

Pure Blood

Is certain if you take Hood's Sarsaparilla. This great medicine cures those eruptions, pimples and boils that appear at all seasons; cures scrofula sores, salt rheum or eczema; adapts itself equally well to, and also cures, dyspepsia and all stomach troubles; cures rheumatism and catarrh; cures nervous troubles, debility and that tired feeling.



Mrs. Helen L. Thompson of Leavelton, Mo., reports great benefit to her little girl from Hood's Sarsaparilla, which thoroughly purified her blood after an attack of that blood-poisoning disease, scarlet fever. It gave her strength and renewed health. Thousands of others told of similar cures, also cures of scrofula, salt rheum, eczema, etc.

An Indefinite Term.
"What do you understand by a 'society climber'?"
"I used to mean a person who tried to break into society."
"Used to mean?"
"Yes. Now it may mean a porch-climber in search of society news."

Mexico's Bathhouses.
Every town in Mexico has a public bath house. And still the Mexicans are not the cleanest people in the world.

The Supreme Court.
Ascum—I think it's a splendid opportunity for you. What are you going to do about it?
Henpeck—I haven't the slightest idea.
Ascum—But surely you can give an opinion.
Henpeck—O, gracious! No, my wife always hands down the opinion.—Philadelphia Press.

Retribution.
"I have come, madam, to take your gas meter out."
"I am glad to hear it, for it's done nothing since it's been here but take us in."—Baltimore American.

An eminent scientist has estimated that the average man's eyelids open and shut 4,000,000 times during the year.

It costs a motorcyclist \$12.50 a year for licenses to drive in St. Louis and immediate vicinity in St. Louis county.

THE MOTE AND THE BEAM.

Miss Brett Has Stopped Talking of the Neglect of Others.

It was Sunday noon, and Miss Brett had just come out of church. She was unhappy. On other days her work kept her busy, but on Sunday, even though she went to church twice, there were many hours left in which to remember that she had no home but a boarding house "fourth back." Even at church it was not much better, for she sat and envied the happy people who came from homes.

"And not one of them all remembers the hundreds of lonely women in boarding houses," she thought, week after week. There was no question about it; Miss Brett was growing better.

She hurried past the groups of churchgoers to her boarding house. She was in the mood when the long climb up the dark stairway offered the satisfaction of a tangible grievance. Once she caught a glimpse of a woman standing wearily by her window, looking down into the row of city back yards, and once the door of a hall bedroom was pushed to at the sound of her footsteps; the pressure of other lonely lives added to the burden of her discontent.

Then suddenly something happened. "What are you doing about it yourself?"

The question came to her so clearly that for a bewildered moment she thought some one had spoken. Then she pushed her door to and dropped into the nearest chair.

"Well," she ejaculated, Miss Brett might be bitter, but no one had ever said that she was not honest. Alone and unflinchingly she faced the accusation. When, two hours later, she rose and took off her bonnet—she had entirely forgotten her dinner—the matter was clear.

"I'm a nice one to talk of others' duties when there's that poor thing by the hall bedroom next door who must think my room a palace. I can't say I like her looks, but probably she doesn't like mine. If I'm going to grumble I'll do it honestly, at any rate."

There was a jar of milk on the window-sill and some crackers in the box that served her for pantry; also a box of honey which some impulse had made her buy a week before. She arranged them all upon her little table and then knocked at her next neighbor's door.

"I wonder if you'd come and have supper with me?" she said. "There's nothing but crackers and milk and honey—what we used to have at home when I was a child—but somehow—I wanted company."

The woman next door looked at her; her voice trembled.
"Do you know that you were sent to me?" she asked.
That was the beginning. Slowly others came—a girl with desperate eyes, a tired school teacher, a crippled flower-maker. They invited each other to Sunday tea, and had long talks after that made the day a joy both in anticipation and memory. Curiously enough, the neglected duty of people with homes troubled Miss Brett no longer.—Youth's Companion.

Personally Ventilated.

