

# Is Pe-ru-na Useful for Catarrh?

Should a list of the ingredients of Pe-ru-na be submitted to any medical expert, of whatever school or nationality, he would be obliged to admit without reserve that each one of them was of undoubted value in chronic catarrhal diseases, and had stood the test of many years' experience in the treatment of such diseases. THERE CAN BE NO DISPUTE ABOUT THIS. WHAT-EVER Pe-ru-na is composed of the most efficacious and universally used herbal remedies for catarrh. Every ingredient of Pe-ru-na has a reputation of its own in the cure of some phase of catarrh.

Pe-ru-na brings to the home the COMBINED KNOWLEDGE OF SEVERAL SCHOOLS OF MEDICINE in the treatment of catarrhal diseases; brings to the home the scientific skill and knowledge of the modern pharmacist; and last but not least, brings to the home the vast and varied experience of Dr. Hartman, in the use of catarrhal remedies, and in the treatment of catarrhal diseases.

The fact is, chronic catarrh is a disease which is very prevalent. Many thousand people know they have chronic catarrh. They have visited doctors over and over again, and been told that their case is one of chronic catarrh. It may be of the nose, throat, lungs, stomach or some other internal organ. There is no doubt as to the nature of the disease. The only trouble is the remedy. This doctor has tried to cure them. That doctor has tried to prescribe for them.

**BUT THEY ALL FAILED TO BRING ANY RELIEF.** Dr. Hartman's idea is that a catarrh remedy can be made on a large scale, as he is making it; that it can be made honestly, of the purest drugs and of the strictest uniformity. His idea is that this remedy can be supplied directly to the people, and no more be charged for it than is necessary for the handling of it.

No other household remedy so universally advertised carries upon the label the principal active constituents showing that Pe-ru-na invites the full inspection of the critic.

Her Foe.  
"Did he propose to her on his knees?"  
"No, but she accepted him on them."  
—Houston Post.

Still Cutting.  
The stranger returned to the village after a long absence.  
"And what has become of the village cut-up?" asked the stranger.  
"Oh, he is grown up now," drawled the old postmaster.  
"And is he still a cut-up?"  
"Oh, yes. He is one of these here appendicitis doctors!"—Chicago News.

All For Him.  
Jigley—Your fiancée seems to have a will of her own.  
Markley—Yes; and sometimes I half regret that I'm not the sole beneficiary.  
—Philadelphia Press.

Modified.  
"One-half the world," remarked the man with the quotation habit, "doesn't know how the other half lives."  
"And it may also be stated without puncturing the truth," rejoined the wise guy, "that three-fourths of it doesn't know how it lives itself."

Good Fellow.  
"George, dear," said young Mrs. Marryat, "I got a recipe for a fruit cake to-day that will keep for a year."  
"Oh," replied the husband, "you ought to keep it longer than that."  
"What? Keep fruit cake longer?"  
"No, the recipe. Mislay it somewhere."  
—Philadelphia Press.

No Stars.  
It was the traveler's first visit to Butte.  
"I've always wanted to see this city," he said. "It interests me in many ways. I think I know nearly a score of actors that came from here."  
"Yes, sir," commented the resident knacker. "I reckon they went from here because they wanted to get out of the burned town."  
—Chicago Tribune.

Underestimated His Powers.  
"Yes, I was out in all that storm. My rain coat was soaked, and—"  
"But you can't soak a rain coat, you know."  
"I can't, hey? Here's the check for it!"

