

HEALTHY WOMEN

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



MISS ELIZABETH UBER
I could be should at once begin the use of Peru-na according to directions on the bottle, and the cold is sure to pass away without leaving any bad effects.

MISS SYBIL A. HADLEY
Unless this is done the cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peru-na was taken every time one has a cold or cough, chronic catarrh would be practically an unknown name.

MRS. M. J. BRINK
I have always dreaded unsettled weather because of my extreme liability to catch cold, when a catarrhal trouble would quickly develop through my entire system which it would take weeks to drive away. I am thankful to say that since I have taken PERU-NA I do not have any reason to dread this anymore. If I have been at all exposed to the damp, wet or cold weather, I take a dose or two of PERU-NA, and it throws out any hint of sickness from my system.

FIRST STAGE OF CATARRH
A Serious Mistake Which Thousands are Making.
The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat or lungs. Its beginning is sometimes so severe as to cause a chill and considerable fever, or it may be so slight as to not hinder a person from his usual business. In perhaps a majority of cases little or no attention is paid to the first stage of catarrh, and hence it is that nearly one-half of the people have chronic catarrh in some form.

MISS SARAH MCGAHAN
I am glad to say that when it began to relieve me in a very short time. In less than two weeks I was completely cured.

MISS SARAH MCGAHAN
I suffered with a severe attack of influenza, which nothing seemed to relieve. My hearing became bad, my eyes became irritated and feverish. Nothing seemed right and nothing I ate tasted good. I took PERU-NA and within two weeks I was perfectly well.

Dinner Table Gallantry.
The Hostess—You are such an epicure, Mr. Stuffer, that I was almost afraid to ask you to dinner.
Stuffer—But the pleasure of your company more than compensates me.—New York Times.

How Glorious.
"What would you do if you were to wake up tomorrow morning and find yourself famous?"
"Lie down and sleep until I felt like getting up for once."—Chicago Record-Herald.

Doting Dotage.
Miss De Spide—I just dole on George, I understand he threw you over.
Miss De Sweet—Yes; in dotage one is liable to do almost anything.

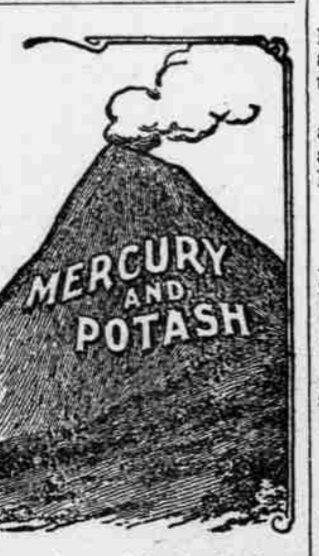
SALMON.
Everybody in these Northwestern states knows what good salmon is, but we don't believe you know just how much better one brand can be than another until you have tried the Monopole. Monopole salmon is the very finest red Columbia River fish canned in a cleanly manner. The salmon has a fine flavor and makes a fine addition to a meal. Salmon is well known to be a very nutritious article of diet. Get Monopole salmon from your grocer. Wadhams & Kerr Bros., packers, Portland, Ore.

Not Good for Anything.
Cholly—Doctor, I want something for my head.
Dr. Gruffly—My dear fellow, I wouldn't take it for a gift—Judge.
For forty years the Pilsno's Cure for Consumption has cured coughs and colds. At druggists. Price 25 cents.

A Tartar.
Some Famous Dentists and Their Experience With Tartars.
A tooth may be a Tartar, or may have tartar; in either case you are in a bad way. If your tooth is a Tartar, it will drive you to a dentist fast enough to play checkers on your coat tail. But if it has tartar it will take you more slowly but nevertheless surely, from having tartar to being a Tartar is not such a long journey. And when you start you "cuss" that tooth at every jump.

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 in the mouth, a red rash appears on the body, 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.



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.

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.

D. M. SANDERS.
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.

Probably True.
Hix—A scientist says that, in proportion to the size of its body, the mosquito has a better developed brain than the average man.
Dix—Well, I don't doubt it. Even at its present size, the mosquito is almost as big a bore as some men I know.—Chicago News.

STARVATION DIETS.
Boiled Rope, Seaweed, Raw Boats and Barnacles Have Saved Lives.
The hardest fare that six strong men and a boy of 15 ever kept alive on was the daily menu of the Windover's survivors, who were cast upon the Irish coast near Kilslegg a few weeks ago. They lived for sixteen days on stewed rope-yarn, without a crum of anything else to help digest it, except water; and, though it made them ill, they kept alive on it and did not waste away very much.

