

FAMOUS ATHLETES PAY GLORIOUS 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.



PE-RU-NA
Renovates, Regulates, Restores a System Depleted by Calarrah.

John W. Glenister, of Providence, R. I., champion long distance swimmer of America, has performed notable feats in the 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 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. See athletes, with good muscular development, find the spring months especially trying.

Athletes everywhere 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.

Odd Animal Laws.
When a dog was unlawfully killed in countries differing so widely as Germany and Arabia the owner of the animal used to be indemnified in the following manner: The dog was hung up by the tail, with the point of its muzzle touching the ground, and the man who had committed the offense was obliged to pour over it corn or flour until the carcass was completely hidden by the heap. This heap then became the property of the man who owned the dog.

In Syria there was a specially curious variation, for if it were a street dog that was killed the flour was made into bread and given to its fellows. No doubt this arose from the value attached in those old parts to street dogs as scavengers. By the old Welsh laws of Howel the damages for killing an animal belonging to another were assessed in the same odd manner.

Notes on the May Century.
General attention is being called more and more to what seems to be a widespread religious awakening. Now it is Australia or Wales or New Zealand that is affected; then amazing reports come from Korea; next, perhaps, are extraordinary returns from Los Angeles, Atlanta or Pittsburg. These conditions will be discussed by Henry R. Elliot in the May Century under the title of "The World-wide Spiritual Awakening."

Mistaken Kindness.
Jack—Hello, old man! Awfully glad to see you. Here, take off that coat and put on this smoking jacket and make yourself comfortable. Dick—Hence take it! Do you mean to insinuate that I don't feel comfortable in a dress suit?

OLD SORES OFFENSIVE-DANGEROUS
Nothing is more offensive than an old sore that refuses to heal. Patiently, day after day, it is treated and nursed, every salve, powder, etc., that is heard of is tried, but does no good, until the very sight of it grows offensive to the sufferer and he becomes disgusted and morbid. They are not only offensive, but dangerous, because the same germ that produces cancerous ulcers is back of every old sore. The cause is in the blood and as long as it remains the sore will be there and continue to grow worse and more destructive. The fact that thousands of old sores have been cut out and even the bones scraped, and yet they returned, is indisputable evidence that the blood is diseased and responsible for the sore or ulcer.

Some years ago my blood became poisoned, and the doctor told me I would have running sores for life, and that if they were closed up the result would be fatal. Under this discouraging report I left off their treatment and resorted to the use of S. S. S. Its effects were prompt and gratifying. It took only a short while for the medicine to entirely cure up the sores, and I am not dead as the doctors intimated I would be, neither have the sores ever broken out again. **JOHN W. FONDIA.**
Wheeling, W. Va., May 28, 1903.

Valuable time is lost in experimenting with external treatments, such as salves, powders, washes, etc., because the germs and poisons in the blood must be removed before a cure can be effected. S. S. S. cleanses and purifies the circulation so that it carries rich, new blood to the parts and the sore or ulcer heals permanently. S. S. S. not only removes the germs and poisons, but strengthens the blood and builds up the entire system by stimulating the organs, increasing the appetite and giving energy to the weak, wasted constitution. It is an exhilarating tonic, aids the digestion and puts every part of the body in good healthy condition. Book on the blood, with any medical advice wished, without charge.

THE SWIFT SPECIFIC CO., ATLANTA, GA.



"Doctor, isn't there anything I can do for this weakness?" "Why, yes, try farming."—Life.

Johnny—Paw, what's the rest of that quotation beginning "Truth is mighty?" "Father—" "Scarce," I reckon.—Pittsburg Post.

He—I go to bed at night with gloves on to keep my hands soft. She—And do you wear your hat, too?—Harford Courant.

Medium—Do you wish to see your departed husband's spirit? Mrs. Whiffletree—No, I want to see his ghost! Josh never had no spirit!—Puck.

"So the specialist said you'd have to give up smoking for a while, eh?" "Yes, and he also said I'd have to give up \$15 for good."—Collier's Weekly.

