

Delicate Women

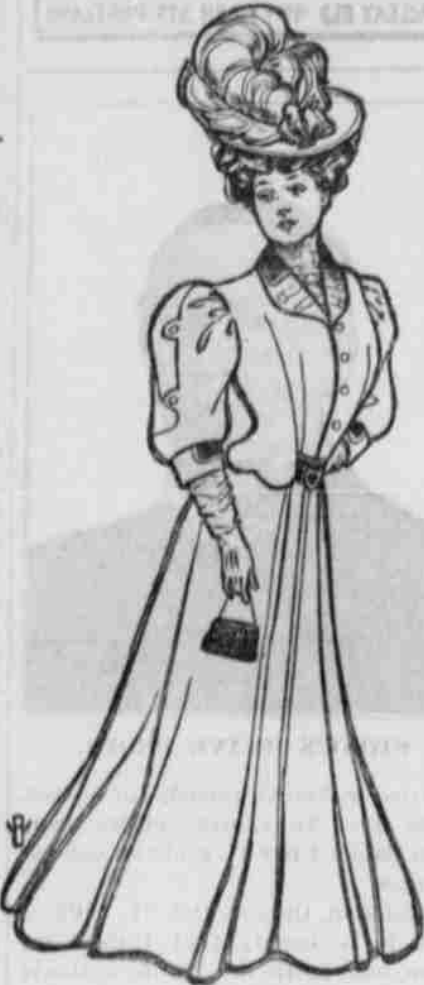
who suffer from sleeplessness, backache, or pain will find relief by taking Dr. Miles' Anti-Pain Pills. They are quick in action, relieving headache in a few minutes, while nearly every other form of pain yields to their soothing influence. A great many women have found that a few carried with them, insures immunity from suffering."

"I am one who has suffered for 13 years every month. For several years I took doctors medicine, until I gave up to suffer until death. One day when I was in great pain, Mr. Miles, for whom I was working, gave me a box of Anti-Pain Pills. At first I refused them but he insisted on my giving them a trial, and I must say they are the only thing that I ever took that relieved me without putting me to sleep. Last August I began to use them and to-day I am willing to say that I am cured as I had only one pill this month. I recommend them to women who suffer, and believe they can live without pain if they will take Dr. Miles' Anti-Pain Pills."

CHARITY A. HIGHTOWER, Caldwell, Texas.
Dr. Miles' Anti-Pain Pills are sold by your druggist, who will guarantee that the first package will benefit. If it fails, he will return your money. 25 doses, 25 cents. Never sold in bulk. Miles Medical Co., Elkhart, Ind

MODES OF THE MOMENT.

Hats Have Lost Their Absurd Tilt.
Sling Sleeves—Black Much Worn.
The hat of the season has very little tilt and instead of the trimming at the back forcing it up at an absurd angle there is very little tilt permitted at all, the trimming which still remains well massed at the back under the brim being brought down over the hair in a way quite as becoming to the average woman as the tilt was trying.
It looks as if the draped chiffon veil would be worn all winter, but the high winds have not begun yet. Already it is more fashionable to catch the whole veil at the nape of the neck with a fancy pin.
The sling sleeve is the latest idea from Paris. The name comes from the



BLACK BROADCLOTH COSTUME.

drapery itself. When the arm is slipped through it, it has the appearance of a sling.

Black is to be in high favor for both day and evening. It is prominent in every material—serge, phaasma, volle, crepe de chine, radium, net and gauze. The pretty blond or high colored brunette may rejoice in the happy consciousness that she will look her best this season.

Bright plaid ribbon is used for belts, and Roman stripes for the encircling of dainty waists is modish.

The gown seen in the cut is of black broadcloth. The skirt has the Parisian sweep length, and the coat is a jaunty little bespiced affair trimmed with panne velvet and dull gold braid.

JUDIC CHOLLET.

HERE AND THERE.

New Corsets Give a Youthful Appearance—Silk Cap Beavers in Vogue.
Corsets with high busts and longer hips than have been worn before will be smart this winter and, according to an expert corsetier, will be popular because they give a youthful appearance to the figure.

The old fashioned beaver with long silky nap has come back to favor, and, as nothing has ever been found which better suits a young face than a large hat of this description, lots of them will be worn. For "best" occasions these hats are trimmed with immense long black ostrich feathers caught with rosettes of black velvet.

One of the smartest and prettiest of the season's novelties is a set of ec-



A NEW BLOUSE.

feathers, the long, slender, glossy plumes shading from golden red to deep russet.

