

LIVER AND KIDNEYS

It is highly important that these organs should properly perform their functions. When they don't, what lameness of the side and back, what yellowness of the skin, what constipation, bad taste in the mouth, sick headache, pimples and blotches, and loss of courage, tell the story.

A great alterative and tonic

Hood's Sarsaparilla

Gives these organs vigor and tone for the proper performance of their functions, and cures all their ordinary ailments. Take it.

Advertising Did It.

He didn't have a dollar; he didn't have a dime. His clothes and shoes were looking just as though they'd served their time. He didn't try to sell himself to dodge misfortune's attacks. Instead, he got some ashes and he filled five dozen sacks. Then, next he begged a dollar. In the paper the next morning he advertised tin polish that would put the sun to scorn. He kept on advertising, and, just now, he is out in California at his cottage on the bay.—The Lyre.

LOWEST RATES

To Chicago, Dubuque and the East; to Des Moines, Kansas City and the Southeast, via Chicago Great Western railway. Electric lighted trains. Unequaled service. Write to J. P. Elmer, G. P. A., Chicago, for information.

Women No Longer Kiss.

No smart women kiss one another, and the most they now do is to rub hats. This is as it should be. In all the weird world of women nothing has so flabbergasted the mere man as the reckless valor with which ladies used to brouse on each other's complexions without the slightest provocation.—Vanity Fair.

HOW'S THIS?

We offer One Hundred Dollars Reward for any one who can be proved guilty of the crime of Catarrh that can not be cured by Hall's Catarrh Cure.

F. J. CHENEY & Co., Props., Toledo, O. We have designed, have known F. J. Cheney for the past 15 years, and believe him perfectly reliable in all business transactions and financially able to carry out any obligations made by his firm.

WET & TRULY.
Wholesale Drugists, Toledo, W. A. KINNAN & MARVIN, Wholesale Drugists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly on the blood and mucous surfaces of the system. Price 75c per bottle. Sold by all druggists. Testimonials free.

Small Family Pills are the best.

Great Demonstration.

"They say when the great pianist played in this town the people went wild," remarked the comedian.

"They did the same when I played," remarked the young lady who blows the cornet.

"Were they demanding that you come back?"

"No, they were demanding their money back."

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

Undoubtedly.

"Wisdom," remarked the man with the chronic quotation habit, "is better than riches."

"Of course," rejoined the philosophical person, "you refer to your wisdom and other people's riches."

Flax Cure is a remedy for coughs, colds and consumption. Try it. Price 25 cents, all druggists.

As Aesop Might Write It Now.

One day a fox saw a fine ripe plum, but it was beyond his reach. So, as he had no friend to shake the tree for him, he turned up his nose at it and passed on.

"It's wormy!" he said.—Chicago Tribune.

Permanent Cure. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free No. 2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

A Question for Papa.

"Papa," queried little Floramay, "are afterthoughts always the best?"

"I believe so, my dear," replied her father.

"Then," continued the little inquirer, "why don't people have them all?"

Returned the Kiss.

"When I got to town today my old girl met me on the street and ran right up and kissed me."

"Oh, I see—and you kissed her back?"

"No, I kissed her sister. She's prettier."—Cincinnati Commercial Tribune.

Lost Hair

"My hair came out by the handful, and the gray hairs began to creep in. I tried Ayer's Hair Vigor, and it stopped the hair from coming out and restored the color."

Mrs. M. D. Gray, No. Salem, Mass.

There's a pleasure in offering such a preparation as Ayer's Hair Vigor. It gives to all who use it such satisfaction. The hair becomes thicker, longer, softer, and more glossy. And you feel so secure in using such an old and reliable preparation.

\$1.00 a bottle. All druggists.

If your druggist cannot supply you, send us one dollar and we will express you a bottle. Be sure and give the name of your nearest express office. Address, J. C. AYER CO., Lowell, Mass.

KILLED TO SAVE HER SOUL.

Strange Case of Frederick C. Fischer, the California Wife-Murderer.

Frederick C. Fischer, barber, preacher, political organizer, grand larceny thief, burglar, highwayman, bigamist, wife murderer—who was hanged at San Quentin prison for chloroforming, choking and burning his wife to death, at Riverside, Cal.—has been labeled "The Human Mystery."

The puzzling psychological features in his case consist of his undoubted sincerity as a church member and religious worker while he was also a thief, both in the East and West—for he has preached in every prison he has ever been in—and of his desertion of the wives he did not love and killing of the only one he cared for.

His story, verified in part, was that he told his wife he was a bigamist and feared arrest, asking her to go away and remain in seclusion while he gave himself up and served his time, then he would rejoin her and they could live happily without a recurrence of the fear that was then overshadowing him. She refused and, it was



Frederick C. Fischer.

stated, told him she would commit suicide if he was arrested.

