MY BEAUTIFUL BABY BOY

Weak Women Made Happy by Lydia E. Pinkham's Vegetable Compound—Letters from Two Who Now Have Children.

"DEAR MRS. PINKHAM:—It was my ardent desire to have a child. I had been married three years and was childless, so wrote to you to find out the reason. After following your kind advice and taking Lydia E. Pinkham's Vegetable Compound, I became the mother of a beautiful baby boy, the joy of our home. He is a fat, healthy baby, thanks to your medicine."—MRS. MINDA FINKLE, Roscoe, N. Y.

From Grateful Mrs. L.

"DEAR MRS. PINKHAM:—I wrote you a letter some time ago, stating my case to you.

"I had pains through my bowels, headache, and backache, felt tired and sleepy all the time, was troubled with the whites. I followed your advice, took your Vegetable Compound, and it did me lots of good. I now have a baby girl. I certainly believe I would have miscarried had it not been for Lydia E. Pinkham's Vegetable Compound. I had a very easy time; was sick only a short time. I think your medicine is a godsend to women in the condition in which I was. I recommend it to all as the best medicine for women."—MRS. MARY LOVE, Coytee Tenn.

Connecticut figures from its recent school census show that it has 20 per cent more inhabitants than it had in 1890. The population of the country at this time is 76,150,000.

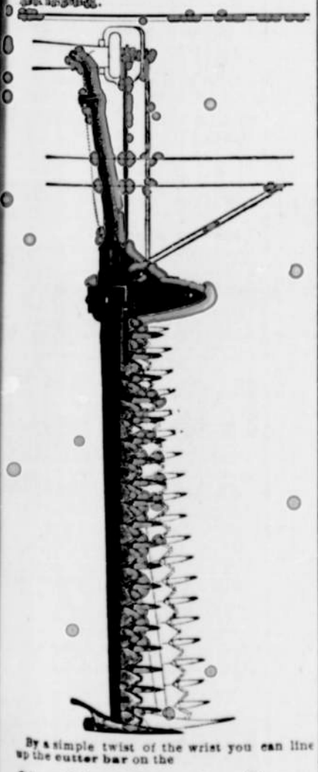
Allen's Foot-Ease, a powder for the feet, makes painful, swollen, smarting, nervous feet, and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight or new shoes feel easy. It's a certain cure for Ingrowing Nails, Sweating, Callous and Hot, Tired, Aching Feet. We have over 30,000 testimonials. Try it today. Sold by all druggists and shoe stores. By mail for 25c. in stamps. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Men are men all at the same time on the ropes, the more money may be used to harvest the crops, and, if the worst comes, to defend their homes with their mortgages.

THREE DAILY TRAINS BETWEEN OGDEN AND DENVER.

The increase in transcontinental travel by way of Salt Lake City in consequence of the scenic and other attractions of the route, has recently induced the Rio Grande Western Railway—in connection with the Denver & Rio Grande and Colorado Midland Railroads—says the Salt Lake Tribune, to establish a triple daily first passenger service between Ogden and Denver. All of these trains are equipped with the latest appliances, improvements and cars. This road now operates through cars between Chicago, Ogden and San Francisco, also a perfect dining car service. Send 2c postage for illustrated matter or other information to J. D. Archibald, 253 Washington street, Portland; or Geo. W. Heintz, general agent, Salt Lake City.

Two lions escaped from a menagerie in Valencia, Spain, and injured several people before they were captured. One of them leaped through the plate glass window of a jewelry store, and several people had dismount with kidnapping.



By a simple twist of the wrist you can line up the cutter bar on the

Champion Draw Cut Mower

You can't do it on any other. And there are other points too. Send for Catalogue.

MITCHELL, LEWIS & STAVER CO.,
PORTLAND, OREGON.

BAD SPRING BLOOD

Requires some sort of a tonic that cleans out the impurities. One that really does this—and more—is

Moore's Revealed Remedy

And does it thoroughly. Pleasant to take. $1.00 at your druggist's.

