

PE-RU-NA NECESSARY TO THE HOME

A Letter From Congressman White, of North Carolina.

PE-RU-NA IS A HOUSE-HOLD SAFEGUARD.

No Family Should Be Without It.

Peruna is a great family medicine. The women praise it as well as the men; it is just the thing for the many little catarrhal ailments of childhood. The following testimonials from thankful men and women tell in direct, sincere language what their success has been in the use of Peruna in their families:

Louis J. Scherrinsky, 103 Locust street, Atlantic, Iowa, writes: "I will tell you briefly what Peruna has done for me. I took a severe cold which gave me a hard cough. All doctors' medicines failed to cure it. I took one bottle of Peruna and was well."

"Then my two children had bad coughs accompanied by gagging. My wife had stomach trouble for years. She took Peruna and now she is well."

"I cannot express my thanks in words, but I recommend your remedy at every opportunity. I can conscientiously say that there is no medicine like Peruna. Nearly everyone in this town knew about the sickness of myself and family, and they have seen with astonishment what Peruna has done for us. Many followed our example, and the result was health. Thanking you heartily, I am."—L. J. Scherrinsky.

Mrs. Nannie Wallace, Tulare, Cal., president of the Western Baptist Missionary society, writes:

"I consider Peruna an indispensable article in my medicine chest. It is twenty medicines in one, and has so far cured every sickness that has been in my home for five years. I consider it of special value to weakly women, as it builds up the general health, drives out disease and keeps you in the best of health."—Mrs. Nannie Wallace.

Peruna protects the family against coughs, colds, catarrh, bronchitis, catarrh of the stomach, liver and kidneys. It is just as sure to cure a case of catarrh of the bowels as it is a case of catarrh of the head.

Congressman George Henry White, of Tarboro, N. C., writes the following letter to Dr. Hartman in regard to the merits of the great cathartic cure, Peruna:

House of Representatives, Washington, Feb. 4, 1899. The Peruna Medicine Co., Columbus, O.: Gentlemen—"I am more than satisfied with Peruna, and find it to be an excellent remedy for the grip and catarrh. I have used it in my family and they all join me in recommending it as an excellent remedy."

Very Respectfully, George H. White.

Peruna is an internal, scientific, systemic remedy for catarrh. It is no palliative or temporary remedy; it is thorough in its work, and in cleansing the diseased mucous membranes cures the catarrh.

If you do not derive 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.

Friendly Tip. Homer—"I don't know what on earth I am going to do with that boy of mine. He's the biggest liar in seven states."

Nextdoor—"Oh, don't let that worry you; when he is a little older you can get him a job in the government weather bureau."—Chicago News.

Wife's Complaint. "It's a great comfort to me, doctor," said the bereaved wife, "to know that you are made sad by my husband's death."

"Yes," said the physician reminiscingly, "he was good pay."—Ohio State Journal.

Hemlin's Blood and Liver Pills cure constipation and all ills due to it; 25c at your druggists.

Dead Man's Check Refused. A few days ago a man presented a check to William H. Rogers, cashier of the Nassau bank, demanding payment.

"But I can't pay that," said the cashier, "that man's dead."

"But," protested the holder of the check, "he was alive when he signed it."

And, in face of all Mr. Rogers' explanations, the man left the bank convinced that he had a grievance.—New York Times.

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

How Wonderful. Fudge—"This is a most remarkable case. A paper relates that a connoisseur of art, passing an old junk shop, saw a dusty painting lying among the rags in the window, and, taking a fancy to it, purchased it."

Judge—"What's remarkable about it?"

"The painting turned out to be neither a Rubens nor a Rembrandt."—Baltimore Herald.

Shake Into Your Shoes. Allen's Foot-Ease. A powder. It makes tight or new shoes feel easy. It is a sure cure for itching, swollen, sore, hot, red, burning feet. Sold by all druggists. Price 25c. Trial package mailed FREE. Address Allen S. Olmsted, LeRoy, N. Y.