Fischer said he had figured from the Bible that not only is the soul of every suicide lost, but eternal damnation awaits those who cause others to kill themselves, hence, to save both their souls, he killed her and asked for and received forgiveness for himself. Experts found he was entirely sane—even exceedingly bright, and that he was mainly a man of humane tendencies—the kind of thief who returns plunder when he finds he has stolen from the poor.

Fischer was 31 years old. In the investigation of his case it was found that his parents, while also church people, encouraged him to steal as a child, and that his grandfather was a thief.



The Family Doctor.

A sharp pain in the lungs or side can be driven away by applying vaseline and mustard in the proportion of two parts of vaseline and one of mustard. Rub it together, and spread on a piece of muslin as you would an ordinary poultice. This is also excellent for a severe pain in the back of the neck, and has been used with good results for breaking up influenza.

A Simple Water Test.—All mothers of families are aware of the need for purity in the water supply. A simple test, easily tried by any one, is given in a scientific paper as safe and efficient. Draw a tumblerful of water from the uncertain well or tap, put in it a piece of lump sugar, and let it stand over night in a room where the temperature will not be under 60 degrees Fahrenheit. In the morning the water, if pure, will be perfectly clear; if contaminated by sewage or other impurities the water will be milky.

Schule, an eminent German physician, has recently made a series of interesting observations upon the condition of the stomach during sleep, and has ascertained that the movements of that organ are greatly lessened, while the acidity is greatly increased. He concludes from this that it is of especial importance that persons suffering from weakened digestion, particularly those in whose cases there is excessive formation of hydrochloric acid—a condition known as hyperpepsia—should avoid sleeping after meals, but should remain for some time after eating in a state of wakeful repose.

The Caddis and the Brook. Then, what a wonderful collection of interesting things the brook contains! One of the queerest is that little bulging net of the caddis fly among the pebbles. The caddis is truly an insect fisherman, and its net catches a large variety of microscopic animals. Every one likes to watch them. Later our caddis leaves the brook, and we know it as a four-winged moth-like insect crawling up some grass or sedge or flying over the water.—St. Nicholas.

THE SALESWOMAN

Compelled to Be on Her Feet the Larger Part of the Day Finds a Tonic in Pe-ru-na.

Miss Curtin of St. Paul, Gives Her Experience.



Miss Nellie Curtin.

Miss Nellie Curtin, 646 Pearl street, St. Paul, Minn., head saleswoman in a department store writes:

"I have charge of a department in a dry goods store, and after standing the larger part of the day, I would go home with a dull ache, generally through my entire body. I used Peruna and feel so much better that I walk to and from the store now. I know Peruna to be the best medicine on the market for the diseases peculiar to women."—Miss Nellie Curtin.

Nothing is so weakening to the human system as the constant loss of mucus. Catarrhal inflammation of the mucus membrane produces an excessive formation of mucus. Whether the mucus membrane be located in the head or pelvic organs, the discharge of mucus is sure to occur.

This discharge of mucus constitutes a

Sweet Memory.
Kind Lady—Why, little fellow, how did you ever get that black eye?
Urchin—Well, ye see, leddy, me brother went away dis mornin' an' he giv me that to remember him by.

An Admirable Tonic.
Congressman Mark H. Dannel, National Hotel, Washington, D. C., writes:

"Your Peruna being used by myself and many of my friends and acquaintances not only as a cure for catarrh but also as an admirable tonic for physical recuperation, I gladly recommend it to all persons requiring such remedies."—Mark H. Dannel.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

International School of Music.
Prof. W. L. Whitney of the Boston conservatory of music is to establish schools of opera in Boston, Paris and Florence, the headquarters to be in the first-named city.

ARE YOU LOSING WEIGHT?

If so then your system is out of balance, and there is a flaw somewhere in your constitution, and a possibility that you are losing health, too. The falling off in weight may be slight, but it makes a wonderful change in one's looks and feelings, and unless the building up process is begun in time, vitality and strength are soon gone and health quickly follows. If you are losing weight there is a cause for it. Your blood is deteriorating and becoming too poor to properly nourish the body, and it must be purified and enriched before lost weight is regained. It requires something more than an ordinary tonic to build up a feeble constitution, for unless the poisons and germs that are lurking in the blood are destroyed, they will further impoverish the blood and weaken the system, and you continue to lose weight.

In S. S. S. will be found purifying and tonic properties combined. It not only builds up weak constitutions, but searches out and destroys germs and poisons of every description and cleanses the system of all impurities, thus laying the foundation for a healthy, steady increase in weight and future good health.

