Pe-ru-na Useful for Catarrh?

should a list of the ingredients of Pea he submitted to any medical exat of whatever so to admit without at low ebb he solved the question in that each one of them was of unbebtes value in chronic catarrhal dis-PUTE ABOUT THIS WHAT-TER. Peruna is composed of the most cions and f tiversally used herbal sedies for cata rh. Every ingredient afferuna has a reputation of its own

Peruna brings to the home the COM-INED KNOWLEDGE OF SEVERAL MOOLS OF MEDICINE in the treatent of catarrhal diseases; brings to as home the scientific skill and knowlsreefthe modern pharmacist; and last strotleast, brings to the home the vast ad varied experience of Dr. Hartman, atheuse of catarrh remedies, and in the restment of catarrhal diseases.

The fact is, chronic catarrh is a disuse which is very prevalent. Many deusind people know they have dronic catarrh. They have visited betors over and over again, and been all that their case is one of chronic miarrh. It may be of the nose, throat, high stomach or some other internal agan. There is no doubt as to the naare of the disease. The only trouble the remedy. This doctor has tried to ere them. That doctor has tried to BUT THEY ALL FAILED TO

RING ANY RELIEF. Dr. Hartman's idea is that a catarrh

medy can be made on a large scale, she is making it; that it can be made imestly, of the purest drugs and of the strictest uniformity. His idea is that this remedy can be supplied directhuthe people, and no more be charged for it than is necessary for the handling of it.

No other household remedy so universally advertised carries upon the hbel the principal active constituents showing that Peruna invites the full inspection of the critica.

Her Perch. "Did he propose to her on his "No, but she accepted him on them."

-Houston Post.

Still Cutting. The stranger returned to the village

after a long absence. "And what has become of the village cut-up?" asked the stranger. "Oh, he is grown up now," drawled

the old postmaster. "And is he still a cut-up?" "Oh, yes. He is one of these here appendicitis doctors?'-Chicago News.

All For Him. Jigley-Your flancee seems to have a will of her own.

Markley-Yes; and sometimes I half regret that I'm not the sole beneficiary. -Philadelphia Press.

Modified.

"One-half the world," remarked the man with the quotation habit, "doesn't know how the other half lives."

"And it may also be stated without puncturing the truth," rejoined the rise guy, "that three-fourths of it doesn't know how it lives itself."

He Stays. It was the traveler's first visit to

"I've always wanted to see this city," "It interests me in many ways. I think I know nearly a score of actors that came from here." "Yes, sir," commented the resident

knocker. "I reckon they went from here ecause they wanted to get out of the durned town."-Chicago Tribune.

THE SOURCE OF ALL DISEASE

strength. When this life stream is flowing through the system in a state of

disorders that will continue to grow worse as long as the poison remains.

These impurities and poisons find their way into the blood in various ways.

Often a sluggish, inactive condition of the system, and torpid state of the

evenues of bodily waste, leaves the refuse and waste matters to sour and

form uric and other acids, which are taken up by the blood and distributed

throughout the circulation. Coming in contact with contagious diseases is

another cause for the poisoning of the blood; we also breathe the germs and

thorough that hereditary taints are removed

and weak, diseased blood made strong and

healthy so that disease cannot remain. It

cures Rheumatism, Catarrh, Scrofula, Sores

purity and richness we are assured of perfect and uninterrupted health;

Every part of the body is dependent on the blood for nourishment and

and Mistake of an Actor. An actor without fund managed in some way to get a second-class ticket on a line of steamers running between Seattle and San Francisco. The voyage between these two points consumed the better part of three days and in be submitted and in the better part of three days and in the of whatever school or nationality, view of the fact that his finances were

The first day out he slept all day to at and had stood the tost of many keep from eating, and remained up all en experience in the treatment of night to keep from sleeping. The secch diseases. THERE CAN BE NO ond day he took physical culture exercises. On the third day he could not stand the strain any longer and went down in the dining room and ordered the best meal on board the boat.

While eating this meal he could see in his mind's eye a picture of a cell in the cure of some phase of catarrh. the bastile in San Francisco. After finishing his meal he said to the wait-

er: "How much do I owe you?" "Nothing," replied the waiter, "your meals were included in your ticket."

Good Fellow.

"George, dear," said young Mrs. Marryat, "I got a recipe for a fruit cake, to-day that will keep for a year," "Oh," replied the husband, "you ought to keep it longer than that."

"What? Keep fruit cake longer-"No, the recipe. Mislay it somewhere."-Philadelphia Press.

Branded as a Deserter.

