



ALREADY

The Suffering and Pain Endured by Many Working Women is Almost Beyond Belief.

How distressing to see a woman struggling to earn a livelihood, or perform her household duties when her back and head are aching! She is so tired she can hardly drag about, and every movement causes pain, the origin of which is quickly traced to some derangement of the female organism.

When the monthly periods are painful or irregular, when backaches and headaches drive out all ambition, when "I-can-hardly-drag-about" sensation attacks you, when you are "so-nervous-it-seems-as-though-you-would-fly," it is certain that some female derangement is fastening itself upon you. Do not let the disease make headway; write your symptoms to Mrs. Pinkham for her free advice, and begin at once the use of the medicine that has restored a million women to health—

Lydia E. Pinkham's Vegetable Compound.

Profit by the Experience of the Women Whose Letters Follow:

"DEAR MRS. PINKHAM:—Your medicine has done so much for me I want to tell everyone how it absolutely cured me. Three years ago, when my dear husband was sick in his last illness, I lifted him and hurt myself. I felt the strain, then I felt something give way inside. Afterwards I found it was my womb, and I suffered the most dreadful agonies from falling of the womb. I began dressmaking, but could not do any work for pain and nervousness. Trying to sit still and sew seemed to drive me nearly crazy, and I did not seem able to get any help from doctors or medicine. I was so unstrung and nervous I hardly dared to go out in the street, for fear I would not get home safely. It would make me scream to see a car coming even, and I was so terribly run down I did not know what would happen."

"A friend suggested I take Lydia E. Pinkham's Vegetable Compound, and on her advice I bought a bottle. It did me so much good I bought more and kept on taking it, and when I had taken eight bottles I was entirely cured."

"Whenever I hear of a woman suffering I tell her about my cure, for your medicine has helped me so much I know it would help all suffering women. Women need not get so discouraged over their health, if they would take your advice and medicine."—Mrs. BERTHA HEMMING, 224 East 90th St., New York, N.Y.

"DEAR MRS. PINKHAM:—I cannot tell you with pen and ink what good Lydia E. Pinkham's Vegetable Compound did for me, when suffering from the ill effects of the sex, extreme lassitude and that all-gone feeling. I would rise from my bed in the morning feeling more tired than when I went to bed, but before I had used two bottles of Lydia E. Pinkham's Vegetable Compound, I began to feel the buoyancy of my younger days returning, because regular and more work and not feel tired than I had ever been able to do before, so I continued to use it until I was restored to perfect health. It is indeed a boon to sick women and I heartily recommend it. Yours very truly, Mrs. ROSA ADAMS, 519 12th St., Louisville, Ky."—Niece of the late General Roger Hanson, C. S. A.

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of these testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.



UNCROWNED KING OF THE ISTHMUS OF PANAMA

Colonel J. R. Shaler, a Veteran of the Civil War, and Railroad Superintendent, the Most Influential Man in the New Republic.

MERRILL A. TEAGUE.
(Staff Correspondent of the Oregonian.)
LETTER NO. 8.
"PANAMA, R. P., Dec. 30.—"King of the Isthmus." There is, of course, no real king of the Isthmus, but that title is bestowed colloquially and affectionately upon Colonel J. R. Shaler, general superintendent of the Panama Railroad. Colonel Shaler is the dean of the foreign colony on the Isthmus, chief of all Americans who reside here, and far and away the most influential man in the new republic. That element of the population of which he is the leader having played an important part in the revolution and being, by force of circumstances, compelled to figure conspicuously in the future affairs of the Isthmus, it must be considered.

and the man who committed a crime and succeeded in reaching the railroad property was free from pursuit. Colonel Shaler has changed this. The Panama police authority now extends over the railroad property, and a great impetus has been given to order and the security of life and property.

Substantial Betterments.

In a more substantial way the Colonel has encouraged the development of the Isthmus. Before his time rates on local freight traffic across the Isthmus were so prohibitive that persons living inland could not avail themselves of the wondrous fertility of the soil. It has been Colonel Shaler's policy to furnish adequate means for local freight transportation; banana and rubber plantations and cattle ranges are now appearing along the line of the railroad, and the people are being educated to avail themselves of the opportunities afforded for the profitable cultivation and employment of the land.

He enjoys an unrivaled reputation. His loyalty to the case in which he enlists has never been impeached. He carefully avoids the swash-buckler, but he can throw more lead, and throw it quicker and surer, than any other man in South or Central America, and he is respected accordingly.

Buries Unfortunate Americans.

