Get the Most Out of Your Food

You don't and can't if your stomach is weak. A weak stomach does not digest all that is ordinarily taken into it. It gets tired easily, and what it fails to digest is wasted.

Among the signs of a weak stomach are uneasiness after eating, fits of nervous headache, and disagreeable belching.

Hood's Sarsaparilla

strengthens and tones the stomach and the whole digestive system.

A Variety of Reasons.

"Why is she going to the mountains this year?"

"Oh, she has several reasons. The doctor has ordered her to go, her husband has ordered her to stay at home, and she is sick of the shore and the country.—Judge.

In a Higher Position.

"Me darter Nora is goin' t' marry Casey, that wurrucks in the basement of that buildin'. B't Oi do be tillin' her that she moight hev looked higher."

"Indade?"

"Yis; she cud hov hod Murphy, that wurrucks on the top story of the same skyscraper."

The well-posted druggist advises you to use Hamlin's Wizard Oil for pain, for he knows what it has done.

Got His Share.

"I am sorry, doctor, you were not able to attend the church supper last night; it would have done you good to be there."

"It has already done me good, madam. I have just prescribed for three of theparticipants.

It Cures While You Walk.

Allen's Foot-Ease makes tight and new shoes feel easy. It is a certain cure for sweating, callous and swollen, tired, hot, aching feet. Try it today. At all druggists, 25c. Trial package mailed FREE. Adress Allen S. Olmsted, LeRoy, N. Y.

A Comparison.

Grandpa—I had a fellow out walking yesterday and—well I guess I tuckered him out. But then he is old.

Bobie—Why, grandpa, you are 82 yourself.

Well, maybe I am; but this fellow was at least a year older."

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE $2.00 trial bottle and treatise. DR. R. H. KLINE, Ltd., 931 Arch St., Philadelphia, Pa.

Out at First.

Scftleigh—I—aw—had a most delightful dweam lawst night, doncher know.

Miss Cutting—Indeed!

"Yaws. —I dweamed that we were mawwied doncher know."

"Had I dreamed that should have classed it as a horrible nightmare."

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

Wanted Money's Worth.

Mr. Grump—That confounded doctor charged me $5 for telling me that there was nothing wrong with me.

Mrs. Grump—Outrageous!

Mr. Grump—Yes; if he had discovered dangerous symptoms I shouldn't have minded it in the least.

Observing Child.

"Where does the electricity come from that lights our houses?" asked the teacher.

"It comes from the wall," answered the little girl who resided in an apartment house. "The janitor goes and unbuttons it."

Contagious Blood Poison

There is no poison so highly contagious, so deceptive and so destructive. Don't be too sure you are cured because all external signs of the disease have disappeared, and the doctor says you are well. Many persons have been dosed with Mercury and Potash for months or years, and pronounced cured—to realize when too late that the disease was only covered up—driven from the surface to break out again, and to their sorrow and mortification find those nearest and dearest to them have been infected by this loathsome disease, for no other poison is so surely transmitted from parent to child as this. Often a bad case of Rheumatism, Catarrh, Scrofula or severe skin disease, an old sore or ulcer developing in middle life, can be traced to blood poison contracted in early life, for it remains smoldering in the system forever, unless properly treated and driven out in the beginning. S. S. S. is the only antidote for this peculiar virus, the only remedy known that can overcome it and drive it out of the blood, and it does this so thoroughly and effectually that there is never a return of the disease to embarrass or humiliate you afterwards.

Like Begets Like. ***The Sin of the Parent.***

SSS cures Contagious Blood Poison in any and all stages; contains no mineral to break down your constitution; it is purely vegetable and the only blood purifier known that cleanses the blood and at the same time builds up the general health.

Our little book on contagious blood poison is the most complete and instructive ever issued; it not only tells all about this disease, but also how to cure yourself at home. It is free and should be in the hands of everyone seeking a cure. Send for it.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

RAISED $3,000,000 FOR CHARITY.

Noble Work of New York's Chamber of Commerce.

The contributions which the Chamber of Commerce of New York made for the relief of the inhabitants of Martinique and St. Vincent make a total of $3,000,000 raised by that body for charitable purposes since its organization in 1768. Although established primarily for the purpose of guarding the commercial interests of the city and State, the chamber has always stood ready to offer a helping hand to the needy and destitute in times of calamity. And this aid has been extended independent of race, or creed, or clime. Thus, in the midst of our civil war and when the belief was general that England was secretly aiding the South, the Chamber of Commerce contributed $150,000 to the sufferers from the great Lancashire fire in England.

In 1871, when Europe was still convulsed with the Franco-Prussian war, and the inhabitants of France had raised a cry of suffering because of the husbands that had been slain and the fields that had been ravaged in the short yet terribly disastrous march of Gen. von Moltke and the German army toward the French capital, the New York Chamber of Commerce sent $143,000 to Paris for distribution among the destitute.

The year that marked the close of the

NEW YORK'S CHAMBER OF COMMERCE.

disastrous Franco-Prussian War was also characterized by one of the greatest catastrophes which has ever befallen any community of this country. That was the year of the great Chicago fire, which in the short space of 36 hours made more than half a million persons homeless and destitute. The Chamber of Commerce met the occasion with such energy that it succeeded in raising $1,044,751.

