

# LIFE WAS A MISERY TO HER

Says this Woman Until Relieved by Lydia E. Pinkham's Vegetable Compound.

Carrollton, Ky.—"I suffered almost two years with female weakness. I could not walk any distance, ride or take any exercise at all without resting. If I swept the floor or did any kind of work it would bring my sickness on. I was weak and languid, had no energy, and life was a misery to me. I was under the care of a good physician for several months and tried other remedies. I had read of Lydia E. Pinkham's Vegetable Compound and decided to try it. After taking twelve bottles I found myself much improved and I took six more. I have never had any more trouble in that respect since. I have done all kinds of work and at present am an attendant at a State Hospital and am feeling fine. I have recommended your Vegetable Compound to dozens of my friends and shall always recommend it."—LILLIAN THARP, 324 S. 6th St., Carrollton, Ky.

If you have any symptom about which you would like to know write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free of charge.

## ITCH!

Honey back without question HUNT'S BALVE fails in the treatment of ITCH, ECZEMA, RINGWORM, TETTER or other itching skin diseases. Price 75c at druggists, or direct from A. B. Richards Medicine Co., Sherman, Tex.

## COME TO OREGON

Where climate is delightful, land is rich and fertile, and prices are reasonable. We have a large listing of choice Walnut, Prune, Apple, Cherry and Berry plantings, also general farm properties.

PEARCY BROS.  
210 Oregon Bldg. Salem, Oregon

## Let Cuticura Be Your Beauty Doctor

Soap 25c, Ointment 25 and 50c, Talcum 25c.

Even Wedge New Suits Not 40.  
Sir Oliver Lodge says that dying is like discarding an old suit of clothes. To some of us doing the latter is almost as hard as dying, truly.—Boston Transcript.

Never judge a woman's looks by her appearance.

## Frantic With Pain

A Physical Wreck From Kidney Trouble, But DOAN'S Made Her Well.

"Kidney trouble made a complete wreck of me," says Mrs. Wm. Harvey, 621 N. Eighth St., Grants Pass, Ore. "I was so dependent and miserable it seemed I had nothing left to live for. Death would have been a welcome relief. For six months I was in bed and never expected to leave it alive. I was too weak to move without the help of my nurse and so nervous I screamed when she touched me. My back and head hurt like a throbbing toothache. I had awful dizzy spells, my eyesight failed, my hands and feet felt dead. I was racked all over. The kidney secretions looked like thick, black coffee and burned terribly. They almost stopped passing and then my feet bloated like bags of water. I was frantic with pain, and thought I would lose my reason. I had lost all faith in medicine and tried Doan's Kidney Pills only because a dear friend asked me. Right from the start I began to feel better. Doan's cured me."

Success before me.  
A. H. PARSONS, Notary Public.  
Get Doan's at Any Store, 60c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

## Every Woman Knows

that clean, snow-white clothes are a constant source of pleasure.

## Red Cross Ball Blue

if used each week preserves the clothes and makes them look like new.

Try it and see for yourself.

All good grocers sell it; 5 cents a package.

## FRECKLES

POSITIVELY REMOVED by Dr. Barry's Cream. Price 25c. Dr. C. M. Barry, 215 Michigan Avenue, Chicago.

