

My Hair is Scraggly

Do you like it? Then why be contented with it? Have to be? Oh, no! Just put on Ayer's Hair Vigor and have long, thick hair; soft, even hair; beautiful hair, without a single gray line in it. Have a little pride. Keep young just as long as you can.

"I am fifty-seven years old, and until recently my hair was very gray. But in a few weeks Ayer's Hair Vigor restored the natural color to my hair so now there is not a gray hair to be seen."—J. W. HANBON, Boulder Creek, Cal.

Made by J. C. Ayer Co., Lowell, Mass.
Ayer's
 SASSAPARILLA PILLS, CHERRY PECTORAL.

The Man Who Loves Words.

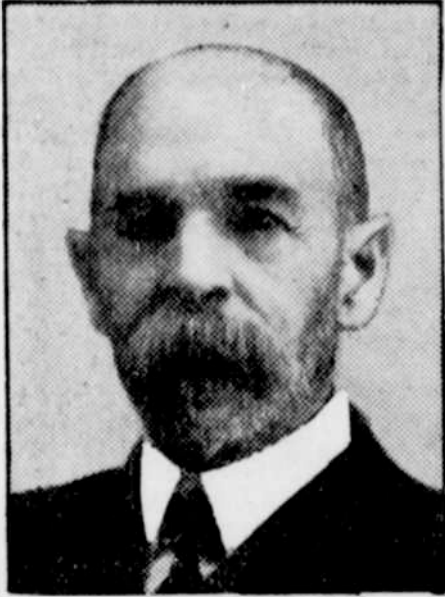
"Other folks, of course, have their poor pleasures," writes Richard La Gallienne in Harper's Magazine, "but for a man who loves words no joy the world can give equals for him the happiness of having achieved a fine passage or a perfect line. When Thackeray struck his fist on the table, as the story goes, when he had finished the scene of Colonel Newcombe's death and exclaimed, 'By God, this is genius!' there was no empire he would have accepted in exchange for that moment. We often hear that your true artist is never satisfied with his work, his ideal escapes him, the words seem poor and lifeless, etc., compared with the dream. Whoever started that story knew very little about the literary temperament or he would have known that the words are the dream. The dream does not exist even as a dream or only very imperfectly till it is set down in words. Yes, the words are the dream."

The Brute.

Mrs. Gabbler—This health writer says that one should keep one's mouth shut while sleeping. I don't see how I can be sure my mouth is shut when I'm asleep.

Mr. Gabbler—You might get in the habit if you'd practice on it while you are awake.—Cleveland Leader.

LIEUTENANT BOWMAN



IN FORTY-EIGHT HOURS PE-RU-NA CURED HIM

Gold Affected Head and Throat—Attack Was Severe.

Chas. W. Bowman, 1st Lieut. and Adj. 4th M. S. M. Cav. Vols., writes from Lanham, Md., as follows:

"Though somewhat averse to patent medicines, and still more averse to becoming a professional affidavit man, it seems only a plain duty in the present instance to add my experience to the columns already written concerning the curative powers of Peruna.

"I have been particularly benefited by its use for colds in the head and throat. I have been able to fully cure myself of a most severe attack in forty-eight hours by its use according to directions. I use it as a preventive whenever threatened with an attack.

"Members of my family also use it for like ailments. We are recommending it to our friends."—C. W. Bowman.

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. It can be used any length of time without acquiring a drug habit.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio, for free medical advice. All correspondence held strictly confidential.

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



Strawberry Preserves.

Sort out the perfect berries and those of the same size and lay to one side. Mash the imperfect ones, and squeeze through a jelly bag. Measure the juice, and to a pint of this allow a pound of granulated sugar. Boil the sugar and juice together until they begin to jelly when a little is poured on a cold plate. Weigh the perfect berries, put them into the sirup with their weight in sugar, and simmer until a little, tried as before, begins to stiffen. Fill jelly glasses and seal. Raspberries may be preserved in the same way.

Rock Candy.

Boil two pounds of granulated sugar with a half-pint of water and add a half-teaspoonful of cream of tartar. Boil ten minutes and add a half-pound of best butter. When the "soft-crack" degree has been reached, turn into a buttered platter and as soon as cool enough to handle turn up the edges, add two teaspoonfuls of vanilla or one of lemon juice. Work in this flavoring and pull until it becomes very white. Return it to the dish and pull into long strips about an inch thick.

Boston Brown Bread.

Mix together a cup each of wheat and graham flour and cornmeal, adding a teaspoonful of salt. Dissolve a small teaspoonful of baking soda in a cup of milk and add a cup of molasses. Scald the flours and meal with a cup of boiling water, then add the warmed milk and molasses. Beat very hard and turn into a greased mold with a tightly fitting top. Steam for three hours in an outer vessel of boiling water. Take from the mold and set in the open oven for ten minutes to dry.

Tomato Pie.

Line a pie plate (one of the deep kind) with a good and not too rich crust. Turn the contents of a can of tomatoes into a stewpan and set over the fire. When boiling hot, add a little flour and allow the mixture to simmer until it begins to thicken, then remove from the fire, stir until cool and turn into the pie plate. Cover thickly with coarse cracker crumbs, drop bits of butter over it and a dash of pepper, salt and sugar, and bake.

