

NOVEMBER AILMENTS

THEIR PREVENTION AND CURE

November is the month of falling temperatures. Over all the temperate regions the hot weather has passed and the first rigors of winter have appeared. As the great bulk of civilized nations is located in the temperate zones, the effect of changing seasons is a question of the highest importance.

When the weather begins to change from warm to cold, when cool nights succeed hot nights, when clear, cold days follow hot, sultry days, the human body must adjust itself to this changed condition or perish.

The perspiration incident to warm weather has been checked. This detains within the system poisonous materials which have heretofore found escape through the perspiration.

Most of the poisonous materials retained in the system by the checked perspiration find their way out of the body, if at all, through the kidneys. This throws upon the kidneys extra labor. They become charged and overloaded with the poisonous excretory materials. This has a tendency to inflame the kidneys, producing functional diseases of the kidneys and sometimes Bright's disease.

Peruna acts upon the skin by stimulating the emunctory glands and ducts, thus preventing the detention of poisonous materials which should pass out. Peruna invigorates the kidneys and encourages them to fulfill their function in spite of the chills and discouragements of cold weather.

Peruna is a combination of well tried harmless remedies that have stood the test of time. Many of these remedies have been used by doctors and by the people in Europe and America for a hundred years.

Peruna has been used by Dr. Hartman in his private practice for many years with notable results. Its efficacy has been proven by decades of use by thousands of people and has been substantiated over and over by many thousands of homes.

Advertising Pays.

It was a surprise to the summer boarder to learn that one of the group of graduates from the seminary, to the "farewell exercises" of which she had listened the year before, was married and settled in a home of her own.

"I remember her," said the summer boarder, when the name was mentioned, "but she did not strike me as being as attractive as most of the other girls."

"Um-m!" said her informant. "Well, I guess 'twas her graduating essay that carried her off so quick, maybe. Her subject was, 'How to Keep House on Six Dollars a Week,' and it fetched most every young fellow in town, they tell me. By what I hear, all she had to do was to sit at home and pick and choose."

A Very Lucky Thing.

"There does seem to be something in the belief about the luck attached to my left hind foot," remarked the rabbit.

"Yes?" asked the robin.

"Yes. At any rate, I'm sure if I hadn't had mine with me this morning I wouldn't have got away from that dog."—Philadelphia Press.

"THE MARRYING SQUIRE."

Justice Geo. E. Law, of Brazil, Ind., Has Married 1,400 Couples.

Justice Geo. E. Law, of Brazil, Ind., has fairly earned the title, "The Marrying Squire," by which he is known far and wide, having already married some 1,400 couples. Ten years ago he was Deputy County Treasurer. "At that time," said Justice Law, "I was suffering from an annoying kidney trouble. My back ached, my rest was broken at night, and the passages of the kidney secretions were too frequent and contained sediment. Three boxes of Doan's Kidney Pills cured me in 1897, and for the past nine years I have been free from kidney complaint and backache."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N.Y.

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HOW TO TEACH CHILDREN.

Here Are Some Suggestions by a Writer on Education.

A writer in an American educational journal offers some interesting suggestions for teaching children, says the Dundee Advertiser. It is useless, he suggests, to instruct children by using technical terms or even terms that would be descriptive to a grown-up. The point is illustrated by an ingenious parallel. Instead of telling a child to "sit up straight" it would be better to tell him to "sit up tall." In the same way if a child shouts too loudly in singing, he should be told to "listen" after taking "a long smell," and if he realizes what is meant and does it, this will set the muscles of the waist and check the flow of breath, while the child will be unconscious to its action.

