

A Real Foe To Health is a Weak Stomach

From this source arises such ills as Poor Appetite, Nausea, Heartburn, Indigestion, Dyspepsia, Bilioousness and Constipation. You can conquer and fortify the system against such foes by the timely use of

HOSTETTER'S STOMACH BITTERS

Be Sure You Get the Genuine

Short-Winded but Speedy.
"A dollar doesn't go as far as it used to."
"You very frequently sacrifice endurance to speed," replied the engineer.
"You must remember that a dollar goes much faster than it used to."—Washington Star.

NEW HOTEL HOUSTON

Dave Houston, Prop. H. B. Thomas, Mgr. Thoroughly modern, 101 Rooms of comfort. Moderate Prices. Three minutes' walk from Union Depot. Write for rates. 72 N. 3rd St., PORTLAND, OR.

Tobacco Habit Cured

Not only to users of pipe and cigars, but the vicious cigarette habit is overcome by using the "NITRITE" treatment. Price complete, postage paid, \$1.00. Lane-Davis Drug Co., 31 and Yamhill, Portland, Or. (When writing mention this paper.)

Much Interested.
"When the British attacked Washington in 1813 all the congressmen had to leave the city. Of course, they came back later."
"Did they collect mileage both ways?" eagerly inquired the congressman addressed.—Louisville Courier-Journal.

Discouraging.
"Wimmen ain't got no sense of the proprieties."
"How now?"
"You know that bulldog I got my wife?"
"Yes."
"She wants to name it Fifi."—Kansas City Journal.

Dodging Responsibility.
"Yes," said Mr. Growcher. "I intend to keep up the idea of Santa Claus in my family as long as possible."
"What for?"
"I don't want the children to blame me when they don't get just the presents they were looking for."—Washington Star.

Paris Prices.
"Your prices are higher than those of others."
"We dress our own beef, mum," said the butcher by way of explanation.
"Dress your own beef, eh? Well, you must think you're the Redfern of the trade."—Louisville Courier Journal.

Audible.
Clinton—Did you get in without your wife hearing you last night?
Clubhouse—No, nor without my hearing her, either.—Boston Transcript.

Quick Relief When Utterly Worn Out

Getting the Blood in Order
Is Required By Most
People.



If you think you have gone to smash and fit only for the discard, try S. S. S. for the blood. It will surprise you to know what can be done for health once the blood is released of the excess of body wastes that keep it from exercising its full measure of bodily repair.
If you feel played out, go to any drug store and ask for a bottle of S. S. S. It is a remedy that gets at work in a twinkling; it just naturally rushes right into your blood, scatters germs right and left, up and down and sideways.
You feel better at once, not from a stimulant, not from the action of drugs, but from the rational effect of a natural medicine.
The ingredients in S. S. S. serve the active purpose of so stimulating the cellular tissues of the body that they pick out from the blood their own essential nutrient and thus repair work begins at once. The relief is general all over the system.
Do not neglect to get a bottle of S. S. S. today. It will make you feel better in just a few minutes. It is prepared only in the laboratory of The Swift Specific Co., 530 Swift Bldg., Atlanta, Ga. Send for their free book telling of the many strange conditions that afflict the human family by reason of impoverished blood.

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TWO FAMOUS CITIES OF OLD POLAND



ANCIENT CITADEL OF CRACOW

BY THE broad Vistula river, on ancient Poland's soil, lie two famous age-torn cities, around which have centered the rise and fall of one of the mightiest nations in history. Before their gates and within their walls have been fought the battles of armies unnumbered and for a thousand years they have known the sorrow of death and destruction—and oftentimes the glories of victory. In the valley of the stream whose banks they adorn a new conflict is raging today. On the outcome of this struggle may rest their fate in the years that are yet unborn, says the Philadelphia Record.

Cracow and Warsaw, the cities are—one the capital of Poland's kings when the nation was in its prime; the second the home of that glorious hero, Kosciuszko, who led the people in their bloody war for independence after invaders had seized their land. Through the centuries of their country's prosperity and the dark years of grief the beautiful old towns have nurtured and cherished the ideals of the Polish people, and today they house the only remaining relics of that once proud nation which long since ceased to exist.

