

For the Children

To succeed these days you must have plenty of grit, courage, strength. How is it with the children? Are they thin, pale, delicate? Do not forget Ayer's Sarsaparilla. You know it makes the blood pure and rich, and builds up the general health in every way.

The children cannot possibly have good health unless the bowels are in proper condition. A sluggish liver gives a coated tongue, bad breath, constipated bowels. Correct all these by giving small laxative doses of Ayer's Pills. All vegetable, sugar coated.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of
Ayer's
HAIR VIGOR,
AGUE CURE,
CHERRY PECTORAL.

CATARRH BLOOD DISEASED AND SYSTEM DISORDERED

Catarrh is not merely an inflammation of the tissues of the head and throat, as the symptoms of ringing noises in the ears, mucous dropping back into the throat, continual hawking and spitting, etc., would seem to indicate; it is a blood disease in which the entire circulation and the greater part of the system are involved. Catarrh is due to the presence of an excess of uric acid in the blood. The Liver, Kidneys and Bowels frequently become torpid and dull in their action and instead of carrying off the refuse and waste of the body, leave it to sour and form uric acid in the system. This is taken up by the blood and through its circulation distributed to all parts of the system. These impurities in the blood irritate and inflame the different membranes and tissues of the body, and the contracting of a cold will start the secretions and other disgusting and disagreeable symptoms of Catarrh. As the blood goes to all parts of the body the catarrhal poison affects all parts of the system. The head has a tight, full feeling, nose continually stopped up, pains above the eyes, slight fever comes and goes, the stomach is upset and the entire system disordered and affected by this disease. It is a waste of time to try to cure Catarrh with sprays, washes, inhalations, etc. Such treatment does not reach the blood, and can, therefore, do nothing more than temporarily relieve the discomfort of the trouble. To cure Catarrh permanently the blood must be thoroughly purified and the system cleansed of all poisons, and at the same time strengthened and built up. Nothing equals S. S. S. for this purpose. It attacks the disease at its head, goes down to the very bottom of the trouble and makes a complete and lasting cure. S. S. S. removes every particle of the catarrhal poison from the blood, making this vital stream pure, fresh and healthy. Then the inflamed membranes begin to heal, the head is loosened and cleared, the hawking and spitting cease, every symptom disappears, the constitution is built up and vigorous health restored. S. S. S. also tones up the stomach and digestion and acts as a fine tonic to the entire system. If you are suffering with Catarrh begin the use of S. S. S. and write us a statement of your case and our physicians will send you literature about Catarrh, and give you special medical advice without charge. S. S. S. is for sale at all first class drug stores.

I had Catarrh for about fifteen years, and no man could have been worse. I tried everything I could hear of, but no good resulted. I then began S. S. S., and could see a little improvement from the first bottle, and after taking it a short while was cured. This was six years ago, and I am as well today as any man. I think Catarrh is a blood disease, and know there is nothing on earth better for the blood than S. S. S. Nobody thinks more of S. S. S. than I do.
M. J. JONES,
Lapeer, Mich.

S. S. S. PURELY VEGETABLE

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Danube Spanned by Longest Bridge.
The longest bridge in the world is that crossing the Danube at Czernavoda, with a length of 12,705 feet, followed next by the Galveston bay bridge in Texas with 11,197 feet. The Fifth of North bridge, near Queenspring, in Scotland, ranks eighth and the Brooklyn bridge ninth.

Johnny's Ailment.

"Yes," said Mrs. Lapsing. "Johnny is ailing, but I'm not going to give him any drugs. I believe the trouble is in his bones, and I am going to take him to a costrothologist."

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

Lots of It, but—

Mrs. Gest—Did you ever see so much wretched bad taste at one time as those decorations—

Mrs. Allsow—Never! I was just about to remark it—

Mrs. Newritch (the hostess)—How d'ye do, ladies? Glad to see you.

Mrs. Gest and Mrs. Allsow (in chorus)—We were just remarking on the great amount of taste you display.—Philadelphia Press.

FOODSTUFFS IN MEXICO.

What the Mass of the People Have to Eat.

In answer to inquiries from the United States relative to Mexico's meat and dairy product supplies, Consul James A. Le Roy of Durango furnishes the following report, says the Washington Star.

While the mass of the people of Mexico subsist primarily on tortillas (corn cake) and beans, it is significant that, in the larger centers of population, wherever the workmen are getting higher wages, as a result of the establishment of new industries, they buy fresh meat and flock to the bakeries of wheat bread. Indeed, the increased consumption of wheat is one of the signs of the times in Mexico. It has become an article of necessity with families in moderate circumstances, as it always has been with the people of wealth; and these two classes are also great consumers of meat. It may be put down as a rule that while Mexico is still a country dependent primarily upon corn and beans, all Mexicans who can afford to do so daily eat a large amount of meat.