"Such suggestion as the following do far more good than scientific terms in procuring the right tone-production from the child. Do not sing in a growling tone. Do not sing in a scolding tone." "A fish horn tone sounds terribly descriptive, but we imagine its vividness would be lost on an English child. Sing with a pleasant face. Sing with a smile. Sing like the sweetest bird you ever heard. Sing a kindly tone. Sing a sweet, loving tone. Make your lips sing to you. Whisper aloud, as though you wanted some friend in the furthest corner of the room to hear you." It is to be hoped that after all this there would be no danger of the children learning to sing in a mandolin tone.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

A Long-Legged Deer.

A huge, finely mounted antlered head hung just above the sideboard in the dining-room. This trophy of some huntsman's skill was fastened so firmly to the wall that the glistening neck seemed to be coming right out through the plaster. Robert, who was seeing this decoration for the first time, eyed it with lively curiosity and very evident uneasiness. It looked almost too life-like for comfort.

Finally the boy, asking to be excused, slipped from his chair, tiptoed into the next room, and then, flushing with embarrassment, returned to his place at the table.

"What's the trouble, Robert?" asked his host.

"I wanted to see," explained candid Robert, sheepishly, "if that animal's legs were really as long as that, or if he were standing on something in another room."

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 surface, such articles should never be used. Exceptional prescriptions from reputable physicians, as the damage they will do is self-evident. A good cure can be had from Dr. J. C. Cheney & Co., Toledo, O., containing 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., Testimonials free. Sold by druggists, price 75c per bottle. Hall's Family Pills are the best.

For American Citizens.

When the visitor approached the diplomatic gallery of the Senate chamber the door-keeper informed him, says a writer in the Philadelphia Public Ledger, that the gallery was reserved for foreign representatives.

"It is, hey?" said the visitor. "Well, I want to tell you right now that this is a free country and this is the Senate of the United States, and I demand admission in the name of American citizenship."

"Oh!" said the doorkeeper. "Why didn't you say at first that you were an American citizen? Just step round to the second door from here. That gallery is reserved for American citizens."

With chest puffed up, the stranger betook himself to the door indicated, and was at once admitted to the public gallery.

Soothing Her.

Miss Jellers—I'll never speak to her again! She told a friend of mine that I was an old cat.

Miss Caplan—I wouldn't mind it, dear. She knows as well as I do that you're not 40 yet.

Linguistic Judge.

At the Shorelitch county court, England, recently, Judge Snyly heard a case in French, corrected a Yiddish interpreter and translated an Italian evidence. The same day he chatted fluently with a German.

Print City's Name on Stamps.

Washington, Nov. 27.—Postage stamps of the issue of 1907, at 6,000,000, will bear on their face the name of the state and city in which the postoffice is situated. The chief reason for this innovation is said, at the Postoffice department, to be the belief that it will help do away with postoffice robberies and make it much easier to trace criminals. The postoffice robbery at Chicago a few years ago is a good example of the ease with which stolen postage stamps can be disposed of, for no trace of the perpetrators was ever found.

Has Not Refused to Resign.

New York, Nov. 27.—United States Senator Thomas C. Platt said today concerning an alleged interview in which he was quoted as saying that he would not resign his office as senator: "I have not said I would not resign, nor have I said I would not send in my resignation to Governor Higgins. I never said to any newspaper man that I would stay in Washington all winter. In fact, the whole interview about my refusal to resign is untrue."

Great Bridge Over Yalu.

London, Nov. 27.—The Tokio correspondent of the Times telegraphs that the Japanese have decided to bridge the Yalu river at Yomampo. The span will be 3,239 feet long and the bridge will cost \$1,000,000. It will be completed at the same time as the Wiju-Mukden & Fusan railroad.

Means \$2,000,000 More Wages.

Pittsburg, Nov. 26.—Two million dollars additional each year will be distributed through the Pittsburg steel district by reason of the increase in wages of the labor force of the United States Steel corporation, which goes into effect January 1. The notice of advance will be posted in the steel mills about December 1. A conservative estimate of the total number of laborers employed by the subsidiary companies of the United States Steel corporation in what is known as the Pittsburg district is 50,000.