One of Them Must Suffer.
Shortly after the beginning of the present European war the czar of Russia issued a proclamation, promising self-government and religious and racial freedom to the Poles within his domain in return for their support in battle. A similar pledge was made by Germany to that part of the ancient kingdom now ruled by her. Austria called on all her Poles for loyalty, pointing to the freedom and kindness accorded them in the past. Thus it was that Poles were arrayed against Poles, the followers of Russia striving to capture Cracow and the Austro-German armies aiming at Warsaw. No matter who is victorious it is certain that one of these cities will suffer. Should the Russians in the end hold Cracow, its people will be made to pay dearly for their defiance of the czar. If the Austro-Germans triumph, and Warsaw is finally theirs, she will give no less a price for her opposition to the Kaiser.

While Warsaw has been the center of agitation for the restoration of Poland in late years, Cracow was a thriving city before Warsaw came into being. It is in the older city that the most sacred memories of the dead kingdom are found, for castles, church-

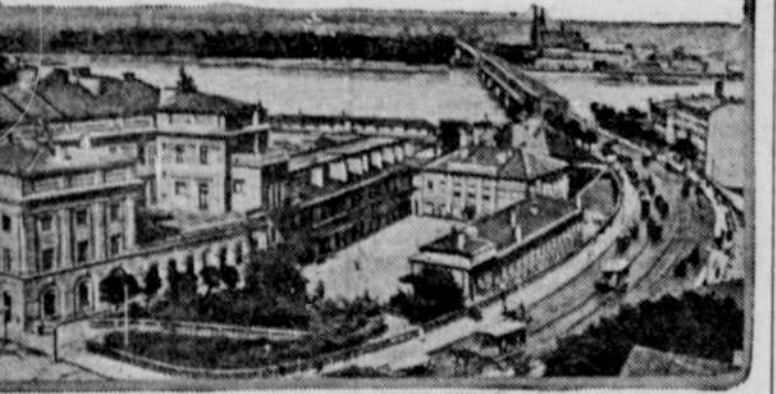
the ancient castle hill, called Wawel. Into these the waters have eaten deep caves, now valued as the oldest repositories of remains of human civilization in the stone age. A legend dealing with the mythical founder of the city tells how the brave Krakus delivered the people from a haunting terror by slaying a dragon that dwelt in a cave of Wawel hill—still to be seen there—and exacted a tribute of human victims for its food.

As early as the ninth century Christianity was accepted in Cracow, the seat of a bishopric being established there. About the middle of the tenth century the city was a flourishing commercial town, under the rule of Bohemia, but in the year 999 Boleslaus the brave, one of the earliest Polish warriors, won a victory over the Bohemian troops and drove their garrison from the town. Thus had Cracow received her first taste of warfare.

St. Adalbert, before he went to win the palm of martyrdom at the hands of the heathen Prussians, is said to have preached in the market place, now Central Square, where a small church, erected to his memory, is still standing. From the time of Boleslaus the Polish monarchs chose Cracow as their place of residence, and the town gained in prosperity and influence.

Famous Old Buildings.
Among the most famous of the ancient buildings remaining in Cracow are St. Andrew's church, the Wawel castle, St. Florian's gate and Barbican, Wawel cathedral, the Cracow university and the tomb of Kosciuszko. The university is one of the oldest in Europe, having been built in the fourteenth century. The cathedral started building almost a hundred years before, additions and improvements being added during many ages following. The town walls and fortified gates played no little parts in the battles of Cracow and, as a result, most of them were destroyed. St. Florian's gate, however, is still fairly well preserved, and its barbican, which served as an outer fortress, is in excellent condition.

It was in 1794 that the mighty Kosciuszko started the fight for Polish independence, making his headquarters in Warsaw. After a bloody battle lasting three days, the Russians were driven out of the city, and a short time later Wilna, the capital of Lithuania, was also liberated, but after a year of terrible warfare Poland's hero



A GLIMPSE OF WARSAW

as and fortresses erected by some of the ancient monarchs are still in a good state of preservation. Under the rule of Austria the inhabitants have been permitted to elect their own municipal government, and Polish patriotism has run high, the people taking the greatest possible care of remaining monuments of their former greatness. At present Cracow is the center of the grand duchy of the same name, within the province of Galicia, and is among the most notable cities of Austria-Hungary.

Prehistoric Dwelling Place.
In prehistoric times the caves in a range of hills north of the spot where Cracow now lies were the oldest dwellings for the men of the limestone period. Within the precincts of the town several hills arise, among them

was defeated and the Russians recaptured Warsaw. Within the past century the city has been the storm center of two serious revolts, in which the spirit of Kosciuszko flamed forth anew in the hearts of the latter Warsovians. In late years, even under the more liberal government, many of the wealthy Poles have retired from Warsaw, giving up their business and friends, to live lives of seclusion on little farms a few miles from the city. Here they may live their lives in peace and quietude, teaching their children the ideals of old Poland and the hate for the czar. Many of the former Polish nobles, the richest families and the best educated, may be found in these farmhouses, raising such supplies as are necessary to their daily life and striving to better the hopes of their race.