There was nothing else in the world which Norah Leahy, competent scrub-woman, feared so much as a thunderstorm. Her accounts of experiences during the summer were always sure to contain a few thrilling incidents connected with heavy showers.
"The worst time I ever I had was in the Herald building" was Saturday in the summer of ninety-four," Mrs. Leahy is certain to tell a new listener. "In the middle of the afternoon, when they'd all gone from the upper floor, an' I was there wid me mop, there came up the fearfulest storm that I ever I saw."

"When it burst, I ran to a coat-closet an' sit meself in, an' I says to meself, 'When the thunder dies down, I'll step out, and not before.' An' if you'll believe me, I was two full hours shut in that closet, wid no ventilation but me own breath."

Lifts a Boy with His Eyelids.

Recently an Indian fakir appeared at a circus in Berlin, where he astonished the audience by lifting a boy with his eyelids. The boy made himself as small as possible, and was put into a net, to which was secured a string that was provided on each end with a little cup just large enough to fit over the eye. The fakir pressed these little cups over his eyes, where they held fast, then threw his head back and slowly straightened his body, thus lifting his burden, which he then carried about—his arms being outstretched all the time—and finally lowered it slowly to the ground again. How is it possible for any man to do this? The only explanation is that the cups were fitted into the eye sockets so that they held on the edge of the sockets, but it is not likely that the trick will be imitated by even those prestidigitators who consider themselves very expert.

A Good Corner.

"That old codger," remarked the traveling man, "seems to be quite an independent old party."
"Waal," replied the village wit, "it's no wonder. He op'rated a purty successful corner in wheat this year."

"What?"
"Yes, stree! that corner lot o' his'n yonder. It yielded 950 bushels."—Philadelphia Press.

Slow but Sure.

"Have you a street cleaning system?"
"Yes," answered the man who never loses his local pride. "It takes a little time, but it is thorough. We wait for a thaw."—Washington Star.

Sound Familiar.

"If the sentiments contained in our popular songs were more loftily and poetically expressed, they would lose nothing of their effect." Take this home and try it on your piano.)
Toll; wearing toll, is the unhappy lot
Of all our humble family save one—
The hoary-headed man who calls me son,
My honored sire, he only labors not.
From dawn to dusk, in his accustomed spot,
Where glows the log the ruddy hearth upon,
Rests he, in silence ever, moved of none,
And burns tobacco noisomely, God wot!

Notwithstanding the others idle not at all,
For o'er a steaming cauldron, lo! there bends
The form of mother, moiling all the day;
And sister, too—sweet Ann, so fair and tall—
To the same task her young assistance lends,
While only pater whiles his time away!
—Cleveland Leader.

A GUARANTEED CURE FOR PILES.
Itching, It not, It swelling, It protruding Piles. Druggists are authorized to refund money if PAIN OINTMENT fails to cure in 10 to 14 days. 50c.

Needless Request.
"I have come, sir," said the young man, as he entered the library, "to ask you to give me your daughter's hand."
"Why," rejoined the surprised parent, "when I came through the hall about an hour ago it was in your possession."

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly falling to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood, and cures mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, O Sold by Druggists, 7c.
Hall's Family Pills are the best.

Secret Out.
"How do you manage to distinguish between rheumatism and gout, doctor?" queried the medical student.
"By consulting the books," replied the eminent physician.
"By consulting the books?" echoed the embryo M. D.
"Yes," answered the eminent physician. "I look up the patient's rating with the commercial agencies. See?"

A Bargain.
"I admit," said the merchant, who had advertised for an assistant, "that your experience in business might make you a valuable man. But the salary you ask is a good deal of money just for your experience."
"Well," replied the man who had seen better days, "I assure you I'm offering my experience to you for less than it cost me."—Philadelphia Press.

FITS Permanently Cured. No return nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free 82 trial bottle and treatise. Dr. R. H. Kline, Ltd., 511 Arch St., Philadelphia, Pa.