The Windover was a bark carrying salt between Spain and the States, with an English crew, and she was dismantled and abandoned about a thousand miles out on the Atlantic. Three of the crew were killed by falling masts, and two others were washed overboard; but the other seven took to the whaleboat and set out for Britain. Being in too much of a hurry they took too little food, but three large bars of water, besides the tank the boat already held. The result was large part of the provisions in four days, but had water enough for a month, and, after starving two days more, they tried boiling lengths of tarred hemp rope into a pulp and swallowing it. They had a keg of paraffine wax, and, though it made them very ill at first, they eventually contrived to live on the boiled hemp, the tar, boiled to a jelly, adding to the nourishment of the rope. They landed in comparatively good health.

Two men who went to a small island off the Irish coast a little while ago kept themselves going for ten days on a diet almost worse. They landed in a boat, which was smashed by a wave on their trying to relaunch her, and they were left on the bare, rocky island, which has only a slight scalp of coarse turf, without food. Fortunately there is a spring on the island, but nothing in the way of food but gulls, which they could not catch, and nothing to make a fire with as a distress signal. There are not even any shellfish, as there is no beach, and the pair had to subsist for the ten days on cold, raw seaweed washed up by the tide. For two days they starved, but after that they tackled the seaweed, making three meals a day off it, until rescued. When taken off they were a good deal emaciated, but no ill effects resulted. The same thing happened off the same coast five years ago, when four fishermen were imprisoned on an inlet by the loss of their boat. They lived on "kelpie" grass for six days.

A diet of boots is one of the commonest of last-resort foods; and, though it is hard for a well-fed person to imagine that any one could masticate a digest shoe leather, a pair of long sea-boots will keep a man alive for a fortnight, if he has a little water. Captain Maholy, of the founded steamer Gwalior, and his second officer created a record last year by living for seven days on boot leather and a pint of water per day each.

Of course, no teeth can tear cowhide boots; they have to be cut up and shredded with a knife, and the shreds chewed and swallowed. Boiling, even when possible, does no good at all, but takes from the boots what nourishment they contain. A few ounces of leather, being so hard to digest, stays the stomach for fifteen or twenty hours. The best known and most useful of starvation diets for wrecked or cast-away people, however, is that of barnacles, and if anything of the kind happens to you they will probably be your staple food. Barnacles are long, tough, half shellfish, half vegetable creatures, that grow on the undersides of vessels. Three Englishmen and a crew of Lascars who had been forced to abandon the sailing vessel North Star a few months ago kept themselves going for over a week on barnacles and only two of the crew died. The worst of them is that they give one internal cramps and cause an insufferable thirst; but they do nourish the frame. You have to reach under the vessel's side and pull them off, taking care not to leave the best half of them sticking to the planks. Only a starving person could possibly eat them. Many a castaway crew, however, has found them better than nothing.—Answers.

No Significance in Names.
Many familiar objects have names that are misfits. You must not think that turkeys first came from Turkey, for they are natives of America. Nor that Irish potatoes came from Ireland, for they are American. And the Turkish bath originated in Russia. Nor must you, think camel's hair brushes are made from the hair of the hump-backed quadruped. They are mostly made of the bushy hair from the tails of animals. German silver not only is not silver, but it was invented in China centuries ago, and it is an alloy of some of the inferior metals. Porpoise hide is not made from porpoises at all. Cork legs are not made of cork, and they do not come from Cork. The willow tree usually furnishes material for them. Cleopatra's Needle, that wonderful obelisk of Egypt, was made a thousand years before Cleopatra was born; and really had nothing to do with her. Irish stew is an English dish, Prussian blue, the beautiful color, is not a special product of Prussia, but of England.

Bad Man with a Blue Eye.
"My observation has been that most of the bad men of the border were blue-eyed. A man with a soft blue eye will always be selected by a bully as a victim in preference to those snapping black, brown or cold gray eyes. On the average men possess about the same amount of courage, and when the blue-eyed man has been imposed upon sufficiently he resents it; one combat precipitates another, till he gets a reputation up to which he feels he must live. There is your fighting man"—Everybody's Magazine.

High Authority.
A rebellious husband was objecting to doing certain work about the house, and he quoted Scripture to his wife, showing that the household duties should properly be assigned to the woman. The good wife replied by reading to her astonished liege 2 Kings 21:13: "I will wipe out Jerusalem as a man wipeth a dish, wiping it and turning it upside down." That husband had wiped the dishes ever since.

Mother

"My mother was troubled with consumption for many years. At last she was given up to die. Then she tried Ayer's Cherry Pectoral, and was speedily cured."
D. P. Jolly, Avoca, N. Y.

No matter how hard your cough or how long you have had it, Ayer's Cherry Pectoral is the best thing you can take. It's too risky to wait until you have consumption. If you are coughing today, get a bottle of Cherry Pectoral at once.

Three sizes: 25c, 50c, \$1. All druggists.

