

# Catarrh

Whether it is of the nose, throat, stomach, bowels, or more delicate organs, catarrh is always debilitating and should never fail of attention.

It is a discharge from the mucous membrane when kept in a state of inflammation by an impure, commonly acrimonious, condition of the blood.

## Hood's Sarsaparilla

Cures all forms of catarrh, radically and permanently—it removes the cause and overcomes all the effects. Get Hood's.

**Information for the Young.**  
"Pa, what's a grain of truth?"  
"It's generally the thing that keeps all the women in the neighborhood saying, 'Well, I declare!' 'I never would have thought it!' 'You don't say!' 'I never did believe she was so innocent as she tried to make out!' and 'I feel so sorry for her children!'"—New York Herald.

**FITS** Permanently cured. No more convulsions after next day's use of the **Little's Great Nerve Restorer**. Send for Free Trial Bottle and Treatise. Dr. R. H. Kane, Ltd., 247 Arch St., Philadelphia, Pa.

**Its Recreiter.**  
"You seem to think a good deal of that monkey," said the little girl.  
"Yes," replied the organ grinder.  
"He good monkey."  
"Do you think he'll go to heaven?"  
"No; when he monkey die he go to Newport."—Chicago Tribune.

**Mother will find Mrs. Winslow's soothing syrup the best remedy to use for their children the teething season.**

**Didn't Worry Her.**  
"Doesn't it make you angry when folks tell you about your failure to acquire a husband?" asked the girl who was doing her first season.  
"Not me," replied the philosophical spinster. "It is better to be laughed at because you are not married than not to be able to laugh because you are."—Brooklyn Eagle.

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

**The Whysnas.**  
"I suppose," said Mrs. Mixer, "my reputation as a breadmaker is due to the practice I have had. I am the mother of seven boys, you know."  
"Yes," replied Mrs. Catchington, "and my reputation as a matchmaker is doubtless due to the fact that I am the mother of nine daughters."—Chicago News.

**Has That Appearance.**  
"It looks to me a good deal as if the new woman and some society women would like to be hens."  
"Not very complimentary."  
"But a reasonable deduction, nevertheless."  
"Why do you think so?"  
"Because the incubator would then relieve them of so much responsibility."—Chicago Post.

**Just Wanted a Chance.**  
"Mister Judge," called out the colored witness, after he had been on the stand a full hour, "kin I say one word, sub?"  
"Yes," replied the judge. "What?"  
"Hit's dess dis, sub. Ef you'll dess make de lawyers set down en keep still two minits, en gimme a livin' chance, I'll whirl in en tell de truth!"—Atlanta Constitution.

**Despair.**  
"Yes, Cholly's valet has committed suicide."  
"Deah me! Now, do say, what foah?"  
"Why, Cholly wanted to smoke his cigawettes foah him."—Baltimore News.

**May Be Only a Pipe Dream.**  
Standard oil capitalists are reported to have bought Coney Island. We may yet, remarks the Chicago Record-Herald, be able to get our midway amusements through a pipe line.

**Diplomacy.**  
"At what age do you consider women the most charming?" asked the inquisitive female of mere or less uncertain years.  
"The age of the woman who asks the question," answered the man, who was a diplomat from Diplomacyville.—Chicago News.

# RHEUMATISM AN INDESCRIBABLE TORTURE

Because Rheumatism sometimes comes on suddenly it doesn't prove that it is a chance disease or one due to accidental causes. It takes time for it to develop, and is at work in the system long before any symptoms are felt. The blood is the first point of attack, and the poisonous acids that cause the aches and pains are then distributed through the circulation to different parts of the system, and settle in joints, muscles and nerves; and when the system is in this condition it needs only some exciting cause like exposure to night air, damp, chilly weather, or the cold, bleak winds of winter, to arouse the slumbering poisons and bring on Rheumatism. The severity of the attack depends upon the amount of acid in the blood and the quantity of acid matter in the joints and muscles. Some people are almost helpless from the first, while others have occasional spells or are uncomfortable, restless, nervous and half sick all the time from the nagging aches and pains. Rheumatism is a disagreeable companion even in its mildest form. It grows worse as we grow older, and frequently stiffens the joints, draws the muscles out of shape and breaks down the nervous system. A disease that originates in the blood, as Rheumatism does, cannot be cured with external remedies like liniments and plasters; such things scatter the pains or drive them to some other part of the body, but do not touch the disease or improve the condition of the blood. The thin acid blood must be restored to its normal purity and strength, so that all poisonous substances may be carried out of the system, and no medicine accomplishes this in so short a time as S.S.S., which not only neutralizes the acids and counteracts the poisons, but builds up the general health at the same time.