# BAD BLOOD THE SOURCE OF ALL DISEASE

Every part of the body is dependent on the blood for nourishment and strength. When this life stream is flowing through the system in a state of purity and richness we are assured of perfect and uninterrupted health; because pure blood is nature's safe-guard against disease. When, however, the body is fed on germ, impure or polluted blood, the system is deprived of its strength, disease germs collect, and the trouble is manifested in various ways. Pustular eruptions, pimples, rashes and the different skin affections show that the blood is in a feverish and diseased condition as a result of too much acid or the presence of some irritating humor. Sores and Ulcers are the result of morbid, unhealthy matter in the blood, and Rheumatism, Catarrh, Scrofula, Contagious Blood Poison, etc., are all deep-seated blood disorders that will continue to grow worse as long as the poison remains. These impurities and poisons find their way into the blood in various ways. Often a sluggish, inactive condition of the system, and torpid state of the avenues of bodily waste, leaves the refuse and waste matters to sour and form uric and other acids, which are taken up by the blood and distributed throughout the circulation. Coming in contact with contagious diseases is another cause for the poisoning of the blood; we also breathe the germs and microbes of Malaria into our lungs, and when these get into the blood in sufficient quantity it becomes a carrier of disease instead of health. Some are so unfortunate as to inherit bad blood, perhaps the dregs of some old constitutional disease of ancestors is handed down to them and they are constantly annoyed and troubled with it. Bad blood is the source of all disease, and until this vital fluid is cleansed and purified the body is sure to suffer in some way. For blood troubles of any character S. S. S. is the best remedy ever discovered. It goes down into the circulation and removes any and all poisons, supplies the healthful properties it needs, and completely and permanently cures blood diseases of every kind. The action of S. S. S. is so thorough that hereditary taints are removed and weak, diseased blood made strong and healthy so that disease cannot remain. It cures Rheumatism, Catarrh, Scrofula, Sores and Ulcers, Skin Diseases, Contagious Blood Poison, etc., and does not leave the slightest trace of the trouble for future outbreaks. The whole volume of blood is renewed and cleansed after a course of S. S. S. It is also nature's greatest tonic, made entirely of roots, herbs and barks, and is absolutely harmless to any part of the system. S. S. S. is for sale at all first class drug stores. Book on the blood and any medical advice free to all who write.

# S.S.S.

PURELY VEGETABLE

THE SWIFT SPECIFIC CO., ATLANTA, GA.

# OREGON STATE ITEMS OF INTEREST

## GRAIN WHERE SAGEBRUSH WAS.

Splendid Crops in Harney—Women Work in Mayfields.

Burns—Haying is now in full force throughout Harney county, and the meadows are yielding heavy crops. With few exceptions the alfalfa fields made an exceptional growth this year, while the native grasses are unusually good. Men are in strong demand for this work at good wages, and even women are making big money driving mowers, rakes and stackers.

The grain crops are also showing up well. There was a favorable rainfall during June and during the critical period there was no damaging frost, so the entire season has been encouraging for the farmer. The fall grain is well along toward ripening and the spring grain—wheat, barley, rye, etc.—has a strong growth, with a heavy head.

It is really a pleasing sight to see fields wherein the sagebrush stood at the opening of last spring that are now undulating waves of bending grain promising a rich harvest.

The fruit has all done well this year and here will be more berries, apples, pears and apricots than ever before in the valley.

## CHEMAWA IN FIRST RANK.

Improvements Will Make It Leading Indian School in Country.

Chemawa—The Chemawa Indian school is building a new brick hospital at a cost of \$19,978, the contractor being Fred A. Erickson, of Salem. W. H. Dairymple, also of Salem, has the contract for the school's new brick bakery at a cost of \$4,000. The work on both these buildings is rapidly progressing and it is hoped to have them ready for occupancy for the opening of the fall term of the school.

The hospital will be supplied with the most modern and sanitary equipment and the school's open-air sanitarium will be extended. The bakery will be supplied with the latest improved oven and appliances.

The steam and electrical engineering department of the school will also be improved by additions to meet the growing needs of the institution. With these improvements Chemawa will maintain her rank as the best equipped Indian manual training school not only on the Pacific coast, but of the whole United States Indian service.

## Looks Like Railroad Work.

Eugene—The Southern Pacific company has unloaded a car of scrapers at Natron during the past week, which is taken by the people in this vicinity as an indication that the work of constructing the Natron-Klamath extension will begin very soon. An official of the company, while in Eugene, passing through the city on his way south, stated that the company was looking for terminal grounds in Eugene and that this city stood a fair chance of becoming a division point for all the trains of the Natron-Klamath extension, as well as for those of the line across the state to Ontario, when it is built.

## Salem Pen Holds 380 Prisoners.

Salem—Superintendent James, of the Oregon penitentiary, has filed his quarterly report with the secretary of state, showing there were 380 inmates at the close of the quarter, as against 373 at the close of the last quarter. The earnings of the institution from convict labor amounted to \$5,326.35, of which \$3,917 was earned in the Northwest stove foundry, while the balance was for labor outside of the prison, for which no cash was received. The expenses for the quarter were \$15,954, of which \$2,045 is credited to repairs and improvements.