One of the daintiest of frocks for Miss Debutante is of pink silk dotted net made over silvery silk. The net is inset with strips of satin ribbon on the skirt. Above this to the knees are little wreaths of roses made of silver tissue. The full baby bodice has a row of tiny satin bows up the back, and about the décolleté is a dainty tucker of all-
ver embroidered net.

Very attractive is the blouse sketched of cloth strapped together with the nilla. The chemisette is of all-
lace. JUDIC CHOLLET.

GOOD BABY FOOD.

Try Wholesome Wheat Bread and Test It Before You Use It.
On the long list of baby foods there is one that is too frequently overlooked, says Mother's Magazine. It is just plain, wholesome wheat bread. The baby that cannot be nursed by its mother and those that have reached the weaning period could be given no better food than bread. The writer has seen babies, and healthy babies, too, brought up on bread.

But the bread must be good, and it should not be rye or graham. Babies have been killed by graham bread or crackers. The infant stomach cannot digest the coarse grained stuff. It is just like feeding mothers who persist in giving the baby a graham cracker every hour or two "just to amuse it."

There is a simple test that the Dutch people apply to ascertain whether or not a loaf is wholesome. In certain European countries all bread sold from the bakeries must stand this test; otherwise it is condemned. Take a few crumbs of the bread after it is dry. Crumble it fine and put in a cloth, a piece of muslin being the best for the purpose. Dip in water and squeeze through the cloth. If it all runs through it is good; if it turns to paste and a portion of the thick mass remains in the cloth, the bread is not wholesome. Test your bread in this way, and if it proves good feed it to the baby. Crumble it fine, mix and stir in lukewarm water and feed it to him with a spoon or through a nipple. The latter is the best method where the baby is fed constantly on this diet. But to make feeding easier it is necessary to make the hole in the nipple larger, that the food can be drawn through. To make this food more palatable the addition of a little grape or milk sugar is needed. Common white or powdered sugar may be used, but always sparingly. Too much sugar in any form leads to diseases that later attack the young man or the young woman or may even catch them in babyhood.

"ART" SOFA PILLOW.

An Odd Bit of Furnishing For a Young Girl's Den.

A most unique sofa pillow cover can be made by a girl to add to the many little artistic and odd furnishings of her den. Invite each girl and boy friend to draw a conical picture on a piece of heavy white, tan or light blue linen, about 3 by 4 inches in size. There should be an equal num-



THE "ART" SOFA PILLOW.

ber of patches in each color, so that no one tint will predominate. The artist should first draw his picture in pencil and when done to please his fancy follow the outline with a small brush dipped in India ink. The names of the contributors should appear on their pieces of "art," of course, in India ink.

When all the patches have thoroughly dried lay them over a square of white cloth and cross stitch the edges smoothly together with gay colored silk.

An accompanying illustration gives an idea of how the cushion will appear after finished.—Exchange.

The Business Girl.

When a business girl is a failure the reason often is that she regards the work she has taken up as only a temporary thing—something to fill up the years that lie between leaving school and the husband and home that she hopes sooner or later will fall to her lot. That is an utterly wrong principle. Even if the chances are that the girl will marry, she must work hard and gain all the knowledge she can of her calling, so that should marriage not come her way she may, instead of developing into a complaining old maid, become an interesting and charming woman, leading a busy life—too busy very often to think much of self, but never too busy to do a kind action or help on younger women beginning life.

Sensible Fancy Work.

The most sensible pickup work on which a girl can occupy her time is the dainty underclothing made every stitch by hand. Pretty eyelet and nun's work patterns of simple design require no great outlay of labor and add a great deal to a well equipped wardrobe. A handkerchief or napkin stamped with an initial or monogram and kept in the workbasket for odd minutes will multiply into a full set surprisingly fast if a girl likes to embroider.

A Better Test.

To tell good butter place a small piece in a tablespoon and heat it over an alcohol flame to the boiling point. Genuine butter will boil quietly, producing an abundance of foam, which, renovated butter or oleomargarine sputters like grease and produces practically no foam. The characteristic odor of tallow is also evident when the sample in question is oleomargarine.

FOR COUGHS KING OF CURES FOR COLDS

THE WONDER WORKER

FOR THROAT DR. KING'S AND LUNGS

NEW DISCOVERY

FOR COUGHS AND COLDS

PREVENTS PNEUMONIA

I had the most debilitating cough a mortal was ever afflicted with, and my friends expected that when I left my bed it would surely be for my grave. Our doctor pronounced my case incurable, but thanks be to God, four bottles of Dr. King's New Discovery cured me so completely that I am all sound and well.—MRS. EVA UNCAPHER, Grovertown, Ind.

