

# SISTERS OF CHARITY

Use Pe-ru-na for Coughs, Colds, Grip and Catarrh—A Congressman's Letter.



In every country of the civilized world Sisters of Charity are known. Not only do they minister to the spiritual and intellectual needs of the charges committed to their care, but they also minister to their bodily needs.

With so many children to take care of and to protect from climate and disease, these wise and prudent Sisters have found Peruna a never failing safeguard.

Dr. Hartman receives many letters from Catholic Sisters from all over the United States. A recommendation recently received from a Catholic institution in Detroit, Mich., reads as follows:

**Dr. S. B. Hartman, Columbus, Ohio:**  
Dear Sir:—The young girl who used the Peruna was suffering from laryngitis, and loss of voice. The result of the treatment was most satisfactory. She found great relief, and after further use of the medicine we hope to be able to say she is entirely cured.—Sisters of Charity.

The young girl was under the care of the Sister of Charity and used Peruna for catarrh of the throat with good results, as the above letter testifies. Send to The Peruna Medicine Co., Columbus, Ohio, for a free book written

by Dr. Hartman. The following letter is from Congressman Meekison, of Napoleon, Ohio: The Peruna Medicine Co., Columbus, Ohio:

Gentlemen: "I have used several bottles of Peruna and feel greatly benefited thereby from my catarrh of the head, and feel encouraged to believe that its continued use will fully eradicate a disease of thirty years' standing."—David Meekison.

Dr. Hartman, one of the best known physicians and surgeons in the United States, was the first man to formulate Peruna. It was through his genius and perseverance that it was introduced to the medical profession of this country.

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, O.



DAVID MEKISON.

## THREE USEFUL TRAPS.

**How to Make and Set a Deadfall, and Some Other Traps.**  
Here are directions for making some of the more simple deadfalls and other traps:

One of the best and most certain deadfalls for bear and other large animals is made as follows: Select some favorite haunt of the animal and construct there a pen of large stakes. These should consist of young trees, or of straight, strong branches, about three inches in diameter, and should be of such length as to reach a height of four or five feet when set in the ground. The width of the pen should be about three feet, its depth about four feet, and it should be roofed over with cross pieces of timber from above. A straight log, about eight inches in diameter and six feet in length, should now be rolled against the opening of the pen and hemmed in by two upright posts, one on each side, directly in line with the sides of the pen.

In order to understand perfectly the arrangement of the rest of the trap, we will give a rough drawing of it, with the pieces in place as they should appear when set. Drive a post (A), at the upper end of which you have cut a notch, with its flat surface down, into the ground at the left-hand back corner of the pen, leaving three feet above the

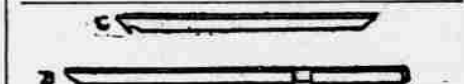


FIG. 2. STICKS FOR FIGURE-FOUR TRAP.

ground. Another post (B), having a notch near the top, with its flat surface uppermost, should be driven into the ground at the outside right-hand side of the pen, and on a line with the first. A third post (C), with a notch at its upper end, should be planted outside the pen on the right-hand side, and in a line with the front. Now get a forked branch about three feet in length, and fasten a square board across its ends. At the junction of the forks bore an auger-hole. This is the trigger (G). In the auger-hole insert a stiff stick about three feet in length (H). Next, procure two poles (L and E), and you are ready to set the trap.

Pass the pole (D) between the stakes of the pen, laying one end in the notch of the post (A) and holding the other beneath the notch of the post (B). The second pole (E) should then be adjusted, one end being placed in the notch-pole (C) and the other caught beneath the projecting end of the pole (D). The deadfall, which should consist of a log some fifteen or twenty feet in length, should now be placed in position across the front of the pen, one end resting on the ground and the other elevated and resting on the projecting end of the last pole adjusted (E). The treadle should next be placed in position over a short stick of wood (F), and the upright stick at the back, secured beneath the edge of the latch-pole (D). The deadfall should then be sufficiently weighted by placing heavy logs against its elevated end; and, having done this, the trap is set.