## Railroad Not to Blame.

Salem—According to the reply of Superintendent L. R. Fields, in closing a statement from Station Agent William Merriman, of Portland, answering the complaint of J. A. McDonald, of McMinnville, who represented to the Railroad Commission that he was unable to get a carload of oats shipped from Portland to McMinnville, the blame for the non-arrival of the car was due to the Central Sand Company, of Portland, who failed to load the car delivered them for the sand, which, at last reports, was standing empty on the siding.

## Want Extra Pay.

Klamath Falls—Mason, Davis & Co., have completed their contract with the government on the Klamath Reclamation project, but there is a dispute in regard to the settlement. The contractors claim that because of mistakes in classification of dirt on the part of the reclamation engineers, they are out a little more than \$100,000, and are asking the reclamation service for an extra allowance to cover this amount. So far no satisfactory recommendations have been made by the government engineers.

## In the Schools of Umatilla.

Pendleton—County Superintendent Frank K. Welles has filed his annual report for the year ending June 17. The report shows that a total of 1390 pupils are enrolled in the county, and 175 teachers employed. One hundred and six teachers were examined during the year for certificates, 16 of whom failed. Four hundred and eighty-four pupils are attending private schools in the county and 1231 are not attending any school.

## Two Acres Yield Him \$1,250.

Eugene—Mahlon Harlow is doing fairly well with his small cherry orchard, in spite of the prophecy of some who maintained that the crop of Royal Ann would be very light this year. Mr. Harlow, who has a scant two acres in cherries, raised 12½ tons from his little orchard. He received an average of 5 cents a pound for the cherries, thus making from the two acre piece \$1,250. This is a young orchard which last year yielded \$900, the year before \$800 and with conditions next year equal to what they were this year a more remarkable story will be chronicled. Mr. Harlow takes care of his orchard.

## KEEP DEPOTS WARM.

Commission Prepares Regulations for Roads Within State.

Salem—As a result of the hearing conducted during the forenoon of Tuesday, July 16, upon the subject of depot and station accommodations and facilities, the railroad commission has announced the adoption of a full set of rules and regulations governing the sanitation, heating, lighting, etc., of cars and depots and prescribing the facilities to be supplied in the transportation of passengers within the state.

The order is sweeping in effect, covering all of the railroads operating lines in the state. The regulations, violations of which are subject to a forfeiture of from \$100 to \$1,000, follow:

All passenger waiting rooms and passenger cars used in this state shall be clean and supplied with pure drinking water and so lighted, heated, ventilated and equipped as to render the occupants of the same reasonably comfortable.

Suitable toilet rooms or buildings shall be provided and kept clean at each regular station where an agent is maintained, a separate toilet room or building shall be kept for the use of women, which shall be unlocked at all times when, by these rules, the waiting room is required to be open. Toilet rooms on all cars carrying passengers shall be kept clean and supplied with toilet paper.

Waiting rooms and ticket offices having an agent shall be open for the accommodation of the traveling public at least 30 minutes before the scheduled time of the arrival of all passenger trains scheduled to stop at such station, and shall be kept open after the arrival of such passenger train for such length of time as will afford passengers a reasonable opportunity to transact their business and leave the station. In the case of delayed trains, such waiting rooms shall be kept open until the actual arrival of such delayed train.

Waiting rooms at junctions shall be kept open when necessary for the accommodation of passengers waiting to transfer from one line to the other. Platforms shall be kept lighted at night when the waiting room is by these rules required to be open.

## Seek Independent Buyers.

Athens—The Inland Grain Growers' Association will make an effort again this year to have competition in marketing the holdings of its members. The plan suggested is to pool the wheat and get independent buyers into the field on the days set apart as sale days, when samples will be shown and a list of the holdings submitted. The buyer making the best offer taking the wheat. This plan was tried last year but proved unsuccessful, the buyers keeping away and ignoring the proposed sales.

