

Eruptions

The only way to get rid of pimples and other eruptions is to cleanse the blood, improve the digestion, stimulate the kidneys, liver and skin. The medicine to take is **Hood's Sarsaparilla** Which has cured thousands.

His Qualification: Senator—This friend that you want me to get a government position for—you can recommend him as a man of good ability and capable of filling the place, I suppose? Constituent—Why, no, Senator, I can't do that. It's because he can't make a living at anything else that I want you to get a government job for him.—Chicago Tribune.

The Rule of Three: "One week from today, Uncle John, I will be a married man. Yes, in seven short days I will be initiated into the mysteries of matrimony." "No mystery about it, my boy. It is just the plain, simple rule of three." "Rule of three? Eh—what three?" "Wife, mother-in-law, and hired girl."—Kansas City Journal.

Patience—Before he married her he couldn't do too much for her, but now he wouldn't lift his hand to help her. Patience—Well, you know she says she has made another man of him!

"Running an auto must be exciting," said the friend. "It is," said the owner. "Every time you stop you wonder if the machine will start again when you are ready."—Brooklyn Life.



Straighten Up

The main muscular supports of the body weaken and let go under

Backache

or Lambs. To restore, strengthen and straighten up, use

St. Jacobs Oil

Price 25c. and 50c.

Wanted an Infraction. "If you please, suh," said the old lady to the lawyer, "I want to take out a partin' infraction." "What do you mean by that?" asked the lawyer. "I means, suh, in plain language, a verdict ter break 'way ter take de right han' road whar de roads cross an' let de ole 'oman go her way an me go mine."

"Isse," said the lawyer. "You want a divorce to break up housekeeping and give her alimony?" "Dat's it, suh," exclaimed the old man. "I dunno who alimony is, but des gimme my infraction, an he kin take her ef he wants her!"—Atlanta Constitution.

While Arthur was spending a week at his aunt's he chanced one day to place his elbows on the table during dinner. "My dear boy," said his aunt, "don't you know that children of the first families must never put their elbows on the table?" "Oh, well," said Arthur, "that doesn't hit me for my father's been married twice, and I belong to the second family."

Vanity: Mr. Potts (to his wife)—My dear, the air is chilly. Forme in a fenetre. The visitor (softly roco)—Why do you ask your wife in French to shut the window? Mr. Potts (ditto)—Because you are here. If I asked her in English she wouldn't do it, as she won't take instructions from me before visitors. But if I say it in French she gets up and does it at once, so as to let you see that she understands the language.—Pittsburgh Courier.

"Do you believe that the American people like to be humbugged?" "No, sir," answered the sturdy patriot, "but when they find anyone smart enough to do it they can't help taking off their hats to him."—Washington Star.

Coughing

"I was given up to die with quick consumption. I then began to use Ayer's Cherry Pectoral. Improved at once, and am now in perfect health."—Chas. E. Hartman, Gibbstown, N. Y.

It's too risky, playing with your cough. The first thing you know it will be down deep in your lungs and the play will be over. Begin early with Ayer's Cherry Pectoral and stop the cough.

Three doses: 25c. 50c. \$1. All druggists.

Consult your doctor. If he says take it, then do as he says. If he says don't take it, then don't take it. If he says leave it alone, then leave it alone. J. C. Ayer & Co., Lowell, Mass.

THE HOUSEHOLD

Lemon Dampings. Half a pound of grated bread crumbs, quarter pound of chopped suet, half a pound of moist sugar, two eggs, one large lemon, a pinch of salt. Mince the lemon peel very finely. Put all the dry ingredients in a basin, and mix well. Moisten with the eggs and the strained juice of the lemon. Stir well and put the mixture into small buttered cups or moulds. Cover with buttered paper. Set them in a kettle of boiling water, and let them steam for two and a half hours. Turn them out in a dish, and strew sifted sugar over them.

