



Pe-ru-na Strengthens the Entire System

Mr. Chas. L. Sauer, Grand Scribe, Grand Encampment I. O. O. F. of Texas, and Assistant City Auditor, writes from the City Hall, San Antonio, Tex.:

"Nearly two years ago I accepted a position as secretary and treasurer with one of the leading dry goods establishments of Galveston, Tex.

"The sudden change from a high and dry altitude to sea level proved too much for me and I became afflicted with catarrh and cold in the head, and general debility to such an extent as to almost incapacitate me for attending to my duties.

"I was induced to try Peruna, and after taking several bottles in small doses, I am pleased to say that I was entirely restored to my normal condition and have ever since recommended the use of Peruna to my friends."

"Why, Antonio," said the horrified matron, who had tossed a five-cent piece at the monkey, "does he always put a coin in his mouth when he picks it up?"

"Not his mouth," signora," corrected the organ grinder. "Her mouth."

"Hold on," said the insurance man. "We're only paying you for what you lost. No inflated values go. They cost you \$5. What else?"

"The average dog is better than the average man," says the Greenleaf Sentinel.

"Do a dog a favor and he will never forget it. He will be your lifelong friend thereafter. This does not apply to one dog or two dogs, but to all dogs. Do a man a favor and he may remember it and be your lifelong friend thereafter. Some will go back on you and do you dirt in five minutes after you have done them a favor. Some are only your friends so long as you are in shape to do them favors. Get into trouble and many will verbally sympathize with you, but only a few will show their friendship in a substantial manner. If a man is not a true friend, there is very little real nobility in his makeup. The more we see of some men, the more we think of dogs," as Madame de Staël said.—Kansas City Journal.

"An Advantage of the System." "Julia," said the mormon husband to his better half, "I proposed to the cook the other day."

"Oh, John, how sweet and thoughtful of you!" she exclaimed, delightfully. "Now, we can keep her in the family without raising her wages."—Baltimore American.

Condolences. Miss Braggitt—I get so much attention that positively sometimes I feel that social duty is a perfect elephant on my hands.

A WONDERFUL GROWTH.

Curious Details of Human Hair as Revealed by Microscope.

A study of the hair will afford novelty to many. It is so common a substance, and exhibits such a meager information to the unaided vision, that few people suspect it to be worthy of prolonged attention. Yet each hair of the human body is a wonderful growth, full of curious details.

The hairs of animals differ so considerably, one from the other, that a practiced microscopist can determine, upon viewing a single hair handed to him for inspection, from what creature it had been plucked. The hair of the human specimen sprouts from a tiny pit formed in the skin. Its so-called root is really a greasy bulb, occupying the cavity referred to, like an egg-shaped ball of fat, from which arises a tube with a sharp and well-defined shell, as it were, terminating at its utmost extremity in a point. This tube is filled for the greater part of its length with a pulpy matter, which may be compared with pith in plant stalks, although, scientifically regarded, it is of a totally different nature. The varied color of hair is due to interior deposits in the form of invisible grains of pigment, or natural paint, and it is through the loss of this matter that hair becomes gray, in which case the hair may be likened to a semi-transparent, glassy tube.

A very marvelous circumstance in connection with human hair lies in the fact that its outer surface is not smooth, as generally supposed. It is actually completely covered with incredibly minute scales in a similar manner to the wings of butterflies and the bodies of fishes—that is to say, these invisible slabs overlap one another precisely as do the tiles of a house. This statement may be verified readily by detaching a hair from a lady's head—by preference—and while holding the opposite ends in both hands, so that it becomes stretched and taut, dragging it across the tender surface of one's lips. When drawn in the direction in which the scales lie the hair feels quite smooth; but if moved in the opposite direction a distinctly noticeable rasping is felt as the edges of the scales hitch against the flesh.

Scores on Insurance Men.

"Insurance adjusters are about as clever and 'smooth' as any class of men to be found," said an old-time merchant the other day. "Their logic is always oiled and ready to run without the least friction. Once, however, one of the tribe got slipped up on. His logic got sidetracked on a derailing switch. I was running a country store which was destroyed by fire. The adjuster came along and then came the battle to get a settlement satisfactory to both sides. We were going over the items burned in the basement. 'Now, what else was there?' asked the adjuster.