The best bait is honey, which no bear can resist, and this should be placed on the ground at the back of the enclosure or smeared on a piece of meat hung at the end of the pen.

This is the most effective deadfall for bears, because the animal, in seeking the tempting feast of honey, passes beneath the suspended log, and, resting his heavy front paws on the treadle, pushes up the upright, thus forcing the latch-piece from the notch and releasing the heavy log, which, if sufficiently weighted, will fall on his back with enough force to kill him.

This is one of the oldest as well as most useful of all the traps which can be made. It is ingenious, easy to make (consisting of but three sticks), and easy to set. It possesses the added advantage that it can be used in a variety of ways, from the supporting of a heavy deadfall to a light box for catching small game alive. I am giving two illustrations, one of a trap set and supporting a heavy stone as a deadfall for

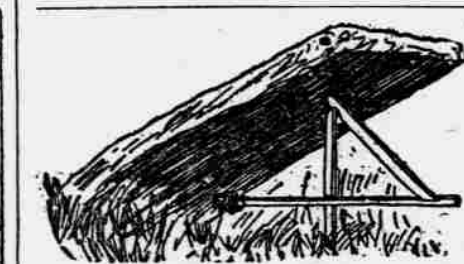


FIG. 3. DEADFALL OF FIGURE-FOUR TRAP.

large animals, and another of the three sticks used in setting it.

These sticks, of course, are of no regular size, but should vary according to the size of the trap you wish to set; they should all be square, however, and from a half inch to an inch in thickness. For animals of the size of a rabbit the following dimensions will answer: The bait stick (A) should be about nine or ten inches in length, one end pointed, and the other furnished with a notch as indicated. The upright (B) should be a little shorter; one end beveled and the other square, about three or four inches from the square end, and the side next to that beveled, a square notch should be cut, one-third of an inch deep and just wide enough to relieve the bait stick (A) without holding it fast. The third stick (C) should be seven or eight inches in length and have one end whittled to a bevel, the other being notched as shown in the cut.

To set the trap, place the upright stick (B) with its pointed end upward. Rest the notch of the slanting stick (C) on the summit of the upright, placing the stone or box, or whatever you may choose to use for the trap, on its end. Now by hooking the bait stick (A) on the beveled end of the slanting stick, and fitting it into the square notch of the upright, the whole will catch and hold itself in position until the bait stick is disturbed. The bait should be placed on the sharpened end of this stick, and always project beneath the trap.

This is one of the best and simplest

traps for securing small animals alive. It is simply a long square box about two to two and a half feet in length and about nine or ten inches square, each end supplied with a heavy lid working on two hinges. To each of these lids is fastened a slight strip of wood so long that when the lids are opened level with the box the sticks will nearly meet over the top. In the middle of the box on the top, at the point where the two sticks come together, bore a small hole a third of an inch in diameter. Tie to the end of each strip of wood a couple of inches of string with a large knot at the end.

The method of setting this trap is simply to open the lids until the strips of wood are parallel with the top of the box; drop the knotted ends of the strings through the hole and secure them there by lightly plugging the hole from the inside with a stick, to which a piece of bait is attached. When the bait is seized the stick is at once loosened and withdrawn from the hole, releasing the strings and allowing both lids to fall shut at once. On the outside of each end of the bottom boards should be fastened a tin catch. This is simply a piece of tin some two inches in length. One end is bent out at a sharp angle to the other fastened to the box, so that when the lids fall the bent end will snap over and securely hold them shut.—L. W. Brownell, in Montreal Star.

## FACTS CONCERNING SLEEP.

**Even a Midday Nap Is Better than the Noon Meal.**

The scholar and professional man, like the anxious housewife, is apt to carry his cares to bed, and insomnia becomes a curse. Men and women who are busied in getting and getting on, the merchant, the banker, all alike, fail to secure that self-control which can manage the mind as well as sleep as awake.