Price 50c and \$1.00 ABSOLUTELY GUARANTEED! Trial Bottle Free

SOLD AND GUARANTEED BY J. C. PERRY'S DRUG STORE

After the Southern Pacific.

Chicago, March 30.—Reports here says the lawyers representing Thos. Hibbard, Crocker and the Taft company, of San Francisco, have filed a bill in equity at Austin, Texas, asking that the Southern Pacific be restrained from paying four million dividend on common stock. The court is asked to enjoin the Union Pacific from voting or exercising any power with the Southern Pacific stock.

Revolt in Roumania.

Washington, March 30.—The state department has been notified from Bucharest that the revolt has spread greatly the past week, and the loss will be large. Great numbers of people have been killed by troops, considerable artillery having been used. It is reported that the property of several Jews, citizens of the United States, has been destroyed. A liberal cabinet has been formed.

The Falls City News has this home

thrust: The business men of Falls City support our schools, churches and other public institutions; sit by our bedsides when we are ill, give us credit when we are broke and make it possible for us to enjoy the comforts of a good home town. Do they deserve our patronage? There is only one answer.

Mrs. W. N. Gutens and little daughter are the guests of Portland friends.

The secret of fashionable beauty.

I asked the question of a noted beauty specialist. "In order to be round, rosy, plump, very pretty and stylish take Hollister's Rocky Mountain Tea. 35 cents. Dr. Stone's Drug Store.

Having a hot time in Chicago. Mercury reached 76 degrees the first day of spring.

Tetter, Salt Rheum and Eczema.

These are diseases for which Chamberlain's Salve is especially valuable. It quickly allays the itching and soon effects a cure. Price 25 cents. For sale by Dr. Stone's Drug Store.

Honduras Recognized.

Managua, March 30.—The Costa Rican government has recognized the provisional government of Honduras.

Fencing Tournament.

Annapolis, Md., March 30.—The Middles fencing team has been practicing the Cornell and the Philadelphia fencers in anticipation of today's intercollegiate tournament, in New York. The Middles have increased their efficiency greatly and it is expected that they will give a good account of themselves.

What about that Business Men's excursion?

SOW WESTERN SEEDS IN WESTERN SOIL

Here's a SPECIAL OFFER to make New Friends for LILLY'S Northern Grown Seeds

LILLY'S BEST Vegetable seeds are grown on and adapted to this coast. These 10 varieties are the aristocrats of the kitchen-garden. They represent the acme of Lilly effort, the result of years of careful seed selection and cultivation. This Special Offer gives you \$1.50 in these seeds for \$1.00. Read the descriptions, all of which are carefully and conservatively made. Living up to the catalogue description is what has built up the reputation of Lilly's Best Seeds.

PUGET SOUND SPECIAL TOMATO.

This miniature, from a photograph, gives you an idea how the tomato produces. Is an early dwarf, stands free from the ground, with hard, firm, round stalks. Yields large clusters of round, firm, luscious fruit, beautiful rich color, free from blemish, stands shipment splendidly. A three-season leader; popular everywhere. Perfected by us on our experiment grounds at Brighton Beach, and can be obtained solely from us. Sold only in sealed packets. Ounce, 60c; packet, 10c.

GOLDEN JERSEY WAX BEAN.

Brittle, tender, broad, thick—the best of all the yellow pod bush beans. Stringless. Beautiful golden color and delicious flavor. Vigorous, reliable, and an abundant producer. 1-lb., 25c; packet, 10c.

JACK FROST SWEET CORN.

Plump, milky kernels, that melt in your mouth; tender, sweet, prolific—really phenomenal Dwarf variety, permitting close planting. Very hardy. Jack Frost seed has been perfected by ourselves on Puget Sound, is thoroughly acclimated and peculiarly adapted to Pacific Coast conditions. Not only season's earliest, but longest and latest producer. We cannot say too much in endorsement of this corn. Large packet, 15c.

LILLY'S GLORY CABBAGE.

Glorious in flavor, gloriously sound, a glorious grower, and a glorious shipper. Lilly ships tons of this cabbage seed across the continent, as this variety, perfected on Puget Sound, is admitted to be the best cabbage grown. Even rounder and more solid than the

Danish Ball Head, and infinitely better adapted to Pacific coast conditions. True to type, every head like its neighbor, symmetrical, white inside and solid to the core. 1-lb., \$1.25; 1-oz., 25c; packet, 10c.