Right He Was.
A member of a Sunday school was one day asking some children questions on a Bible knowledge. So far as he had gone the children did very well, but when he asked: "Where does the word 'holly' first occur in the Bible?" the children could not answer for a minute or so, till a sharp urchin stood up and said: "Please, sir, on the cover."

How the Fall Has Fallen.
Patience—I understand Mr. and Mrs. Styles are just going away now for their vacation.
Patience—Yes; they remind me of Adam and Eve when they were leaving the garden of Eden, don't they?
"What an idea?"
"Well, you see, they, too, are going away for the fall."—Yonkers Statesman.

Infantile Virtue.
"Yes," said the angel child, "I gave all my toys to those poor children, 'cause they wanted 'em so bad."
"How sweet of the dear! I must buy her a doll for Christmas," said auntie, when she heard of it. And the angel child heard and smiled serenely. "I thought so," said she.

Didn't Wait to Hear.
Hewitt—Gruett says that you are afraid of him.
Jewett—Afraid of him! Why, it was only yesterday that I called him everything that I could think of.
Hewitt—What did he say?
Jewett—I came away from the telephone as soon as I said all I had to say.—Philadelphia Inquirer.

A Gentle Hint.
"Beverin de collection am berry fine to-day. Nine suspender buttons! Now, if de congregation will kindly put a pair ov pants in de plate nex' Sunday, de church will be berry grateful."

One Explanation.
Judge—Winters are not so cold as they used to be.
Fudge—Oh, yes, they are. Only now chronic liars have such a variety of things, like auto, records, etc., to lie about, that they can't devote so much attention to the weather any more.—Baltimore Herald.

100 DROPS

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Chat. H. Fletcher

Use For Over Thirty Years

CASTORIA

THE CENTRAL COMPANY, NEW YORK CITY.

McCAULEY & BURBANK, General Machinists
Mine, Mill and Marine work. General repairs. Printing Machinery repaired and rebuilt.
PROMPT ATTENTION TO OUT-OF-TOWN ORDERS.
Poole Bldg., Foot of Morrison St. PORTLAND, OREGON

PRUSSIAN LICE KILLER kills LICE on Poultry. Easily applied. Paint parthen nest boxes, etc., and the fumes kill the lice. Never fails. Sold by dealers, 50c and \$1.00 per can.
CLEANED OUT ALL THE LICE AND MITES FROM the blood of chickens, turkeys, ducks, geese, etc., and the fumes used it thoroughly three times and cleaned his poultry house entirely free from lice and mites. Before using, the poultry house was alive with lice and mites.
JUST THE THING FOR LICE ON HOOPS.
J. H. Malope, of Adm. No. 577, has Prussian Lice Killer. It's just the thing for lice on hoops, and is worth five times its cost.
PORTLAND SHED CO., Portland, Ore., Coast Agents.

Was I a Year's Guaranty.
"It's almost impossible, dear, to lease a house for a shorter term than one year, nowadays," he said, "so, to protect myself, I must ask you—"
"Ask me what?" interrupted his bride-to-be.
"To agree not to seek a divorce until the expiration of the first year's lease."—Catholic Standard.

To Break in New Shoes.
Always shake in Allen's Foot-Powder. It cures chubbiness, damp, sweating, aching, swollen feet. Cures Corns and Bunions. At all druggists and shoe stores, 50c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmstead, LeRoy, N. Y.

Legally Safe.
"Ephem, s'pose de good Lawd should come down an' look inter yer eyes an' say 'Ephem, what had you done wid all dose chickens dat yer had stole?' What would yer say?"
"Parson, I might say dat my old 'oman cooked 'em, but you knows dat a man ain't bound to testify again his wife."

THE PROOF OF THE PUDDING LIES IN THE EATING.
The doctors are dumfounded, the druggists astonished, and the people excited and joyful over the wonderful cures and tremendous sales of the great Remedy, St. Jacobs Oil. Every case of rheumatism—some of many years' standing—has given way to this powerful remedy. Thousands of certificates like the following can be furnished as to its value:

George Secler, publisher of the Chilton, Wis., "Volksbote," used St. Jacobs Oil "for almost unbearable pain in the back which had completely prostrated him." A few applications cured him entirely.
Mrs. Fred Eberle, Bellaire, O., was for a long time severely troubled with rheumatism. St. Jacobs Oil instantly relieved and entirely cured her.

Rev. Dr. P. Pick, of Rochester, N. Y., suffered so intensely from rheumatic pains that he was unable to preach. Several applications from a bottle of St. Jacobs Oil, "relieved him."

Radder, Cleveland, Ohio, says: "Two applications of St. Jacobs Oil cured me of great and long-continued pain in my foot."
Messrs. C. L. Brundage and Son, druggists, Muskegon, Mich., write: "St. Jacobs Oil has a wonderful sale. We sold eight bottles at retail yesterday. This will give you some idea of how well it is liked in this section."

