

HIDDEN PERILS.

Why a vessel should have a rat is strange. It is only as elongated rat himself. Bats and mice love hidden places, and a vessel is about the only living thing that rats and mice find them out. Aches and pains are not found in mice. They seek out the hidden places of the human system and gnaw and ravage the muscles and nerves. St. Jacobs Oil, like a vessel, knows how to get into them. It will penetrate to the secret places and drives it out. Rats and mice gnaw at the corners where a vessel has been, and the same oil is infamously cured by St. Jacobs Oil. The rats and mice must be patient with the treatment; the chronic forms are stubborn and resist, but the great remedy will finally conquer and give health and strength to the afflicted parts.

A fish with nine mouths, and captured in California recently, and ichthyologists are in doubt what to name it.

THE FAULTS AND FOLLIES OF THE AGE

Two diseases, but of the latter none is more notorious than the promiscuous and random use of laxative pills and other drastic cathartics. These are used instead of the more judiciously used and more effective purgatives. The result is accomplished without pain and with great benefit to the bowels, the stomach and the liver. Use this remedy when constipation manifests itself, and thereby prevent it from becoming chronic.

Sulphuric acid, boric acid, borax and formaldehyde are some of the chemicals added to prevent milk from souring.

HOME PRODUCTS AND PURE FOOD.

All Eastern Syrup, so-called, usually very light colored and of heavy body, is made from sugar cane and is strictly pure. It is for sale by the Pacific Coast Syrup Co. All genuine "The Golden Syrup" have the manufacturer's name lithographed on every can.

Two bottles of Pisco's Cure for Consumption furnished me of a bad lung trouble. - Mrs. J. Nichols, Princeton, Ind., March 20, 1896.

Warner's Safe Cure

IN LARGE BOTTLES OR SMALL BOTTLES.

Owing to the many requests from its patrons, Warner's Safe Cure Co. have put on the market a smaller size bottle of Safe Cure which can now be obtained at all druggists at half the price of the large bottle.

Warner's Safe Cure

is not only a scientific vegetable preparation and does all that is claimed for it, but it is the only Kidney and Liver medicine used by the best people of four continents. A medicine that bears the stamp of the world's approval, and maintains its position for a fifth of a century, must necessarily possess peculiar merit.

Warner's Safe Cure

Leading dealers everywhere sell FERRY'S SEEDS.

Do not risk the loss of time, labor and ground by planting inferior seeds. The market is full of cheap, worthless seeds. FERRY'S SEEDS are the best. Write for a free catalogue. Address: FERRY'S SEEDS, 1201 Broadway, New York, N. Y.

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Sent Free!

To any person interested in humane matters, or who loves animals, we will send free, upon application, a copy of the "ALBINO DOG," the origin of this Society. In addition to its interesting reading, it contains a list of the valuable and unusual premiums given by the paper.

THE NATIONAL HUMANE ALLIANCE

400 East Charles Building, New York.

The Universal Supply House, Established 1865. FARM SUPPLIES, MILL, Groceries, Hardware, Agricultural Implements, Harness, Boots, Shoes, Dry Goods, Maps, Etc. Send for Large Illustrated Catalogues. PRODUCE TAKEN IN EXCHANGE. HERRICK & CO., 12 Front St., San Francisco, Cal.

\$10

FOR THE ONLY perfect incubator made in America. Write for our latest and most complete catalogue. Address: PETALUMA INCUBATOR CO., Petaluma, Cal.

WHEAT

Make money by successful speculation in wheat. Write for our latest and most complete catalogue. Address: WILL & FINCK CO., 800 Market St., San Francisco, Cal.

RAZORS

Finck's "C. C." Razor can be exchanged if not satisfactory. Send for general catalogue or catalogue of Sporting Goods or Barber Supplies. WILL & FINCK CO., 800 Market St., San Francisco, Cal.

