

OUT-DOOR SPORTS.

The hardy, strong, athletic man, after months of out-door life and sports, feels all the better, although he may have suffered, as many do, from serious sprains and bruises. If sports were stopped on that account, we would have no more of the great base ball games, sports of field and of car and gun, of rod and racquet, of sportsmen and athletes take sprains and bruises as an accompaniment with composure, because they know how easy and certain it is to use St. Jacobs Oil and get rid of permanently the worst forms of any such accidents. There may be some, indeed many, not quite up to date in being prepared for the season's enjoyment, and such should undoubtedly have a supply of this great remedy for pain.

"So you have a new president in your Shakespeare Club." "Yes, our last president did not fairly represent us; she didn't like French dress in her salads."

WHEN THE SUMMER BREEZE

Blows through the trees, most of us who can get out for a country jaunt. Fewer cross the Atlantic. Whether it is business or pleasure calls one from home, Hostetter's Stomach Bitters is the best accompaniment of a voyage or an outing. Yachtsmen, sea captains, commercial travelers and emigrants concur in this opinion. The Bitters is unrivaled for bilious, malarial, dyspeptic or liver disorder.

He—If we were not in a canoe, I would kiss you. She—Take me ashore instantly, sir.

HOLT'S SCHOOL.

This school, located at Burlingame, San Mateo county, stands in the front ranks among the home schools for boys on this coast. Ex-Superintendent Ira G. Holt has charge. The school is accredited by the state and Stanford Universities, and there is no school where boys receive more thorough training and careful supervision.—San Francisco Chronicle.

First Actor—Remember when we were on the road in that war play—scene laid in the South in '67. Second Actor—Yes; eggs laid in the West in '61.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and specially able to carry out any obligation made by him.

W. E. & TRUAX, Wholesale Druggists, Toledo, O. WALKER, KISSAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c per bottle. Sold by all Druggists. Testimonials free. Hall's family pills are the best.

Mrs. Twyn—They say Mrs. Van Huffer, the new society leader, is right in the swim. Mr. Twyn—If'm, she dresses for it.



Gladness Comes

With a better understanding of the transient nature of the many physical ills, which vanish before proper efforts—gentle efforts—pleasant efforts—rightly directed. There is comfort in the knowledge, that so many forms of sickness are not due to any actual disease, but simply to a constipated condition of the system, which the pleasant family laxative, Syrup of Figs, promptly removes. That is why it is the only remedy with millions of families, and is everywhere esteemed so highly by all who value good health. Its beneficial effects are due to the fact, that it is the one remedy which promotes internal cleanliness without debilitating the organs on which it acts. It is therefore all important, in order to get its beneficial effects, to note when you purchase, that you have the genuine article, which is manufactured by the California Fig Syrup Co. only and sold by all reputable druggists.

If in the enjoyment of good health, and the system is regular, laxatives or other remedies are then not needed. If afflicted with any actual disease, one may be commended to the most skillful physicians, but if in need of a laxative, one should have the best, and with the well-informed everywhere, Syrup of Figs stands highest and is most largely used and gives most general satisfaction.

I WANT YOU TO UNDERSTAND THAT I'LL HAVE NOTHING BUT THE GENUINE BLACKWELL'S DURHAM!

You will find one coupon inside each two ounce bag and two coupons inside each four ounce bag of Blackwell's Durham. Buy a bag of this celebrated tobacco and read the coupon—which gives a list of valuable presents and how to get them.

A FRANK STATEMENT.

Mrs. R. C. Peterson, of Fairhaven, Tells a Reporter of Her Recent Illness and Cure.

From the World-Herald, Fairhaven, Wash.

Mrs. R. C. Peterson, of Fairhaven, Wash., who has been for a number of years a sufferer from nervous prostration, rheumatism and female weakness, and who has lately entirely recovered therefrom, was called upon a few days ago by a Herald representative whose attention had been called to her case. In answer to an inquiry, Mrs. Peterson said:

"Yes, I was a sufferer for many years from nervous attacks, rheumatism and other complaints. We, my husband and I, expended a large sum of money in visiting the celebrated doctors of Denver, Salt Lake City and San Francisco, but my relief in all cases was only temporary, and we had nearly despaired of my ever recovering my health, when, one day a friend advised Dr. Williams' Pink Pills, saying they had known of a case very similar to mine, where a wonderful cure had been effected by their use.

"Acting upon this advice, as a last remedy, my husband purchased a box of the Pink Pills more to please my friend than any belief in the medicine. However, before the box was half gone I felt a decided change for the better and after using three boxes was entirely recovered, and felt as well and strong as I ever did.

