Dragged Down Feeling

In the loins. Nervousness, unrefreshing sleep, despondency.

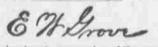
It is time you were doing something. The kidneys were anciently called the reins—in your case they are holding the reins and driving you into serious trouble.

Hood's Sarsaparilla Acts with the most direct, beneficial effect on the kidneys. It contains the best and safest substances for correcting and toning these organs,

Horrible Revenge.

Mr. Brutle-I'm going to bring Cadleigh home to dinner on Thurs-

day, Mrs. Brutle-Why, I thought you Bouldes, 1711 hated that fellow so. Besides, I'll have to cook the dinner on Thursday. Mr. Brutle-Yes, I know.



This signature is on every box of the genuine Laxative Bromo-Quinine Tablets the remedy that cures a cold in one day

Farmers Fight Over Laborer.

Kansas City papers contain an account of three farmers being arrested there while fighting over the posession of an idle man, whom each wanted for a farm hand.

HOW'S THIS:

We offer One Hundred Dollars Reward for any use of Catarrh that can not be cured by Hall's

Cathrit Cur.

F. J. C.: ENEY & CO., Props., Toledo, O.

We the undersigned, have known F. J. Chency for the past 15 years, and believe him periostly hose "abl in all bushs as transaction; and figure able to carry out any obligations madby their firm.

by Lieir firm.

Wholesale Drugmists, Tolelo,
Wholesale Drugmists, Tolelo,
Waldriso, Kirran & Marvin,
Wholesale Drug ists, Toledo G,
Inall's Catarrh Cure ist ken n rhally acting
freely on the blood and m cons surfaces of
the syst m. Pri e 75; per bottle, 1,2,d by al
drug ists. Tostmond is free,
Hall's Family Pi, r th best.

How She Proves It.

"Maggie says she is a daughter of the revoluiton."

"Can she prove it?"
"Sure. Heg fether runs a merrygo-round."

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

Never Existed.

Jaggles-Are his characters drawn Waggles-Of course not. He writes

FITS Permanently Cured. No life or nerrounner after first hay's nee of by Kline's Great Nerv Restorer. South for FIEE 92.40 trial bette and trial on. Da. R. H. Karse, Ltd., ed archett, Philadelphia, Pa

Safer on His Back.

Pinching-bug-Say, what makes you wear your fur overcoat in such hot weather? Caterpillar- Oh, half the moth

balls we get now are no good. YOU KNOW WHAT YOU ARE TAKING When you take Grove's Tasteless Chill Tonic, because the formula is plainly printed on every bottle showing that it is simply from and Qui-nine in a instelless form. No Cure, Ne Pay, Soc.

Correct Construction.

Doctor-Ah, my little chap, you

seem to be in pain.

Modern Youth—Don't be a giddy goat, doctor; I'm not in pain-the pain's in me.

sure Pian's Cure for Consumption saved my life three years ago. - Mus. Thos. Honsins, Maple street, Norwich, N. Y., Feb. 17, 1900.

Adaptation.

"Snicker's jokes are very thin," complained Dinsmore.

Perhaps he makes them that way for your special benefit," suggested Winterbottom.

"How's that?" "To enable you to see through them."

Gold Cure for Disordered Nerves.

"That eastern girl who is suffering from unstrung nerves made a mis-take when she tried to doctor her-

"What did she take for it'?" "Diamond rings and anything else she could lay her hands on."

Don't Blame Her, "Why didn't she graduate?"
"She got mad at the examiner ed for Inducing Blumber. hinting, as she thought,, at her sge. He asked her what great national event took place in 1860."

World to End This Year,

World to End This Year.
This is the recent decision of one of the prominent societies of the world, but the 'An tiday has not set been fixed upon, and while there are very few people who believe this presidence, there are thousands of others who not only believe, but know that Hostetter's Stomach litters is the best needleine to cure dyspepsis, indigestion, ramstipation, billionsness or liver and kidney troubles. A fair trial will certainly convince you of its value.

Very Blunt.

"The editor is kicking about some of the jokes Witlittle is turning in. He says he believes Witlittle sits

down and grinds them out."
"I don't believe it. If he was to grind them out they might have a point to them."