FOR PEOPLE THAT ARE SICK OF SICK

DR. GUNN'S LIVER PILLS are the only one for a dose. Sold by Druggists at 25c a box. Sample mailed free. Address: Dr. Gunn's Med. Co., Phila., Pa.

CHILDREN TEETHING.

Dr. Gunn's Teething Tablets are the only one for a dose. Sold by Druggists at 25c a box. Sample mailed free. Address: Dr. Gunn's Med. Co., Phila., Pa.

RUPERT AND FILES

Send for our latest and most complete catalogue. Address: WILL & FINCK CO., 800 Market St., San Francisco, Cal.

SURE CURE FOR PILES

Send for our latest and most complete catalogue. Address: WILL & FINCK CO., 800 Market St., San Francisco, Cal.

THE FARM AND HOME

MATTERS OF INTEREST TO FARMER AND HOUSEWIFE.

How Beans and Potatoes Should Be Planted—Hints on the Care of Horses—Sure Mark of a Good Gardener—Sulphur for Sheep Scab.

Planting Beans and Potatoes.

The rule to plant beans with the eye down may answer with very late planting, but is not to be recommended while the soil is cool and moist early in spring. The bean is very impatient of wet or cold, and is more likely to rot with its eye turned down than when the eye is turned toward light, air and warmth. On the other hand, potatoes which somebody has advised to be planted with the cut side down ought always to be planted exactly the other way. The potato likes cool and moist soil, and its roots grow all the stronger while the shoot starts from under the cut piece, and then turns upward to the light. Twenty years or more ago we made a careful experiment in planting potatoes, having four rows, two of which were planted cut side up and the other two the reverse. The rows were close together, and the potatoes which had to start and turn in the soil before coming to the surface had all the season stronger vines and in the fall yielded more marketable potatoes than did the other. The vines also kept green longer, because the roots starting under the potato set got firmer hold on the soil than when they started near the surface.—American Cultivator.

Care of Horses.

The annoying sores made by the harness can be almost entirely prevented by intelligent care. The pressure of the harness and collar upon parts not accustomed to it, if long continued, so compresses the blood vessels that the normal flow of blood is checked, and the vessels walls are bruised and partially paralyzed, and the muscles are also bruised and weakened. It is an excellent plan to have an old cloth attached to the harness to use to wipe the perspiration from the shoulder. On removing the harness bathe with cold water the parts upon which the harness has rested heavily. This soothes the muscles and tends to prevent inflammation and swelling of the parts.

Young Woman Gains 20 Pounds

Her Physician in Iowa Said She Was Going Into a Decline, and That Her Lungs Were Affected—They Sent Her to Nevada.

But to Fight Lung Troubles or Any Wasting Disease, Build up Your Flesh.

From the Express, Los Angeles, Cal.

Two years ago, back in Eastern Iowa, Miss Maude Leuse began to go into a decline. She lost flesh rapidly. Her appetite failed. Fearful headaches nearly drove her frantic. She consulted local physicians—good, honest, practitioners. They told her that her lungs were affected; that medicine might alleviate, but a change of climate was the only remedy that offered a prospect of cure.

Keeping Up Fertility.

One of the surest marks of a good gardener is that he always is on the lookout to have on hand an ample supply of fertilizing matter for the soil. How reasonable that is, and yet strange to say one meets with persons who, judging only by their acts, seem to think that plants do not need food. They need it quite as much as do animals; both grow from that on which they feed. It is true all cultivated soil contains some plant food in the shape of vegetable humus, deposited there in one way or another, in the past. But the good gardener looks upon present fertility as a sort of revenue, and sees to it that enough manure is applied to the soil each year to meet the needs of the current crops.

Dormant Budding.

Prof. Price says the method of dormant budding, as practiced at the Texas station, consists of cutting a slip of bark with some wood attached, down the tree about one inch, leaving it attached at the lower end. About half of this slip is then cut off, leaving the other half still attached to the tree. Cut off a bud, leaving some wood also attached to it to prevent injury, and then carefully place it between the slip and the cambium of the bud and tree come in contact. The right with some material, such as raffia. In five or six days the bud will be found to have knit firmly. Treat them as those budded in the usual way.