"Dr. Williams' Pink Pills have certainly been a wonderfully effective remedy for me, and I have no hesitation in recommending them to any one who was affected as I was."

Dr. Williams' Pink Pills are not looked upon as a patent medicine, but rather as a prescriptum. An analysis of their properties shows that they contain, in condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after effects of la grippe, palpitation of the heart, pale and sallow complexions, and the tired feeling resulting from nervous prostration, all diseases resulting from vitiated humors in the blood, such as scrofula, chronic erysipelas, etc. They are also a specific for troubles peculiar to females, such as suppressions, irregularities, and all forms of weakness. They build up the blood and restore the glow of health to pale and sallow cheeks. They are for sale by all druggists, or may be had by mail from Dr. Williams' Medicine Company, Schenectady, N. Y., for \$50c per box, or six boxes for \$3.50.

I know that my life was saved by Piso's Cure for consumption.—John A. Miller, Au Sable, Michigan, April 21, 1895.

She—If I don't accept you this time, you won't get discouraged, will you? He—Oh, no. There are others.

FITS.—All fit a stopped free by Dr. Kline's Great Nerve Restorer. No fits for 10 days' use. Nervous cures. Treatise and \$2.00 trial bottle free to fit cases. Send to Dr. Kline, 931 Arch St., Philadelphia, Pa.

TRY GERBER for breakfast.

Roughness is a needless cause of discontent. Severity breedeth fear, but roughness breedeth hate. Even reproof from authority ought to be grave, and not taunting.

Some of the British steamship companies employ more men than are enlisted in some of the second-class European navies. The Cunard line employs 10,000.

Young man don't forget that the world is watching you, and most of us are more ready to charge your account with something bad than something good.

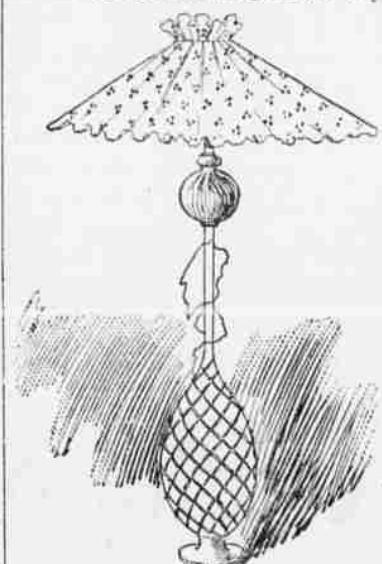
In London no fewer than 188,000 people live four and more to the room, and of these 3,000 are packed to the extent of eight or more to the room.

The Pennsylvania has introduced an economical innovation on its South-west system by having the fires on all its locomotives started with crude oil.

SOME NOVEL AND ARTISTIC LAMPS.

Possibilities In This Line of Many Familiar Hints of Eerie-a-brac.

In these days, when everything from an ink bottle to a tea caddy is utilized for a lamp foundation, with, too, it must be admitted, varying success, a really graceful novelty is not to be overlooked. Such a one, seen recently, was a lamp evolved from an Italian wine bottle. Into the long, slender neck of a large wicker bodied Chianti flask was inserted one of the delicate glass lamp bulbs to be found in the leading shops. The shade, a most harmonious accompaniment to this effective conceit, was of fine sprigged muslin gathered very



CHIANTI BOTTLE LAMP.

fall over a lining of white silk. The gay red and blue silk pompons which the Italian manufacturer, with his native love of color, never fails to fasten to the wicker casing of his wine bottle, were left and afforded the only brilliant tones in the dainty novelty.

Another lamp to be desired, seen in a studio noted for its fascinating collection of old brasses and glass, was fashioned of one of the brass milk cans which are among the finds of Holland. The can had been slightly beaten and highly polished, and into its 4 inch neck was fitted a lamp fount. A yellow silk shade added the finishing touch.

In the den of a bachelor a foundation for a lamp has been laid with three Turkish daggers. Their handles resting on the table, the curved blades hold the fount. The original thought which designed this unique ornament has carried out the oriental scheme in the shade, which is made of a brightly striped silk scarf of Turkey.

The fortunate possessor of two tall, single candelabra of the empire period has, with the aid of a pale yellow and a turquoise blue lamp bulb and shade to match, added two of the most charming illuminating vehicles imaginable to her artistic menage. The same little housewife has supplied a much desired blue and white lamp for a white dining room by purchasing for a mere song a tall candlestick of imitation delft and supplying it with a white porcelain bulb and a shade made of blue and white Japanese crepe.

