

The Home of the Wave Circle



is the home where good cooking is loved, where the family enjoy the finest of biscuits, doughnuts, cakes, and pies and other good things every day. The baking is always delicious and wholesome because

K C Baking Powder

—the baking powder of the wave circle, is used.

Get K C to-day! 25 ounces for 25c. If it isn't all that we claim, your grocer refunds your money. Send for "Book of Presents."

JAQUES MFG. CO.
Chicago.



Scotch Short-Bread.

Ingredients: Twelve ounces of flour, three ounces of sugar, half-pound of fresh butter. Sift and dry the flour, add the sugar and mix well. Melt the butter and stir it slowly into the flour with a wooden spoon. Knead it into a lump and turn it out on to a lightly floured board. Work with the hands into a nice cake one inch thick, pressing the edges into shape with a fork. Prick it lightly over with a skewer and slip it on to a baking tin. Bake in a moderate oven for an hour. Sprinkle it over with sugar and cut into squares.

Corn Chowder.

Cut the kernels from a dozen ears of green corn. Peel and mince two onions and fry them brown in three tablespoonfuls of butter in a deep saucepan. Now put in the corn, four broken pilot biscuits, add a half dozen parboiled and sliced potatoes. Season with pepper, salt, and a tablespoonful of minced parsley, and cover with a quart of boiling water. Let all cook gently for three-quarters of an hour, then stir in slowly a cupful of boiling milk, thickened with a tablespoonful of flour rubbed into one of butter. Turn at once into a heated tureen.

Bachelor's Hash.

Cut some slices of cold meat without fat or skin, salt and pepper them and dust on very little flour; put them into a frying-pan, add one finely sliced onion, six cloves, a little grated herbs, a good piece of butter, a wineglass of any kind of wine that is not sweet, a glass of water or gravy and half a glass of different sauces mixed together. Turn all round quickly until the liquid is two-thirds soaked up by the meat and pour what remains of it on the dish.

Mince-meat Fritters.

Take half a pound of good mince-meat and mix thoroughly with two ounces of cake or biscuit crumbs. The remains of sponge cake, macarons, etc., will serve excellently. Add the juice of half a lemon and two eggs (well beaten). Have ready a good supply of clarified fat, and, when boiling, drop in dessertspoonfuls of the mixture. Fry for eight minutes, drain thoroughly, dish on a fancy dolly and sprinkle with sugar and chopped almonds.

Grape Pickles.

Take seven pounds of ripe grapes and remove the stems; take three pounds of white sugar, one quart of cider vinegar, one ounce of cinnamon and one-half ounce of cloves. Boil this and pour over the fruit for two mornings, and the third morning put fruit and all in preserving kettle; heat so as to simmer for a few minutes. Then put it in glass or earthen jars, tie up securely, and keep in a cool place.

Cucumber Pickles.

Wash and fill two quart can with freshly picked cucumbers of any desired size. Add to them two heaping tablespoonfuls dry mustard; two heaping tablespoonfuls salt, and fill can with good cold cider vinegar. It doesn't matter whether you have an airtight top or not; a cork with cloth tied over or put in crock. If you like more mustard or salt it will do no harm.

Plain Vanilla Cream.

To make a nice, plain vanilla cream, large enough for dinner for a small family, take one quart of fresh cream, sweeten it with two cupfuls of powdered sugar, and add two teaspoonfuls of extract of vanilla. Stir this mixture rather gently with a patent egg-beater, or with a small cream whip, till the sugar is quite dissolved, then put it into the freezer and freeze it.

Mock Olives.

Make a pickle of vinegar, mustard seed and a little salt; heat it boiling hot and pour over green plums before they begin to ripen; let them remain in one night; then drain off the vinegar, heat it again and pour over the plums. Plums may be gathered before the stone is formed and pickled in the same way.

Wartburg Soup.

Boll any stale bread to a jelly with water, add a little chopped onion and celery. When the bread is nearly transparent add enough milk to make it look creamy, a small piece of butter and pepper and salt. Scatter a little Parmesan cheese over the soup and serve hot with fried bread.

Molasses Layer Cake.

Two tablespoon shortening, one-half cup of brown sugar, one-half cup molasses, one teaspoon soda dissolved in three-quarters cup buttermilk, two cups of flour, one tablespoon of mixed spices.

My Hair is Extra Long

Feed your hair; nourish it; give it something to live on. Then it will stop falling, and will grow long and heavy. Ayer's Hair Vigor is the only hair-food you can buy. For 60 years it has been doing just what we claim it will do. It will not disappoint you.