Stops the Cough and Works Off the Gold.

Laxative Bromo-Quinine Tablets cure a cold to one day. No cure, No Pay. Price 25 cents.

She Couldn't. "Just walk this way madam," said

the clerk who was bow-legged. "I'm-er-I'm very much afraid, sir, I can't," blushinly replied the fair customer who wasn't.

They Never Fait.

Almost never. Casearets cure so large a per-centage, that they're guaranteed to cure chrou-ic constipation or money refunded. Droggists, 20, 20c, dor.

Crusty.

"Yes." Miss Frocks went on, "Mr. Templeton and I are to be married. Why don't you offer congratula-tions?"

"Oh, I've no grudge against Templeton," replied the crusty old bach-

TO CURE A COLD IN ONE DAY Take Larative Bromo Quinine Tablets. All fruggists refund the money if it falls to cure E. W. Grove's signature is on each box. 25c.

Too Much Criticism.

"I hear your husband is ill, Mrs. 'Yes'nm."

"Nothing serious or critical, I

hope?"
"Critical? I should say he were. He ain't satisfied with nothin" ain't."

BEST FOR THE



or free sample, and booklet on health. Address sring Remedy Company, Chicago, Heatresi, New York. Mile

KEEP YOUR BLOOD GLEAN

A Sure Result.

"Say, old chap, Coffup and I have a bet we wish you to decide for us." "No thanks."

"Why not? We're both friends of yours.

"Exactly. So what's the use of my making an enemy of one of you?"

TO REST AND SLEEP.

PHYSICIAN DIRECTS AS TO THE PROPER PROCEDURE.

How to Guin a State of Absolute Rest

to support it-above all, not in a rock ing chair, that special trap for the ner down-that is, you must be loose, re attitude of a sleeping adult, says Dr. John K. Mitchell, in Harper's Bazar.

Learn to keep still when you rest. when you move, move with the part of the body needed; do not waste your force by walking with your arms and face as well as with your legs. If circumstances force an unusual and fatiguing amount of exertion upon you. break it now and then by periods of absolute rest. No matter how brief they are, they will be useful if you make them complete and perfect in the way described. This is true of mental as well as bodily exertion. A minute or two minutes of quiet, with closed eyes, if possible, with your tension relaxed and the gearing of the unchinery thrown off for the moment, will help and refresh you greatly. Here, again, more may be gained if the ability to relax mentally can be secured, in a fashion similar to the withdrawing of muscular tension. Learn to empty your mind when not using it.

This will not only help for the purpose of temporary repose, but may be made useful in bringing about sleep. It can, like the trick of muscle relaxation, be acquired and made habitual. You will then be less liable to have your day's work of worry pursue you to bed and fasten upon you, to the banishment of all possibility of going to sleep, or if you escape this, follow you into the land of Nod and hag-ride you

Dr. Mitchell gives some good advice

"Overanxlety about sleep hinders its coming and makes one wakeful. Muscular relaxation and a mind emptied of thought are the preliminary requisites," he says, "It may be worth while to add that while we know very little of the physiology of sleep, it is pretty certain that the amount of blood in the brain is lessened during sleep, though whether this diminution in the blood supply is preliminary to or consequent spon sleep is unsure. The ordinary household remedies for wakefulness are founded on this fact-a hot footbath, a hot-water bag to the body, a warm drink, which draws blood to the stomach, all having more or less directly the effect of reducing the quantity of blood in the head. Almost all sleep-producing medicines act in the same manner, but these are undesirable for nervous people, who too easily grow dependent upon them. The habit of their use is not so dangerous as the slavery to pain-suppressing drugs, the greatest reason against them being rather in their somewhat depressing nervous and physical after effects. On the other hand, thought certainly increases the amount of blood in the head."

Heavy Life Insurance.

Charles J. Delvin, a Topeka million aire, carries more life insurance than any other Kansan. The amount is \$714,000, and the premiums aggregate \$30,000 a year.

Alcohol in Water.

pure spring water is free from it.

