No Appetite

Means loss of vitality, vigor or tone, and is often a precursor of prostrating sickness. This is why it is serious. The best thing you can do is to take the great alterative and tonic

Hood's Sarsaparilla

Which has cured thousands.

Where the Cost Comes.

Philosopher—The only thing that can make any man, rich or poor, perfectly happy is love, and love costs not a penny.

Practical Man—True, but keeping the loved one in clothes costs like the Old Nick.

An American factory at Hanover supplies pneumatic brakes for the whole Prussian railway system.

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

A Hebe.

Sister—You have told me her name, yet I know no more than I did before. Is she beautiful?

Brother—Beautiful? Why, she could make even the present fashions look artistic.

FITS Permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free $2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

Heroic Treatment.

Mrs. Ebony—Doctah, my husban' he got the paralersis in the laigs, so he carn't move his feet.

Doctor Dark—Is dat so, Mrs. Ebony? Well, I'll call right away.

Mrs. Ebony—Yes, doctah, an' be suah to brung youh banjo erlong. If dat doan start his laigs goin', nuthin' will.

$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, F. J. CHENEY & CO., Toledo, O.
Sold by druggists, 75c.
Hall's Family Pills are the best.

Accounting for the Growth of Fishes.

Lady Visitor (who has been listening to Piscator's story)—I didn't know that trout grew as large as that.

Piscator's Wife—Oh, yes, they do—after the story has been told a few times.

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

The Cook's Carrying Capacity.

"You are having trouble with your cooks?"

"Yes. The first one carried on so."

"And how about the last?"

"She carried off so. I lost two vests and a hat."—Philadelphia Record.

Keeley Cure LIQUOR-MORPHINE-TOBACCO HABITS PERMANENTLY CURED —FOR FULL PARTICULARS— ADDRESS THE KEELEY INSTITUTE, PORTLAND, ORE.

After Venus had answered the prayers of the young girl and had sent her a husband she next worshiped Hymen. This god was adored only on the day of the marriage ceremony, never before nor after.

To Break in New Shoes.

Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Why Fruit Trees Fail.

Country Life in America points out that the dropping off of young fruit is not due to insect pests, as it is popularly supposed. More often it is because of the fact that many varieties of fruits are self-sterile and the blossoms require the contact of the pollen of other varieties before they will mature fruit. Not getting this pollen, many fruit trees do not bear at all or very much. The same trees treated by the methods of grafting and planting will often bear large fruit and plenty of it.

Revenge of a Waiter.

Tips regarding prospective smugglers come to the customs officials in strange ways and from peculiar sources, says the New York Tribune. One of the queerest was a cable dispatch from Bermuda, received a few weeks ago. It read: "Customs, New York: Watch Green—bicycle trunk—from Bermuda." There was no signature, and the officials, utterly puzzled as to the source of the message, awaited the arrival of the next Bermuda boat with interest. Sure enough, there was a passenger named Green, and among his luggage was a bicycle trunk.

He made the usual declaration that he was bringing in nothing dutiable.

"What is in this?" asked an inspector, tapping the bicycle trunk.

"My bicycle, of course."

"Suppose you open it," said the inspector.

Mr. Green was sorry, but he had lost the key. Then they broke it open and found it packed with expensive cigars, which were promptly confiscated.

The mystery of the cabled tip was cleared up by a passenger who had stopped in Hamilton at the same hotel with Green. It seemed that Green never tipped hotel servants. One of them discovered that he was packing the bicycle case with cigars and told his fellows. They chipped in enough to pay for the cable dispatch and in giving the tip had revenge for tips not given.

The Preacher's Evidence.

Roland, Ill., June 27.—Diabetes has so long been looked upon as an incurable form of Kidney Disease that a sure cure for it must rank as one of the most valuable medical discoveries of the age. And every day brings forth fresh evidence that Dodd's Kidney Pills will cure Diabetes. Important evidence in their favor is given by Rev. Thos. B. Norman, the well known Baptist minister here. Mr. Norman says:

"I had all the symptoms of a bad case of Diabetes and received so much benefit from the use of Dodd's Kidney Pills that I cheerfully recommend them to anyone suffering from that dread disease. Dodd's Kidney Pills will cure the worst form of Diabetes."