5 PER CENT GOLD BONDS
Why accept a lower rate of interest from savings banks when we own and offer for sale \$250,000 of the \$1,000,000 issue of the Mount Hood Electric Co. (Portland, Oregon) 20 year Gold Bonds, paying 5 per cent, secured by a First Mortgage on \$9,000,000 worth of property. Safest investment available. Write for particulars. THE BANK OF AMERICA, San Francisco, Cal.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of *Chas. H. Fletcher*

A Lively Catch.
Mrs. S.—And so you are leaving us, Bridget? And what are you going to do?
Bridget—Please, mum, I'm going to get married.
Mrs. S.—Dear me! Isn't that rather sudden? Who is the happy man?
Bridget—Do you remember, mum, me askin' you about four weeks ago to go to the funeral of a friend? Well, I do be goin' to marry the corpse's husband. Sure, he told me then I was the life o' the party."—Harper's Weekly.

There are nearly 23,000,000 horses in European Russia. No other country in the world has so many horses as Russia.

TO CURE A COLD IN ONE DAY
Take LAXATIVE BROMOQUININE Tablets. Drug-gists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 50c.

Official and Final.
He sent for a pass to Mr. Cassatt. Who answered, "You pay or you stay where you're at."

Matthew Faulds, a weaver, of Kilmarnock, Scotland, has been at his loom eighty years, and he is more than 90 years of age.

W. L. DOUGLAS
\$3.00 & \$3.00 SHOES FOR W. L. Douglas \$4.00 Gilt Edge Line cannot be equaled at any price.

Prove It By the Oven Fire
Put the wonderful K C Baking Powder to the test. Get a can on approval. Your money will be returned if you don't agree that all we claim is true. You'll be delighted with the delicious, wholesome things that K C BAKING POWDER will bring to life in your oven. K C Baking Powder is two-thirds cheaper and makes purer, better, more healthful food than other powders anywhere near K C Quality. 25 ounces for 25 cents. Get it to-day!
JAQUES MFG. CO. Chicago
Send a postal for "Book of Prestals."

18 YEARS HERE
And doing dental work all the time—that is the record of Dr. W. A. Wise. In our establishment, an expert dentist who are competent to perform the most important dental operations. No matter the nature of the work, there is a man here to do it.

WISER BROS., DENTISTS
DR. H. A. STURDEVANT, Specialist on Children's Teeth and Regulating.
Falling Hidge, Third and Washington Sts. S. A. M. to 9 P. M. Sundays 9 to 12. Main 2029
Week Done on Weekly and Monthly Payments

DR. W. A. WISE
DR. T. P. WISE

The Taking Cold Habit

The old cold goes; a new one quickly comes. It's the story of a weak throat, weak lungs, a tendency to consumption. Ayer's Cherry Pectoral breaks up the taking-cold habit. It strengthens, soothes, heals. Ask your doctor about it.

"I had a terrible cold, and nothing relieved me. I tried Ayer's Cherry Pectoral and it promptly broke up my cold, stopped my cough, and eased every part of my body. It did wonderful work for me."—MR. J. F. LUTZ, Toledo, Ohio.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of Sarsaparilla, Pills, Hair Vigor.

Ayer's Cherry Pectoral
Keep the bowels regular with Ayer's Pills, just one pill each night.

The Difference.
When the inexperienced go traveling they take along a guide book; the experienced a check book.—New York Press.



St. Jacobs Oil
for many, many years has cured and continues to cure

RHEUMATISM NEURALGIA LUMBAGO BACKACHE SCIATICA SPRAINS BRUISES SORENESS STIFFNESS FROST-BITES
Price, 25c. and 50c.

Well Drilling Machinery, Drilling & Fishing Tools, Irrigation Plant, Hydraulic Rams, Spray Pumps.
Write Us
REIER-ON MACHINERY CO. 182-4-6 Morrison St. Portland Oregon

5 PER CENT GOLD BONDS
Why accept a lower rate of interest from savings banks when we own and offer for sale \$250,000 of the \$1,000,000 issue of the Mount Hood Electric Co. (Portland, Oregon) 20 year Gold Bonds, paying 5 per cent, secured by a First Mortgage on \$9,000,000 worth of property. Safest investment available. Write for particulars. THE BANK OF AMERICA, San Francisco, Cal.

There are nearly 23,000,000 horses in European Russia. No other country in the world has so many horses as Russia.

TO CURE A COLD IN ONE DAY
Take LAXATIVE BROMOQUININE Tablets. Drug-gists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 50c.