Little fish have good business sense Not being able to do better they start

The physician who takes life cheer

-Power to Empty the Mind of All Thought-The Methods to Be Adopt-

Anyone who is nervous should be careful how she expends energy. To rest should not be an art difficult of acquirement or one requiring a teacher yet many know very little of it. If you are physically tired, a very few minutes flat on your back is worth, as a means of repair, an hour's sitting in a chair; but mind that it be flat, not reclining on a lounge, or with your spine bent out of shape in a deep chair in which your weight rests on any part of your body except the part intended vous. Besides getting into this position you must lie still in it, not holding yourself down on to the couch or endeavoring to hold that article of furniture laxed, unstrung. Look at a child in bed, limbs sprawled all abroad, for 'how to do it"-the case of the careless position is more characteristic of perfect relaxation than the more composed

in your dreams.

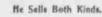
about the art of woolng sleep that is worth quoting.

Little Liver Pills. "That last cook sent us back a postal card,"

Aladdin's Lamp Outdone. We may breakfast on food cooked by the pile stuck together with mucielectricity; we ride in the morning to our offices (which are cooled and ventilated by electric fans) in a car warmed, lighted and propelled by electricity. rending a newspaper printed by electric power and from type set up by a maclube driven by an electric motor; the white paper itself is made from wood by electrically manufactured soda; its news received by electric telegraph, and some of it during the South African war flashed by electric searchlights from a town 12,000 miles away, sent by electric cables to us, coming so fast that it outstripped the sun in his daily progress and arrived here several hours before it started. Is there any story of Aladdin's lamp that can parallel such a marvel?-Leslie's Weekly.

According to a celebrated French den tist, river, sea, rain and snow water all contain more or less alcohol. Only

on a small scale. fully is not necessarily a dangerous



Up on Fourth avenue there is a storekeeper who likes to be right. Over his widnow is the sign: "Bird cages and aquariums." In the window another sign reads: "Bird cages The storekeeper and aquaria." comes out sometimes, looks over the signs and chuckles as if having dodged a difficult problem.

A Coincidence.

"I suppose it is only a coincidence?" said the young man who is anxious

to learn, "What is?" inquired the experienced friend.

"The fact that most sensational reformers have been men who were so rich they didn't need any more money, or so poor they had lost all hope of getting any,"

Cozy Corners in the Home.

MRS. FRANK CARTER, S Merrill Street, Ameabury, Mass,

This letter should carry Faith and Conviction to theliearts of all Sick Women.

falling of the womb and other disagreeable female weaknesses. I had bad spells every two weeks that would last from eight to ten days and would have to go to bed. I also had headache and backnehe most of the time and such bearing down prins I could be also had bearing the second time.

hardly walk across the room at times. I doctored nearly all the time for

about two years and seemed to grow worse all the time until last September

I was obliged to take my bed, and the doctors thought an operation was the only thing that would help me, but

this I refused to have done.
"Then a friend advised me to try the

"Then a friend advised me to try the Pinkham medicine, which I did, and after using the first bottle I began to improve. I took in all five bottles of Lydia E. Pinkham's Blood Purifier, four boxes of Lydia E. Pinkham's Dry Form Compound, three boxes of Liver Pills and used three packages of Sanatics. Walk and I am well now as I

tive Wash, and I am as well now as I ever was. I am more than thankful every day for my cure." — Mrs. Frank Career, 3 Merrill St., Amesbury, Mass.

\$5000 will be paid if this testimo-niel is not ganuine. Lydia E. Pinkham Medicine Co.

Hence the Term.

wedding was patriotic?

ABSOLUTE

blue.

Clarence-Why do you say the

Algernon-Well, the bride was red,

SECURITY

Cenuine

Carter's

Must Bear Signature of

See Fac-Simile Wrapper Below.

TIE FOR BILIOUSNESS.

Price Purely Vogetable

CURE SICK HEADACHE.

A Conscience Document.

of our best plates at the bottom of

FOR TORPID LIVER.

FOR CONSTIPATION.

FOR SALLOW SKIN.

FOR THE COMPLEXION

Very small and as casy

to take as sugar.

"What for?"

lage."

