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Has surpassed all other medicines, in merit, sales and cures.

Its success, great as it has been, has apparently only just begun.

It has received by actual count more than 40,000 testimonials in two years.

It purifies the blood, cures all blood diseases, all humors and all eruptions.

It strengthens the stomach, creates an appetite and builds up the whole system.

It cures that tired feeling and makes the weak strong.

In usual liquid form or in chocolate tablets known as **Sarsatabs**. 100 doses \$1.

Between Friends.

Mayme—Jack says he admires my frankness and that my face in like an open book to him.

Edyth—Well, the comparison is quite appropriate, for you certainly do keep your face open most of the time.

STATE OF OHIO, CITY OF TOLEDO, LUCAS COUNTY, ss. FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D., 1888. A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.

Exception. "We reap as we sow," said the moralizer.

"I never do," rejoined the demoralizer. "I'm an amateur gardener, you know."

A MISSOURI WOMAN.

Tells a Story of Awful Suffering and Wonderful Relief.

Mrs. J. B. Johnson, of 603 West Hickman St., Columbia, Mo., says:

"Following an operation two years ago, dropsy set in, and my left side was so swollen the doctor said he would have to tap out the water. There was constant pain and a gurgling sensation around my heart, and I could not raise my arm above my head.

The kidney action was disordered and passages of the secretions too frequent. On the advice of my husband I began using Doan's Kidney Pills. Since using two boxes my trouble has not reappeared. This is wonderful, after suffering two years."

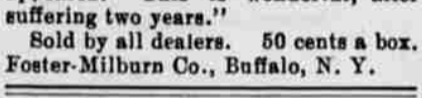
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Third and Couch Streets, Portland, Oregon.

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The C. Gee Wo Chinese Medicine Co. 162 1/2 First St., S. E. Cor. Morrison Portland, Oregon



Chop Suey.

A half-chicken, scraped from the bones and cut into bits; one large onion, sliced thin; a handful of mushrooms, soaked for ten minutes in water, then stemmed; a stalk of celery, cut into inch pieces; six Chinese potatoes, washed and sliced. Fry the chicken in a little shortening, add the onions and cook for three minutes, then put in the mushrooms and enough Chinese sauce to brown the ingredients. Pour in a little water and stew for ten minutes. Add the celery and potatoes and, last of all, a little floured water. When of the desired consistency serve with boiled rice.

Pork Cake.

Chop a pound of fat salt pork so small that it is like powdered suet, scald it with a half pint of boiling water, add a pound of dark-brown sugar, a cup of New Orleans molasses, a pound each of raisins and dates chopped and a quarter-pound of minced citron. Stir in enough sifted flour to make it of the consistency of cake batter and add a teaspoonful each of powdered nutmeg, cloves, allspice and cinnamon. Bake in a loaf tin in a steady oven until a straw comes out clean from the center of the loaf.

Wheat Griddle Cakes.

Sift a quart of flour and a teaspoonful of salt together and moisten with a quart of milk. Add a half yeast cake dissolved in warm water and beat for three minutes. Set in a warm place to rise over night. In the morning add a tablespoonful of molasses rubbed to a cream with a tablespoonful of melted butter and whip in two well-beaten eggs. If the batter is too thin before adding the eggs stir in a little more flour.

Canned Lima Beans.

Shell the beans, cook for fifteen minutes in slightly salted boiling water, take from the pot with a perforated spoon and pack them in jars standing in an outer vessel of boiling water. Boil up the liquor in the kettle, skim it and pour it, still boiling, into the jars, filling these to overflowing and sealing immediately.

Breakfast Relish.

Slice cold roast beef thin. Make a gravy of three tablespoons of butter, one tablespoon of walnut or tomato catsup, one tablespoon of vinegar, one teaspoon of currant jelly, one teaspoon of made mustard. Put meat and all in a saucepan, cover and set in a kettle of boiling water. Steam one-half hour.

Green Pea Pancakes.

Mash a pint of boiled green peas while still hot and work into the mass a tablespoonful of butter, and salt and pepper to taste. Beat two eggs very light, add these to the peas, stir in a cup of milk and five tablespoonfuls of prepared flour. Whip to a smooth batter and fry on a hot griddle.

Damson Jam.

Stone the damsons, then weigh them. Allow a half pound of sugar for each pound of fruit. Put the damsons in a preserving kettle and stew slowly for twenty minutes before putting in the sugar. When this has been added stew about an hour more, or until thick, then put into jars.

Marshmallow Frosting.

Buy enough marshmallow candy to cover the top of the cake when set closely together. Have a boiled icing ready and pour over the candy. As the icing cools it will hold the marshmallows together. Before the candles are laid over the cake they must be set in the oven to heat and swell.

To Pare Tomatoes.

Women who are interested in the details of cooking may be glad to know that it is better to rub a silver knife all over the skin of a tomato to loosen it than to dip in hot water. The water always gives a cooked taste, while by the silver knife method the skin can be loosed just as easily.

Oyster Bouillon.

Cook a quart of oysters in their own juice for half an hour, closely covered. Drain and chop the oysters fine, putting them back into the liquor. Add three pints of water, cook half an hour longer, and strain through cheesecloth. Season and serve with whipped cream on top like clam bouillon.

