

HOW A BEAUTIFUL WOMAN ESCAPED SPRING CATARRH BY THE USE OF PE-RU-NA

Nothing Robs One of Strength Like Spring Catarrh---
Spring Fever is Spring Catarrh.



MISS HELEN WHITMAN.

Miss Helen Whitman, 308 1/2 Grand avenue, Milwaukee, Wis., writes: "There is nothing like Peruna for that tired feeling, which gives you no ambition for work or play. After a prolonged illness, about a year ago I felt unable to regain my health, but four bottles of Peruna made a wonderful change and restored me to perfect health. As long as you keep your blood in good condition you are all right, and Peruna seems to fill the veins with pure, healthful blood. I thoroughly endorse it."

MISS HELEN WHITMAN.

Have you got nerves? Well, you ought to have nerves. But they ought to be strong nerves, 'good nerves. Does your hand tremble? You are living too fast. Does your heart flutter at times? You had better call a halt. Americans live too fast. They crowd too much into a single day. They have too little leisure. The hospitals and insane asylums are filling up. The quiet, pastoral scenes of yore are becoming rare. It's time that we quit this sort of business.

How to Get Strong Nerves.

First, repair the injury already done to your nerves. The way to do this is to do exactly as did Mattie B. Curtis,

secretary of Legion of Loyal Women, Hotel Salem, Boston, Mass. She said in a recent letter: "I suffered for over a year with general weakness and debility, manifested in severe headache and backache. I took four bottles of Peruna, and for two months have been entirely free from these maladies."

Nervous Prostration.

Thousands of cases might be quoted in which Peruna has been used to rescue people from the perdition of deranged nerves, and put them on the good, solid foundation of health. The county auditor of Erie county, New York, Hon. John W. Neff, in a recent letter written at Buffalo, New York,

stated: "I was persuaded by a friend to try a bottle of your great nerve tonic, Peruna, and the results were so gratifying that I am more than pleased to recommend it."

A Spring Tonic.

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. Everyone 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."

Catarrh in Spring.

The spring is the best time to treat catarrh. Nature renews herself every spring. The system is rejuvenated by spring weather. This renders medicines more effective. A short course of Peruna, assisted by the balmy air of spring, will cure old, stubborn cases of catarrh that have resisted treatment for years. Everybody should have a copy of Dr. Hartman's latest book on catarrh. Address The Peruna Medicine Co., Columbus, Ohio.

Mrs. Lulu Larmer, Stoughton, Wis., says:

"For two years I suffered with nervous trouble and stomach disorders until it seemed that there was nothing to me but a bundle of nerves. I was very irritable, could not sleep, rest or compose myself, and was certainly unfit to take care of a household. I took nerve tonics and pills without benefit. When I began taking Peruna I grew steadily better, my nerves grew stronger, my rest was no longer fitful, and today I consider myself in perfect health and strength. My recovery was slow but sure, but I persevered and was rewarded by perfect health."

Mrs. Lulu Larmer.

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, O.

London Now Has Many Gorgeous Hotels

The impending erection in Piccadilly of two immense hotels—one on the site of St. James' Hall and adjoining property and the other on the site of the present Walsingham and Bath hotels—emphasizes the fact that the west end is becoming the chief area for hotel life in London.

A few years ago the Strand and Trafalgar Square could claim pre-eminence as the center of the most celebrated hotels—the Savoy, the Cecil, the Metropole, Morley's, the Golden Cross, etc.—but quite recently a new and improved style of "hotel de luxe" has come into existence, and within a brief space of time it seems probable that the west end will be "hotelized" on a scale, both of magnitude and luxurious refinement, surpassing the airiest dreams of the hotel manager of fifteen years ago.

While the wonderful Ritz Hotel, to reach from Arlington street to the Green Park, promises to be the most splendid in London, Claridge's, just off Grosvenor Square, has already introduced the modern hotel life into the very heart of Mayfair. Very startling is the contrast—now non-existent—between the richness of Claridge's and the plainness, almost amounting to poverty, of the old Bath Hotel, stripped of the homely old mahogany furniture which may have been there since John Adams, the first American ambassador, put up at the hotel.

For nearly 150 years the old Bath Hotel has been looked upon by generations of Londoners as one of the mysteries which only the aristocratic might penetrate. There is something forbidding in the words, painted on the Piccadilly side of the house, "Bath Hotel—for Families and Gentlemen," and millions of people must have looked upon the plain, dowdy old corner building, with its coat of dirty paint, and have fancied the interior to be, by contrast, a marvel of comfort.