CARTER'S FOR HEADACHES

the groom was white and her father,

who had all the bills to pay, was

I suffered with inflammation and

Church-Have you a cozy corner in our house? Gotham-Oh, yes; my wife has aranged two of them.

"You must enjoy them after a hard days work?" "Enjoy nothing! The cat has one and my wife's dog occupies the other."

Fortified.

Mrs. Hatterson—I'm going to meet Ascum—Yes, but they tell stories my husband at 1 o'clock to select about the Irish, too, which you say some decorations for the drawing are lies.

Mrs. Clatterson—What do you tell about the English are true. want him with you for?
"Well, in case they don't turn out right I can say it's his fault."

When Willie Got Home-

"Mrs. Knox," said the hostess at dinner, "your little boy doesn't seem to have much appetite.

"No, he doesn't; that's a fact."
"Don't be bashful, Willie," urged the hostess. "Won't you have some more of anything?"
"No, ma'am," Willie replied; "I

some more of anything?"

"No, ma'am," Willie replied; "I filled up on cookies before we come, 'cause I heard ma tell pa that we wouldn't get much here."

"O Lawd, de cotton am so grassy, de work am so hard, and de sun am called to preach."

SUFFERED THREE YEARS. CATARRH OF STOMACH.

Miss Evelyn Morse writes from 651 Adams street, Minneapolis, Minu.,

as follows: 'I suffered for nearly three years



with catarrh of the stomach which no medicine seemed to relieve, until a friend advised me to try Peruna. Although skeptical, I tried it and found it helped me within the first week. kept taking it for

Miss Evelyn Morse. three months, and am pleased to say that it cured me entirely, and I have had no symptoms of its return. I am only ton glad to recommend it."—Evelyn Morse.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio, for free advice.

Hide-Bound.

Ascum-What are you so down on the English for?

Cassidy-Why shouldn't I? Look at the stories they do be tellin' about thim.

Ascum-Yes, but they tell stories

His "Call."

Booker Washington says that during the early days of freedom almost every Negro who learned to read would receive "a call to preach" within a few days after he began reading. He tells of a colored man in Alabama who, one hot day in July, while he was at work in a cotton field, suddenly stopped and, looking

Ensilage

Cutter.

FARM MACHINERY AND SUPPLIES.



Foot of Morrison Street. Can give you the best bargains in Buggies, Plows, Botters and Engines, Windmills and Pumps and General

JOHN POOLE, Portland, Oregon,

"ADAMANT" The Perfection of Wall Plaster, will not fall off, even though a leakage occur by the bursting of water pipes. LAND PLASTER Send us your address and receive circular showing what others have gained by the use of Land Plaster.

Agents wanted in every town.

SCHOOLS AND COLLEGES.

BISHOPSCOTT ACADEMY 6
PORTLAND ORE
Founded 1870
A Home School for Boys
Military and Manual Training
Fall Form Opens Sout. 12, 1801
Write for Illustrated Optologie ARTHUR C. NEWILL 0

St. Helen's Hall

PORTLAND, OREGON.

A Boarding and Day School for Gir's, Has a Nornal Kindergartest Training Department, which will have a separate residence for lindergarten classes this Fall. The Boarding Department provides a cheerful and well arranged home for young ladies. For Catalogue or other information apply to or other information apply to MISS ELEANOR TERRETTS, Principal,

300 Positions Secured Yearly "What for?" "She said on it that we'd find three San Francisco Business College 1230 Market St., San Francisco, Cal.

FULL COURSE, \$60.00. Write for Catalogue.

Machinery. See us before buying.

THE ADAMANT CO., Foot of 14th Street, Portland, Oregon.

CLAIM INTS FOR PENSION Write to NATHAN PENSION BICKFORD, Washington, D. C., they will receive quick replies. B. 5th N. St. Vols. Staff 20th Corps. Proceduting claims since 1878.

Summer Resolutions

TAXE Keeley Cure

Sure relief from liquor, opinm and tobacco habits. Send for particulars to Looley Institute, Moved to 420 Williams

Little Elmer (who has an inquiring mind)—Papa, what is firmness? Prof. Broadhead.—The exercise of

will power, my son.
Little Elemer—Well, sir, what is obstinacy? Proff. Broadhead .- The exercise of won't power, my son.