It cannot be expected that there will be any market for fresh meats from the United States, as cattle raising is a pursuit that is followed in nearly all parts of Mexico. There is also a duty of 10 cents Mexican the net kilo (about 2 1/4 cents in United States currency per pound avoirdupois) on fresh meat. In the capital and in some of the other cities there are small butcher shops, first started to cater to the trade of American residents, which have facilities for keeping meat several days on ice. The industry of refrigerating beef, as it is known in the United States, is practically unknown in Mexico. Lately it has been said that one firm would attempt it in Mexico city; but there will be no shipping of refrigerated beef into Mexico while freight rates remain as high as they are, or until the taste of nearly all the meat eaters is educated not to demand meat just killed.

There cannot, under present conditions, be a great market for canned meats in Mexico. Their price puts them wholly out of the reach of the masses of the people, even if they ever considered their purchase. Fresh meat is still a luxury with them, and they live in a grazing country. Pork, far more than beef or mutton, is the poor man's meat in Mexico, though this is more conspicuously the case in certain regions than in others. Lard is a local product everywhere, on a small or large scale, and forms one of the items most actively bartered in the town markets. It is used by all classes in every-day cooking and in the preparation of a very large proportion of their dishes, yet lard is imported from the United States in considerable quantity.

Mexico cannot be called a butter-consuming country, as bread is commonly eaten without butter. Lard is its substitute to a great extent, where it has a substitute. Nevertheless the use of butter is increasing among Mexicans themselves, and the foreign population, especially the Americans, constitute a growing demand for butter that does not seem to be met by the starting of small dairy farms near cities, mining camps, etc. More than three-fourths of the butter imported comes from the United States, Spain and Denmark supplying nearly all the remainder. It is imported mainly in cans, but the importation of fresh butter in rolls from the dairies in the lower Mississippi valley region has been steadily increasing. The imports of American cheese and milk show constant gains, but in the nature of things the market for these products cannot greatly increase.

False Messiahs.

The defense of different persons claiming to be the Messiah has cost the Jews a great expense, both in treasure and human life. One of these, Coziba, who lived in the second century of our era, put himself at the head of the Jewish nation as their Messiah, and many of that people adhered to and defended him. The Romans made war upon Coziba and his followers, and, according to admissions made by eminent Jewish authority, they lost somewhere between 500,000 and 600,000 men in his defense. The last of these impostors was Mordecai, a German, who first claimed to be of divine origin in the year 1682. When the authorities threatened to punish him as an impostor he fled, and his end is not known.

Tombstone Refuge for Cat.

One day this week, when the snow was rapidly turning to slush, and when St. Paul's churchyard was bereft of its wonted groups of luncheon-hour strollers, one of the churchyard cats, an unusually soiled and wild-looking specimen, was seen perched upon the narrow top of a weather-worn headstone. The space was uncomfortably narrow, and, to keep from falling, the animal was forced to clutch unceasingly. But the stone was dry, the churchyard walks were flooded, so the cat stayed, a soiled bit of white and black fur, suspicious but apparently resigned.—New York Post.

English as Spoken.

A young woman desired a toque, but her husband responded, "It's no joke. It costs so much dough, I'll have to say nough; If I paid for that thing I'd be broke."—Philadelphia Ledger.

Poor Papa.

Miss Nearste—Isn't that a new bonnet on your mother?
Miss Wise—Well, I really think it's on papa.—Philadelphia Ledger.

Blood Humers

Commonly cause pimples, boils, hives, eczema or salt rheum, or some other forms of eruption; but sometimes they exist in the system, indicated by feelings of weakness, languor, loss of appetite, or general debility, without causing any breaking out.

Hood's Sarsaparilla expels them, renovates, strengthens and tones the whole system. This is the testimony of thousands annually. Accept no substitute, but insist on having

Hood's Sarsaparilla

In usual liquid form or in chocolate tablets known as Sarsatabs. 100 doses \$1.

Those Bottomless Highways.
Traveler (in central Illinois)—How do you get to Cornville? Follow the main road east?

Village Postmaster—No; I wouldn't advise you to do that. It will take you straight to China.

The sheep that has no wool comes from Barbados. How it got there nobody knows, but it is supposed to have come from Africa originally.

WORN TO A SKELETON.

A Wonderful Restoration Caused a Sensation in a Pennsylvania Town.

Mrs. Charles N. Preston, of Elkland, Pa., says: "Three years ago I found that my housework was becoming a burden. I tired easily, had no ambition and was fading fast. My complexion got yellow, and I lost over 50 pounds. My thirst was terrible, and there was sugar in the kidney secretions. My doctor kept me on a strict diet, but as his medicine was not helping me, I began using Doan's Kidney Pills. They helped me at once, and soon all traces of sugar disappeared. I have regained my former weight and am perfectly well."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

PORTLAND PROPERTY PAYS.