Drained Horses on the Road.

The strength of the draught horse enables him to make good time for a short sprint, despite the excess of weight he carries. But unless on soft dirt roads fast driving of draught horses should not be attempted, because the excess of weight makes the pounding of the horse's feet on the hard surface all the more severe. It is well known that heavy horses are quite apt to have defective feet. This we believe to be the cause. Keep to their appropriate pace on the road and on the farm draught horses will live and do good service years after they are 20 years old. It is nervous worry that shortens life, rather than hard muscular toil, both in horses and in men.—Exchange.

Fattening Pigs in Winter.

There is very rarely much profit in keeping pigs through the winter, and in the meantime drying them for sale for spring porkers. The trouble is in keeping the pig warm enough to make the best use of his food, and secondly, in giving him the material to make growth as well as fat. Milk is scarcer in winter than at any other time of year. In fact, it cannot be had on most farms. Yet by cooking some fine wheat middlings, to which a tablespoonful of lardseed meal for each quart of porridge has been added, a very satisfactory substitute for skim milk may be made. It will be really richer in nutritive value than is skim milk, and if pigs so fed have warm quarters, they will thrive just as well as they will in summer.

Specific for Sheep Scab.

Hot baths made by putting sulphur in water are a specific for scab in sheep. It is very infectious, and any sheep having it should be kept by itself. The bath will need to be repeated at intervals of one or two days, for at least three times in order to destroy germs that were not advanced enough for the first application to kill. The Australia sheep growers have succeeded in eradicating scab from that country. Now every sheep brought to Australia has to submit to the bath once to destroy germs that have not become visible.

Sweet Corn.

There is a popular idea that sweet corn is richer than common field corn. In fact, they are chemically just the same, the carbon in the sweet corn appearing as sugar and starch and in the field corn as starch alone. The sweet corn is most palatable, therefore probably most digestible. As the sweet corn will not yield in either stalks or grain as much as field corn, it would seem to be a good plan to grow field corn for the main feed and enough sweet corn to use as a change, or when the appetite for starchy food has been cloyed. But oats or wheat middlings would be better for this even than would sweet corn.

The Barn Cistern.

Every barn will shed from its roof enough water for all the stock that can be kept on the feed it contains or the cattle it will shelter. If this water is duly conducted into a cistern in the barn basement and filtered before using, it is much the best water the stock can have for drink. In the basement the water will never be down to freezing temperature, which is an important matter, as every degree of cold has to be warmed to animal heat by the carbonaceous food that the animal has digested. If it is a milk cow that has its water thus warmed, it detracts just so much from the butter fats which the milk will contain. That is about as expensive warmth, even at low prices for butter, as the farmer ever pays for.

Good Clover Hay.

Clover hay is much better appreciated than it used to be. While most horsemen in cities are still shy of it, the farmers know as they always have done that in nutritious value it far surpasses timothy or other grasses. It contains more nitrogenous nutrition than the grasses. This is what makes it hard to cure without turning dark colored, but the late clover crop, which is always nearly black when got into the barn, is for sheep, cows and calves the best hay of all.

Farm Notes.

A Wisconsin farmer, who had some Canada thistles on his farm, says he exterminated them by cutting them off an inch under ground and giving them a dose of common salt.

A sheep should be caught by the hind leg or by placing the arm under its neck and never by the wool. To carry the sheep, stand at its left, pass right arm over, with hand resting under bricket just back of fore-legs, lift and grasp left hind leg with left hand as you lift.

When snow is on the ground rabbits have a hard time securing food and will eat anything that will prevent starvation. It is then that they gnaw holes and do damage which is not within the power of the farmer to repair. Smearing the trunk with blood or wrapping the trees with tarred paper or mosquito netting two feet from the ground serves as a protection.

