

MULTNOMAH HOTEL
PORTLAND, OREGON
LARGEST HOTEL IN THE NORTH
WEST-REOPENED OCTOBER 10-1916
REDECORATED AND RENOVATED

550 ROOMS
\$1.50
DAY-UP

5000 ROOMS
\$1.50
DAY-UP

WHY BE AN INVALID?
The Phillips System of stopping sym-
ptomatic nerve-waste, the cause of Chronic
Disease, is without an equal. It stops that
waste of vital energy, harmonizes your
vital forces and transforms you into a new
being. It is the scientific application of
nature's law—resting nature in nature's
own way. The many chronic invalids re-
stored to health by it attest its superior-
ity. For full particulars call on or write
DR. R. A. Phillips,
ALISKY BLDG.,
Portland, Oregon

SHIP
Veal, Pork, Beef,
Poultry, Butter, Eggs
and Farm Produce
to the Old Reliable Evered house with a
record of 45 years in the business, and
be assured of TOP MARKET PRICES.
F. M. CRONKHITE
45-47 Front Street, Portland, Oregon

New Houston Hotel
SIXTH AND EVERETT STS.
Four Blocks from Union Station. Under new
management. All rooms newly decorated.
SPECIAL RATES BY WEEK OR MONTH
Rates 50c, 75c, \$1, \$1.50 Per Day.

Wanted, Ladies
To leave, on trial only, with friends, won-
derful face beautifier; results unpar-
alleled. No effort required; no expense in-
volved; we furnish everything. Good money
for spare time. PRINCESS TOILET CO.
Box 1222, Seattle, Wash.

FRED P. GORIN, Patent Attorney,
Inventor and Developer; patents secured or RE-
FUSED; free book on patent. Suits 701
701-A, 701-B and 701-C, Central building, Seattle.

OREGON VULCANIZING COMPANY
moved to 333 to 337 Burnside St., Port-
land, Ore. Largest Tire Repair Plant
in the Northwest. Country service a
specialty. Use Parcel Post.

Sore Eyes
Granulated Eyelids,
Eyes inflamed by
dust, sand, and wind
quickly relieved by
MURINE Eye Remedy. No Smarting,
Just Eye Comfort. At
Your Drugist's 50c per Bottle. MURINE
Eye Remedy, the only Eye Remedy
Druggists or MURINE Eye Remedy Co., Chicago

LAND FOR SALE
In Kern County, California

20 acres fenced and having old well,
about five miles from Bakersfield, Cal-
ifornia, near highway. Good alfalfa
land or potatoes and other vegetables.
Good crop is being raised on adjoining
land. Near good homes and schools.
Only five miles from Bakersfield. Low
price and easy terms to the right man
who wants some good land and good
location where he can do well. Address
M. A. Green, 822 Mission Street, San
Francisco, California.

**WHEN IN
SEATTLE
TRY THE FRYE**

SEATTLE'S LARGEST HOTEL
Only three blocks from Depots and Docks. Op-
posite City Hall Park and Court House.
THE FINEST DOLLAR ROOM IN AMERICA
With detached bath, 1 person, \$1.50 \$2.50
2 persons, \$2.50 \$3.50
With private bath, 1 person, \$2.50 \$3.50
2 persons, \$3.50 \$4.50
When in Seattle Try The Frye

The Library Habit.
Get the library habit. It will help
you out of a great many difficulties
including such problems as, how shall
I plan and furnish my home? How
shall I entertain my guests? How
vary my menus? How make my
clothes? It will provide you with ar-
guments in your discussions on wo-
man suffrage, capital and labor, and
other political and special topics. The
library habit is the least troublesome
to acquire and it brings immediate re-
sults. The University Library will be
glad to hear from you.—College Bul-
letin.

The Piker.
Joan (reading).—It says here that
this war is Armageddon, and the end of
the world is fixed for the beginning of
April.
Darby.—There, now! I always said
the kaiser would wriggle out of it
somehow!—Punch.

Do You Know 'em.
Some men insist on so much system,
observes Elbert Severance, that they
are always behind with their work
sleeping, up their system.—Kansas City
Star.

Safe.
Black—I want to put my money into
something safe!
White—Try a fireproof vault.

BUY DIRECT
Do Your Own Plumbing

By buying direct from us at wholesale prices
and save the plumber's profits. Write us to-
day for our catalog. We will give you our rock-
bottom "direct-to-you" prices. E. A. B. B. B.
We actually save you from 10 to 25 per
cent. All goods guaranteed.
Northwest headquarters for Leaky Water
Systems and Plumber & Joiner, Englewood,
STARK-DAVIS CO.
212 Third Street, Portland, Oregon

P. N. U.
NO. 51, 1916

Mother's Cook Book
All that is beautiful shall abide,
All that is base shall die.