Salted Almonds. Blanch the almonds in boiling hot water. Melt a tablespoonful of butter, and let the almonds stand in it an hour. Put a tablespoonful of salt into a dish, stir in the nuts until all are lightly covered with salt, spread on a shallow tin and set in a warm oven to brown delicately. More or less salt may be used, according to taste. Peanuts are salted in the same way, except that they do not need blanching, as the brown hull comes off easily.

Chocolate Custards. To two cups of milk add two well-beaten eggs, two slightly rounded teaspoonsful of cocoa, three level teaspoonsful of sugar, and one-half teaspoonful of vanilla flavoring. The cocoa should be mixed with the sugar and dissolved in half of the milk heated, and when this has cooled a little add the other ingredients and pour into cups. Set the cups in a pan of boiling water and bake in a moderate oven.

Pepper Sandwiches. Remove all the seeds from a green pepper, chop fine and simmer ten minutes in a tablespoonful of butter. Do not allow it to brown. Add a dash of salt, and when cold spread between thin slices of bread minus the crust. Grated American cream cheese may be placed on the top of the pepper layer with happy results. These piquant little sandwiches are said to be especially nice with cold meat.

Cranberry Fritters. Beat one egg thoroughly and stir it into one and a half cups of milk, add one tablespoonful of sugar and one cup of flour in which has been sifted one teaspoonful of baking powder. When well mixed stir in one cup of thick, rich cranberry sauce, and drop in spoonfuls on a hot, buttered gridiron. Brown very lightly and serve with butter and powdered sugar.—Good Housekeeping.

Creamed Oysters. Put one quart of oysters, with the broth, into a stewpan, and let the oysters heat through. When the edges of the oysters curl, take them out and add two cups of milk and two tablespoonsful of butter to the broth. When boiling, add two tablespoonsful of flour which has been stirred smooth in a little cold milk, with salt and pepper. When thickened, add the oysters, and serve at once on slices of toast.

Apples with Cream. Peel, core and quarter six large tart apples; boil in a rich sugar syrup till tender, but not broken. Place in a glass dish, boil the syrup a little longer, and then pour over the apples. When cold cover with a thin layer of red currant jelly, and over all pour a thick layer of whipped cream sweetened with sugar.

Ham Toast. Mix some pounded cold ham with a beaten egg, season with pepper and lay on buttered toast; put in the oven until it gets thoroughly heated. A nice way of using up small pieces of ham.

Sales at Fairs. Sales at fairs have long been a feature of the English cattle shows. In fact, they have become so general that many of the English shows are really market days and are held at frequent intervals. Sales have played a more or less important part with American exhibitors, but have always been made privately, and fair officials have taken little or no interest in encouraging them.

There would seem to be an opportunity in this country for advancement in this direction. If sale classes are arranged for and a certain part of the day set aside for auction sales of cattle or other produce both the fair management, exhibitors and general public might be benefited thereby. It would help the farmer out at the spot where he is weakest—that is, in marketing what he grows.—American Agriculturist.

Cleans Out Vermin. A writer in the Scientific American says he has cleared his premises of vermin by making whitewash yellow with copperas and covering the stones and rafters in the cellar with it. In every crevice in which a rat might hide he put the copperas and scattered it in the corners of the floor. The result was a complete disappearance of rats and mice. Since that time not a rat or mouse has been seen near the house. Every spring the cellar is coated with the yellow whitewash as a purifier and a rat exterminator, and no typhoid, dysentery or fever attacks the family.

Cement Floors for Barns. From an sanitary point of view there is no doubt that cement floors are the best for barns and stables. However, when putting on the finishing layer, it should be rather deeply striated, which prevents it from becoming slippery. The striae should follow a system favorable to drainage—that is, the small furrows should lead to larger ones and these to the drain in the rear of all stalls. This is very easily done.



Mrs. Tupman, a prominent lady of Richmond, Va., a great sufferer with woman's troubles, tells of her cure by **Lydia E. Pinkham's Vegetable Compound**.