Dodd's Kidney Pills always cure Diabetes, one of the final stages of Kidney Disease. All the earlier stages from Backache to Rheumatism are naturally much more easily cured by the same remedy.

Our Country's Growth.

No nation on earth can show so rapid a growth in population as the United States. The recent bulletin of the Census Bureau contains the estimates of population for 1901, 1902 and 1903 for all the cities having 10,000 or more inhabitants in 1900 and for States and Territories. According to the figures presented, the total estimated population of the United States, exclusive of Alaska and the insular possessions of the United States, is 79,900,398. This is an increase of 8,905,814 since the census of 1900. The population is estimated for 438 cities having 10,000 or more inhabitants in 1900.

According to these estimates, New York is now a city of 3,716,139 inhabitants; Chicago is rapidly approaching the two million mark, having 2,873,880 inhabitants; Philadelphia has 1,367,716; St. Louis has just passed and Boston has almost reached the 600,000 mark; Baltimore has 531,313; Cleveland is now a considerable distance ahead of Cincinnati, which cities have 414,950 and 832,234. Buffalo has also considerably increased its population, being credited with 381,403 inhabitants. San Francisco and Pittsburg are also close competitors, the former having 355,919 and the latter 345,043. Detroit, Milwaukee and New Orleans have just passed 300,000 and Washington is close to that figure.

Talked Too Much.

Tess—She told me she was going to bleach her hair.

Jess—How indiscreet. She really ought to keep it dark.—Philadelphia Press.

Good intentions are very mortal and perishable things; like very mellow and choice fruit they are very difficult to keep.—Simmons.

The age of the Sierra Nevada mountains, the youngest of the American ranges, is estimated at 3,000,000 years by Prof. Lawson, of the University of California.

IN THE PRESS BOX.

Where Professional Scorers and Reporters Keep Track of Game.

At the grounds where the professional clubs play baseball you may have noticed a small boxlike structure perched on the roof of the grand stand. Its position directly back of the home plate and on a line with the pitcher is the best possible for a view of the game, and if you are lucky enough to be invited up by some of those who have a right there, you will be surprised to find how much better you can watch what is going on than from a seat nearer the ground.

This little house with the wire netting over the front to guard against foul flies is called the press or scorers' box. The young men who sit there have need of every facility for observing the game, because afterward they must present an absolutely accurate record of it. If the contesting nines belong to an important league and play in a large city there will be an official scorer for each club, besides reporters from each of the daily newspapers. The scorers have to record every move of the game, and, when it is over, present to the managers of their clubs a complete set of figures, from which anybody who understands the sport can tell exactly what each player has done—how well or how poorly he has played.

Watch a scorer at work. Before him is an open book with the names of one club written down the left-hand side of one page and those of the opposing team inscribed on the page opposite. After each name is a line of checker-board squares, curiously marked off, and at the end of these on the right of each page are several perpendicular columns, headed A B, R, 1 B, S B, S H, P O, A, and E, for the summary. These stand for, respectively, times at bat, runs, the times a player has reached first base, stolen bases, sacrifice hits, put-outs, assists and errors. The symbols used by professional scorers are comparatively few, and easy to remember, and anyone familiar with the game ought to be able to use them after half an hour's study, followed by a little practice.—St. Nicholas.

GOETHE AND PANAMA.

Poet's Prophecy in 1827 About the Great Canal.

The Frankfurter Zeitung of Feb. 20, 1904, in an editorial states that the Panama Canal treaty has been ratified in Washington, and that thereby the legal basis for the construction of the canal from the Atlantic to the Pacific has been created, and that the great work can be completed in a comparatively short time.