TAKE PFUNDER'S OREGON BLOOD PURIFIER Tested and True.

PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. CONSUMPTION

PACIFIC COAST NEWS

Commercial and Financial Happenings of Interest in the Growing Western States.

Creamery for Sheridan.

At a meeting held at Sheridan, Or., for the purpose of discussing the creamery question, H. E. Loundsbury, of the Southern Pacific, and Dr. Withycombe, of the state agriculture college, made addresses. A large number of the representative farmers of that district were present and listened very attentively to the interesting data presented by Dr. Withycombe's address. Questions were asked, and all present were impressed with the desirability of starting a creamery at that point, as they all admit that no money can be made or mortgages lifted with wheat at present prices, and especially as fruit and hop raising have not given the relief expected—mainly, however, on account of lack of co-operation in marketing the product.

Washington State Militia.

There is a movement on foot to hold the militia state encampment at Tacoma in July. Governor Rogers favors the project. The state provides for the expenses while in camp only, and railway fare and other expenses incurred will have to be borne by the men if the event of the state encampment idea is carried out. There are no funds available from the state treasury for encampment purposes this year, but efforts are being made by the Tacoma contingent to provide for the entertainment of the visiting companies.

Sawmill at Deer Creek.

A sawmill of 40,000 feet capacity daily is soon to be in running order on Deer creek, one half mile above Britton station. This new company has been formed by Robert Service, Charlie Tibbs and Thomas Tibbs. The Tibbs brothers have timber that will make 15,000,000 feet of lumber on Deer creek. The mill is furnished with a large dynamo, which will furnish lights for the mill and lumber yard. The machinery is all in transit, and is to be in running order within 40 days.

Getting a Ballast.

The Northern Pacific is still working a large force of men on the reclaimed between Vollmer and Cleveland, Idaho, and putting in a ballast of the most permanent nature. The ballast consists of clay and small rock about the size of an egg, which, when once set, becomes like concrete. It will take about two months yet to put the road in first-class condition, and the company is not sparing any pains to do everything in good shape.

Good Yields Secured.

At Newberg, Or., blank contracts furnished by the Willamette Beet Sugar Company have been received and the canvass among the farmers for securing acreage will begin at once. Solicitors have been appointed, viz: A. Clark, D. Turner, W. Cooper, William Manning and R. B. Linnville. As a basis for beginning the canvass 1,000 acres have already been subscribed at public meetings.

Small Strike at the Lower Mills.

Eleven boys employed as cutters in the Willamette Pulp & Paper Mills, at Oregon City, Or., walked into the company's office and asked for an increase of wages from 75 cents to $1 per day. The matter was finally compromised by a promise to give the boys steady work. Only about three of the number were working out full time, the others getting on an average of 15 to 20 days each month.

Smallpox Among Indians.

The quarantine that had been placed on the Indian settlement at the mouth of Coyote gulch, near Lewiston, Idaho, some weeks ago, has been raised. There were nine cases of smallpox under quarantine and one of the victims, a woman, died as a result of going home while afflicted with the disease.

New posts are being set in the telephone line between Vale and Ontario, Or.

The Toledo, Or., creamery is now receiving about 1,000 pounds of milk daily, and will shortly have nearly all it can use.

J. T. Moylan, representing an eastern syndicate, was in Kalama, Wash., closing a deal for purchase of timber lands on the Coweeman river. The prices paid run from $1,600 to $3,500 per quarter section.

A gilt-watch faker has been fooling the people of Elgin, Or.

Ripe wild strawberries were picked near McMinnville, Or., April 23.

An expert is examining the coal prospects on Birch creek, 20 miles south of Pendleton, Or.

Ellensburg's, Wash., municipal electric lighting plant is about to be improved at a cost of a little more than $3,000.

New Whatcom has $73.80 on hand to entertain President McKinley when he shall visit the coast and that town the coming summer.

Preparations are making for a big season at the watering places of Westport and Cohasset, Gray's Harbor. New seashore attractions and excursion rates are advertised.

