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Wheat has all the natural elements that re-inforce the body, build muscle, brain and nerves, and all of the best wheat is in "Force."

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Made by The H-O Company, Buffalo, N. Y.

Hygienic Care Should Begin in Infancy

Madame Quivilla will be glad to answer any questions pertaining to womanly beauty. Personal replies will be given if a stamped and self-addressed envelope is enclosed.

The old superstition of clipping the hair during the first quarter of the moon has at least the merit of fixing a periodical date, so that it shall not be overlooked; and there is also a right and wrong way of doing even this simple thing. In clipping, unless the hair is falling very fast, indicating acute alopecia, the pointed, intact hairs should not be trimmed until they reach the maximum length. When a hair splits it loses its vitality, and if not clipped, it will drop out much sooner than it should. In order to accomplish anything like a thorough clipping of the split ends it is necessary to braid the long hair and then draw the braids through the fingers upward, so as to ruffle up the short hairs. It is easy thus to distinguish between the blunt or split ends and the pointed ones. But the task can be much more effectively done by a second person than by oneself, and it is therefore best to have recourse to the hair dresser when possible.

It will do much to insure beautiful hair through life, if its hygienic care begins with the life of the infant. The scalp of the new-born babe is covered with a fatty matter—the vernix caseosa—and if care is not exercised in its prompt removal a most unpleasant and unsightly condition of inflammation and scabiness will result. Part of the first care given to the babe should be to anoint the whole head with fresh, sweet olive oil, or that of sweet almonds. After a few hours it should be washed with warm water and well lathered with soap—bark or castile soap. The little scalp must be handled with utmost gentleness, and neither brush, comb, nor harsh towel touched to it as they might inflict serious damage to the hair follicles. This operation must be repeated daily for several weeks, even after the vernix caseosa has been entirely removed. It will do much to encourage the permanent strength and health of the hair-forming structure.

After the first 15 days, as soon as the scalp begins to look firm and strong, and does not reddens violently under gentle manipulation, massage with the finger tips may be given twice or thrice daily. The fingers impart vital warmth and electricity, which

tend greatly to stimulate the beautiful secretions of all the glands. So valuable is this treatment for both young and old that when properly understood and appreciated we shall see fewer bald-heads and a vastly higher average of beautifully abundant tresses than we do now. Massage is to the scalp what physical culture is to the body, and not only promotes the growth of the hair by exciting to increased activity the minute glands, which contribute to the cellular structure, but also prevents the relaxing of the muscular layers forming the scalp, toning them up to their duty; and by increasing the circulation prevents atrophy of the papilla and the consequent turning of the hair gray.

When the hair is three months old a weekly shampooing and oiling will be sufficient; but, even if the hair has come in quite thick, for the first year no comb, and only the softest brush should be used upon its head. This treatment will prevent all the family of eczematous eruptions to which some people seem to consider an infant's scalp liable; the inception of which, however, is almost always due to carelessness in removing the vernix caseosa and consequent irritation of the scalp.

Brushes and combs should be selected with extreme care. Economy is out of place here, for cheap brushes are usually poor ones with harsh, silvery bristles. The expense should be in the bristles and not in the back, unless you can afford it in both. Stiffer bristles will be required for one head of hair than for another; but, remembering the caution already given with regard to the proper use of the brush, select one adapted to the service required. The clusters of bristles should be made up in slightly uneven lengths but set evenly in the brush; in this way they will best penetrate the hair and thus perform their cleansing, polishing office. Brushes must be washed in borax-softened water, and it will stiffen the bristles if the last rinsing-water be a weak solution of alum, merely shaking the brush afterwards, and letting it dry. The best combs are ivory or shell, but the indispensable qualities of all should be smoothness and regularity of well-rounded

Why Women Are Not RICH.

Man is a millionaire many times over in the possession of blood cells. Woman is not quite so rich, for scientists have proven that the normal man has five million—the woman only four and a half millions in a cubic millimetre of blood.

A decrease in number of red blood corpuscles and a person "looks pale"—in fact, is anemic, the blood does not get the right food and probably the stomach is disordered.

Dr. R. V. Pierce found years ago that a glyceric extract of golden seal and Oregon grape roots, queen's root and bloodroot with black cherrybark, would help the assimilation of the food in the stomach, correct liver ills and in Nature's own way increase the red blood corpuscles. This medicine he called Dr. Pierce's Golden Medical Discovery. By assimilating the food eaten the system is nourished and the blood takes on a rich red color. Nervousness is only "the cry of the starved nerves for food," and when the nerves are fed on rich red blood the person loses those irritable feelings, sleeps well at night and is refreshed in the morning.