An inexpensive and in every way satisfactory toilet lamp is easily evolved from any one of the pretty porcelain candlesticks picked up occasionally at a very small investment in the leading crockery houses. The simple old brass and silver candlesticks that are a heritage from our grandmothers will also be found very available for the same purpose.—New York Times.

An Office Girl.

The new woman, having had a shy at almost everything that's going nowadays, has concluded that she wants to be an office boy. Office girl is the correct term, but it is difficult to get used to it all at once. One day last week the latest of the leviathan office buildings of our city was honored by a little visitor who popped its golden head into the door of every one of its many offices.

"Please, sir," said the head, "do you want an office girl?"

The head was apparently that of an 11 or 12 year old, and the sturdy little boy that supported it—remained outside the door—was trimly clad in a short frock. To every office, including those on the s'teenth floor, went the little head, and everywhere it asked the same question, "Do you want an office girl?" When last seen, it was leaving the building wearing an expression of countenance which might be interpreted, "Nil desperandum; this is only one office building; there are others."—Philadelphia Times.

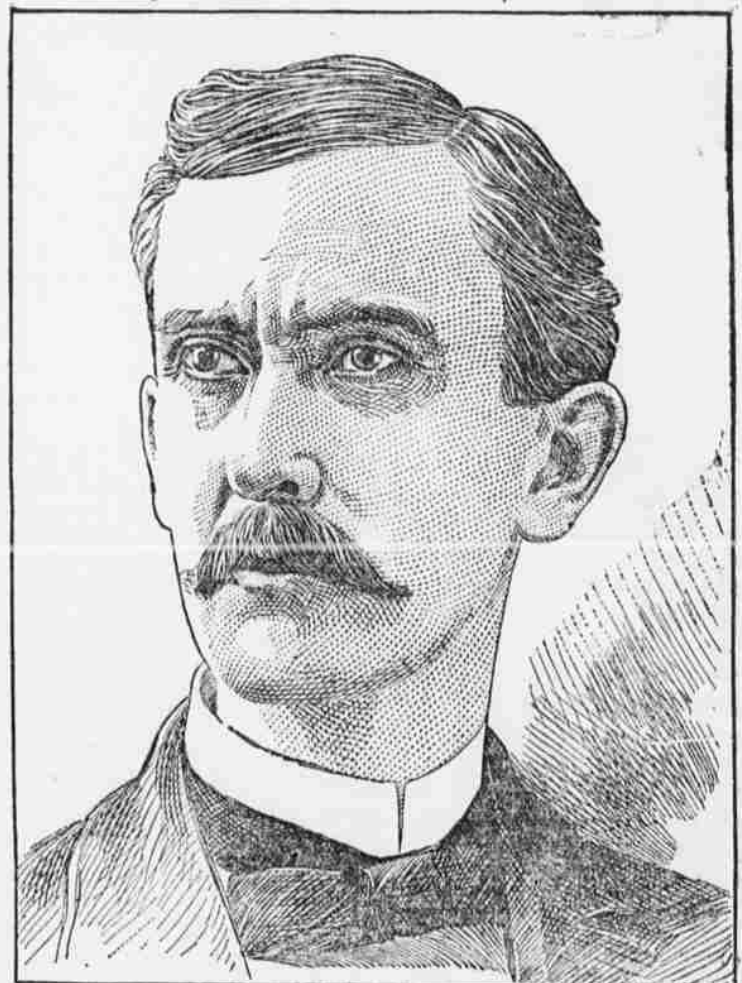
A Boon to Frenchwomen.

Mme. Jean Schmahl, editor of The Avant-Courriere, has just succeeded in carrying through the French chamber of deputies a bill giving married women the control of their own earnings. Hitherto, whether a married woman earned \$1 by taking in washing or \$1,000 by writing a successful book, the money belonged exclusively to her husband. This led to great hardship, especially among poor workingwomen with drunken husbands. It has cost Mme. Schmahl years of patient, tactful and persistent effort to get the law amended, but the measure finally passed by a unanimous vote.

The famous savage clubs of Borneo were modeled after a thorny fruit which grows wild in that island.

MAJOR W. W. ROBBINS.

Framer of the Indiana Military Bill Made Well by Paine's Celery Compound.



Major Robbins, of the Second Indiana State guards, aide to Gen. McKee's staff and president of camp Gray, has been for two years one of the most influential members of the Indiana legislature and the author of the famous Indiana Military Law of 1889. Major Robbins was a very sick man up to the time of taking Paine's celery compound.

In proof of what that remarkable remedy can do to make a sick person strong and well, Major Robbins' letter from Indianapolis best tells its own straightforward story.