An army pension has just been he sooner or later acquires it, granted to J. Tomlin, of Nottingham, England, who is now \$1, and his medals, granted for Sevastopol, have been replaced.

It seems that he was invalided home from the Crimea and granted a month's the expectorated matter, and also to furlough. While enjoying his rest he was stricken with typhoid fever, but, with his misfortune or ask a friend to do so. The consequence was that when join was arrested.

At Aldershot he was tried by courtmartial and sentenced to be branded with the letter "D."

Denf Mutes Only.

Over on the West Side a prosperous merchant engaged in the bottling in- cheek or the forehead. dustry makes a specialty of employing dea" mutes in his establishment. These silent hands are reported to be more industrious than is usually the experi- had better be of paper and be burned ence with unafflicted labor. On an average, the deaf mute bottler earns higher wages than his fellow workman, and he is generally more economical than the latter. Both in perceptive and receptive faculties the deaf mutes are said to excel as compared with those He should sleep in the open air, or at not so handicapped. In point of so least by an open window, and should briety, the non-hearing, non-spenking brother is reputed to set an enviable the day. The hours of study should be example.-Chicago Inter Ocean.

No Chance at All. "That Martel is really a terrible bore. He talked last night for hours and only stopped to cough."

"Well, I suppose you could get a word in edgeways then?"

"Rather not, for while he ing he made signs with his hands that he was going on afterwards."-Nos Loisirs.

Time to Move. "They're putting out an awful lot of sleep long.

good songs these days," said Mr. Stay-"Yes?" queried Miss Patience Gonne, taught until it becomes a habit. Bath-

with a yawn. "Yes; there's a new march song should be a daily morning habit. In that's great. It's fine to march to-"Indeed! I wish I had it. I'd play

Civic Pride. "My town," said the first traveler, is Greater New York."

It for you."-Philadelphia Press.

"I'm from Chicago, too."

"I say my town is Greater New York."

"O! I thought you said greater than New York."-Catholic Standard and Times.

#### "Glad to know you," cried the other; consider the state in which their potations at the feast had left them.

a minute till I go ahead. Perhaps I don't walk steady and the guid wife right."

He walked shead for a short distance, and then called out: "How is it? Am I

straight?" "O, aye," answered Sandy, thickly, "yere a' recht-but who's that with

New Railroads Need 60,000 Men.

because pure blood is nature's safe-guard against disease. When, however, It is estimated that 60,000 laborers the body is fed on weak, impure or polluted blood, the system is deprived of will be needed during this season in difficulty the system of the body is fed on weak, impure or polluted blood, the system is deprived of will be needed during this season in difficulty the system. its strength, disease germs collect, and the trouble is manifested in various ferent sections of Canada in constructways. Pustular cruptions, pimples, rashes and the different skin affections ing new railroads. New steamers are show that the blood is in a feverish and diseased condition as a result of too going into commission and all available. much acid or the presence of some irritating humor. Sores and Ulcers are able ones will be chartered for the new the result of morbid, unhealthy matter in the blood, and Rheumatism, Ca- immigrants that are booked in Great tarh, Scrofula, Contagious Blood Poison, etc., are all deep-scated blood Britain for the Dominion. As an inducement, laborers have only to pay \$4.84 on their passage, the balance to be deducted from their wages. They are guaranteed \$2 a day.

Damage.

"Do you believe that water in stocks

microbes of Malaria into our lungs, and when these get into the blood in difficient quantity it becomes a carrier of disease instead of health. Some does any great harm?" are so unfortunate as to inherit bad blood, perhaps the dregs of some old constitutional disease of ancestors is handed down to them and they are "Well," answered Mr. Dustin Stax, "water in stocks, combined with the tonstantly annoyed and troubled with it. Bad blood is the source of all dis- sunshine of publicity, is responsible for tase, and until this vital fluid is cleansed and purified the body is sure to a great many faded reputations."-

The Ten Commandments.

"If people paid as strict attention to Eben, "as dey pays to de rules of a card game, de plety of dis world would

The aggressive man is usually only a polite way of referring to your quarrelsome friend.

Every little while you hear a man another man.

EUROPEAN MIGRATION.

Huge Annual Increase Since 1880, the suburbs, Harker?" interrogated the Chiefly from the South and East.

Between the years 1860 and 1880 Europe, looked for better conditions basket of seeds. and a new home on the other side of the Atlantic every year, says the New York Sun.

Since 1900, according to the statistics of the European ports, about 1,200,000 persons have left their native lands to settle beyond sea every year.