Write for our special book on Rheumatism, and should you desire any special information or advice, our physicians will furnish it without charge. **THE SWIFT SPECIFIC CO., ATLANTA, GA.**



## HOUSEHOLD TALKS

**Bread.**  
Sift a quart of flour with half a teaspoonful each of salt and sugar into a bowl. Scald a cup of milk and stir it into a teaspoonful of butter, melted in a half pint of boiling water. When this is lukewarm stir it into the sifted flour, then add a third of a yeast cake that has been dissolved in a gill of blood-warm water, and mix to a soft dough. Turn upon a floured pastry board and knead for ten minutes. Set to rise in a bread pan with a perforated top, set in a warm place for six hours. At the end of this time divide the dough into two loaves, knead each of these for five minutes and put into a greased pan. Cover with a light cloth and set to rise for an hour more before baking in a steady oven.

**Tomato Catsup.**  
Boil together a peck of ripe tomatoes and four large onions until they are soft. Pass through a colander and then strain the liquid through a fine sieve. Put this over the fire with a dozen sprays of parsley, a couple of round cloves, mace, white pepper, sugar, salt and a very little cayenne. Tie up a teaspoonful of celery seed in a little muslin bag and drop in with the rest. Boil all together for five hours, stirring occasionally. When hotted down one-half, and quite thick, take out the bag of celery seed, add a pint of vinegar and take from the fire. When the catsup is stone cold bottle and cork, sealing the corks.

**Cheese Croquettes.**  
Cut into small dice one pound of American cheese. Have ready one cupful of hot cream sauce in a saucepan, add the cheese and the yolks of two beaten eggs, diluted with a little cream. Stir until well blended, and let the mixture remain on the stove for a moment until the cheese gets "steady." Season with salt, red and white pepper and a little nutmeg. Set on the ice until cold, then form into croquettes and roll in fine bread crumbs. Dip in egg, then in crumbs again, and fry in deep, hot fat until a delicate brown.—Good Housekeeping.

**Sausage with Buckwheat Cakes.**  
Prick the sausages well and fry in a little bacon fat. Put them on a hot platter in a circle on the outside, leaving space for the cakes in the center. Cakes.—Mix thoroughly two cupfuls of buckwheat flour, a little salt and three teaspoonfuls of baking powder; then add milk and water of equal parts to make the batter of the right consistency. Add a little molasses, which will give them a better color. Fry on a soapstone griddle and pile neatly in the center of the ring of sausage.

**Cream of Celery Soup.**  
Cut the celery into inch bits, cover with a quart of water and boil tender. Rub through the colander and return the liquid to the fire. Make a roux of a tablespoonful of butter and one of flour, and when it bubbles pour upon it a pint of milk—part cream, if you have it. Stir until smooth and thick, then add gradually the celery puree. Season with salt and white pepper and serve.

**Oyster Pie.**  
Line a vegetable dish with mashed potato. Brush it over with the white of an egg, and put it in the oven to brown lightly. Take two dozen oysters, half a pint of milk, one tablespoonful of butter, pepper and salt to taste. Let it come to a boil, and thicken with a heaping teaspoonful of flour and put into the space left in the vegetable dish.—What to Eat.

**A Vindictive Horse.**  
"How did it happen that your horse died?"  
"The veterinarian's automobile broke down on the way over."



**Polygamy.**—Every time polygamy is mentioned in the Bible the sad results are shown with it.—Rev. W. H. Hopkins, Congregationalist, Denver, Colo.