BUY POSTAL SYSTEM

Syndicate Offers to Come to Aid of Uncle Sam.

REDUCE POSTAL RATES ONE-HALF

Rent Buildings From Government and Share the Profits—Could Save \$100,000,000 Annually.

Washington, Nov. 27.—Uncle Sam will be asked tomorrow to turn over to a syndicate of capitalists the conduct of the postal business. The joint committee of congress investigating postal abuses and intrusted with recommending reforms, which has been in session in New York, resumed its meetings today, and tomorrow W. D. Boyce, of Chicago, will go before the committee with a bonafide offer made by substantial capitalists to take over from the government the postal business and relieve it of all the great expense attached. The offer has several objects. It is true that capitalists have been found who believe that money can be made by a monopoly of the postal business. Whereas the government has failed to make the Postoffice department a paying institution, the capitalists believe that by the introduction of business methods they can put the department upon a dividend paying basis. Wells-Fargo Express company saw enough money in the monopoly to offer the government a bonus of \$1,000,000 a year if permitted to run the postoffice. The proposition is presented in good faith and will serve the double purpose of emphasizing with the public the fact that there are capable business men in the country who believe that they can give the people penny postage and an excellent service, as good as that performed by the government. The offer will have the effect of showing to the people that these business men, who will give satisfactory bond, will guarantee to give the patrons of the postoffice reduced postage rates, which the department officials unite in reporting the government cannot afford to do.

Law Fails to Punish Railroad Officials for Rebating.

Chicago, Nov. 26.—Railroad officials fined by the government for rebating do not pay the fines themselves. The stockholders pay the bills. Such at least is the case of the Chicago, Burlington & Quincy, according to evidence submitted today to F. K. Lane, of the Interstate Commerce commission. The evidence was taken in connection with the punishment of the railroad recently by a \$40,000 fine and of First Vice President Darius Miller and Traffic Agent C. C. Burnham by fines of \$10,000 each on charges of rebating.

The proposition, broadly stated, is that the government shall withdraw from the field of controlling a public utility and shall place the business of transporting and delivering the mail in private hands, as the express business is today conducted. The capitalists who are willing to assume the burden will pay the government rental for the postoffice buildings all over the country and will charge the government regular rates of postage upon its mail, which is now carried free under frank and penalty stamps.

Stensland's Crime Brings On Another Crash in Chicago.

Chicago, Nov. 26.—Chauncey L. Graham, vice president of the Steel Ball company, was arrested last night at his residence in Evanston by detectives from the office of State's Attorney Healy on a bench warrant issued by Judge Kersten, the charge being uttering fictitious paper. The accusation grows out of the Milwaukee Avenue State Bank failure. The Steel Ball concern owes the bank approximately \$270,000, and most of the notes it gave are considered worthless.

Logical Inference.

Mrs. A's little son suddenly asked, in a rather startled voice: "Mamma, is there any rum in this bottle?"

"Mersey, no dear. That's mud-brick," "Oh!" said the boy. Then after a minute of silence, "perhaps that's the reason I can't get my hat off."—Pittsburg Press.

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SEEKS GUARANTEE.

Norway Fears Russia May Attempt to Seize One of Her Ports.

St. Petersburg, Nov. 26.—An international compact guaranteeing the inviolability of Norway against territorial aggression by any power whatever, and giving the new kingdom a status somewhat similar to that of Switzerland and Belgium, will soon be inscribed on the records of diplomacy. On account of its extended position, the possession of valuable deep water harbors on the Atlantic and the agreement with Sweden against fortification in the neighborhood of the frontier, Norway is in a peculiarly exposed position and the first efforts of the Norse diplomacy have been directed toward eliminating the danger of being attacked and securing facilities for the peaceful development of the country without the crushing burden of a large army.