He has figured in romance and history; he has busied himself for many years looking after distressed Americans in these countries, and it is credibly reported of him that he has buried no less than 150 Americans who have succumbed to the rigors of the tropical climate. Among this number have been four American consuls, and he is now educating in Washington the children of an American consul who died here and left his family destitute.

The man who has done these things, and who by the simple exercise of his natural talents has won the title of "King of the Isthmus," is unique in his personality. Within two years of 30 years of age he leads a life of tireless activity. With characteristic Kentucky brusqueness, he repels every suggestion that the Isthmus is unhealthy, and defies all tradition and all the cautions of the medicals by refusing to use mosquito netting, and by being infested with germ-carrying mosquitoes.

The Isthmus as Shaler Sees It.

"The Isthmus is a health resort," is his contention; nor can the fact that last year he lost three sisters by yellow fever, the three dying within fewer than 30 days, change his opinion of the health qualities of the Isthmus. A bachelor, he declares that "the worst woman is better than the best man," yet women are almost everywhere in the bungalows, a rambling, towered structure, set down in the midst of a coconut grove, on the choicest part of the water front of Colon.

As he was not in the secret of the separatist conspiracy, Secretary Hay gave him no encouragement, but when the republic was declared it found no more enthusiastic supporter than Duque. Frederick Boyd, whose blood is a mixture of Irish, Scotch and Panamanian, and who is one of the members of the governing body of the Isthmus, their interests here are of a vested nature, and they see in what has been done a certain promise of better conditions for the future. These men, one and all, have learned self-reliance in the school of experience, and while no particular political ambitions have been revealed among them, the new government knows that it can go to them for support and assistance. Therein lies the surest guarantee of the republic's future stability, for while Panamanians were the public characters in establishing the new government, these Americans were the Warwick of the situation, and with characteristic American nerve and ingenuity, they are ready to maintain the republic for which they are principally responsible.

That Colonel Shaler is "King of the Isthmus" is a fact one discovers very soon after landing from the steamer at Colon. All questions are referred to him for decision; his dictum has the force and effect of law, and his advice is unhesitatingly accepted and followed. The distinction conferred upon him by the title he bears was never sought by Colonel Shaler. It is a natural sequel to his personality and the exercise of his talents during a residence of almost a decade upon the Isthmus, for Colonel Shaler is a strong man among weaklings; a man of capacity for the initiation; a man of determination among a race of equivocalors.

Veteran of the Civil War.

A native of Kentucky, Colonel Shaler carries his 28 years with all the sprightliness of exuberant youth. Tall and lean, molded like a genuine thoroughbred, with muscles like steel wires, his bushy hair and gigantic mustache and imperial air of the whiteness of new-fallen snow. This man—a veteran of the Civil War, an expert in the management of railroad properties, fearless and resourceful—does each day the work of a man of half his years.

Next to Colonel Shaler, Mr. Prescott is the most formidably prominent man on the Isthmus. His position is one of extreme importance. He has lived long in Central American countries, although still a young man, speaks Spanish like a native, understands the Spanish mind, and knows the Panamanian character, is enthusiastic, fertile-minded, adroit and most capable. He is carrying today a card hastily penciled on the back of a Panama independence was established, and signed by the members of the junta, on which is attested the fact that, but for the assistance rendered by H. G. Prescott, the Republic of Panama could never have been created. He knows down to its minutest details just what part the Isthmian matter fitted into the affairs of the country, and during the whole separatist conspiracy he was recognized as first aid-to-camp to Dr. Amador, the chief negotiator.

Personally, Mr. Prescott is open-hearted, generous and lovable. Easy-mannered, always smiling, the Panamanian delight to acknowledge him as one of their own number. He maintains a comfortable home in this city. His wife is a native of Panama, although one of her ancestors on either side was an American who settled here during the "forty-niner" days. Beautiful and accomplished, Mrs. Prescott is a leader in all the social functions of the new capital, and, since Mr. Prescott has no thought of ever quitting this country, the new republic will know him as one of its most prominent citizens and important figures.

General Jeffries, Admiral.

A short, stocky figure, broad and powerfully shouldered and exuding an atmosphere of aggression, topped by a round head bearing a sparsely deposited crown of light brown hair, is to be seen on the streets of Panama daily. This figure approaches with rolling walk, quick and energetic, and behind a rather pallid complexion blue eyes sparkle and twinkle. Everybody in Panama knows and respects the man H. O. Jeffries, an American citizen, a native of New York City, who formerly held the rank of General in the Colombian Army, and who is now Admiral of the navy of the Panama republic. Jeffries is one of the foremost characters of the Isthmus, and, next to Shaler and Prescott, no American here had a more important part to play in the recent revolution than did he.