Mr. Louis Hinkel, of East Poesten, Kill, N. Y., says: "I call St. Jacobs Oil the best liniment I ever used. It cured me of rheumatism and pain in the back."
Herman Rittner, Manchester, N. H., "I have tried St. Jacobs Oil, and found it excellent. All those who have purchased it speak of it as 'simply incomparable.'"

Geo. G. Erfle, Palestine, Ill.: "I was in bed suffering from a swollen leg. I used St. Jacobs Oil, and the effect was wonderful. The following day I attended to my business again."
Dr. Otto Fuhs, Reading, O., writes: "The sale of St. Jacobs Oil is constantly increasing; it is praised by everybody, and never fails to give entire satisfaction."

Sad Memories Speak.
"Remember," said the business man, "that in this life you can't get something for nothing."
"Maybe not," answered the Kentuckian, "but some people can come so close to it in a horse trade that it is mighty discouraging."

JOHN POOLE, PORTLAND, ORE.
Foot of Morrison Street.
Can give you the best bargains in Boilers and Engines, Windmills, Pumps and General Machinery. Wood Sawing Machinery a specialty. See us before buying.

I WANT TO BUY FOR CASH
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Thirty-third year. Commodious buildings. Modern equipment. Academic and college preparatory courses. Special courses in music and art. Illustrated catalogue. All departments will reopen Jan. 5, 1903. Easter term begins Feb. 1, 1903.
MISS ELEANOR TEBBETTS, Principal

It Costs You Nothing
To catch cold—you get something for nothing, sure enough. You can keep it if you want it, but you can get rid of it by using Queen Bee Cough Drops. Keep 'em in the house. They taste nice, look nice, are nice. Made of honey and licorice. 5 Cents a box. Sold by mail postpaid on receipt of 10c. in stamps.
Pacific Coast Biscuit Co. Portland, Ore.

Seeds the Kind that Leads
cost more. Sold by mail postpaid, free to all applicants. B. M. Ferry & Co., Detroit, Mich.

Seeds
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PISO'S CURE FOR
CURE FOR
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

Quite Consistent.
Miss Malinchant—I suppose you've heard of my engagement to Mr. Jenks?
Miss Ascott—Yes, and I confess I was surprised. You told me once that you wouldn't marry him for a million dollars.
Miss Malinchant—I know, dear, but I discovered later that he had two millions.

A Little Misunderstanding.
Young Mother—What will you charge for a photograph of our little boy?
Photographer—Three dollars, madam, but it will be considerably cheaper for a dozen.
Young Mother—A dozen! Oh, no, we can't wait so long!—Lippincott's.

Taking No Chances.
"I think," said the first business man, "I'll go home to lunch today. A new cook arrived at our house just after breakfast, and she has the reputation of being a good one."
"Why not wait for your usual six o'clock dinner?"
"She may be gone by that time."

A Desperate Case.
Putz—Keep away, I haf got the kleptomania.
Pomadé—Vat, vat are you dakin for it?
Putz—Everydyng I can lay mein hands on.—Pennsylvania Punch Bowl.

Japanese Auctions.
A Japanese auction is a solemn affair, writes a reporter for the St. Paul Globe. The public does not call out their bids, but write their names together with the amount they are willing to pay, on a slip of paper and put it in a box. These are looked through and the article awarded to the person who has made the biggest offer.

Even.
"In time, with care, you may recover. Twelve dollars," said the fashionable physician, extending a receptive palm. "In time, with care, you may recover \$12," replied the disgruntled patient, as he grabbed his money and made a breakneck dash for the street.—The Moon.

ALL SIGNS FAIL IN A DRY TIME

THE SIGN OF THE FISH NEVER FAILS IN A WET TIME.

THE FISH is a sign for a history. Sold in an interesting booklet which is yours for the asking.
A. J. TOWER CO. BOSTON, MASS.
WET WEATHER CLOTHING
OUR GOODS ARE ON SALE EVERYWHERE.

PILES

"I suffered the tortures of the damned with protruding piles for ten years. I was afflicted for twenty years with hemorrhoids. I was cured by the use of Dr. J. C. Ayer's Pile Cure. To-day I am entirely free from piles and feel like a new man."
C. H. Kirtz, 1411 Jones St., Sioux City, Ia.

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REGULATE THE LIVER

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens, or Gripes.
CURE CONSTIPATION.
Selling Nearest Company, Chicago, Montreal, New York, etc.
NO-TO-BAG Sold and guaranteed by all druggists and sent free to O. H. E. Tobacco Mfg. Co.

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Can give you the best bargains in Boilers and Engines, Windmills, Pumps and General Machinery. Wood Sawing Machinery a specialty. See us before buying.

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