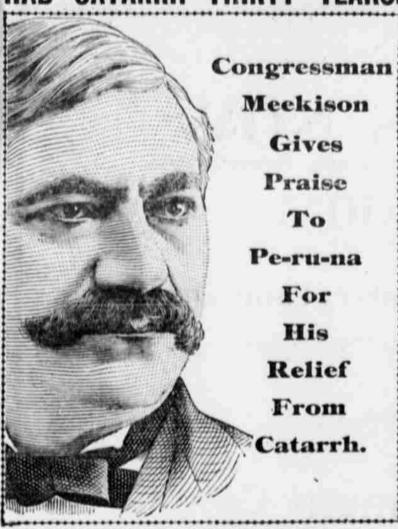
HAD CATARRH THIRTY YEARS.



CONGRESSMAN METKISON RECOMMENDS PE-RU-NA

"I have used several bottles of Peruna and I feel greatly benefited thereby from my catarrh of the head. I feel encouraged to believe that if I use it a short time longer I will be fully able to eradicate the disease of thirty years' standing."—David breekison.

OTHER REMARKABLE CURES

Mr. Jacob L. Davis, Galena, Stone county, Mo., writes: "I have been in bad health for thirty seven years, and after taking twelve bottles of your Perana I am cured." Mr. C. N. Peterson, 132 South Main Sc., Council Bluffs, Iows, writes: "I cannot tell you how much good Peruna has done me. Constant confinement in my store began to tell on my health, and I felt that I was gradually breaking down. I tried several remedies, but obtained no permanent relief until I took Peruna. I felt better immediately, and five bottles restored me to

A SINCERE RECOMMENDATION.

Mr. D. C. Proseer, Bravo, Allegan Co., Mich., writes: "Two years ago I was badly efficied with catarrh of the stomach. I had had a run of typhoid fever, was very depleted. I could find nothing I could eat without causing dis tressed and sour stomach. Finally I came to the conclusion that I had catarri of the stomach, and seeing Peruna advertised, began to take it. It helped me soon, and after taking three or four bottles I was entirely cured of stomach trouble, and can now eat anything."

Menufactured by the Peruna Drug Manufacturing Company, Columbus, Ohio.

Juvenile Ignorance. "Paw, why do we have to pay for the water we use? We don't have to buy our

"That only shows, my son, that you

have never had to pay a gas bill."

Uncle Allen.

"It's a mystery to me," said Uncle Alien Sparks, "that Senator La Follette, when he was counting up the men that control the money of the country, forgot to include Mrs. Hetty Green."

"You told Titely that the man who lent me \$10 would always have \$10 coming. I demand an apology,"

"You're right; I was wrong. I should have said the \$10 would never be coming."-Kansas City Times.

Queen Alexandra possesses a tes ser vice of sixty pieces, each piece being decorated with a different photograph which she took herself in Scotland.

The most important part of the human system is the blood. Every muscle, nerve, tissue, bone and sinew is dependent on this vital fluid for nour- chuckled Mr. Hardapple, as he greased are prepared in this way : Silce a haif ishment and strength necessary to maintain them in health and enable each to perform the different duties nature requires. Even the heart, the very "engine" of life, receives its vigor and motive power from the blood. Since so much is dependent on this vital fluid it can very readily be seen how necessary it is to have it pure and uncontaminated if we would enjoy the blessing of good health. Bad blood is responsible for most of the ailments of mankind; when from any cause it becomes infected with impurities, humors or poisons, disease in some form is sure to follow. Muddy, sallow complexions, eruptions, pimples, etc., show that the blood is infected with unhealthy humors which have changed it from a pure, fresh stream to a sour, acrid fluid, which forces out its impurities through the pores and glands of the skin. A very common evidence of bad blood is sores or ulcers,

which break out on the flesh, often from a very insignificant bruise or even scatch or abrasion. If the blood was pure and healthy the place would heal at once, but being loaded with impurities, which are discharged into the wound, irritation and inflammation are set up and the sore continues. Bad blood is also responsible for Anaemia, Boils, Malaria, etc.; the weak, polluted circulation cannot furnish the nourishment and strength required to sustain the body, and a general run-down condition of health results. S. S. S. is nature's blood purifier and tonic; made entirely of healing, cleansing roots and herbs.