Danger in Overcrowded Cars.

Health Commissioner Goldwater's fight for the straphanger in New York is of vital interest to those who travel about in all large cities. "The wilful crowding of cars," says the commissioner, "is a serious offense against public health and safety. It can be readily demonstrated that throat affections, tuberculosis and like diseases are transmitted from person to person under the conditions that exist in subway and other passenger cars." Heretofore the fight against overcrowding in the cars has usually been waged on the score of discomfort. If it is now to be carried on as a health campaign, to safeguard the people against infection and contagion, it will probably be effective.—Jersey City Journal.

Calculations.

"Let me see," said the young man, thoughtfully, "I've got to buy some flowers, some confectionery and some theater tickets, and—"
"Doing mental arithmetic," inquired the man at the next desk.
"No. Sentimental arithmetic."—Washington Star.

IF YOUR CHILD IS CROSS, FEVERISH, CONSTIPATED

Look Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Mothers can rest easy after giving "California Syrup of Figs," because in a few hours all the clogged-up waste, sour bile and fermenting food gently moves out of the bowels, and you have a well, playful child again.
Sick children needn't be coaxed to take this harmless "fruit laxative." Millions of mothers keep it handy because they know its action on the stomach, liver and bowels is prompt and sure.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which contains directions for babies, children of all ages and for grown-ups.

Final Precaution.

"You treated the accusations with silent contempt, of course?"
"I did."
"And then with haughty indifference?"
"Yes."
"Then you laughed them to scorn?"
"Certainly."
"And finally repelled them with just indignation?"
"Exactly."
"Then you'd better see a good criminal lawyer next."—Philadelphia Ledger.

Kola Tablets

Have many friends who use them as a general tonic and for kidney trouble. Do not buy boxes for \$1.00. For sale by Lane-Davis Drug Co. 31 and Yamhill Sts., Portland, Ore.

Thralldom.

"Her husband never leaves the house without her knowing it."
"How does she manage it?"
"She buys him neckties that he can't possibly tie without her assistance."—Washington Star.

HOW TO HEAL SKIN AND SCALP TROUBLES

A Baltimore doctor suggests this simple, but reliable and inexpensive, home treatment for people suffering with eczema, ringworm, rashes, and similar itching skin troubles.
At any reliable drugist's get a jar of Resinol Ointment and a cake of Resinol Soap. With the Resinol Soap and warm water bathe the affected parts thoroughly, until they are free from crusts and the skin is softened. Dry very gently, spread on a thin layer of the Resinol Ointment, and cover with a light bandage. This should be done twice a day. Usually the distressing itching and burning stops with the first treatment, and the skin soon becomes clear and healthy again.

Wrong Woman.

Miss Hobbs—I saw your wife yesterday.
Mr. Hobbs—Did you? What did she have to say?
Miss Hobbs—Oh, nothing!
Mr. Hobbs—That wasn't my wife.—Puck.

10 CENT "CASCARETS" FOR LIVER AND BOWELS

Cure Sick Headache, Constipation, Bilioousness, Sour Stomach, Bad Breath—Candy Cathartic.

No odds how bad your liver, stomach or bowels: how much your head aches, how miserable you are from constipation, indigestion, biliousness and sluggish bowels—you always get relief with Cascarets. They immediately cleanse and regulate the stomach, remove the sour, fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the intestines and bowels. A 10-cent box from your druggist will keep your liver and bowels clean; stomach sweet and head clear for months. They work while you sleep.

Comparatively Good.

"So you are going to be married, Mary?"
"Yes, ma'am, and I'll be leaving you next Tuesday."
"Well, I hope you are getting a good husband."
"If he ain't better than the one you've got I won't keep him long."—Detroit Free Press.

Found Wanting.

"Bruder Perkins, yo' been fightin' I heah," said the colored minister.
"Yaas, Ah wuz."
"Doan yo' 'membah what de Good Book sez 'bout turnin' de odder cheek?"
"Yaas, pahson; but he hit me on mah nose, an' I'se only got one."—Livingston Lance.

That Weak Back

accompanied by pain here or there—extreme nervousness—sleeplessness—may be faint spells—or spasms—all are signals of distress for a woman. She may be growing from girlhood into womanhood—passing from womanhood to motherhood—or later suffering from that change into middle life which leaves so many woe of women. At any or all of these periods of a woman's life she should take a tonic and nerve prescriber for just such cases by a physician of vast experience in the diseases of women.