It is perhaps pertinent, the paper adds, to recall what Goethe said concerning these matters. During a conversation with Eckermann in 1827 with reference to Humboldt's travels, he said:

"This much is certain: If by a crosscut of this kind it could be accomplished that vessels with all sorts of cargoes and of every size could go through such a canal from the Gulf of Mexico to the Pacific Ocean, quite incalculable results would follow for the entire civilized and uncivilized human race.

"I, however, would be surprised if the United States would miss the chance to get such a work into her hands. It is to be foreseen that this young State, with its decided tendency toward the West, will in thirty to forty years have also taken possession of, and will have populated, the large areas of land on the other side of the Rocky Mountains. It is furthermore to be foreseen that in this entire coast of the Pacific Ocean, where nature has already created the most roomy and safest harbors, in course of time very important commercial towns will carry on a large traffic between China and the East Indies with the United States. In such a case it would not only be desirable, but almost necessary, that merchant as well as war vessels should be able to have quicker connection with the western and eastern coasts of America. I therefore repeat that it is entirely indispensable for the United States to make a passage from the Gulf of Mexico to the Pacific Ocean, and I am certain that she will accomplish it."—Consular Report.

OUR LUMBER INDUSTRY.

More Highly Developed Here than in Any Other Country.

Russia leads the world in the planting of forests; the United States in their wholesale destruction. Yet this vast destruction means vast wealth to the nation, and is the result, in part, of that cry going up over the entire civilized world: "More wood!"

Few Americans—in fact, few lumbermen—realize the extent of the lumber industry of this country. We read with wonder the value of the iron, the coal and the petroleum produced in the United States. Likewise, the production of American gold and silver means tremendous wealth. The vastness of the wheat crop is almost beyond conception. Yet the value of all iron, coal, petroleum, gold, silver, platinum, nickel, aluminium, zinc, lead, copper and wheat produced in the United States during 1895 was $116,000,000 less than the value of the timber crop five years earlier.

In 1900 lumbering ranked fourth among the great manufacturing industries of America, exceeding even the leader, iron and steel, in the number of men employed and the capital invested. In America this industry is more highly developed than in any other part of the world.

There are four distinct lumber producing districts in the United States—namely, the northeastern, comprising the northern New England States, New York and Pennsylvania; the lake, comprising the States of Wisconsin, Michigan and Minnesota; the Pacific, comprising the States of Washington, Oregon and California, and the southern yellow pine, included in eleven States—Virginia, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Texas, Arkansas and Missouri.—American Monthly Review of Reviews.

Casey—Oi see there's bin another railroad wreck due to an open switch. Cassidy—Ay, 'tis a pity some wan don't invint a switch thot'll stay shut when it's open.—Philadelphia Press.

Ayer's

What are your friends saying about you? That your gray hair makes you look old? And yet, you are not forty! Postpone this looking old.

Hair Vigor

Use Ayer's Hair Vigor and restore to your gray hair all the deep, dark, rich color of early life. Then be satisfied.

"Ayer's Hair Vigor restored the natural color to my gray hair, and I am greatly pleased. It is all you claim for it."
MRS. E. J. VANDSCAR, Mechanicsville, N. Y.

$1.00 a bottle. All druggists. J. C. AYER CO., Lowell, Mass.

for

Dark Hair

English Women Dull.

Sarah Grand says that American women are, for the most part, more thorough, more intelligent, better informed, larger minded, and more agreeable to meet than their British sisters. The average Englishwoman is dull, idle, sluggish, and incompetent; the average American is busy, bright, energetic and capable.

A prominent club woman, Mrs. Danforth, of St. Joseph, Mich., tells how she was cured of falling of the womb and its accompanying pains and misery by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—Life looks dark indeed when a woman feels that her strength is fading away and she has no hopes of ever being restored. Such was my feeling a few months ago when I was advised that my poor health was caused by prolapsus or **falling of the womb.** The words sounded like a knell to me, I felt that my sun had set; but **Lydia E. Pinkham's Vegetable Compound** came to me as an elixir of life; it restored the lost forces and built me up until my good health returned to me. For four months I took the medicine daily, and each dose added health and strength. I am so thankful for the help I obtained through its use."—MRS. FLORENCE DANFORTH, 1007 Miles Ave., St. Joseph, Mich.—*—$5000 forfeit if original of above letter proving genuineness cannot be produced.*

"FREE MEDICAL ADVICE TO WOMEN."