—My hair used to be very short. But after using Ayer's Hair Vigor a short time it began to grow, and now it is fourteen inches long. This seems a splendid result to me after being almost without any hair. —Miss J. H. FIFER, Colorado Springs, Colo.

Made by J. C. Ayer & Co., Lowell, Mass.
Also manufacturers of
Ayer's
SARSAPARILLA,
PILLS,
CHERRY PECTORAL.

Mrs. Sarah A. Evans, who has been appointed inspector of the meat markets of Portland, is president of the Oregon State Federation of Women's Clubs.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

Walter & Teal, Wholesale Druggists, Toledo, O. WALDRON, KINNAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all Druggists. Testimonials free. Hall's Family Pills are the best.

An optimist is a man who runs an account with a light-weight grocer.

For bronchial troubles try Piso's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

Horse racing in Italy's dead since the introduction of automobile speed contests.

Aquatic birds are more numerous than land birds.

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

These Rapid Times.

"We are certainly going the pace."

"How so?"

"I only packed my linen suit away yesterday and to-day the Christmas numbers of the magazines are out."—Louisville Courier-Journal.



DR. W. A. WISE

We do crown and bridgework without pain. Our 15 years' experience in plate work enables us to fit your mouth comfortably. Dr. W. A. Wise has found a safe way to extract teeth absolutely without pain. Dr. T. P. Wise is an expert at gold filling and crown and bridge work. Extracting free when plates or bridges are ordered.

WISE BROS. DENTISTS

Falling Bldg., Third and Washington Sts.
Open evenings till 9 o'clock. Sundays from 9 to 12. Or Main 2/25.



DR. T. P. WISE

Start the New Year Right!

START the new year with a clean mind and a clean body!

Most people are very neat and clean in their outward appearance, but how about the inside? Are you clean inside?

And if not, how can you face the New Year with clean thoughts, clear intelligence, a fair, just, and bright mind, and your full share of capacity for work and enjoyment.

The holidays are over and everybody's had a good time—perhaps a little too much of a good time. Over-eating and over-drinking have been the rule ever since Thanksgiving Day.

Many people get little exercise in winter and breathe much stuffy, over-heated inside air.

At the same time they eat too much rich and indigestible food, while fresh fruit and fresh vegetables are scarce in the market. So stomach and bowels are liable to be over-taxed.

Clog up, stretch and paralyze the large intestine by over-stuffing it with undigested food, so it can not carry off the useless refuse, and it "backs up" the sewage, and compels the small intestine to absorb the poison of decaying matter, instead of wholesome nourishment.

That's what must happen. Isn't it plain as day?

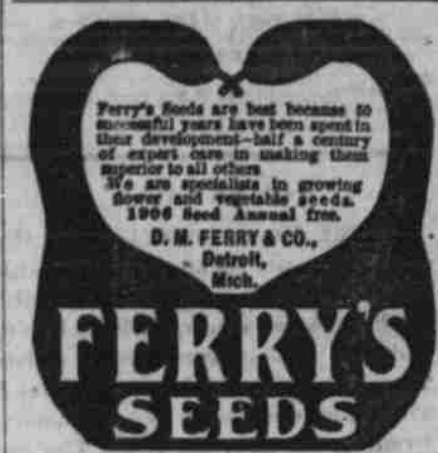
What's the result? Nearly everybody "gains in flesh" in the winter time, but it's puffy fat—not healthy flesh and muscle. The liver gets inactive; the bile doesn't "work off"; the eyes get yellow; the skin gets dead like putty and pale like dough, with boils, pimples, blackheads, liver-spots to break the monotony.

Dizziness, headaches, blurred vision, foul breath, sleeplessness and a temper like a wild cat make such persons very

MALLEABLE IRON STUMP PULLERS

Patent, lightest and strongest Stump Puller on the market. 115 Horse power on the stump, with two horses. Write for descriptive catalog and prices.

REIBERSON MACHINERY CO.
Foot of Morrison Street Portland, Oregon



WET WEATHER WISDOM!

THE ORIGINAL 132



TOWER'S FISH BRAND SLICKER

BLACK OR YELLOW

WILL KEEP YOU DRY.

NOTHING ELSE WILL.

TAKE NO SUBSTITUTES.

CATALOGUES FREE.

SHOWING FULL LINE OF GARMENTS AND HATS.

A. J. TOWER CO., BOSTON, MASS., U.S.A.

TOWER CANADIAN CO., LTD., TORONTO, CANADA.