**Selfish Rulers.**—Millions of men would be Christians, but they see no need of being so.—Rev. Ray Palmer, Baptist, Chillicothe, Mo.

**The Clerical Function.**—The chief function of the preacher should be to set forth the spiritual food, of which the Bible contains such exhaustively abundant.—Rev. R. F. Herbert, Methodist, Burlington, Iowa.

**Universal Standard.**—A universal standard at the present time seems all that is necessary for a union of all Christian forces in the conquest of the world for Christ.—Rev. J. L. Lee, Presbyterian, New York City.

**Mankind.**—Our personal success in work for God depends much upon our methods, for we have to deal with men as we find them and not as we would desire them to be.—Rev. Geo. Adams, Methodist, Brooklyn, N. Y.

**Artificial Life.**—Humanity, as it is presently constituted, is unnatural. We live an artificial life, a life in opposition to the divine, hence our environments are inauspicious.—Rev. F. E. Mason, Scientist, Brooklyn, N. Y.

**Work of the Church.**—If churches had not been built, jails would have multiplied. If the sanctity of the marriage tie had not been defended, the divorce courts would have been overcrowded.—Rev. W. J. White, Roman Catholic, Brooklyn, N. Y.

**Practical Christianity.**—If any man fancies that Christianity is not practical he reveals his ignorance of the New Testament. The religion of Jesus has to do with the life that now is as well as that which is to come.—Rev. L. M. Crandall, Baptist, Chicago, Ill.

**Independence.**—When a man finds himself in radical disagreement from his associates he is free to assert his independence, otherwise we are living in a modified system of anarchy, and not in a republic.—Rev. A. McKenzie, Congregationalist, Cambridge, Mass.

**Divorce.**—Marriage is a relation which is indissoluble except for one reason. If it is a civil relation a divorce can and may be granted. If it is ordained by God no court has any right to interfere and sever the bond.—Rev. E. L. Powell, Disciple, Louisville, Ky.

**Circumstances.**—The social and financial condition has little or nothing to do with one's spirituality, except as he is influenced by it. But in the sight of God we are not saved or lost by our circumstances, but by our faith or lack of it.—Rev. C. L. Palmer, German Reformed, Kingston, N. Y.

**Joy.**—Joy is a vital and worthy element in every life. Our rugged and rushing age is so serious-minded that we have almost forgotten to be merry and ring out hearty peals of laughter. Yet no one is at his best until deeply and divinely happy.—Rev. W. P. Ferguson, Methodist, Los Angeles, Cal.

**Ideals.**—Every young man has a mental conception of character which is his ideal. The statesman, politician, educator, philanthropist, inventor, master mechanic, orator and writer are ideals after which young men of today mold and fashion their lives, build characters and shape their destinies.—Rev. Z. E. Bates, Disciple, Allegheny, Pa.

**Speculation.**—By the laws of the church, which have stood since the sixteenth century, priests are absolutely forbidden to engage in business without first obtaining the consent of the bishop of his diocese. Gambling or speculating with either his own funds or the funds of the church are included in this.—Rev. William O'Ryan, Roman Catholic, Louisville, Ky.

**Increase of Crime.**—While the population of the country has increased three times, the crime in the country has increased twelve times. The United States is paying more for the support of criminal institutions than for both religion and education. In addition there is the expense of protecting people from the attacks of criminals without the jails.—Rev. C. N. Howard, Baptist, Rochester, N. Y.

**Future Punishment.**—We want no amateurs regarding future punishment. We want an expert, whom we can trust, as the little child trusts the wise surgeon, as the traveler trusts the guide and deliverer, as the passenger trusts the captain of the great ship. Fortunately, Jesus Christ, in the great hour of His life, has spoken in words so clear, so simple, as to leave no room for doubt.—Rev. N. D. Hills, Congregationalist, Brooklyn, N. Y.