Food may be bountiful and the appetite good, but still the system weakens and we remain poor in flesh unless what we eat is properly digested and turned into rich, pure blood. S. S. S. re-inforces the stomach and aids the digestion and assimilation of food, and there is a rapid up-building of health and strength. S. S. S. acts promptly and beneficially upon the nervous system, strengthens and tones it up, and relieves the strain by producing sound, refreshing sleep. You can find no tonic so invigorating as S. S. S., and being composed exclusively of roots and herbs its use is attended with no bad effects. Old people will find that it braces them up, improves the circulation of the blood, and stimulates all the bodily organs, and persons of delicate constitutions can take S. S. S. with safety, as it does not derange the stomach like the strong mineral remedies, but acts gently and without any shock to the system. Those whose feelings tell them they are not strong or well, and who are growing thinner and falling below their usual weight, should take a course of S. S. S. and build up again. S. S. S. is recognized everywhere as the leading blood purifier and the safest and best of all tonics. We cheerfully furnish medical advice, without charge, to all who will write us.

WONDERFUL GAIN IN WEIGHT.
Huntsville, Ala., Jan. 10, 1903.
Some years ago my general health gave way; my nervous system was shattered, and I could get nothing to do me any good till I began to use S. S. S. I commenced to improve at once. My appetite became splendid and from 135 pounds I increased to 180. I became well again by taking S. S. S. and would take no amount for the good it did me. My health is now perfect, and I believe if every body would take a bottle of S. S. S. occasionally, they would enjoy life as I am doing. W. L. WINSTON.

SSS

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Southwick Hay Press

The Southwick has the largest capacity, is fastest and easiest worker of any Hay Press made. Send for catalogue. Mailed free.

MITCHELL, LEWIS & STAVER CO., Portland, Oregon

First and Taylor

Queen Alexandra's Epigram.
"It is a pity," said Queen Alexandra to the late Bishop of London, one day, "that women are not as devoted to the birds in the air as they are to the birds in their hats."

Relerson Machine Co.
SUCCESSORS TO JOHN POOLE.
Foot of Morrison St., Portland, Oregon.
Patented Hawkeye Automatic Self Feeding, Facilities Stamp Puller, 100 horsepower with two horses. Buckeye Sawmill Machinery, Engines and Boilers. Ell and Sidney machine Engines. Write us when in want of anything in machinery line.

PISO'S CURE FOR
CURES WHERE ALL ELSE FAILS.
Hoax coughs, croup, whooping cough, croup, whooping cough, croup, whooping cough.
CONSUMPTION

THE Keeley Cure

ALCOHOL, OPIUM, TOBACCO USING.

WRITE FOR ILLUSTRATED CATALOGUE
First and Montgomery Sts., Portland, Ore.
Telephone, Main 394.

P. N. U. No. 34-1903.

WHEN writing to advertisers please mention this paper.

PEOPLE SLEEP IN PIECES.

When Exhausted Humanity Rests, the Body Reposes in Sections.
Are you aware that you are a sort of perambulating metal mine? Man— and, indeed, nearly all kinds of living animals—has in his system a considerable quantity of iron. It is found in the more important organs, and there should also be a good deal in the blood, says a writer in Pearson's Weekly. Babies possess a fairly large stock of iron, nearly three times as much, comparatively speaking, as adults.

Then in your bones there is a very large quantity of that metallic base of lime called calcium; while phosphorus is also present in bones in so large an amount that they are the main source of the world's supply of that valuable article. Stranger still, there is in the human body an appreciable amount of arsenic. What there is of this poison is concentrated in the thyroid gland, and a small quantity is also to be found in the skin, hair, nails and also in the bones and brain.

There are lots of odd things about the human frame which even doctors and other men of science have only lately discovered and of which the average person is quite unaware. Few people know, for instance, that when we go to sleep the whole body does not sink into insensibility at the same moment.

According to the researches of the French physiologist Cabanis, it is the muscles of the legs and arms which lose their power first. Next those which support the head, and, thirdly, the muscles which sustain the back. So, too, with the senses. The sense of sight sleeps first, then the sense of taste, and next the sense of smell. Hearing goes fourth, and, last of all, the sense of touch. Probably you imagine that your pulse always beats with the same rapidity. This is quite a mistake. Your pulse varies with the temperature. There is a regular, annual rhythm, which may be represented by something like a regular curve. Most curious of all, the annual rhythms of the pulse in men and women are quite different. A man's pulse beats more strongly in winter and fades to a minimum in summer. Woman's pulse, on the contrary, displays a winter minimum and a summer maximum.

Behind the bridge of your nose is a little cavity in the skull, the origin of which appears to be unknown. It probably was a gland, consisting of two tiny lobes, joined together, and is named the sella turcica. Physiologists believe that this is the remains of a sixth sense, which was of practical value to our antediluvian ancestors. But whether it enabled them to see in the dark in the days before they possessed fire, or helped them to find their way through trackless forests as wild beasts can to-day, or what other purpose it may have served, we do not know, and probably never shall know.