"I was troubled with a torpid liver, constipation and accompanying sallow complexion, while my entire nervous system was entirely deranged, and I was greatly reduced in flesh. While in this condition I was taken down with a very severe attack of the grip, and was, for a long time, confined to the house and my bed.

"I resorted to various medicines and tonics, and under their temporary influence made several attempts to resume my business of traveling about in the interests of A. Steffen, cigar manufacturer of this city; but relapse succeeded relapse, and I not only was obliged to abandon my business, but growing gradually worse, became apprehensive of the ultimate result.

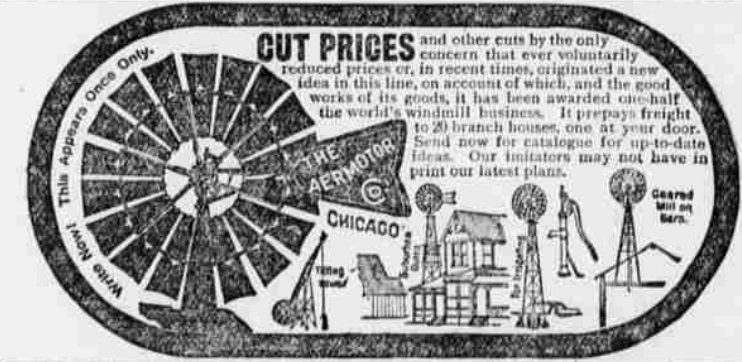
"At this juncture, my mother-in-law, who had used your remedy with gratifying results, prevailed upon me to commence taking Paine's celery compound, and it gives me great pleasure to state that I at once began to feel its beneficial effects.

"My appetite, which had failed me, returned, my constipation ceased, and very soon my liver became normal in its action. Following this my sleeplessness and headaches ceased, and I began to gain flesh. The insidious hold on me that the grip had hitherto had was relaxed, and I felt invigorated and strengthened, so I could resume my vocation, and feel free from the languid, enervated feeling that had so long possessed me.

"My friends were pleasantly surprised with the change in my condition, and I was only too happy to recommend Paine's celery compound to such of my acquaintances as were suffering from any of the complaints which so complicated my case. Therefore, I again say I feel impelled by a sense of gratitude to express how much I have been helped, for I now feel and look like a new man."

Physicians who rely on Paine's celery compound—as thousands of the most wide awake members of the profession are doing, especially now that nearly every one feels the need of a genuine spring remedy—physicians know very well what that languor and that tired feeling means. They know that debility today often results in nervous prostration tomorrow, unless the tired system is quickly invigorated.

That is why all over the country today Paine's celery compound is being taken by the advice of skilled physicians. It is the one remedy that physicians can conscientiously call a genuine spring remedy. Try it.



WOMAN FOR YOU

The very remarkable and certain relief given woman by MOORE'S REVEALED REMEDY has given uniformly successful and weakness life. Thousands of women testify for it. It will give health and strength and make life a pleasure. For sale by all druggists. BLUMAUER-FRANK DRUG CO., PORTLAND, Agents.

SURE CURE FOR PILES

Having used Bland's, Bromide or Proctology Pile cure at once to Dr. BO-SAN-KO'S PILE REMEDY. Stops itching, burning, itching, a positive cure. Circumcise and free. Price 50c. Druggists or mail. DR. BO-SAN-KO, Phila., Pa.

MRS. WINSLOW'S SOOTHING SYRUP

FOR CHILDREN TEETHING.

For sale by all Druggists. 25 Cents a bottle.

FRAZER AXLE GREASE

BEST IN THE WORLD.

Its wearing qualities are unsurpassed, actually outlasting two boxes of any other brand. Free from Animal Oils. G-T-THE-GE-UNE.

FOR SALE BY OREGON AND WASHINGTON MERCHANTS and Dealers generally.

PISO'S CURE FOR CONSUMPTION

CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

N. P. N. U. No. 653.—S. F. N. U. No. 730

Findings—

"The best, of course," you tell your dressmaker, and trust to her using the

S. H. & M.

REGISTERED TRADE MARK

BIAS VELVETEEN SKIRT BINDING

Why don't you tell her to use it or, better still, buy it yourself?

If your dealer will not supply you we will.

Samples showing labels and materials mailed free. "Home Dressmaking," a new book by Miss Emma M. Hosper, of the Ladies' Home Journal, telling how to put on Bias Velveteen Skirt Bindings sent for 25c., postage paid.

S. H. & M. Co., P. O. Box 699, N. Y. City.