"There were twenty bushels of potatoes which I paid 25 cents a bushel for, but at the time they were worth 80 cents a bushel."

"Hold on," said the insurance man. "We're only paying you for what you lost. No inflated values go. They cost you \$5. What else?"

"There were four barrels of apples which had rotted on my hands and I was going to throw out that day. The fire prevented it. They weren't worth a cent, but they cost me \$3 a barrel."

"The adjuster saw he was caught. Without batting an eye, he wrote, 'Four barrels of apples at \$3 a barrel, \$12. What else?'"—Kansas City Times.

Dogs and Men.

"The average dog is better than the average man," says the Greenleaf Sentinel. "Do a dog a favor and he will never forget it. He will be your lifelong friend thereafter. This does not apply to one dog or two dogs, but to all dogs. Do a man a favor and he may remember it and be your lifelong friend thereafter. Some will go back on you and do you dirt in five minutes after you have done them a favor. Some are only your friends so long as you are in shape to do them favors. Get into trouble and many will verbally sympathize with you, but only a few will show their friendship in a substantial manner. If a man is not a true friend, there is very little real nobility in his makeup. The more we see of some men, the more we think of dogs," as Madame de Staël said.—Kansas City Journal.

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"Julia," said the mormon husband to his better half, "I proposed to the cook the other day."

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Condolences.

Miss Braggitt—I get so much attention that positively sometimes I feel that social duty is a perfect elephant on my hands.

Miss Sharp—At least, dear, it's a comfort to know the poor beast has plenty of room.—Baltimore American.

Help! Help! I'm Falling

Thus cried the hair. And a kind neighbor came to the rescue with a bottle of Ayer's Hair Vigor. The hair was saved! In gratitude, it grew long and heavy, and with all the deep, rich color of early life. Sold in all parts of the world for sixty years.

"About one year ago I lost nearly all of my hair following an attack of measles. I was advised by a friend to use Ayer's Hair Vigor. I did so, and as a result I now have a beautiful head of hair."—Mrs. W. J. Burrows, Massachusetts Falls, Wis.



AN IMPERFECT WORK.

After All, There is No Occasion for Man's Conceit.

It is the general idea that man is a wonderful work—a perfect work—but, as Haeckel and comparative anatomy point out, the human body is, as a matter of fact, a structure at once incomplete and redundant; a structure lacking many necessities and crowded with superfluities, with obsolete muscles and nerves, which have become atrophied and paralyzed because there is no longer any use for them. It is amusing to think of improvements that might be made in the human body, writes a pessimist.

Take the eyes. The two eyes are very good in their way, but if there were three of them how much better it would be. If man had an eye in the back of his head, as certain insects have, he would never be run down, never be stabbed from behind, never be kicked. Man, with three eyes, could see and do twice as much as now.

The hair might well be improved. It is poor stuff alongside of feathers. Look at the beautiful feather head-dresses of the birds. These are far richer and brighter in hue than human hair, and they last. They don't disappear. No one ever saw a bald bird.

The ears are not at all perfect. As the eyes are provided with lids, so that we can shut them tight when we want to sleep, so the ears should be provided with movable flaps or stoppers where-with to shut out sound.

If the teeth endured there would be little fault to find with them. But, like the hair, they fall man long before the end of life. Hence it would be better if, like some birds, men had indestructible teeth in their gizzards, and swallowed their food whole, letting the gizzard grind it up gradually. This would not destroy the pleasure of eating. On the contrary, it would increase it. There would be nerves of taste in the gizzard, and thus the eating pleasure would be greatly prolonged. The food would be swallowed in a jiffy, and afterward, as man attended to his work, he would get for many hours pleasant tastes from the dainties the gizzard would be slowly and carefully grinding up.

An Urgent Call.

In the course of a checkered career, Wesley Hanson, known as a "promoter," had sojourned temporarily in many places, so it is not strange that he sometimes forgot a face.

"Have you any call for a stirring man in the advertising department of your business?" he asked one morning, when he had gained access to the office of the inventor of some tin specialties.

The man at the desk looked at him and then dropped his eyes.

"No," he said, shortly, "but I can tell you exactly where there's a call for just such a man as you are."

"Yes?" said the promoter. "I should be glad to hear of it."

"It's up in Banktown, Vermont," said the inventor. "The call comes from the grocer and the provision dealer and the plumber and the livery-stable keeper and several others. They've been calling for you for ten years, ever since—"

"Ah," said the promoter, "I fear that call is a trifle too loud," and he softly and rapidly withdrew.