The Walla Walla creamery is using 10,000 pounds of milk per day, and will soon have a branch running at Freewater. One-half of the milk now consumed comes from Umatilla county, Oregon.

George Mapes is gathering his cattle near Plush, Lake county, Or., to take them south. He will take about 1,200 head. He has wagons arranged like hayracks upon which to haul the calves that are not able to make the trip on foot.

K. Elliott, of Lebanon, Or., has sold 200 head of Crook county horses to R. W. Nichols. Mr. Nichols will first take a drove of them to California and sell them, and will then take a lot to Portland.

A new rule has just been adopted by the Spokane police department by which any Indian found in the city who has not a pass from the Indian agent or is not on some special business will be promptly arrested as a vagrant and sent back to the reservation. Eleven Indians were jailed the first day.

SITUATION IS FAVORABLE.

There Are Bad Features, But they Are in the Minority.

Bradstreet's says: Evidences of the fact that there are now two sides of the general trade situation, where for a year past there was but one, come to sight this week. Different sections of the country and lines of business return different reports, but that the situation as a whole is a favorable one and suffers merely by commiseration with the enormous and almost fevrish activity of some time ago, is also evident. Excluding the great speculative centers, the aggregate of business is undoubtedly larger than a year ago, and the business done in several industries reporting reduced activity would seem very large even to those bearishly inclined had it not been for the enormous aggregate done some short time ago.

Crop prospects, except in the wheat area of the Central West, and in some flooded sections of the South, remain all that might be wished for. Retail demand is improving and nothing of a definitely depressing character has yet developed.

In the abrupt readjustment of steel and wire prices, the iron and steel industries received a notable shock, but have stood the ordeal very well.

In agricultural products the situation is generally one of sustained strength. Some slight shading in wheat prices is largely the result of flattering winter wheat crop prospects in the sections west of the Mississippi.

Wheat, including flour shipments, for the week aggregate 3,598,683 bushels, against 3,898,451 last week.

Failures for the week in the United States are well down to the minimum, numbering only 182, an increase of 21 over last week.

Canadian failures for the week number 18, as compared with 19 last week.

PACIFIC COAST TRADE

Seattle Markets.

Onions, $9.
Lettuce, hot house, 40@45c doz.
Potatoes, $16@17; $17@18.
Beets, per sack, 50@60c.
Turnips, per sack, 40@60c.
Carrots, per sack, 75@85c.
Parsnips, per sack, 50@75c.
Cauliflower, California 85@90c.
Cabbage, native and California, $1.00@1.25 per 100 pounds.
Apples, $2.00@2.75; $3.00@3.50.
Prunes, 60c per box.
Butter—Creamery, 22c; Eastern 22c; dairy, 17@22c; ranch, 15@17c pound.
Eggs—15@16c.
Cheese—14@15c.
Poultry—14c; dressed, 14@15c; spring, 25.
Hay—Puget Sound timothy, $11.00@12.00; choice Eastern Washington timothy, $18.00@19.00
Corn—Whole, $23.00; cracked, $23; feed meal, $23.
Barley—Rolled or ground, per ton, $20.
Flour—Patent, per barrel, $3.25; blended straights, $3.00; California, $3.25; buckwheat flour, $5.00; graham, per barrel, $3.00; whole wheat flour, $3.00; rye flour, $3.80@4.00.
Millstuffs—Bran, per ton, $13.00; shorts, per ton, $14.00.
Feed—Chopped feed, $19.00 per ton; middlings, per ton, $20; oil meal, per ton, $30.00.
Fresh Meats—Choice dressed beef steers, price 8c; cows, 7c; mutton 8c; pork, 8c; trimmed, 9c; veal, 8½@10c.
Hams—Large, 13c; small, 13¼; breakfast bacon, 12½c; dry salt sides, 8c.

Portland Market.

