

TO WORKING GIRLS



FREE MEDICAL ADVICE

Every working girl who is not well is cordially invited to write to Mrs. Pinkham, Lynn, Mass., for advice; it is freely given, and has restored thousands to health.

Miss Paine's Experience.

"I want to thank you for what you have done for me, and recommend Lydia E. Pinkham's Vegetable Compound to all girls whose work keeps them standing on their feet in the store. The doctor said I must stop work; he did not seem to realize that a girl cannot afford to stop working. My back ached, my appetite was poor, I could not sleep, and menstruation was scanty and very painful. One day when suffering I commenced to take Lydia E. Pinkham's Vegetable Compound, and found that it helped me. I continued its use, and soon found that my menstrual periods were free from pain and natural; everyone is surprised at the change in me, and I am well, and cannot be too grateful for what you have done for me."—Miss JANET PAINE, 530 West 125th St., New York City.—\$5000 forfeit if original of above letter proving genuineness cannot be produced.

Take no substitute, for it is Lydia E. Pinkham's Vegetable Compound that cures.

John McNeill, grand president and organizer of the Brotherhood of Boiler-makers and Iron Shipbuilders of America, says the strike of the boiler-makers on the Union Pacific, inaugurated June 19, 1902, has been settled.

THE NEWLY DISCOVERED AUSTRALIAN BOTANICAL REMEDIES.

For the Cure of all Diseases and a One Dollar Book Free.

We will mail free to any person having a disease, our tenth annual edition, "The Gateway to Health and Wealth, really a one-dollar book. Treats on new ways to get health and wealth, has formulas for the cure of many diseases, how to nurse and care for the sick, how to prolong old age and live 100 years, wrinkle remover and complexion beautifier—worth its weight in gold, many valuable miscellaneous receipts for housewife, farm & business and professional men, valuable misc. (Lancet) information, and secrets and money making schemes, a real botanical wonder, encyclopedia and home doctor book, valuable to all that want health and wealth. Send your address today and the address of two or more persons that have consumption, catarrh, rheumatism, nervous diseases, eczema, piles, liver, kidney, bladder gravel, heart disease, lame back or sides, worn a bald head, asthma, chronic old sores, salt rheum or blood disorders, or any other disease and the book will be mailed to you and them free on receipt of ten cents to pay postage. Address—

The California Botanical Medicine Co., Inc., 1098 North Alvarado St., Los Angeles, Cal.

In Brazil it is considered undignified for a lady to go shopping. Usually a servant is sent for samples, and if it is a bonnet the senorita wants to buy, a box or basket containing several of the latest styles is sent up for her inspection.

Deafness Cannot Be Cured

by local applications, as they can not reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube gets inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surface.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that can not be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Hall's Family Pills are the best.

The national convention of the Federation of Musicians has adjourned. The federation adopted a rule forbidding its members to play at any function, public or private, where government musicians appear. The color line was abolished and unions of colored musicians will not be designated as "colored" any longer.

FITS Permanently Cured

by the use of Dr. King's Great Nerve Restorer. Send for FREE TRIAL BOTTLE and Circular. Dr. B. H. KERR, Ltd., 331 Arch St., Philadelphia, Pa.

The wild horses of Arabia will not admit a tame horse among them, while the wild horses of South America endeavor to decoy domesticated horses and seem eager to welcome them.

Piso's Cure is a remedy for coughs, colds and consumption. Try it. Price 25 cents, at druggists.

If two masses having exactly the same weights are presented to a normal man he will invariably estimate that mass to be the heavier which has the less volume.

Always look for this trade mark: "The Klean, Keol, Kitchen Kind." The stoves without smoke, ashes or heat. Make comfortable cooking.



Salt-Rising Bread.

Dissolve a half teaspoonful of salt in a pint of scalding water and beat in gradually enough flour to make a soft dough or stiff batter. Beat for ten minutes, cover and set in a very warm place for eight hours. Now stir a teaspoonful of salt into two cups of warm milk and add enough flour to make a very stiff batter before working it into the risen dough. Mix thoroughly, cover and set again in a warm place to rise until very light. Turn into a wooden bowl and work in enough batter to make of the consistency of ordinary bread dough. Make into loaves, set these to rise and bake when light.

Tea Cake.

