

HEALTHY WOMEN

Praise Pe-ru-na as a Cure for Colds and a Preventive of Catarrh



MRS. M. J. BRINK

FIRST STAGE OF CATARRH

A Serious Mistake Which Thousands are Making.

The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat or lungs. Its beginning is sometimes so severe as to cause a chill and considerable fever, or it may be so slight as to not hinder a person from his usual business. In perhaps a majority of cases little or no attention is paid to the first stage of catarrh, and hence it is that nearly one-half of the people have chronic catarrh in some form.

To neglect a cold is to invite chronic catarrh. As soon as any one discovers the first symptoms of catching

cold he should at once begin the use of Peru-na according to directions on the bottle, and the cold is sure to pass away without leaving any bad effects.

Unless this is done the cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peru-na was taken every time one has a cold or cough, chronic catarrh would be practically an unknown case.

Miss Elizabeth Ueber, No. 57 Bassett street, Albany, N. Y., writes: "I have always dreaded unsettled weather because of my extreme liability to catch cold, when a catarrhal trouble would quickly develop through my entire system which it would take weeks to drive away. I am thankful to say that since I have taken PERUNA I do not have any reason to dread this anymore. If I have been at all exposed to the damp, wet or cold weather, I take a dose or two of PERUNA, and it throws out any hint of sickness from my system."—Miss Elizabeth Ueber.

Mrs. M. J. Brink, No. 820 Michigan avenue, St. Joseph, Mich., writes: "This past winter during the wet and cold weather I caught a sudden and severe cold, which developed a catarrhal condition through my entire system, and so affected my general health that I was completely broken down, and became nervous and hysterical and unfit to supervise my home. My physician prescribed for me, but somehow his medicine did me no good. Reading of PERUNA I decided to try it. After I had taken but three bottles I found myself in fine health."—Mrs. M. J. Brink.

Sibyl A. Hadley, 26 Main street, Huntington, Ind., writes: "Last winter after getting my feet wet I began to cough, which gradually grew worse until my throat was sore and raw. Ordinary remedies did not help me and cough remedies nauseated me. Reading an advertisement of what PERUNA could do, I decided to try a bottle and you can im-



MISS. SARA MCGAHAN

agine how glad I felt when it began to relieve me in a very short time. In less than two weeks I was completely cured."—Sibyl A. Hadley.

Miss Sara McGahan No. 197 2d street, Albany, N. Y., writes: "A few months ago I suffered with a severe attack of influenza, which nothing seemed to relieve. My hearing became bad, my eyes became irritated and feverish. Nothing seemed right and nothing I ate tasted good. I took PERUNA and within two weeks I was perfectly well."—Sara McGahan.

If you do not derive prompt and satisfactory results from the use of Peru-na write at once to Dr. Hartman, giving a full statement of your case and he will be glad to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

Dinner Fable Gallantry.

The Hostess—You are such an epicure, Mr. Stuffer, that I was almost afraid to ask you to dinner.

Stuffer—But the pleasure of your company more than compensates me.—New York Times.

Not Good for Anything.

Cholly—Doctor, I want something for my head.

Dr. Gruffly—My dear fellow, I wouldn't take it for a gift.—Judge.

JOHN POOLE, PORTLAND, ORE.

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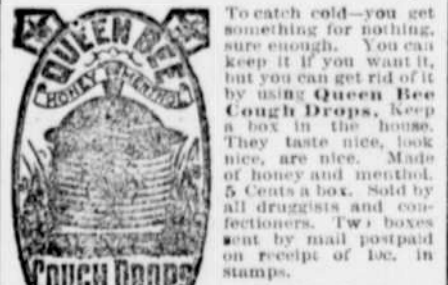
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MISS ELEANOR TEBBETTS, Principal

It Costs You Nothing



To catch cold—you get something for nothing, sure enough. You can keep it if you want it, but you can get rid of it by using Queen Bee Cough Drops, keep a box in the home. They taste nice, look nice, are nice. Made of honey and menthol. 5 Cents a box. Sold by all druggists and confectioners. Two boxes sent by mail postpaid on receipt of 10c. in stamps.

Pacific Coast Biscuit Co. Portland, Ore.



Seeds the Kind that Leads cost more—yield more. Sold by all dealers. 1903 Seed Annual postpaid free to all applicants. D. M. Ferry & Co., Detroit, Mich.

Japanese Auctions.

A Japanese auction is a solemn affair, writes a reporter for the St. Paul Globe. The public does not call out their bids, but write their names together with the amount they are willing to pay, on a slip of paper and put it in a box. These are looked through and the article awarded to the person who has made the biggest offer.

Right He Was.

A member of a Sunday school was one day asking some children questions on a Bible knowledge. So far as he had gone the children did very well, but when he asked: "Where does the word 'holy' first occur in the Bible?" the children could not answer for a minute or so, till a sharp urchin stood up and said: "Please, sir, on the cover."

