

FAMOUS ATHLETES PAY GLORIOUS TRIBUTE TO PE-RU-NA

As a Spring Tonic to Get the System in Good Shape

"I advise all Athletes who are about to go in training to try a bottle of Pe-ru-na."
—J. W. Glenister.



John W. Glenister, Champion Swimmer, Swam Through the Michigan Whirlpool Rapids.

PE-RU-NA

Renovates, Regulates, Restores a System Depleted by Catarrh.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in this country and England. He has used Peruna as a tonic and gives his opinion of it in the following letter:

New York.
The Peruna Medicine Company, Columbus, Ohio:

Gentlemen—This spring for the first time I have taken two bottles of Peruna, and, as it has done me a great deal of good, I feel as if I ought to say a good word for its worth.

"During the springtime for the last few years, I have taken several kinds of spring tonics, and have never received any benefit whatever. This year, through the advice of a friend, I have tried Peruna and it has given satisfaction."

"I advise all athletes who are about to go in training to try a bottle, for it certainly gets the system in good shape."
Yours truly,
JOHN W. GLENISTER.

ATHLETES realize the importance of keeping in good bodily trim. The digestion must be good, the circulation perfect, sleep regular and enough of it.

If the slightest catarrhal condition of lungs or stomach is allowed to remain, neither digestion nor sleep will be strength-sustaining.

Those who lead very active lives, like athletes, with good muscular development, find the spring months especially try.

Athletes everywhere praise Peruna because they, of all men, appreciate the value of a tonic that dispels physical depression.

The vacation of some men may allow them to endure the depressing feelings incident to spring weather, but the athlete must never allow himself to get "under the weather."

He must keep in the "pink of condition" all the time.

In order to do this he must avail himself of a spring tonic upon which he can rely.

Therefore Athletes are especially friendly toward Peruna.

Peruna never fails them.

LASHES OF FUN

A friend in need will keep you broke.—Philadelphia Record.

"Do you really believe that Job suffered from boils?" "I really believe he did—if he had 'em."—Cleveland Plain-Dealer.

No man ought ever to write a love-letter without thinking constantly how it will sound when it is read out loud in court.—Somerville Journal.

Ethel—Are you sure he has never loved before? Edith—Yes. He told me to go round to the jeweler's and pick out any ring I wanted.—Judge.

Singleton—Do you dodge when your wife throws things at you? Wederly—Certainly not. Do you suppose I'd take a chance of getting hit?

Bobby—How much footwear do you wear out in a month, Tommy? Tommy—Two pairs of a shoes and a pair of my mother's slippers.—Chicago News.

Physician—Your ailment lies in the larynx, thorax, and epiglottis. Holligan—Indade! An' me afther thinkin' th' trouble was in me throat.—Ram's Horn.

"See that man? Well, sir, he landed in this country with bare feet and now he's got millions." "Gee whiz! he must be a regular centipede."—Philadelphia Ledger.

"Well," remarked Hercules cheerfully, as he gazed up at Atlas, "you seem to be bearing up pretty well, even if the whole world is down on you."—Princeton Tiger.

Languid Leary—Dey tell me dat Esquimaux eat soap an' tink it's a luxury. Perambulating Pete—Well, dat's wot it is. It ain't no necessity.—Sis Hopkin's Book.

Old Friend—Is your part very difficult to play? Barnstormer—Well, rather! I'm living on one meal a day, and playing the role of a man with the gout.—Detroit Free Press.

Dorothy—Isn't it horrid? I've just discovered that my dolly is stuffed with sawdust! Dick—Poo! What of it? Lots of respectable people eat breakfast food.—Chicago News.

The Woman—George, this is the anniversary of the day on which I promised to be yours—have you forgotten it? The Brute—No, my dear, I couldn't. But I've forgiven it.—Cleveland Leader.

Customer—Say, what kind of a crazy novel is this, anyway? It begins with the last chapter and ends with the first. Bookseller—Oh, that edition is intended for ladies only.—Chicago News.

Mifkins—Wasn't Benedict's death rather sudden and unexpected? Bifkins—Well, it was sudden, but not necessarily unexpected. His wife had just graduated from a cooking school.—Chicago News.

Mrs. Crawford—This lovely Easter hat cost me only \$65. Don't you think I look pretty in it? Crawford—I'll bet that 98-cent lampshade you bought the other day would be just as becoming to you.—Judge.

Merchant—Do you think you know enough to assist me in the office? Smart Boy—Know enough! Why, the last boss I had was compelled to let me go because I knew more than he did.—Chicago News.

Finnegan—Oh, yis, Oi can understand how them astronomers can calculate th' distance av a starr, its weight, density and color and all that—but th' thing that gets me is, how th' divvie do they know its name?—Puck.

