

# Get rid of the Lard Habit

*Cottolene* makes pies and pastry digestible—it makes crisp, flaky pie-crust—the kind that will melt in your mouth rather than stick in the pit of your stomach.

There is no getting away from the fact that lard is the fat of the pig. There was a time in the olden days when lard was made from a particular part of the pig, the selected part—it was called the "leaf"—that is, the peritoneum; but, with the growth of the industry lard is now thrown on the market made from pig-fat from all portions of the animal, and lard, today, is not as good as the lard of years ago—in fact it is more indigestible, and more unhealthy.

*Cottolene* is a cleanly vegetable product

made from pure, refined cotton seed oil. It makes food palatable, digestible and healthful.

*Cottolene* is the purest and best shortening. It is not a substitute for lard, but an improvement upon lard or any other shortening. When you accept a substitute for *Cottolene* you are not getting your money's worth. *Cottolene* is the original and only shortening on the market. It is preferable in more ways than one—in purity, results and healthfulness.

Try *Cottolene* for a short time, and you will find that your digestion is noticeably improved. Follow directions given on the pail.

**COTTOLENE was granted a GRAND PRIZE (highest possible award) over all other cooking fats at the recent Louisiana Purchase Exposition, and food cooked with COTTOLENE another GRAND PRIZE.**

"Home Helps" a book of 300 choice recipes, edited by Mrs. Rorer, is yours for a 2 cent stamp, if you address The N. K. Fairbank Company, Chicago.

**A NEW FEATURE—The patent air-tight top on this pail is for the purpose of keeping COTTOLENE clean, fresh and wholesome; it also prevents it from absorbing all disagreeable odors of the grocery, such as fish, oil, etc.**



## Nature's Gift from the Sunny South

### Odd Facts About Tobacco.

It takes 6,500,000 acres to grow the world's tobacco.

The most expensive cigars made cost about \$7 each.

The largest cigars come from the Philippine Islands, some of them being eighteen inches in length.

Italy has the reputation of manufacturing some of the strongest smokes in the world.

A good cigar will burn slowly and equally. The weed that smolders up one side is of inferior quality.

Louisville, the Kentucky center, though not so well known as Richmond, the Virginia center, is the largest tobacco market in the world.

If the leaf of a cigar has a greasy appearance, or shows green blotches, or is of a pale, sickly yellow, the wrapper is made of inferior tobacco.

In the total quantity of tobacco grown in the United States rivals Cuba and the Philippine Islands combined, and British India is not very far behind the states.

In Tasmania no person under 13 years of age is allowed to smoke in a public place. Nearly everybody smokes in Japan. The girls begin when they are 10 years of age and the boys a year earlier.

Many believe that cigars marked with light spots are indicators of the predatory habits of an insect which attacks only a good leaf, but, as a matter of fact, these spots are due to the combined action of sun and rain.

The color of the ash is not an accurate guide, but if the ash displays a black "lip," a thin dark line around the edge nearest the mouth, it is proof positive of an indifferent cigar. The ash of a good cigar should also stand well.

The smoke from the bowl of one's pipe is blue, because, coming direct from the red-hot tobacco, it is very highly oxidized; but the smoke from one's lips is gray, because it is highly watered and hydrocarbonized.

### Beware of Ointments for Catarrh That Contain Mercury.

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescription from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonial free.

Sold by all druggists. Price, 75c per bottle. Take Hall's Family Pills for constipation.

President John Coleman, of Willamette University, went to Portland on business this morning.

### Stops Work for a Robin.

Construction work that was being rushed on a new residence over in Goodwin avenue has stopped suddenly and peace has come to a pair of timid robins that have fluttered heartbrokenly about the heads of the workmen since the tiny blue eggs came into being in their nest a few days ago.

Early in the spring the robins built their nest in the niche of an unfinished window and started housekeeping. They made no fuss about it and in return for the cheer of their song the workmen left them undisturbed.

Of late the men have been obliged to work near the nest. The mother bird was frantic with fear. Then came the contractor of the building, E. H. Hartford, who loves birds. Comprehending the bird's alarm, he ordered work stopped for three weeks. By that time he says the little eggs will have been broken and the mother robin will be happy with her young.—Detroit correspondence Philadelphia Record.

### WHAT THE KIDNEYS DO.

Their Unceasing Work Keeps Us Strong and Healthy.

All the blood in the body passes through the kidneys once every three minutes. The kidneys filter the blood. They work night and day. When healthy they remove about 500 grains of impure matter daily, when unhealthy some part of this impure matter is left in the blood. This brings on many diseases and symptoms—pain in the back, headache, nervousness, hot, dry skin, rheumatism, gout, gravel, disorders of the eyesight and hearing, dizziness, irregular heart, debility, drowsiness, dropsy, deposits in the urine, etc. But if you keep the filters right you will have no trouble with your kidneys.