But now, being doomed to destruction, the old place has been subjected daily to inspection by brokers, and the auctioneer has sold its contents. And the famous Bath Hotel stands revealed as a wretched jumble of passages and rooms devoid of attraction and fit only for the housebreaker. Its floors have reached the "switchback" stage. There are unsuspected little steps, some up and some down, into many of the rooms. The old portable baths—in a Piccadilly Hotel!—emphasizes the change which has taken place between the era of the Bath and the era of Claridge's and the Carlton.

All over the west end, says the London Mail, the "hotel de luxe" is springing up. In Sloane street the Cadogan, close by the Hans Crescent in Mount street, the Coburg in Kensington Gore, the De Vere and Royal Palace hotels, all tell the same tale. And the middle-aged hotels in Albemarle street and thereabout are blossoming into a new and more luxuriant existence.

BUILDS A CHURCH FOR ITALIANS

Noble Benefaction of Adrian Iselin, a New York Financier.

Adrian Iselin, a New York financier, whose family has spent \$750,000 building Catholic churches and schools in

New Rochelle, has recently added to the list of benefactions by closing the contract for the erection of a church and parish home for Italians of New Rochelle at a cost of \$30,000. Mr. Iselin will also furnish the rectory and supply the priest with vestments and everything else necessary.

Although Mr. Iselin is a Protestant of Swiss Huguenot ancestry, he and his family have been large givers to the Catholic Church in this country. They gave St. Gabriel's Church and rectory, in New Rochelle, at a cost of \$250,000; St. Catherine's Church and rectory, in Pelham Manor; St. Gabriel's Academy, in New Rochelle, valued at \$115,000; the old Leland Castle, in New Rochelle, which is being used as a school by the Ursuline nuns; St. Eleonora's Home for Convalescents, at Tuckahoe, and several other church buildings. The banker was led to take an interest in the welfare of the church by his wife, the late Eleonora O'Donnell Iselin, who was a native of Baltimore and belonged to one of the oldest Catholic families in the United States.

On the Spanish Main. They were speaking of the great pirate. "He reminds me of a crusty landlady," whispered the freebooter with side whiskers.

"Why so, mate?" queried the dark man at his side. "Because he can repel so many boarders."—Chicago News.

Of course it is your duty to love those around you all the better for their faults, but do you?

Weak?

"I suffered terribly and was extremely weak for 12 years. The doctors said my blood was all turning to water. At last I tried Ayer's Sarsaparilla, and was soon feeling all right again."

Mrs. J. W. Fiala, Hadlyme, Ct.

No matter how long you have been ill, nor how poorly you may be today, Ayer's Sarsaparilla is the best medicine you can take for purifying and enriching the blood.

Don't doubt it, put your whole trust in it, throw away everything else.

\$1.00 a bottle. All druggists.

Ask your doctor what he thinks of Ayer's Sarsaparilla. He knows all about this grand old family medicine. Follow his advice and we will be satisfied.

J. C. AYER CO., Lowell, Mass.

Difference.

"What sort of a man is my husband? Well, before we were married he wouldn't leave the house before midnight, and since that he never enters it before."—Journal Amusant.

Piso's Cure is a good cough medicine. It has cured coughs and colds for forty years. At druggists, 25 cents.

Just Saw the Point.

Dalton—How that English chap did laugh at your joke.

Waller—Yes, he must have heard it before.

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

A Succession of Failures.

Hewitt—Gruett says that his life has been a complete failure.

Jewett—Well, he started wrong; he was once on a Harvard football team.



WHEN
PAIN & ANGUISH
WRING BROW,
A MINSTERING
ANGEL THOU:

BROMO-
SELTZER
10¢
SOLD EVERYWHERE.



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 these harmless remedies this famous doctor knows the action of over 800 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:

THE C. GEE WO CHINESE MEDICINE CO.
132 1/2 Third St., Portland, Oregon.
Mention paper.

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

DYSPEPSIA

"For six years I was a victim of dyspepsia in its worst form. I could eat nothing but milk toast, and at times my stomach would not retain and digest even that. Last March I began taking CASCARETS and since then I have steadily improved, until I am as well as I ever was in my life."

DAVID H. MURPHY, Newark, O.



