

Pale, Thin, Nervous?

Then your blood must be in a very bad condition. You certainly know what to take, then take it—Ayer's Sarsaparilla. If you doubt, then consult your doctor. We know what he will say about this grand old family medicine. Sold for over 60 years.

This is the first question your doctor would ask: "Are your bowels regular?" He knows that daily action of the bowels is absolutely essential to recovery. Keep your liver active and your bowels regular by taking laxative doses of Ayer's Pills.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of
Ayer's HAIR VIGOR. AGUE CURE. CHERRY PECTORAL.

As Explained.

Husband—I wonder why men's pockets are so easy to get at, while women's are so difficult?

Wife—Oh, that's easily explained. A man has no business with a woman's pocket, but a woman has with a man's. That's the answer.

OREGON PORTLAND ST. HELEN'S HALL

A GIRL'S SCHOOL OF THE HIGHEST CLASS corps of teachers, location, building, equipment—the best. Send for catalogue.

Term Opens September 15, 1904

TAKE PFUNDER'S OREGON BLOOD PURIFIER
Tested & True
GUARANTEED
Used and Sold Everywhere.

Positive, Comparative, Superlative.

"I have used one of your Fish Brand Slickers for five years, and now want a new one, also one for a friend. I would not be without one for twice the cost. They are just as far ahead of a common coat as a common one is ahead of nothing."
(Name on application.)

HIGHEST AWARD WORLD'S FAIR, 1904.

Be sure you don't get one of the common kind—this is the mark of excellence.

A. J. TOWER CO., BOSTON, U.S.A.
TOWER CANADIAN CO., LIMITED, TORONTO, CANADA.
Makers of Wet Weather Clothing & Hats.

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, 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 stamp. CONSULTATION FREE. ADDRESS:

The C. Gee Wo Chinese Medicine Co.
251 1/2-253 ALDER ST., PORTLAND, OREGON
Mention paper

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

IN SEARCH OF LIVINGSTONE'S TREE

Mr. Weatherby, the explorer, has just returned from Africa, where he has been for eleven years, the only white man among hosts of blacks. In that long period he has had many thrilling adventures, says the London Daily News. He has succeeded in making corrections on the map of the interior of the Dark Continent and in discovering the spot where the heart of the great Livingstone was buried, the locality of which had been lost. He has been instrumental in raising a permanent memorial to the famous missionary, in place of the decayed tree which marked the site, and he has brought back to the British Museum that part of the tree which bore the original inscription, cut by the natives, who loved and mourned their white chief.

My object, says Mr. Weatherby, was to circumnavigate Bangweolo lake and to find the spot where Livingstone's heart was buried. Glave, the American who died while attempting to find the tree, was the last man who had any accurate idea where it was. I accomplished both tasks. Old Mshaota, the chief who helped me find the Livingstone tree, told me a strange story. He remembered Livingstone, who, he averred, was shot. Everybody, he said, knew that it was so.

One of my greatest friends was Mewenge, a chief, but it was some time before we understood each other. He had never seen white men, but had heard of them, and when I sent word I was coming, he grew much alarmed. When I went to his tent he rushed out, and, seizing me by the arm, slashed his ax over my head into a tree behind me. The next minute he pulled up my shirt sleeve to see if my arm was white. That gave me time to tell him he might kill me if he wanted to, but that it would be more interesting not to.

I also had a "scary" greeting from Kasoma, a much-dreaded chief. I set out by boat to visit him, with nine men. When we neared the village, and two thousand armed men rushed to the edge of the lake, I found we had left our rifles behind us. With my heart in my mouth, I jumped ashore alone. As I stood before the chief I could see his heart throbbing in his naked chest, and I knew he was in as bad a way as I myself!

"Good morning! How do you do?" I shouted.

The chief gave a signal, and I put my hands in my pockets to meet the end calmly. The same moment the chief and every man clapped their hands in unison, knelt down and bowed their heads.