## No Clerk Seen Yet at Burns.

Burns—The land department at Washington notified the land office here the latter part of June that a clerk and stenographer had been assigned to the office to relieve the congestion of business and that he would report for duty July 1, but he has not shown up yet, nor has the office heard anything more from him, and in the meantime a large amount of land business is languishing in the air, with settlers very anxious to make final proofs, settle contests and otherwise complete their entries.

## "DONALD."

A regimental pot or a company "mascot" plays a worthy and wholesome part in army service. It provides an object on which the soldier can expend affection and personal care, and binds the men in a common interest. In the long list of the various animals devoted to the camp and barracks, "Donald," the deer, holds a gallant place. Archibald Forbes gives his history in "The Black Watch."

Donald was adopted by the Royal Highlanders when they were ordered to Edinburgh Castle in 1836. He was a youngster with tiny antlers, which did not have to be cut then, as they were later.

When the regiment went to Glasgow, Donald marched with them. Soon he began to develop mischievous propensities. He objected strongly to intruders when the company was exercising on Glasgow Green.

In 1838 Donald discovered his true role. Without any previous training he took his place at the head of the regiment, alongside of the sergeant-major. Whether marching for exercise, out-marching in winter, or at guard-mounting, Donald was never absent. He accompanied the regiment on all garrison field-days, roaming off to feed while the manoeuvres were going on; wandering sometimes a mile away, but always back at his post in time for the march, except on one occasion.

He mistook his regiment, and trotted along ahead of the 79th. He presently discovered his error, and became uneasy and arrogant. When the company turned off to their barracks Donald refused to accompany them, and the colonel ordered six men to hand their muskets over to their comrades, and to escort the deer back to his own Royal Brigade. He never made a similar mistake.

When the regiment was on guard duty at the castle Donald always went with it, making his way easily through the crowd in the streets. If any one interfered with him he gave chase.

One day Donald's regiment went abroad, and the deer was handed over to a new company. These successors did not understand him. They did not give him litter for his bed or oats for his dinner, and he soon declared war against the whole regiment. A brigade trooper hardly dared cross the square if Donald was in sight. At last he became so ill-tempered it was decided to turn him loose in a park. His lordship who owned the estate promised to look well after Donald's comfort.

Twenty-two years later the lieutenant-colonel of Donald's old regiment returned to Glasgow, and one of the first things he did was to inquire after the company's deer. The story which was told him was a melancholy one. From the day he was set free in the park he declined to have anything to do with man or beast. He became so fierce, and so many complaints were entered against him, that at the end of two years he was shot.

## WILD MUSTARD AND CRESS.

Fragrant Plants of Woodlands and Meadows in Springtime.

Nature's vegetable antidote for spring fever is the mustard tribe, which plays an important role in the spring flora and furnishes a tonic to systems wearied with the monotony of winter fare. To this very family belongs the first spring blossom of our middle States—the little whitlow grass whose tiny white flowers speckle the brown turf of old fields in March.

Better known to the average country rambler is that companion of the hepatica in rich woods—the pepper root, whose drooping white or rose-colored bells are among the loveliest of all our early spring flowers. This plant has a tubercous, creeping root, contracted at intervals so as somewhat to resemble a short necklace.

The peppery quality of the root, which is tender and delicate like a young radish, gives to the plant its common name, and no spring picnic in the backwoods is complete without its salad of fresh-pulled pepper root. One species found in mountainous districts has knotted root stocks a foot long and is sometimes called crinkle root.

Another of the wild mustard tribe with beautiful flowers is the bitter cress, of which several species are native to our wet meadows and brooks. The commonest blooms from April to June, its clusters of large, white four-petaled blossoms making irresistible posies about cool springs and along field runnels.

The European cuckoo flower is a species of bitter cress, but while indigenous to some northern States is rather rare. Its snowy flowers, like miniature white snooks hung out to bleach—as was the annual spring custom among rustic maids of Shakespeare's day—are responsible for the name of "lady's smock," by which the plant goes in old English literature.

The familiar pepper grass plucked for canaries is a wild mustard, too, and is nibbling not to be despised by the human lover of pungency. So, also, is shepherd's purse, that humble denizen of every waste lot and neglected backyard—a plant which, according to Gray, enjoys the distinction of being the commonest of weeds.