Scriptural Proof.

At a colored camp meeting in Carolina a testifying penitent referred to himself and his unconverted brothers as "niggers" in a spirit of abject humility which he deemed well pleasing to his Maker. The presiding elder who "amended" his speech at proper intervals finally threw out a gentle rebuke.

"Call yo'self a cullud pusson, brother," he admonished impressively. "Niggers is a term ob reproach invented by proud white folks. Dey ain't no mention in de Good Book of niggers."

"Oh, yes, dey is, parson," the penitent contradicted solemnly. "Don't you rec'lect de place whar it tell about nigger Demus?"—Lippincott's Magazine.

OUR ARMY IN GRAY.

UNCLE SAM'S LETTER CARRIER'S NUMBER 22,000.

They Work in 1,200 Cities and Towns—Present System Due to Sunset Cox's Efforts—Carrying the Mail in Skyscrapers.

The most rapidly increasing army the United States government has is an army in gray. It started with hardly a handful of men over forty years ago. Its ranks have grown steadily, never thinning in times of profound peace. Now these men in gray are quite a third as many as the government's regular military establishment on land.



SAMUEL S. COX.

They are the letter carriers in almost 1,200 cities and large towns of the United States. Their number is now approximately 22,000. To be exact, according to the last official count, they were 21,778. They have doubled numerically in the last fifteen years. In the very last year—which in postoffice parlance means the last fiscal year—they increased almost 5 per cent, which is a very large increase. Could they all be marshalled on Boston Common from their 1,200 towns and cities they would be as imposing a force, perhaps, as ever assembled on that historic ground.

"Sunset" Cox, lawyer, editor and legislator, a graduate of Brown University, who served several terms in Congress, first from Ohio and then from New York, was known as the father of the carrier service. It is, in considerable part, due to his efforts that the free delivery of mail was developed. It was during the Fiftieth Congress, covering the latter half of the first Cleveland administration, that the letter carrier service began its modern growth, jumping 103 per cent in one year and 30.1 per cent the following year, till it comprised 8,257 men in 401 towns and cities on June 30, 1880, just after Benjamin Harrison had entered the White House.

But while those proportions seemed large for those days, they were small as compared with the present day. For the fiscal year that ended June 30, 1880, the carrier service was costing the treasury \$6,957,942. The cost has grown by leaps and bounds till last year it was \$20,919,078. The cost per carrier then was \$843; last year it was \$261.

Ex-Representative Eugene F. Loud, of California, who was long chairman of the House Committee on Postoffices and Post Roads, told recently how he remembered the penny post in Boston when a young man before the Civil War. Individuals delivered letters for a penny each, the recipients paying for the service. There was a similar service elsewhere. It led eventually to the Postoffice Department taking over the work. At first postmasters hired the carriers and made the arrangements for their salary. The present civil service examinations for admission, and the grading of salaries and the prescribing of the strict eight-hour law, for which Representative Cox was chiefly responsible, and other latter-day laws and regulations for the discipline and maintenance of the big force were unknown.

It is a frequent saying that postoffice receipts form a good gauge of local prosperity. The gross receipts of free delivery offices have been climbing very steadily. With few exceptions, the total has been larger every year, which means that the carriers have had more mail matter to collect and also to deliver. The gross receipts of \$109,801,335 in the 1,114 free delivery offices last year were by far the largest ever known. The number of carriers was increased by 1,020 and the number of free delivery offices that year increased by 44.

The estimated population of the cities and towns having free delivery was 36,492,353, almost half of the entire population of the United States. Each of these 21,778 carriers served an average of 1,675 people, who had their mail put down at the door from two to nine times every weekday, according as they received it in a small or large city and in the business or residence section.

The consolidation of service and the taking of towns adjacent to large centers of population have helped swell the army of carriers in gray to a degree. Thus the area covered by the carriers from a given office is generally larger now than it was ten years ago. The largest area is that in Chicago, where the carriers, numbering 1,619, traverse 190 square miles. Before Belmont and Waverly were added, the free delivery area in Boston was 95 square miles, covered by 1,022 carriers, almost a twentieth of the entire free delivery carrier force. The addition of Belmont and Waverly gives the free delivery district of Boston, comprising 28 stations, an area of approximately 100 square miles. New York City's 1,983 letter carriers cover a district of only 32 3-5 square miles.

