

CATARRH ANNOYING-DANGEROUS

Catarrh is usually regarded as nothing more serious than a bad cold or slight inflammation of the inner skin and tissues of the head and throat, when it is, in fact, not only a vexatious and troublesome disease, but a complicated and dangerous one. It is true that Catarrh usually begins with a cold in the head, but when the poisons, which are thrown off through the secretions, find their way into the blood, it becomes a constitutional trouble that affects all parts of the body. It has more annoying and disgusting symptoms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the ears, headaches and pains in the eyes are frequent, while filthy, tenacious matter drops back into the throat requiring continual hawking and spitting, and in certain stages of the disease the breath has an odor that is very offensive. Catarrh is worse in Winter, because the cold weather closes the pores and glands, and the poisons and unhealthy vapors which should pass off that way are thrown back on the tender linings and tissues, causing the inflammation which starts the unhealthy secretions to be absorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circulates through the body the foul matter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the stomach. It also affects the Kidneys, Bladder and other members of the body, while the general health is weakened, appetite lost and the patient feels despondent and half sick all the time. But worst of all, if the trouble is not checked the lungs become diseased from the constant passage of poisoned blood through them, and Catarrh terminates in Consumption, the most fatal of all diseases. You cannot get rid of Catarrh by treating it with sprays, washes, inhalations, etc., because they only reach the membranes and tissues, while the real cause of the trouble is in the blood. These relieve the annoying symptoms for a time, but the poison is all the while getting a stronger hold on the system and when they are left off will manifest itself in worse form than before. S. S. S. is the greatest of all blood purifiers, and when it has cleansed the blood, this pure, rich stream circulates through the body, carrying healthful properties to the diseased parts. Then the inflamed membranes and tissues begin to heal, the discharges cease, the general condition of the system is strengthened, every one of the annoying and disgusting symptoms pass away, and the patient is left in perfect health. S. S. S. is the best remedy for Catarrh. It goes right into the blood and removes all effete matter and catarrhal poison and cures the disease permanently, and at the same time builds up the entire system by its fine tonic effect. S. S. S. is a purely vegetable remedy—non-injurious to the system and a certain, reliable cure for Catarrh. Catarrh sufferers will find our free consulting department helpful in advising local treatment to be used with S. S. S.

S.S.S.

PURELY VEGETABLE.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Her Miserable Luck.
First Summer Girl—Did you hear about the miserable luck I had yesterday?
Second Summer Girl—No; what was it?
First Summer Girl—While in bathing a man rescued me from drowning.
Second Summer Girl—Why, I'd call that good luck.
First Summer Girl—But the man in the case is married.

No Ruben's Work.
Mrs. Al de Mustahd—And have you any paintings by Rubens?
Mrs. Justin de Bunch—Mercy, no! All our pictures are by the best artists.
Mrs. A. de M.—But Rubens—
Mrs. J. de B.—Don't tell me. I never saw a rube yet that could paint—
Cleveland Leader.

European Breakfasts.
Mark Twain, in speaking of the typical European breakfast, said: "Do you know what I'll do? I'll nail a piece of cuttle-fish bone to the chimney, and every morning I'll hop up on the mantel and take a pick at it with a tin bill. It will be just as filling and much cheaper than a European breakfast."
It is evident that Mr. Clemens prefers the typical American breakfast dish of Pillsbury's Vitos with good cream and sugar.

Economical Thought.
"Oh, George," said Mrs. Youngman, "my canary bird's dead."
"Yes?" replied her husband. "You're not grieving much."
"No; you see, I can have it stuffed for my hat next fall, and then the rest of the hat won't cost you so much."
Philadelphia Press.

For bronchial troubles try Pilo's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

The Inevitable Comparison.
The son of the old counterfeiter gazed critically at the bogus coins that the hopeful young apprentice spread before him.
Then he shook his grizzled head.
"These are not as good as the dollars that father used to make," he slowly said.—Cleveland Plain Dealer.

FITS. Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free \$2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 511 Arch St., Philadelphia, Pa.

Empty.
Dummeigh—What about this canteen problem?
Brisque—Oh, there's nothing in it!—Cleveland Plain Dealer.

OLD Favorites

The Brook
I come from haunts of coot and fern;
I make a sudden sally,
And sparkle out among the fern,
To bicker down a valley.

By thirty hills I hurry down,
Or slip between the ridges;
By twenty thorns, a little town,
And half a hundred bridges.

Till last by Philip's farm I flow
To join the brimming river:
For men may come, and men may go,
But I go on forever.

I chatter over stony ways,
In little sharps and trebles;
I bubble into eddying bays;
I babble on the pebbles.

With many a curve my banks I fret,
By many a field and fallow,
And many a fairy foreland set
With willow-weed and mallow.

I chatter, chatter as I flow,
To join the brimming river:
For men may come, and men may go,
But I go on forever.

I wind about, and in and out,
With here a blossom sailing,
And here and there a lusty trout,
And here and there a grayling;

And here and there a foamy flake
Upon me, as I travel;
With many a silvery water-break
Above the golden gravel;

And draw them all along, and flow
To join the brimming river:
For men may come, and men may go,
But I go on forever.