Some Simple Soups.
As soups are both nourishing and
easy to prepare it is wise to have a
large repertoire of them to serve as
luncheon and dinner dishes.

Quick Mutton and Potato Soup.
Add a cupful of cold mashed pota-
toes to six cupfuls of mutton stock.
Reheat, season to taste and thicken
with two beaten eggs added with half a
cupful of cream just before taking up.

German Veal Soup.
Put two pounds of the knuckle of
veal into three quarts of water, with
a carrot, an onion, a clove, salt, pep-
per, parsley and thyme to season. Re-
heat six cupfuls of this stock, add a
half cupful of cooked vermicelli, a
tablespoonful of chopped parsley, a
grating of nutmeg and the yolk of an
egg blended with a half cupful of
milk. Reheat but do not boil.

Saratoga Soup.
Strain and reheat one can of toma-
toes. Add a half cupful of sage and
cook until the sage is clear. Add two
cupfuls of veal stock, salt, pepper,
Worcestershire sauce to season, and
when boiling hot serve at once.

Chicken Broth.
Cut a chicken into small pieces and
put into a kettle with two tablespoon-
fuls of pearl barley, a pinch of cara-
way seed and a head of lettuce cut
fine. Cover with two quarts of cold
water, simmer four hours, skimming
when necessary. Strain through a
sieve, season to taste and serve.

Chicken Consomme.
Cut up a chicken and put into a
kettle with three pounds of the
knuckle of veal and four quarts of
stock. Add an onion, two cloves, two
leeks, and three stalks of celery. Add
a teaspoonful of salt, simmer for three
hours, strain and cool. Remove the
fat, reheat, season to taste and serve.

Savory Rice Soup.
Wash half a cupful of rice and boil
fifteen minutes then drain. Add a
quart of veal stock, simmer until the
rice is done, rub through a sieve and
reheat. Thicken with the yolks of two
eggs beaten smooth with half a cupful
of cream, season to taste and serve
very hot with croûtons. For a thick-
ening butter and flour may be used
instead of the eggs.

Puree of Carrots.
Slice six fresh young carrots.
Fry brown in butter, add sugar and
salt and sufficient beef stock to make
the required amount of soup. Sim-
mer until the carrots are tender, put
them through a sieve, reheat and serve
with croûtons. A binding of butter
and flour may be used if desired.

**Wash the poisons and toxins from
system before putting more
food into stomach.**

**Says inside-bathing makes any-
one look and feel clean,
sweet and refreshed.**

**Wash yourself on the inside before
breakfast like you do on the outside.**

**This is vastly more important because
the skin pores do not absorb impuri-
ties into the blood, causing illness,
while the bowel pores do.**

**For every ounce of food and drink
taken into the stomach, nearly an
ounce of waste material must be car-
ried out of the body. If this waste
material is not eliminated day by day
it quickly ferments and generates poi-
sons, gases and toxins which are ab-
sorbed or sucked into the blood stream,
through the lymph ducts which
should suck only nourishment to sus-
tain the body.**

**A splendid health measure is to
drink, before breakfast each day, a
glass of real hot water with a tea-
spoonful of limestone phosphate in it,
which is a harmless way to wash
these poisons, gases and toxins from
the stomach, liver, kidneys and
bowels; thus cleansing, sweetening
and freshening the entire alimentary
canal before putting more food into
the stomach.**

**A quarter pound of limestone phos-
phate costs but very little at the drug
store but is sufficient to make anyone
an enthusiast on inside-bathing. Men
and women who are accustomed to
wake up with a dull, aching head or
have furred tongue, bad taste, nasty
breath, sallow complexion, others who
have bilious attacks, acid stomach or
constipation are assured of pronounced
improvement in both health and
appearance shortly.**

Daily Thought.
The life a man leads after his death
in the memories of those who loved him
is a stronger and better life than any
he lived during his physical life.—But-
ler.

**EAT LESS MEAT
IF BACK HURTS**

Take a glass of Salts to flush
Kidneys if bladder bothers
you.

Eating meat regularly eventually
produces kidney trouble in some form
or another, says a well-known author-
ity, because the uric acid in meat ex-
cites the kidneys, they become over-
worked; get sluggish; clog up and
cause all sorts of distress, particularly
backache and misery in the kidney re-
gion; rheumatic twinges, severe head-
aches, acid stomach, constipation, tor-
pid liver, sleeplessness, bladder and
urinary irritation.

The moment your back hurts or kid-
neys aren't acting right, or if bladder
bothers you, get about four ounces of
Jad Salts from any good pharmacy;
take a tablespoonful in a glass of wa-
ter before breakfast for a few days
and your kidneys will then act fine.
This famous salts is made from the
acid of grapes and lemon juice, com-
bined with lithia, and has been used
for generations to flush clogged kid-
neys and stimulate them to normal
activity; also to neutralize the acids
in the urine so it no longer irritates,
thus ending bladder disorders.