The Best Prescription for Malaria Jhilis and Fever is a bottle of Grove's Tasteless Chill Tonic. It is simply iron and quinine in a tasteless form. No Cure, No Pay. Price Soc.

Might Be Cheaper. Tess-So he jilted her, eh? That

must have made her feel cheap.

Jess—Not so cheap as he might wish. She computes the damage to her heart at \$25,000. A Matter of Policy.

ter, "I caught one of your bartenders today putting water in the whisky." "Well, sor," Cassidy replied, "ye must understand that we have to

"See here, Cassidy," said DeKan-

make some concessions to the temperance people." King Edward Has Many Guests. A very noticeable circumstance is the number of distinguished people political, official, diplomatic and so-cial—who have dined with his majosty during his visit to Windsor castle. This is especially remarkable because, during the last reign, the late queen more often dined with her family alone in the small dining room called

the oak room. The king, however, has introduced the practice of having a good-sized dinner party every day. MRS. JOHES

Price \$2.00.
Is the genuine. It increases on any part of the body, pp bust to any desired size akes round, plump face and Removes all blackheads, freegies bimules. Resh

FLESH GROWER.

N. P. H. U.

Se. 34-1901

WHEN writing to advertisors please

Eczema sets the skin on fire. The acid poisons in the blood are forced out through the pores of the skin, causing intense redness, burning and itching. So terrible is the tiching at times, especially when the body is overheated, that the almost distracted sufferer feels that he could tear the skin to pieces, and that he must scratch or go crazy. He knows from experience that this only makes matters worse, but, made desperate by the terrible burning and itching, he is for the time being indifferent to after effects. There are several forms of Eczema, the moist, or weeping kind, that comes in little pustules which discharge a watery, sticky fluid, which dries and peels off in bran-like scales. So profuse is the discharge at times that large scabs or crusts form, which are both painful and troublesome, and not easily removed. Red, disguring bumps and sores are symptoms of Eczema. The dry form usually attacks the head, hands and feet; the skin, becoming hard and rough, often cracking open and bleeding, and attended with much itching. Eczema depends upon a poisoned condition of the blood, and local

Mr. L. Marno, Escondido, San Disgo County, Cal., writes: "My body broke out with a reah ex cruption which in spite of all efforts to cure continued to got worse. The itching, especially at night, was simply terrible; it would almost disappear at times, only to return worse than evor. I flid tried many highly recommended proparations without benefit, and hearing of S. S. determined to give it a fair trial, and was inexpressibly delighted when a few bottles eurod me entirely, removing every blomish and pimple from my body. I shall not fail to recommend S. 4l. S. whenever an opportunity occurs.

inexpressibly delighted when a few bottles ourcd me entirely, removing every blomish and pimple from my body. I shall not fail to recompand 8.4. S. whenever an opportunity occurs, forcing the poison back into the blood. S. S. antidotes and neutralizes the acid poisons and drives out of the circulation all impurities and humors, and the pure, rich blood that is carried to the diseased skin quickly allays the inflammation, opens the clogged up pores, and the skin becomes soft, smooth and ready to perform its proper functions. To be rid of Rezema you must first purify and build up the blood, and nothing so surely and effectually does this as S. S., the only guaranteed purely vegetable blood purifier. Send for our book on blood and skin diseases, and write our physicians for any information or advice you may desire. Medical advice and book free.

THE SWIFT SPECIFIC CO., ATLANTA. GA.

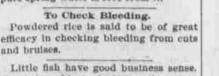
SUMMER is best time to core Catarrh, Bronchitis and Consumption, Our remedy is guaranteed, \$1. W. H. SMITH & GO., Buffalo, N. Y.



applications, while soothing and cooling, and may to some

extent relieve the inflamma-tion and itching, cannot be considered cures, because external remedies do not reach constitutional or blood

diseases. Salves, ointments, powders, lotions and soaps do



CASTOR The Kind You Have Always Bought has borne the signa-ture 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 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 Diarrhea 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.

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CENTAUR COMPANY, TY MURRAY STREET, NEW YORK DITY