Mrs. B. Schrieber, of 560 High St., Salem, Ore., says: "The good reports I had heard concerning Doan's Kidney Pills induced me to go to Dr. Stone's drug store and procure a supply. I had been suffering from an incessant backache which not only troubled me through the day but broke my rest at night. I began to feel the effects of Doan's Kidney Pills after I had taken a few doses. Relief speedily came and then an absolute cure. There has been no sign of the backache nor any other symptom since. I am only too pleased to let others know of such a valuable and effective remedy."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

### Reversible Repartee.

The lone fisherman was having miserable luck, and the presence of a small boy did not contribute to his amiability. The youngster seemed greatly interested as the man impaled a struggling worm on a hook. "What yer fishin' fer?" inquired the boy.

"Sardines," retorted the fisherman, testily.

"Huh," grunted the youngster, edging away. "That crooked thing on the end of yer line wouldn't take no prize in a can-opening contest."—Harper's Weekly.

### Relief From Rheumatic Pains.

"I suffered with rheumatism for over two years," says Mr. Rolland Curry, a patrolman, of Key West, Fla. "Sometimes it settled in my knees and lamed me so I could hardly walk, at other times it would be in my feet and hands so I was incapacitated for duty. One night when I was in severe pain and lame from it my wife went to the drug store here and came back with a bottle of Chamberlain's Pain Balm. I was rubbed with it and found the pain had nearly gone during the night. I kept on using it for a little more than two weeks and found it drove the rheumatism away. I have not had any trouble from that disease for over three months." For sale by Dr. Stone's drug store.

### Liberal George.

"George, mother is coming to stay a month with us. I wish you would send her a railway ticket to come here."

"I'll do better than that. I'll send her a round trip excursion ticket good for five days."—Cleveland Plain Dealer.

### My Best Friend.

Alexander Bentor, who lives on rural route 1, Fort Edward, N. Y., says: "Dr. King's New Discovery is my best earthly friend. It cured me of asthma six years ago. It has also performed a wonderful cure of incipient consumption for my son's wife. The first bottle ended the terrible cough, and this accomplished, the other symptoms left one by one, until she was perfectly well. Dr. King's New Discovery's power over coughs and colds is simply marvelous." No other remedy has ever equaled it. Fully guaranteed by J. C. Perry, druggist; 50c and \$1.00. Trial bottle free.

### Suspicious.

"Have you been all that long walk quite alone?"

"Yes, auntie."

"Then how is it that you started with an umbrella and came back with a walking stick?"—Sketchy Bits.

### Growing Aches and Pains.

Mrs. Josie Sumner, Bremond, Tex., writes, April 15, 1902: "I have used Ballard's Snow Liniment in my family for three years. I would not be without it in the house. I have used it on my little girl for growing pains and aches in her knees. I have also used it for frost bitten feet, with good success. It is the best liniment I ever used." 25c, 50c and \$1.00. Sold by D. J. Fry.

CASTOR OIL  
The Kind You Have Always Bought  
Beware of Imitations  
J. H. P. Hatcher

### Lifting Boats in Cradles.

The lock on a canal is usually the most expensive part of the construction, requiring, as it does, deep and heavy foundations, protecting side walls and constant supervision and inspection to guard against leaks after it has been opened. The use of the inclined plane is old and has been widely used both in this country and abroad with success and satisfaction. The advantages of the inclined plane are that heights may be overcome that would be impracticable with single locks, so that the whole drop may be constructed at a single point.

A fine example of this has recently been installed at Faxton on the Grand Junction canal in Leicestershire, England, where a single incline is made to take the place of twelve locks. The other advantages are that boats may be raised and lowered by an expenditure of only about 10 per cent of the water required for locks, and that there is a great saving in time and operation. In this instance a boat may be put from one level to the next in fifteen minutes, while one and a quarter hours would be required with locks, and three men are able to do the work.

There are two basins at the incline; one at the top and the other at the bottom, where every facility is provided for passing the boats from one level to another, and these are twenty-five feet apart.

The cars or cradles are run upon the rails, one of which is going up while the other is going down, the connection between them being made with cables. The machinery driving the cables and the drums over which they pass are set upon solid masonry at the head of the incline. The cradles are really large tanks into which the boats are floated, and as both are filled the weight of one balances that of the other, with the result that the minimum amount of power is required to effect the movement. Boats of fifty-three tons can be accommodated, and these can be handled at the rate of from fourteen to sixteen an hour.—Technical World Magazine.