Canned Pumpkin.

Peel and cut the pumpkin into bits, put it over the fire and stew as for pie. When very soft strain through a colander, return to the fire, boil up hard and pour it into heated cans, filling each to overflowing with the liquid. Stand upside down in a cool, dark place.

New York City now has twelve regular schools for nurses.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE TRIAL BOTTLE and treatise. Dr. R. H. Kline, Ltd. 931 Arch St., Phila., Pa.

The United States lighthouse service cost \$4,500,000 a year.

Marion Harland.

The celebrated authoress, so highly esteemed by the women of America, says on pages 103 and 445 of her popular work, "Eve's Daughters; or, Common Sense for Maid, Wife and Mother":

"For the aching back—should it be slow in recovering its normal strength—an Allcock's Plaster is an excellent comforter, combining the sensation of the sustained pressure of a strong, warm hand with certain tonic qualities developed in the wearing. It should be kept over the seat of uneasiness for several days—in obstinate cases for perhaps a fortnight."

"For pain in the back wear an Allcock's Plaster constantly, renewing as it wears off. This is an invaluable support when the weight on the mill of the back becomes heavy and tiring incessant."

Just as Well.

Singleton—No man can tell what a woman will do next.

Wedderly—And it's just as well he can't. Otherwise she'd be sure to do something altogether different.

Doubtful Compliment.

Dick—Last season I was in the mountains and I tell you among the girls I was a lion. This year I am a lion here at the beach.

Dolly—Ah, I see. Last year you were a mountain lion, and this year you are a sea lion.

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

Delicate Operation.

"Yaas," suddenly declared Cholly Braneless, "I'm going to work. I've made up my mind."

"You have?" exclaimed Miss Peppery. "My! What a delicate operation!"—Catholic Standard and Times.

You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Hopes.

Tess—Mr. Mugley has actually asked Miss Passay if he might call upon her.

Jess—You don't say? I'll bet she's got her bridesmaid picked out already. —Philadelphia Press.

My Hair is Extra Long

Feed your hair; nourish it; give it something to live on. Then it will stop falling, and will grow long and heavy. Ayer's Hair Vigor is the only hair-food you can buy. For 60 years it has been doing just what we claim it will do. It will not disappoint you.

"My hair used to be very short. But after using Ayer's Hair Vigor a short time it began to grow, and now it is fourteen inches long. This seems a splendid result to me after being almost without any hair."—Mrs. J. H. FIFE, Colorado Springs, Colo.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of Sarsaparilla, Pills, Cherry Pectoral.

Physicians Recommend Castoria

CASTORIA has met with pronounced favor on the part of physicians, pharmaceutical societies and medical authorities. It is used by physicians with results most gratifying. The extended use of Castoria is unquestionably the result of three facts: *First*—The indisputable evidence that it is harmless; *Second*—That it not only allays stomach pains and quiets the nerves, but assimilates the food; *Third*—It is an agreeable and perfect substitute for Castor Oil. It is absolutely safe. It does not contain any Opium, Morphine, or other narcotic and does not stupefy. It is unlike Soothing Syrups, Bateman's Drops, Godfrey's Cordial, etc. This is a good deal for a Medical Journal to say. Our duty, however, is to expose danger and record the means of advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge, Castoria is a remedy which produces composure and health, by regulating the system—not by stupefying it—and our readers are entitled to the information.—Hall's Journal of Health.

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A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of
INFANTS & CHILDREN
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
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A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.
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NEW YORK.
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Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. B. Halstead Scott, of Chicago, Ill., says: "I have prescribed your Castoria often for infants during my practice, and find it very satisfactory."

Dr. William Belmont, of Cleveland, Ohio, says: "Your Castoria stands first in its class. In my thirty years of practice I can say I never have found anything that so filled the place."

Dr. J. H. Taft, of Brooklyn, N. Y., says: "I have used your Castoria and found it an excellent remedy in my household and private practice for many years. The formula is excellent."

Dr. R. J. Hamlen, of Detroit, Mich., says: "I prescribe your Castoria extensively, as I have never found anything to equal it for children's troubles. I am aware that there are imitations in the field, but I always see that my patients get Fletcher's."

Dr. Wm. J. McCann, of Omaha, Neb., says: "As the father of thirteen children I certainly know something about your great medicine, and aside from my own family experience I have in my years of practice found Castoria a popular and efficient remedy in almost every home."

Dr. J. R. Clausen, of Philadelphia, Pa., says: "The name that your Castoria has made for itself in the tens of thousands of homes blessed by the presence of children, scarcely needs to be supplemented by the endorsement of the medical profession, but I, for one, most heartily endorse it and believe it an excellent remedy."

Dr. R. M. Ward, of Kansas City, Mo., says: "Physicians generally do not prescribe proprietary preparations, but in the case of Castoria my experience, like that of many other physicians, has taught me to make an exception. I prescribe your Castoria in my practice because I have found it to be a thoroughly reliable remedy for children's complaints. Any physician who has raised a family, as I have, will join me in heartiest recommendation of Castoria."

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Bears the Signature of

Chas. H. Fletcher.

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Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send post paid at 10c a package. Write for free booklet how to dye, bleach and mix colors. MONROE DRUG CO., Unionville, Missouri.

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