Women would save time and much sickness if they would write to Mrs. Pinkham for advice as soon as any distressing symptoms appear. It is free, and has put thousands of women on the right road to recovery.

PRICES THAT TALK.

Threshermen and Sawmill Men Note! 150 ft. Endless Linen Stitched, Heavy Canvas, 4 ply, 7 inch Belting, $27.00. 150 ft. 4 inch wide, same as above, $22.00. Tank Pumps complete, with 18 ft. 2 inch Suction Hose, 10 ft. Discharge Hose, with nozzel and Strainer, $19.50. Belting, Hose and Packing at wholesale prices. General agency for Parsons Hawkeye Self Feeder. Lane shingle mill, run only 40 days, at a bargain. Write for catalogs.

REIERSON MACHINERY CO., PORTLAND, OREGON.

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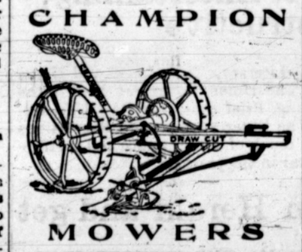

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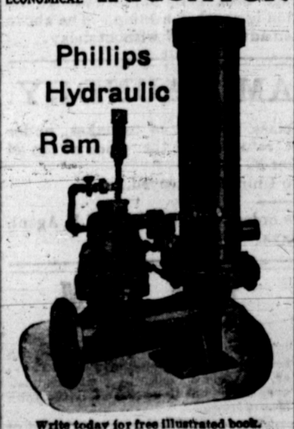

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STRENGTH OF THE JAPANESE.

A Japanese house is one of the simplest things ever built, for it consists of little more than four posts and a roof. But such "impermanence," which is also seen in other things, is a part of the strength of the nation, writes Douglas Sladen in "Queer Things About Japan," for no people in the world have so few wants.

The Japanese have no bread, no beds, no fires, no boots or shoes, no trousers for the men, no petticoats for the women—for both sexes wear several dressing-gowns, one over the other. In their houses they have no windows, no doors, no walls but paper shutters fixed in grooves, no ceilings, no chests of drawers, not even a washstand.

In the kitchen they have no range, no pots, no pans, no flour-bins, no kitchen tables. But then they have no tables or chairs in the drawing-room, and in the real native house the drawing-room itself is only a lot of bedrooms with the paper shutters taken down. There is no reason why you should find anything in a Japanese house except mats, and a charcoal stove for warming your fingers and making tea.

These and a cushion or two, and a quilt to sleep on, with an elaborate conventional politeness, constitute the furniture of a Japanese house, except the guest chamber. And the articles in the guest chamber consist of a screen, a kakemono and a flower-vase.

Along with his magnificent want of wants, so to speak, the Japanese combines a capacity to get huge pleasure out of what we should regard as trifles, and after labors and sacrifices that we should think intolerable. This extraordinary patience and wholehearted enjoyment under all the niggardliness of his lot marks the Japanese as unique among the peoples of the world.

He lives on next to nothing, and thrives on it. He always has a smile. He works whenever he can get any work to do. They are all week-days to him. Instead of a seventh day, Sunday, he has his festa, a national holiday or a temple festival. In either case he goes a-faring to some temple, and takes his children or a friend. He is never too poor to have money to treat them.

He only gives himself a holiday when he is out of work, and his holidays are inexpensive. He just walks a hundred miles to see some famous garden in its glory; he carries his luggage in a box, wrapped in oiled paper, and gets a bed at an inn for a halfpenny. His food is almost as cheap; and when the last turn in the road shows him the irises of Horikari, or the house and cherry-trees of Yoshino, on the day of all the year, he would not change places with the King of England.

