CO., Ltd., Toronto, Ont.

Selecting a School
For the Study of BOOKKEEPING OR SHORTHAND is important. We can show results, for every one of our graduates are employed.
Write for our Catalogue
HOLMES BUSINESS COLLEGE
Y. M. C. A. Bldg. PORTLAND, ORE.

PISO'S CURE FOR
TUBERCULOSIS
CURE WHEN ALL ELSE FAILS
Best Remedy for Lung Disease
Use in time. Sold by druggists.
CONSUMPTION

Nellie Tells How Baby Came. There's no use of your talking, for mamma told me so, And if there's any one that does, my mamma ought to know; For she has been to Europe, and seen the Pope of Rome, Though she says that was before I came to live with her at home.

You see, we had no baby, unless you call me one, And I have grown so big you know, 'twould have to be in fun. When I went to see grandma, about two weeks ago, And now we're one, a little one, that squirms and wriggles so.

And mamma says an angel came down from heaven above, And brought this baby to her, for she and me to love; And it's got the cunningest of feet, as little as can be, And smiling eyes, and curly hair, and hands you scarce can see.

And then it never cries a bit, like some bad babies do; And papa says it looks like me—I don't think so, do you? For I'm a girl, and it's a boy, and boys I can't endure, Unless they're babies like our own, they'll plague and tease you sure.

But you say the angel didn't come, now you just tell me why; The Bible says there's angels in heaven, and that's the sky; And Christ loves little babies, and God makes everything, And if the angel didn't who did our baby bring?

You can't tell; no I guess you can't, but mamma ought to know, For it's her baby, her's and our's, and mamma told me so; And they don't make any cunning things like him on earth, you see; For no wax doll, with real hair, is half so nice as he.

I know an angel brought him, and I think one brought me, too. Though I don't just now remember, and so can't tell, can you? But mamma knows, and this I know, the baby wasn't home When I went away, and now he is; if you want to see him, come.

For mamma says if I am good I can kiss him every day, And we'll kiss him now, and then go out and have a nice long play; And if anybody asks you how babies come and go, Why, tell them it's the angels, for mamma told me so.

You Can Get Allen's Foot-Ease FREE.
Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures itching, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Discretion a Failure.
"I was at the husking bee one day. Great fun."
"Find a red ear?"
"Yes."
"Kiss the prettiest girl?"
"Nope. Didn't dare. All the pretty girls were engaged to husky farmers."
"What did you do?"
"Kissed the homeliest girl."
"Did that give satisfaction?"
"Not a bit of it. Each of the husky farmers felt that I had personally snubbed his best girl."—Cleveland Plain Dealer.

FITS Permanently Cured. No fit or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free \$2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 511 Arch St., Philadelphia, Pa.

Willowware Industry.
In ten years Maryland has jumped from fifth to third place in the willowware industry of the United States, ranking now next to New York and Pennsylvania. Baltimore is one of the three willowware centers which only have shown any actual growth in the business. In Maryland the center of the willow district lies in Howard County. In the neighborhood of Elk ridge alone the output of willow exceeds \$5,000 per annum, while Anne Arundel County contributes \$2,500.

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

She Let Him Off.
Wife—My dear, I need a little more of this stuff, and some trimming to match. I wish you would drop into Biggs, Sale & Co.'s and get it.
Husband (a smart fellow)—Let me see. Oh, I know. That's the store where they have so many pretty girls, isn't it?
"Yes."
"Yes, I remember. That blond girl at the trimming counter knows your tastes and will doubtless select just the sort of trimming you want—I mean the girl with the golden hair, alabaster skin, blue eyes and sweet little—"
"There are a number of things I want downtown. Never mind, dear. I'll go and get them myself."

TO CURE A COLD IN ONE DAY
Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Russia's Lack of Statesmen.
As a matter of fact, there has not been a statesman of the first class in Russia since Peter the Great, and none of the second class unless Nesselrode and the first Emperor Nicholas are to be excepted. To consider Prince Gortchakoff a great chancellor on account of his elaborate dispatches is absurd. To call him a great statesman, in the time of Cavour, Bismarck, Lincoln and Seward, is preposterous. Whatever growth Russia has made in the last forty years has been mainly in spite of the men who have posed before the world as her statesmen; the atmosphere of Russian autocracy is fatal to greatness in her public men.—Century.

900 DROPS
Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS - CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
Bears the Signature of **Dr. J. C. Hatcher**
A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep.
Facsimile Signature of **Dr. J. C. Hatcher**
NEW YORK
35 DROPS - 35 CENTS
EXACT COPY OF WRAPPER.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of **Dr. J. C. Hatcher**
In Use For Over Thirty Years
CASTORIA
THE CASTORIA COMPANY, NEW YORK CITY.

Theater-Going Under Difficulties.
Patron—I see you have a notice outside, saying that tickets bought of speculators on the street will be refused at the door.
Theater Ticket Seller—Yes, sir; that is our rule.
"Well, I'll take a ticket for to-night, parquette."
"Very sorry, sir, but all the tickets have been bought up by speculators!"

A GUARANTEED CURE FOR PILES
Itching, Bleeding or Protruding Piles. Your druggist will refund money if PAZO OINTMENT fails to cure you in 6 to 14 days. 50c.

Perfectly Satisfied.
Crack Boat Builder—Ah! How do do, Mr. Richman? How did that rowboat I made you last summer suit?
Mr. Richman—Perfectly!
"Ah! I'm glad to hear it. I always like to give satisfaction. Suited perfectly, eh?"
"Yes. I left it in front of my boat house all summer, and every scallawag who tried to steal it got upset or drowned."

For coughs and colds there is no better medicine than Pico's Cure for Consumption. Price 25 cents.

Natural Preference.
Miss Violet had made a rapid tour of the European continent and found little to impress her, either favorably or otherwise.
"You say you saw all you wanted to of Italy," said a friend, on Miss Violet's return to her native heath in Kansas. "What did you think of the lazaroni?"

"Don't talk to me about it," said Miss Violet, briskly. "I'd rather have a good dish of plain American macaroni baked with cheese any time!"

St. Jacobs Oil
The Old Monk Cure
For Soreness and Stiffness
From cold, hard labor or exercise, relaxes the stiffness and the soreness disappears.
Price, 25c. and 50c.

"DIDN'T HURT A BIT" IS WHAT THEY SAY
Of Our Method of Extracting Teeth.

If your plate falls when eating or talking by using our vacuum valve we can make you one that will be satisfactory. We do work for people from out of the city quickly, so that you will not be delayed. We do crown and bridge work without pain. Our 17 years' experience in plate work enables us to fit your mouth comfortably. The best is the cheapest in the end. We have feelings as well as you.
Open evenings till 9 o'clock, Sundays from 9 to 1.
Phone Main 3029.

DR. W. A. WISE
208-213 Failing Bldg., Third and Washington
PORTLAND OREGON

WISE BROS., Dentists.
RUSSELL HIGH GRADE MACHINERY
ENGINES THRESHERS
BOILERS STACKERS
SAW MILLS
Write for Catalogue and Prices
The A. H. Averill Machinery Co., PORTLAND OREGON

PUTNAM FADELESS DYES
Color more gay, brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer or we will send post paid at 10c a package. Write for free booklet how to dye black and mixed colors. MONROE DYE CO., Urbana, Illinois.