**Man and Woman.**—Those who seek to make men and women similar in tastes, habits, and aims seek the impossible and the unprofitable. Social, educational and religious life require for their full consummation and sympathy both the man and woman elements of mind and soul. Society will not be benefited by making men and women similar, but by keeping them dissimilar. Woman in her sphere is and has been as supreme and important in her mental and spiritual contributions as man.—Rev. R. A. White, Universalist, Chicago, Ill.

**Some Large Undertakings.**  
"Talk about big jobs," said the Cheerful Idiot, while trying to look serious.  
"Well," said the victim wearily.  
"Wheeling West Virginia may be some and Lansing Michigan may be rather a big surgical undertaking, but Flushing Long Island isn't such a tiny sanitary stunt."—Baltimore American.

**Perverted Pride.**—"Aren't you ashamed of that last massacre?" "I don't see why I should be," answered the Sultan, "it wasn't such a very small one."—Washington Star.

### Asthma

"One of my daughters had a terrible case of asthma. We tried almost everything, but without relief. We then tried Ayer's Cherry Pectoral, and three and one-half bottles cured her."—Emma Jane Bunting, Langsville, O.

**Ayer's Cherry Pectoral** certainly cures many cases of asthma. And it cures bronchitis, hoarseness, weak lungs, whooping-cough, croup, winter coughs, night coughs, and hard colds.

Three sizes: 25c, 50c, \$1. All druggists.

Consult your doctor. If he says take it, then take it. If he says it is not good for you, then don't take it. If he knows, leave it well alone. We are willing to give you a trial bottle. Write for it.

J. C. AYER & CO., Lowell, Mass.

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No Case Exists It Will Not Cure

Wood saws, drag saws run by steam or gas line engines, also the latest in saw mill machinery, stump pullers, well drilling machinery, etc., etc.

Write for your needs.

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Home and day school for girls. Ideal location, spacious building, modern equipment. Academic, College preparation and special courses. Music, Elocution, Art in charge of special teachers. Illustrated catalogue. Easter term opens February 1, 1904.

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"I have been using CASCARETS for Insomnia, which which I have suffered for over twenty years, and I can say that Cascares has given me more relief than any other remedy I have ever tried. I shall certainly recommend them to my friends as being all they are represented."—THOM GILLARD, Esq., Ill.

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REGULATE THE LIVER

Pleasant, Palatable, Potent, Taste Good, Do Good. Never Sickens, Weakens or Grips. See Box for Full Directions.

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WONDERFUL HOME TREATMENT

This wonderful Chinese doctor is called great because he cures people without using any medicine. He gives up to six pills. He cures with these wonderful pills, rheumatism, stomach, liver, kidney, etc., has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars, send stamp. CONSULTATION FREE. ADDRESS:

The C. Gee Wo Chinese Medicine Co.  
253 Alder St., Portland, Oregon.  
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### Washington Farmers and Stockmen Indorse Prussian Stock Food!

READ THE FOLLOWING LETTERS. THEY SPEAK FOR THEMSELVES.

I have used Prussian Stock Food for the past three years for my horses, cattle, sheep and dogs. AS A FAT PRODUCING FOOD IT HAS NO EQUAL. It is a complete and perfect food for all stock. I have increased my stock and my profits. I have increased my stock and my profits. I have increased my stock and my profits.

IT DOUBLED INCREASED IN WEIGHT. I have used the Prussian Stock Food with my animals and I find their supply of milk has increased from ONE to TWO QUARTS each. I have increased my stock and my profits. I have increased my stock and my profits.

Sold by the Leading Druggists.

FORTLAND FEED CO., Portland, Or., Coast Agents.

### PISO'S CURE FOR CONSUMPTION

SURE WHERE ALL ELSE FAILS  
Best of all cures for Consumption. See the bottle. Sold by druggists.

### ANCIENT QUARRY IN NEBRASKA.

Was Worked by a Race of People Unknown to the Scientists.

In the great flint quarries near Nehawka, Neb., covering more than a township, a party of well-known scientists has found what they think is evidence of the existence of a lost race, hitherto unknown. It is thought that this prehistoric people belonged to neither the red men nor the mound builders. But who they were and at what remote age they inhabited the Missouri valley cannot now be ascertained.