On many farms early lambs have already appeared, and the object should be to force them in growth as much as possible. One of the best foods for them, as soon as they are old enough to eat, is ground oats. The ewes should be fed not only grain and hay, but also carrots, turnips and other succulent food, so as to induce a full supply of milk.

Saved by a Hatchet.

Golden Days tells a story of a prospector in Alaska, who, in company with eight other men, was walking across a great ice-field. At one place a thin sheet of ice hid from view a crack about three feet wide.

The party approached the crevasse diagonally, the prospector in advance, when suddenly he and the next man in the line slipped through the thin coating of ice and disappeared in the chasm below. Their cries narrowly prevented some of the others from meeting a similar fate.

The second man carried a gun, and as he held on to it, the weapon lodged crossways in the crevasse, and enabled him to be rescued; but the prospector went down at least seventy-five feet, and was tightly jammed between the walls of ice.

He could not be seen, but his voice could be distinctly heard directing the movements of his rescuers. Blankets were torn into strips and tied into a rope. This was lowered to the imprisoned man, who fastened one end around his body. When the rope was pulled, however, it was found that he was jammed in so tightly that he could not be moved without tearing him asunder.

The rescuers were in a quandary, but the imprisoned man suggested that they lower him a hatchet, and when this was done he chopped himself loose in short order. Altogether he was thirty minutes in the icy tomb, and it was a week before he recovered from the shock.

What a Question.

His New Manma-in-Law—I trust, my dear son, that you never indulged in the pernicious habit of going out between the acts for a drink of intoxicants?

The Bridegroom—Why, my dear mamma, you didn't think I had it brought in, did you?—Cleveland Plain Dealer.

WEEKLY MARKET LETTER.

Growing, Hopkins & Company's Review of Trade.

Trading in wheat this week has not been widespread, but to a great extent was confined within the ranks of the professionals, who are considerably looked up over the increasing amount of bad crop news. St. Louis appears to be the center of the disturbance and has been persistently loading the wires with stories of great harm done. Many traders have been disinclined to give the reports much attention, and in fact have only looked their eyebrows when brought to their notice. Many of those who have been loathe to acknowledge these stories are now changing front and think there must be some fire where there is so much smoke. The country at large, though, is only buying wheat sparingly, but St. Louis professionals appear to be taking hold liberally, and are pinning their faith in the reliability of crop damage in the Southwest. This is just the time of year for a genuine crop scare, and with the weather conditions as they are, damage tales will multiply instead of diminish.

Statistics are, of course, just as favorable for an advance as at any time recently; in fact more so. Visible stocks are decreasing and the world's stocks are steadily diminishing. The world's shipments are running from 3,000,000 to 3,500,000 bushels below the weekly requirements of the United Kingdom and the continent, but for all that, foreigners are not alarmed over the outlook. They are certainly not taking the wheat from this country in such quantities as one would expect under the circumstances. Cables are merely fractional in quoting changes on the other side. Exports of wheat and flour from both coasts for the week are 100,000 bushels more than last week, and exceed those for the same week in 1896 by about 5,000 bushels. We have had war scares of the opera bouffe order, but war seems to be just as distant as ever.

There has been a fair amount of trading in the corn market this week and speculation has been brisker. Wheat no longer exerts much of an influence upon values.

Market Quotations.

Portland, Or., April 2, 1897.

Flour—Portland, Salem, Casco and Dayton, \$1.10; Benton county and White Lily, \$1.10; Graham, \$3.40; superfine, \$2.75 per barrel.

Wheat—Walla Walla, 76¢; Valley, 75¢ per bushel.

Oats—Choice white, 42¢; 44¢ per bushel; choice gray, 36¢; 38¢.

Hay—Timothy, \$13.00@13.50 per ton; clover, \$11.00@12.00; wheat and oat, \$9.00@11.00 per ton.

Barley—Feed barley, \$17.50 per ton; brewing, \$18@19.

Millets—Bran, \$3.50; shorts, \$16.50; middlings, \$24.

Butter—Creamery, 45¢; 50¢; dairy, 30¢; 40¢; store, 17¢; 20¢ per roll.