Aunt Nancy—Don't say she dropped the locket in her bosom; that isn't modest; say she dropped it in her neck. Lucy—I see; and instead of saying that the man unbosom himself, I must say he unnecked himself.—Boston Transcript.

Mrs. Spenders—I wonder what will be the popular styles in bonnets next summer? Mr. Spenders—My dear, women's bonnets will be divided into two styles, as usual—the style you don't like and the style I can't afford.—Royal Magazine.

"Don't be so lazy. There's plenty of room at the top, and you're clever enough to get there." "But," replied the lazy genius, "think how clever it is of me to find a place at the bottom, where there isn't so much room."—Philadelphia Ledger.

"I think," said the prison visitor, "it would be helpful to you if you would take some good motto and try to live up to it." "Yes," said the convict; "now, I'd like to select, for instance, 'We are here to-day and gone to-morrow.'"—Philadelphia Press.

"Your daughter's music is improving," said the professor, "but when she runs the scales I have to watch her pretty closely." "Just like her father," said Mrs. Nuritch. "He made his money in the grocery business."—Philadelphia Public Ledger.

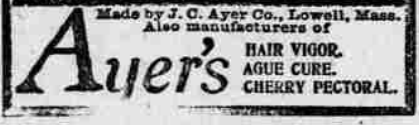
Cottager—Do you ever farm folks ter paint pickers like that there, sir? Artist—Oh yes; sometimes. Why do you ask? Cottager—Well, sir, this 'ere boy o' mine aint fit for nuthin'. 'as be that there delicate 'e can't do no 'ard work; an' not bein' quite right in 'is 'ead, I thought as 'ow this 'ere 'ud be a nice, light occupation for 'e.—Punch.

"No," said the impunctuous one, "you can't believe all that you see in the newspapers." "Are you prepared to specify?" the other man asked. "I am. I saw a statement in the financial columns that money was easy, but when I tried to negotiate a loan I found that the reverse was true." "You misunderstood the paragraph. It did not say that people were easy."—Judge.

Pale, Thin, Nervous?

Then your blood must be in a very bad condition. You certainly know what to take, then take it—Ayer's Sarsaparilla. If you doubt, then consult your doctor. We know what he will say about this grand old family medicine. Sold for over 60 years.

This is the first question your doctor would ask: "Are your bowels regular?" He knows that daily action of the bowels is absolutely essential to recovery. Keep your liver active and your bowels regular by taking laxative doses of Ayer's Pills.



Another Point of View.
Hyker—As Shakespeare says: "Jesters do often prove prophets."
Pyker—Yes, and he might have truthfully added that prophets often prove jesters—especially political and weather prophets.

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

Key to the Situation.
The sheriff was standing on the corner with a large brass key in his hand. "What's that big key for?" asked the inquisitive person.
"That," answered the sheriff, "is the key to a clock factory. The proprietor let the business run down and I've got to wind it up. See?"

Effects of Prosperity.
In the six years of the country's greatest prosperity, from 1897 to 1903, average prices of breadstuffs advanced 65 per cent, meats 23.1 per cent, dairy and garden products 50.1 per cent., and clothing 24.1. All these were products of the farmer and stockman, who profited more than any other class of the community by these advances. The miner benefited 42.1 per cent, by that advance in the average price of metals. The only decrease in the average prices of commodities in that period was in railway freight rates, which decreased from .798 per ton-mile in 1897, to .763 in 1903, a loss of 4.4 per cent. The report of the Interstate Commerce commission shows that the average increase in the pay of railroad employes in that period was a trifle above 8.5 per cent.

A Life-Saver
He kissed her hand and then her lips; She bade him go away. Said he: "I live from hand to mouth, So don't be angry, pray," "Oh, well," she said, "if that's the case, I'll let you live to-day."

For forty years Pilo's Cure for Consumption has cured coughs and colds. At druggists. Price 25 cents.

At Short Range.
"It must be awful," said the typewriter boarder with the \$1.98 pompadour, "to be deceived by a false marriage."
"Well, I don't suppose it's any worse than being deceived by a real one," rejoined the landlady.

And her husband continued to give a correct imitation of a man trying to read a newspaper.

PISO'S CURE FOR CONSUMPTION

Good Advice.
Sylvia—I'm invited to the Upperton's ball next week, but I really can't decide what to wear. What would you advise?
Phyllis—Well, dear, if I had your complexion I'd wear the thickest veil I could find.

Edible Snails.
Daughter—The paper says that edible snails are advertised in English restaurants.
Old Lady—Land sakes! Who'd ever 'a' thought that edible snails were fit to eat.

You Can Get Allen's Foot-Ease FREE.
Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Out of the Ordinary.
Miffles—What do you think of Knox-em as a pugilist?
Biffson—I don't believe he's the real thing.
Miffles—Why not?
Biffson—Because he says he isn't going to try to elevate the stage.