They were a race of patient plodders whose knowledge and handiwork had not been developed beyond the primitive ideas of the stone age. By their industry it is shown that they were not of the nomadic, indolent Indian race; by their ignorance and crude handiwork that they were not of the refined, almost civilized mound builders, the first American aborigines, whose existence is definitely known.

Then who were they, whence did they come and by whom were they obliterated? Aside from the mound builders no American aborigines are known to scientists, and in these quarries is evidence of a strange race.

There are no doubt the quarries are of great age. The entire series of mines has been buried beneath an average of ten feet of soil. The accumulation of this must have taken centuries. It is known positively the condition has not changed at all in 100 years. Then how many centuries did it take for this ten feet of soil to cover the whole of the mines?

To settle the mooted question whether these quarries, situated on the Nehawka fruit farm owned by Isaac M. Pollard, were the work of some artificial agency or of nature, an unusually large party of prominent scientists was induced by State Archeologist E. E. Blackman to visit the quarries. Of the findings of the scientists State Archeologist Blackman gave out the following statement:

Mr. Pollard, when he arranged the visit to this spot a year ago, caused a cross section to be cut in the brow of the hill and laid bare the face of the quarry. This excavation is eighty feet in length, six feet wide and averages ten feet in depth. It shows that the artifacts removed two layers of solid limestone and one of decayed rock before they came to the strata which they sought and from which the implements were made. Tons of flint are scattered on the surface and in the debris of the quarry and there are many rocks showing where the flint nodules were taken out. On the large pieces of limestone in the quarry pit one may see fractures, as if they had been struck with a heavy sledge. The face of the quarry as shown by the excavation is a perpendicular wall twelve feet high. The surface indication before digging was a circular or oblong depression. There is a burr oak tree standing nearly in the center of the pit measuring six feet two inches in circumference.

### Female Weakness Is Pelvic Catarrh

Always Half Sick are the Women Who Have Pelvic Catarrh

Catarrh of any organ, if allowed to progress, will affect the whole body. Catarrh without nervousness is very rare, but pelvic catarrh and nervousness go hand in hand.

What is so distressing a sight as a poor half-sick, nervous woman, suffering from the many almost unbearable symptoms of pelvic catarrh? She does not consider herself ill enough to go to bed, but she is far from being able to do her work without the greatest exhaustion. This is a very common sight and is almost always due to pelvic catarrh.

It is worse than foolish for so many women to suffer year after year with a disease that can be permanently cured. Pelvic catarrh is permanent. It cures old chronic cases as well as a slight attack, the only difference being in the length of time that it should be taken to effect a cure.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

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"Bloods—I understand, sir, that you referred to my photograph as a side-show?"

"Slobbs—Don't get excited, old man. I merely meant that it was a profile."

—L. N. ROSENBAUM

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by J. C. CHENEY & Co., Proprietors, Toledo, O. We have analyzed and tested J. C. CHENEY'S Catarrh Pills, and believe them perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

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### ATHLETICS AT OUR COLLEGES.

Plea in Favor of Sports in the Large Institutions.

The day is past when the whole mission of our colleges was to turn out young men of over-developed brains in under-developed bodies. In 1780 the founders of Andover Academy included in their deed of gift, as the purpose of the gifters, "To instruct youth, not only in English and Latin grammar, writing, arithmetic and those sciences where they are commonly taught, but more especially to learn them the great and real business of living."

Except for the small proportion of college graduates who equip themselves for the business of teaching other youths the curricula of their student years, the aim of the undergraduate life cannot be better expressed than in the words of the founders of Andover, written a century and a quarter ago, "the great end and real business of living." And in general it cannot be disputed that the modern interest in bodily betterment in the development of athletics and outdoor exercise has done more to make young men manly, healthy and self-reliant, with clean ideals and wholesome lives, than the dead languages and higher mathematics.