Pharaoh's Fate. The Pharaoh of the Book of Genesis was long supposed to have been drowned in the Red sea, but examinations of his mummy showed that he had been killed by having his skull split open.



HON. GEORGE H. WHITE.

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How He Got It. "Sam Johnsing 'lows he's got dia yuh 'ping-pong ankle," observed Mr. Darkleigh.

"Huh!" snorted Mr. Snowball. Laik ter know how dat nigga got it. He never played no ping-pong."

"Well, he say he catch it 'f'm bouncin' back an' fo' th' ovah Mr. Jones' fence las' Monday night, wid dem two bulldogs playin' an' pongin' on each side or de fence, jes' kase he try ter see ef de chicken coop wuz locked."—Judge.

WISE BROS. These Portland Dentists Are Rapidly Becoming Famous.

Drs. T. P. and W. A. Wise, the popular Portland dental firm, are making a new era in local dental methods. Their offices in the Falling Building, Washington and Third Streets, are bright and cheerful, and all their customers smile instead of cry, for pain is never known in the tooth-pulling and teeth-repairing going on constantly at the Wise Bros. establishment.

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Then He Went. "Do you know," remarked the young man, as the mantel clock indicated 11:30 p. m., "that of all the songs I ever heard, my favorite is 'Home, Sweet Home!'"

"Indeed!" rejoined the fair girl, as she endeavored to suppress a yawn. "I never would have suspected it."—Chicago News.

What Did He Mean? She—Good-bye! Remember me to your wife. She hasn't forgotten me? He—Oh, no! She has an excellent memory for old faces!

No Satisfying Her. "Women are hard to understand." "Think so?"

"Yes, I told her she carried her age well and she was offended."

"You don't say?"

"Yes; and then I told her she didn't carry it well and she wouldn't speak."

A Choice of Evils. "But why does he allow his wife to be so extravagant if he can't afford it?" "Oh, well, I suppose he would rather have trouble with his creditors than with his wife."—Sketchy Bits.

OPINIONS OF GREAT PAPERS ON IMPORTANT SUBJECTS

Activity in Church Building.

It is often asserted that the churches are losing their hold upon the people because the revelations of science, an increasing liberty of thought and act, and a destructive criticism have undermined their authority, but their growth is one of the most remarkable phenomena of the times. Attention is called to it now by various news items concerning church building. Not long ago we had descriptions of the great Roman Catholic Cathedral in London, a magnificent specimen of church architecture that might almost suggest a rivalry with some of the splendid medieval monuments to religion. The other day it was reported that the Methodists had paid \$1,650,000 for a site in the same city on which to erect a central headquarters that will be constructed on a grand scale.

In New York plans have been completed for the new Broadway Tabernacle which is to cost \$400,000, the new Episcopal Church of St. John the Divine has cost millions, and the fine Roman Catholic Cathedral which belongs to the same epoch, though it is somewhat older, is another very imposing and costly structure.

These are but a few instances out of many which indicate the continuing power and purpose of the churches to erect elaborate and imposing edifices. And the power is evidence of vitality, for the contributions to these immense building funds are more than ever voluntary. They can be explained only by a large measure of popular approval and by an intense popular desire for extraordinary manifestations of church loyalty.

But the cathedrals and other costly buildings tell only part of the story. It is said of the Methodists of this country that they erect a church every day in the year, and if the assertion is not strictly true it is a fair as well as a vivid way of suggesting their activity in building. And as other churches are active also in effective according to their membership we have each year new churches enough to cover the site of a good-sized town. Persons who proclaim the decline of the churches should pause a moment to reflect upon these interesting and significant facts.—Chicago Record-Herald.

The Habit of Worrying.

