

HEALTHY WOMEN

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



could he should at once begin the use of Peruna 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 Peruna was taken every time one has a cold or cough, chronic catarrh would be practically an unknown case.

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."

Miss Elizabeth Uber, 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 Sara McGahan No. 197 3d 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."

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.

Mrs. M. J. Brink, No. 820 Michigan avenue, St. Joseph, Mich., writes:

"Last 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."

If you do not derive prompt and satisfactory results from the use of Peruna 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.

HANDS OF A MONEY HANDLER.

Line of Business in which Velvety Fingers Don't Predominate.

"Look at my hands," said a man as he drifted into the office of a well-known business man, and as he said it he stretched his fingers out to their full length, exposing the palms of his hands. The insides of his hands were very rough. That was exactly what he wanted to call attention to.

"Do you see these crusty formations," he continued, "these corns, and bunions, and knots, and other things of that sort? Look at 'em." He still held his hands open for inspection.

"Do you know where I got 'em?" he asked.

"Splittin' wood?" answered the man.

"Not much," said the fellow with the rusty hands. "Maulin' rails?" ventured the man again.

"Nope," was the short reply of the man with the heavy hands. "Pullin' a cross-cut saw," suggested the man as a last resort, but he was wrong again. "Well, how on earth did you get 'em then?" he asked with a show of impatience. "Handlin' money," was the man's reply, and he smiled at the look of disgust and incredulity which spread over the face of the man he was talking to.

"Yes, sir; I got all these corns, and bunions, and knots, and other rough things which you see on my hands by handling money. You see I work for the traction company, and have to handle and sort all the money of the company. It is awfully hard on the hands. A great deal of the money is in small denominations and we handle it in bags and packages of various sizes. There is so much of it that a fellow's hands soon become hard on the inside and gradually grow into the knotty condition which you find mine in at this time. You can bet that handling money is not the soft and velvety business it is generally supposed to be. The association of soft white hands with the business of handling money is dead wrong, and if any man doubts what I say about it I simply ask him to step up and take a look at my hands."

And the money handler with the rough hands blew out as suddenly as he had blown in.—New Orleans Times-Democrat.

WORLD'S GAMBLING RECORD.

Among the many world records held by this country at the present time is that of gambling. We are easily first in this sinister accomplishment. It crops out all over the country—in the street urchin, in the university youth, in the clerk and the workman, in society, in the family even (where one night a week is often set apart for an "innocent" little game of poker); in the gambling establishments which the law is powerless to suppress, at the race tracks, and, above all, in Wall street. It is safe to say that more gambling goes on in Greater New York every day than in any other community in the world, not excepting the kingdom of gambling, Monaco.

The dishonesty, corruption, and misery entailed are stupendous and heart-rending to contemplate. At first sight this incredible mania for gambling with which we are afflicted seems a heinous and unmixed evil. It is bad enough, in all conscience, and it is not our purpose to plead for it. But as madness is often the result of some fine quality or power becoming excessive or going wrong, so gambling seems to be a diseased form of a spirit which has made the prosperity of America—the spirit of enterprise. In fact, enterprise is a sort of gambling. A man engages his savings, his time, his energy, in a scheme which he hopes will yield him fivefold, tenfold, a hundredfold, but whose success is almost as problematical as the fall of a roulette ball, the finish of a horse race, or the fluctuation of the stock market.

The difference between gambling and genuine enterprise is that in the former a man wages on pure hazard, often pitting his reason against a mechanical thing that has nothing to do with reason except to mock it, while in the latter he bets on his own power and resources. Gambling and enterprise are both the expression of an intense ambition to get rich. And as long as that ambition remains the moving principle in American activity, there will be this double expression of it—enterprise and gambling, the one leading to prosperity, the other, more often than not, to poverty and ruin and all degradation.—Harpers Weekly.

Boys Were Ingenious.

One of the many things Prof. Brewer is interested in is the agricultural experiment station maintained by New York in the outskirts of New Haven. One day the professor took his sons through the place, explaining to them the different pieces of apparatus. They were particularly interested in a certain machine designed to smoke cigars automatically, whereby the finest ash possible is obtained and analyzed.

"I noticed that the boys were attracted by this machine and explained it to them carefully," said the professor recently, according to the New York Times. "I thought no more about it, however, until one Sunday I found our house full of smoke. And what do you suppose? Bless me if those boys hadn't rigged up a similar machine in the attic and were coloring a meerschautm pipe!"

Somehow, when people see a woman with the front of her dress bristling with pins, they decide that she either has no children or that they are all grown.

The trouble with fact is, that you are apt to catch people using it.

Mother

"My mother was troubled with consumption for many years. At last she was given up to die. Then she tried Ayer's Cherry Pectoral, and was speedily cured."

D. P. Jolly, Avoca, N. Y.

No matter how hard your cough or how long you have had it, Ayer's Cherry Pectoral is the best thing you can take. It's too risky to wait until you have consumption. If you are coughing today, get a bottle of Cherry Pectoral at once.

Three sizes: 25c, 50c, \$1. All druggists.

Consult your doctor. If he says take it, then do as he says. If he tells you not to take it, then don't take it. He knows. Leave it with him. We are willing.