Wheat — Walla Walla, 52@53c; Valley, 53c; Bluestem, 56c per bushel.
Flour—Best grades, $3.00; graham, $2.50; superfine, $2.10 per barrel.
Oats—Choice white, 35c; choice gray, 34c per bushel.
Barley—Feed barley, $14@14.50; brewing, $17.00@17.50 per ton.
Millstuffs—Bran, $13 per ton; middlings, $19; shorts, $15; chop, $14 per ton.
Hay—Timothy, $9@10; clover, $7@7.50; Oregon wild hay, $6@7 per ton.
Butter—Fancy creamery, 35@40c; seconds, 45c; dairy, 25@30c; store, 20@25c.
Eggs—14c per dozen.
Cheese—Oregon full cream, 13c; Young America, 14c; new cheese 10c per pound.
Poultry—Chickens, mixed, $3.50@4.50 per dozen; hens, $5.00; springs, $2.50@3.50; geese, $6.50@8.00 for old; $4.50@6.50; ducks, $5.50@6.00 per dozen; turkeys, live, 10@11c per pound.
Potatoes—40@70c per sack; sweets, 2@2¼c per pound.
Vegetables—Beets, $1; turnips, 75c per sack; garlic, 7c per pound; cabbage, 1½c per pound; parsnips, 75; onions, $2.50@3.00; carrots, 50c.
Hops—3@8c per pound
Wool—Valley, 12@13c per pound; Eastern Oregon, 10@15c; mohair, 27@30c per pound.
Mutton—Gross, best sheep, wethers and ewes, 3¾c; dressed mutton, 7@7½c per pound; lambs, $2.50 each.
Hogs—Gross, choice heavy, $5.00; light and feeders, $4.50; dressed, $5.00@6.50 per 100 pounds.
Beef—Gross, top steers, $4.00@4.50; cows, $3.50@4.00; dressed beef, 6½@7¾c per pound.
Veal—Large, 6½@7½c; small, 8@8½c per pound.
Tallow—5@5½c; No. 2 and grease, 3½@4c per pound.

San Francisco Market.

Wool—Spring—Nevada, 14@16c per pound; Eastern Oregon, 12@16c; Valley, 20@22c; Northern, 10@12c.
Hops—1899 crop, 11@13c per pound.
Butter — Fancy creamery 18c; do seconds, 17@17½c; fancy dairy, 17c; do seconds, 15@16c per pound.
Eggs—Store, 15c; fancy ranch, 17c.
Millstuffs — Middlings, $17.00@20.00; bran, $12.50@13.50.
Hay—Wheat $6.50@9.50; wheat and oat $6.00@9.00; best barley $5.00@7.00; alfalfa, $5.00@6.50 per ton; straw, 25@40c per bale.
Potatoes—Early Rose, 60@65c; Oregon Burbanks, 70c@$1.00; river Burbanks, 40@75c; Salinas Burbanks, 80c@1.10 per sack.
Citrus Fruit—Oranges, Valencia, $2.75@3.25; Mexican limes, $4.00@5.00; California lemons 75c@$1.50; do choice $1.75@2.00 per box.
Tropical Fruits—Bananas, $1.50@2.50 per bunch; pineapples, nominal; Persian dates, 6@6½c per pound.

New Train Service on the O. R. & N.

The double train service just established between Portland and Chicago, in which the O. R. & N., the Union Pacific and the Oregon Short Line are interested, shortens the through time 11 hours. Train No. 2, leaving Portland at 9:15 A. M., daily, is known as the Chicago-Portland special. Its equipment is new, making it fully the equal of any train now in service from the Pacific coast to the East. It consists of a mail car, baggage car, a library-composite car, a first-class Pullman sleeper, a dining car, two chair cars and a tourist sleeper. There is but one change of cars to all Eastern points. The full time is three days through to Chicago, or four days and two hours to New York.