Jad Salts cannot injure anyone;
makes a delightful effervescent lithia-
water drink which millions of men and
women take now and then to keep the
kidneys and urinary organs clean, thus
avoiding serious kidney disease.

The Wishbone Superfluus.
They were dining off fowl in a res-
taurant.
"You see," he explained, "you take
hold here. Then we must both make
a wish and pull, and when it breaks
the one who has the biggest part of it
will have his or her wish granted."
"But I don't know what to wish for,"
she protested.
"Oh, you can think of something,"
he said.
"Well, I'll wish for you," he ex-
claimed.
"Will you really?" she asked.
"Yes."
"Well, then, there's no use fooling
with the old wishbone," she inter-
posed with a glad smile; "you can have
me."—Wisconsin State Journal.

Ma's Mistake.
"These moth balls are bigger'n us-
ual, but they don't seem to have much
smell."
"You see," he explained, "you take
hold here. Then we must both make
a wish and pull, and when it breaks
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Logical Deduction.
"Is Willie interested in his nature
study class?"
"Very much; wanted to know today
if cat-falls belonged to the pussy-will
low family."—Baltimore American.

Wife (sternly)—Henry Bibberly,
look me in the eyes.
Bibberly—Which p'ticler eye, m'
dear. You seem to have more eyes'n
a potato.—Boston Transcript.

Consistent Economy.
"People are undoubtedly making a
proper effort to avoid wasting paper,"
remarked Mr. Chuggins.
"How do you know?"
"I just bought one of those Filvord
autos and the man asked me if I want-
ed it wrapped up."—Washington Star.

A New Terror.
Little Millie (whose republican fr-
iender and grandfather have spoken fre-
quently of the democratic party)—Oh, ma-
ma, I'm afraid to go to bed! I'm afraid
there is a democrat in the closet.—
Everybody's.

Oh, Horrors.
"What's the matter with the boy?"
He seems to have agonizing stomach
ache or something," said the visitor.
"Yes, poor child," replied the an-
xious mother, "he tried to eat all the
samples given him at a demonstration
last."—Jacksonville Times Union.

Happy Condition.
"This man," said the keeper softly,
"isn't he has millions."
"Lucky fellow!" responded the vis-
itor. "Whenever he needs money all he
has to do is to draw on his imagina-
tion."—Boston Transcript.

**When You Wake
UP DRINK GLASS
OF HOT WATER**

**Wash the poisons and toxins from
system before putting more
food into stomach.**

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one look and feel clean,
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ler.

Don't Have Catarrh

One efficient way to remove
nasal catarrh is to treat its cause
which in most cases is physical
weakness. The system needs
more oil and easily digested
liquid-food, and you should
take a spoonful of

**SCOTT'S
EMULSION**

after each meal to enrich your
blood and help heal the sensi-
tive membranes with its pure
oil-food properties.

The results of this Scott's
Emulsion treatment will
surprise those who have used
irritating snuffs and vapors.

Get the Genuine SCOTT'S

**Every Night
For Constipation**

Headache, Indigestion, etc.

**BRANDRETH
PILLS**

Safe and Sure

He Knew It Was Dangerous.

An Englishman was seeing his first
game of baseball, and the "fan" was
explaining the different plays as they
were being made.
"Don't you think it's great?" enthu-
siastically asked the fan.
"Well," replied the Englishman, "I
think it's very exciting, but also a
very dangerous game."
"Dangerous nothing," replied the
fan.
Just then a runner was put out at
second base.
"What has happened now?" asked
the Englishman.
"Cliff Smith has died at second,"
laconically replied the fan.
"Died at second?" replied the aston-
ished Briton. "I knew it was dan-
gerous game."—Ladies' Home Journal.

Sounded Like It.
"Gertrude," asked the teacher,
"what were the causes of the Revolu-
tionary war?"
It had something to do with auto-
mobiles, but I did not understand just
what," replied Gertrude.
"Oh, no," said the teacher; "that
was before the day of automobiles."
"Well, it said it was on account of
unjust taxes," said Gertrude, firmly.
Exchange.

A Point of Reliability.
"Anyhow," said the weary election
forecaster, "I'm thankful for the Pan-
ama canal."
"What has that to do with the sit-
uation?"
"It's the only great American insti-
tution that permits me to predict a
landslide with any degree of confi-
dence."—Washington Star.

Idaho Live Stock Meetings
At Pocatello, January 9-12, 1917, will
be held the annual meeting of three
of the most prominent live stock as-
sociations of the state of Idaho and
of the State Pure Seed association.
Tuesday is given over to the meet-
ing of the Idaho Dairyman's association.
Wednesday will be Swine Breeders'
day and on Thursday will be held the
annual meeting of the Idaho Live
Stock association. The Pure Seed
men will convene on Friday. All meet-
ings are held at the joint invitation of
the Pocatello Technical Institute and
the Pocatello Commercial club.