Potatoes—Oregon Burbanks, 50¢; 60¢; Garnet Chilies, 65¢; 75¢; Early Rose, 50¢; 60¢ per sack; sweets, \$3.00 per cask for Merced; new potatoes, 6½¢ per pound.

Onions—\$2.00@2.25 per cental.

Poultry—Chickens, mixed, \$3.00@3.50; geese, \$4.00@5.00; turkeys, live, 11¢; 12¢; ducks, \$4.00@4.50 per dozen.

Eggs—Oregon, 9½¢ per dozen.

Cheese—Oregon, 12½¢; Young America, 13½¢ per pound.

Wool—Valley, 11¢ per pound; Eastern Oregon, 7¢.

Hops—9¢; 10¢ per pound.

Beef—Gross, top steers, \$2.00@3.50; cows, \$2.25@3.00; dressed beef, 4¢; 6¢ per pound.

Mutton—Gross, best sheep, wethers and ewes, \$3.50@3.75; dressed mutton, 6¢ per pound.

Hogs—Gross, choice, heavy, \$4.00@4.25; light and feeders, \$2.50@3.00; dressed \$4.50@5.00 per cwt.

Seattle, Wash., April 2, 1897.

Wheat—Chicago feed, \$27 per ton.

Oats—Choice, \$23@24 per ton.

Barley—Rolled or ground, \$30 per ton.

Corn—Whole, \$19 per ton; cracked, \$19@20; feed meal, \$19@20.

Flour—Jobbing—Patent excellent, \$5.00; Novelty A, \$4.60; California brands, \$3.35; Dakota, \$5.65; patent, \$6.40.

Millets—Bran, \$14.00 per ton; shorts, \$18.

Feed—Chopped feed, \$18.00 per ton; middlings, \$22; oilcake meal, \$30.

Hay—Pugot steam, per ton, \$10.00; Eastern Washington, \$14.

Butter—Fancy native creamery, brick, 26¢; select, 24¢; tubs, 23¢; ranch, 15¢@17.

Cheese—Native Washington, 12½¢.

Vegetables—Potatoes, per ton, \$16.50@18; parsnips, per sack, 75¢; beets, per sack, 60¢; turnips, per sack, 60¢; rutabagas, per sack, 50¢; carrots, per sack, 40¢; 50¢; cabbage, per 100 lbs, \$1.50; onions, per 100 lbs, \$2.90.

Sweet potatoes—Per 100 lbs, \$4.00.

Poultry—Chickens, live, per pound, 10¢; 11¢; ducks, \$6@6.50; dressed turkeys, 15¢.

Eggs—Fresh ranch, 11½¢@12¢.

Fresh Meats—Choice dressed beef, steers, 7¢; cows, 6½¢; mutton, sheep, 6¢ per pound; lamb, 5¢; pork, 6¢ per pound; veal, small, 8¢.

Fresh Fish—Halibut, 4½¢@6¢; salmon, 5¢@6¢; salmon trout, 7¢@10¢; flounders and sole, 3¢@4¢.

Provisions—Hams, large, 11½¢; hams, small, 11¢; breakfast bacon, 10¢; dry salt sides, 6½¢ per pound.

San Francisco, April 2, 1897.

Potatoes—Salinas Burbanks, 90¢@1.10; Early Rose, 65¢@75¢; River Burbanks, 50¢@70¢; sweets, \$1.25@1.75 per cask.

Onions—\$1.75@2.25 per cental.

Eggs—Ranch, 10½¢@12¢ per dozen.

Butter—Fancy creamery, 13½¢; do seconds, 12½¢@13¢; fancy dairy, 12¢@12½¢; seconds, 11¢@12¢.

Cheese—Fancy mild, new, 6½¢@7¢; fair to good, 5½¢@6¢; Young America, 7¢@8¢; Eastern, 14¢@14½¢.

Wool—Choice foothill, 8¢@9¢; San Joaquin plains, 6¢@8¢; do 12 months, 5¢ per pound.