Prune Cornstarch.

Set a quart of milk over the fire in a double boiler; beat up two eggs with three tablespoonfuls of sugar, two of cornstarch, and make thin with a little milk. Add this to the milk, stir until it thickens; take from the fire, adding a little vanilla, and stir in some chopped prunes which have been soaked over night. Stir well and pour into a mold to cool.

Orange Cream.

Into a pint of boiling water mix two tablespoonfuls of arrowroot. Add a cupful of sugar and the juice of two lemons; boil five minutes and remove from the fire. Beat in thoroughly the yolks of two eggs, turn into a mold and when cold serve with the whites of the eggs beaten to a froth with four tablespoonfuls of powdered sugar, and spread over it.

Whole-Wheat Gems.

Two scant cups of sour milk, two cups of unsifted whole-wheat flour, one rounded teaspoonful of baking soda dissolved in a little hot water, two tablespoonfuls of sugar, one-half teaspoonful of salt, one egg, one tablespoonful of melted shortening. Beat all hard for several minutes and bake in a quick oven in heated gem-pans.

When There Is No Soft Water.

Follow this suggestion and see how well you do your laundry work without the aid of soda. Draw sufficient water for the washing three or four days before it is required, and expose it in tubs, etc., to the action of the air and sun, which render it soft and fit for use.

Steamed Chocolate Pudding.

Beat one egg light and a half-cup of sugar, a half-cup of milk, a teaspoonful of melted butter, one and one-half squares of grated chocolate and a cup of flour sifted with a teaspoonful of baking powder. Steam for an hour and serve with whipped cream.

Squash Pie.

Peel, cut up and stew a large yellow squash. When very soft rub through a sieve. To one quart of the squash pulp add one quart of milk, a cup of sugar, eight eggs beaten very light, and spices to taste. Pour into an open crust and bake to a golden brown.

Cake Filling.

One cup of seeded raisins, one cup of sugar, two tablespoonfuls of water, one lemon peeled. Chop the lemon and raisins very fine, put all ingredients in a saucepan and cook for ten minutes. When cold, spread on the cakelayers.

He Thought It Might Do.

When Patrick received an order he followed it implicitly as far as he could—sometimes even farther than his Celtic brain realized.

"He wants a pane o' windy-glass tin inches by fourteen," said Patrick one day, as he entered a shop where his employer, a master carpenter, traded.

In the shop was a young clerk, who never missed a chance for a little joke at the Irishman's expense.

"If we haven't any ten-by-four-teens," he said, "I may have to give you a fourteen-by-ten."

Patrick rubbed his head thoughtfully. Then he stood pondering for a moment, and at last remarked:

"He's in the great roosh for it, and there's no other place near to get it. Give me wan o' thim fourteen-by-tens, and if he turns it sideways and oopside down, there's not a soul would know the difference."

Piso's Cure is a good cough medicine. It has cured coughs and colds for forty years. At druggists, 25 cents.

Saving Money.

"Why do you spend all your money?"

"It's the only way I can save it."

"What nonsense?"

"Not at all. If I kept it, some fellow would bunco me out of it."—Cleveland Leader.

Who Owns the Railroads.

H. T. Newcomb, of the District of Columbia bar, has compiled statistics showing that 5,174,718 depositors in savings banks of six eastern states are directly interested in the joint ownership of \$424,354,086 of steam railroad securities, that insurance companies doing business in Massachusetts hold \$845,889,038 of steam railroad stocks and bonds, and 74 educational institutions depend on \$47,468,327 invested in similar securities for a portion of their income. Other fiduciary institutions own enough railroad securities to bring such holdings up to more than a billion and a half dollars, about one-sixth of the entire capital invested in railroad property. These investments represent the savings of the masses, there being twenty million holders of life insurance policies in the country, as many more of fire insurance policies, and an even greater number of depositors in banking and trust institutions, where investments are largely in railroad securities.

No Wonder.

"The speed limit," said the sad-faced man, "should be removed from automobiles."

"Do you own a machine?" asked the stranger within the gates.

"No," replied the gloomy party. "I'm an undertaker."

Beware of Ointments for Catarrh that Contain Mercury

As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists, price 75c. per bottle. Hall's Family Pills are the best.

Asked and Answered.

"Why don't you get your life insured, my dear?" asked Mrs. Newed.
 "I'm afraid people might say I was afraid to take chances on your cooking," replied the gallant young husband.