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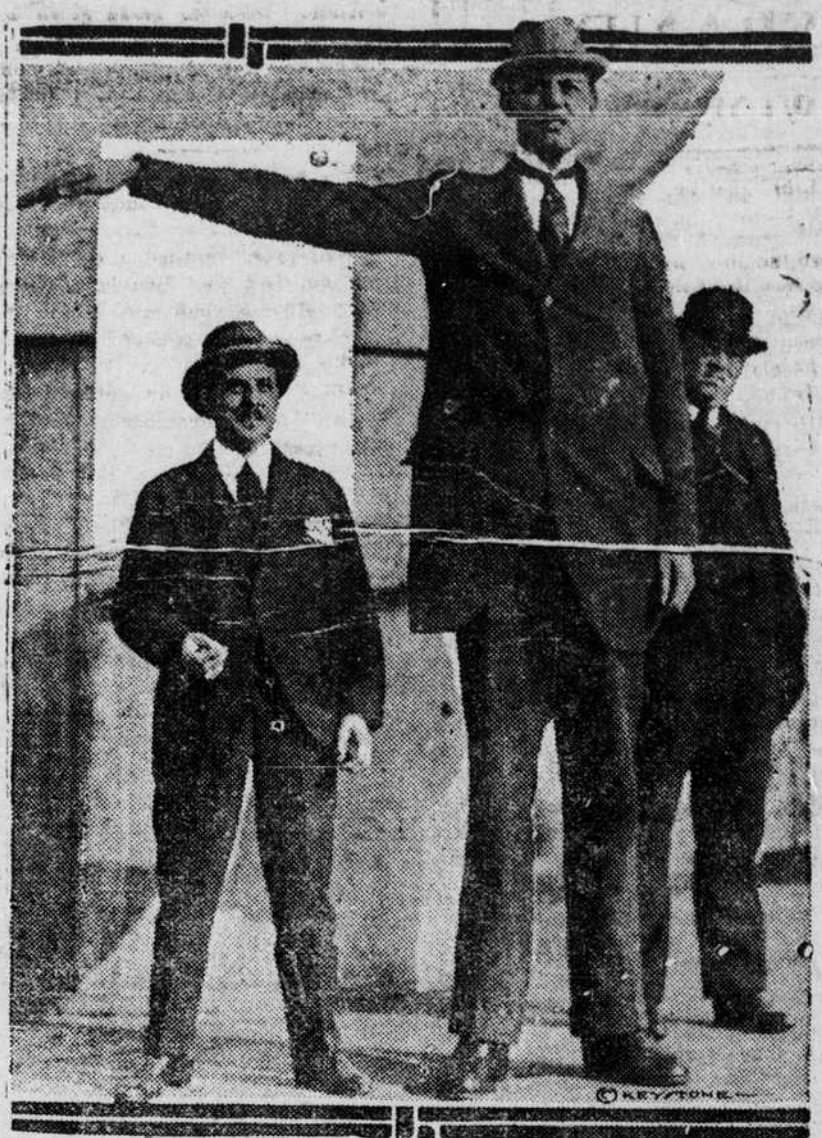
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# TALLEST PERSON IN THE WORLD NINE FEET FIVE INCHES HIGH



John van Albert and two men of normal height. John van Albert, of Amsterdam, Holland, nineteen-year-old youth, who recently arrived in New York, is the tallest person in the world. He is nine feet five inches tall and his arms, legs and body are in normal proportion with his height.

TO REALIZE DESIRES.

From the Nautilus.

Don't let any one or any conditions persuade you that you haven't the ability to match your longing. Wrapped up in every human being there are energies which, if molded, concentrated, and given proper direction, will develop his highest ideal.

Our longings are creative principles, prophecies, indicative of potencies equal to the task of actual achievement. These latent potencies are not given to mock us. There are no sealed orders wrapped within the brain without accompanying ability to execute them.

If you hold fast to your ideal you will discover within you—undevoted, it may be, but always there—strength to break the fetters that bind you, power to triumph over the environment which hampers you.

## Hay Fever—Causes—Cures.

"I am subject to yearly attacks of hay fever," A. B. writes. "What can I do to prevent their return?"

Every year it becomes easier to answer questions similar to this. Hay fever is of two types—that which comes in the spring and the regular August-autumn kind. As a rule spring hay fever is due to grass pollen, while that of the August-autumn type is due in the main to ragweed.

A sufferer can discover which pollen causes his trouble by having skin tests made. The pollen vaccines prepared for making these tests are put out by the drug manufacturing concerns, and any physician can get them. The method of testing is so simple that any physician can carry it out.

The time to make these tests is now, months in advance of the hay fever season. In fact, it is already rather late to begin a campaign to ward off spring hay fever this spring.

Having established which pollens are responsible, the next step is to test to see how sensitive the patient is. Tests are made with pollen extracts diluted as little as 1 to 100, with other dilutions of 1 to 10,000, and with still other dilutions in between.