Physician—Your boy will pull through all right. He has a wonderful constitution.

Mr. Tyle-Phist—I am glad to hear it, doctor. In making out your bill, of course, you will not make me pay for what his constitution has done in pulling him through.

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After the Floods.  
"I hear that you bought a home in the suburbs, Harker?" interrogated the city friend.

"Yes," sighed Harker, as he took a firmer grip on the lawn mower and basket of seeds.

"And I also heard that it is right up to date. Why, they say it even has subcellars."

"No, submarine cellars. They are under water most of the time."

Cutting—I suppose it did make you feel mean.

Dubbs—Well, I should say! Why, I felt like a plugged nickel.

Cutting—Ah! but what a blessing it is that we never feel quite as bad as we look.—Philadelphia Press.

Reason for Suppression.  
"The Mikado" was suppressed in London out of deference to the feelings of the Japanese; wasn't that silly?"

"Oh, I don't know; perhaps a bunch of amateurs were playing it!"—Houston Post.

Not a Circumstance.  
"Didn't the thunder storm disturb you last night?"

"Thunder storm? I didn't know there was one."

"You didn't? Where on earth do you sleep?"

"Nowhere on earth. I sleep within three feet of an elevated railway track."

His Near Profanity.  
"Grandfather," asked little Clarence, "did you ever swear?"

"The venerable dominion became reminiscent, and his eyes assumed a dreamy, pensive, far-away expression.

"No, my child," he answered; "I never really swore, but in a moment of excitement, and under strong provocation, I once so far forgot myself as to utter a fearful imprecation. I said to a man who had tried my patience beyond endurance, 'Corn-cobs twist your hair!'"

Not He.  
"You seem to wear pretty good clothes for a man who is looking for work, Sam?"

"I'm not looking for work, boss. My wife does that!"—Yonkers Statesman.

While the new maid tidied the room the busy woman kept on writing.

"Do you make that all out of your own head?" asked Jane.

"Yes," said the busy woman.

"My," said Jane admiringly, "you must have brains!"

"Brains!" sighed the woman dependently. "Oh, Jane, I haven't an ounce of brains!"

For a moment Jane regarded her with sincere commiseration.

"Oh, well," she said presently, "don't mind what I say. I ain't very smart myself!"—New York Press.

Two Kinds.  
"Political success," remarked one statesman, "depends a great deal on your platform."

"Yes," answered the other; "the party platform of artistic success and the lecture platform for financial success!"—Washington Star.

Relieved.  
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A Distinction.  
"I thought you told me Miss Screen couldn't sing?"

"No I did."

"But I have heard her at social gatherings myself a number of times."

"I said she can't sing; I never said she doesn't."—Baltimore American.

Heard at the Circus.  
The "performer" was assuring his auditors that the strange animal they now beheld was the only one of its kind in captivity. A mild-mannered man edged his way to the front and waited for a pause in the oratory.

"Is this an amphibious animal?" he asked, timidly, when his chance came.

"Amphibious?" retorted the "performer." "Amphibious nothing. Why, he'd bite you in a minute!"—Kansas City Times.

Just a Compliment.  
"Your complaint, madam," said old Dr. Gruffy, "is very serious."

"There now!" triumphantly cried the fussy woman, "I knew it!"

"Yes, madam, your complaint is chronic and there isn't the slightest ailment to excuse it."—Philadelphia Press.

HOWARD E. BURTON—Attorney at Law, 124½ Washington St., Portland, Oregon.

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EAST GREENACRES  
The only tract on the market where you can contract to sell your crop. Ten tracts a day. Abundance of water. Price \$150.00 per acre. Easy payments—come in or write for particulars.  
BEECHER & THOMPSON  
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# Is It Your Own Hair?

Do you pin your hat to your own hair? Can't do it? Haven't enough hair? It must be you do not know Ayer's Hair Vigor! Here's an introduction! May the acquaintance result in a heavy growth of rich, thick, glossy hair! And we know you'll never be gray.

Ayer's Hair Vigor is the most wonderful hair grower that was ever made. It will not only grow your hair, but it will also keep it from falling out. It is a purely vegetable preparation, and is entirely safe for the hair. It is made by Miss V. Brock, Lowell, Mass.