

'I've Lost Ten Pounds'

A man says, "Look at this." And he over-laps his coat to show how loose it is. There are some people who can lose fat to advantage, but the loss of flesh is one of the accepted evidences of failing health. As flesh-making processes begin



in the stomach, so naturally when there is loss of flesh we look first to the stomach for the cause. And the cause is generally found to be disease of the stomach and digestive and nutritive tracts, resulting in loss of nutrition and consequent physical weakness. Doctor Pierce's Golden Medical Discovery restores the lost flesh by curing diseases of the stomach and other organs of digestion and nutrition and enabling the perfect digestion and assimilation of food from which flesh and strength are made.

"My wife was for five years troubled with indigestion of stomach and bowels, bloating and severe pain at times during sunset, of McConnellsburg, Ia. Her heart was affected, and she took a purgative every few days but only received temporary relief. She was very poor in flesh and I bought one bottle of Dr. Pierce's Golden Medical Discovery from our druggist and after taking it she said she felt like a new woman. Has no more trouble with stomach and bowels, and has no pain nor bloating. Has gained fifteen pounds in weight."

Dr. Pierce's Pleasant Pellets cure constipation and biliousness.

PATROL OF FORESTS.

Rangers Are Building Bridges and Opening Roads.

Hood River, Or., June 25—M. P. Isenberg, forest supervisor for the north half of the Cascade forest reserve, has begun an active campaign for a good summer's work. His head rangers and assistant rangers have been commissioned and are now in the field blazing trails, building bridges and opening roads into the heart of the reserve, so as to facilitate the patrol work, and to make the fighting of forest fires an easier matter.

Mr. Isenberg is in constant communication with his rangers in all parts of the reserve, and the large volume of reports and correspondence which comes in daily, keeps him very busy in his office at Hood River.

It is a new system put into operation for the first time this summer by the Interior Department, under which Mr. Isenberg is working. Under the direct supervision of Mr. Isenberg, as forest supervisor for the north half of the Cascade forest reserve, are one first-class ranger, three second-class rangers, and 15 third class rangers or guards. Adolph Aschoff has been made first-class forest ranger, while the second-class rangers are: M. J. Anderson, of Dufur; Joseph H. Prout, of Wamie; and A. B. Lacey, of Parkers. The third-class rangers, or guards, so far appointed are: W. C. Walker, Dufur; John B. Seniscal, Dufur; W. D. Mungler, Dufur; Simeon E. Browner, Antelope; Warren M. Cooper, Mount Hood; W. C. Ward, Niola; Jay Bleakney, Hult; M. D. Markham, Forest Grove; W. H. Hessemann, Minto; Ephram Henness, Gates; J. A. W. Heilecke, Detroit. Two other guards are yet unassigned.

Mr. Aschoff, the head ranger, has already turned in a number of reports of work done in Eastern Marion County, of which Mr. Isenberg speaks in very flattering terms.

Head Ranger Aschoff has a force of men at the headwaters of the Santiam River engaged in repairing bridges and opening the trail out from Detroit to Elk Lake, and along the north fork above

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Beware of Counterfeits. Refuse all Substitutes.

Safe. Always reliable. Ladies, ask Druggist for CHICHESTER'S ENGLISH in Red and Gold wrapper, boxed, sealed with Blue Ribbon. Take no others. Beware of cheap cheap substitutes and imitations. Buy of your Druggist, or send for a sample for Particulars, Testimonials and "Book of Evidence" to Dr. J. C. Ayer, Lowell, Mass. In return Mail, 10,000 Testimonials. Sold by all Druggists.

CHICHESTER CHEMICAL CO., PHILA., PA. Mention this paper.

map Springs, on the McKenzie River. Most of this work has been completed, and detailed reports and maps of the routes sent to the supervisor.

Warren Cooper, on the east side of the Cascades, is posting boundary notices designating the line of the reserve.

In connection with this work he is making reports on agricultural lands as he comes across them. Grants for the rights of way of ditches are also being looked after, and fire notices are being posted in conspicuous places.

Some 40 grazing permits for cattle Independence Prairie, and out to Belkhave been issued, granting the right of 3500 head of cattle to enter the reserve on the east side. Sheep permits to the number of 90,000 have been issued.

By a recent order from the Secretary of the Interior, sheep have been excluded entirely from the east half of township 3 south, range 7 east, and the west half of township 4 south, range 7 east; north half of township 5 south, ranges 5 and 6 east. This prevents the flocks from entering upon the headwaters of Roaring Creek, the Salmon and Sandy Rivers, and thus shuts off all danger of pollution of the water supply of the City of Portland.

Twenty Fateful Days.

In the history of this country no previous 20 days, we believe, afford a parallel to those between May 25 and June 15 for combined destruction of life and property.