With regard to the action of Norway in approaching the powers for the purpose of securing these concessions, it can be stated that Russia, the power most directly concerned and from which Norway apparently had most to fear, in spite of the denial by the Russian foreign office that Russia was endeavoring to secure a Norwegian port, or in any way contemplated infringing on Norwegian territory, had no objection to the conclusion of a convention. Germany already had signified her approval of the movement of which Great Britain is the sponsor, and France will follow suit.

COMPANY PAYS THE FINES.

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Weak Lungs

Bronchitis

For over sixty years doctors have endorsed Ayer's Cherry Pectoral for coughs, colds, weak lungs, bronchitis, consumption. You can trust a medicine the best doctors approve. Then trust this the next time you have a hard cough.

"I had an awful cough for over a year, and nothing seemed to do me any good. I tried Ayer's Cherry Pectoral and was cured. I recommend it to all my friends whenever they have a cough."—Miss M. Mayne, Washington, D.C.

Made by J. C. Ayer & Co., Lowell, Mass. Also manufactured by SASSAPARILLA, PILLS, HAIR VIGOR.

Ayer's Pills keep the bowels regular. All vegetable and gontly laxative.

WISCONSIN DENTISTS

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DRAINING BLDG
315 W. WASH.
PORTLAND, ORE.

FREE LOT AT OCEANSIDE

(North Beach) and beautiful Oak Book Case in every purchase of the special Edition of the "Library of the World's Best Literature" in volumes, silk bound, \$2.50 per volume. A lot of 100 copies of set and 100 copies of set and 100 copies of set. Particulars by writing J. D. MILLAR & CO., Columbia Bldg., Portland, Ore.

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MODERN FACILITIES CAN PRODUCE

HICKS-CHATTEN
ENGRAVING CO.

MY DEAR FRIEND

Consider the postage stamp, its usefulness lies in its ability to stick to one thing till it gets there. Write for particulars.

528 Lumber Exchange, Portland, Oregon

GET OUT OF THE RUT

I am designer of book, magazine and catalog covers, booklets, cards, letter heads, bill heads and advertising cuts; can make the point of your store book entirely different by reworking points, etc., from retail.

CHARLES SCHRAM
245 1/2 Morrison St. PORTLAND, OREGON

WANTED

In this locality (or elsewhere) a helper to well our trees, etc. (Experience not necessary for success.) Address

OREGON NURSERY COMPANY
Salem, Oregon.

When you buy WET WEATHER CLOTHING

you want complete protection and long service.

These and many other good points are combined in TOWER'S FISH BRAND OILED CLOTHING. You can't afford to buy any other.

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Portland Trade Directory
Names and Addresses in Portland of Representative Business Firms.

REAR REPARATION—We guarantee the U.S. Department of the Interior. Write for free catalog. Headquarters in Portland, Ore.

Sculptors' Potpourri.
They were walking past a beautiful pink and white house in New York whose door cap was most exquisitely carved. The sculptor pointed to it. "My work," he said. "That's the patting I do while I work on my masterpiece. It is nothing unusual with sculptors to do such work. Two of the most famous pieces that were sold to the Metropolitan Museum last winter were done by a man whose regular business is to make door caps.

Powdered coffee is sometimes used in Iceland to make bread, in place of flour.

CASTORIA

The Kind You Have Always Bought

Bears the Signature of

W. L. DOUGLAS

In Use For Over 30 Years.

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RUBBER STAMPS Best in America
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We do not take orders and neither our Rubber stamps, seals, etc. We manufacture our own Rubber. Our equipment is the latest and best money can buy. Write today for our "Rubber Stamp Catalogue."

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20% PER YEAR

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Wonderful Home Treatment

This wonderful Chinese Balm is a relief in all cases of rheumatism, neuralgia, sciatica, headache, toothache, earache, sore throat, etc. It is a sure cure for all these troubles. It is a wonderful Chinese Balm and vegetable oil. It is a sure cure for all these troubles. It is a wonderful Chinese Balm and vegetable oil. It is a sure cure for all these troubles.

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