The second train, known as No. 6, leaves Portland daily at 6:20 P. M., connecting at East Portland with the Southern Pacific's overland train from San Francisco, and carries through equipment to Chicago via the Union Pacific and the Chicago & Northwestern, and also the equipment for the Washington division of the O. R. & N., in connection with the Great Northern for St. Paul. This train reaches Spokane at 10 A. M. A dining car serves breakfast into Spokane, and dinner is served on corresponding train leaving Spokane at 3:45 P. M. The new schedule as arranged, supplies the most complete service ever furnished on the O. R. & N., also provides increased service in Eastern Oregon, where it is greatly needed, and gives immediate connection with the Washington division at Pendleton. At this point there is a large interchange of traffic, on account of the various mining districts of Baker county, the Coeur d'Alene, the Republic and Kootenai mining camps. Portland is greatly benefitted by this change, in as much as increased service is given from Eastern Oregon and Idaho.

No. 2 arrives in Chicago at 9:30 A. M.; No. 6 at 7:45 A. M., as at present.

The Westbound train out of Chicago, corresponding with No. 2, is No. 1. This arrives in Portland at 4 P. M. The train corresponding with the Eastbound No. 6, is No. 3, out of Chicago. This reaches Portland at 7:30 A. M. Westbound train No. 1 leaves Chicago at 6:30 P. M., and Omaha at 8:20 A. M. the following day. The time is reduced two hours and 45 minutes. No. 3, Westbound train leaves Chicago at 10:30 P. M., and Omaha at 4:25 P. M. the next day.

The service on the Union Pacific on all these trains includes buffet-smoking-library cars and dining cars. No. 6 carries a daily ordinary sleeper to Kansas City, with change en route to ordinary cars to Chicago.

Consult the nearest ticket agent for detailed information.

W. H. HURLBURT,
General Passenger Agent.

The ordinary step of an ostrich, when feeding, is about 21 inches; when walking, but not feeding, it is 26 inches; when fleeing from an enemy, its stride ranges from 11½ to 14 feet.

A deacon in a Baptist church in Trenton is a stickler for decorum. He saw a young lady whisper to another during prayer at a church service, and he loudly rebuked her. In indignation she was passing out of the edifice, when he said the church was no place for her. Aroused by this taunt, she proceeded to return to her pew, but he clutched her back hair and thus drew her out of the church.

Prospectors are boring for zinc in four counties in northern Arkansas, and within the last year several changes in the ownership of land there has resulted in consequence. One syndicate is said to have purchased 13,000 acres of land.

A Blood Trouble

Is that tired feeling—blood lacks vitality and richness, and hence you feel like a laggard all day and can't get rested at night. Hood's Sarsaparilla will cure you because it will restore to the blood the qualities it needs to nourish, strengthen and sustain the muscles, nerves and organs of the body. It gives sweet, refreshing sleep and imparts new life and vigor to every function.

Felt Tired—"In the spring I would have no appetite and would feel tired and without ambition. Took Hood's Sarsaparilla in small doses, increasing as I grew stronger. That tired feeling left me and I felt better in every way." W. E. BAKER, Box 96, Milford, Ohio.

Hood's Sarsaparilla

Is the Best Medicine Money Can Buy. Prepared by C. I. Hood & Co., Lowell, Mass.

ALABASTINE Is a durable and natural cement-base wall coating, in 5 lb. paper packages, made ready for use in white and fourteen beautiful tints by mixing with cold water. It is a cement that goes through a process of setting, hardens with age, and can be coated and recoated without washing off its old coats before renewing.

ALABASTINE Is entirely different from all the various kalsomines on the market, being durable and not stuck on the wall with glue. Alabastine customers should insist on having the goods in packages properly labeled. They should reject all imitations. There is nothing "just as good."

ALABASTINE

Prevents much sickness, particularly throat and lung difficulties, attributable to unsanitary coatings on walls. It has been recommended in a paper published by the Michigan State Board of Health on account of its sanitary features; which paper strongly condemned kalsomines. Alabastine can be used on either plastered walls, wood ceilings, brick or canvas, and any one can brush it on. It admits of radical changes from wall paper decorations, thus securing at reasonable expense the latest and best effects. Alabastine is manufactured by the

Alabastine Company of Grand Rapids, Michigan.

