

# HEALTHY WOMEN

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



cold 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.

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 Elizabeth Uber.



Imagine how glad I felt when it began to relieve me in a very short time. In less than two weeks I was completely cured."—Sybil A. Hadley.

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."—Sarah McGahan.

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.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

**MRS. M. J. BRINK**

**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.

To neglect a cold is to invite chronic catarrh. As soon as any one discovers the first symptoms of catching

**Dinner Table Gallantry.**

The Hostess—You are such an epicure, Mr. Stuffer, that I was almost afraid to ask you to dinner.

Stuffer—But the pleasure of your company more than compensates me.—New York Times.

**Not Good for Anything.**

Cholly—Doctor, I want something for my head.

Dr. Gruffly—My dear fellow, I wouldn't take it for a gift.—Judge.

**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.

**OREGON. PORTLAND**

**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 catalogue. All departments will reopen Jan. 5, 1903. Easter term begins Feb. 1, 1903.

**MISS ELEANOR TEBBETTS, Principal**

**It Costs You Nothing**

To catch cold—you get something for nothing, 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 the 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.

**Ferry's Seeds**

Seeds the Kind that Leads cost more—sold by all dealers. 1903 Seed Annual postpaid free to all applicants.

**D. M. Ferry & Co.,**  
Detroit, Mich.

**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.

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

**Right He Was.**

A member of a Sunday school was one day asking some children questions on the Bible knowledge. So far as he had gone the children did very well, but when he asked: "Where does the word 'holy' first occur in the Bible?" the children could not answer for a minute or so, till a sharp urchin stood up and said: "Please, sir, on the cover."

**FITS** Permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for **FREE \$2.00** trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

**A Desperate Case.**

Putz—Keep away. I haf got the kleptomania.

Pomade—Vat, vat are you dakin for it?

Putz—Everyding I can lay mein hants on.—Pennsylvania Punch Bowl.

**\$100 REWARD \$100.**

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional treatment, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address **F. J. CHENEY & CO., Toledo, O.** Sold by druggists, 75c. Hall's Family Pills are the best.

**Self-Sacrifice.**

"Why, Jimmie, you're smoking one of papa's cigars!"

"Sure! I heard ma tell him he'd kill himself smokin' so many, so I'm tryin' to save his life."—New York Journal.

**PISO'S CURE FOR**  
CURES WHERE ALL ELSE FAILS.  
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

**CONSUMPTION**

**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, for from having tartar to being a Tartar is not such a long journey. And when you start you "cuss" 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.

**The Difference.**

"The idea of calling a flask of whiskey a 'life preserver.'"

"What's the matter with that?"

"Well, usually it's the cork in it that makes the life preserver effective, but your flask's no good until you take the cork out."

**About So.**

Greene—Miss Wilter has brought suit against Bilkin for breach of promise, naming her damages at \$50,000.

Gray—Funny about women. If he had married her she would by this time, perhaps, be telling him that he is absolutely worthless.

**Taking No Chances.**

"I think," said the first business man, "I'll go home to lunch today. A new cook arrived at our house just after breakfast, and she has the reputation of being a good one."

"Why not wait for your usual six o'clock dinner?"

"She may be gone by that time."

**AN INDIAN STATESMAN.**

**The Chief of the Creeks Has Weathered a Variety of Storms.**

An Indian statesman, and perhaps the only Indian statesman in the world, is Isparhecker, chief of the Creeks. He has reached the allotted length of human days, yet lingers on, sturdy, bronzed and hearty, like a tree that has taken deep root and cannot be moved by the storms of the winter or the lightnings of the summer. Isparhecker has weathered many storms in his long life, for his people have not been peaceable at all times, and he has had difficulty at times to keep the struggling elements together. He is 6 feet tall, weighs 200 pounds and is a full-blooded Indian. He lives in a box-like hut in Indian Territory. He was born in Alabama. He was elected chief of the Creek nation in 1895.

**An Electric Tree.**

There is a peculiar tree in the forests of central India which has most curious characteristics. The leaves of the tree are of a highly sensitive nature, and so full of electricity that whoever touches one of them receives an electric shock. It has a very singular effect upon a magnetic needle, and will influence it at a distance of even seventy feet. The electrical strength of the tree varies according to the time of day, it being strongest at midday and weakest at midnight. In wet weather its power disappears altogether. Birds never approach the tree, nor have insects ever been seen upon it.

**Ancient Pens.**

The earliest references to pens are probably those in the Bible, and are to be found in Judges 5:14; I. Kings 21:8; Job 19:24 and Isaiah 8:1. But these chiefly refer to the iron stylus which cut out the characters in the tables of limestone or soapstone. There is a reference to pen and ink in the third Epistle of John 13:5, which was written about A. D. 85, and as pens made in brass and silver were used in the Greek and Roman empires at that time it is probable that a metallic pen or reed was alluded to.