Normal sleep should be purely a physiological repose similar to the rest of animals, who go to sleep with the darkness and awake with the light. Some one has said that sleep is like hunger and thirst, representing a diminution of energy throughout the entire body. I hardly think this can be true, but in my judgment sleep rather suggests the diminution of the energy of the brain, and he is a wise man who takes the time when his brain gets set in an evening and goes comfortably and properly to bed.

Of course it goes without saying that night is not the only time for sleep. Men and women who are busy could steal just a few minutes before or after the noonday luncheon to catch a little nap, and, indeed, I am nearly sure that the noonday nap is worth far more than the noonday meal, for the digestive processes are surely hindered during the periods of activity. It is this busy world of ours who is not called upon to use all his brain and brawn to make a living. It has been my habit to advise mothers to steal a while away from every "cumbering care," and even if sleep fails to be wooed to take about twenty minutes every day in absolute peace and quietness, diverting the mind from all anxieties and relaxing all the muscles. A habit of this kind is easily acquired, and we might have fewer neuroticisms, and women whose nerves make life hideous to their families, if a word like this, spoken from considerable experience, were heeded.—Pillgrim.

**The Breakfast Food Family.**  
John Spratt will eat no fat.  
Nor will he touch the lean.  
He secures to eat of any meat;  
He lives upon Foodine.

But Mrs. Spratt will none of that;  
And Foodine she cannot eat.  
Her special wish is for a dish  
Of Expurgated Wheat.

To William Spratt that food is fat  
On which his master dotes.  
His favorite food is his special need—  
Is Eats Heaps Oats.

But sister Lil can't see how Will  
Can touch such tasteless food.  
As breakfast food is his comrade,  
She says, with Shredded Wood.

Now, none of these Leander please;  
He feeds upon Bath Mitts.  
While sister Jane improves her brain  
With Cero-Grapo-Grits.

Lycurgus votes for Father's Oats;  
Prognie appeals to May;  
The Junior John subsists upon  
Uneeda Bayla Hay.

Corrected Wheat for little Pete;  
Flaked Pine for Dot; while "Bub,"  
The infant Spratt, is waxing fat  
On Battle Creek Near-Grub.  
—Chicago Tribune.

**An Old Enemy.**  
Persons who rise in the world are not always as frank about their former place in life as good sense and humor might lead them to be. Deane Hole, in his book of reminiscences, "Now and Then," tells a little story of one whose humor did not desert him in time of prosperity.

A footman who had begun life as a doctor's boy grew interested in the study of medicine, and spent his leisure hours reading medical books. He came to the United States, worked hard as a student and as a physician for many years, and attained a large practice.

After some years of absence he returned to England. Seated one day at luncheon with those whom he had formerly served, he suddenly astonished the company by holding up the mustard and addressing it with, "Hast thou found me, O, mine enemy?"

Afterward he explained that the only reproach he had incurred from the lady who was then at the head of the table was evoked by the neglected condition of the mustard pot.

**Instead of His Throat.**  
Sharpe—Still, he has a correct ear for music.  
Wheaton—Well, that might do him some good if he sung through his ears.

**Words Celestials Don't Know.**  
There is no word in the Chinese language that conveys an intimation of what we term public spirit, nor is there a synonym for patriotism.

When a man and his wife have denied themselves that their daughter may enjoy an extended visit in some other town, she often rewards them by spending her first evening after she returns relating how she hated to come back.

"Dr. August Koenig's Hamburg Breast Tea," writes Mr. F. Batsch, of Horicon, Wis., "enabled me to get rid of an obstinate cough; we feel very grateful to the discoverer of this medicine."

**Bismaleas.**  
Amateur—When I stand on the stage I see nothing, and I am conscious of nothing but the role I am playing. The audience disappears entirely.  
Friend—Well, I can't blame the audience much for disappearing.