OREGON BLOOD PURIFIER
TESTED AND TRUE—GUARANTEED NOW! IS THE TIME TO USE IT.

He Had No More to Say.
Growells—Our new neighbor must be a happy woman.
Mrs. Growells—Why do you think so?
Growells—She goes about the house singing all day long.
Mrs. Growells—Oh, that's easily explained. She's a widow.

Beware of Ointments for Catarrh that Contain Mercury
as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles could never be used except upon prescriptions from reputable physicians, as the damage they will do is tenfold to a good one that can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by druggists, price 75c. per bottle. Hall's Family Pills are the best.

Two Exceptions.
"They say that all the world loves a lover," said the rejected suitor as he ate his dinner from the mantelpiece, "but there are generally two exceptions to the rule, the girl you want to be your wife and the man you want to be your father-in-law."—Princeton Tiger.

Swollen Veins, Sprains, Strains and Weak Joints
Believed and Cured with our Silk Elastic Stockings. Perfect Fit Guaranteed.

WOODARD, CLARKE & CO
Portland, Oregon.
P. N. U. No. 19-1905

WHEN writing to advertisers please mention this paper.

ST. HELEN'S HALL

A GIRL'S SCHOOL OF THE HIGHEST CLASS corps of teachers, location, building equipment—the best. Send for catalogue.
Term Opens September 15, 1904



Positive, Comparative, Superlative.
"I have used one of your Fish Brand Slickers for five years, and now want a new one, also one for a friend. I would not be without one for twice the cost. They are just as far ahead of a common coat as a common one is ahead of nothing."
(Name on application.)

HIGHEST AWARD WORLD'S FAIR, 1904.
Be sure you don't get one of the common kind—this is the mark of excellence.

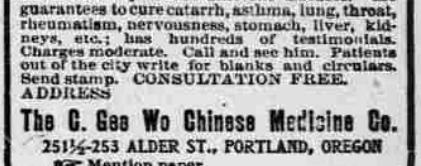
A. J. TOWER CO., BOSTON, U.S.A.
TOWER CANADIAN CO., LIMITED, TORONTO, CANADA.
Makers of Wet Weather Clothing & Hats.

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 those wonderful Chinese herbs, roots, barks and vegetables that are entirely unknown to medical science in this country. Through the use of those medicines remedies which are famous doctors know the action of over 500 different remedies which he successfully uses in different diseases. He guarantees to cure catarrh, asthma, lung, throat, rheumatism, nervousness, stomach, liver, kidneys, etc.; also hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars. Send stamp. CONSULTATION FREE.

ADDRESS:
The C. Gee Wo Chinese Medicine Co.
2515-2516 ALDER ST., PORTLAND, OREGON
Mention paper



To Convince You

THE CHATHAM
Is the BEST INCUBATOR on the market, I will send you one, freight prepaid, and wait for my pay until October 1, 1905.

It was given the highest award at the Oregon State Fair, held at Salem last fall. Write for our Descriptive Catalogue of Incubators and Brooders and our time proposition.

GEO. W. FOOTT,
Dept. 12 Portland, Oregon

Odd Animal Laws

When a dog was unlawfully killed in countries differing so widely as Germany and Arabia the owner of the animal used to be indemnified in the following manner: The dog was hung up by the tail, with the point of its muzzle touching the ground, and the man who had committed the offense was obliged to pour over it corn or flour until the carcass was completely hidden by the heap. This heap then became the property of the man who owned the dog.

In Syria there was a specially curious variation, for if it were a street dog that was killed the flour was made into bread and given to its fellows. No doubt this arose from the value attached in those old parts to street dogs as scavengers. By the old Welsh laws of Howel the damages for killing an animal belonging to another were assessed in the same odd manner.

Notes on the May Century.

General attention is being called more and more to what seems to be a widespread religious awakening. Now it is Australia or Wales or New Zealand that is affected; then amazing reports come from Korea; next, perhaps, are extraordinary returns from Los Angeles, Atlanta or Pittsburg. These conditions will be discussed by Henry R. Elliot in the May Century under the title of "The World-wide Spiritual Awakening."

Mistaken Kindness.

Jack—Hello, old man! Awfully glad to see you. Here, take off that coat and put on this smoking jacket and make yourself comfortable. Dick—Duce take it! Do you mean to insinuate that I don't feel comfortable in a dress suit?

Man to Be Disease Proof.

It has already been suggested that the appendix should be removed from every infant as a routine measure. But this is clearly insufficient, says the British Medical Journal. The surgery of the future must include far more than this. The tonsils and turbinate bones of the nose must be cut out, because they may harbor germs. What Arbutnot Lane calls the "human cesspool" (that is, the large intestine), must be removed along with a considerable part of the upper portion of the alimentary canal, because it won't be needed when we begin to live on M. Berthelot's tabloids and pills. The too readily decaying teeth will be pulled out in early life and the germ-proof store variety inserted. The falling human eye will be anticipated by spectacles in early youth. Deficient moral sense and degeneracy will be treated by ventilation of the brain and removal of the offending areas.