Sultor—I'm poor but honest, sir. Old Rooksey—I don't doubt it at all, my boy; and unless you change your principles you'll never get rich.—Town Topics.

Nell—How in the world did you discover her age? Belle—I asked her at what age she thought a girl should marry, and she promptly said 27.—Philadelphia Ledger.

"What is the chief product of the United States?" asked the teacher in a European school. And without hesitation the bright pupil replied, "Money."—Washington Star.

"A New York man advocates the drowning of all idiots." "Why, the cruel brute! I shall raise my voice in protest!" "I—er—oh, well, it doesn't matter to me."—Houston Post.

"What is the secret of your success?" asked the very young man. "In buying," said the old horse dealer, "I look sharp, and in selling I look just as ignorant as I can."—Chicago Daily News.

"It's 1 o'clock, Fritz! We must run home." "No, if I go home now I shall be whipped for being so late. I'm going to stay till 6 and then I'll get bonuses and kisses because I'm not drowned."—Lustige Blaetter.

"Did you spend money to get into public office?" "No," answered Senator Sorghum; "I didn't spend it. I gave it away, and then depended on a decent sense of gratitude in the beneficiaries."—Washington Star.

Fair Devotee—I don't see any way to raise our church debt, except to have a lottery. Minister (shocked)—That will never have my sanction, madam, never, unless you call it by some other name.—New York Weekly.

Old Party—Boy, you'll catch cold if you get your feet wet in that puddle. Small Boy—Dat's what I'm after. I'm a goin' to speak "Spartacus to de Gladiators" at school on Friday, an' I wants to git me voice hoarse.—Chicago News.

"Their pay is shockingly small for some of our public officials," said the broad-minded man. "Yes," answered the cynic; "but it averages up. Some of the public officials are shockingly small for their pay."—Washington Star.

Finnegan—Oh, yis, Oi can understand how thin astronomers can calculate th' distance av a starry, its weight, and dusty and color, and all that—but th' thing that gets me is, how th' divvie do they know it's name.—Puck.

She—What is the use of searching for the North Pole, anyway? He—Why, it would result in a great saving of money if found. She—How's that? He—It wouldn't be necessary to send any more expeditions to look after it.—Philadelphia Inquirer.

Constituent—Now, Mr. Wunnout, I wish you'd do your best to get my boy a good government job. Congressman—Well, what can your son do? Constituent—What can he do? Great Scott, man! if he could do anything I wouldn't be bothering you!—Cleveland Plain Dealer.

Mrs. McCall—I do wish I could get a good maid. Mrs. Vandine—You might interview mine. I think she'd be delighted to go to you. Mrs. McCall—But why don't you keep her? Mrs. Vandine—Oh, she won't stay. She says she wants a place where she won't have so many gowns and hats to take care of.—Philadelphia Press.

Miss Snythe (organizing a subscription dance)—I'm in despair about our dance, Mr. Brown. So many people have failed me. You'll come, won't you? Mr. Brown (extremely stout)—It's all right, Miss Snythe; I'm not a dancing man. I don't dance at all! Miss Snythe—Oh, that don't matter in the least. You'd help to fill up, you know! Mr. Brown—Ah—yes—with pleasure. I will look in about supper time.—Punch.

Odessa.
Odessa is one of the finest cities in Russia. Foundations for the present city were made in 1794, and it is built upon territory ceded to Russia by Turkey in 1792. It has a population of 600,000, nearly a quarter of whom are really the Americans of Russia, enterprising, progressive and peaceful.

Would Certainly Scare Him.
It is safe to say that the man who had the first case of good old-fashioned jumping toothache thought he was a goner.—Detroit Tribune.

"This is a gross case," said a Manchester magistrate to a prisoner, who was making his 144th appearance before him for drunkenness.

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,
AGE CURE,
CHERRY PECTORAL.

Another Point of View.
Hyker—As Shakespeare says: "Jesters do often prove prophets."
Pyker—Yes, and he might have truthfully added that prophets often prove jesters—especially political and weather prophets.