"DEAR MRS. PINKHAM:—For some years I suffered with backache, severe bearing-down pains, leucorrhoea, and falling of the womb. I tried many remedies, but nothing gave any positive relief. "I commenced taking Lydia E. Pinkham's Vegetable Compound in June, 1901. When I had taken the first half bottle, I felt a vast improvement, and have now taken ten bottles with the result that I feel like a new woman. When I commenced taking the Vegetable Compound I felt all worn out and was fast approaching complete nervous collapse. I weighed only 88 pounds. Now I weigh 104 pounds and am improving every day." I gladly testify to the benefits received."—Mrs. H. C. TUPMAN, 423 West 30th St., Richmond, Va.

When a medicine has been successful in more than a million cases, it is just to yourself to say, without trying it, "I do not believe it would help me." Surely you cannot wish to remain weak and sick and discouraged, exhausted with each day's work. You have some derangement of the feminine organism, and Lydia E. Pinkham's Vegetable Compound will help you just as surely as it has others.

Mrs. W. H. Pelham, Jr., 108 E. Baker St., Richmond, Va., says: "DEAR MRS. PINKHAM:—I must say that I do not believe there is any female medicine to compare with Lydia E. Pinkham's Vegetable Compound, and I return to you my heartfelt thanks for what your medicine has done for me. Before taking the Vegetable Compound I was so badly off that I thought I could not live much longer. The little work I had to do was a burden to me. I suffered with irregular menstruation and leucorrhoea, which caused an irritation of the parts. I looked like one who had had consumption; but I do not look like that now, and I owe it all to your wonderful medicine."



"I took only six bottles, but it has made me feel like a new person. I thank God that there is such a female helper as you." Be it, therefore, believed by all women who are ill that Lydia E. Pinkham's Vegetable Compound is the medicine they should take. It has stood the test of time, and it has hundreds of thousands of cures to its credit. Women should consider it unwise to use any other medicine. Mrs. Pinkham, whose address is Lynn, Mass., will answer cheerfully and without cost all letters addressed to her by sick women. Perhaps she has just the knowledge that will help your case—try her to-day—it costs nothing.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of these testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

Determined. "My brother is very much hurt that you should refuse to correspond with him," said Mr. Chellusman's sister. "By failing to answer his many letters you wrong him, although, perhaps, you do not mean it." "No," replied Miss Jill. "I do not mean to wrong him; neither do I mean to write him."—Catholic Standard and Times.

Bay of Apia Fish. In the bay of Apia, in Samoa, a surveying party has discovered 453 distinct specimens of fish. The dahlia was introduced into Europe for the value of its bulb as a substitute for the Irish potato, which it resembles when baked.

Salute at Fairs. The dahlia was introduced into Europe for the value of its bulb as a substitute for the Irish potato, which it resembles when baked.

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 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.**

SERMONS OF THE WEEK

Fatal Mistakes.—Two classes make fatal mistakes—those who think they are wholly sanctified and those who make no progress at all.—Rev. Ray Palmer, Baptist, Chillicothe, Mo.

Forgetting.—If you forget in order to mend, God forgets, too; if you forget in order to persist, then you may forget, but God remembers.—Rev. Frank Crane, Unitarian, Worcester, Mass.

The Home.—The American home is the richest inheritance of the nation. It is in its best estate more-primal and important than school or church.—Rev. R. A. White, Universalist, Chicago, Ill.

Getting in Line.—The man who does not line up with God's people in the great fight for righteousness is on the side of the devil and arrays himself against God.—Rev. A. R. Holderby, Methodist, Atlanta, Ga.

The Duties of Life.—Life must be unified by having but one principle and then seeking to attain to the one goal by using two instrumentalities, religious duties and secular interests.—Rev. O. D. Case, Baptist, Montclair, N. J.

The Soul in Action.—Prayer is the soul in action. And in its highest form it is the highest energy of which the soul is capable—the most positive power in man's relation to God.—Rev. John Reid, Presbyterian, Brooklyn, N. Y.