FITS Permanently Cured. So fits or nervousness after first use of Dr. Allen's Great Nerve Tonic. Send for FREE \$2.00 trial bottle and treatise. Dr. R. H. ELKLE, Ltd., 921 Arch St., Philadelphia, Pa.

A Desperate Case.

Putz—Keep away. I haf got the kleptomania. Pomade—Vat, vat are you dakin for it? Putz—Everyding I can lay mein hants on.—Pennsylvania Punch Bowl.

\$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.

Self-Sacrifice.

"Why, Jimmie, you're smoking one of papa's cigars!" "Sure! I heard ma tell him he'd kill himself smokin' so many, so I'm tryin' to save his life."—New York Journal.

PISO'S CURE FOR CONSUMPTION CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

A Gentle Hint.

"Breverin, de collection am berry fine to-day. Nine suspender buttons! Now, if de congregation will kindly put a pair ov pants in de plate nex' Sunday, de church will be berry grateful."

A TARTAR.

Some Famous Dentists and Their Experience With Tartars.

A tooth may be a Tartar, or may have tartar; in either case you are in a bad way. If your tooth is a Tartar, it will drive you to a dentist fast enough to play checkers on your coat tail. But if it has tartar it will take you more slowly but nevertheless surely, from having tartar to being a Tartar is not such a long journey. And when you start you "cuss" that tooth at every jump. "An ounce of prevention is worth a pound of cure," and for the prevention or cure of the trouble take the safe journey to Wise Bros., dentists, Failing Bldg., Portland, Ore., who have the painless method of fixing your teeth, who will save you many a sleepless night, and help you enjoy life by showing you how to care for the teeth. Get busy and go now. The expense of caring properly for the teeth now is very moderate, and there is no pain whatever. Even an entire set of new false teeth does not cost much, and the comfort is great.

The Difference.

"The idea of calling a flask of whiskey a 'life preserver'." "What's the matter with that?" "Well, usually it's the cork in it that makes the life preserver effective, but your flask's no good until you take the cork out."

About So.

Greene—Miss Wilter has brought suit against Bifkin for breach of promise, naming her damages at \$50,000.

Gray—Funny about women. If he had married her she would by this time, perhaps, be telling him that he is absolutely worthless.

Taking No Chances.

"I think," said the first business man, "I'll go home to lunch today. A new cook arrived at our house just after breakfast, and she has the reputation of being a good one."

"Why not wait for your usual six o'clock dinner?" "She may be gone by that time."

JOHNNY CANUCK IN WAR.

The Canadian Soldier in Africa Exhibited Some Boer Traits.

To South Africa Great Britain sent Tommy Atkins, Australia forwarded Tommy Cornstalk and Canada dispatched Johnny Canuck. Much has been said regarding the merits of the fighting material raised by the empire and nothing save praise has come our way. We are, therefore, not in search of compliments, nor do we wish to draw any invidious distinctions. That Canada did its duty and did it well is sufficient for the average Canadian. In other quarters, however, the part taken in the war by Johnny Canuck and other Britons is still a subject of comment.

A story of the war, written by an Australian, Corporal Adams, gives the impression of a man in the ranks. The writer, who speaks highly of the work of the Australians, concedes that the empire produced two kinds of soldiers that were even better. The best, in his judgment, were the Canadians, and next came the New Zealanders. Of the Canadians Mr. Adams speaks in this wise: "Their dashing actions, cool ferocity, quiet 'slimness' and guileless 'verneukery' of the Boers themselves—and their pure hard cheek—rendered them famous and fascinating wherever they went." As an illustration of the "verneukery" of the Canadians, an incident in which they trapped the tricky zarps, or Johannesburg police, by adopting the Boer tactics, is cited.

The Canadians held a strong position on the edge of a ridge which the zarps were trying to capture. After a desultory engagement the Canadians rose and ostentatiously retired. They galloped past a gap in the ridge, through which the Boers could see them in full retreat, but under cover of the hill they returned to their old positions, where they silently awaited the pursuing Boers. It was not often that the countrymen of slippery Dewet were caught by such a ruse, says the Toronto Mail and Empire, but we are informed that in this instance it was entirely successful. The Boers advanced until at 200 yards the Canadians opened a deadly and effective fire, before which the supposed victors retired with heavy loss and in havoc. Thus they were, in the vernacular of the veldt, "verneuked" by the Canadians, for whom, as they have subsequently testified, they acquired a wholesome dread.

ABOUT THE TIPPING EVIL.

Americans Have Increased Cost of Travel in Orient.

"Wherever Americans have traveled in the Orient they seem to have exerted a bad influence over the natives in the way of raising prices," said Mr. Hofel, as he boarded the dongkong Maru just prior to her sailing for San Francisco. "Go to India, Singapore, Hongkong, Manila and Japanese cities and you will find that the Americans have turned things topsy-turvy."