Official and Final.
He sent for a pass to Mr. Cassatt. Who answered, "You pay or you stay where you're at."

Matthew Faulds, a weaver, of Kilmarnock, Scotland, has been at his loom eighty years, and he is more than 90 years of age.

W. L. DOUGLAS
\$3.00 & \$3.00 SHOES FOR W. L. Douglas \$4.00 Gilt Edge Line cannot be equaled at any price.

Prove It By the Oven Fire
Put the wonderful K C Baking Powder to the test. Get a can on approval. Your money will be returned if you don't agree that all we claim is true. You'll be delighted with the delicious, wholesome things that K C BAKING POWDER will bring to life in your oven. K C Baking Powder is two-thirds cheaper and makes purer, better, more healthful food than other powders anywhere near K C Quality. 25 ounces for 25 cents. Get it to-day!
JAQUES MFG. CO. Chicago
Send a postal for "Book of Prestals."

18 YEARS HERE
And doing dental work all the time—that is the record of Dr. W. A. Wise. In our establishment, an expert dentist who are competent to perform the most important dental operations. No matter the nature of the work, there is a man here to do it.

WISER BROS., DENTISTS
DR. H. A. STURDEVANT, Specialist on Children's Teeth and Regulating.
Falling Hidge, Third and Washington Sts. S. A. M. to 9 P. M. Sundays 9 to 12. Main 2029
Week Done on Weekly and Monthly Payments

DR. W. A. WISE
DR. T. P. WISE

CLASSIFIED ADVERTISING

Portland Trade Directory
Names and Addresses in Portland of Representative Business Firms.

PHOTO SUPPLIES: Kodaik developing and printing; write for prices. Woodard, Clarke & Co.
MAGIC LANTERNS:—Waters Co., Portland. Lowest prices on Lanterns and Slides.

KLANTIC HOSIERY: Supporters, braces, Knits to Fit; free measurement blanks; Woodard, Clarke & Co.
HORNES of all kinds for sale at very reasonable prices. Inquire 225 Front St.

TRUNKS sent on approval; we guarantee fit to most different styles; Woodard, Clarke & Co.
SWEET PEAS:—Send 10c for package, send Pair Gold Medal peas. J. J. Bitter, 125 Front St.

ARTIFICIAL EYES, every shade and shape; assortment sent on approval; Woodard, Clarke & Co.
CREAM SEPARATORS:—We guarantee the U. S. Separator to be the best. Write for free catalog. Hazelwood Co., Filth and Oak.

MENS CLOTHING:—Buffum & Pendleton, sole agents Alfred Benjamin & Co's correct clothes. Everything in men's furnishings. Morrison and Sixth streets. Opposite postoffice.
FREE LAND IN OREGON under the Carey Irrigation act. Deed direct from state. Write today. Booklet and map free. H. S. Cooke & Co., 231 Alder street, Portland, Oregon.

POULTRY FOOD:—If you want your hens to lay more eggs write for free particulars about PULVERINA POULTRY FEEDS—Acme Mill Co., Portland, Oregon.
TAILORS:—Columbia Woolen Mills Co., Portland, Ore. Latest style clothes made to measure cheap. Our self-measuring system insures perfect fit. Write for free samples and prices.

PIANOS & ORGANS:—Oldest piano house on Pacific coast. Organs and Pianos on easy payments. Write for list. Let us quote you a price. Allen & Gilbert-Hamaker Co., Portland, Oregon.
Oregon Herbs:—Specific for all Kidney and Bladder troubles. Cures BACKACHE. Price 50c. Trial size sent by mail for 10c in stamps. Send today. 305 1/2 Third St.

Human Hair Goods:—Switches, Pompadour, Men's Touppers and Wigs. Best quality lowest prices. Write for list. Let us quote you a price. Trial size sent by mail for 10c in stamps. Send today. 305 1/2 Third St.
BURTON, HOWARD F.,—Assayer and Chemist, Leavelton, Colorado. Specimen price, Gold, Silver, Lead, Tin; Gold, Silver, Zinc, Iron or Copper; Cyanide tests. Mailing envelopes and Food Need & Gunners, beautifully illustrated, free to all applicants. O. M. FERRY & CO., Detroit, Mich.