**The Kind of Seeds That Yield.**  
Like everything else, there are good seeds and bad seeds. Seeds that grow and seeds that don't grow; seeds that yield and seeds that don't yield, and a little thought given now to the selection of the seed you'll need, will be found time well spent, though realized much better at the harvest if you select the world-famous Ferry's Seeds—the kind that always yield. For nearly half a century Ferry's Seeds have been known and sown wherever good crops are grown, until farmer and gardener alike have learned to depend upon their wonderful reliable growing and yielding qualities, year after year, to the exclusion of all others.

Unfortunately the seed business seems to afford a means for many unscrupulous people, who aim to blind the unsavory to quality, through little-known and boastful claims; who in reality have nothing to substantiate their claims, no reputation at stake, no past record as proof. It is better to pay a little more for the seed and be assured of a great deal more at the harvest by sowing Ferry's Seeds. The 1903 Seed Annual, which is sent free, postpaid, will be found unusually interesting and instructive. Write for it today. Address D. M. Ferry & Co., Detroit, Mich.

**Conservation of Energy.**  
"What was your idea in having Bysella learn typewriting?"  
"Well, she was always drumming with her fingers, and I thought she might as well do it to some purpose."

**THE "PERFECT" LAMP.**  
Stewart & Grant, Portland, Or., Placing a Wonderful Lamp on the Market.

The "Perfect Match-Lighter" lamps advertised in our columns today by the Stewart & Grant Lighting Co., of Portland, Oregon, are well worth the attention of all householders and storekeepers. The inventors, having had years of experience in using, selling and repairing all standard makes of gasoline lamps, have carefully designed this "Perfect" lamp, so that the defects of other lamps have been avoided and many important improvements substituted. Everybody interested should send to Stewart & Grant Lighting Co., 43 Third Street, Portland, Oregon, for pictures and full description of this new "Perfect" lamp. Sales agents are wanted in every city and town in the United States.

**Canadian Holidays.**  
Canada has the most holidays of any British colony. Including Sundays, Canadians have ninety-five holidays yearly.

**Striking Similarity.**  
Bachley—Why is a woman like time?  
Benedict—Because she never fails to get her man in the end.  
Bachley—No; because she reveals all things.—Exchange.

**They Work While You Sleep.**  
While your mind and body rest, Cascarets Candy Cathartic repair your digestion, liver, bowels, purify the blood, and give you a new lease of life. Price 25c, 50c.

**Different Lines.**  
She—Women haven't a bit more curiosity than men, I'm certain.  
He—No; but it's manifested in different lines. For instance, a woman might own a sewing machine without finding out how it is made, but she wouldn't have a seamstress in the house a day without knowing all about her.

**YOUTH'S UNRESTRAINT.**  
"Don't you sometimes long for your childhood's happy days?" said the sentimental person.  
"Yes," answered Miss Cayenne, "there are times when I would enjoy hanging on the fence and making faces at people I don't like instead of having to say, 'How do you do, dear?' So glad to see you."

**ABSOLUTE SECURITY.**  
Genuine  
**Carter's Little Liver Pills.**  
Must Bear Signature of  
*Brentwood*  
See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.  
**CARTER'S LITTLE LIVER PILLS.**  
FOR HEADACHE, FOR BILIOUSNESS, FOR DIZZINESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW SKIN, FOR THE COMPLEXION.  
CURE SICK HEADACHE.

**WEATHERWISE IS THE MAN WHO WEARS TOWER'S WATERPROOF OILED CLOTHING.**  
A reputation extending over sixty-six years and our guarantee are back of every garment bearing the SIGN OF THE FISH. There are many imitations. Be sure of the name TOWER on the buttons. ON SALE EVERYWHERE.  
A. J. TOWER CO. BOSTON, MASS.