Hay—Wheat and oat, \$7@10; best barley, \$6.00@8.00; alfalfa, \$5@6; clover, \$6@8; compressed wheat, \$9@9.50; do oat, \$8@7 per ton.

Tropical Fruit—Bananas, \$1.00@2.00 per bunch; pineapples, \$2@4.

Citrus Fruit—Oranges, navel, \$2@3.25; seedlings, do, 75¢@1.25; common lemons, 90¢@1.10; good to choice, \$1.50@2; fancy, \$4 per box.

Apples—Good to choice, \$1@1.75; fancy, \$2@2.25 per box.

Hops—7@10¢ per pound.

NOW WITHOUT A RIVAL

No Remedy to Compare With Paine's Celery Compound.

Read the Really Wonderful Experience of Rev. Dr. Bailey and His Good Wife, and the Indorsements of Other Eminent Divines.



Here is a letter from the pastor of the most influential church in South Baltimore, that every truth-seeker should read carefully.

Every disheartened sick person and every man or woman who has lost faith in the remedies he or she has tried please give none of them any more—every one who is sick ought to be cheered up and filled with hope and determination by the letter written by Rev. William T. Bailey, pastor of the Curtis Bay Church, the most influential church in South Baltimore.

On March 31, 1896, the Baltimore Sun, under display headlines, published the following news of Rev. Mr. Bailey's affliction:

"Rev. Wm. T. Bailey, pastor of the Curtis Bay Baptist church, was paralyzed in the tongue while preaching Sunday night, and lost the power of speech. The congregation was at once dismissed, and Dr. — was called. He said Mr. Bailey was suffering from a severe attack of nervous prostration caused by hard study and overwork, and that he must have rest and quiet."

The whole city was shocked. The papers soon began to record an improvement.

On April 13, 1896, the following open letter was addressed to the proprietors of Paine's Celery Compound:

South Baltimore, Md., April 13, 1896. Messrs. Wells, Richardson & Co.: Gentlemen—I was taken very ill while preaching Easter Sunday night. My doctor could not help me, so I discharged him and began to use Paine's Celery Compound with crushing effect. I will not hesitate to say that it is the best medicine in the world. I am, Fraternally, William T. Bailey.

Later in the year the proprietors of this wonderful remedy received still another letter from Dr. Bailey, as follows:

Gentlemen—I propose to do what I can to let people know of your Paine's Celery Compound, the medicine that has done me so much good. I shall in my own way, in speaking of my rapid and great improvement from the pulpit, give, as is justly due, tribute to Paine's Celery Compound. I married, six years ago, Miss Lillie B. Donnavant, a lady well known in social life, the niece of Capt. Robert F. Lewis, U. S. Navy. During the whole six years she has been an invalid, suffering from hysteria, laughing, crying and screaming, so that she could be heard for squares. I have had a great deal of trouble and expense. Eighteen doctors have, first and last, attended her, and one bottle of Paine's Celery Compound has done her more good than all of the other medicine. She and I are together using Paine's Celery Compound, and I will with pleasure let you know the result. Fraternally, William T. Bailey.

Baltimore, May 18, 1896.

Wells, Richardson & Co.: Gentlemen—It is impossible for me to express the emotions of my heart on the great good Mrs. Bailey and I have derived from the use of Paine's Celery Compound. I am a new man. We have taken together eight bottles, and I wish to continue its use. The people of my church are very kind to the poor, and I have given to some of the poor money with which to purchase the medicine. You may use my name if you wish and I will with pleasure answer all communications sent me. I believe the remedy is the best in the world. Yours very truly, William T. Bailey, Pastor Curtis Bay Baptist Church.

A few weeks ago there was published a testimonial of the great virtue of Paine's Celery Compound from Rev. Charles L. Thompson, D. D., LL. D., the eminent Presbyterian preacher of New York City. Rev. Dr. Meek, editor of the Central Methodist, recently wrote an open letter, telling that Paine's Celery Compound had worked a remarkable cure in his case. And last month the great temperance evangelist, Francis Murphy, told the public how Paine's Celery Compound had been a blessing in his family.