Your S. S. S., in my opinion, is as good a medicine as can be had; it simply cannot be improved upon as a remedy to purify and sprich the blood and to invigorate and tone up the system. This spring my blood was bad and I was run down to health, and having seen your medicine highly advertised I commenced its use. Today my blood is in fine condition and my general health is of the best. Am filling position as fireman for a large concern here, and if I was not in good physical condition it would be impossible for me to fill the place. Your S. S. S. has been of great service to me and I do not besitate to give it the credit it occurves

ats Fifth Street, Beaver Falls, Penn.

It goes down into the circulation and removes every particle of impurity, humor or poison that may be there, restores lost vitality, and steadily tones up the entire system. It adds to the blood the healthful properties it is in need of, and in every way assists in the cure of disease. S. S. S. neutralizes any excess of acid in the blood, making it fresh and pure, and permanently cures Eczema, Acne, Tetter, and all other skin diseases and eruptions. S. cures Rheumatism, Catarrh, Sores and Ulcers, Malaria, and all other diseases or disorders arising from bad, blood. Book on the blood and

any medical advice desired free to all who write

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Telephone Cirl's Romanes. Conscientions Carrie always tried to de

Never lost her temper she was different from the rest; Carrie was a "central," with a voice of

awestest tope, And that is why Miss Carrie has a cottage of her own.

-Portland Oregonian. Out of the Dim Past.

Ramuel Woodworth had just written "The Old Onken Bucket."

price it would bring. But posterity evidently found some

For the Housewife.

thing in it.

Some active women who pride themselves in housekeeping seem to forget that the object of keeping house is that human beings may be accommodated in it. Their sole idea seems to be this. that the house may be kept in a certain form and order; and to the performance of the form and order they sacrifice the comfort the house was established to secure.

Aiming and Hitting. Mr. Kidder-I think a woman's club, to be successful, should aim at something far removed from female suffrage

Miss Strong-I don't agree with you, That should be its sole object. Mr. Kidder-Yes, but it's more likely to hit that object if it aims at some thing else.-Philadelphia Press.

Had Been There.

"I read in a book of statistics that the average woman carries from thirty to thirty-five miles of hair on her head."

"And then she raises the deuce if her husband happens to carry a yard or two of it on his coat sleeve."

Poor Old Sophocles.

"Yes, John is getting quite a repuof the leading roles in a play at col- bottle hot and seal. lege.

"John! Why, his enunciation is atro-

"But this was a Greek play."leveland Plain Dealer.

Itta Credit Impaired.

Dingues-Shadbolt, I haven't asked you for any money for a long time,

Shadbolt-No; you never asked me for any money for a long time. You always wanted it for "just a day or two." That's why you're not going to get any this time, Dingues. Air feels a little like snow, doesn't it?-Chicago Tribune.

Ignorance of the Budiments. "What a singular looking counter

pane!" said the eminent physician.
"Counterpane!" exclaimed his wife. "Yet you are supposed to be one of the

greatest authorities in the country on diseases !" "I fail to see the connection."

"That's a crasy quilt, you ninny."

Use for Old Tin.

Old tin is put to a variety of uses For instance cheap trunks are covered with tin from discarded tin cans and other utensils, the tin having been first cut to desired size and straightened and smoothed out. There are also concerns in different parts of the country which make a business of removing the tin coating from old tin cans and s.rap

Weekly Touches.

"Poor Hiram!" sobbed Mrs. Hardapple. "He writes his college life ian't as gay as it is cracked up to be. He says some parts of it are very touching."

"Blamed if I don't agree with him," his boots. "I notice hells always writing touching letters for ten or twenty of them in a buttered dish. Sprinkle dollars."

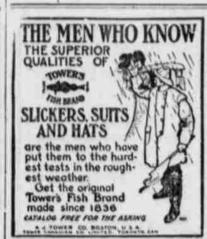
A Surprise.

give the German name of the river white sauce in the dish to thoroughly Danube

Freddy-Dunno.

