

Impaired Digestion

May not be all that is meant by dyspepsia now, but it will be if neglected. The uneasiness after eating, fits of nervous headache, sourness of the stomach, and disagreeable belching may not be very bad now, but they will be if the stomach is suffered to grow weaker. Dyspepsia is such a miserable disease that the tendency to it should be given early attention. This is completely overcome by

Hood's Sarsaparilla

which strengthens the whole digestive system

The Worm Turned.

Dentist (to patient from Wayback)—Did you ever take gas before? Patient—Look here, smarty! That joke's gone far enough. You bin talking to that fresh hotel clerk, ain't you?

A Good Way to Begin 1903. Cleanse the system, purify the blood and regulate the liver, kidneys, stomach and bowels with the Herb medicine, Garfield Tea, thus insuring health and happiness for the New Year.

Need Going After.

"Do you believe that all things come to him who waits?" "No," replied the hustler, decisively. "Pretty nearly everything that a man wants doesn't come to him who waits, but the things worth having come to him who gets up and humps himself."—Chicago News.

Why experiment with untried remedies for pain? Use Wizard Oil at once, and be happy. Your druggist has it.

No Limit.

Mrs. Talk—Emma is very fond of embroidery. Mrs. Gossip—Yes, she even ruffles her temper.—Boston Herald.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—JOHN F. BOYER, Trinity Springs, Ind., Feb. 15, 1900.

Money for Her.

Mr. Gill—I dreamt the other night that I was going around in rags. Fortune Teller—Ah! that means money! Mr. Gill—Does it really, madam? Fortune Teller—Yes indeed. One dollar, please.—Philadelphia Press.

With All a Happy New Year. The happiness that comes with good health is given to all who use Nature's gift—Garfield Tea. This Herb Cure cleanses the system, purifies the blood and removes the cause of disease.

Rats and the Dog.

Gentleman (indignantly)—When I bought this dog, you said he was splendid for rats. Why, he don't touch them. Dog Dealer—Well, ain't that splendid for rats?—Tit-Bits.

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

A Rap at Kipling.

A London writer, annoyed by having to search for the sense in Kipling's latest verses, declares that the "poem" seems to be "an attempt to translate four intelligible lines of prose into fourteen unintelligible lines of verse."

FITS Permanently Cured. No fits or nervousness after treatment of Dr. Kline's Great Nerve Restorer. Found for \$1.00. 2200 Broadway, New York. Dr. R. H. Kline, Ltd., 301 Arch St., Philadelphia, Pa.

Former White House Mistresses.

Residing in Washington at present are three former mistresses of the White House—Mrs. Letitia Tyler Semple, daughter of President Tyler; Mrs. Harriet Lane Johnson, niece of James Buchanan, and Mrs. Ulysses S. Grant.

DEAFNESS CANNOT BE CURED

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by the restoration of the nervous system. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube gets inflamed you have a rumbling sound or imperfect hearing, and when it entirely closes deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is not a local inflammation, but a general condition of the mucous surfaces. We will give one month's free trial of our treatment (caused by catarrh) that can not be cured by Hall's Catarrh Cure. Send for circulars, free. F. J. CHENEY & CO., Toledo, O. Sold by Druggists everywhere. Beware of cheap imitations. Hall's Family Pills are the best.

The Union Idea.

"Did you tip him off to the police?" "Sure," answered the confidence man. "Why?" "He's a non union safe holder."

The Oldest and Best.

S. S. S. is a combination of roots and herbs of great curative powers, and when taken into the circulation searches out and removes all manner of poisons from the blood, without the least shock or harm to the system. On the contrary, the general health begins to improve from the first dose, for S. S. S. is not only a blood purifier, but an excellent tonic, and strengthens and builds up the constitution while purging the blood of impurities. S. S. S. cures all diseases of a blood poison origin, Cancer, Scrofula, Rheumatism, Chronic Sores and Ulcers, Eczema, Psoriasis, Salt Rheum, Herpes and similar troubles, and is an infallible cure and the only antidote for that most horrible disease, Contagious Blood Poison.

A record of nearly fifty years of successful cures is a record to be proud of. S. S. S. is more popular today than ever. It numbers its friends by the thousands. Our medical correspondence is larger than ever in the history of the medicine. Many write to thank us for the great good S. S. S. has done them, while others are seeking advice about their cases. All letters receive prompt and careful attention. Our physicians have made a life-long study of Blood and Skin Diseases, and better understand such cases than the ordinary practitioner who makes a specialty of no one disease.

