



**A Beautiful Young Society Woman's Letter.**

ST. PAUL, MINN.,  
521 Wabasha St.,  
Dear Sir:  
"I took Peruna last summer when I was all run down, and had a headache and backache, and no ambition for anything. I now feel as well as I ever did in all my life, and all thanks is due to your excellent Peruna."—Bess F. Healy.

The symptoms of summer catarrh are quite unlike in different cases, but the most common ones are general lassitude, played-out, tired-out, used-up, run-down feelings, combined with more or less heavy, stupid, listless, mental condition. Relish for food and the ability to digest food seems to be lost.

Skin eruptions, sallow complexion, biliousness, coated tongue, fitful, irregular sleep, help to complete the picture which is so common at this season.

Peruna so exactly meets all these conditions that the demand is so great for this remedy at this season of the year that it is nearly impossible to supply it.

If you do not receive 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 pleased to give you his valuable advice gratis.

Address: Dr. Hartman, President of the Hartman Sanitarium, Columbus, Ohio.

**Science AND INVENTION**

In the dry soil of Egypt Prof. G. Elliot Smith finds the brains of most non-mummified bodies of the cemeteries have been naturally preserved even from predynastic times. The convolutions may be mapped, and an account is soon to be given of the brain structure of Egyptians of different periods.

A file specially designed for working on gun metal is being used in French machine shops. It has shallow diagonal channels, at intervals of half an inch, the teeth being on the raised portions between the channels. It is claimed that these files, clogging much less rapidly than others, increase the work done by about fifty per cent.

No white pigments have been found in feathers, and the whiteness of white feathers is ascribed to total reflection of light from their exposed surfaces. Some have supposed the reflection to be from air spaces, or bubbles, in the feather structure, but R. M. Strong, of Haverford College, says that the white effect is powdered glass, upon the small size of the structural elements. These have a large number of surfaces so placed for any position of the eye that there is a maximum reflection to the eye, and almost no absorption by the unpigmented feather substance.

To get the eggs of a new species of mosquito inhabiting a South Carolina swamp, Dr. W. C. Coker, of the University of North Carolina, had to borrow the aid of a horse. The horse was driven into the low ground haunted by the mosquitoes, and when he came out the insects were found drilling through his skin. They were carefully removed, put in a tin bucket, fed daily with blood from the hand, and after about five days, to the doctor's great delight, they laid their eggs in the water. It was to procure and study these eggs that he had taken all his trouble. In such homely ways science sometimes makes its advances.

Astonishing effects as a tonic and blood-former are claimed by Dr. Naudier, of Paris, for balloon ascensions. He states that an air trip of two hours gives a marked increase in the red corpuscles of the blood, this increase continuing to be noticeable for at least ten days afterward, and that five ascensions within six or seven weeks impart more benefit to an anaemic person than three months in the mountains. The good results begin almost immediately, prolonged stay in the upper air being of no advantage and possibly harmful. He urges that the city should give poor people the benefits of a change of climate by providing a large balloon capable of taking fifty patients daily on an aerial outing.

A remarkable example of the power of mimicry possessed by some persons, but altogether lacking in others, was furnished by the late Professor Roberts-Austen, of England. His friend, Prof. T. E. Thorpe, recalls many interesting instances of Roberts-Austen's singular gift, which was purposely exercised only occasionally for the entertainment of his scientific confreres at a club meeting. But what lends special interest to the case was the fact that Roberts-Austen frequently exercised his power without being aware of it. "I have heard him, to my terror," says Professor Thorpe, "in the course of a conversation gradually copy the tones and inflections of a man's voice, and have seen him reproduce his manner to his very face." In such cases there was no consciousness of what was being done in the mind of the mimic, or on the part of the person imitated, and Professor Thorpe believes the origin of the unintended mimicry was sympathy alone.

**Methodist University is Planned.**  
Bishop McCabe, of the Methodist Episcopal church, has solicited the aid of Pierpont Morgan in the erection of the proposed American university at Washington. It is said that Mr. Morgan views the project with favor.

"The Klean, Kool Kitchen Kind" of stoves keep you clean and cool. Economical and always ready. Sold at good stove stores.

**With True Feminine Aim.**  
She—I killed two birds with one stone yesterday.  
He—Indeed? I suppose you threw it at a dog?

**I WANT TO BUY FOR CASH**  
Chicken, Duck and Geese feathers. Address  
**C. O. SMITH,**  
10th and Davis Sts., Portland, Or

**PIMPLES**  
"My wife had pimples on her face, but she has been taking CASCARETS and they have all disappeared. I had been troubled with constipation for some time, but after taking the first Cascaret I have had no trouble with this ailment. We cannot speak too highly of Cascarets." **FRED WARTMAN,**  
5708 Germantown Ave., Philadelphia, Pa.

**CANDY CATHARTIC**  
**Cascarets**  
TRADE MARK REGISTERED  
REGULATE THE LIVER

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens, or Grips. 10c, 25c, 50c  
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P. N. U. No. 21—1903.

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This wonderful Chinese doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, buds, barks and vegetables that are entirely unknown to medical science in this country. Through the use of those harmless remedies this famous doctor knows the action of over 200 different remedies, which he successfully uses in different diseases. He guarantees to cure catarrh, asthma, lung, throat, rheumatism, nervousness, stomach, liver, kidneys, etc.; has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars. Send 4 cents in stamps. CONSULTATION FREE. ADDRESS  
**THE G. GEE WO CHINESE MEDICINE CO.**  
132 1/2 Third St., Portland, Oregon.  
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**India's Area Not Large.**  
India's area is a little more than half of the United States.