THERE was once a man who kept account of his worries for a given length of time, and then reviewed the record. He saw how these anxieties looked in the light of subsequent developments. He said that out of all the worries in which he had indulged himself during several years only two had any substantial basis, and these were trivial.

The experiment might be a good one for some other folk to try. There is no reason to suppose that worrying ever did a single human being one bit of good, and it has done an immense amount of harm. In the first place, there is the time spent in this uncomformtable occupation which should have been given to rest, recreation or actual work. Then there is the vitality lost by it, which is often more than would suffice to remove the cause of the worry, if properly applied. Third, and not by any means least, there is the discomfort caused by the recital of the anxious person's worries to other people.

Most of us have enough reason for irritation in our own affairs and in the real perplexities and griefs of our neighbors, without troubling our heads over something which would be uncomfortable if it were to happen, but which has not happened yet and may never come to pass.

The habit of worrying is one which can be easily developed, and almost as easily checked if taken in time. It is a good plan, when one is aware of a possibility of evil, to consider the matter whether anything can be done to ward it off at the moment, and if so, to do it. If there is nothing to do but wait then it is the duty of any reasonable person to put that worry resolutely aside and think of the pleasant or the most absorbing topic within reach.—Washington Times.

Use Care When Picking a Husband.

EVERY mother having a daughter of marriageable or approaching age, is naturally anxious to select for her a husband of the right sort who she would be willing to have her daughter marry, and young men who call at the house are instinctively classified as eligible or not eligible. No matter how firmly mothers may deny this impeachment, it is true.

It would be interesting, however, and, perhaps, astounding, to know what sort of a man most mothers would pick out to be their son-in-law. In this matter, strange to say, pride and vanity sometimes play a stronger part than love. Two things ought to weigh most in making this choice: first, the character, and second, the worldly prospects of the man. Unhappily many mothers—and many daughters, too—allow a man's wealth and social position to count for more than the man himself. Every day one sees fine girls given to dissolute, worthless fellows who happen to have inherited a fortune and a family name. A true mother would rather see her daughter married to a poor but black than bound to a drunkard and a rake whatever his wealth and lineage, for a girl married to a man whom she does not love will be unhappy, and what is the use of glory and splendor if one has not happiness?

The man who is most likely to be a good husband is a cleanly, positive man of the girl's own class. He need not be handsome or rich or too good. He ought to be human and to have had some experience with the world, for that quality makes a man liberal and charitable. It will be well if he is

being chiefly due to changes of temperature encountered by the men when coming in and out of the tunnel. Both the engineer and the contractor lost their lives. But in the Simpson, the workmen's health is carefully looked to. They come out from their labors in the tunnel into a large, warm building, where they change their mining suits for dry clothes, and are provided with hot or cold douche baths. Excellent meals are given at a nominal cost, and medical attendance is gratis.

The problem of how a great Alpine tunnel could be properly ventilated was one that long baffled engineers. To sink shafts through the mountains was out of the question, but Sig. Saccardo, a famous engineer of Bologna, has invented a system by which vast volumes of fresh air can be blown into a tunnel by ventilating fans placed near the mouth.

This was first introduced on the Prachia tunnel beneath the Apennines, but not until after a heavy train with two engines, conveying one of the crowned heads of Europe and his suite, rushed out of the ext of the Prachia tunnel one day with its engine and fireman lying almost suffocated.

But the only satisfactory solution to the ventilation question is the adoption of electric traction through tunnels of great length. This system has worked well at Baltimore, where an electric locomotive is attached to the express when approaching the long tunnel, which takes them through, steam engine and all, at from fifty to sixty miles an hour. There is no stop at the end of the tunnel, for the electrical locomotive runs ahead into a siding and leaves the other engine.

Since October of last year the work at the Italian end of the Simpson has been much delayed by the flooding of the tunnel with large volumes of water from a source that remained long undiscovered. The water burst in while the tunnel was being bored through soft marble, and work could not be continued until the engineers had diverted the stream from which the water came.—Pearson's.