We are doing great good to suffering humanity through our consulting department, and invite you to write us if you have any blood or skin trouble. We make no charge whatever for this service.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

AUNT CINDY'S RECIPE.

The Washington Girl Found Out How to Make Sweet Potato Pie. A Washington girl was recently visiting in Lynchburg, Va., and while there was greatly impressed with the perfection of the sweet potato pies that old Aunt Cindy, the cook, used to send up for the delectation of the company. Such richness, such sweetness, such flakiness of crust, such delicate and delicious blending of flavors were never before obtained by mortal hand. So, armed with pencil and notebook, in true cooking school style, and fortified by permission of her hostess, she ventured into the kitchen to learn the sweet secret.

"Come in, honey, come in, my make yo'se'f welcome," said Aunt Cindy affably, when her visitor modestly presented herself at the kitchen door. It is needless to say that Aunt Cindy was a relic of antebellum days, and valued accordingly.

"I want to get your recipe for sweet potato pies, auntie," seating herself on the chair Aunt Cindy had hospitably wiped with her apron.

"Law, chile, I des cooks out o' my haid; I don't go by no writin'," replied the old woman. "Certainly, but your proportions must always be the same or your results would vary." The Washington girl was a cooking school graduate with "one cup" of this, "two cups" of that and "three cups" of the other fresh in her mind. "Let's begin with the eggs," she continued, observing the old woman's puzzled face. "How many eggs do you use?"

"Well, yo' know how aigs is, honey," replied Aunt Cindy, judicially; "some's big an' some's little; sometimes dey's skceer, an' sometimes dey ain't. I des puts in de aigs 'cordin' to de size ob 'em an' how many I'se got."

"How many sweet potatoes do you use?" asked her questioner, somewhat bewildered.

"Dat's 'cordin' to de size ob de family, ob co'se," said the old woman. "When we all got company, as we moen' in generally has, I uses mo', an' when dey ain't nobody but des we all, hit don't take so many."

"Right smart o' butter," responded Aunt Cindy emphatically, evidently thinking she was accurate at last. "Ain't nothin' good widout butter, an' I always puts in er plenty."

"How about sugar?" questioned the young woman.

"Sugar to tas', honey; sugar to tas'. Some folks likes 'em sweeter's others; we all likes ourn tolerbul sweet."

"What else do you put in?" was asked before the book was closed in despair.

"Oh, des whatever's handy," answered the old woman. "Sometimes I puts in er little cream, but yo' don't haf to do dat; des 'cordin' to wedder you's got any er not; an' er pinch o' spice, but dey ain't no spechul rule 'bout seasonin'."

"I am very much obliged to you, auntie," said the Washington girl, politely, if insincerely, as she gathered up her book and pencil and left the kitchen.

But Aunt Cindy was not to be deceived. "Pears like folks dese days can't understand nothin' yo' tells 'em," she remarked when the young woman was out of hearing. "Fo' de war" when I wuz er chille—" But as Aunt Cindy turned toward the stove, says the Washington Star, her reminiscences were lost in a cloud of fragrant steam that arose from a sauceman where "right smart o' butter" and "sugar to tas'" were bubbling in toothsome harmony.

HAVE BEEN WEDDED FIFTY YEARS.



WILLIAM NABER AND WIFE. Mr. and Mrs. William Naber recently celebrated their fiftieth wedding anniversary at their home, Enochsburg, Ind. Naber is a retired furniture manufacturer, well known in Cincinnati, where he and his wife resided for many years. They were married at Holy Trinity Church, 5th street.—Cincinnati Post.

Our Nation's Dead.

In seventy-five separate and distinct national cemeteries the bodies of nearly 300,000 soldiers who died during the civil war are interred, and the decoration of their graves with flowers on the fixed day has become a national custom. Some of the cemeteries contain each a silent army of over 10,000 soldiers, in serried ranks, marked by the white headstones, on nearly half of which is inscribed, "Unknown." The world may be searched in vain for anything similar or kindred. There is no other such impressive sight.—Scribner's Magazine.

Ten Years' Progress.