Somewhat Different.

Fond memories of the long ago
Come back with songs I used to sing;
But when songs I send to publishers
Come back—well, that's another thing.

As Explained.

Husband—I wonder why men's pockets are so easy to get at, while women's are so difficult?
Wife—Oh, that's easily explained. A man has no business with a woman's pocket, but a woman has with a man's. That's the answer.

OLD SORES OFFENSIVE-DANGEROUS

Nothing is more offensive than an old sore that refuses to heal. Patiently, day after day, it is treated and nursed, every salve, powder, etc., that is heard of is tried, but does no good, until the very sight of it grows offensive to the sufferer and he becomes disgusted and morbid. They are not only offensive, but dangerous, because the same germ that produces cancerous ulcers is back of every old sore. The cause is in the blood and as long as it remains the sore will be there and continue to grow worse and more destructive. The fact that thousands of old sores have been cut out and even the bones scraped, and yet they returned, is indisputable evidence that the blood is diseased and responsible for the sore or nicer.

Some years ago my blood became poisoned, and the doctor told me I would have running sores for life, and that if they were closed up the result would be fatal. Under this discouraging report I left off their treatment and resorted to the use of old sores have been cut out and even the bones scraped, and yet they returned, is indisputable evidence that the blood is diseased and responsible for the sore or nicer.

Some years ago my blood became poisoned, and the doctor told me I would have running sores for life, and that if they were closed up the result would be fatal. Under this discouraging report I left off their treatment and resorted to the use of old sores have been cut out and even the bones scraped, and yet they returned, is indisputable evidence that the blood is diseased and responsible for the sore or nicer.

Valuable time is lost in experimenting with external treatments, such as salves, powders, washes, etc., because the germs and poisons in the blood must be removed before a cure can be effected. S. S. S. cleanses and purifies the circulation so that it carries rich, new blood to the parts and the sore or ulcer heals permanently. S. S. S. not only removes the germs and poisons, but strengthens the blood and builds up the entire system by stimulating the organs, increasing the appetite and giving energy to the weak, wasted constitution. It is an exhilarating tonic, aids the digestion and puts every part of the body in good healthy condition. Book on the blood, with any medical advice wished, without charge.

SSS
THE SWIFT SPECIFIC CO., ATLANTA, GA.

900 DROPS
CASTORIA
For Infants and Children.
The Kind You Have Always Bought Bears the Signature of
of
Charles H. Fletcher
Use For Over Thirty Years
CASTORIA
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN.
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
Prepared by Dr. J. C. FLETCHER, Lowell, Mass.
Fac Simile Signature of
Charles H. Fletcher
NEW YORK.
16 months old
35 DROPS 35 CENTS
EXACT COPY OF WRAPPER.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought Bears the Signature of
of
Charles H. Fletcher
Use For Over Thirty Years
CASTORIA
A Vegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS & CHILDREN.
Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.
Prepared by Dr. J. C. FLETCHER, Lowell, Mass.
Fac Simile Signature of
Charles H. Fletcher
NEW YORK.
16 months old
35 DROPS 35 CENTS
EXACT COPY OF WRAPPER.

W. L. DOUGLAS SHOES \$3.50
UNION MADE
THE WORLD'S GREATEST SHOE MAKER
W. L. DOUGLAS MAKES AND SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD. \$10,000 REWARD to any one who can disprove this statement.
W. L. Douglas \$3.50 shoes are the greatest sellers in the world because of their excellent style, easy fitting and superior wearing qualities. They are just as good as those that cost from \$5.00 to \$7.00. The only difference is the price. W. L. Douglas \$3.50 shoes cost more to make, hold their shape better, wear longer, and are of greater value than any other \$3.50 shoe on the market to-day. W. L. Douglas guarantees their value by stamping his name and price on the bottom of each shoe. Look for it. Take no substitute. W. L. Douglas \$3.50 shoes are sold through his own retail stores in the principal cities of the world, and wear longer than other makes.
W. L. Douglas uses Corona Calfskin in his \$3.50 shoes. Corona Calfskin is conceded to be the finest leather produced.
Fast Color Eyelets will not wear brassy.
W. L. Douglas has the largest shoe mail order business in the world. No trouble to get a fit by mail. 25 cents extra for delivery.
If you desire further information, write for Illustrated Catalogue of Spring Styles.
W. L. DOUGLAS, Brockton, Mass.

PUTNAM FADELESS DYES
Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer, or we will send post paid at 10c a package. Write for free booklet how to dye. Beach and mix colors. MONROE DRUG CO., Unionville, Missouri.