FERRY'S SEEDS
Make sure a yield of quantity and quality. When your father planted Ferry's, they were the best on the market, but they have been improved ever since. We are experts in flower and vegetable seeds. Our seed catalogues, beautifully illustrated, free to all applicants. O. M. FERRY & CO., Detroit, Mich.

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 pills: rheumatism, neuralgia, lumbago, backache, sciatica, sprains, bruises, soreness, stiffness, frost-bites.

Address THE C. GEE WO CHINESE MEDICINE CO 162 1/2 First St., S. E. Cor. Morrison Mention paper. PORTLAND, OREGON.

THERE IS NO SLICKER LIKE TOWER'S FISH BRAND
Forty years ago and after many years of use on the eastern coast, Tower's Waterproof Oiled Coats were introduced in the West and were called Slickers by the pioneers and cowboys. This graphic name has come into general use that it is frequently though wrongfully applied to many substitutes. You want the genuine. Look for the Sign of the Fish and the name Tower on the buttons.
MADE IN BLACK AND YELLOW AND SOLD BY REPRESENTATIVE TRADE THROUGHOUT THE WORLD
A. J. TOWER CO. BOSTON, MASS. U.S.A. TOWER CANADIAN CO. LIMITED, TORONTO, CAN.

W. L. DOUGLAS
\$3.00 & \$3.00 SHOES FOR W. L. Douglas \$4.00 Gilt Edge Line cannot be equaled at any price.

Prove It By the Oven Fire
Put the wonderful K C Baking Powder to the test. Get a can on approval. Your money will be returned if you don't agree that all we claim is true. You'll be delighted with the delicious, wholesome things that K C BAKING POWDER will bring to life in your oven. K C Baking Powder is two-thirds cheaper and makes purer, better, more healthful food than other powders anywhere near K C Quality. 25 ounces for 25 cents. Get it to-day!
JAQUES MFG. CO. Chicago
Send a postal for "Book of Prestals."

18 YEARS HERE
And doing dental work all the time—that is the record of Dr. W. A. Wise. In our establishment, an expert dentist who are competent to perform the most important dental operations. No matter the nature of the work, there is a man here to do it.

WISER BROS., DENTISTS
DR. H. A. STURDEVANT, Specialist on Children's Teeth and Regulating.
Falling Hidge, Third and Washington Sts. S. A. M. to 9 P. M. Sundays 9 to 12. Main 2029
Week Done on Weekly and Monthly Payments

DR. W. A. WISE
DR. T. P. WISE

W. L. DOUGLAS
\$3.00 & \$3.00 SHOES FOR W. L. Douglas \$4.00 Gilt Edge Line cannot be equaled at any price.

Prove It By the Oven Fire
Put the wonderful K C Baking Powder to the test. Get a can on approval. Your money will be returned if you don't agree that all we claim is true. You'll be delighted with the delicious, wholesome things that K C BAKING POWDER will bring to life in your oven. K C Baking Powder is two-thirds cheaper and makes purer, better, more healthful food than other powders anywhere near K C Quality. 25 ounces for 25 cents. Get it to-day!
JAQUES MFG. CO. Chicago
Send a postal for "Book of Prestals."

18 YEARS HERE
And doing dental work all the time—that is the record of Dr. W. A. Wise. In our establishment, an expert dentist who are competent to perform the most important dental operations. No matter the nature of the work, there is a man here to do it.

WISER BROS., DENTISTS
DR. H. A. STURDEVANT, Specialist on Children's Teeth and Regulating.
Falling Hidge, Third and Washington Sts. S. A. M. to 9 P. M. Sundays 9 to 12. Main 2029
Week Done on Weekly and Monthly Payments

DR. W. A. WISE
DR. T. P. WISE

W. L. DOUGLAS
\$3.00 & \$3.00 SHOES FOR W. L. Douglas \$4.00 Gilt Edge Line cannot be equaled at any price.

Prove It By the Oven Fire
Put the wonderful K C Baking Powder to the test. Get a can on approval. Your money will be returned if you don't agree that all we claim is true. You'll be delighted with the delicious, wholesome things that K C BAKING POWDER will bring to life in your oven. K C Baking Powder is two-thirds cheaper and makes purer, better, more healthful food than other powders anywhere near K C Quality. 25 ounces for 25 cents. Get it to-day!
JAQUES MFG. CO. Chicago
Send a postal for "Book of Prestals."

