



"PE-RU-NA WORKED SIMPLY MARVELOUS

Suffered Severely
With Headaches—
Unable to Work

Miss Lucy V. McGivney, 452 3rd
Ave. Brooklyn, N. Y., writes:

"For many months I suffered severely
from headaches and pains in the side and
back, sometimes being unable to attend to
my daily work.

"I am better now, thanks to Peruna, and
am as active as ever and have no more
headaches.

"The way Peruna worked in my case
was simply marvelous."

We have in our files many grateful
letters from women who have suffered
with the symptoms named above. Lack of
space prevents our giving more than one
testimonial here.

It is impossible even to approximate
the great amount of suffering which
Peruna has relieved, or the number of
women who have been restored to
health and strength by its faithful use.

A Great Campaigner.

Congressman Thomas Hedge, of
Iowa, holds that Leslie M. Shaw, secretary
of the treasury, is one of the best
political campaigners in the country.
"Nobody ever gets away," said Hedge,
"if Leslie gets a chance to address him
personally. In one campaign he carried
a splendid new watch. After addressing
an audience he would circulate among the
voters, saying to this man and that: 'I wish
you would give me the correct time. I am
afraid of losing my train.' Of course, each
man complied, feeling flattered at the request.
Shaw used to say it was hard on the watch,
but he believed the votes he made in this way
more than made up."—Indianapolis News.

A policeman who had been on the force
of London six years has been sent to
prison for stealing milk from doorsteps.

BEST BY TEST

"I have tried all kinds of waterproof
clothing and have never found anything
at any price to compare with your Fish
Brand for protection from all kinds of
weather."

(The name and address of the writer of this
unsolicited letter may be had upon application.)

Highest Award World's Fair, 1904.

A. J. TOWER CO. The Sign of the Fish
Boston, U. S. A.

TOWER CANADIAN
CO., LIMITED
Toronto, Canada

Makers of Warranted Wet Weather Clothing

Send Your Eastern Friends

a copy of our handsomely
illustrated 88-page book,
"Oregon, Washington, Idaho
and Their Resources," which
tells all about this section of
the Union, where there are
more openings in every line
of industry than anywhere
else in the United States.
Four cents in postage.

A. L. CRAIG

General Passenger Agt.
The Oregon Railroad &
Navigation Company
PORTLAND, OREGON

Write for it today.



Baked Chowder.

This makes a nice dish for lunch,
and may be made from pieces of cold
boiled fish left over. Cut four good-
sized, cold, boiled potatoes into dice.
Pick into shreds sufficient cold cooked
fish to make one pint. Make one pint
of cream sauce. Chop one onion fine;
also one tablespoonful of parsley. Put
a layer of sauce in the bottom of a
baking dish, then a layer of fish, one
of potatoes, a sprinkling of salt, pep-
per, onion and parsley. So continue
until dish is full, having last layer
sauce. Sprinkle with crumbs and bake
in a moderate oven twenty minutes.

Baked Beans.

Soak one quart of beans over night
in water to cover. In the morning cover
with water, to which one-half tea-
spoonful of soda has been added. Boil
slowly until the skins begin to burst
and strain off the water. Place in a
bean crock and cover the beans with
liquid composed of two cups of hot
water, one-quarter cup of molasses, one-
half teaspoonful of mustard and one-
half teaspoonful of salt, adding more
hot water if necessary. Half bury one-
half pound of salt pork in the top of
the beans and bake for eight or nine
hours.

Oysters and Tripe.

Boil some tripe until tender, then cut
it in pieces one inch square. Melt
three level teaspoonfuls of butter in
a saucepan and add the same amount
of flour. Stir smooth and add slowly
two cups of milk; cook until smooth.
Add one cup of the tripe squares and
cook five minutes. Now add one pint
of oysters drained and cook four min-
utes, or until the edges curl slightly.
Season with salt and pepper and turn
into a serving dish. Sprinkle the top
with a teaspoonful of finely minced
parsley.