J. C. AYER CO., Lowell, Mass.

Always shake in Allen's Foot-Ease, a powder. It cures chills, damp, sweating, aching, swollen feet. Cures Corns and Bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmstead, Lefton, N. Y.

Patience—I understand Mr. and Mrs. Styles are just going away now for their vacation.

Patience—Yes; they remind me of Adam and Eve when they were leaving the garden of Eden, don't they?

"What an idea?"

"Well, you see, they, too, are going away for the fall."—Yonkers Statesman.

Everybody in these Northwest 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.

Exactly Alike.

First Rooter (shivering on bleacher-cries)—Why is a football "fan" like one of the palm-leaf varieties?

Second Rooter—"Cause it never shuts up."—New York Times.

JOHN POOLE, PORTLAND, ORE.

Foot of Morrison Street.

Can give you the best bargains in Rollers and Engines, Windmills, Pumps and General Machinery. Wood Sawing Machines a specialty. See us before buying.

St. Helen's School for Girls.

Thirty-third year. Commodious buildings. Modern equipment. Academic and college preparatory courses. Special courses in music and art. Illustrated catalogues. All departments will reopen Jan. 9, 1903. Eastern term begins Feb. 1, 1903.

MISS ELEANOR TEBBETS, Principal

It Costs You Nothing

To catch cold—you get something for soothing, 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 your house. 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.

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

THE FISH as a sign has a history. This is told in an interesting booklet which is yours for the asking.

A. J. TOWER CO. BOSTON, MASS. "MAKERS OF WET WEATHER CLOTHING."

OUR GOODS ARE ON SALE EVERYWHERE.

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. RITZ, 1411 Jones St., Sioux City, Ia.

CANDY CATHARTIC

Cascarets

REGULATE THE LIVER

Present Palatable, Painless, Taste Good, Do Good, Never Sickens, Weakens, or Gripes. 10c, 25c, 50c.

CURE CONSTIPATION.

Bartling Remedy Company, Chicago, Montreal, New York, Ltd.

NO-TO-BAG Sold and guaranteed by all drug stores. 10c.

F. K. U. No. 3-1903.

WHEN writing to advertisers please mention this paper.

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.

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

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.

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. It is not such a long journey. And when you start you "lose" 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.

Sleeping Volcanoes

A thin, vapory smoke, lazily ascending from its crater may be the only visible sign of life in the sleeping volcano, but within is a raging sea of fire, molten rock and sulphurous gases. Those who make their homes in the peaceful valleys below know the danger and, though frequently warned by the rumblings and quakings, these signs of impending eruption go unheeded. They are living in fancied security when the giant awakes with deafening roars and they are lost beneath a downpour of heated rock and scalding ashes.

Thousands of blood poison sufferers are living upon a sleeping volcano and are taking desperate chances, for under the Mercury and Potash treatment the external symptoms of the disease disappear, and the deluded victim is happy in the belief of a complete cure, but the fires of contagion have only been smothered in the system, and as soon as these minerals are left off will blaze up again. Occasional sores break out in the mouth, a red rash appears on the body, and these warning symptoms, if not heeded, are soon followed by fearful eruptions, sores, copper colored spots, swollen glands, loss of hair and other sickening symptoms.

Mercury and Potash not only fail to cure blood poison, but cause Mercurial Rheumatism, necrosis of the bones, offensive ulcers and inflammation of the Stomach and Bowels.

The use of S. S. S. is never followed by any bad results. It cures without the slightest injury to the system. We offer \$1,000.00 for proof that it contains a mineral of any description. S. S. S. is an antidote for contagious blood poison, and the only radical and permanent cure known. It destroys every atom of the virus and purifies and strengthens the blood and builds up the general health.

We will mail free our special book on Contagious Blood Poison, which gives all the symptoms of the disease with full directions for home treatment. Medical advice is furnished by our physicians without charge.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

PISO'S CURE FOR CURS WHOSE ALL ELSE FAILS.

Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

CONSUMPTION

900 DROPS

CASTORIA

Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr. SAMUEL PITCHEER

Pumpkin Seed -
Aloes -
Rheubarb -
Sulphate of -
Sassa -
Pimento -
St. Catharine's -
Worm Seed -
Clarified Sugar -
Wedge-shaped Pillar.

A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

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35 DROPS - 35 CENTS.

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The Kind You Have Always Bought Bears the Signature of

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Mine, Mill and Marine work. General repairs. Printing Machinery repaired and rebuilt. PROMPT ATTENTION TO OUT-OF-TOWN ORDERS.

Pooler Bldg., Foot of Morrison St. PORTLAND, OREGON

PRUSSIAN LICE KILLER kills LICE on Poultry.

Easily applied—Paint perches, nest boxes, etc., and the fumes kill the lice. Never fails. Sold by dealers, 50c and \$1.00 per can.

CLEANED OUT ALL THE LICE AND MITES.

Albert Blocker of Uniontown, Minn., bought a can of Prussian Lice Killer and used it thoroughly three times and cleaned his poultry house entirely free from lice and mites. Before using, the poultry house was alive with red lice and mites.

JUST THE THING FOR LICE ON HOGS.

J. H. Malone, of Adel, Mo., used Prussian Lice Killer in just the thing for lice on hogs, and it worth five times its cost.

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