18 YEARS HERE
And doing dental work all the time—that is the record of Dr. W. A. Wise. In our establishment, an expert dentist who are competent to perform the most important dental operations. No matter the nature of the work, there is a man here to do it.

WISER BROS., DENTISTS
DR. H. A. STURDEVANT, Specialist on Children's Teeth and Regulating.
Falling Hidge, Third and Washington Sts. S. A. M. to 9 P. M. Sundays 9 to 12. Main 2029
Week Done on Weekly and Monthly Payments

DR. W. A. WISE
DR. T. P. WISE

W. L. DOUGLAS
\$3.00 & \$3.00 SHOES FOR W. L. Douglas \$4.00 Gilt Edge Line cannot be equaled at any price.

Prove It By the Oven Fire
Put the wonderful K C Baking Powder to the test. Get a can on approval. Your money will be returned if you don't agree that all we claim is true. You'll be delighted with the delicious, wholesome things that K C BAKING POWDER will bring to life in your oven. K C Baking Powder is two-thirds cheaper and makes purer, better, more healthful food than other powders anywhere near K C Quality. 25 ounces for 25 cents. Get it to-day!
JAQUES MFG. CO. Chicago
Send a postal for "Book of Prestals."

18 YEARS HERE
And doing dental work all the time—that is the record of Dr. W. A. Wise. In our establishment, an expert dentist who are competent to perform the most important dental operations. No matter the nature of the work, there is a man here to do it.

WISER BROS., DENTISTS
DR. H. A. STURDEVANT, Specialist on Children's Teeth and Regulating.
Falling Hidge, Third and Washington Sts. S. A. M. to 9 P. M. Sundays 9 to 12. Main 2029
Week Done on Weekly and Monthly Payments

DR. W. A. WISE
DR. T. P. WISE

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.

Several years ago my blood was bad and I had in addition a dreadful case of Catarrh. My nose was stopped up, I had headaches, ringing noises in my ears and felt unfit for work. I commenced the use of S. S. S. on the recommendation of a friend, and in a short time it cured me sound and well. I put my blood in good condition and I have never had the slightest return of the Catarrh since that time.

GEO. D. CARR,
No. 209 Edgar St. Evansville, Ind.

S.S.S. PURELY VEGETABLE.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

How to Fool a Lazy Liver with Artificial Exercise

EVERY serious Sickness has a small beginning. And, in nine cases out of ten that small beginning is made in the Bowels.

Indigestion is the beginning of most diseases. It paves the way for all others. Lack of exercise, hasty eating, improper food, are its first causes.

Laziness, and postponement, permits it to grow into Chronic Constipation, which means life-long Discomfort.

It isn't necessary to be sick-a-bed, you know, in order to be mighty uncomfortable.

Even slight indigestion affects the nerves, dulls the mind, and obscures the merry sunshine of Life.

And, indigestion once started, grows fast, corrodes temperament, and discounts happiness, good cheer, capacity.

It does that long before it puts you on the Sick list.

Every thinking Doctor knows why.

Professor Rand knew it. That's why he framed up for students his famous formula for Happiness, viz.: "Trust in God, and keep your Bowels open."

The Bowels need adjustment from time to time, just like a clock, or a watch. No "Good time" is humanly possible without this.

And, the time to adjust the watch is not when it has run down, nor when the main spring is broken, but at the very minute adjustment is discovered necessary.

—If your tongue is slightly coated,
—If your breath is under suspicion,
—If your Head feels a trifle heavy or dull,

—If digestion seems even a little slow,
—If Heartburn, Belching, Colic or Restlessness begin to show themselves,
—That's the time to eat a Cascaret.

Don't imagine the Cascaret is ineffective because it is pleasant to eat as Candy. It acts as pleasantly as it tastes. It is as congenial to your Bowels as it is to your Palate.

It is not a "Bile-driver" which floods out your stomach today with fluid juices needed for tomorrow.