These are few among thousands. Charitable persons who are too busy, more often too procrastinating, to save their health from going to pieces, and find it easier to help others than themselves. Such persons fill up the army of broken down business men and sickly women. Every one in this spring time needs to purify the blood and regulate the nerves. Carry home today—not by and by—a bottle of Paine's Celery Compound. Cure nervousness, neuralgia, and rheumatism this spring. You can now put your health on a sound basis by means of Paine's Celery Compound. Charity should begin at home. Attend to your own health and that of your family.

Paine's Celery Compound is within reach of every family where there is a member afflicted by any stomach, liver or kidney trouble. It cures permanently and rapidly.

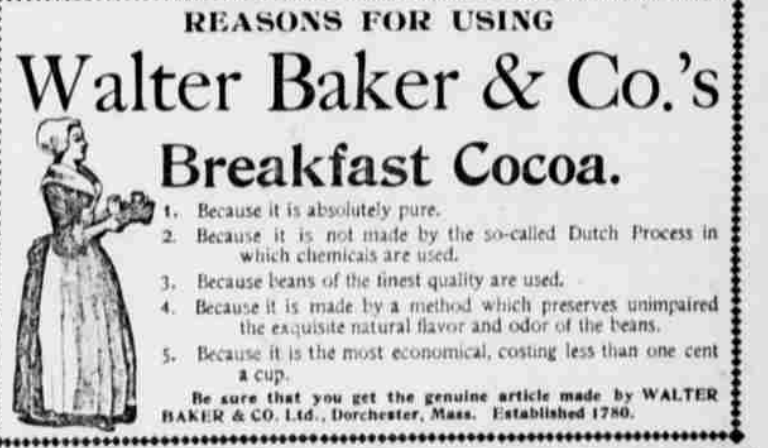
It must be distinguished from all other remedies.

REASONS FOR USING

Walter Baker & Co.'s Breakfast Cocoa.

1. Because it is absolutely pure.
2. Because it is not made by the so-called Dutch Process in which chemicals are used.
3. Because it is made of the finest quality of beans.
4. Because it is made by a method which preserves unimpaired the exquisite natural flavor and odor of the beans.
5. Because it is the most economical, costing less than one cent a cup.

Be sure that you get the genuine article made by WALTER BAKER & CO. Ltd., Dorchester, Mass. Established 1780.



YOUNG MAN!

You have exceeded the limit allowed by nature in the enjoyment of worldly pleasures. You have at some time overtaxed your nervous system, and there is a weak, nervous, and ready to break forth in all its pitiable, destructive effects upon you. You feel from day to day that you are becoming sicker of the suffering of your nerves, and warning you that a breakdown is near. It may come tomorrow, and then it will be too late to mend.

Mend now. What energy is left you, put it forth and save your life! Call on or write to Dr. Sanden and study his plans. Study how so many unfortunate have been saved. Don't wait, act today. It is of vital importance to you.

Have you read or heard of the wonderful cures which are being accomplished by

Dr. Sanden's Electric Belt

There is not a hamlet on the Pacific coast but has one or more who owe their happiness to it. This is the record of five years of good work.

"Belt has proved entirely satisfactory; my appetite is good, digestion good, memory improving, muscles hard and strong, bowels in great order, sexual strength improving, great increase of confidence. Can do more work with greater ease than I ever have done before."—H. B. DUGLAS, Stanwood, Wash., March 11, 1897.

What a record! This paper could show if people cured of such troubles would allow their names to be used! Every day some grateful, restored man gives thanks to Dr. Sanden's Electric Belt. So will you if you try it. Send for the book, "Three Classes of Men," free, sealed closely, by mail. Call or address

SANDEN ELECTRIC BELT CO., 253 West Washington St., Portland, Or.

Write writing to Advertiser please mention this paper.