HOW MEN SHOULD REST.

What a Celebrated Specialist Has to Say About It.

In commenting on the well-authenticated statement that Theodore Mommsen, the famous German historian, slept only about three hours a day during the last twenty years of his life, and yet attained to the ripe old age of 86, a celebrated specialist in nervous diseases says that this remarkable record could undoubtedly be attributed to Mommsen's extraordinary intellectual development and intense absorption of his work.

"Contrary to the popular notion," the physician continued, "the more highly developed is a man's intellect the less sleep he will require. The reason is that when all of life's forces are centered in the intellect there is much less wear and tear on the body than in the case when a more animal life is led. When the body is used merely as a means to a higher end, and not indulged for its own sake, it will respond in an astonishing manner to the tasks that are placed upon it.

"I am not what you would call a religious man, but I can testify that it is indubitably true that behind the body is a something—call it intellect, spirit or soul, just as you please—that has a power over the body that is practically unlimited; at least, I should hesitate to place any limitation upon it. And when a man lives in his intellect, soul or spirit, his body is not only subjected to a minimum of friction and consequent minimum need of repair, but it can be used up to the maximum of its capacity."—Detroit News-Tribune.

PHYSICAL CULTURE IN JAPAN.

Belief in This Training Is a Matter of Modern Growth.

Belief in physical training has really been a matter of quite modern growth in England, but as it was slow to come it came with a rush. For we seem to have been taken with a positive mania for physical training, and there is as much danger of our overdoing it as there was of neglecting what we know to be essential on health. Let us take a lesson from the hardy little Jap, who is the embodiment of "wiriness" and who seems incapable of fatigue, though his sustenance is only a few grains of rice. The Japanese have practiced a system of physical exercise for over 2,500 years, and to this is due the splendid physique which enables them to withstand fatigue. They have been called the "healthiest, strongest and happiest men and women in the world," and the credit for this must be given to jiu-jitsu, the system referred to.

There are no less than six different systems of jiu-jitsu, but every one is based on diet and the healthy state of the body. Every muscle is brought into development and hardening by the system, which means "muscle-breaking"—a term that does not express the fact. Four years are needed for the full development of the system, years of regular, patient practice, and gradually the pupil begins to feel its influence.—St. Louis Globe-Democrat.

Between Friends.

"I spent last evening in the company of the one I love best in all the world," said young Sapleigh.

"So?" queried his friend Biffkins. "And didn't you tire of your own company?"

WHY HOT WEATHER MAKES WOMEN NERVOUS.

A Well Known Canadian Lady Sends Letter of Endorsement to Pe-ru-na.

Miss Mary Burns, 28 Spring Garden Road, Halifax, N. S., writes: "Having used Peruna for indigestion and stomach trouble and to build up a broken down system with the very best results, I am pleased to state my experience with this excellent medicine. I had been troubled with stomach trouble and poor digestion for some years, and although I tried many remedies and dieting, nothing seemed to restore my health until I used Peruna. In three months I had entirely recovered my health and strength."—Mary Burns.

Suggestions by Dr. Hartman.—How to Combat the Nervous Depression Incident to Warm Weather.

Nervousness is very common among women. This condition is due to anæmic nerve centers. The nerve centers are the reservoir for nerve vitality. These centers become bloodless for the want of proper nutrition.

This condition is especially noticeable during the warm season. Every summer an army of invalids are produced as a direct result of weak nervous systems.

This could be easily overcome by the use of Peruna. Peruna strikes at the root of the trouble by correcting the digestion. Perfect digestion furnishes increased nutrition for the nerve centers. Perfectly digested food gives these reservoirs of life a vitality which creates strong, steady nerves, and in this manner fortifies and nourishes life.

Miss Blanche Grey, a prominent young society woman of Memphis, Tenn., in a recent letter from 174 Alabama street, writes: "To a society woman whose nervous force is often taxed to the utmost from lack of rest and irregular meals, **I know of nothing which is of so much benefit as Peruna.**

I took it a few months ago when I felt my strength giving way, and **it soon made itself manifest in giving me new strength and health."—Miss Blanche Grey.**

Pe-ru-na Contains no Narcotics.