Brutal Husband.
Mr. Babcock had been telling his
wife of an old friend.
"And he said he knew me when I
was a little girl!" interrogated the wife.
"No," Babcock said, "he didn't say
anything of the sort."
"But you just said he did," said Mrs.
Babcock.
"No," said the man, "I didn't."
"Why, Charles?" exclaimed the wife.
"What did he say, then?"
"I said," replied the brute, "that he
said he knew you when he was a little
boy."—Exchange.

About the Children.
"Who can name a word with an 'I'
in it?" queried the teacher of the ju-
venile class.
"Needle!" exclaimed a bright little
miss.
"Construct a sentence using the
word 'growsome,'" said the teacher.
"When the man stopped shaving his
whiskers growsome more," answered
Willie.

**A RIGID
Adherence**

TO SIMPLE HEALTH RULES

is really necessary in order to
promote and maintain
health

The digestion must be kept
normal, the liver active and
the bowels regular

When Help is Needed—TRY
**HOSTETTER'S
Stomach Bitters**

CONCRETE KEEPS AWAY RATS
Rodents Not Only Steal Grain, but Fre-
quently Acquire Taste for Chickens
and Eggs.

Rats are among the worst pests
about the poultry house. They not
only steal a large amount of grain,
but frequently develop a taste for
young chicks and eggs which seems
to be insatiable. A well-made con-
crete floor and foundation makes an
almost perfect protection against rats.
A concrete floor itself is not sufficient,
for the rats may burrow under it and
thus find a perfectly protected breed-
ing place.

A concrete foundation for poultry
houses need not be heavy or expen-
sive, if properly made. A trench may
be dug below the frost line and forms
set up six inches apart. A mixture of
one part portland cement, three parts
sand and six parts gravel will prove
plenty strong enough for this pur-
pose.

After it is well set forms can be
removed, the floor leveled up and cov-
ered with concrete three inches deep,
mixed in the same proportions. The
floor can be made smooth and level by
a straight edge board. Frequently a
finishing coat of three-quarters of an
inch is put on of a richer mixture and
troweled to a smooth finish. Beginning
the day after the floor is laid it should
be sprinkled two or three times daily
for a week so as to prevent the con-
crete from drying out too rapidly and
cracking.

FATTEN CATTLE FOR PROFIT

Baby Bees Weighing 800 to 1,100
Pounds Are Most Economical for
Market to Handle.

(By W. H. PEW, Iowa Experiment Sta-
tion.)

Although it is nlp and tuck whether
the farmer who ships in range cattle
to feed will make a satisfactory profit,
it is quite certain that the man who
produces his own cattle and fattens

Young Hereford.

them and markets them when they
are from 15 to 20 months old, will
make money.

At that age the baby beef will weigh
from 800 to 1,100 pounds. The carcass
will be the most economical for the
market to handle and its production
will insure profit for the farmer. Baby
beef will gain about as rapidly in
the feed lot as older cattle, and the
cost of gain will be less, as much as
3 or 4 cents a pound. If the market
is not just right when the baby beef
is ready, it may be held and fed until
the market is right and it will keep on
gaining and gaining economically.

There are a number of notable suc-
cesses with baby beef production.

SPECIAL ATTENTION TO OIL

In Getting Farm Machinery Ready for
Work Look Carefully to Lubri-
cation of Wearing Parts.

In getting the machinery ready for
farm operations, Prof. H. C. Ram-
sower of the agricultural engineering
department, Ohio State university,
urges that special attention be given
to the lubrication of all wearing parts.
"A full oil can to every machine" is
the way he states it. Especially on
new machinery and the farm tractor
does the use of oil become important.
Make sure that all oil holes, well,
pumps, grease cups and bearings are
thoroughly cleaned of dirt, grit, paint,
and foreign matter before the holes
are filled, so that waste matter will
not be carried into the bearings. Clean
wool or cotton placed in cups will
keep out sand and grit. It is a good
practice to use a mixture of equal
parts machine oil and kerosene in the
bearings for the first few hours of op-
eration of a tractor.

LITTLE ATTENTION TO COWS

Many Ill Effects, Such as Retention of
Afterbirth or Inflammation Can
Be Prevented.

Ill effects of calving, such as reten-
tion of afterbirth, milk fever, or in-
flammation of the udder may be pre-
vented by giving the cow a little extra
attention.

Breeding cows should always have
plenty of exercise. No cottonseed meal
should be fed for two months before
the calf is expected. Two weeks be-
fore the calf is expected, the cow
should be drenched with one and one-
half pounds of epsom salts dissolved
in two quarts of warm water. This
dose should be given again immedi-
ately after the birth of the calf.