**BEST FOR THE BOWELS.**  
If you haven't a regular, healthy movement of the bowels every day, you're sick, or will be. Keep your bowels open, and be well. Force, in the shape of violent purgatives, will poison, is dangerous, is unwholesome, causes the most perfect way of keeping the bowels clear, and clean is to take  
**CANDY CATHARTIC Cascarets**  
TRADE MARK REGISTERED  
REGULATE THE LIVER  
Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens, or Grips, Do Not Stop Working. Get Cascarets at Drug Stores, Grocers, and Dealers. Address: The Manufacturing Company, Chicago, Montreal, New York, San Francisco.

**KEEP YOUR BLOOD CLEAN**

**H. W. MANNING**  
Lighting and Supply Co.  
106 6th St., Portland, Or.

## I Coughed

"I had a most stubborn cough for many years. It deprived me of sleep and I grew very thin. I then tried Ayer's Cherry Pectoral, and was quickly cured."  
R. N. Mann, Fall Mills, Tenn.

Sixty years of cures and such testimony as the above have taught us what Ayer's Cherry Pectoral will do.  
We know it's the greatest cough remedy ever made. And you will say so, too, after you try it. There's cure in every drop.

Consult your doctor. If he says take it, then do as he says. If he says you don't take it, then don't take it. He knows. Leave it with him. He's not willing to be wrong.  
J. C. AYER CO., Lowell, Mass.

**PISO'S CURE FOR**  
Best Cough Syrup. Tastes like Candy. Use in time. Sold by druggists.  
**CONSUMPTION**

**Astronomy Before Christ.**  
About 500 B. C. Anaxagoras of Ionia was born. When he "grew up in his course," he was the first to teach the cause and cause of both solar and lunar eclipses and to give his followers rules whereby they could distinguish planets from fixed stars. He was punished for declaring that the sun was not a God.

**20 MILLION BOTTLES SOLD EVERY YEAR.**



**CONQUERS PAIN**

Happiness is the absence of pain, and millions have been made happy through being cured by St. James' Oil of RHEUMATISM, NEURALGIA, TOOTHACHE, HEADACHE, ACHE, LAMENESS, SCALDS, BURNS, SPRAINS, BRUISES and all pains for which external remedy can be applied. It never fails to cure. Thousands who have been declared incurable at baths and in hospitals have thrown away their crutches, being cured after using St. James' Oil. Directions in eleven languages accompany every bottle.

**For nearly half a century**  
**Ferry's Seeds**  
Have been growing famous in every kind of soil, every where. Sold by all dealers. 1903 Seed Annual postpaid, 10c. Sample and terms 25c. D. M. FERRY & CO. Detroit, Mich.

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**A Present Worth Having**  
The best holiday gifts are the most useful gifts. Every home should have a good Dictionary. This year give Webster's.

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of ENGLISH, Biography, Geography, Fiction, etc.  
The One Great Standard Authority.  
The New Edition contains 1,000,000 words, 200,000 illustrations. New plates throughout.  
Let Us Send You FREE  
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Also Webster's Collegiate Dictionary, 1100 pages, 50c. Webster's Unabridged Dictionary, 2,300 pages, \$12.00. Webster's Pocket Dictionary, 50c. Webster's Pocket Dictionary, 25c. G. & C. MERRIAM CO., Publishers, Springfield, Mass.

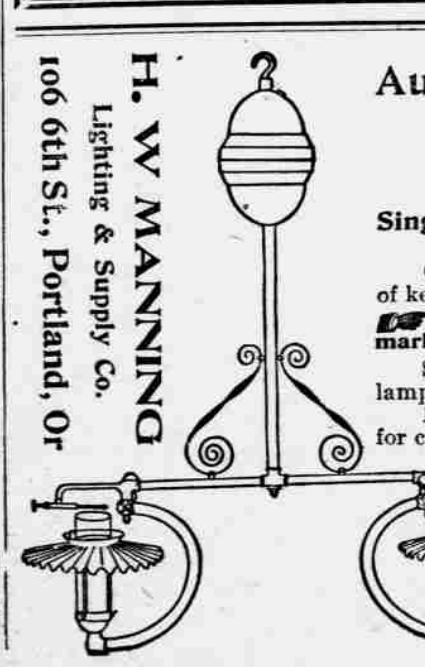
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**DIDN'T HURT A BIT!**

We extract, crown and bridge teeth without inflicting pain. Our methods are modern and meet with the approval of the most exacting. Call and see us. Examination free. Fees reasonable.  
Both phones: Oregon South 2291; Columbia 388. Open evenings till 9. Sundays from 9 to 12.