I steal by lawns and grassy plots;
I slide by hazel covers;
I move the sweet forget-me-nots
That grow for happy lovers.

I slip, I slide, I glisten, I glance
Among my skimming swallows;
I make the netted sunbeams dance
Against my sandy shallows.

I murmur under moon and stars,
In brambly wildernesses;
I linger by my shingly bars;
I loiter round my cresses;

And out again I curve and flow,
To join the brimming river:
For men may come, and men may go,
But I go on forever.
—Alfred Tennyson.

RED STREAM IN CAVERN.

Two Women Explore Mysterious Cave in British Columbia.

During the superstitions of the natives and braving the dangers of an unexplored cavern at Ross Peak, British Columbia, two Philadelphia women, Miss Elizabeth Wain Vaux, a daughter of the late Mayor Vaux, and Mrs. Charles Schaffer, had an exciting experience. The result of their courage is a more extended knowledge of the depths of the recess in the rocks, which is locally known as Dutchman's cave, says the Philadelphia Bulletin. One of the most wonderful things they saw was a stream which had the appearance of blood. In the dim light of the candles which they carried the women were unable to determine if the water itself were colored or the red effect was given by it flowing over a deep red rock base.

The trip was fraught with many dangers. None of the natives ever venture more than a hundred feet from the mouth of the cave. It is their belief that the place is inhabited by ogres and creatures of magic power. The tales only whetted the desire of the two Quaker City visitors to penetrate the depths of the rocks, so they secured large candles to light the way into the unknown galleries. No one would accompany them, but it was arranged that if they did not return that night a searching party was to be sent for them.

After making their way along a narrow ledge for about a hundred yards from the mouth of the cavern, the explorers found themselves in a large grotto, the roof hung with beautiful stalactites, which glittered in the flickering light of the candles, which gave the scene a weird aspect. The floor was covered with a veritable forest of stalagmites that arose like gigantic columns, many of them joining the stalactites.

It was through this cavern that the blood-red stream runs. The ladies walked along the edge of the water until it narrowed so that they could scarcely squeeze through. At the other end was another cavern, larger and more magnificent than the first. Their candles were burning low by this time and they had to hurry back to the entrance, the last candle sputtering out just as they reached the beginning of the incline leading to the entrance. The last stage of the trip was made in total darkness, but the venturesome tourists reached the outside world safely, and astonished the natives with accounts of what they had seen.

Not Well Trained.
Caller—Is Mr. Owatott in?
Office Boy—No, sir. He told me to tell you—that is, he's gone to Los Angeles, sir. He started yesterday.
Caller—And when will he return?
Office Boy—Why—er—after lunch, sir.—Cleveland Leader.

The average wife suspects that something is wrong about five years before she finds it out.

It pays to keep the good will of the people. But it is difficult to keep it.

The Boy and the Farm.
The wonderful strides in agricultural science, as well as the vast increase in the insect enemies of growing things, has both boomed and deterred farm work as a profession, so that the old-time ideas of farming cannot be said to bring success except in a very moderate degree. The farming of the future must be done by the boys and girls of to-day, and we owe it to our children to give them the best possible chance to gain knowledge which will help them in their life work. If the boy is seriously interested in agriculture, it will be a paying investment to give him a course in an agricultural college.

If one cannot afford the full course of four years, or if the boy is not sufficiently well educated to take this course, give him the shorter one of two years, or, better than nothing, let him take the short winter course of from ten to twelve weeks and study the particular branch in which he is interested. You will find that his interest in the work will be enough greater to warrant the expense. True, he may not learn a great deal in the short course, but it will be enough to open his eyes to the possibilities, and he will be placed on the right track to study and work by himself. Talk to the boy about it, and write to the agricultural college of your State for detailed information.

The North Pole.
It is often said that, when the North Pole is discovered, there will be found a Scotchman doing business. The Highlander always ranked foremost amongst the pioneers of the American West. His Herculean strength fitted him for frontier life, and to his constant use of "porridge" for breakfast is attributed his splendid physique. This generation can be as brawny by eating Pillsbury's Vitos.

Cause and Effect.
Mrs. Caller—I see your husband is smoking again. I thought he had given it up.

Mrs. Shopper—So he did; but I found such a lovely smoking jacket at a bargain sale that he just had to commence again.

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 on prescriptions from reputable physicians, as the danger they will do is tenfold to a good you 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.

Professional Advice.
The new doctor had been called in to see a lady with a swollen jaw.
"Does it hurt you to talk?" asked the pill dispenser.
"Yes," she replied.
"Then don't," said the M. D. "Two dollars, please."—Chicago Daily News.

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

In After Years.
Wife—But during our courtship you never objected to my talking.
Husband—Of course not. Being talked to is one thing and being talked at is quite another.

Ask Your Own Doctor

If he tells you to take Ayer's Cherry Pectoral for your severe cough or bronchial trouble, then take it. If he has anything better, then take that. But we know what he will say; for doctors have used this cough medicine over 60 years.

"I have used Ayer's Cherry Pectoral for hard colds, bad coughs, and influenza. It has done me great good, and I believe it is the best cough medicine in the world for all throat and lung troubles."—E. C. STUART, Albany, Oregon.