Having determined the smallest dose which will cause a reaction treatment to decrease sensitiveness is begun. The treatment consists in getting the patient used to this pollen by injecting him hypodermically with very small doses of it—doses too small to cause any reaction. If time is pressing the injections should be given at four-day intervals. If there is plenty of time the interval should be one week. The amount injected should be increased slightly each week. After many treatments the patient becomes so accustomed to pollens that he no longer reacts to them.

If a case comes on at the hay fever season and has the typical symptoms of hay fever it can usually be presumed that the case is one of hay fever and the only testing that need be done is for sensitiveness to pollen.

The number of hay fever sufferers who chase the climate cure runs into the thousands, the amount of money they spend annually into the millions. The only proper basis for the selection of a hay fever resort is a skin test made on the subject, not on the resort. The question is not whether Jones gets relief at Saltair, but whether this particular individual will. The only way to know that is for the person interested to have himself tested and then to go somewhere where his pet aversion does not abound.

Some hay fever subjects develop bronchial asthma toward the latter part of the hay fever season, some still earlier in the course of the complaint. These cases fall into two groups. In one group there is so much pollen and the patient is so sensitive that the pollen gets into his tubes and sets up a condition there similar to the well known condition in the nose and eyes.

There is nothing for persons in this group to do but stay in rooms, the open windows of which are covered by damp cheese cloth, and to wear veils. As soon as the season is over they should begin vaccination, so as to be ready for the next season.

The second group develop bronchial asthma, because they are highly susceptible to the poisons from certain bronchial tube bacteria, as well as to pollens. Therefore, all hay fever subjects who are accustomed to developing bronchial asthma before the season is over should have skin tests made for susceptibility to pollens, and also for

susceptibility to ordinary air bacteria.

Shoes 30 Cents Pair.  
From the New York Sun.

Men's shoes, showy fashionable shoes, for \$1.29 a pair, and a good pair of women's shoes for 30 cents; a good cloak for a man or woman for \$1.80, and \$3 for one of extra fine material, cut by a fashionable tailor. Twelve and one-half cents for a meal for three children, and two and one-half cents for a meal for an old man.

These are some of the prices paid in ancient Athens about the time of Demosthenes, 350 years before Christ. They are given in "Studies in History, Economy of Athens," by George Bancroft, the American historian. He tells us that the whole expense of building was inconsiderable. The price of houses varied from \$45 to \$1,800, according to size, situation and quality. The latter price was unusually high; half the sum would purchase a good dwelling house.

Under Solon a bushel of wheat was worth 10 cents, from 390 to 380 years before Christ it cost about 30 cents, and in the age of Demosthenes 50 cents was considered a fair price.

It did not cost much for some men to live in those days, even famous men. Socrates, "wisest of mortals," is supposed to have lived on an income of \$75 a year, but then, the historian tells us, his manner of living was inferior to that of the slaves. His coat was old and shabby and he wore the same garment both winter and summer; he went barefoot; his chief food was bread and water; and "as he engaged in no kind of business to mend his estate and increase his fortune it is not wonderful that his wife, the famous antipope, scolded often."

Of course there is a fly in all this ointment of ancient low prices. They were exceedingly moderate, but so were wages. The great number of slaves who came into competition with the free labor reduced the price exceedingly. Mere manual labor could be procured for 10 cents a day. That seems to have been the lowest rate "and is not lower than the present price of labor in many parts of Europe," says Bancroft, writing in 1855.

## What Will Bryan Do?

Under the caption, "We Have With Us Again!" the Omaha World-Herald editorially treats of the election of William Jennings Bryan as delegate at large to the democratic national convention.

On the face and according to the indication of partial returns from Tuesday's democratic primary election, W. J. Bryan has won one of the most notable personal triumphs of his long career. The World-Herald is frank to recognize it and to attach proper importance to its significance.