Outside People Are Making Investments That Will Treble.

During the past few months there has been a big increase in the sale of Portland residence property to outside people and since the opening of "Terrace Park," Portland's most beautiful and best residence section, dozens of others have bought. Much of this has been from Eastern Oregon, where Mr. J. A. Ward, of the Spanton Company, formerly lived. Among the recent buyers of "Terrace Park" property are C.



J. A. Ward, Formerly of Eastern Oregon

W. Shurte and Mr. Richards, both of Arlington, and Grant Wade, of Olex. When one can buy a residence lot for from \$300 to \$600, only paying a few dollars down and the rest on easy terms, it is no wonder that so many outside people are investing in "Terrace Park." Their money is certain to double and treble. The Spanton Company of 270 Stark street, Portland, will be glad to answer all inquiries in reference to "Terrace Park" and their other property.

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On savings deposits of a dollar or more, compounded twice every year. It is just as easy to open a Savings Account with us by Mail as if you lived next door. Send for our free booklet, "Banking by Mail," and learn full particulars. Address

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IS ATTRACTING MANY OUTSIDE BUYERS who appreciate the fact that Portland property is the best investment that can be made. "Terrace Park" is acknowledged by all to be Portland's most beautiful and best new residence section, and when one can buy a lot in this addition from \$300 to \$600, where the values will soon treble, by paying a few dollars down and the rest on easy terms, it is no wonder that so many outside people are investing in "Terrace Park." Write for particulars and invest in a sure thing on terms that you can easily meet.

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Are always reported when Portland Seed Co.'s "Diamond Brand" Seeds are planted. Why? Because we sell you the kinds that grow best on this Coast. Our handsomely illustrated and descriptive Annual tells all about our Seeds, Plants, Roses, Spray Pumps, Fertilizers, Incubators, Brooders, Poultry and Bee Supplies.

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THE REMEDY:



A. B. CHASE PLAYER-PIANO

Does not enlarge the instrument or change style of case; mechanism all below keyboard; operates piano action abstract direct, and precisely as regular piano keys do, securing the same expression as the artist can by hand; can be entirely removed from the piano in five minutes' time, and that without the use of a screw driver.

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CLASSIFIED ADS

NOTICE—The following announcements are from leading business men and firms, and are well worthy your careful reading. The list may contain just the proposition you are looking for.

REAL ESTATE

\$10.00 DOWN—\$10.00 MONTHLY

Send in for booklet describing our guaranteed investment at Jamieson Park, a suburb of Spokane.

An investment here enjoys all the security and protection offered by a savings bank or life insurance company, but the returns will net from 50 per cent to 100 per cent on the investment.

Let us mail you full particulars; a postal card will bring them.

BARCOCK & MOSS
Selling Agents
Spokane, Washington National Bank, Ref.

EAST GREENACRES

The only tracts on the market where you can contract to sell your crop. Ten tracts a day. Abundance of water. Price \$100.00 per acre—easy payments—come in or write for particulars.

BEECHER & THOMPSON
Spokane, Washington. 110 Stevens

WE BUY Timber Lands from owners
SPARKS BRO., 14 Bernard, Spokane, Wash.

Coeur d'Alene Reservation will open soon; choice land 25 miles from Spokane. Coeur d'Alene Reservation Agency, 17-18 Exchange building, Spokane, Wash.

POLAND CHINA HOGS

Pigs old enough to wean to breed sows of up-to-date breeding. Pedigree furnished with every pig sold. Write me your wants.

A. L. SWAGGART,
ATHENA, OREGON

Green chrysanthemums were exhibited the other day at a flower show in Essex, England.

BRICK MACHINERY

As Cheap as Can Be Bought in the East
Delivery Much Quicker Write Us Today

G. M. McDOWELL & CO.
PORTLAND OREGON

The common spinach is the only plant that has emigrated from New Zealand.

The Portland Tile and Mantel Co.

Will be glad to give you particulars about its beautiful Ceramic, Mosaic, Enamelled and Encaustic Tile, wholesale and retail. Write today.

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You can't use cheap lumber in building a fortune.

900 DROPS

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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.

Recipe of Old Dr. SWAZELL, PHARMACEUTICAL

Pumpkin Seed—
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Sulphur Sarsaparilla—
Aloe Sarsaparilla—
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Worm Seed—
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A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

Fac Simile Signature of
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At 6 months old
35 DROPS—35 CENTS

EXACT COPY OF WRAPPER.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. 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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