That success is a certain reward of industry and strict attention to business is fully exemplified in the results which have been attained by Mr. J. W. Sweeney. Mr. Sweeney was born in Monmouth, Ill., and received his early education in the schools of his native state. While a youth, he spent several years in travel, in order to become acquainted with all affairs of the world, attracted by the stories of the "Golden West," Mr. Sweeney came to Portland in 1892 and realizing the opportunities for success and fortune he embarked in the contracting business.

From the date of his arrival in the metropolis of the state, he has steadily forged ahead and today he is recognized as one of the largest and most responsible contractors in the city. Mr. Sweeney is heavily interested in real estate; and is lessee of the Bunker Hill quarry, which is 10 miles down the Columbia and one of the finest basalt quarries in the world; and the Marquam Gulch quarry at South Portland. The stone from the Marquam quarry is said to have more resistance power than any stone in the Northwest, and the United States Government uses this rock almost exclusively for Fort Stevens.

Rock from the Marquam quarry is furnished to the Trinidad Asphalt Company for their asphalt binder in their work for the city. The Warren Construction Co.

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A natural fighter, expert in the handling of men on land or sea, capable of navigating a ship, Jeffries, whose years have been spent in revolutionary strife, is kindly disposed and most genial. He speaks in low tones, but is so confident in his own ability that he is voted to his family, which consists of a charming young wife, whom he married in Costa Rica, and a little daughter, and will do her best to provide for her to accommodate a friend. It was largely under General Jeffries that General Huertas, commander-in-chief of the Panamanian army, secured his military training; but Jeffries would rely upon Americans rather than upon Panamanians. As a result his flagship, the Third of November, recently rechristened from the Twenty-first of November, the principal officer was an American. The captain, who is little more than a pilot, is a native, and so are the sailors; but in the responsible posts, as engineers, artificers, etc., Americans alone are to be found.

Jeffries Brought Huertas Over.

In the recent revolution Jeffries—who is said to have declined any remuneration for his services—was picked to effect the capture of the Colombian gunboat Cartagena, which was expected to sail before the time the separatists had planned to declare the independence of the Isthmus, and it was arranged that Jeffries, with 70 men, should cross to the Isthmus in the name of the republic. His appearance as a transport for 400 Colombian soldiers frustrated this scheme, but it is currently reported, and generally believed, that Jeffries served the republic most acceptably by engineering the scheme by which General Huertas was induced to give to the separatists the support of the principal officer of the republic, that Jeffries served the republic as well as he could.

Of other influential Americans on the Isthmus Captain J. R. Beers, superintendent of the La Boca terminals of the Panama Railroad, is a familiar figure. Captain Beers is a retired sea captain, a shrewd and calculating "down-easter," who is so highly thought of that he has recently been elected as president of the leading social club in this city.

"Jimmy" Hyatt, whose home is in Hyattsville, Md., has been on the Isthmus for more than 35 years, and is accounted the most universally popular man in the country. Hyatt lives at Colon, where he is American Vice-Consul, but he divides his time about equally between Colon, Panama and the interior. He owns coconut groves, manganese mines, is an extensive trader with the San Blas Indians, and has a most enviable reputation as a prospector. As being a habit of his to take a "cayuca," a narrow canoe hollowed out of a cedar log, and so cruising along the coast and up and down the rivers for weeks at a time.

Warrieks of the Situation.

Felix Ehman, the active member of the banking-house of Henry Ehman, is a native of Louisiana, American Vice-Consul to this city, owner of the leading hotel here, a man of charming personality and progressive ideas. He has lived here for more than a generation, making yearly visits to the States, and is an ardent supporter of the righteousness of the revolutionary cause.

J. G. Duque, a native of Cuba, but a naturalized American, is the proprietor and editor of the Star and Herald of Panama, the one newspaper of the Isthmus, and the principal owner of the lottery concession, a source from which he draws a revenue of about \$1800 a week. Duque made an attempt in September to enlist American support for revolution on the Isthmus by calling upon Secretary Hay. His scheme was an individual one,

pany, which is introducing the bitumastone macadam, also uses this rock.