A delicious tea cake that may easily give your "five o'clocks" a deserved reputation is thus made: Reserve the white of one of six eggs, beating the yolks to a stiff froth; add five ounces of sugar and the same quantity of almonds that have been blanched and pounded fine in a mortar with three ounces of flour, the grated rind of half a lemon, one ounce of orange peel cut very fine, a dust of ground cloves and half a teaspoonful of cinnamon. Finally the single beaten white is quickly stirred in and the cake baked in small round pans.—Harper's Bazar.

Baked Eggs.

To bake eggs, cook a dozen eggs hard, drop them into cold water and remove the shells. Arrange ten of the eggs in a shallow dish, pour Bechamel sauce over them, sprinkle the top with the yolks of the two remaining eggs, which have been powdered fine and mixed with an equal quantity of bread crumbs. Pour a little melted butter over the top, garnish with triangles of bread dipped in melted butter, and place in a quick oven. When colored a light brown, serve in the dish in which they were cooked.

Mashed and Fried Eggplant.

Peel and slice the eggplant and soak all day in salted water. Drain, boil tender in fresh water, or until much of the water has boiled away, then mash and set aside to cool. Add a teaspoonful of baking powder to the mashed plant, stir in a beaten egg, salt and pepper and enough flour to make the mixture like cake dough. Drop by the spoonful in deep, boiling fat and fry to a good brown.

Tomato Soup.

Turn the contents of a can of tomatoes into a quart of beef stock and simmer slowly for half an hour. Strain out the tomatoes and return the soup to the fire with a half-cup of rice that has soaked for ten minutes. Cook until the rice is tender. Season with salt, pepper, onion juice and a teaspoonful of granulated sugar and serve.

Dumplings.

Sift together a pint of flour, a teaspoonful of baking powder and half a teaspoonful of salt. Work into this a heaping tablespoonful of butter and moisten with a half pint of milk. Work quickly to a light paste and drop into the boiling gray of the stew of whatever you are cooking. Cook for ten minutes before sending to the table.

Gluten Gems.

With two cups of gluten flour sift a teaspoonful of salt and two teaspoonfuls of baking powder. Beat two eggs light, stir them into a pint of milk and pour this, with two teaspoonfuls of melted butter, into the sifted flour. Stir smooth, then pour into greased and heated gem pans and bake immediately in a hot oven.

Peanut Butter.

Pound or grind fresh-roasted peanuts to a powder and work into two tablespoonfuls of this a heaping tablespoonful of fresh butter. Spread thin slices of bread with this paste.

Brief Suggestions.

To remove paint or varnish marks on glass, rub with a little warm vinegar or with the edge of a copper coin dipped in water.

To clean embossed silver articles, dissolve an ounce of alum in two quarts of strong soapwater, wash the article in it, using a soft brush for the very ornamental part. Rinse in cold water, dry on a clean cloth and polish with a chamois leather.

To make rice glue, mix rice flour smoothly with cold water and simmer it over a slow fire, when it will form a delicate and durable cement, not only answering all purposes of common paste, but well adapted for joining paper and cardboard ornamental work.

Nut cookies are made by creaming two tablespoonfuls butter and one cupful sugar; add three beaten eggs, one-fourth of a teaspoonful salt, three tablespoonfuls milk and two cupfuls peanuts or walnuts, chopped fine; add just enough flour to roll out, cut star-shape and bake in a moderate oven.

That Tired Feeling

Is a Common Spring Trouble. It's a sign that the blood is deficient in vitality, just as pimples and other eruptions are signs that the blood is impure.

It's a warning, too, which only the hazardous fail to heed.

Hood's Sarsaparilla and Pills

Remove it, give new life, new courage, strength and animation.

They cleanse the blood and clear the complexion.

Accept no substitute.

"I felt tired all the time and could not sleep. After taking Hood's Sarsaparilla a while I could sleep well and the tired feeling had gone. This great medicine has also cured me of scrofula." Mrs. C. M. Boor, Glisad, Conn.

Hood's Sarsaparilla promises to cure and keeps the promise.

Live Stock Sale

Registered Short Horn Bulls and Heifers, Berkshire Pigs, for sale at A BARGAIN—H. G. Stimmel, 917 R. R. Ave., SPOKANE

Fine feathers make fine beds.

OREGON NOTES.

H. R. Nelson, mayor of Weston, died of Brights disease last Saturday. He was proprietor of the Weston brickyard and one of the most prominent men in eastern Oregon.

The Mazamas have now about completed arrangements for their summer trip to the Three Sisters, 65 miles east of Eugene, Ore. Contracts have been made for transportation and subsistence for 10 days. The price will be \$1 per day for transportation and \$1.50 per day for subsistence. The party is to leave Eugene July 9 and return 10 days later.