SSS FOR THE BLOOD

"S. S. S. for the blood" has grown to be a household saying. When the blood is out of order, or needs treatment from any cause, this great remedy is the first thought of and used by thousands of people all over the country, because it is superior to all other blood purifiers. It is a purely vegetable remedy, and while it penetrates the circulation and forces out all poison and morbid matter, it also builds up the entire system by its fine tonic effect. During the winter months the natural avenues of bodily waste have become dull and weak and failed to perform their full duty, the blood has been sluggish and an extra amount of poisons and waste matters have accumulated in the system and been absorbed by it. With the coming of Spring and warm weather the blood is aroused and stirred to quicker action and in its effort to throw off these acids and poisons the skin suffers. Boils, pimples, blotches, rashes and eruptions break out and continue until the blood is cleansed and made pure. S. S. S. is the ideal remedy for this condition; it clears the blood of all impurities, makes it rich and strong and these skin troubles pass away. Rheumatism, Catarrh, Chronic Sores and Ulcers, Scrofula, Contagious Blood Poison and all other diseases of the blood are cured by S. S. S. Book on the blood and any advice desired, free of charge. **THE SWIFT SPECIFIC CO., ATLANTA, GA.**

Worth Winning.
 "Say, Harker," began Pemberton, "did you ever win a prize by smoking cigarettes?"
 "No," responded Harker, the sensible young man, "but I won a prize when I stopped smoking them."
 "You did? Where is it?"
 "In the hammock over there—my wife, you know."

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.

Practical View.
 "Summer," remarked the bunch of feminine loveliness who was taking on a load of oysters at the young man's expense, "is my favorite season. It's so delightful to sit under the trees and listen to the concert by nature's feathered songsters."
 "Isn't it, though!" exclaimed the young man, enthusiastically, "and it doesn't cost a cent, either."

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

Stenography Ancient Art.
 Recent excavations in Egypt have revealed a bond—dated A. D. 100—appointing a slave for two years in the "semigraph," to be taught to read and write shorthand, or "the signs that your son Dionysius knows," the teacher receiving in all 120 drachmas—about \$23.

BEST BY TEST

"I have tried all kinds of waterproof clothing and have never found anything at any price to compare with your Fish Brand for protection from all kinds of weather."
 (The name and address of the writer of this unqualified letter may be had upon application.)
Highest Award World's Fair, 1904.
A. J. TOWER CO. The Sign of the Fish
 Boston, U. S. A.
TOWER CANADIAN CO., LIMITED
 Toronto, Canada
 Makers of Warranted Wet Weather Clothing

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought Bears the Signature of

In Use For Over 30 Years.
 THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send post paid at 10c a package. Write for free booklet how to dye, bleach and mix colors. **MONROE DRUG CO., Unionville, Missouri.**

The latest and most fascinating method of teaching children to read is to put them at work on a typewriter.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Remedy. Send for Free #2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 311 Arch St., Philadelphia, Pa.

Last year 39,496 Swedes left their native land, most of them to make new homes in the United States.

Swollen Veins, Sprains, Strains and Weak Joints
 Relieved and Cured with our Silk Elastic Stockings. Perfect Fit Guaranteed.
 Fine Stout Silk \$1.50
 Wristlets 75c
 Ankles 1.75
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 Leggings 2.00
 Garter Hose 2.50
 Above Knee Hose 6.00
 We also manufacture all forms of Belts and Supporters.
WOODARD, CLARKE & CO
 Portland, Oregon.

Dr. C. Gee Wo
 Wonderful Home Treatment
 This wonderful Chinese doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, buds, bark and vegetables that are entirely unknown to medical science in this country. Through the use of these harmless remedies this famous doctor knows the action of over 500 different remedies which he successfully uses in different diseases. He guarantees to cure catarrh, asthma, lung, throat, rheumatism, nervousness, stomach, liver, kidneys, etc.; has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars. Send stamp. CONSULTATION FREE.
 ADDRESS:
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 251 1/2-253 ALDER ST., PORTLAND, OREGON
 #7 Mention paper

W. L. DOUGLAS SHOES \$3.50
 UNION MADE
 THE WORLD'S GREATEST SHOEMAKER
 W. L. DOUGLAS MAKES AND SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD. \$10,000 REWARD to any one who can disprove this statement.

W. L. Douglas \$3.50 shoes are the greatest sellers in the world because of their excellent style, easy fitting and superior wearing qualities. They are just as good as those that cost from \$5.00 to \$7.00. The only difference is the price. W. L. Douglas \$3.50 shoes cost more to make, hold their shape better, wear longer, and are of greater value than any other \$3.50 shoe on the market to-day. W. L. Douglas guarantees their value by stamping his name and price on the bottom of each shoe. Look for it. Take no substitute. W. L. Douglas \$3.50 shoes are sold through his own retail stores in the principal cities, and by shoe dealers everywhere. No matter where you live, W. L. Douglas shoes are within your reach.

"The Best I Ever Wore."
 "I want to say that I have worn your \$3.50 shoes for the past five years, and find them the best I ever wore."—Rev. Frank T. Ripley, 608 East Jefferson St., Louisville, Ky.
 Boys wear W. L. Douglas \$2.50 and \$2.00 shoes because they fit better, hold their shape and wear longer than other makes.
 W. L. Douglas uses Corona Collatin in his \$3.50 shoes. Corona Collatin is conceded to be the best patent leather produced.
 Fast Color Eyelets will not wear brassy.
 W. L. Douglas has the largest shoe mall order business in the world. No trouble to get a fit by mail. 25 cents extra prepays delivery. If you desire further information, write for Illustrated Catalogue of Spring Styles.
W. L. DOUGLAS, Brockton, Mass.

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