Prevention of Consumption.

ease; and as he is peculiarly exposed

to tuberculosis in the home where the

That he may be saved from this fate

demands the co-operation of two per-

sons-himself and the person who is

already a sufferer. The sick person

When coughing he should hold a

handkerchief before the face, and in

speaking he should never stand very

close to the person addressed. The

sufferer should never kiss any one, and

in receiving a kiss should offer the

Napkins and handkerchiefs used by

The person who has not yet the dis-

ease, but who is predisposed thereto,

should follow the same rules as one

who is being treated for the actual dis-

ease, although perhaps less rigorously.

be outdoors as much as possible during

short-never at night-and the time

spent in school cut down as far as pos-

the morning and of the afternoon and

shortly before bedtime. The source of

If a child has adenoid growths they

should be removed, and deep breathing

ing or sponging with cool or cold water

short, everything should be done to

strengthen the natural powers of resist-

Poubtful Authority.

tion.-Youth's Companion.

him should not go into the common

wash, and for additional safety they

the fire.

alble.

The greater part of these emigrants have adopted the United States as their Although the new method of treatcountry. Several nations, in which ng consumption by open air and full twenty-five years ago there was only a feeding, which has become of late so slight tendency to emigration, now general, has accomplished wonders in show a considerable annual loss by dathe way of curing, or at least of ar- partures for other lands. This is parresting the progress of the disease, ticularly true of Italy, Austria-Hunit is destined to be productive of still gary, Russia, Spain and Portugal. In greater good to the race in preventing the years between 1870 and 1880 some this terrible scourge. The belief that 30,000 Italians, 5,000 Russians and 1,500 tuberculosis can be inherited has been Austrians or Hungarians emigrated evgenerally abandoned, but the fact reery year. To-day about 166,000 Ausmains that the child of tuberculous trians and Hungarians emigrate to parents is in danger. He may not ac-America, 162,000 Russians and 157,000 quire the disease by direct heredity, Italians. These figures are taken from but he often has a legacy of weakened European sources, and certainly in the resisting power which predisposes him case of Italy they are too low. to the attacks of any infectious dis-

Spanish emigration has also increased considerably since 1880, and amounts to-day to 50,000 a year. Little malady prevails, it is no wonder that Portugal sends out from 20,000 to 25,-000 of her people annually.

The English and Scandinavian emigration has changed very little in the last ten years. German emigration has beavily declined. Between 1870 and must use the greatest care to destroy 1890 the number of German emigrants each year exceeded 100,000 (maximum prevent contaminating the air by a of 221,000 in 1881), but since 1893 the bacillus-laden spray when he coughs. number has fallen off very much, and being unable to rad or write, did not The sputum should be deposited in a to-day only about 25,000 Germans anspecial receptacle—a paper napkin nually leave their native land. The which can be immediately burned, or a present commercial development of cardboard box which can be used a Germany, no doubt, explains the his furlough expired he was posted as number of times and then thrown into change. In Switzerland the conditions are similar. In 1883 the annual emigration amounted to 13,500; to-day it is only 5,000 or 6,000.

HOW TO DISPLAY THE FLAG.



should be displayed at full staff, is Press. The food should be very nourishing, plainly set forth in a circular issued by with plenty of butter, salad oil and the Sons of the Revolution. These are other digestible fats, and a glass of the dates and the directions: milk should be taken in the middle of

Lincoln's birthday, Feb. 12. Washington's birthday, Feb. 22. Battle of Lexington, April 19.

the milk should be known, for that Memorial Day, May 30. On Memorial from a diseased cow may be itself the Day, the flag should fly at half-staff carrier of tuberculous germs. Fatigue from sunrise to noon, and full staff should be avoided and the hours of from noon to sunset. Flag Day, June 14.

Battle of Bunker Hill, June 17. Independence Day, July 4. Battle of Saratoga, Oct. 17. Surrender at Yorktown, Oct. 19. Evacuation Day, Nov. 25.

The flag should not be holsted before sunrise nor allowed to remain up after ance, and to build up a good constitu- sunset. At retreat, sunset, civilian spectators

should stand at attention and uncover during the playing of "The Star Span-A Scotch minister and his friend gled Banner." Military spectators are coming home from a wedding began to required by regulation to stand at attention and give the military salute. During the playing of the hymn at re-"Sandy," said the minister, "just stop treat the fing should be lowered, but not then allowed to touch the ground.

When the National colors are passmight remark something not just ing on parade, or in review, the spectators should, if walking, halt, and if tution sitting, arise and stand at attention and uncover.

When the National and State or other flags fly together, the national him through. flag should be placed on the right.

When the flag is flown at half-staff as a sign of mourning, it should be holsted to full-staff at the conclusion of the funeral.