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

Key to the Situation.
The sheriff was standing on the corner with a large brass key in his hand. "What's that big key for?" asked the inquisitive person. "That," answered the sheriff, "is the key to a clock factory. The proprietor let the business run down and I've got to wind it up. See?"

Effects of Prosperity.
In the six years of the country's greatest prosperity, from 1897 to 1903, average prices of breadstuffs advanced 65 per cent, meats 23.1 per cent, dairy and garden products 50.1 per cent., and clothing 24.1. All these were products of the farmer and stockman, who profited more than any other class of the community by these advances. The miner benefited 42.1 per cent, by that advance in the average price of metals. The only decrease in the average prices of commodities in that period was in railway freight rates, which decreased from .798 per ton-mile in 1897, to .763 in 1903, a loss of 4.4 per cent. The report of the Interstate Commerce commission shows that the average increase in the pay of railroad employes in that period was a trifle above 8.5 per cent.

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."

For forty years Pilo's Cure for Consumption has cured coughs and colds. At drugists. Price 25 cents.

At Short Range.
"It must be awful," said the typewriter boarder with the \$1.58 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.

PISO'S CURE FOR CONSUMPTION

Good Advice.
Sylvia—I'm invited to the Uperton's ball next week, but I really can't decide what to wear. What would you advise?
Phyllis—Well, dear, if I had your complexion I'd wear the thickest veil I could find.

Permanently Cured. No fits or nervousness after first day's use of Dr. King's Great Nerve Restorer. Send for Free \$2 trial bottle and treatise. Dr. R. H. King, Ltd., 301 Arch St., Philadelphia, Pa.

Edible Snails.
Daughter—The paper says that edible snails are advertised in English restaurants.
Old Lady—Land sakes! Who'd ever 'a' thought that edible snails were fit to eat.

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 drugists sell it. 25c. Don't accept any substitute.

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

OREGON BLOOD PURIFIER
TESTED AND TRUE—GUARANTEED NOW! Is the time to use IT.

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.

Beware of Ointments for Catarrh that Contain Mercury
Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescription from a reliable physician, 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. Let buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and acts on the blood. Sold by Druggists, price 50c. per bottle. Hall's Family Pills are the best.

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.

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Portland, Oregon.

P. N. U. No. 15-1905

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Positive, Comparative, Superlative.
"I have used one of your Fish Brand Bickers 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 remedy as a common one is ahead of nothing."
(Name on application.)

HIGHEST AWARD WORLD'S FAIR, 1904.
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Wonderful Home Treatment

This wonderful Chinese doctor is called great because he cures people without operations that are given up to die. He cures with these wonderful Chinese herbs, roots, barks, and vegetable matters 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 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.

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Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

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Purified Sassafras
Sassafras
Ginger
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Sage
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Licorice
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A perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

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W. L. DOUGLAS MAKES AND SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD. \$10,000 REWARD is any one who can disprove this statement.

W. L. Douglas \$3.50 shoes are the greatest sellers in the world because of their excellent style, easy fitting, and superior wearing qualities. They are just as good as those that cost from \$5.00 to \$10.00. The only difference is the price. W. L. Douglas \$3.50 shoes cost twice to make, hold their shape better, wear longer, and are of greater value than any other \$3.50 shoe on the market today. W. L. Douglas guarantees their value by stamping his name and price on the bottom of each shoe. Look for it. Take no substitute. W. L. Douglas \$3.50 shoes are sold throughout his own retail stores in the principal cities, and by shoe dealers everywhere. No matter where you live, W. L. Douglas shoes are within your reach.

"The Best I Ever Wore."
"I write to you that I have worn your \$3.50 shoes for the past five years, and find them the best I ever wore."—Rev. Frank E. Ripley, 608 East 12th St., Annapolis, Md.

Boys wear W. L. Douglas \$2.50 and \$2.00 shoes because they fit better, hold their shape and wear longer than other makes.

If W. L. Douglas shoes are worn in the East, they are the best made and most comfortable business in the world. No trouble to get a fit by mail. 25 cents extra postage delivery. If you desire further information, write for Illustrated Catalogue of Spring Styles.

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