A Substitute for Rain Water.

As a substitute for rain water, the
following method for making hard
water soft is useful. Set a laundry tub
full of water, into which has been put
two pounds of common soda, to stand
all night. In the morning pour off the
water (leaving the white sediment at
the bottom of the tub) and it will be
perfectly soft. The simple plan of
boiling water has the effect of soften-
ing it somewhat, but is not nearly so
efficacious in counteracting "hardness"
as the method advised.

Succotash.

Cut sweet corn from the ear until
you have one pint of pulp; cook in as
little water as you can and not burn
it. Cook one pint of nice shelled beans,
drain and mix with the corn; add
three or four spoonfuls of butter and
a cupful of cream; season with salt,
and serve in individual vegetable
dishes.

Blanc Mange.

Soak a half package of gelatin in
enough water to cover it for two hours,
add a half cup of sugar and a pint of
scalding milk and stir until the gelatin
is dissolved. Take from the fire, strain
and flavor with vanilla. Pour into a
mold wet with cold water and set in
the ice chest to form.

Molasses Candy.

Boil together a cup each of brown
sugar and molasses and a tablespoonful
each of butter and vinegar. When a
drop hardens in cold water beat in a
small teaspoonful of baking soda, stir
hard, then pour into buttered pans.
As it becomes brittle break into pieces.

Stains on China.

To prevent stains on china well rinse
out the cups, etc., in cold water first,
then wash them in hot water. The
cold water rinsing prevents the stains
from the tannin in the tea or coffee be-
coming fixed, which they otherwise
would if plunged into hot water.

Sponge Cake.

Beat together with the hands the
yolks of four eggs and one cupful of
sugar until creamy; add the whites
beaten to a stiff froth, and stir in one
cupful of flour and a small pinch of
baking powder. Bake in a moderate
oven.

Potatoes with Ham.

Mash six boiled potatoes with four
tablespoonfuls of softened butter; add
gradually three beaten eggs and half
a pint of finely chopped boiled ham.
Bake twenty minutes, sprinkle the top
of the dish with grated cheese and
brown.

Suggestions.

Salt thrown on smoking fat removes
all odor and smoke.

When cleaning a spot with gasoline,
if a blotting paper is placed under the
material, the gasoline will not leave a
ring.

To open a fruit jar pour boiling wa-
ter on top of it, let it remain for a
few minutes and the top will unscrew
very readily.

SKIN DISEASES

ACNE,
TETTER,
ECZEMA,
PSORIASIS,
SALT RHEUM.

There is nothing more distressing than an itching, burn-
ing skin disease, and upon the return of warm weather those
who are afflicted with skin troubles find the symptoms appear-
ing and know that they will be tormented through the hot
summer months. The blood is heated with humors and acrid matter, and as they are forced
to the surface the skin seems to be on fire. The treatment of skin diseases with exter-
nal applications is all wrong, because they do not reach the trouble which is in the blood.
The most such treatment can be expected to do is, allay the itching and burning and cover
up the trouble for awhile, but as soon as it is left off the disease returns.

All food taken into the body contains, in some form, the elements necessary to sustain
the different parts. One portion is used for the making of blood, another for muscle,
one for bone, still another for fat, and so on. After these different properties are ex-
tracted from the food there still remains a portion that is useless, or waste matter,
which is intended to be disposed of through the natural channels of bodily waste, the
Liver, Kidneys and Bowels. At this season of the year, however, these organs become
torpid, dull and sluggish, and fail to perform this duty, and these accumulations remain in
the system and are absorbed by the blood to ferment and sour, producing burning acids and
acrid humors. The blood cannot properly nourish the system while in this impure condition,
and begins to throw off these acids through the pores and glands of the skin, producing Acne,
Eczema, Tetter, Psoriasis, Salt Rheum and skin diseases of every description.

