

HOUSE-CLEANING

A Thorough Cleansing of the System Now is the Surest Protection Against Spring and Summer Sickness.

No good house keeper ever neglects Spring cleaning. With plenty of soap and water, hard scrubbing and scouring, sunlight and air, she soon gets rid of all rubbish, musty odors, germs and microbes, and the dust and dirt that have accumulated during the long winter months. ' But when the house has been put in order, and the premises cleared of all old plunder and trash,

the great majority of house keepers feel that Spring cleaning is over, and forget that their systems may be in a worse condition than the house, and that the bad feelings, debility, loss of appetite, nervousness and sleeplessness from which they are suffering are due to neglect of the more important and necessary work of Physical business section. Every reputable store house cleaning. A clean house does not insure against disease, but a clean system does. In the east furnishes these accommo-The poisons and humors engendered within the body, the waste matter that is clogging the system and contaminating and vitiating the blood, are far more dangerous to health than the dirt and dust of our homes. In the winter time we give free rein to our appetites, and eat more and oftener than is for our good. We inhale the polluted air of badly ventilated Telephone, call boxes, wash stand. offices and rooms, take little or no exercise, and our bodies become a veritable hot-bed of disease-bearing germs, and our blood is loaded with impurities and poisons of every conceivable kind; and no wonder that Spring time is so often Sick time and finds us in such poor physical condition, with vitality slowly wasting away, our digestion impaired, the liver torpid, and all the bodily organs over-worked and out of repair. Unless our systems are given a thorough cleaning, and the blood purged and purified, the simplest malady may develop into some serious disorder or end in chronic invalidism, and often the pent-up impurities, poisons and humors break out through the skin, and all through the Spring and Summer you are tormented with boils, itchy rashes, sores, bumps and pimples, and all manner of ugly pustular and scaly eruptions.

Physical house cleaning should begin with the blood. It must be purified and strengthened, and when a stream of pure, rich blood is turned into all the nooks and corners of the system, the rubbish and disease-producing poisons are washed out, and the congested channels and avenues of the body are opened, and Physical house cleaning is made thorough and complete. S. S. S. cleanses the blood of taints and poisons and expels the waste and rubbish from the system. It is to the system what soap and water are to the house. Nothing holes could be made in them, and the

else so quickly removes the stubborn, deeply-rooted pantry was so well kept that nothing poisons and humors that are destroying the purity of the blood and blocking the avenues of health and life. was left exposed to marauders. More-over, there were so many pet cats and dogs that a rat had no liberty. As a

A course of S. S. S. now will put your system in perfect order and fortify you against the debilitating diseases and aggravating skin troubles that are sure to come if your physical welfare has been neglected. It builds you up, improves the appetite, and aids the digestion and assimilation of food, it builds you up, improves the appetite, and aids the digestion and assimilation of food, it builds you up, improves the appetite, and aids the digestion and assimilation of food, it builds you up, improves the appetite, and aids the digestion and assimilation of food, it builds you up, improves the appetite, and aids the digestion and assimilation of food, it builds you up, improves the appetite, and you the barn was near by. The and keeps the system in a healthy, vigorous condition. S. S. S. is guaranteed purely vegetable, and can be taken by the old, middle-aged and young without danger of any harmful effects. S. S. S. is a blood purifier and tonic combined, a perfect Spring medicine and for a rat. "For," he said, "a palace indispensable in Physical house cleaning. Write us fully about your case. No charge has fewer opportunities for a rat than for medical advice. THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.



cape as there was only shotgun in the party.

Navigation Open Soon.

Seattle, May 21 .- Steamer navigation on the Yukon between White Horse and Dawson will open June 1. Possibly boats may be running a day or so earlier. This announcement came from the agents of the steamship lines operating between Seattle and Lynn canal. The information is based upon the reports made by the White Pass & Yukon railroad officials at White Horse.

Woman's Comforts

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You don't have to buy goods to avail yourself of these comforts. You will e ever welcome.

Tell your lady friends to meet you at Wise's whenever you please.

> Fable of Two Rats. Brooklyn Standard-Union.

A rat seeking a place in which to ive chose a palace, saying he prewas left exposed to marauders. Moreover, there were so many pet cats and

protected, the barn was near by. The cottage rat, accordingly, lived in plenty and enjoyed what was really high life a hovel, and they who aspire should

On above dates rate of \$72.50 will be made to Chicago and return. For further information and sleeping car reservations call upon or address

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