Mr. Hofel is returning to St. Louis after a year in the Orient. His one complaint in the manner in which American tourists have caused prices to soar skyward. The fault with Americans is that wherever they go they attempt to "show off" and their habit of tipping far in excess of benefits received has increased even that name of traveling. Europeans generally do not exceed a tip of one-tenth of their bill in cafes and other places of service. On the other hand, Americans tip entirely out of all proportion to the cost of things received. When an American goes into a cafe and his bill amounts to 50 or 75 cents in American money, he tells the waiter to keep the change of a dollar. People following in the wake of these extravagant tipsters usually find out to their sorrow that they must pay equally well or put up with poor service.

The ricksha runners even have made up their minds that when an American appears among them he must be unletted. They raise the prices and then expect tips as well. In Manila the cocheros, instead of being the obsequious jehus of the old Spanish days, have now become independent beings, and if they feel that they will not get more than the regulation fare, refuse to accept a passenger on the ground that they are engaged.

"To say that one is an American," said Mr. Hofel, according to the Honolulu Advertiser, "is to announce that you are to stand and be robbed in broad daylight. The servile people which we used to know in the Orient are not so now in the case of Americans. European travelers, however, escape from this condition of affairs, and they are treated with as much respect as formerly."

Maxims of Tammany.

Tammany lived in the seventeenth century. He was a native of Delaware, but settled on the banks of the Ohio River. He was chief sachem of his tribe, and his reign was discreet and peaceful. His great maxim was: "Unite. In peace unite for peaceful happiness; in war, unite for mutual defense."

Extensive Hilarity.

"Did he smile when you offered him the chance?"

"Smile? Why he was an entire farce-comedy."—New York Times.

"THE PROOF OF THE PUDDING LIES IN THE EATING."

The doctors are dumfounded, the druggists astonished, and the people excited and joyful over the wonderful cures and tremendous sales of the great Remedy, St. Jacobs Oil. Every case of rheumatism—some of many years' standing—has given way to this powerful remedy. Thousands of certificates like the following can be furnished as to its value:

George Scleyer, publisher of the Chilton, Wis., "Volkshote," used St. Jacobs Oil "for almost unbearable pains in the back, which had completely prostrated him." A few applications cured him entirely.

Mrs. Fred Eberle, Bellaire, O., was for a long time severely troubled with rheumatism. St. Jacobs Oil instantly relieved and entirely cured her.

Rev. Dr. B. Pick, of Rochester, N. Y., suffered so intensely from rheumatic pains that he was unable to preach. Several applications from a bottle of St. Jacobs Oil, "relieved him."

F. Radder, Cleveland, Ohio, says: "Two applications of St. Jacobs Oil cured me of great and long-continued pain in my foot."

Messrs. C. L. Brundage and Son, druggists, Muskegon, Mich., write: "St. Jacobs Oil has a wonderful sale. We sold eight bottles at retail yesterday. This will give you some idea of how well it is liked in this section."

Mr. Louis Hinkel, of East Poesten, Kill N. Y., says: "I call St. Jacobs Oil the best liniment I ever used. It cured me of rheumatism and pain in the back."

Herman Rittner, Manchester, N. H.: "I have tried St. Jacobs Oil, and found it excellent. All those who have purchased it speak of it as 'simply incomparable.'"

Geo. G. Erffe, Palestine, Ill.: "I was in bed suffering from a swollen leg, I used St. Jacobs Oil, its effect was wonderful. The following day I attended to my business again."

Dr. Otto Puls, Reading, O., writes: "The sale of St. Jacobs Oil is constantly increasing; it is praised by everybody, and never fails to give entire satisfaction."

How Glorious.

"What would you do if you were to wake up tomorrow morning and find yourself famous?"

"Lie down and sleep until I felt like getting up for once."—Chicago Record-Herald.

SALMON.

Everybody in these Northwestern states knows what good salmon is, but we don't believe you know just how much better one brand can be than another until you have tried the Monopole. Monopole salmon is the very finest red Columbia River fish canned in a cleanly manner. The salmon has a fine flavor and makes a fine addition to a meal. Salmon is well known to be a very nutritious article of diet. Get Monopole salmon from your grocer. Wadhams & Kerr Bros., packers, Portland, Ore.

Even.

"In time, with care, you may recover. Twelve dollars," said the fashionable physician, extending a receptive palm. "In time, with care, you may recover \$12," replied the disgruntled patient, as he grabbed his wad and made a breakneck dash for the street.—The Moon.

I WANT TO BUY FOR CASH Chicken, Duck and Geese feathers. Address **G. G. SMITH, 10th and Davis Sts., Portland, Ore.**

"ALL SIGNS FAIL IN A DRY TIME; THE SIGN OF THE FISH NEVER FAILS IN A WET TIME."



PILES

"I suffered the tortures of the damned with protruding piles brought on by constipation with which I was afflicted for twenty years. I ran across your CASCARETS in the town of Newell, Ia., and never found anything to equal them. To-day I am entirely free from piles and feel like a new man." C. H. KURTZ, 1411 Jones St., Sioux City, Ia.



Pleasant, Palatable, Potent, Taste Good, No Food, Never Sickens, Weakens, or Grips. 25c. 50c. **... CURE CONSTIPATION.** Sterling Remedy Company, Chicago, Montreal, New York. 228

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