"I was attacked with a severe nervous disease, which was caused by a disordered stomach and liver," writes Mrs. J. D. LEBLEY, of Washburn, Tenn., Nov. 2, Box 33. "All my friends thought I would die and the best physicians gave me up. I was advised to try Dr. Pierce's Golden Medical Discovery, and derived much benefit from same. My case had run so long, it had become so chronic that nothing would effect a permanent cure, but Dr. Pierce's medicine has done much for me and I highly recommend it. I heartily advise its use as a spring tonic, and further advise sitting people to take Dr. Pierce's medicine before their disease has run so long that there is no chance to be cured."

J. D. LEBLEY, Esq.

Dr. Pierce's Medical Adviser, 31 stamps, to pay for wrapping and mailing only.

teeth. One split or rough tooth can do a great deal of damage to the hair by splitting and breaking it, as well as inflict some pain. Shell or celluloid hair pins should be used to hold the hair in place.

Yours for charming womanhood,
MADAME QUIVILLA,
614 Oregonian Building, Portland, Or.

AN UPSIDE DOWN LEGAL ENTANGLEMENT

Will the fact that the sheriff posted a notice of sale of property under the hammer upside down makes the sale void?

The circuit court of this county will have to answer that question for the Combination Manufacturing company has instituted suit in the court here against the Falls City Lumber company to have a sale of property set aside on this ground. An execution had issued against the property and the lumber company purchased it. The Combination Manufacturing company now alleges that, in view of the fact that the notice of sale was posted upside down, that no one read it and as a consequence the lumber company was the only bidder and secured the property at its own figure. This, it is maintained, was illegal and because of these grounds the court is asked to set the sale aside.

APPROPRIATIONS WILL HAVE TO BE INCREASED

Tentative estimates made by members of the state board for appropriations to be asked for from the next legislature for the various state institutions discloses the fact that because of many needed improvements that the appropriations this year will exceed by a considerable sum those requested of that body at the last session.

To begin with, the appropriation for the asylum will be considerably swelled as the hog houses for that institution have been condemned and new ones will have to be erected and these will cost not less than \$3000, and probably \$4000. The hog houses at the asylum farm are also in bad shape, and will have to be replaced. On top of all this the asylum farm is in need of a central heating plant, and a root and fruit house. At the last session of the legislature a request was made for an appropriation for a central heating plant, but it was denied. The asylum and asylum farm will also need a number of other improvements, and taking them all together, they will materially increase the appropriation over last year.

While the main building at the school for the feeble minded is in good condition, more buildings are needed to take care of the large waiting list. The last legislature made an appropriation for a girls' dormitory, but this will not begin to take care of those on the waiting list, and a boys' dormitory will also likely be asked for when the legislature convenes.

The penitentiary will need a number of improvements, but not many, and the cost will not be so great as at the other institutions, as material alone need be purchased, the labor being performed for the most part by the convicts.

The deaf mute school is occupying a new building, and the improvements which will be needed by it will be of a minor character, and the appropriations needed for them practically inconsequential. The blind school, it is understood, will also need appropriations for a number of improvements.

The reform school building generally is in a bad condition, and an appropriation of at least \$7000 or \$8000 will be needed to put it into shape. The sleeping quarters are bad, and much remodeling of the interior is necessary, and the building is suffering from the lack of paint.

If the tubercular sanatorium is to be continued as such, it will likely come in for a number of improvements. Governor West, however, has indicated his intention of converting it into a school for girls, to be run in connection with the reform school, and lease or purchase a sanatorium for the tubercular cases in Portland. Should the legislature fall in with this plan it is not likely that many improvements will be needed for the building here, but money will have to be appropriated to either lease or purchase the building in Portland.

THE AUGUST WIDE WORLD MAGAZINE

The Wide World for August is particularly interesting number. A. E. Johnson describes and illustrates "The Black Forest and Its People." Randall R. Howard writes a stirring paper on "Hunting the Wild Horses of the West" and Jack Woodson describes "The Dog-Derby of Alaska." John Boyes continues the romantic story of "How I Became a King," and F. Harris Deans brings to a conclusion the amusing account of his European walking tour in which he covered fourteen hundred miles on foot. "The Bridge Assignment," "Alone on a Runaway Train" and "A Death-Voyage at Niagara" are accounts of thrilling adventures. The number is excellently illustrated.

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Always an invigorating, pure and delightful drink.
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To and from Portland, Daily
Leaves Salem 8:35 a. m. Leaves Portland 5:00 p. m.
Arrives Portland 10:10 a. m. Arrives Salem 6:35 p. m.
This train will be found a great convenience for business and social engagements.

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Leaves Salem 3:40 p. m. Leaves Portland 9:00 a. m.
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Both trains carry observation parlors and first-class coaches.

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Through tickets are sold to Spokane, Puget Sound points and the East.
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With long limits on sale daily to the above resorts. Our booklet "Vacation Days in Oregon," describing these and other outing places can be obtained from any agent, who will cheerfully furnish information as to fares, train service, etc., or a postal card to the undersigned will receive prompt attention.

JOHN M. SCOTT,
General Passenger Agent, Portland, Oregon.