Cuba an Ancient Name. The island of Cuba was known by that name by the Lucayan Indians, who were with Columbus when he discovered it.

It must make an actress in a struggling company feel wretched because she can't wear her good clothes off the stage.

Is Success a True Test? ONE of the gravest problems confronting the religious leaders of the twentieth century is the idolatry of that magical word "success." American business and social life has become thoroughly permeated with the religion of the man who succeeds in landing certain prizes for which he has striven with every ounce of energy and intelligence he possesses. In fact, the man who succeeds, and the world calls it, does so some times out of ten at the cost of many sentiments that he should cherish.

It is the undoubted province of religion and of the sincere believers in Christianity as it was founded by its Divine Leader to attempt to make some headway against the gross materialism that is sweeping over the broad lands of our land. One of the most distressing signs of the times is the ever ready and apparently final "dollar gauge" that modern society appears to have adopted as its one criterion of a man and his works. The query, Does it pay? is but too often the sole question demanded by the crowd.

Any sensible being understands that these questions have their legitimate and most important sphere, but they have overrun these properly narrowed bounds and crept into the very home and every social function of American society. A very slight study of the teachings of Christ will reveal clearly that such a condition is intrinsically opposed to a favored growth of true religion and forms the dominant obstacle to that religious revival so eagerly sought and so long delayed.—Baltimore Herald.

Good Roads. GOOD roads are among the evidences of high civilization or national necessity or an advance in prosperity. They are certainly a duty. At a more primitive period of our own development, that told about the whole story of their place in public estimation. If a city or smaller community could afford them, well and good; their construction was justifiable, like the erection of statues and fountains. If it could not, why, it did not seem worth it. We were a rugged people and jounces and jolts were accepted as a part of our discipline. We didn't need the roads for military purposes, as did the old Romans or as the Spaniards thought they did when they built the splendid highway from Ponce to San Juan in the island of Porto Rico, and we never dreamed that good roads were among the most powerful levers in industrial and commercial development.

There has at last been an awakening to the value of smooth and hard highways. A new conviction has dawned upon us. We are still stretching ourselves and struggling with it, but we consider our judgment will be long on our way. Most of us are longing for the day when instead of enjoying a mile or two of improved highway, which only emphasizes the discomfort and wretchedness of the ten miles which we may strike later on, we can start out on a half day's or a day's ride over country roads that shall continue from start to finish as good as any of the samples.—Boston Transcript.

What Can We Afford? HOW many times in the course of a year we use the little sentence "I can't afford it," usually with a complaining note in voice or mind as we realize the difference between what we can pay for and what we desire. Yet people usually, if not always, afford what they want most. Even a millionaire can't afford anything on earth; he has to take his choice, like other men, but, like other men, he manages to afford what he wants most.

By what we can or cannot afford we usually mean what the utmost living we are able to make will or will not suffer us to buy. But here is another way to calculate "the cost of a thing." Let us suppose the amount of what I will call life which is required to be exchanged for it immediately, or in the long run. Stevenson says, "I have been accustomed to put it to myself, perhaps more clearly, that the price we have to pay for money is paid in liberty." Here is a new measure of what we can afford—not how many purchasable things we can manage to barter our life and liberty for, but what amount of life or liberty we can afford to exchange for any purchasable commodity; in a word, what kind of a living we can afford to earn.

"Do you want a thousand-dollar income?" says Stevenson, "or five thousand, or ten thousand?" And can you afford the one you want? What a revolution in the world of economics and finance were every one honestly to ask and answer himself that question!—Harper's Weekly.