Wine, Women and Wealth.—The greatest temptations of men to put them rhythmically, are wine, women and wealth. And I think I put these in the order of their importance.—Rev. O. L. Laws, Congregationalist, Baltimore, Md.

The Touch of Love.—Humanity responds to the touch of love. Around the sunny side of even the most rigid man there is always a door that opens to the presence of a loving heart.—Rev. T. J. Villers, Baptist, Indianapolis, Ind.

Labor Unions.—I believe any number of persons engaged in the same work have as much right to form a union as we ministers have to meet each Monday in our ministerial meetings.—Rev. S. E. Young, Presbyterian, Pittsburgh, Pa.

Theft.—A thief is one who steals. To steal is to take without right or leave that which belongs to another. When a thief is convicted of stealing he is put into jail; that is, some thieves are.—Rev. J. M. Markley, Congregationalist, Denver, Col.

Humility.—There is no principle more, universally overworked in the Christian church to-day than that of humility. The average Christian is altogether too meek and too prone to self-disparagement.—Rev. C. E. Jefferson, Baptist, New York City.

Wealth.—The love of money is the root of evil, but a man by caring strictly for his business and doing it all with integrity, can succeed and may become rich. All a man needs is honesty. He does not need to be born rich.—Rev. S. M. Dick, Methodist, Worcester, Mass.

Two Questions.—Life holds two questions of the first importance. Is there a God? And if so, how does He feel toward us? Is there another life? And if so, what about the harvest there of sin that we have sown here?—Rev. N. D. Hillis, Congregationalist, Brooklyn, N. Y.

Missionaries.—It is only 93 years since the first American missionary went out among the heathen and to-day there are millions of Christians where there would have been only heathens had not the banner of Christ been unfurled in their midst.—Rev. J. E. McClurkin, Presbyterian, Shady Side, Pa.

Sin and Disease.—The best way to keep disease out of the inner life is to keep it strong, healthy and vigorous with moral and spiritual life. The way to keep sin out of the life is not by fencing of any kind, for sin gets over all fences; but by having the life filled to overflowing with spiritual life and power.—Rev. W. M. Martin, Methodist, Brooklyn, N. Y.

Trouble.—The reason trouble is so troublesome is that we seldom put God in the present tense. We transmute Him into the dim past and dwell upon the wonders He wrought in the days of the fathers. We transmute Him into the remote future and dream of the glories which shall be ours when all the vells which now hide Him shall be lifted. Christ's cure for trouble is to live with God beside us in our everyday experiences; to take God to the office, a partner in our business; to take God to the parlor, a sharer in our pleasures.—Rev. Howard Duffield, Presbyterian, New York City.

Family Devotion.—Family worship is essential to true home life. Whenever young people set up a home they ought to erect an altar. Religion in the home is more important than anywhere else. In the family the day should begin and close with God. Family prayer should be brief, yet comprehensive enough to compass the wants of the family. The selections of Scriptures should be made with care. As a rule, family devotion should be conducted at about the same hour, morning and evening. Where men and women plan for such devotions, family religion becomes pleasant and profitable.—Rev. D. G. Wylie, Presbyterian, New York City.

A Real G-bson Girl. Mrs. Gibson, the mother of Charles Dana Gibson, says that a few days since Dana's little girl, aged 7, came over to see her. After playing contentedly for some time she came up to her and said:

"Grandma, I must go home now." "But why so soon, dearie?" "Well, you see, grandma, I must look after papa. He's all alone there, with nobody but his wife and the baby."

Knowledge of a good many men can tell of things that aren't so.

GOVERNOR OF OREGON

Uses Pe-ru-na For Colds in His Family and Grip.



CAPITOL BUILDING, SALEM, OREGON.

A Letter From the Governor of Oregon.

Peruna is known from the Atlantic to the Pacific. Letters of congratulation and commendation testifying to the merits of Peruna as a catarrh remedy are pouring in from every state in the union. Dr. Hartman is receiving hundreds of such letters daily. All classes write these letters, from the highest to the lowest.