Mr. Bryan failed utterly in his effort to induce Nebraska democrats to deny to Senator Hitchcock their endorsement for the presidential nomination. But, in the face of the known fact that his own candidacy for delegate-at-large was hostile to the democratic national administration, and to the administration's policy on the League of Nations, and in the face of his reputation of the primary law, he has succeeded, apparently, in accomplishing his own election and the election of several if not most of the candidates on his slate for delegates to the national convention. He has possibly succeeded, also, in accomplishing the defeat of National Committeeman Mullen, a strong administration supporter and one of the ablest national leaders of his party.

This means, if the final returns bear out present indications, that William J. Bryan is commissioned by the democracy of this state to go to the San Francisco convention as a free lance delegate, with full opportunity to devote his power and talents to either guerrilla or open warfare upon the leadership of President Wilson and the policies for which he stands. It means, unless we entirely miss our guess and misread his purposes, that there will be "hell-a-poppin'" at San Francisco with Mr. Bryan the chief fireman and trouble maker.

And the most significant development of that result is that the shining dome of Old Doctor Bryan, his face beaming with renewed ambition and strengthened determination, appears once more above the democratic horizon after a long period spent in the basement.

May a kind heaven have mercy on our beloved but distracted country.

## Hooked!

From the Houston Post.

"I suppose the big fish got away," sneered the indolent acquaintance.

"Of course," rejoined the true fisherman. "They have learned to know me. Any full grown fish around here hides as soon as I step into a boat."

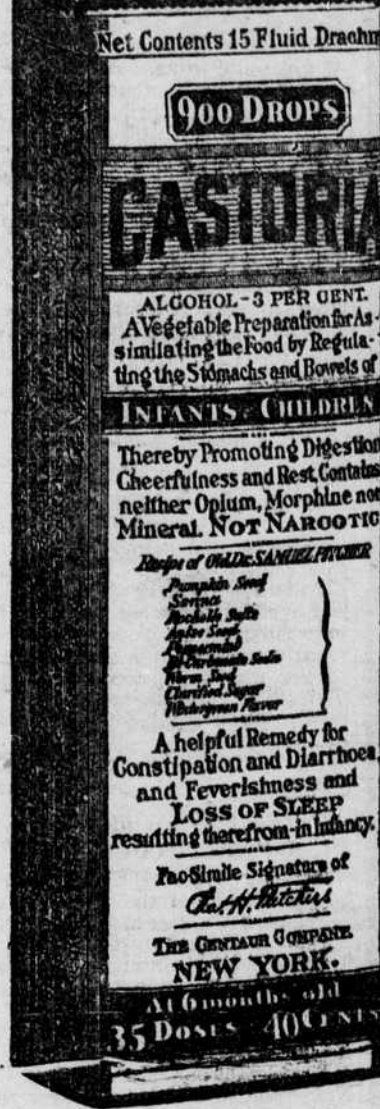
# Baby Specialists.

THAT there are Physicians who specialize on Infant ailments you know. All Physicians understand Infant troubles: all Physicians treat them. It is his profession, his duty, to know human ills from the Stork to the Great Beyond.

But in serious cases he calls in the Specialist. Why? He knows as every Mother knows, or ought to know, that Baby is just a baby, needing special treatment, special remedies.

Can a Mother be less thoughtful? Can a Mother try to relieve Baby with a remedy that she would use for herself? Ask yourself; and answer honestly!

Always remember that Baby is just a baby. And remembering this you will remember that Fletcher's Castoria is made especially for Infants and Children.



# Children Cry For



## The False and the True.

Advertising by the use of large space, the expenditure of huge sums of money have placed on the market, have put in your home, perhaps, many articles that today have been discarded, as you will readily admit.

Do you recall anything that has more modestly appealed to the public than has Fletcher's Castoria: modest in all its claims, pleading at all times—and truthfully—for our babies?

The big spurge, the misleading claims may win for a time, but the honest truth-telling advertiser is like the old story of the tortoise that beat the hare.

Mothers everywhere, and their daughters, now mothers, speak frankly, glowingly, enthusiastically in praise of Fletcher's Castoria. Speak of it lovingly as a friend that has brought comfort, cheer and smiles to their little-ones.

There are substitutes and imitations as there are for the diamond, for anything of value. One might almost say that that which is not copied has no value. So you have had the signature of Chas. H. Fletcher and a copy of the genuine wrapper kept constantly before you that you may guard against the false and the untrue.