COLORADO MINING KING DEAD. Spent \$7,000,000 in Searching for Mother Lode at Cripple Creek. Search for the world's greatest store of gold was cut short by the death at Colorado Springs of Winfield Scott Stratton, Colorado's bonanza king. Up to the time of his death Mr. Stratton was spending \$50,000 a month in sinking a shaft into the bowels of the Mountain, in order to lay bare the mother lode of precious metal from which all the fabulously rich veins of Cripple Creek diverge. Had this work been successfully consummated, the son of a poverty-stricken boat-builder, himself for many years a carpenter, would have died unquestionably the richest man in the world. It would have been a fitting climax to a life that reads like a boy's story book of adventures.

Winfield Scott Stratton was born at Jeffersonville, Ind., on July 22, 1848, being the only son of Myron Stratton, boat builder of that town. Hard work at his father's craft occupied the boy's early youth, but his own roving disposition and the lurid tales of returning "49ers from California soon made him leave his home and drift rapidly out into the golden West, as thousands of other young men were doing at that time. Unlike most other young men, however, Stratton let mines and mining strictly alone until he had earned by steady application to his work at a carpenter's bench a small capital of \$3,000.

The latter portion of this sum was amassed at Colorado Springs, where in 1873 the young laboring man made his first venture into the mining world. He put all of his little fortune into the Yretaba mine in the Cunningham Gulch, and never received one cent of it back again. The experience gave him the mining fever, however, and a fierce determination to get back from the bowels of the earth the money that he had seen swallowed up there.

It was the turning point in Stratton's career. He now felt an irresistible desire to prospect for gold. Carpeting he pursued long enough each year to secure money for an outfit, and the rest of the time was spent in investigating every mining settlement in Colorado. For almost twenty years Winfield Stratton strenuously pursued this profitless life of treasure-seeking, and at last he "struck it rich." The Fourth of July, 1891, gave the tireless prospector his reward in the striking out of the famous Independence mine at Cripple Creek. From this property Stratton has been drawing gold at the rate of \$100,000 a

No Hair?

"My hair was falling out very fast and I was greatly alarmed. I then tried Ayer's Hair Vigor and my hair stopped falling at once."—Mrs. G. A. McVay, Alexandria, O.

The trouble is your hair does not have life enough. Act promptly. Save your hair. Feed it with Ayer's Hair Vigor. If the gray hairs are beginning to show, Ayer's Hair Vigor will restore color every time. \$1.00 a bottle. All druggists.

If your druggist cannot supply you, send us one dollar and we will express you a bottle. Be sure and give the name of your nearest express office. Address, J. C. AYER CO., Lowell, Mass.



FOR SALE.

One Second Hand Nichols & Shepard Separator, size 40-60, with wind stacker, only run 40 days; a bargain. Inquire of JOHN POOLE, Foot Morrison St., Portland, Or.

Best on Earth—

Because it is made of the best material possible to buy. The manufacturer absolutely pays 25 to 50 per cent above the market value for the grades of wagon timber for the price of one wagon stock, which is carried for 3 to 4 years before making up, which means that the MITCHELL Wagon is an unsurpassed quality proposition, built, strong and light running.

Why take chances on any other? Why not get the best—A MITCHELL. Mitchell, Lewis & Stevens Co., Portland, Seattle, Spokane, Idaho, Agents Every where.

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DR. C. GEE WO

WONDERFUL HOME TREATMENT. This wonderful Chinese doctor is called great because he cures people without operation, that are given up to die. He cures with his hands. His wonderful Chinese herbs, roots, buds, bark and other medicines are entirely new. Known to medical science in this country. Through the use of these harmless remedies this famous doctor knows the action of over 200 different herbs, which he successfully uses in different diseases. He guarantees to cure catarrh, colds, influenza, throat, rheumatism, nervousness, stomach, liver, kidneys, etc.; also hundreds of other ailments. Charges moderate. Call and see him. Patients out of the city write for blank cards and circulars. A trial will convince you. CONSULTATION FREE. ADDRESS: THE C. GEE WO CHINESE MEDICINE CO., 132 1/2 Third St., Portland, Ore. 62 Mentions paper.