The outdoor laborer, the indoor artisan, the clerk, the editor, the statesman, the preacher—all agree that Peruna is the catarrh remedy of the age. The stage and rostrum, recognizing catarrh as their greatest enemy, are especially enthusiastic in their praise and testimony.

Any man who wishes perfect health must be entirely free from catarrh. Catarrh is well nigh universal; almost omnipresent. Peruna is the only absolute safeguard known. A cold is the beginning of catarrh. To prevent the cold, to cure colds, is to check catarrh out of its victims. Peruna not only cures catarrh, but prevents it. Every household should be supplied with this great remedy for coughs, colds and so forth.

The Governor of Oregon is an ardent

Ask Your Druggist for a Free Peruna Almanac for 1904

Sufficient Reason. "What makes Milderer so bitter against Turks?" "The young man who calls on his daughter smokes Turkish cigarettes."

\$100 REWARD \$100. The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: J. C. HENNEY & CO., Toledo, O. Sold by druggists.

An Odd Chandler. A chandler, made of human bones, adorns the ceiling of a church in Seidlitz, Bohemia.

Cross? Poor man! He can't help it. He gets bilious. He needs a good liver pill—Ayer's Pills. They act directly on the liver, cure biliousness.

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

The Genuine TOWER'S POMMEL SLICKER HAS BEEN ADVERTISED AND SOLD FOR A QUARTER OF A CENTURY. LIKE ALL TOWER'S WATERPROOF CLOTHING, IT IS MADE OF THE BEST MATERIALS, IN BLACK OR BROWN, FULLY GUARANTEED, AND SOLD BY RELIABLE DEALERS EVERYWHERE. STICK TO THE SIGN OF THE FISH.

PERRIN'S PILE SPECIFIC The INTERNAL REMEDY No Case Exists It Will Not Cure

Wood Saws, Drag Saws run by steam or gasoline engines, also the latest saw mill machinery, stump pullers, well drilling machinery, etc., etc. Write for your needs. REIERSON MACHINERY CO. Portland Foot of Morrison Street Oregon

OREGON PORTLAND St. Helen's Hall Home and day school for girls. Ideal location. Spacious building. Modern equipment. Academic College preparatory and special courses. Music, Elocution, Art in charge of specialists. Illustrated catalogue. Easter term opens February 1, 1904. ELEANOR TEBBETTS, Principal.

For six years I was a victim of dyspepsia in its worst form. I could eat nothing but milk toast, and at times my stomach would not retain and digest even that. Last March I began taking CASCARETS, and since then I have steadily improved, until I am as well as I ever was in my life. DAVID H. MURPHY, Newark, O.

CANDY CATHARTIC Cascarets TRADE MARK REGISTERED REGULATE THE LIVER

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken, or Gripes. Sold Everywhere. CURE CONSTIPATION. Burt's Ready Relief, Chicago, Montreal, New York. \$11

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

PRUSSIAN STOCK FOOD The Great Conditioner and Stock Fattener. HORSES do Less Feed. COWS give More and Richer MILK. HOGS Fatten Quicker if given this Food. Packages, 50c and \$1.00.

MAKES PIGS GROW—GOOD FOR STUNTED CALVES. PRUSSIAN REMEDY CO., St. Paul, Minn. DRUGGISTS—If I have been feeding your Prussian Stock Food to my thoroughbred swine, it gives them an appetite and makes them grow. I also tried it on stunted calves with satisfactory results. W. W. GROOMS, Elgin, Neb.

PORTLAND SEED CO., Portland, Or., Coast Agents.

Sanders Disk Plow Simplest and most perfect made. Before you give your order for a Disk Plow be sure to examine the Sanders. For sale by the old reliable house of

Mitchell, Lewis & Staver Co., PORTLAND, - - - OREGON

Send for Special Circular SPOKANE SEATTLE BOISE SALEM MEDFORD