Mr. Sweeney has had a number of contracts involving large sums of money, and his work has always given the best of satisfaction. Among the important contracts are the following:

The arch culverts and piers on the O. R. & N. change of line from The Dalles to Vento, which were constructed of stone masonry and concrete; the Cook-avenue district sewer, which was built of brick and stone at a cost of \$28,000; and the extension of the Simey's sewer. At present he is paving Madison street with vitrified brick on a concrete foundation; and has contracts for improving Irving street from Ninth street to Seventeenth street, and Sherman street from Front to Seventh streets. He is a member of several of the principal fraternal organizations, is prominent in social and business circles, and has always striven to advance the city's welfare.

UNION LAUNDRY.

Most Complete Plant in the West—Up-to-Date Machinery.

To visit a modern laundry is a revelation to the ordinary individual. How the complicated affairs of a large institution, where thousands of articles are handled daily and each one returned to the proper owner, is interesting.

The Union Laundry Company, whose plant is located on Second and Columbia streets, is one of the most complete establishments of its kind in the West. The machinery used is of the latest design. Power is furnished the plant by two horse-power boilers, from which is operated a 40 horse-power engine, furnishing power for an electric dynamo and other machinery. From the dynamo the building is lighted and heat is furnished the irons. Two 50-gallon starch cookers are in use, and great care is given to this important part of the business. Two Hagen quadruple mangles, with a capacity of 60 feet per minute, are in use, and another mangle of the same make with a capacity of 120 feet per minute will soon be installed. There are ten brass tubs, and a special machine for lace curtains and fine ladies' wear has recently been installed. This machine was designed especially for this company. The extractors used are those adapted for silk and woolen mills, and are the only ones of this kind on the Coast used in laundries. A steam boom press has also been added to the equipment of steam-heated machines, making the most complete and modern plant on the Coast for gentlemen's work.

The company manufactures their own soap in order to insure their patrons against the use of injurious soap. Mr. Lewis T. Gilliland, the manager, extends an invitation to the public to call and inspect the plant.

Run Down by Passenger Train.

KALISPELL, Mont., Dec. 31.—While riding upon a speeder through a cut near Paola, a station east of Kalispell in the Rockies, V. V. Geary was instantly killed and John Dillon fatally injured. The men were going over the tracks and were on a curve. The car being very dense it was impossible to see many feet ahead, and they were run down by the westbound passenger train.

Oregon Kidney Tea eliminates all impurities. It is a perfect Spring medicine.

St. Louis Medical Dispensary

POSITIVE CURES

Specialists for Men

Trustworthy, Reliable, Competent. Our Methods of Treatment Overcome the Worst Cases of Neglect, Mistreatment and All Disorders.

After an experience of over 35 years in treating and curing diseases of men, we do not hesitate to say that we are especially qualified through this long and active experience, that our methods are without doubt more successful than will be found in any institution of its kind in the whole country. We make no claim of infallibility, but we do claim to have cured hundreds of cases that others have failed in even benefiting, and had pronounced incurable cases coming to us cured in thorough understanding. No experimenting, no false promises made, but the patient given a careful diagnosis and prognosis of his case. If we believe he can be helped and cured he is plainly told so. If his case is considered incurable by us we frankly state our conclusions and decline to treat the case. In selecting a physician to treat you, use great care, remember that experience coupled with a thorough medical education, with a history of phenomenal success in our particular line, especially recommends us to your favorable notice. If you are suffering from any disease peculiar to men, we cordially invite you to call. After consulting with our physician you will most assuredly be convinced of our ability to cure you, our honesty and purpose and superior ability.

Pears' Urethral Obstruction Cured

NO CUTTING—NO PAIN—CURED TO STAY CURED

It matters not how long you have suffered from urethral obstruction, or how many different doctors have disappointed you, we will cure you just as certain as you come to us for treatment. We will not do it by cutting or dilating. Our cure is new—entirely original with us—and perfectly painless. It completely dissolves urethral obstruction and permanently removes every obstruction, always all inflammation, reduces the prostate gland, cleanses and heals the bladder and kidneys when irritated or congested, invigorates and restores health and soundness to every part of the body affected by the disease.

If you cannot call at our office, write us your symptoms fully. Our home treatment by correspondence is always successful. Our counsel is free and sacredly confidential, and we give each patient a legal contract in writing to hold for our promise.

Hours—9 to 5; Sundays, 10 to 12. Address all letters, with 10-cent stamps, to

ST. LOUIS DISPENSARY

Second and Yamhill Streets, Portland, Oregon

LASH'S BITTERS

KIDNEY & LIVER

A PLEASANT LAXATIVE NOT INTOXICATING