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\$3 & \$3.50 SHOES. Established 1876. For more than a quarter of a century the reputation of W. L. Douglas shoes for style, comfort, and wear has exceeded all other makes. A trial will convince you. W. L. DOUGLAS \$4 SHOES CANNOT BE EXCELLED. 1000 pairs, \$1,100,000. 1000 pairs, \$1,100,000. 1000 pairs, \$1,100,000. Best Imported and American leathers, Heil's Patent Gait, Gum, Box Calf, Calf, Goat, Cow, Calf, Nat. Kangaroo, East Color Eyelets used.

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WITH TEN DAYS' FREE WEAR TRIAL. This is the ideal electric and magnetic belt for all ailments. It expands while in use. It is the ideal electric and magnetic belt for all ailments. It expands while in use. It is the ideal electric and magnetic belt for all ailments. It expands while in use.

A GOD-SEND TO WOMEN

It expands while in use. It is the ideal electric and magnetic belt for all ailments. It expands while in use. It is the ideal electric and magnetic belt for all ailments. It expands while in use.

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"I don't care if I die," said the patient, dependently. "Oh, you may linger several weeks!" replied the physician (comfortingly). "Great Heavens!" exclaimed the man, who had visions of a prodigious doctor's bill: "in that case I'll get well at once."—Ohio State Journal.

A Twice Told Tale.

The statement will bear repeating that if you want to use the purest and most fragrant spices manufactured, you'll ask your grocer for the Monopole brand. If you want to prove our assertion before asking your grocer, send us a single two-cent stamp and we will send you a full weight two-oz. tin of any variety you may select. Be sure, also, to tell us your grocer's name. Address, Wadhams & Kerr Bros., Mgrs., Portland, Ore.

A Division of Labor.

Mike—How much farther does the boign say it is to Noo York, Patsey? Pat—Twenty miles. Mike—Well, that's only tin molles apiece.—Judge.

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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SCROFULA

I bequeath to my children Scrofula with all its attendant horrors, humiliation and suffering. This is a strange legacy to leave to posterity; a heavy burden to place upon the shoulders of the young.

This treacherous disease dwarfs the body and hinders the growth and development of the faculties, and the child born of blood poison, or scrofula-tainted parentage, is poorly equipped for life's duties.

Scrofula is a disease with numerous and varied symptoms; enlarged glands or tumors about the neck and armpits, catarrh of the head, weak eyes and dreadful skin eruptions upon different parts of the body show the presence of tubercular or scrofulous matter in the blood. This dangerous and stealthy disease entrenches itself securely in the system and attacks the bones and tissues, destroys the red corpuscles of the blood, resulting in white swelling, a pallid, waxey appearance of the skin, loss of strength and a gradual wasting away of the body.

S. S. S. combines both purifying and tonic properties, and is guaranteed entirely vegetable, making it the ideal remedy in all scrofulous affections. It purifies the deteriorated blood, makes it rich and strong and a complete and permanent cure is soon effected. S. S. S. improves the digestion and assimilation of food, restores the lost properties to the blood and quickens the circulation, bringing a healthy color to the skin and vigor to the weak and emaciated body.

Write us about your case and our physicians will cheerfully advise and help you in every possible way to regain your health. Book on blood and skin diseases free. THE SWIFT SPECIFIC CO., Atlanta, Ga.

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the Greatest Conditioner and Stock Fattener known. HORSES do more work on less feed. COWS give more and richer milk. PIGS grow and fatten quicker if given this food. MAKES PIGS GROW. GOOD FOR STUNTED CALVES. Have been feeding Prussian Stock Food to my thoroughbred sires. It gives them an appetite and makes the pigs grow. I also tried it on stunted calves with satisfactory results.—F. W. GROOME, Elgin, Neb. FREE: 68-page Hand Book. Prussian Remedy Co., St. Paul, Minn. PORTLAND SEED CO., Portland, Ore., Coast Agents.