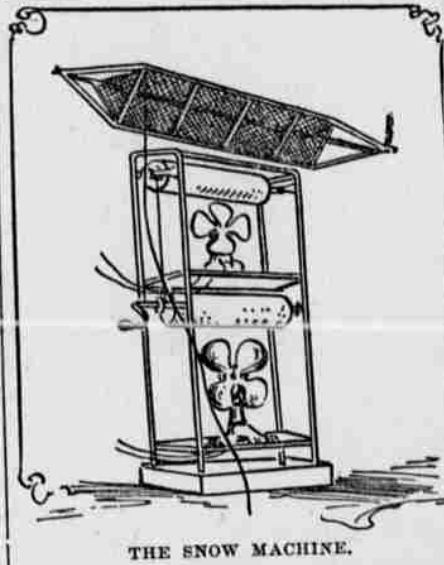
He who runs may read—if he succeeds in catching his train.

**A BARREL OF SNOW**

**Commands Fifteen Dollars and It Will Never Melt.**

Snow, it may not be generally known, is on the regular price list of all dealers in theatrical supplies. It is used of course, chiefly in the rural drama and sells at the rate of \$15 and \$16 a barrel. Stage snow is made of tiny scraps of white paper, cut in different sizes, according to the wind of storm wanted.

The snow scene in "Way Down East" as produced in metropolitan theaters is one of the most realistic ever produced on the stage. Its effects are chiefly due to the use of a complicated apparatus, which the inventors regard as so valuable that they have taken out patents on it and are prepared to prosecute infringers. This apparatus consists, first, of a long triangular framework covered with wire netting of a fine mesh. This box is suspended by a rope at each end and is filled with five



or six barrels of paper snow at a cost of \$75. The box is kept rocking by a stage hand who pulls at the rope attached to its top and the paper snow filters down through the meshes of the wire netting. But the most important part of the snowstorm machine consists of a couple of cast iron cylinders, which are perforated with fine pin holes, and which are kept constantly revolving. These cylinders are filled with fine salt and are mounted at four and eight feet above the stage in an iron framework. Just beneath each of the cylinders an enormous revolving electric fan is fixed. These fans strike both the salt and the paper snow as they fall in front of them and send them in a whirling, blinding cloud across the stage. To add the last touch of realism, when the blizzard is on, the wind machine, a huge wheel scraping against a fixed covering of silk, is rapidly revolved, throwing out a screech which almost exactly simulates that of a blustering wind.

**"THE PROOF OF THE PUDDING LIES IN THE EATING."**

The doctors are dumfounded, the druggists astonished, and the people excited and joyful over the wonderful cures and tremendous sales of the great Remedy, St. Jacobs Oil. Every case of rheumatism—some of many years' standing—has given way to this powerful remedy. Thousands of certificates like the following can be furnished as to its value:

George Scleyer, publisher of the Chilton, Wis., "Volksbote," used St. Jacobs Oil "for almost unbearable pains in the back, which had completely prostrated him." A few applications cured him entirely.

Mrs. Fred Eberle, Bellaire, O., was for a long time severely troubled with rheumatism. St. Jacobs Oil instantly relieved and entirely cured her.

Rev. Dr. B. Pick, of Rochester, N. Y., suffered so intensely from rheumatic pains that he was unable to preach. Several applications from a bottle of St. Jacobs Oil, "relieved him."

F. Radder, Cleveland, Ohio, says: "Two applications of St. Jacobs Oil cured me of great and long-continued pain in my foot."

Messrs. C. L. Brundage and Son, druggists, Muskegon, Mich., write: "St. Jacobs Oil has a wonderful sale. We sold eight bottles at retail yesterday. This will give you some idea of how well it is liked in this section."

Mr. Louis Hinkel, of East Poesten, Kill, N. Y., says: "I call St. Jacobs Oil the best liniment I ever used. It cured me of rheumatism and pain in the back."

Herman Rittner, Manchester, N. H., "I have tried St. Jacobs Oil, and found it excellent. All those who have purchased it speak of it as 'simply incomparable.'"

Geo. G. Erffle, Palestine, Ill.: "I was in bed suffering from a swollen leg. I used St. Jacobs Oil, its effect was wonderful. The following day I attended to my business again."

Dr. Otto Fuls, Reading, O., writes: "The sale of St. Jacobs Oil is constantly increasing; it is praised by everybody, and never fails to give entire satisfaction."

**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.

**SALMON.**

Everybody in these Northwestern 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.

**Even.**

"In time, with care, you may recover. Twelve dollars," said the fashionable physician, extending a receptive palm. "In time, with care, you may recover \$12," replied the disgruntled patient, as he grabbed his wad and made a breakneck dash for the street.—The Moon.

**I WANT TO BUY FOR CASH**

Chickens, Duck and Geese feathers. Address

**O. O. SMITH,**  
10th and Davis Sts., Portland, Or.

**"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.  
FACTORS OF  
**WET WEATHER CLOTHING**  
TOWERS' FISH BRAND

**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. KURTZ, 1411 Jones St., Sioux City, Ia.**

**CANDY CATHARTIC**

**Cascarets**

TRADE MARK REGISTERED

**REGULATE THE LIVER**

Pleasant, Palatable, Potent, Taste Good. Do Good, Never Sicken, Weaken, or Gripes. 10c, 25c, 50c.

**CURE CONSTIPATION.**

Selling Keady Company, Chicago, Montreal, New York, Ill.

**NO-TO-BAC** sold and guaranteed by all drug stores to **CURE TOBACCO HABIT.**

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

**WHEN writing to advertisers please mention this paper.**