Instructive and interesting booklet mailed free to all applicants.

WATCH CHAIN AND CHARM FREE

To fully introduce our **Famous "SOUTHERN belle cigars"** we give to each person buying a box of 50 cigars for $2.50 and express charges, an elegant nickel plate case, stem wind, stem set, open face **Watch**, American make, which with proper care should last for years; also a plated watch chain and charm. Send us your name and full address—no money. We will send cigars, watch, chain and charm. If, after examination, you are satisfied, pay your agent $2.50 and express charges. These goods retail anywhere in the U. S. at these terms. The Southern Belle is as good as many 10c cigars now offered. Address **National Cigar Co.,** St. Louis, Mo. When ordering please give the name of this paper without fail.

A Well-Kept Life.

It requires a well-kept life to do the will of God, and even a better kept life to will to do His will. To be willing is a rarer grace than to be doing the will of God. For he who is willing may sometimes have nothing to do and must be willing to wait; and it is easier far to be doing God's will than to be willing to have nothing to do—it is easier far to be working for Christ than it is to be willing to cease. No, there is nothing rarer in the world today than the truly willing soul, and there is nothing more worth coveting than the will to will God's will. There is no grander possession for any Christian life than the transparently simple mechanism of a sincerely obeying heart.—Henry Drummond.

Information While You Wait.

Mr. Spellem, of Highlandtown, writes: "Dere Sur: Please tell me wat is the holesumest food fer children?"

You will find doughnuts about the "holesomest" articles of diet.—Baltimore American.

Strength in Stillness.

Those who make the most noise in the world are not those who have the most power in the world. Quiet influences are the potent forces in God's esteem, and even in man's sight. As Aubrey Moore says: "Great men think, while ordinary men talk. Great saints pray, ordinary men preach. High-sounding words and showy acts may impose upon the few, but its silent effort which moves the world." This truth is not held popularly; yet Elijah learned when he was divinely shown that God was not to be recognized in the whirlwind, the earthquake, or the fire, as he could be in "the still small voice." Even this world's wisdom testifies to the truth in the adage: "Deep waters run stillest." It is God's voice which says: "Be still, and know that I am God."—S. S. Times

Christ for All.

It must never be supposed that the beautiful words and condescending acts of Christ were just for Peter, James and John and their companions. John is not the only beloved disciple who is encouraged to lean on the bosom of his Lord. His love for the family in Bethany is not a singular love with which other families have nothing to do. It is a specimen of his love, rather, intended to make glad ten thousand other families.—George Bowen.

Piety in the Home.

Parents must show piety at home; that is, they must give good example and reverent deportment in the face of their children. * * * All significations of love and tenderness, care and watchfulness must be expressed toward children that they may look upon their parents as their friends and patrons, their defense and sanctuary, their treasure and their guide.—Jeremy Taylor.

Sweeden has ordered 47 batteries of the largest artillery. These little countries are learning that they can put up a stiff fight.

Reform at St. Louis.

The saloon keepers of St. Louis, Mo., have been notified that they shall not maintain in connection with their saloons wine rooms or private stalls or rooms not at all times open to public gaze. They were also notified to discontinue and prohibit music and to prevent dissolute women and criminals from frequenting their saloons, under penalty of forfeiture of their licenses and having their places closed as disorderly houses.—Union Signal.

Few College Students Die.

The death rate in colleges is extremely low. The strict attention to the physique is given as the cause. People outside of colleges, as well, may have health and strength. Hostetter's Stomach Bitters is recommended most highly for preventing as well as curing bodily weakness. It is for the blood, the nerves and all stomach disorders, and its cures of constipation, indigestion, dyspepsia, sluggish liver or weak kidneys, are most remarkable.

Six mourners who officiated as pall bearers at a funeral in Mishowoka, Ind., have sent in bills of indebtedness against the man's estate for carrying him to the grave.

$100 REWARD $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address

F. J. CHENEY & CO., Toledo, O.

Sold by druggists, 75c.
Hall's Family Pills are the best.