In placing the flag at half-staff, it should first be holsted to the top of the staff and then lowered to position, and preliminary to lowering from half-staff it should first be raised to the top.

The National salute is one gun for every State. The international salute is, under the Law of Nations, twentyone guns.

A Duty on Heiressea!

Paul Morton declares that he was not joking when, at a gathering of insurance men in Philadelphia, he advocated a tax upon the incomes which American belresses so often take out of this country by their marriage to fortune-hunting members of the European nobility. There is something in his argument, certainly. Why, when we protect American industry from the competition of cheap foreign labor, should we allow the rewards of that industry every kind. The action of S. S. S. is so de ten commandments," said Uncle to be turned over in bulk (and with the accompaniment of a pretty Amerlean girl) to an allen who never did sumpin' surprisin'."-Washington a day's work or served any useful purpose in the world's economy? Why not impose an export duty on heiresses? It seems equitable-which is doubtless one of Mr. Morton's reasons for proposing it.

> As a rule, it is easier to help a man, telling about "a good cussing" he gave and make him a friend, than it is to , injure him, and make him an enemy.

After the Floods. "I hear that you bought a bome in

city friend. "Yes," sighed Harker, as he took a

from 300,000 to 350,000 people, tired of firmer grip on the lawn mower and "And I also heard that it is right

up to date. Why, they say it even has subcellars." "No, submarine cellars. They are

under water most of the time." BIRT Cutting-I suppose it did make you

Dubbs-Well, I should say! Why, I

felt like a plugged nickel.

Cutting-Ah! but what a blessing it is that we never feel quite as bad as we look .- Philadelphia Press.

Too Informal. Johnny-The doctor says Uncle Hum-

phrey has Bright's disease. His Mamma-The doctor may call It that if he pleases, my dear, but you could say Mr. Bright's disease.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children Juring the teething period. Not a Circumstance.

"Didn't the thunder storm disturb you

last night?" "Thunder storm? I didn't know there was one.'

"You didn't? Where on earth do you sleep?"

"Nowhere on earth. I sleep within three feet of an elevated railway track."

Reason for Suppression. The Mikado' was suppressed in London out of deference to the feelings of the Japanese; wasn't that silly?"

"Oh, I don't know; perhaps a bunch of amateurs were playing it."-Houston

FITS St. Vitus Dance and all Nervous Diseases Serve Restorer, Send for FREE \$21tial bottle and treatise, Dr. R. H. Kline, Ld., 321 Arch St., Phila., Pa.

A Bond of Sympathy. While the new maid tidled the room the busy woman kept on writing. "Do you make that all out of your own head?" asked Jane.

"Yes," said the busy woman, "My," said Jane admiringly, "you

must have brains!" "Brains!" sighed the woman de spondently. "Oh, Jane, I haven't an ounce of brains."

For a moment Jane regarded her with sincere commiseration.

"Oh, well," she said presently. 'don't mind what I say. I ain't very smart myself."-New York Press.

"Your complaint, madam," said old Dr. Gruffly, "is very serious-

"There now!" trlumphantly cried the fussy woman, "I knew it---"Yes, madam, your complaint is chronic and there isn't the slightest When and how the national flag allment to excuse it."-Philadelphia

> Tired of Fiction. Married Man-I want to get a book for my wife.

Clerk-Something in the way of fiction?

"No; I've given her lots of that, but she doesn't seem to care for it!"-Yonkers Statesman.

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Signature of Chat Hetcher

Two Kinds.

"Political success," remarked one statesman, "depends a great deal on your platform,"

"Yes," answered the other; "the party platform of artistic success and the lecture platform for financial success." -- Washington Star.

Relieved. Physician-Your boy will pull through all right. He has a wonderful consti-

Mr. Tyte-Phist-I am glad to hear it, doctor. In making out your bill, of course, you will not make me pay for what his constitution has done in pulling Invention Worth Money.

"Have you invented anything recent-"Yes," answered the sensational

scientist. "I have invented a new way to get to the north pole." "Is it good for anything?"

"Certainly. It is good for ten pages in a magazine."-Washington Star.

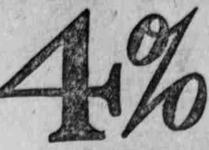
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"So I did." "But I have heard her at social gatherings myself a number of times."

she doesn't."-Baltimore American. Confidential.

"I said she can't sing; I never said

Husband-But, my dear, if Mrs. Nextdoor told you in strict confidence you shouldn't tell me.

Wife-Oh, very well; if you don't care to hear it I can tell it to somebody else, I suppose.-Chicago News.

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