ECZEMA appears usually with a slight redness of the skin, followed by pustules from
which there flows a sticky fluid that dries and forms a crust, and the itching is intense. It
is generally on the back, breast, arms, legs and face, though other parts of the body may be
afflicted. In **TETTER** the skin dries, cracks and bleeds, and is often very painful. The acid
in the blood dries up the natural oils of the skin, causing a dry, feverish, hardened condition
and giving it a leathery appearance. **ACNE** makes its appearance on the face in the form of
pimples and black-heads, and is particularly disagreeable because of its unsightly appear-
ance, while **PSORIASIS**, a scaly disease, comes in patches on different parts of the body.
One of the worst forms of skin disease is **SALT RHEUM**. It discharges a watery fluid, form-
ing sores and producing intense itching. The head and face are the parts usually affected,
and sometimes the hair falls out and a mass of sores forms on the scalp.

These and all skin diseases are due to the same cause—burning acids and humors in
the blood, and until this vital fluid is cleansed and made pure they will continue. The best
treatment for all skin diseases is S. S. S., a remedy that is purely vegetable, being made en-
tirely from roots, herbs and barks, and acts directly on the blood with a cleansing, healing
effect. It neutralizes the acids and purifies the blood so that the skin, instead of being
blistered and burned by the fiery fluids, is nourished by a supply of cooling, healthy blood.
It goes down into the circulation and forces out every particle of waste or foreign matter,

SSS

builds up the blood and cures all skin diseases promptly
and permanently. S. S. S. does not leave the least par-
ticle of the poison for future outbreaks, but entirely rids
the blood of the cause for all skin diseases.
S. S. S. tones up the system and regulates the
Liver, Kidneys and Bowels so that they will carry off
the natural waste and refuse matter through the proper
channels, instead of leaving it to be absorbed by the
blood. Nothing equals S. S. S. in the treatment of these troubles and for building up the
general health. Write for our treatise on skin diseases and any medical advice you wish.
We make no charge for either.

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Couldn't See It.

Poe—There is that exquisite creature,
Miss Pearlina, over there. Unlock for
me the door of hope by introducing me
to that mixture of woman and angel.

Practical Friend—Can't do it, my
boy; don't know the combination.—Bal-
timore American.

FITS Permanently Cured. No fits or nervousness
after first day's use of Dr. Kline's Great Nerve
Restorer. Send for Free \$2 trial bottle and treatise.
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Traveler—I must get to the railway
station as soon as possible. Which of
you has the fastest horse.

Cabman (pulling a paper from his
pocket)—Here, read this! Three years
ago I was fined four marks for fast
driving.—Unsere Gesellschaft.

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

Same Effect.

Archie Featherfoot (at the play)—
"Doesn't the air seem heavy in here?"
Miss Tartan—"I hadn't noticed it. It
may be that you are unusually—er—light
headed this evening."

Loans.

Unto the government we bow
And lend a reverent ear.
I'd rather lend it cash, I vow,
And be a financier.
Washington Star.

\$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 constitu-
tional disease, requires a constitutional treat-
ment. 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 pa-
tient 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.

A Rarity, Indeed.

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"Yep."
"They tell me he is a very kind-
hearted man."
"He is. Why, that fellow won't even
abuse the senate."—Pittsburg Post.

Dr. C. Gee Wo

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care with which every pair of shoes is made, you
would realize why W. L. Douglas \$3.50 shoes
cost more to make, why they hold their shape,
fit better, wear longer, and are of greater
intrinsic value than any other \$3.50 shoe.

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Men, \$2.50, \$2.00, Boys' School &
Dress Shoes, \$2.50, \$2.00, \$1.50.
CAUTION.—Insist upon having W. L. Dou-
glas shoes. Take no substitute. None genuine
without his name and price stamped on bottom.
Fast Color Epilets used; they will not wear brass.
Write for Illustrated Catalog.
W. L. DOUGLAS, Brockton, Mass.

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to STIFF NECK to SPRAIN

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