**A FINE UMBRELLA**  
Is the best present in Oregon or Washington you can give your wife, your daughter, your lady friend, or yourself for Christmas. We sell beauties of best quality, at very reasonable prices.  
JOHN ALLESINA, Portland, Ore.  
Two Stores: 236 Washington St., Near Woodland, Clark & Co. 309 Morrison St., near Meier & Frank Co.

**Automatic Match Lighting**  
GASOLINE GAS LAMP  
For House and Store  
Single and Double Lamps. Price \$2.75 up.  
Gives 10 times the light at one-fourth the cost of kerosene lamps.  
The only match lighting lamp on this market approved by insurance companies.  
Supplies carried for all makes of gasoline lamps.  
If you need anything for your lamp, write us for circulars and prices.  
Special Inducements to Dealers.  
Correspondence Solicited.  
General Agents for  
"WONDERFUL DORAN" Lighting System.



## Sleeping Volcanoes

A thin, vapory smoke, lazily ascending from its crater may be the only visible sign of life in the sleeping volcano, but within is a raging sea of fire, molten rock and sulphurous gases. Those who make their homes in the peaceful valleys below know the danger and, though frequently warned by the rumblings and quakings, these signs of impending eruption go unheeded. They are living in fancied security when the giant awakes with deafening roars and they are lost beneath a downpour of heated rock and scalding ashes. Thousands of blood poisoning sufferers are living upon a sleeping volcano and are taking desperate chances for under the Mercury and Potash treatment the external symptoms of the disease disappear, and the deluded victim is happy in the belief of a complete cure, but the fires of contagion have only been smothered in the system, and as soon as these minerals are left off will blaze up again. Occasional sores break out on the body, and a red rash appears on the face, and these warning symptoms, if not heeded, are soon followed by fearful eruptions, sores, copper colored spots, swollen glands, loss of hair and other sickening symptoms.

Mercury and Potash not only fail to cure blood poisoning, but cause Mercurial Rheumatism, necrosis of the bones, offensive ulcers and inflammation of the Stomach and Bowels.

The use of S. S. S. is never followed by any bad results. It cures without the slightest injury to the system. We offer \$1,000.00 for proof that it contains a mineral of any description. S. S. S. is an antidote for contagious blood poisoning, and the only radical and permanent cure known. It destroys every atom of the virus and purifies and strengthens the blood and builds up the general health.

**SSS**  
We will mail free our special book on Contagious Blood Poison, which gives all the symptoms of the disease with full directions for home treatment. Medical advice is furnished by our physicians without charge.  
**THE SWIFT SPECIFIC CO., ATLANTA, GA.**

**Bowling Green, Ky.,**  
March 24, 1902.  
Gentlemen: For over four years I suffered greatly from a severe case of contagious blood poisoning. I went to Hot Springs, staying there four months at a big expense. I then consulted physicians, who prescribed Mercury. Nothing did me any good, in fact, the treatment proved more harmful than beneficial. I mentioned my case to a friend, who told me that S. S. S. had certainly cured him. I at once commenced its use, and in six months could find no trace of the disease whatever. This was about two years ago. I continued S. S. S. for some time to make sure of a permanent cure, and I can truthfully say I am entirely well.  
D. M. SANDERS.

followed by any bad results. It cures without the slightest injury to the system. We offer \$1,000.00 for proof that it contains a mineral of any description. S. S. S. is an antidote for contagious blood poisoning, and the only radical and permanent cure known. It destroys every atom of the virus and purifies and strengthens the blood and builds up the general health.