The net result in respect of speed is that, while ten years ago the highest sustained ocean speed was 20.7 knots, it is now 23.51 knots; the highest speed for large warships was 22 knots, and is now 23 knots on a trial of double the duration of those of ten years ago; the maximum speed attained by any craft was 25 knots, as compared with 30.581 knots now; while the number of ships over 20 knots was eight in 1891, and is fifty-eight now.—London Engineering.

We have a great horror of becoming so rich that we can afford a butler who will laugh at our way of pronouncing French dishes.

The larger the mortgage on a farm, the more likely it is to be called "Clear-field."

Never be miserly with sympathy for a crying child or a sick man.

They Know.

Dashaway—Did you tell the Brin-deleys that I was going to call there last night?

Cleverton—Yes. How did you know?

Dashaway—The wedding present I gave them was in the front parlor.—Town and Country.

Dealing in Mouse Whiskers.

The business done in mouse whiskers is considerable this year, for they are used in the making of the wonderful new fly for fishermen—the new gray gnat. And they are expensive—nearly two cents a whisker. Trout rise very much better at mouse whisker flies than at the same "gnat" dressed in jangle-cock hackles, which look very much like them.

Automatic Locomotive Stoker.

An automatic locomotive stoker has made its appearance on the Panhandle and it bids fair to make the fireman's position a sinecure. Despite the fact that the contrivance is said to be proving a success, there is no talk of doing without the services of firemen, who will be expected to take more part in the running of the engines, provided the fuel is taken care of.

Harper.

Author—There! I've finished that novel in three weeks, and now I must not be interrupted for six months.

His Wife—What are you going to do now?

Author—I'm going to write a short story.—Harper's Bazar.

Jungle Talk.

"Hello! Where are you going?" cried the lion as the fleet footed stag dashed by him.

"Oh, I'm just traveling for my health," panted the stag. "Why do you ask?"

"My friend the tiger invited me to participate in a stag dinner party today, and I was wondering if you were the party."

A Lesson in Washing.

Pliny the Great could see things in front of his nose as well as afar off. "I notice that the women rub the washing in cold water," he wrote one day.

"Oh, I'm just traveling for my health," panted the stag. "Why do you ask?"

"My friend the tiger invited me to participate in a stag dinner party today, and I was wondering if you were the party."

Women in Tobacco Factories.

There are twenty tobacco factories in France—three in Paris and the others in the large cities. In 1899 they employed 17,184 hands, 15,732 of whom were women and girls. Besides these there are 714 persons employed as directors, overseers, foremen, etc.

A Lawyer's Witty Reply.

The Green Bag tells of a lawyer who was about to furnish a bill of costs. "I hope," said the client, who was a baker, "that you will make it as light as possible." "Ah," said the lawyer, "you might perhaps say that to the foreman of your establishment, but that is not the way I make my bread."

Goat Herds and No Forests.

Greece pays dearly for her goats. They are everywhere, and wherever they are young trees can not grow, says the Forest Leaves. Theholm oak, for example, if left to itself attains a height of thirty or forty feet; but it is usually kept down by the goats to the dimensions of a shrub, at the top of which they continually gnaw.

A Gentle Little Knock.

"Ah, yes!" sighed the young poet, "when I'm dead I suppose the people who neglect me now will be making pilgrimages to my grave."

"Why?" she asked—"to make sure that the news is not too good to be true?"—Chicago Record-Herald.

Objected to Insects as Food.

Little Edith had never seen a lobster before, and when dining at the home of a playmate she was offered a portion, she politely replied: "No, thank you; I never eat grasshopper."

A Christmas Dinner That Was Not Eaten because of indigestion; this sorry tale would not have been told if the system had been regulated and the digestion perfected by the use of Nature's remedy, Garfield Tea. This wonderful Herb medicine cures all forms of stomach, liver and bowel derangements, cleanses the system, purifies the blood and lays the foundation for long life and continued good health. Garfield Tea is equally good for young and old.

The Proof.

Then the defiant militant spirit took possession of the devoted missionary.

You think I'm a pudding!" he cried. "I'll show you I am not!"

The proof of the pudding is in the eating!" rejoined the savage dorky.—Detroit Free Press.