Made by J. C. Ayer & Co., Lowell, Mass. Also manufacturers of
Ayer's SASSAPARILLA, PILLS, HAIR VIGOR.

Keep the bowels open with one of Ayer's Pills at bedtime, just one.

The Genuine TOWER'S POMMEL SLICKER
HAS BEEN ADVERTISED AND SOLD FOR A QUARTER OF A CENTURY. LIKE ALL TOWER'S WATERPROOF CLOTHING, it is made of the best materials, in black or yellow, fully guaranteed, and sold by reliable dealers everywhere. STICK TO THE SIGN OF THE FISH.

TOWER CANADIAN CO. Limited, A. J. TOWER CO. BOSTON, MASS.

Stale.
Stubbs—There goes Miss Flasher. Says she is just back from Newport and her complexion is as brown as a nut.
Penn—Yes, a chestnut.

Height of Sea Waves.
Careful experiments made by a noted English navigator along the north coast of Spain show that waves frequently attain a height of 42 feet, which is nothing compared to the rise of Pillsbury's Vitos in the estimation of people who like good, pure, common-sense wheat food. You will like it. Ask for it at your grocer's.

Methods of the Magnates.
Reporter—And why do you carry a Waterbury watch?
Rockysage—To wind when I've nothing else to do.
Reporter—What do you gain by that?
Rockysage—I save time.—Cleveland Leader.

To Break in New Shoes.
Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

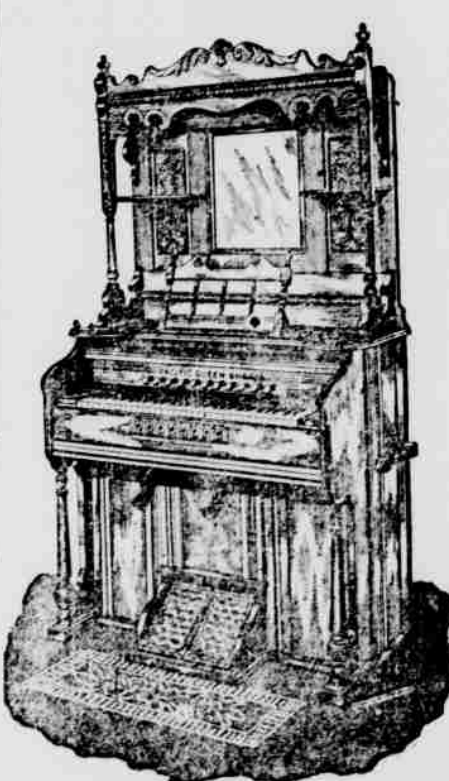
Peaceful.
"Bobbins was tickled to death over the outcome of the Portsmouth conference. He is a radical advocate of universal peace."
"That so?"
"I should say so! Why, he offered to lick any one in the hotel who disagreed with him on the subject."

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ALBERTA RAILWAY LANDS DIRECT FROM THE COMPANY. PRICE 40 CENTS PER ACRE. 60 CENTS IN ADVANCE. PAYMENT BALANCE IN NINE EQUAL ANNUAL INSTALLMENTS. ALBERTA RAILWAY CO., 221 MOHAWK BLK., SPOKANE, WASH.

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Here is a picture of one of the most perfectly finished organs now manufactured. It is the Pacific Queen, made especially for Eilers Piano House. Choice of fancy walnut or selected oaks. Case, five, very large leveled plate mirror, perfectly finished, an ornament to any mansion. Numerous new and valuable improvements are embodied in this organ, making it at once one of the best and most durable organs manufactured in the United States. Built with special regard to Pacific Coast climate. Besides the regular reed tone, this instrument also has several reeds of the regular pipe effects, to be found in no other make.

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To introduce this Organ we are making most exceptional concessions in our prices and terms and will deliver a perfect and fully guaranteed Organ freight paid, to any railroad station or boat landing in the state of Oregon for \$46, on payment of \$5 down and \$1 a month. The balance \$41, in 12 months, on some terms. Write us today, as this offer is limited only to the first 100 instruments.

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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.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. 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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If more than ordinary skill in playing brings the honors of the game to the winning player, so exceptional merit in a remedy ensures the commendation of the well informed, and as a reasonable amount of outdoor life and recreation is conducive to the health and strength, so does a perfect laxative tend to one's improvement in cases of constipation, biliousness, headaches, etc. It is all-important, however, in selecting a laxative, to choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system effectually, when a laxative is needed, without any unpleasant after effects, as it acts naturally and gently on the internal organs, simply assisting nature when nature needs assistance, without griping, irritating, or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious nature. As the plants which are combined with the figs in the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met with their general approval as a family laxative, a fact well worth considering in making purchases.

It is because of the fact that SYRUP OF FIGS is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the genuine on hand at all times, to use when a laxative remedy is required. Please to remember that the genuine Syrup of Figs is for sale in bottles of one size only, by all reputable druggists and that full name of the company—California Fig Syrup Co., is plainly printed on the front of every package. Regular price, 50c per bottle.

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