**DEAFNESS CANNOT BE CURED**  
Local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube gets inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out and this tube restored to normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.  
We will give One Hundred Dollars for any case of Deafness (caused by Catarrh) that can be cured by Hall's Catarrh Cure. Send for circulars, free.  
**F. J. CHENEY & CO., Toledo, O.**  
Sold by Druggists, 75c  
Hall's Family Pills are the best.

**Modern Warfare.**  
Bess—What would you do if you were in my shoes?  
Tess—Well, I think it would be me to go to the shoemaker and have them cut down to my size.

**Alfalfa Seed from Russia.**  
G. S. Mann, of Portland, Oregon, has received from the Russian government a quantity of the famous Turkestan alfalfa seed, and expects to import more, as the farmers and stockmen of Oregon and the Northwest become acquainted with the great productiveness and splendid food value of this alfalfa. Those interested should address Mr. Mann at his Portland store, 188 Front Street.

**A Possible Obstacle.**  
Clara—Of course you will be at church Easter morning?  
Alice—Yes, unless the cook wants to go.—Detroit Free Press.

**Best Time for Literary Work.**  
The best time for literary work, according to Tolstoi, is between the hours 9 a. m. and 3 p. m.

**DISAGREEABLE REFLECTIONS**

The mirror never flatters; it tells the truth, no matter how much it may hurt the pride or how humiliating and disagreeable the reflections. A red, rough skin is fatal to beauty, and blackheads, blotches and pimples are ruinous to the complexion, and no wonder such desperate efforts are made to hide these blemishes, and cover over the defects, and some never stop to consider the danger in skin foods, face lotions, soaps, salves and powders, but apply them vigorously and often without regard to consequences, and many complexions are ruined by the chemicals and poisons contained in these cosmetics.

Skin diseases are due to internal causes, to humors and poisons in the blood, and to attempt a cure by external treatment is an endless, hopeless task. Some simple wash or ointment is often beneficial when the skin is much inflamed or itches, but you can't depend upon local remedies for permanent relief, for the blood is continually throwing off impurities which irritate and clog the glands and pores of the skin, and as long as the blood remains unhealthy, just so long will the eruptions last. To effectually and permanently cure skin troubles the blood must be purified and the system thoroughly cleansed and built up, and S. S. S., the well known blood purifier and tonic, is acknowledged superior to all other remedies for this purpose. It is the only guaranteed strictly vegetable blood remedy. It never deranges the system or impairs the digestion like Potash and Arsenic and drugs of this character, but aids in the digestion and assimilation of food and improves the appetite. Being a blood purifier and tonic combined, the humors and poisons are counteracted and the blood made rich and pure, and at the same time the general health and system is rapidly built up and good health is established, and this, after all, is the secret of a smooth, soft skin and beautiful complexion.

**SSS**  
If you have any skin trouble send for our free book, "The Skin and Its Diseases." No charge for medical advice. Write us about your case.  
**THE SWIFT SPECIFIC CO., ATLANTA, GA.**

**Cartersville, Ga., R. R. No. 2.**  
I suffered for a number of years with a severe Nettle-rash.  
About twelve years ago I started using S. S. S. and after taking three bottles I felt myself cured and have since taken a bottle occasionally, and had little or no trouble along that line. My general health has been better since. I recommend S. S. S. as a good blood medicine and all round tonic. Yours truly,  
**Mrs. M. I. FITTARD.**

Some two years ago I suffered a great deal, caused on account of bad blood. Small rash or pimples broke out over my body and kept getting worse day by day for over a year. Seeing S. S. S. advertised in the papers and having heard also it had cured several people in this city, concluded to give it a fair trial. After using the medicine for some time, taking in all six bottles, I was entirely cured.  
**EDWARD C. LONG,**  
1020 Clay Street, Paducah, Ky.

**Cold Water Absorbs Poison.**  
In connection with the subject of water there is one peculiar property of that liquid with which everyone should be made acquainted, and that is its capacity for absorbing impurities, which increases proportionately the colder it gets. Hence water that has stood in an insufficiently ventilated sleeping chamber all night is not only unpleasant, but positively injurious to drink, since it readily absorbs the poisonous gases given off by respiration and action of the skin. An ordinary pitcher of water, under such conditions, at a temperature of sixty degrees will be found to have absorbed during the night from a pint to a pint and a half of carbonic acid gas, and an increase of ammonia. Ice water is an objectionable drink at all times, but if it is indulged in, the vessel containing it should never be left uncovered in sleeping or sitting rooms, because at freezing point its capacity for absorbing these deleterious substances is nearly doubled.

If a fool possesses tact and assurance he will distance the wise guy who possesses neither.

Some men's idea of a brilliant leader is a partner who leads trumps opportunely.

**NOTHING SO GOOD FOR CHICKENS AS THE PRUSSIAN POULTRY FOOD**  
It makes Hens Lay and Keeps them Laying. It cures Roup, Cholera and All Diseases. It strengthens young chicks, and makes them grow. Price 25c and 50c.  
My young chickens commenced dying, and after losing four dozen I purchased a package of your PRUSSIAN POULTRY FOOD, which stopped them from dying, and I have constantly kept it on hand ever since. I can recommend it as just what is needed in raising poultry.  
**C. R. RIGGIN, Latah, Wash.**  
**PORTLAND SEED CO., Portland, Oregon, Coast Agents.**

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