DO YOU WORK IN THE WET? THE ORIGINAL TOWER'S FISH BRAND OILED CLOTHING. SURE PROTECTION AND IS MADE FOR SERVICE. SHOWING FULL LINE OF GARMENTS AND HATS. A. J. TOWER CO. BOSTON, MASS. 42

PISO'S CURE FOR CONSUMPTION. CURE all coughs, croup, whooping cough, asthma, etc. Sold by Druggists.

SISTERS OF CHARITY

Use Pe-ru-na for Coughs, Colds, Grip and Catarrh A Congressman's Letter.



Dr. Hartman receives many letters from Catholic Sisters all over the United States. A recommend recently received from a Catholic institution in Detroit, Mich., reads as follows:

Detroit, Mich., Oct. 8, 1901. Dr. S. B. Hartman, Columbus, Ohio: Dear Sir—The young girl who used the Peruna was suffering from laryngitis, and loss of voice. The result of the treatment was most satisfactory. She found great relief, and after further use of the medicine we hope to be able to say she is entirely cured."

This young girl was under the care of the Sisters of Charity and used Peruna for catarrh of the throat, with good results, as the above letter testifies.

of this country. The following letter is from Congressman Meekison, of Napoleon, Ohio:

The Peruna Medicine Co., Columbus, O. Gentlemen:—"I have used several bottles of Peruna and feel greatly benefited thereby from my catarrh of the head, and feel encouraged to believe that its continued use will fully eradicate a disease of 30 years' standing."

DAVID MEEKISON. If you do not receive 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.

Dr. Hartman, one of the best known physicians and surgeons in the United States, was the first to formulate Peruna. It was through his genius and perseverance that it was introduced to the medical profession

The Most Suitable Present For an Oregonian is An Allesina Rust-Proof Umbrella.

At Our New Store, 286 Washington Street. The Largest Exclusive Umbrella Emporium West of Chicago. JOHN ALLESINA, Portland. 309 MORRISON STREET. (Two Stores.) 286 WASHINGTON STREET.

APPENDICITIS



that dreadful fiend that threatens the life of rich and poor, can attack and kill only those whose bowels are not kept thoroughly cleaned out, purified and disinfected the year round. One whose liver is dead, whose bowels and stomach are full of half decayed food, whose whole body is unclean inside, is a quick and ready victim of appendicitis.

If you want to be safe against the scourge, keep in good health all the time, KEEP CLEAN INSIDE! Use the only tonic laxative, that will make your bowels strong and healthy, and keep them pure and clean, protected against appendicitis and ALL EPIDEMIC DISEASES. It's CAS-CARETS, that will keep and save you. Take them regularly and you will find that all diseases are absolutely

PREVENTED BY



LIVER TONIC. BEST FOR THE BOWELS. NEVER SOLD IN BULK. 10c, 25c, 50c. ALL DRUGGISTS.

CURE all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, flat mouth, headache, indigestion, pimples, pain after eating, liver troubles, sallow complexion and dizziness. If your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a starter for the chronic ailments and long years of suffering that come afterwards. No matter what you do, start taking CAS-CARETS today, for you will never get well and be well all the time until you put your bowels right. Take our advice, start with CAS-CARETS today, under an absolute guarantee to cure or money refunded.

O.R.&N. OREGON SHORT LINE AND UNION PACIFIC. Not the Same. Cholly—I understand you said no girl would ever marry Gussie Gayboy or me because we were too fastidious. Miss Peppery—You didn't catch it quite right. I said you were two fast idiots.—Philadelphia Press.

FERRY'S SEEDS For The Farmer and The Housewife. They cost a little more. They give you a good crop and more than the ordinary kind. They are every where. Sold annual free. D. M. FERRY & CO. DETROIT, MICH.

HOOSIER DRILLS. Are best because they are thoroughly well made of best material. Are stronger and heavier than others, hence more durable. The feed is absolutely accurate, reliable and positive, and will run same quantity, up or down hill or on side hill. Hoosier Drills are cheapest because BEST. We keep full stock of repairs at principal points in the Northwest. Catalogue free.

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JOHN POOLE, Portland, Oregon, Foot of Morrison street.

Can give you the best bargains in Buggies, Plows, Boilers and Engines, Win-mills and Pumps and General Machinery. See us before buying.

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Holiday Resolutions. KEELY KEELEY CURE. Sure relief from liquor, opium and tobacco habits. Send for particulars to Keely Institute, Ave., Portland, Oregon.

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