## THINK OF IT!

This Pretty Matron Had Headache and Backache, and Her Condition Was Serious.

### PE-RU-NA CURED



MRS. M. BRICKNER

99 Eleventh Street,

"A short time ago I found my condition very serious. I had headaches, pains in the back, and frequent dizzy spells which grew worse every month. I tried two remedies before Peruna, and was discouraged when I took the first dose, but my courage soon returned. In less than two months my health was restored."—Mrs. M. Brickner.

The reason of so many failures to FEMALE TROUBLE NOT RECOGNIZED
AS CATARRII commonly recognized as being caused by catarrh.

Catarrh of one organ is exactly the same as catarrh of any other organ. What will cure catarrh of the head will also cure catarrh of the pelvic organs. Peruna cures these cases simply because it cures the catarrh.

If you have catarrh 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, O.

A fickle memory is bad; a fickle course of conduct is worse; but a fickle heart and purposes, worst of all.—C. Simmons.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kilne's Great Nerve Restorer, Send for Free \$0 trial bottle and treatise. Dr. R. H. Kline, Ltd., 951 Arch St., Philadelphia, Pa.

#### Willing to Risk It.

"A fool and his money are soon part-ad, you know," said the stingy man who had a mania for quotations. "Well," rejoined his good wife, "for the sake of having the money to part

with, I wouldn't mind being considered a little foolish."

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.

Name something with two heads and one body. Ans.—A barrel.

PORTLAND

# ST. HELEN'S HALL

Class Hotel and Room Accom-N PORTLAND during the N apply at once and send reation ice of \$2.00, to apply your room. Rooms in all

**EXPOSITION ACCOMMODATION BUREAU** Goodnough Building, Portland, Oregon





The Unselfish Life.-No matter how many creeds a man believes in, unless he lives an unselfish life he is saved .- Rev. D. W. Montgomery, Congregationalist, Washington, D. C.

What We Need.—The greatest need to-day is not more men, but more man, To be rich in deed and in truth is nitimately a consciousness.—Rev. James Montgomery, Methodist, Denver, Col.

Power.-Power has been purchased at the point of the sword and sustained often through tyranny and cruelty. The strength of the power of nations has been gauged by the roster of their armies and navies.-Rev. John Love, Baptist, Asbury Park, N. J.

Seeking .- For all that is best and truest and greatest in the heart of the man and the nation, one seeks in vain until he sees the Christ-spirit—until he sees Jesus, the Life, the Truth and the Way. Jesus only.—Rev. R. J. Burdette, Baptist, Los Angeles, Cal.

Gradations.-There are gradations of experience, gradations of mapped and gradations of reward. We shall be just as happy as our experience land a great boot and shoe industry; we could not have in New England a we could not have in New England a we could not have in New England a tist, Louisville, Ky.

The Church and Politics.-Church people must get down from the pedestal on which they perch, singing hymns and passing resolutions, and grip politics more sanely and firmly in order to win .- Rev. John Thompson, Methodist, Chicago, Ill.

The Pearl of Price.-Man's greatest battles should not be for bread that perishes or for wealth that must be that ran up into hundreds of millions left behind, but the most strenuous efforts should be put forth to secure the pearl of great price.-Rev. J. B. McClay, Methodist, Cleveland, Ohio.

The Purpose of Religion.-The purpose of religion of Jesus is pre-eminently practical, plain and definite; the universally accepted idea among the most intelligent classes is that it is not practical, not plain and not definite.-Rev. Frank Crane, Unitarian, Worcester, Mass.

A Nonentity.-No man makes a greater mistake than he who tries to be on good terms with every one. Such a man means nothing to the church, to the community, to the nation. He stands for neither truth, honor or righteousness.-Rev. William Hunton, Lutheran, Chicago, Ill.

God's Sunlight,-The sunlight which the plant absorbs is not lost, but comes forth again in fragrant and many tinted flowers. So the knowledge of the true God interpenetrates our being and makes us partakers of the divine nature.-The Rev. Hugh Johnston, Methodist, Baltimore, Md.

The Workers .- There is no harder worked people than their employers. The preacher, the minister, the President, the captain of industry, the lawyer, the mother, all who work, everybody who is worth while in the world are "working people."—Rev. N. M.

er spring violets from a crusty glacier. Men become old men of the sea on the Sindbads of civilization because they stop growing.-Rev. Henry R. Rose, Episcopalian, Newark, N. J.

Moral Conditions.-Nothing can be further from the truth than that men are satisfied with low moral coudi- are confronted with a small evil; extions. There is an element that will not be improved no matter what influnot be improved no matter what influ-ences are brought to bear, but the one that is to be corrected." average man and woman finds only the society of the righteous congenial.

—Rev. C. L. Palmer, Episcopalian, when his wife rents his room to a boarder and crowds him out of the house.