In a few months La Grande will have a new water system in vogue with water for city use brought from Morgan lake, derived originally from springs in the Blue mountains and as nearly chemically pure as can be obtained.

Mrs. C. J. Gulliford, who lives about a mile east of Echo, saw a large coyote making a raid on her young chickens recently. Quietly securing a lasso, she skillfully threw the noose over the beast's head as it was passing through a narrow place, and tied it up until her husband came home.

Maddened by the fact that his wife had obtained a divorce from him two weeks ago, M. V. Leasia of Portland wreaked a terrible vengeance upon his father in law, F. H. Drews, by sending two bullets through the old man's back, killing him instantly. Leasia's former wife witnessed the awful tragedy, and was later compelled to accompany Leasia to parts unknown.

Hard earned, seldom spurned.

ABSOLUTE SECURITY.

Genuine Carter's Little Liver Pills.

Must Bear Signature of

Dr. Wood

See Fac-Simile Wrapper Below.

Very small and so easy to take as sugar.



FOR HEADACHE, FOR DIZZINESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW SKIN, FOR THE COMPLEXION

Price of One Purely Vegetable

CURE SICK HEADACHE.

Early to bed and early to rise makes a man peevish and breakfast despise.

900 DROPS

CASTORIA

A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr. SAMUEL PITCHEL

Purified Sarsaparilla
Rhubarb
Sulphur
Castor Oil
Glycerine
Water

A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac-Simile Signature of
Chas. H. Fletcher
NEW YORK.

At 6 months old
35 DROPS - 35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher

The Kind You Have Always Bought In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

W. L. DOUGLAS

\$3.50 and \$3.00 Shoes Union Made

You can save from \$3.00 to \$5.00 yearly by wearing W. L. Douglas \$3.50 or \$3 Shoes.

They are just as good in every way as those that have been costing you from \$4.00 to \$5.00. The immense sale of W. L. Douglas shoes proves their superiority over all other makes.

Sold by retail shoe dealers everywhere. The genuine have name and price stamped on the bottom. Take no substitute. *Fast Color Eyelets used.* W. L. Douglas \$4 Gilt Edge Line cannot be equalled at any price.

SHOES BY MAIL 25¢ EXTRA CATALOG FREE

W. L. DOUGLAS BROCKTON, MASS.

BEST \$3.50 & \$3.00 SHOES IN THE WORLD

Established 1875.

The Douglas special process of tanning the bottom sole produces more flexible and longer wearing leather than any other tanning. The sales have more than doubled the past four years, which proves its superiority. 1902 Sales: \$2,300,000, \$2,100,000, \$2,500,000

W. L. Douglas makes and sells more men's Goodyear welt (hand-sewed process) shoes than any other manufacturer in the world. \$25,000 Reward will be paid to anyone who makes a false statement. Made of the best imported and American leathers.



Interested in Buggies?
Something Comfortable and Durable?

MITCHELL & BEE LINE BUGGIES

Are at the head of their class for Comfort Easy Riding Appearance Durability

WANT TO KNOW WHY?
Ask for our illustrated pamphlets. Mailed free.

MITCHELL, LEWIS & STAYER CO.
200-206 First St., PORTLAND, OR.
Also Spokane, Boise.

PIMPLES.

"My wife had pimples on her face, but she has been taking CASCARETS and they have all disappeared. I had been troubled with constipation for some time, but after taking the first Cascarets I have had no trouble with this ailment. We cannot speak too highly of Cascarets." FRED WATMAN, 8708 Germantown Ave., Philadelphia, Pa.



Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken, or Gripes, etc., etc.

CURE CONSTIPATION.

Solely Candy Company, Chicago, Montreal, New York, etc.

NO-TO-BAC Sold and guaranteed by all druggists to CURE Tobacco Habit.

AGENTS WANTED

Everywhere. Write now.



RAMBLER, OLDSMOBILE, WAVERLY & TOLEDO Automobiles, 1500 up.

RAMBLER, IMPERIAL, BOWARCH, CRESCENT & BARNES Bicycles, \$20 and upwards.

MOTORCYCLES.

Send for catalogue.

FRED T. MERRILL CYCLE CO.
Portland, Oregon.
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SPOKANE MARBLE WORKS.

606 Monroe street, Spokane, Wash. Special designs of monuments and fencing furnished on application. All work guaranteed.

WHEN writing to advertisers please mention this paper.

S. N. U. No. 22, 1903.