Teacher-Donau! That is right. I dish in which they were baked. am glad you have studied your lesson

Freddy is surprised, but keeps still.



PNU

No. 19-08

Waxn writing to advertisors please mention this paper.

PUTNAM FADELESS



Prevents Dust Failing. An Ingenious Pennsylvania man lias

"Nothing in it?" he muttered as he read invented a dust pan, provided with a it over and reflected upon the probable hinged cover, which can be held in a completely opened

ensily carried about contents. When closed the cover rests upon the bot-BURT PAN. tom of the pan, the

bottom at this point being slightly raised, presenting a barrier to the fine dust in the pan and preventing it falling out when the cover is lifted. A spring attached to the cover securely holds it in either an open or closed po-

Preserving Orange Juice.

While oranges are still in market a store of orange juice may be put up for use in the summer's punch bowl. A sweet, pleasant cordial is made from the juice of the sour orange. The usual formula is to add three gallons of water to one of the sour orange juice, and then three pounds of white sugar to each gallon of the liquid. After fermentation, bottle and lay aside for a ter. If very sour a little more sugar outcroppings two or three hours after tation as an actor. They gave him one may be required. Bring to a good scald a storm.

Corn and Pointoes.

Wash enough medium-sized potatoes for dinner and put in a large kettle. When the potatoes are nearly done put in roasting ears, with outer busks and silks removed, but with a thin layer of inner husk tied about the ears. Steam till done and serve at once. The potstoes will hold the corn up out of the water. If extra work is going on, the kettle may be hung, gypsy fashion, out of doors. Good for picnics also,

Filling of Cracks in Wood. White tissue paper is steeped and perfectly softened in water and by thor-

ough kneading with give transformed into a paste, and by means of ochers (earth colors), colored as nearly as possible to the shade of the wood. To the paste calcined magnesia is then added and it is forced into the cracks or holes. This cement attaches itself very firmly to the wood and after drying retains its smooth surface.—Scientific American.

Supper Rolls.

Scald a pint of milk and add to it a half cup of butter. When cool, add a yeast cake, stir until dissolved, then put in a quarter cup of sugar, one beaten egg and seven cups of flour. Do all this early in the morning; knead and set to rise until afternoon. About 3 o'clock roll out, make into rolls and set to rise until a half hour before supper time; then bake. When half done, brush over with melted butter.

Sienna Eggs.

Sienna eggs as served at restaurants with grated cheese, add another layer of eggs and more cheese, and so con-Teacher-Freddy Fangle, you may tinue until all are used. Pour enough moisten, cover with buttered crombs and bake ten minutes. Serve in the

Potted Cheese.

When left-over cheese grows dry and hard, don't throw it away, but grate to a powder. Put some in a bottle and save to serve with soups, Italian fashion, or cook with macaroni, or add to scallops. The rest of it may be beaten soft with a fork, sensoned with mustard and cayenne and reduced to a paste with a little vinegar. This is fine to spread on saltines or crackers or for sandwich filling.

Sweethrends to Ramekius.

Blanch two pairs of sweetbreads, and when cold chop very fine, removing all bits of skin or gristle. Rub smooth with a gill of cream and then whip in gradually the beaten yolks of two eggs. Season with sait and pepper and beat until very light. Put the mixture into greased ramekins, set these in a pan of hot water and bake until "met." Serve in the ramekins.

Spice Cake,

One cup of brown sugar; one-half rup of molasses; one-half cup of butter; one-half cup of sour milk; two cups of flour; the yolks of four eggs. beaten light; one teaspoonful of soda. dissolved in milk, a teaspoonful, each, of cinnamon, nutmeg, cloves and alb spice. Mix well and bake.

Circumstantial Evidence,

Sir A. Consn Doyle, at the Authors' Club Christmas dinner in London, related that in America some colored people were keeping the festival of Christmas and they were told to hang up their stockings at night. One poor fellow had no stockings, and so be hung up his trousers. In the morning he was asked what he had got. He replied: "I guess I got a man, for my pants are gone."

Woman Hallway Workers.