DR. PIERCE'S Favorite Prescription

has successfully treated more cases in past forty years than any other known remedy. It can now be had in sugar-coated, tablet form as well as in the liquid. Sold by medicine dealers or trial box by mail on receipt of 50 cents in stamps.

Miss Elizabeth Lordahl of Berkeley, Cal., in a recent letter to Dr. Pierce said: "I was completely broken down in health, I was aching and had pains all over my body and was so nervous that I could scarcely sleep. I had the good fortune to meet a nurse who had been cured by Dr. Pierce's Prescription. I have never had an occasion to consult a physician since—am in excellent health."

Dr. Pierce's Pleasant Pellets regulate stomach, liver and bowels—sugar-coated, tiny granules.

Dad's Bank Roll.

Willie—Paw, what is a willow maiden.
Paw—A skinny girl who has a wealthy father, my son.—Cincinnati Enquirer.

Inexpensive Travel.

"I would I were a bird," she sang.
"I would you were," said her husband.
"You could go south for the winter without its costing me anything."—Life.



Shipping Fever

Influenza, Pinkeye, Epizootic, Distemper and all nose and throat diseases cured, and all others, no matter how "exposed," kept from having any of these diseases with SPOHN'S LIQUID DISTEMPER CURE. Three to six doses often cure a case. One 50-cent bottle guaranteed to do so. Best thing for broad market: acts on the blood. 50 cents a bottle, \$5 dozen bottles. Druggists and harness shops or manufacturers sell it. Agents wanted.

SPOHN MEDICAL CO., Chemists, Goshen, Ind.

Convertible Watch.

A convertible watch recently devised is provided with an ingenious set of interchangeable attachments that make the one watch equivalent to seven, so far as styles of wearing are concerned. By means of these attachments it may be worn as a bracelet watch, as a moire, silk-elastic, or leather-wristlet watch, as a silk or chain-sautoir watch or as a chateleine brooch watch.—Popular Mechanics Magazine.

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules. Easy to take as candy.

Father's Heart.

"You're not 'urrying to work this mornin'?"
"I'm not that."
"S'pose a duke like you don't mind losing an' an' our."
"Look 'ere, Bill, our timekeeper's daughter was married yesterday and I tell you if 'e's there to time this morn' 'e's no father's 'art."—Tid-Bits.

YOUR OWN DRUGGIST WILL TELL YOU Try Murine Eye Remedy for Red, Weak, Watery Eyes and Granulated Eyelids: No Smarting—Just Eye Comfort. Write for Book of the Eye by mail Free. Murine Eye Remedy Co., Chicago.

Trapped.

"Dick," said his wife, as she poured the breakfast coffee, "did you get any mail this morning?"
"Nothing but papers."
"Did you post that letter I gave you yesterday?"
"Certainly."
"Strange you haven't received it. It was addressed to you."—Philadelphia Public Ledger.

Thesaurus Outdone.

Tommy Figgjam—Paw, doesn't "reverse" mean to "back?"
Paw Figgjam—Surely.
Tommy Figgjam—Then, what did Uncle Bill mean when he said that he busted up in business because he had too many reverses and not enough backing it?—Chicago Post.

More candidates for charity at home. The pickpockets report that they are suffering because so many wallets are flat.

Rheumatism Sprains Lumbago Sciatica

Why grin and bear all these ills when Sloan's Liniment kills pain?



"I have used your Liniment and can say it is fine. I have used it for sore throat, strained shoulder, and it acted like a charm."—Allen Dunn, Route 1, Box 88, Pine Valley, Miss.

"I am a painter and paperhanger by trade, consequently up and down ladders. About two years ago my left knee became lame and sore. It pained me at nights at times till I could not rest, and I was contemplating giving up my trade on account of it when I chanced to think of Sloan's Liniment. I had never tried it before, and I am glad to state that less than one 25c. bottle fixed me up apparently as good as ever."—Charles C. Campbell, Florence, Texas.

SLOAN'S LINIMENT

All Dealers 25c.
Send four cents in stamps for a free TRIAL BOTTLE.
DR. EARL S. SLOAN, Inc., Philadelphia, Pa. Dept. B

PUTNAM FADELESS DYES

Color more goods faster and brighter colors than any other dye. Every package guaranteed to color Silk, Wool, Cotton and Mixed Goods at one boiling. 10 cents package. Write for free booklet "How to Dye and Mix Colors," calendar, blotter, etc. MONROE DRUG COMPANY, Department Z, Quincy, Illinois