Beginning with the tornado at St. Elmo, Mo., on May 26, in which 20 persons were killed, the list continues as follows: May 29 to June 6, Kansas River floods; 80 killed.

June 1, Gainesville, Ga., tornado; 100 killed.

June 6, Glendale, S. C., cloudburst; 58 killed.

June 7 to 15, St. Louis flood; 30 killed. June 14, Heppner, Or., cloudburst; 200 killed.

The total value of the property lost in the above named disasters is estimated at \$27,500,000, and \$3,000,000 more is computed to have been lost in the forest fires that raged from June 3 to 8 in New York, New Jersey, New England and Pennsylvania. This makes a grand total of 488 lives and \$30,500,000 worth of property wiped out by flood and fire in these 20 days of destruction.—New York World.

The Foundation of Health.

Nourishment is the foundation of health—life—strength. Kodol Dyspepsia Cure is the one great medicine that enables the stomach and digestive organs to digest, assimilate and transform all foods into the kind of blood that nourishes the nerves and feeds the tissues. Kodol lays the foundation for health. Nature does the rest. Indigestion, Dyspepsia, and all disorders of the stomach and digestive organs are cured by the use of Kodol. Sold by Slocum Drug Co. and Ione Drug Co.

The two largest flour mills in Tacoma have been forced to close down temporarily on account of a shortage of orders in the export trade.

The "Greyhound," a famous Indian canoe, 45 feet in length, has been given to the Ferry Museum at Tacoma. It is over 100 years old.

Just About Bed Time.

take a little early riser—it will cure constipation, biliousness and liver troubles. DeWitt's Little Early Risers are different from other pills. They do not gripe and break down the mucous membranes of the stomach, liver and bowels, but cure by gently arousing the secretions and giving strength to these organs. Sold by Slocum Drug Co. and Ione Drug Co.

The output of Washington salmon hatcheries will be increased from 20,000,000 to 50,000,000 in 1904.

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Miss Ida M. Snyder,

Treasurer of the Brooklyn East End Art Club.

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"In consulting with my druggist he advised McElree's Wine of Cardui and Theodor's Black-Draught, and so I took it and have every reason to thank him for a new life opened up to me with restored health, and it only took three months to cure me."

Wine of Cardui is a regulator of the menstrual functions and is a most astonishing tonic for women. It cures scanty, suppressed, too frequent, irregular and painful menstruation, falling of the womb, whites and flooding. It is helpful when approaching womanhood, during pregnancy, after childbirth and in change of life. It frequently brings a dear baby to homes that have been barren for years. All druggists have \$1.00 bottles of Wine of Cardui.

WINE OF CARDUI

BUSINESS LOCALS

and want ads of all descriptions will hereafter be published in a column by themselves.

Rates for Local Ads.

Ten cents a line for first insertion and 5 cents a line for each subsequent insertion. All notices set in breviter type.

Groceries.

T. R. Howard for fine groceries.

Howard's grocery store is a very popular place for the purchase of supplies for farmers and outfits for outing in the way of extra fine groceries. Almost everything imaginable kept in stock. It's handy where you can get anything you want.

Strength and vigor come of good food, duly digested. "Force," a ready-to-serve wheat and barley food, adds no burden, but sustains, nourishes, invigorates.

Wanted.

Wanted—Hides, pelts, and furs. Highest cash prices paid for coyote skins and other furs.

14 tf. PHIL COHN.

Patterson & Gait at The Dalles, Ore., have a lot of fine lumber claims. Good location and marketable.

I have some stock sheep to lease to responsible parties. C. D. LORD. 42-tf

Notice to Teamsters.

All parties are warned not to camp inside of the Penland Livestock Co's. enclosure; as we will allow no camping without permission.

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Are you nervous? ... Do you feel older than you used to? ... Is your appetite poor? ... Is your tongue coated with a slimy, yellowish fur? ... Do you have dizzy spells? ... Have you a bad taste in the mouth? ... Does your food come up after eating, with a sour taste? ... Have you a sensation of fullness after eating? ... Do you have heartburn? ... Do you belch gas or wind? ... Do you have excessive thirst? ... Do you notice black specks before the eyes? ... Do you have pain or oppression around the heart? ... Does your heart palpitate, or beat irregularly? ... Do you have unpleasant dreams? ... Are you constipated? ... Do your limbs tremble or vibrate? ... Are you restless at night? ... Name ... Age ... Occupation ... Street number ... Town ... State ... If you have any or all of the above symptoms you probably have Dyspepsia. Fill in the above blank, send to us, and we will mail you a free trial of PEPSIKOLA TABLETS—unquestionably the sweet and safest Dyspepsia cure ever—altogether with our little book—"Advice to Dyspeptics." Regular size Peppikola tablets 25 cents, by mail, or of your druggist. The Laxakola Company, 45 Vesey street, New York.

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