Where Ignorance is Bliss.

Rising Young Statesman—But there is another matter, just as important, that has been overlooked. I am going to introduce a bill for the rigid inspection of bakeries.

Constitution—Prodigore, for your own peace of mind, I advise you not to do it."

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.

North's Doin'.

The hobo approached the pompous citizen and asked for alms. "Go to the ant, thou sluggard," quoted the p. c. "Tain't no use, mister," answered the hobo. "Me aunt's list as tight-fisted as me uncle an' all de rest uv me relashuns."

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

Accounted For.

Mrs. M.'s patience was much tried by a servant who had a habit of standing around with her mouth open. One day, as the maid waited upon table, her mouth was open as usual, and her mistress, giving her a severe look, said: "Mary, your mouth is open."

An Inference.

"I see the Eskimo women are dying off in large numbers this year."

"Alas! And has the craze for elbow sleeves struck the polar regions?"

The office of Librarian of the British House of Lords is virtually a sinecure. As Darsall said, the British aristocracy never reads.

LAND SCRIP Bought and Sold

Approved Forest Reserves and Railroad Scrip for staveed, unsurveyed, timbered or prairie land approved United States and County, County Warrants, He or their Holders' Additional Scrip; all kinds of Land scrip bought and sold. H. W. HAMILTON, The Portland, Portland, Or.

CLASSIFIED ADVERTISING

Portland Trade Directory

Names and Addresses in Portland of Representative Business Firms.

MAGIC LANTERNS—Weiner Co., Portland. Lowest prices on lanterns and slides.

HOUSEHOLD goods of all kinds for sale at very reasonable prices. Inquire 213 Front St.

CREAM SEPARATORS—We guarantee the U. S. separator to be the best. Write for free catalog. Haswell Co., Fifth and Oak.

MEN'S CLOTHING—Balfour & Fenderson, side agents Alfred Henkle & Co.'s correct clothes. Everything in men's furnishings. Morrison and Ninth streets. Opposite postoffice.

FOLLY FOOD—If you want your hens to lay more eggs write us for free particulars about PULINA FOLLY FOOD. Write to—Acme Mill Co., Portland, Oregon.

FLANONS & ORGANS—Chas. H. Pianos houses on Pacific coast. Organs and Pianos on easy payments. Write for list. Let us quote you a price. Allen & Gilbert-Ramaker Co., Portland, Oregon.

WANTED—Men and Women to learn Barber trade in eight weeks; graduates earn from \$15 to \$25 weekly; a expert hair restorer; catalog free. Morse System of Colleges, 30 N. Fourth st., Portland.

P. N. U. No. 28-06

WHEN writing to advertisers please mention this paper.

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.

The Kind You Have Always Bought



In Use For Over 30 Years.

The Little Doctor in your Vest Pocket

SEE the thin, round-cornered little Enamel Box below! When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets of pleasant taste, almost as pleasant as chocolate.

Each tablet is a working dose of Castorets, which acts like Exercise on the Bowels and Liver.

It will not purge, sicken, nor upset the stomach. Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters.

These waste Digestive juices of the system needed tomorrow, in merely flushing out the Bowels today.

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

These emergency drugs relieve the immediate trouble, but do not relieve its Cause.

The same trouble will therefore recur again till that Cause is removed permanently.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels. Castorets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles.

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten.

Castorets do this naturally, without purging or discomfort.

They don't help the Bowels and Liver in such a way as to make them lean upon similar assistants for the future.

This is why, with Castorets, the dose may be lessened each succeeding time instead of increased, as it must be with all succeeding doses of other Cathartics and Laxatives.

Castorets act like exercise.

If carried in your Vest Pocket, (or carried in My Lady's Purse), and eaten just when you suspect you need one, you will never know a sick day from the ordinary ills of life.

Because, nearly all these ills begin in the Bowels, and partial Constipation paves the way for

all other Diseases. "Vest Pocket" box 10 cents. Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

FREE TO OUR FRIENDS! We want to send to our friends a beautiful French-designed GOLD-PLATED BONDON BOX hard-enamelled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Castorets with which this daily trinket is loaded. 715 Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York



Showing size of "Vest Pocket" Castoret Box compared to Watch.