PRIDE OF THE PACIFIC CUCUMBER.

Almost a seedless cucumber, the seeds being small and few. Perfectly smooth, very dark green, beautiful white flesh, perfect cucumber flavor, exceptionally firm, crisp and delicious. Grows 10 to 18 inches long, always straight, and dark green until ripe. Vine hardy and vigorous; enormously productive; yields early and late in season. 1-lb., 65c; 2-oz., 40c; oz., 25c; packet, 10c.

ENGLISH FORCING LETTUCE.

Large, crisp, tender; best variety for home culture, because easily grown outdoors or in frames; rich color, ideal for garnishing. Hotels gladly pay one-third more for this lettuce. Stands more neglect in watering, and does not quickly run to seed. Most profitable for market purposes because quickly ready in fine large bunches of beautiful light green, which never spot. 1-lb., 50c; oz., 20c; packet, 10c.

MT. RAINIER PEA.

Dark, rich green, well-filled pods, creamy and delicious; enormously productive. Propagated in Washington, and the best early pea ever offered to western growers. Especially valuable for market gardeners, commanding the highest prices through the season. Large packet, 10c.

CRIMSON GLOBE BEET.

Close grain flesh, very sweet, tender, blood red, delicately zoned with white. Exceedingly smooth surface. Finest in form, flavor and color. Free from woody, fibrous roots. Grows uniform in size—about three inches through. Matures early. Pkt., 10c.

GOLDEN HALF-LONG CARROT.

Best of all the yellow varieties. Very sweet, close in texture, golden yellow, solid, very smooth, attains large size, has small core, and adapted to all soils; under good cultivation yields 25 to 30 tons per acre. Ready for table at all times during growth. Equally valuable for stock. A market favorite. 1-lb., 25c; packet, 10c.

CRIMSON GIANT RADISH.

The larger it grows the solidier it gets; twice the ordinary size. As hard as a bullet, white tender and deliciously crisp. Retains goodness long after maturity. 1-lb., 40c; packet, 10c.

SPECIAL PRICE OFFER.

\$1.50 worth of above seeds for \$1.00.
\$1.00 worth of above seeds (one packet of each variety, with packet of Old Fashioned Flower Garden Seeds thrown in free) for 75c.
Six 10c packets, with Flower Garden packet, 80c.
Three 10c packets, 25c.
Above prices are postage paid.

Grow LILLY'S SEEDS AND CRIMSON GIANT RADISH.

Plant Lilly's Best Northern-Grown Seeds, grown on this coast for this coast, and be sure of profit. You will find that the saying, "Best for the West" is true in every case, and that Lilly's Best Seeds will give you best results. The above are only ten varieties of Lilly's Best vegetable seeds. For information as to the full line, write for

LILLY'S 1907 SEED CATALOG.

Which will be sent free, postpaid, on request. Lilly's 1907 catalog surpasses all previous books in attractiveness and completeness of descriptive information. It is thoroughly dependable, and besides containing descriptions, price lists and culture directions of thousands of varieties of seeds, bulbs, roots and cuttings, it is a handbook of information on poultry foods, poultry supplies, stock foods, fertilizers, garden supplies, sprays, horticultural supplies, etc. If you want one, free, mark an X in the white square.

HOW TO ORDER.

Mark an X in each white square opposite the variety of seed you wish to order, mark the quantity in square or on margin, figure up the total, clip out the ad., and remit in same envelope with the clipped ad. Be sure and write your name and address plainly, filling in the following blank:

Clip ad. and mail to
CHAS. H. LILLY CO.
Seattle, Wash.

Enclosed is \$..... for which please send me \$..... worth of Lilly's Best Vegetable Seeds, as marked above.

Name.....
Address..... 30

Ills that Beset Womankind

Every woman should guard herself against the ills that menace her health and happiness. When Nature makes unusual demands upon the system, extra precautions should be taken to maintain the health and strength of the organs. At such times

Beecham's Pills

are recommended as a safe and natural remedy that gives exactly the needed help at the right time. The excellent results from these pills have made them the favorite standby of women for over half a century. Beecham's Pills strengthen the nerves, purify the blood, regulate the bowels, remove sick headache and promptly

Relieve Back Pains and Depression

In boxes with full directions 10c. and 25c.