

That Tired Feeling

Is a Common Spring Trouble.

It's a sign that the blood is deficient in vitality, just as pimples and other eruptions are signs that the blood is impure.

It's a warning, too, which only the hazardous fail to heed.

Hood's Sarsaparilla and Pills

Remove it, give new life, new courage, strength and animation.

They cleanse the blood and clear the complexion.

Accept no substitute.

"I felt tired all the time and could not sleep. After taking Hood's Sarsaparilla a while I could sleep well and the tired feeling had gone. This great medicine has also cured me of scrofula." Maa. C. M. Root, Gilad, Conn.

Hood's Sarsaparilla promises to cure and keeps the promise.

No Bath, No Wife.

Among the Turks bath money forms an item in every marriage contract, the husband engaging to allow his wife a certain sum for bathing purposes. Should it be withheld she has only to go before the cad and turn her slipper upside down, and if the complain be not then redressed it is ground for a divorce.

Merely a Listener.

"And you never gossip about your friends?"

"Never," answered Miss Cayenne. "I can't bring myself to be so cruel as to interrupt my friends when they are gossiping about one another."

Hot Air Cookery.

"I got a cold supper when I went home tonight, and you bet I kicked about it."

"Did that do you any good?"

"Well, my wife made it warm for me."—Philadelphia Press.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that can be cured by Hall's Catarrh Cure.

F. J. CHENEY & Co., Props., Toledo, O. We the undersigned, have known F. J. Cheney for the past 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

West & Trux, Wholesale Druggists, Toledo, W. L. KIRK & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly on the blood and mucous surfaces of the system. Price 75c per bottle. Sold by all Druggists. Testimonials free. Hall's Family Pills are the best.

A Jilted Woman in Honduras.

The civil war in Honduras was started by a girl who was jilted by the president-elect. Yet, says the Chicago Record-Herald, some of the reformers think woman isn't playing a large enough part in the affairs of the nations.

Always look for this trade mark: "The Klean, Kool Kitchen Kind." The Stoves without smoke, ashes or heat. Make comfortable cooking.

Finest Gold Plate Service.

The marquis of Breadalbane owns a service of gold plate which is one of the finest in the world. It is valued at \$600,000. That of Lord Rothschild is worth about \$500,000.

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

Painful Subject.

The Admirer—"The fringe of magnolia beyond the lagoon." There is something poetic about the word "fringe."

The Poet—Yes, except when it refers to trousers.—Stray Stories.

I WANT TO BUY FOR CASH

Chicken, Duck and Geese feathers. Address

O. O. SMITH.

10th and Davis Sts., Portland, Or.

TAPE WORMS

"A tape worm eighteen feet long at least came on the scene after my taking two CASCARETS. This I am sure has caused my bad health for the past three years. I am still taking Cascarets, the only cathartic worthy of notice by sensible people."

GEO. W. BOWLES, Baird, Miss.



Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken, or Gripes, etc. CURE CONSTIPATION. Sizing Remedy Company, Chicago, Montreal, New York. 215

NO-TO-BAC Sold and guaranteed by all druggists to CURE Tobacco Habit.

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

WHAT A SNEEZE PORTENDS.

Superstitions Which Are Associated with This Simple Act.

In almost every land, civilized and uncivilized, the act of sneezing is regarded with more or less of superstition. There is an equivalent in nearly all languages for the "God bless you" of the Irish peasant when a person is moved to declare the presence of a tickling sensation in his nostrils. To this salutation in France is added sometimes the phrase "and preserve you from the fate of Tycho Brahe," who is believed to have got rid of a "death of cold" by a single sneeze—which killed him. In England a regular formula is used: "Once for a wish, twice for a kiss, three times for a letter and four times for a disappointment."

In Italy the salutation is simply "Felicità" or "May you be fortunate!" In India it is customary when one sneezes to say, "May you live!" and the reply runs, "Long life to you!" Should a Hindu chance to sneeze while he is going through his peculiar ablution practices in the Ganges he will make a kind of sign over his face, stop in his ritual and begin all over again.

In ancient times the Romans, holding the idea that sneezing between noon and midnight was a good omen, believed that between midnight and noon it was most unlucky, and if they should chance to sneeze while getting up in the morning they would at once get into bed again. There must be something in this, especially on very cold mornings, but boys home for their holidays are not as a rule superstitious, and it might be difficult for them to impress their parents with a saving belief in this happy superstition.

The Germans say "Good health!" because they maintain, and not without reason, that sneezing is a warning of approaching catarrh and also marks the moment when a charm, a wish or a suggestion may drive it away. The Persians go further in this idea; they say what practically amounts to "Thank God!" because they consider that the sneeze has actually driven away some evil spirit that has attempted to get into a man's body to feed upon his sacred fires.

The people of the Amazon go even further than this into superstition and arrive at the stage of actual devil worship. No doubt they would style it "angel worship," but the things to which these so-called angels are supposed to lend themselves put that high-sounding name quite out of the question. Their uncivilized familiar spirits are said to give some sign when they are near and able to help their votaries.



Possibilities of Goat's Milk.—Believing that with a treatment of goat's milk he can accomplish the complete eradication of consumption, Dr. Robert Williams is establishing an immense goat camp in the Mogollon mountains of Arizona. Williams claims that he himself was cured of consumption by a diet of goat's milk and he has experimented on hundreds of others with similar results. The idea of the cure came to him by reading of the wonderful cures of goat lymph. He argued that if the lymph would cure locomotor ataxia, paralysis, chronic articular rheumatism and similar diseases, there must be virtue in goat milk for pulmonary affections.