Every autumn graduate football players flock back to the universities by the dozens to help coach the eleven. Looking these men over, it is fair to remark that they are as fine and representative a body of American citizens as can be grouped, and that if their "capacity for attention has been ravaged and degraded," their lives do not show resultant disaster. If the same number of valedictorians, whose "capacity for attention is unquestioned," were to be compared with these football coaches, for example, we believe that the verdict would go all in favor of the "degraded" class of graduates, as having achieved an all-round mastery of the real business of living, in whatever way success is measured. —Illustrated Sporting News.

### Origin of Meteorology.

Meteorology owes its origin to Italy, which, as Dr. H. C. Bolton notes, produced every one of the fundamental instruments now used in weather observations. The hygrometer was invented about 1450 by Niccolò de Cusa; anemometer, 1578, by Egnatio Danti; thermometer, 1565, by Galileo; rain gauge, 1639, by Cartell; barometer, 1643, by Torricelli.

A Rapid Berry-picker.

The speediest feminine picker of buckberries in Monroe County, Pennsylvania, is Carrie Everett, a girl of 15 years. From 8:30 to 4:30 p. m. she picked seventy-two quarts of buckberries. Oscar Attenose has the record among men and boys, as he picked 125 quarts of buckberries in eight hours.

Clever Youth.

Shopper—Young man, do these goods shrink?  
Bright Clerk—Not so much as I would from telling you they didn't, ma'am, if they did."—Philadelphia Ledger.

A man would never discover that his wife had a temper if she didn't lose it.

### GRATEFUL, HAPPY WOMEN

Thank Pe-ru-na for Their Recovery After Years of Suffering

Miss Muriel Armitage, 80 Greenwood Ave., Detroit, Mich., District Organizer of the Royal Templars of Temperance is a recent letter, says:

"I think that a woman naturally shrinks from making her troubles public, but restored health has meant so much to me that I feel for the sake of other suffering women it is my duty to tell what Peruna has done for me.

"I suffered for five years with uterine irregularities, which brought on hysteria and made me a physical wreck. I tried doctors from the different schools of medicine, but without any perceptible change in my condition. In my despair I called on an old nurse who advised me to try Peruna, and promised good results if I would persist and take it regularly. I thought this was the last I could do and procured a bottle. I knew as soon as I began taking it that it was affecting no differently from anything I had used before, and so I kept on taking it. I kept this up for six months, and steadily gained strength and health, and when I had used fifteen bottles I considered myself entirely cured. I am a grateful, happy woman today."—Miss Muriel Armitage.

Peruna cures catarrh of the pelvic organs with the same surety as it cures catarrh of the head. Peruna has become renowned as a positive cure for female ailments simply because the ailments are mostly due to catarrh. Catarrh is the cause of the trouble. Peruna cures the catarrh. The symptoms disappear.



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### L. N. ROSENBAUM

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CURES ALL HEADACHES

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Appetite poor? Bowel constipated? Tongue coated? Head aches? It's your liver! Ayer's Pills are liver pills, vegetable.

Want your moustache or beard a beautiful brown or rich black? Use BUCKINGHAM'S DYE.

### ABSOLUTE SECURITY,

Genuine  
**Carter's Little Liver Pills.**

Must Bear Signature of **Dr. Wood**

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

**CARTER'S LITTLE LIVER PILLS.**

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

PURELY VEGETABLE.

CURE SICK HEADACHE.

### THE Keeley Cure

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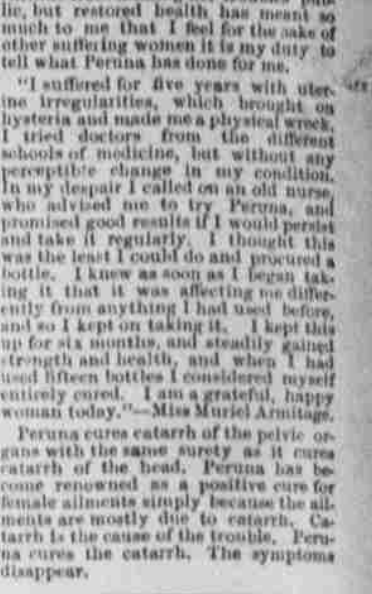
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