Pleasant. Palatable. Potent. Taste Good. Do Good. Never Sicken. Weaken. Or Grip. 10c. 25c. 50c.
... CURE CONSTIPATION. ...
Selling Remedy Company, Chicago, Montreal, New York. 311
NO-TO-BAC Sold and guaranteed by all druggists to CURE Tobacco Habit.

AMERICAN CREAM SEPARATORS

Are sold subject to approval and at a price that will enable you to make a good profit on a few cows. The cleanest, fairest machine in all the world. Strongest in ALL these points than any other, viz:

- Close Skimming.
- Easy Clean.
- Light Running.
- Durability.

Write for free catalogue.

MITCHELL, LEWIS & STAYER CO.
PORTLAND, Ore.
SPOKANE, Wash. BOISE, Idaho
Won Medal, Paris, 1900.

P. N. U. No. 18-1903.
WHEN writing to advertisers please mention this paper.

REIERSON MACHINERY CO.
Successors to John Poole.
Foot of Morrison street, Portland, Oregon.
Write us or call for prices on everything in the machinery line. Closing out at cost: Wagons, Buggies, Cream Separators—also all second hand goods, to make room for new line.

I WANT TO BUY FOR CASH
Chicken, Duck and Goose feathers.
Address
O. O. SMITH.
10th and Davis Sts., Portland, Or.

FARM SEEDS
SALZER'S SEEDS NEVER FAIL!
1,000,000 Customers
Proudest record of any seedman on earth, and yet we are reaching out for more. We desire, by July 1st, 1904 more and hence this unprecedented offer.
\$10.00 for 10c.
We will mail upon receipt of 10c. in stamps our great catalogue, worth \$100.00 to any wide awake farmer or gardener to get with many farm seed samples, including: Hardseeded Barley, Bromus, Rape, etc., etc., positively worth \$10.00 to get a start with, upon receipt of but 10c. in stamps.
Please send this adv. with 10c. to Salzer.
SALZER'S SEED CO., LACROSSE, WIS.
Catalog alone, 5c. Send at once.

THE Keeley Cure

Alcohol, Opium, Tobacco Using &

Write for ILLUSTRATED CIRCULARS
DR. J. MONTGOMERY 353
PORTLAND, ORE.
Telephone Main 394

THE CALIFORNIA BOTANICAL GATEWAY TO HEALTH AND WEALTH
Is really a one dollar book mailed you for 25 cents silver, to introduce it. It tells you about newly discovered Botanical Remedies for the cure of many diseases, new ways to make money and get employment, to nurse and care for the sick, to prolong old age and live 100 years, the newly discovered Angio Worm Oil massage for removing wrinkles and beautifying the complexion, new varieties of roses, fruits and vegetables, the wheat, corn and sunflower food, cereal coffee, imitation cala, gold and silver, stands acids, preventing smallpox, pituitary, maple syrup and sugar from wood, new soft drinks, trade secrets for manufacturers, things you need not ask the doctor, a real home doctor book and encyclopedia of general information, wanted by every man and woman that wants health and wealth. Is about 100 pages, 4x9, paper cover. Contents sheet free.
The California Botanical Medicine Co.,
1088 North Alvarado St., Los Angeles, Cal.

Steam Wood and Drag Saws to Order.
PERFECT FITTING PISTON AND VALVE RINGS.
THE McCauley Machine Works, Foot of Morrison St., Portland, Or.

NOTHING SO GOOD FOR CHICKENS AS THE PRUSSIAN POULTRY FOOD!
Makes Hens Lay and Keeps them laying. Cures Cholera, Roup and all Diseases. It Strengthens Young Chicks and Helps Them Grow.
WOULDN'T BE WITHOUT IT.—Chas. Lack, Rosalia, Wash., says he wouldn't be without Prussian Poultry Food.
PRODUCES EGGS.—As an egg producer Prussian Poultry Food has no equal.—J. H. Payne, Palmsville, Ohio.
Prussian Poultry Food, FREE. PRUSSIAN REMEDY CO., St. Paul, Minn.
PORTLAND SEED CO., Portland, Oregon, Coast Agents.

Poultry Netting
WHOLESALE
RETAIL
Wire and Iron Fencing
BANK AND OFFICE RAILINGS
Barbed Wire, Wire and Lawn Fencing.
Portland Wire & Iron Works
MANUFACTURERS. 147 FRONT ST.