There is an unsolved mystery in the ear of every human being. The function of certain portions of the inner ear is not understood, but merely guessed at. Within the ear are three small globe-shaped protuberances. These have their inner sides covered with small cells, each of which contains a tiny hair, surrounded by a fluid. When you move sharply the hairs follow the motion, while the lymph naturally moves less rapidly. Thus the hairs are bent in a direction opposite to that of the movement, and by means of delicate nerves the irritation thus produced is telegraphed direct to the brain. It is supposed that by means of these hairs swimmers in lymph the sensation we call dizziness is caused when we rotate rapidly, as in dancing. It is also believed that seasickness has something to do with the same phenomenon. It has been noticed that some persons when suffering from ear diseases that have destroyed parts of the inner ear have found it difficult or impossible to maintain their balance when standing upright with closed eyes. It is therefore possible that these peculiar ear organs contain some inexplicable sense not generally classified as such—the static sense, or sense of balance.

Canada Is Building Railroads.
The number of miles of railroad completed in the Dominion of Canada is 18,858, an increase of 574 miles over the previous year.

Confession.
"Do you make much out of your library work?" asked the inquisitive person.

"Yes, replied the man who scribbles occasionally, "much more out of it than I do in it."

Nov Scotia Ships Are the Worst.
The worst case in the way of a ship into which Jack can get is a Nova Scotian. A certain Nova Scotian came into port at Santos one day with a crew that was little short of mutinous, owing to the fact that the captain was too sparing of the rations. The ship had a bad name among sailors at the best, and as soon as she was anchored the entire crew cleared out. For three weeks after she had discharged and got her new cargo she lay there with no crew to take her to sea. At last the captain went to some of the crimps on shore and told them to round him up a crew under any pretext. The crimps sent men around the docks offering big wages to any of the loungers who would go aboard the Nova Scotian to rig some new sails. Some twenty men were quickly picked up, many of them in their shirt sleeves, and were taken aboard. They were then covered with revolvers and rifles by the officers, and the anchor was weighed, and the Nova Scotian stood out to sea, her unwilling crew leaving families behind without even a chance to let them know what had happened. The next port was Sydney, and the next Yokohama, then San Francisco, then Valparaiso, then Lisbon, and for those men who stayed with the ship it was just two and one-half years until she went to Grande du Sul, the nearest port home. Many of them, however, had cleared out and gone home in other ships long before that.—Leslie's Monthly.

Japan's Shoe Trade.
The Japan Shoe Trade Association has an attractive exhibit of shoes at the Kobe exposition.



Mrs. Emmons, saved from an operation for Ovaritis, tells how she was cured by Lydia E. Pinkham's Vegetable Compound.

"I am so pleased with the results I obtained from Lydia E. Pinkham's Vegetable Compound that I feel it a duty and a privilege to write you about it.

"I suffered for over five years with ovarian troubles, causing an unpleasant discharge, a great weakness, and at times a faintness would come over me which no amount of medicine, diet, or exercise seemed to correct. Your Vegetable Compound found the weak spot, however, within a few weeks—and saved me from an operation—all my troubles had disappeared, and I found myself once more healthy and well. Words fail to describe the real, true grateful feeling that is in my heart, and I want to tell every sick and suffering sister. Don't dally with medicines you know nothing about, but take Lydia E. Pinkham's Vegetable Compound, and take my word for it, you will be a different woman in a short time."

Mrs. LAURA EMMONS, Walkerville, Ont. —\$5000 forfeit if original of above letter proving genuineness cannot be produced.

Don't hesitate to write to Mrs. Pinkham if there is anything about your case which you do not understand. She will treat you with kindness and her advice is free. No woman ever regretted writing her and she has helped thousands. Address is Lynn, Mass.

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Regular Collegiate Courses in Classics, English, General Science, History and Economics, Finance and Commerce, Civil Engineering, Mechanical Engineering and Electrical Engineering.

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REV. M. A. QUINLAN, C. S. C.
UNIVERSITY PARK, OREGON.

PIMPLES

"My wife had pimples on her face, but she has been taking Cascarets and they have all disappeared. I had been troubled with constipation for some time, but after taking the first Cascarets I have had no trouble with this ailment. We cannot speak too highly of Cascarets." FRED WATMAN, 3708 Germantown Ave., Philadelphia, Pa.

CANDY CATHARTIC Cascarets

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REGULATE THE LIVER

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken, or Grip, 25c. 50c.

CURE CONSTIPATION.

Harting Remedy Company, Chicago, Montreal, New York, Pitt

NO-TO-BAC Sold and guaranteed by all druggists to CURE TOBACCO HABIT.

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USE KOPALINE TO BEAUTIFY YOUR HOMES FOR FINISHING CHAIRS, TABLES, FLOORS ETC.

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