### Stop Grumbling.

If you suffer from Rheumatism or pains, for Ballard's Snow Liniment will bring quick relief. It is a sure cure for Sprains, Rheumatism, Contracted Muscles and all pains—and within the reach of all. Price 25c, 50c, \$1.00. C. R. Smith, Tenaha, Tex., writes: "I have used Ballard's Snow Liniment in my family for years and have found it a fine remedy for all pains and aches. I recommend it for pains in the chest." Sold by D. J. Fry.

### Hypnotism and Sleep.

"Hypnotism is being used more and more by physicians in the treatment of nervous afflictions where sleep must be enforced or where a suggestion must be deeply implanted in the mind to induce resistance against bad habits or to replace morbid ideas, sane or insane." Thus writes J. Elfreth Watkins in the Technical World Magazine for May. "Having induced the hypnotic sleep, the neurologist's path is bare of impediments, but unless the subject is 'sensitive' the latter resists sleep during his early treatments.

"In such cases it is the favorite trick of the hypnotist to assert very positively that sleep is fast approaching to be using meanwhile artificial aids, producing the external symptoms of sleep—eye fatigue and heaviness of the eyelids. Feeling an increase of these symptoms—whose real cause he does not understand—the subject, if a stubborn one, unconsciously gains confidence in the hypnotist's ability to make him sleep and finally yields to him. To aid the nerve specialist in producing these external symptoms with the least possible expenditure of effort and time, various ingenious mechanical devices have been invented in recent years."

A considerable description of interesting methods employed, well illustrated by remarkable photographs follows.

### If You Don't

Succeed the first time use *Herbine* and you will get instant relief. The greatest liver regulator. A positive cure for Constipation, Dyspepsia, Malaria, Chills and all liver complaints. Mr. C., of Emory, Texas, writes: "My wife has been using *Herbine* for herself and children for five years. It is a sure cure for constipation and malaria fever, which is substantiated by what it has done for my family." Sold by D. J. Fry.

### Miss Roxley's Admirer.

The Count declared with graceful tact:

"You are so sweetest' sing on earth!"  
He loved her very much, in fact,  
About \$1,000,000 worth.  
—The Catholic Standard.



## Are Your Hands Tied?

Does lack of training prevent you from advancing? Thousands of others have gained better positions and increased earnings through the I. C. S., and there is no reason why YOU should not do the same. No matter how poor your circumstances are, we can help you to gain advancement in your spare time, at small cost, and on easy terms. No books to buy. We teach all of the leading trades including those of Mechanical, Electrical, Steam, Civil, or Mining Engineer; Draftsman; Architect; Bookkeeper; Stenographer; Show-Card Writer; Window Dresser; Ad Writer, etc.

Write TODAY, stating which profession interests you, to  
**INTERNATIONAL Correspondence Schools**  
Box 799, SCRANTON, PA.

## Here is a List of Good Positions

Select the one you prefer, write a postal to R. G. Hulse, Ladd & Bush Bank building, room 18, Salem, Phone 451, the local representative, of The International Correspondence Schools, of Scranton, Pennsylvania, and ask how you can qualify to fill it at a good salary.

Be sure to mention the position you prefer.

- |                      |                       |
|----------------------|-----------------------|
| Bookkeeper           | Telephone Engineer    |
| Stenographer         | Elec. Lighting Supt.  |
| Advertising Writer   | Mechan. Engineer      |
| Show Card Writer     | Surveyor              |
| Window Trimmer       | Stationary Engineer   |
| Commercial Law       | Civil Engineer        |
| Illustrator          | Building Contractor   |
| Civil Service        | Architect's Draftsman |
| Chemist              | Architect             |
| Textile Mill Supt.   | Structural Engineer   |
| Electrician          | Bridge Engineer       |
| Elec. Engineer       | Mining Engineer       |
| Mechanical Draftsman |                       |

# BIG STOCK

## FANCY GOODS

### AT BIG SALE

Beautiful summer goods now on sale at a very low price.  
Fine Summer Lawn.  
Light weight dress goods, White, Cream, Tan, Blue, Brown and Black. Pongees very suitable for summer dresses.  
White Linon Dress Goods.  
Fine Dotted Swiss.  
Fine Persian Lawns.  
Fine Silk Mulls.  
Fine India Linen.  
Fine China Silk.  
Beautiful line in Embroideries.  
Ladies' White Embroidered Lawns.  
Waists, Ladies' White Embroidered Silk Waists, Ladies' Lawn and Silk Wrappers, Ladies' Lawn and Silk Kimonas, Ladies' Fancy Collars and Belts.

**HUIE WING SANG CO.**  
Chinese and Japanese Bazaar  
346 Court Street  
Salem, Oregon