In the South of France one may see, at the little wayside stations, w position while the attending to the signals of the half dogdust and dirt are en daily trains; while the companies being swept into it regularly economize at the level crossand firmly closed ings by employing female labor. The afterwards, so that husband can be seen at work at his the pun can be vines upon the hillside, while the wife waves the green fing and keeps the chilwithout spilling the dren quiet .- Detroit News-Tribune.

When Mrs. Carrie she became she didn't quite forget ;

She took her low, sweet voice slong, and has it even yet.

But if hubby's just a little slow to answer to her call She can jar him with a voice that eracks

the paper on the wall. -Chicago Tribune.

Too Plais.

"Norah," said her mistress, "I don't mind it if the policeman on the beat drops into the kitchen once in a while of an evening, but I object to your enter-taining such shabby and disreputable looking fellows as the one who was there last night."

"He's all r-right, m'm." said Norah. "He's me plain clo'es p'leecem'n."

Lightning in South Africa

In South Africa, where thunderstorms are terrific, lightning often few months before using. For the un- strikes the beds of ironstone, and blue fermented juice, allow to each quart of flames, sometimes firing belidings, are juice a pint of sugar and a cup of wa- alleged to play about such ironatone

Terrible Woman.

"My wife," growled Kadley, "is the most forgetful woman."

"Yes?" mildly inquired the polite visltor.

"Yes, she can never remember in the morning where I left my pipe the night before."-Philadelphia Press.

A Slow Process

"Wigs went out this morning to clean off the snow."

"Yes." "Every two minutes he'd run in the bouse to warm up."

"Did he clean off the snow?" "He finally cleaned off the little that he hadn't carried into the house on

his feet." in the Long Ago.

Cardinal Wolsey had fallen. "I was trying to dodge an automobile," be explained, "and a roller skater ran

The historians, however, with singular obtuseness, have persisted in placing the blame on Henry VIII.—Chicago Tribune.

We Trust Doctors

If you are suffering from impure blood, thin blood, debility, nervousness, exhaustion, you should begin at once with Ayer's Sarsaparilla, the Sarsaparilla you have known all your life. Your doctor knowsit,too. Askhimabourit.

You must look well after the condition of your lives and nowels. Unless there is daily action of the homels, policenous products at absorbed, causing bendarin, this case, dyspenals, and live preventing the has aparties from during its best worst. Aser, Pills are liver price. As at secolty, of segerative The dose is only one pill at beddings.



Entirely Superfluons

"A word to the wise is sufficient," remarked the man with the quotation habit.

"Wrong again," rejoined the contrary person. "A word to the wise is unnec

CASTORIA

For Infants and Children. The Kind You Have Always Bought Bears the Chart H. Fletcher

Uncle Allen.

"Some men," muttered "Incle Allen Sparks after the tiresome speaker had sat down, "remind me of an old water mili that's running with empty hoppers, Their wheels keep on geing, but they don't turn out any grist."

Closing the Incident.

The famous bull player was looking through the sporting columns of the

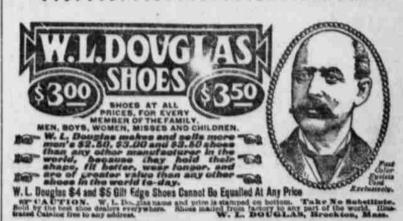
newspapers. 'I see they've quit mentioning me," he

said. "I may as well sign."
Upon doing which he secured one more mention to the newspapers.

OPEN ALL THE YEAR CLATSOP BEACH SEASIDE, OREGO

THE Directly on the beack overlooking the ocean. But usit baths and CLIFF HOUSE and bathing. Recreation of Sam parlors. Electric lights. First Disce and steam heat. Fine walk OREGON" and drives. Sen foods a specialty. Bates, \$5.50 and \$5.00 per day. 25" Special rates by the week. DAN. J. MOORE, Proprietor





There is Only One

"Bromo Quinine"

That is

Laxative Bromo Quinine

USED THE WORLD OVER TO GURE A GOLD IN ONE DAY.

Always remember the full name. Look for this signature on every box. 25c.