Dr. C. Gee Wo

WONDERFUL HOME TREATMENT

This wonderful Chinese Doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, barks, and vegetables that are entirely unknown to medical science in this country. The doctor knows the action of over 500 Chinese remedies which he successfully uses in different diseases. He guarantees to cure a Rheumatism, lung, throat, rheumatism, nervous stomach, liver, kidney, etc.; has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blank and regulars. Send stamp. CONSULTATION FREE.

Address THE C. GEE WO CHINESE MEDICINE CO

162 1/2 First St., S. E. Cor. Morrison

Mention paper. PORTLAND, OREGON.

P. N. U. No. 1-65

WHEN writing to advertisers please mention this paper.

Many horses are made vicious from cruel treatment.

Food for Thought.

"I trust, Miss Cutting," remarked young Borem, as he rose to depart after a prolonged stay, "that I have not taken up too much of your valuable time."

"Not at all, Mr. Borem," replied the fair damsel. "The time you have taken up has been of no value to me whatever, I assure you."

Then he went forth into the night, and wandered homeward, wrapped in a heavy mantle of thought.—Chicago Journal.

The Choice of the People.

When things began to go too "fast and loose" in New York, the people rose up in their wrath, got together and elected a district attorney who makes life miserable for wrongdoers. Jerome flaunted the banner of no political party; he was the people's choice.

Pillsbury's Vitos is the first choice of all people who relish good things for breakfast. It's dainty, delicious and nourishing.

Anxiety.

Tramp (outside the gate)—Does your dog bite?

Mrs. Weptonwish (on the porch)—Yes, he does, and—O, please don't come in! We are so particular about what we feed him on!—Somerville Journal.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nervine Restorer. Send for Free Trial Bottle and Treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

Reckless Courage.

"I talked real sassy to the hotel telegraph operator."

"My goodness! You didn't dare?"

"Yes, I did."

"Good! I'd like to have a picture of a man doing that."

"What would you call it?"

"Ajax Defying the Lightning!"—Cleveland Leader.

CATARRH ANNOYING- DANGEROUS

Catarrh is usually regarded as nothing more serious than a bad cold or slight inflammation of the inner skin and tissues of the head and throat, when it is, in fact, not only a vexatious and troublesome disease, but a complicated and dangerous one. It is true that Catarrh usually begins with a cold in the head, but when the poisons, which are thrown off through the secretions, find their way into the blood, it becomes a constitutional trouble that affects all parts of the body. It has more annoying and disgusting symptoms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the ears, headaches and pains in the eyes are frequent, while filthy, tenacious matter drops back into the throat requiring continual hawking and spitting, and in certain stages of the disease the breath has an odor that is very offensive. Catarrh is worse in winter, because the cold weather closes the pores and glands, and the poisons and unhealthy vapors which should pass off that way are thrown back on the tender linings and tissues, causing the inflammation which starts the unhealthy secretions to be absorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circulates through the body the foul matter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the stomach. It also affects the Kidneys, Bladder and other members of the body, while the general health is weakened, appetite lost and the patient feels despondent and half sick all the time. But worst of all, if the trouble is not checked the lungs become diseased from the constant passage of poisoned blood through them, and Catarrh terminates in Consumption, the most fatal of all diseases. You cannot get rid of Catarrh by treating it with sprays, washes, inhalations, etc., because they only reach the membranes and tissues, while the real cause of the trouble is in the blood. These relieve the annoying symptoms for a time, but the poison is all the while getting a stronger hold on the system and when they are left off will manifest itself in worse form than before. S. S. S. is the greatest of all blood purifiers, and when it has cleansed the blood, this pure, rich stream circulates through the body, carrying healthful properties to the diseased parts. Then the inflamed membranes and tissues begin to heal, the discharges cease, the general condition of the system is strengthened, every one of the annoying and disgusting symptoms pass away, and the patient is left in perfect health. S. S. S. is the best remedy for Catarrh. It goes right into the blood and removes all effete matter and catarrhal poison and cures the disease.

Several years ago my blood was bad and I had in addition a dreadful case of Catarrh. My nose was stopped up, I had headaches, ringing noises in my ears and felt unfit for work. I commenced the use of S. S. S. on the recommendation of a friend, and in a short time it cured me sound and well. I put my blood in good condition and I have never had the slightest return of the Catarrh since that time.

GEO. D. CARR,
No. 209 Edgar St. Evansville, Ind.

S. S. S. PURELY VEGETABLE.

ease permanently, and at the same time builds up the entire system by its fine tonic effect. S. S. S. is a purely vegetable remedy—non-injurious to the system and a certain, reliable cure for Catarrh. Catarrh sufferers will find our free consulting department helpful in advising local treatment to be used with S. S. S.

THE SWIFT SPECIFIC CO., ATLANTA, GA.