After all, a little bluff is a great help in dealing with natives. I stood once surrounded by four hundred men who had rifles, each waiting either for me to move or for his neighbor to begin the firing. I got one of the men to bring me a shot-cartridge, and, opening it, I sent the handful of shot to the chief, with the message that he would be more likely to hit me if he used that instead of a bullet. The joke set the whole lot laughing.

In Complete Control.

"And now," said the business man, "I'll be gone about a week and I want you to take entire charge of my business—to become myself in fact. Do you understand?"
"Yes, sir," answered the head clerk.
"If Biffers comes in and asks me for your daughter's hand what am I to tell him, sir?"—Detroit Tribune.

Bobby Hard at Work.

Bobby—I have been working all day like a dog, pop.
Father—Glad to hear you are getting industrious, Robert; but what have you been doing?
Bobby—I've been digging out a woodchuck, pop!—Puck.

For every mean man who dies, another appears just as mean.

Out of the Ordinary.

Miffles—What do you think of Knoxem as a pugilist?
Biffson—I don't believe he's the real thing.
Miffles—Why not?
Biffson—Because he says he isn't going to try to elevate the stage.

Beware of Ointments for Catarrh that Contain Mercury

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles could never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.
Sold by Druggists, price 75c. per bottle. Hall's Family Pills are the best.

At Short Range.

"It must be awful," said the typewriter boarder with the \$1.98 pompador, "to be deceived by a false marriage."
"Well, I don't suppose it's any worse than being deceived by a real one," rejoined the landlady.
And her husband continued to give a correct imitation of a man trying to read a newspaper.

He Had No More to Say.

Growells—Our new neighbor must be a happy woman.
Mrs. Growells—Why do you think so?
Growells—She goes about the house singing all day long.
Mrs. Growells—Oh, that's easily explained. She's a widow.

OREGON BLOOD PURIFIER

TESTED AND TRUE—GUARANTEED
NOW! is the time to USE IT.

Two Exceptions.

"They say that all the world loves a lover," said the rejected suitor as he ate his dinner from the mantelpiece, "but there are generally two exceptions to the rule, the girl you want to be your wife and the man you want to be your father-in-law."—Princeton Tiger.

You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

A Life-Saver

He kissed her hand and then her lips; She bade him go away. Said he: "I live from hand to mouth, So don't be angry, pray." "Oh, well," she said, "if that's the case, I'll let you live to-day."

FAMOUS ATHLETES PAY GLOWING TRIBUTE TO PE-RU-NA

As a Spring Tonic to Get the System in Good Shape

"I advise all Athletes who are about to go in training to try a bottle of Pe-ru-na."
—J. W. Glenister.



John Glenister, Champion Swimmer and only Athlete to Successfully Swim Through the Michigan Whirlpool Rapids.

PE-RU-NA

Renovates, Regulates, Restores a System Depleted by Catarrh.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in this country and England. He has used Peruna as a tonic and gives his opinion of it in the following letter:

New York.
The Peruna Medicine Company, Columbus, Ohio:
Gentlemen—"This spring for the first time I have taken two bottles of Peruna, and, as it has done me a great deal of good, I feel as if I ought to say a good word for its worth.

"During the springtime for the last few years, I have taken several kinds of spring tonics, and have never received any benefit whatever. This year, through the advice of a friend, I have tried Peruna and it has given satisfaction.

"I advise all athletes who are about to go in training to try a bottle, for it certainly gets the system in good shape." Yours truly,
JOHN W. GLENISTER.

ATHLETES realize the importance of keeping in good bodily trim.

The digestion must be good, the circulation perfect, sleep regular and enough of it.

If the slightest catarrhal condition of lungs or stomach is allowed to remain, neither digestion nor sleep will be strength-sustaining.

Those who lead very active lives, like athletes, with good muscular development, find the spring months especially trying.

Athletes every where praise Peruna because they, of all men, appreciate the value of a tonic that dispels physical depression.

The vocation of some men may allow them to endure the depressing feelings incident to spring weather, but the athlete must never allow himself to get "under the weather."

He must keep in the "pink of condition" all the time.

In order to do this he must avail himself of a spring tonic upon which he can rely.

Therefore Athletes are especially friendly toward Peruna. Peruna never fails them.