Granular Eyelids.—The marked increase in the prevalence of granulated lids, or trachoma, in this country in recent years is attracting the attention of the sanitary authorities. The disease prevails chiefly in schools or wherever numbers of children are brought together in intimate relation. It is an inflammation of the conjunctiva lining the eyelids, running a slow, but obstinately progressive course, and in times including secondary changes in the cornea and conjunctiva covering the eyeball, which may seriously affect or even destroy the sight. The treatment is very difficult and can be carried out effectively only by a skilled physician, but much can be done in the way of prevention. The disease is contagious, and an entire school may speedily become infected from a single case. A child suffering from this trouble should not be allowed to attend school, and all cases which occur in institutions should be isolated as strictly as if they were cases of scarlet fever or smallpox. Above all, there must be no use of towels, soap or wash basins in common.

Industry without knowledge is better than knowledge without industry.

CHANGE OF LIFE.



Some sensible advice to women passing through this trying period.

The painful and annoying symptoms experienced by most women at this period of life are easily overcome by Lydia E. Pinkham's Vegetable Compound. It is especially designed to meet the needs of woman's system at the trying time of change of life.

It is no exaggeration to state that Mrs. Pinkham has over 6000 letters like the following proving the great value of her medicine at such times. "I wish to thank Mrs. Pinkham for what her medicine has done for me. My trouble was change of life. Four years ago my health began to fail, my head began to grow dizzy, my eyes pained me, and at times it seemed as if my back would fall me, had terrible pains across the kidneys. Hot flashes were very frequent and trying. A friend advised me to try Lydia E. Pinkham's Vegetable Compound. I have taken six bottles of it and am now free from those troubles. I cannot speak in high enough terms of the medicine. I recommend it to all and wish every suffering woman would give it a trial."—Bella Ross, 88 Montclair Ave., Roslindale, Mass.—\$6000 for full original of above letter proving genuineness cannot be produced.

Lengthening the Joy.

Dot—Is that all the pie I may have, mother? Mother—Yes, dear. Dot—Then, mother, will you please cut it in two pieces and give me one at a time?

Roy Stannard Baker's description of "The Great Northwest" are giving the men and women of the East a better understanding of the vastness and wealth of that wonderful region. The magnitude of the Northwest's forests and of its lumbering industry—Tacoma can boast the greatest sawmill, with one exception, in the world—will be the text of the fascinating story, in the May Century, of "The Conquest of the Forest."

Poor Proof of Insanity.

At Edinburgh, Scotland, a lady has been found insane who left \$2,000 to provide a fund for the rescue of sane persons improperly placed in lunatic asylums.

THE HOW AND WHY.

Much you may have guessed about life insurance may be wrong. Mr. H. C. Lippincott, of Philadelphia, one of the most foremost insurance authorities of the age, has copyrighted a little book entitled "The How and Why." It has been adopted by several Eastern colleges to teach the first principles of life insurance, and may be had free by addressing Sherman and Harmon, general agents Penn Mutual Life Insurance Co., Murquham building, Portland, Or. It may help you to understand How and Why the Penn Mutual during 1902 wrote a larger amount of insurance in Oregon than was ever before written in the state by any company in one year.

The Only Thing Wanted.

Mrs. Noorich—Isn't it grand to ride in your own carriage? Mr. Noorich—Yes, but I'd enjoy it more if I could stand on the sidewalk and see myself ride by.—Brooklyn Life.

Et tu, Brute.

Dr. Pellett—I hate to twit on facts, Mr. Pharmar, but how many persons do you suppose you have killed by putting up the wrong medicine?

Mr. Pharmar—Can't say; but think of the lives I have saved by failing to follow your prescriptions.—Boston Transcript.

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

Easily in Combination.

"Dey tells me," said Uncle Eben, "dat contentment is better dan riches, but I 'spicions dat wif de proper facilities I could had bot of 'em at once."

You Can Get Allen's Foot Ease FREE. Write Allen B. Olmsted, LeRoy, N. Y., for a free sample of Allen's Foot Ease. It cures chapped, sweating, damp, swollen, aching feet. It makes new or tight shoes easy. A certain cure for Corns and Bunions. All druggists sell it. 25c. Don't accept any substitute.

Spoiling for a Fight.

"That American prize fighter will spare no expense in his match with the Frenchman."

"Is that so?"

"Yes. He's even willing to have it come off by cable."

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. Dr. R. H. Kline, Ltd., 611 Arch St., Philadelphia, Pa.

Easily Accounted For.

"Lillian," said a certain little girl's mamma, "there were three pieces of cake in the pantry and now there is only one. How did that happen?" "Well," said the girl, her eyes wide open with excitement, "it was so dark in there I didn't see the other piece."

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 Angle 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, plagues, 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, 4x8, paper cover. Contents sheet free.

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CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Poorly?

"For two years I suffered terribly from dyspepsia, with great depression, and was always feeling poorly. I then tried Ayer's Sarsaparilla, and in one week I was a new man."—John McDonald, Philadelphia, Pa.

Don't forget that it's Ayer's Sarsaparilla that will make you strong and hopeful. Don't waste your time and money by trying some other kind. Use the old, tested, tried, and true Ayer's Sarsaparilla. \$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.

Her Palmy Days.

Patience—When I was young I had at least 50 offers for my hand. Patrice—Those are what you might call palmy days, I suppose.

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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. Plovers, Wagons, Buggies, Cream Separators—also all second hand goods, to make room for new.

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Alcohol, Opium, Tobacco Using Write for ILLUSTRATED CIRCULARS. Best & MONTGOMERY ST. PORTLAND, ORE. Telephone Main 394.

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