One reason why Peruna has found permanent use in so many homes is that it contains no narcotic of any kind. Peruna is perfectly harmless. It can be used any length of time without acquiring a drug habit. Peruna does not produce temporary results. It is permanent in its effect.

It has no bad effect upon the system, and gradually eliminates catarrh by removing the cause of catarrh. There are a multitude of homes where Peruna has been used off and on for twenty years. Such a thing could not be possible if Peruna contained any drugs of a narcotic nature.

At this season of the year we are peculiarly liable to inflammations of the stomach and bowels. It is the part of wisdom to learn how to cut them short and in the easiest and quickest manner.

Peruna does this by its peculiar power over all forms of catarrhal troubles.

Very Hard.

"Of course, a horseshoe always means luck."

"Oh, yes, and if the horse passes it up to you behind your back it means hard luck."—Philadelphia Press.

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Carter's Little Liver Pills.

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P. N. U. No. 27—1904.

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DR. W. A. WISE

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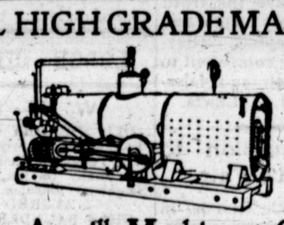

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THE KING OF BLOOD PURIFIERS SSS

No remedy ever yet discovered has met with such popular favor as S. S. S. The people everywhere indorse it, and there are few homes where *S. S. S. for the blood* is not known and used. It is superior in many ways to the ordinary blood medicines. In the first place S. S. S. is a guaranteed purely vegetable compound, made exclusively of medicinal roots selected for their wonderful purifying and tonic properties that act upon the blood, purging it of impurities and restoring it to a healthy, natural condition. At the same time, under its tonic effects the general system improves, the sluggish organs are toned up, and renewed strength and vigor and better health is the result. No bad after-effects follow the use of S. S. S., as so often happens with blood medicines containing strong minerals, which derange the stomach and digestion and in other ways damage the system. For diseases of the blood, such as Chronic Sores, Rheumatism, Catarrh, Scrofula, Boils and Pimples, Eczema, Tetter, Blood Poisons, and other troubles due to impure or bad condition of the blood, no remedy acts so promptly and thoroughly as S. S. S. It reaches deep-seated, long-standing cases, upon which the ordinary potash and sarsaparilla compounds have no effect. Even where there is an hereditary predisposition to disease, S. S. S will search out and remove from the blood the fixed poison and build up the health; it enriches and purifies weak, thin blood and stimulates the circulation. Pure blood is essential to health. You can exist without good blood, but can never be robust and strong; for every organ, tissue and nerve in the body looks to the blood for nourishment, and unless this vital fluid is kept in a pure, healthy state, the rest of the body suffers and the system soon breaks down. Nature has provided in S. S. S. a remedy for diseases of the blood which long experience and a thorough test have proven superior to all others, and the acknowledged "King of Blood Purifiers."

ALWAYS KEEPS S. S. S. ON HAND.

Monticello, Ark., May 21, 1903.

Gentlemen:—For about twelve years I have been using your S. S. S. as a household remedy. I have taken it as a tonic and appetizer, and believe there is none better. I have used it for my children at various times for little skin eruptions, boils and poisons caused by playing with weeds. S. S. S. is my standard, never mind what is the matter. If I use a bottle of S. S. S. it tones up the system, cleanses the blood and makes me well again. As an all-round family medicine I consider S. S. S. the best remedy of the kind that have I ever used, and generally keep it on hand as a family remedy. MRS. V. C. WHITTINGTON.

OUR MEDICAL DEPARTMENT, in charge of graduated physicians, is an important part of our business, maintained for the benefit of those who need advice or special information in regard to their case. Write us, and our physicians will advise you without charge.

THE SWIFT SPECIFIC CO., ATLANTA, GA.