#### Railroads and Progress.

In his testimony before the senate mmittee on interstate commerce Washington, on May 4, Prof. Hugo R. Meyer, of Chicago university, an ex-pert on railroad management, made

this statement:
"Let us look at what might have happened if we had heeded the protests of the farmers of New York and Ohio and Pennsylvania (in the seventies when grain from the West began pouring to the Atlantic seaboard) and acted upon the doctrine which the Interstate Commeace commission has enunciated time and again, that no man may be deprived of the advantages accruing to him by virtue of his geographical posi-tion. We could not have west of the Mississippi a population of millions of people who are prosperous and are great consumers. We never should have seen the years when we built 10,000 and 12,000 miles of railway for there would have been no farmers west of the Mississippi river who could have used the land that would have been opened up by the building of those rail-And if we had not seen years when we could build 10,000 and 12,000 miles of railway in a year, we should not have today east of the Mississippi a steel and iron producing center which is at once the marvel and the despair of Europe, because we could not have built up a steel and iron industry if there had been no mar-

great cotton milling industry; we could not have spread throughout New York and Pennsylvania and Ohio manufacturing industries of the most diversified kinds, because those industries would have no market among the farmers

"And while the progress of this country, while the development of the agricultural West of this country, did mean the impairment of the agricultural value east of the Mississippi river of dollars, it meant incidentally the building up of great manufacturing in-dustries that added to the value of this land by thousands of millions of dollars. And, gentlemen, those things were not foreseen in the seventies. The statesmen and the publicmen of this country did not see what part the agri-cultural development of the West was going to play in the industrial develop-ment of the East. And you may read the decisions of the Interstate Commerce commission from the first to the last, and what is one of the greatest characteristics of those decisions? The continued inability to see the question

in this large way.
"The Interstate Commerce commission never can see anything more than that the farm land of some farmer is decreasing in value, or that some man who has a flour mill with a production of 50 barrels a day is being crowded out. It never can see that the destruction or impairment of farm values in this place means the building up farm values in that place, and that that shifting of values is a necessary incident to the industrial and manufacturing development of this country. And if we shall give to the Interstate Commerce commission power to regulate rates, we shall no longer have rates regulated on the statesmanlike basis on which they have been regulated in the past by railway men, who itary general. rates regulated by a body of civil servants, bureaucrats, whose besetting sin the world over is that they never can grasp a situation in a large way and with the grasp of the statesman; that they never can see the fact that they cept by the creation of evils and abuses

# Have You a Friend?

Then tell him about Ayer's Cherry Pectoral. Tell him how it cured your hard cough. Tell him why you always keep it in the house. Tell him to ask his doctor about it. Doctors use a great deal of it for throat and lung troubles.

"I had a terrible cold and cough and was threatened with pneumonia. I tried Ayer's Cherry Pectoral and it gave mequick and per-fect relief. It is certainly a most wonderful cough medicine."—RENA E. WHITMAN, Sloux Falls, S. Dak.

Made by J. C. Ayer Co., Lowell, M. Also manufacturers of ers SARSAPARILLA.
PILLS.
HAIR VIGOR.

One of Ayer's Pills at bedtime will hasten recovery. Cently laxative.

#### Dog-Matic.

The young person who stood before a picture of the head of a Spanish lady at the London Art Club exhibition read the number slowly, "One hundred and ninety-one"-and Punch overheard the rest.

"One hundred and ninety-one," she repeated, then referred to her cata-"Tete Espagnole, or however you pronounce it, what's that?"

Why, spaniel's head, of course," explained her companion, with the assurance of a man who hoped he knew enough of French for that. "Must be numbered wrong."

For coughs and colds there is no better medicine than Piso's Cure for Consump-tion. Price 25 cents.

The names of British celebrities are being given by the London county council to municipal steamboats plying on the Thames. Thirty have been so named, Shakspeare, Marlowe, Pepys, Fitz All-win (first mayor of London), Carlyle, and Caxton being among those remembered. This was the idea of John Burns, the labor member of Parliament, and it has met with general approval from press and

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

#### Find Petrified Grain.

The drillers at work in a new deep well at Junction City, Kan., are finding all sorts of odd things. Recently the drill penetrated a stratum of what appeared to be petrified rye. The grains were surprisingly like that cereal, and some one has suggested that an ante-glacial elevator or storehouse has been discovered.

#### No Hurry About It.

The Sunday school class had just fin-ished singing "I Want to Be an Angel, and with the Angels Stand." The teachobserving that one little fellow had the sacred refrain, said: "Johnny, don't you want to be an angel?"

"Yes, ma'am," answered Johnny, "but not just now. I'd rather be a baseball pitcher a good deal first."

courage and daring of the greatest mil- clared that, while Dawson, which is But we shall have our under Canadian rule, is, in his opinion, one of the best governed towns in the world, all places of business there closing from early Saturday evening until sunrise Monday morning, on the other hand, at Nome, the first American city across the boundary, the saloons and gambling houses are running in full blast on Sunday, and, though he was told that the place possessed a church, he saw no evidence of it.

If you were to ride a donkey what fruit would you resemble? Ans.—A pair.