## Are Yos Constipated? Are Yoor Bittous ? <br> ATWOOD'S CASCARA <br> Is the surest and safest remedy for all complaints caused by a torpid liver or trregular action of the bowels. For sale only by <br> BROCK \& McCOMAS CO. DRUGGISTS

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consilted ut

Pendileton Planing Mill an Lumber Yard.

## HEALTHY WOME

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


FIRST STAGE OF CATARRH A Serious Mistake Which Thou sands Are Making.
$\qquad$ may be in the head, nose, throat or lungs. Its beginning is sometimes so severe a or it may be so slight as to not hinder a person from his usual business. In per haps a majority of cases sittie or no at
tention is paid to the first stage of catention and hence it is that nearly one
tarrh, half of the pe
in some form.
To neglect a cold is to invite chronic catarrh. As soon as any one discovers aborld at once begin the use of Peruna
atirst symptoms
Sweet Potatoes, the good kind.

Celery, fresh and crisp. Cabbage, solid hears.

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