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

## GENUINE CASTORIA ALWAYS Bears the Signature of



THE CHAMBERLAIN COMPANY, NEW YORK CITY.

Naturally. "The hygienic experts set their faces against kissing." "Who doesn't?"

A Lady of Distinction. Is recognized by the delicate fascinating influence of the perfume she uses. A bath with Cuticura Soap and hot water to thoroughly cleanse the pores, followed by a dusting with Cuticura Talcum Powder usually means a clear, sweet, healthy skin.—Adv.

After the Rent? Hewitt—May I see you apart? Jewett—No, I'm not broke yet.—Cartoons.

Keeping Pace. "How apartments are going up!" "Not so fast as their rentals."

Dog Gone. "I hear your dog died." "It did." "Was it a lap dog?" "Yes; it would lap anything." "What did it die of?" "It died of a Tuesday." "I want to know how it died." "It died on its back." "What did it die of?" "It fought a circular saw." "What was the result?" "Lasted only one round."—Boys' Life.

Playing the Game. Grace—She saves all letters she receives from her male friends. Eddy—For mere sentiment? Grace—No; she thinks she might work a breach of promise suit out of them.

Concluding the Ceremony. The Justice of the Peace—Do you take this woman to be your lawful wedded wife? The Bridegroom—I do. The Justice—Then I pronounce you man and wife. And remember you asked me to do this. Don't ever blame me.

ALLEN'S FOOT-EASE DOES IT. When your shoes pinch or your corns and bunions ache get Allen's Foot-Ease, the antiseptic powder to be shaken into shoes and sprinkled in the foot-bath. It will take the sting out of corns and bunions and give instant relief to Tired, Aching, Swollen Feet. Sold everywhere. Don't accept any substitute.—Adv.

The Usual One. "What was it made you feel so up to that telephone affair?" "I suppose it was the operator."

# Another Royal Suggestion

# MUFFINS and POPOVERS

From the NEW ROYAL COOK BOOK

BREAKFAST is too often eaten as a duty rather than a joy. The success of the day may depend upon the spirit of breakfast. The Royal Educational Department presents some breakfast dishes that will send the children to school with a hip hip hurrah and his majesty man to his daily duties with the "up and doing" feeling which knows no discouragement.

**Muffins**

2 cups flour  
2 teaspoons Royal Baking Powder  
1 tablespoon sugar  
1/2 teaspoon salt  
1 cup milk  
1 egg  
1 tablespoon shortening

Sift together flour, baking powder, sugar and salt; add milk, well-beaten eggs and melted shortening; mix well. Grease muffin tins and put two tablespoons of batter into each. Bake in hot oven 20 to 25 minutes.

**Eggless Muffins**

2 cups flour  
4 teaspoons Royal Baking Powder  
2 tablespoons sugar  
1 teaspoon salt  
1 cup milk  
2 tablespoons shortening

Mix and sift dry ingredients, add milk and melted shorten-

ing and beat until smooth. Bake in greased muffin tins in hot oven 20 to 25 minutes.

**Corn Muffins**

1/2 cup corn meal  
1/4 cup flour  
4 teaspoons Royal Baking Powder  
1/2 teaspoon salt  
1/2 cup milk  
1 cup sugar  
2 tablespoons shortening  
1 egg

Sift together corn meal, flour, baking powder, salt and sugar; add milk, melted shortening and well-beaten eggs; mix well. Grease muffin tins and drop two tablespoons of mixture into each. Bake about 25 minutes in hot oven.

**Popovers**

1 cup flour  
1/2 teaspoon salt  
1 egg  
1/2 cup milk

Sift together flour and salt. Make a well in flour, break eggs into well, add milk and stir until smooth. Pour into hot greased gem pans and bake 25 to 35 minutes in a very hot oven. If taken out of oven too soon they will fall.

**SENT FREE**

New Royal Cook Book containing scores of delightful, economical recipes, many of them the most famous in use today. Address ROYAL BAKING POWDER CO., 115 Fulton Street, New York City.

"Bake with Royal and be Sure"