In 1889 the chamber contributed $60,000 to the famine sufferers in northern China; it sent $80,000 to famine sufferers in Russia, in 1892; it gave $30,000 in 1895, to the victims of Mohammedan oppression in Armenia; two years later its contribution to other Moslem victims in Crete was $30,000; in 1897 it sent $100,000 to Cuba.

In our domestic calamities it has been prompt and generous in its philanthropy. It gave $172,000, in 1878, for the relief of the sufferers by the yellow fever in the southwest; in 1879 it sent $120,000 to yellow fever sufferers in Memphis; it gave $100,000 to the Johnstown flood sufferers and $121,000 to the surviving victims of the Galveston calamity. Altogether the total of its benefactions amounts to a round $3,000,000—a tangible proof that the brotherhood of man is more than a glittering term.

TREES GREW ON THIS LOFTY TOWER

On the tower of an old court house, at a height of 130 feet, situated in Grensburg, Ind., up to four years ago there were three stately maple trees spreading their branches high over the town, but lightning caused two of them to die. There is a general belief that the seeds were conveyed by birds to this lofty perch years ago. The photograph was taken from an adjoining tower.

Many a woman clothes her body until she resembles a fashion plate, while she lets her mind go ragged.

PELVIC CATARRH

CAUSES

Palpitation of the heart, cold hands and feet, sinking feelings — Pe-ru-na cures catarrh wherever located.

Mrs. X. Schneider, 2409 Thirty-seventh Place, Chicago, Ill., writes:

"After taking several remedies without result, I began in January, 1902, to take your valuable remedy, Peruna. I was a complete wreck. Had palpitation of the heart, cold hands and feet, female weakness, no appetite, trembling, sinking feeling nearly all the time. You said I was suffering with systemic catarrh, and I believe that I received your help in the nick of time. I followed your directions carefully and can say to-day that I am well again. I cannot thank you enough for my cure. I will always be your debtor. I have already recommdeded Peruna to my friends and neighbors and they all praise it. I wish that all suffering women would try it. I testify this according to the truth."—Mrs. X. Schneider.

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.

Reform Movement in England.

"The Girls' Letter Guild" is the name of a unique reform movement in England. Women of culture pledge themselves to write letters of friendly tone to the girls of the lower classes, to aid them in their mental and moral uplifting. The object is to win the girls' friendship, encourage them, and disabuse them of false notions and class prejudices. Good results are said to be already noticeable.

Proved.

Aunt Hannah—But how do you know you love him Carrie?

Carrie—Whenever he says something nice about me I am willing to let him believe I think he is saying just what he means.

Took No Chances.

"Mr. Grimes" said the rector to the vestryman "we had better take up the collection before the sermon this morning."

"Indeed?"

"Yes. I am going to preach on economy."

In Praise of the Mosquito.

Mrs. Crimsonbeak—I see by the papers that the mosquito eggs are hatched in from four to seven days according to the warmht of the weather.

Mr. Crimsonbeak—Well there is one thing to be said in favor of the mosquito. She does'nt go about making quite as much noise as the hen after laying an egg.

His Wish Echoed.

"I would like something with a check in it" said the slow-paying customer to the tailor.

"So would I" replied the tailor coldly with an unmistakable meaning in the words.

When it comes to baking powder, every manufacturer says what he makes is the best. The reason we say it is that an analysis of all well known brands, including the Monopole, made by Jas. H. Fisk, Portland, proves that Monopole is the strongest and purest of all those whose ingredients have been put on record. Our custom is not to put up goods under this brand unless we can produce better goods than any others on the market. Ask for them from your grocer.

WADHAMS & KERR BROS., Portland.

Getting Reckless.

She—I am surprised at Jane's staying out in the boat all this time with a comparative stranger. A woman of 30 is old enough to know better.

He—Aren't you afraid she is toc old to know better?

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 Chinese herbs, roots, buds, barks and vegetables that are entirely unknown to medical science in this country. Through the use of those harmless remedies this famous doctor knows the action of over 500 different remedies, which he successfully uses in different diseases. He guarantees to cure catarrh, asthma, lung, throat, rheumatism, nervousness, stomach, liver, kidneys, etc.; has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars. Send 4 cents in stamps. CONSULTATION FREE. ADDRESS

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Old Indian War Pensions

Congress has just passed a law granting pensions to the survivors and to the widows of deceased soldiers of the Oregon, Washington and California Indian wars of 1847 to 1856. Full information will be sent by Byington & Wilson, No. 728 Seventeenth Street, Washington, D. C., or Branch office No. 442 Parrott building, San Francisco., Cal. Fees limited by law.

THE NEW PENSION LAWS SENT FREE
Apply to NATHAN BICKFORD, ATTORNEY, WASHINGTON, D. C.

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First Credit Man—Does he meet his bills?

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The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

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

Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

My Ha

"I had a very severe sic that took off all my hair. I chased a bottle of Ayer's Vigor and it brought all my back again."
W. D. Quinn, Marseilles,

One thing is certain, Ayer's Hair Vigor ma the hair grow. This because it is a hair fo It feeds the hair and hair grows, that's all th is to it. It stops fall of the hair, too, and ways restores color gray hair.

$1.00 a bottle. All druggists.

If your druggist cannot supply send us one dollar and we will ex you a bottle. Be sure and give the of your nearest express office.
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