A contract made over the telephone is legal and binding, according to a decision recently rendered in a Pennsylvania lawsuit.

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

Inoculation for the plague is coming more in favor in Bombay city, as many as 7,179 persons having been treated in one week.

Piso's cure cannot be too highly spoken of as a cough cure.—J. W. O'BRIEN, 322 Third Ave. N., Minneapolis, Minn., Jan. 6, 1900.

Living animals have been newly discovered at a depth in the ocean two miles greater than any hitherto reached.

Steel Platforms for Passenger Cars.

Instructions have been issued by the mechanical department of the Rock Island, that all passenger coaches of the road must be equipped with steel platforms. Already many have been equipped, and as fast as the coaches can be spared from the daily service, they are run into the shops and the old platforms taken off and a new steel one put in its place.

Small retailers in Germany have organized for an attack on the department stores. A bill has been introduced in the reichstag to tax the sales of the big stores on an increasing ratio until they reach 20 per cent of the profits.

DAN GROSVENOR SAYS:

"Peruna Is an Excellent Spring Catarrh Remedy—I am as Well as Ever."

Hon. Dan. A. Grosvenor, of the Famous Ohio Family.

Hon. Dan. A. Grosvenor, deputy auditor for the war department, in a letter written from Washington, D. C., says:

"Allow me to express my gratitude to you for the benefit derived from one bottle of Peruna. One week has brought wonderful changes and I am now as well as ever. Besides being one of the very best spring tonics it is an excellent catarrh remedy." Very respectfully, Dan. A. Grosvenor.

Hal P. Denton, chief national export exposition, Philadelphia, Pa., writes: "I was completely run down from overwork and the responsibility naturally connected with the exploitation of a great international exposition. My physician recommended an extended vacation. When life seemed almost a burden I began taking Peruna, and with the use of the fifth bottle I found myself in a normal condition. I have since enjoyed the best of health."

Almost everybody needs a tonic in the spring. Something to brace the nerves, invigorate the brain, and cleanse the blood. That Peruna will do this is beyond all question. Every one who has tried it has had the same experience as Mrs. D. W. Timberlake, of Lynchburg, Va., who, in a recent letter, made use of the following words: "I always take a dose of Peruna after business hours, as it is a great thing for the nerves. There is no better spring tonic, and I have used about all of them."

For a free book on "Summer Catarrh," address The Peruna Medicine Co., Columbus, Ohio.

Quarreling among the members of the households is extremely rare in Japan. This is because the Japanese eat very little meat. Among great meat-eaters irritable tempers prevail, and family disputes are common.

Smoothing irons heated by electricity are used by the inmates of the lunatic asylum in Pontiac, Mich. They keep an even temperature, therefore do not need to be changed, like those heated on the coals or with gas.

BILE BLOAT

Puffs under the eyes; red nose; pimple-blotched, greasy face don't mean hard drinking always as much as it shows that there is *BILE IN THE BLOOD.* It is true, drinking and over-eating overloads the stomach, but failure to assist nature in regularly disposing of the partially digested lumps of food that are dumped into the bowels and allowed to rot there, is what causes all the trouble. *CASCARETS* will help nature help you, and will keep the system from filling with poisons, will clean out the sores that tell of the system's rottenness. Bloated by bile the figure becomes unshapely, the breath foul, eyes and skin yellow; in fact the whole body kind of fills up with filth. Every time you neglect to help nature you lay the foundation for just such troubles. *CASCARETS* will carry the poisons out of the system and will regulate you naturally and easily and without gripe or pain. Start to-night—one tablet—keep it up for a week and help the liver clean up the bowels, and you will feel right, your blood will be rich, face look clean, eyes bright. Get a 10c box of *CASCARETS*, take as directed. If you are not cured or satisfied you get your money back. Bile bloat is quickly and permanently

CURED BY **Cascarets** CANDY CATHARTIC

BEST FOR THE BOWELS

10c. 25c. 50c. ALL DRUGGISTS

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