

Is Pe-ru-na Useful for Catarrh?

Should a list of the ingredients of Peru-na be submitted to any medical expert, of whatever school or nationality, he would be obliged to admit without reserve that the medicinal herbs composing Peru-na are of two kinds. First, standard and well-tried catarrh remedies. Second, well-known and generally acknowledged tonic remedies. That in one or the other of these uses they have stood the test of many years' experience by physicians of different schools. There can be no dispute about this, whatever. Peru-na is composed of some of the most efficacious and universally used herbal remedies for catarrhal diseases, and for such conditions of the human system as require a tonic. Each one of the principal ingredients of Peru-na has a reputation of its own in the cure of some phase of catarrh or as a tonic medicine.

The fact is, chronic catarrh is a disease which is very prevalent. Many thousand people know they have chronic catarrh. They have visited doctors over and over again, and been told that their case is one of chronic catarrh. It may be of the nose, throat, lungs, stomach or some other internal organ. There is no doubt as to the nature of the disease. The only trouble is the remedy. This doctor has tried to cure them. That doctor has tried to prescribe for them. No other household remedy so universally advertised carries upon the label the principal active constituents, showing that Peru-na invites the full inspection of the critic.

Still Had Them.
The woman of the house eyed him suspiciously.
"You've been here before, haven't you?" she asked.
"Not lately, ma'am," answered Wareham Lane. "You probably recognize my clothes. This is an old suit of my husband's you was kind enough to give me when I was here two years ago."

Desperate Remedy.
"It says here," began the lady who could do more talking in one day than six photographs and five parrots combined, "that after a balloon has ascended to the height of six miles its occupants dare not open their mouths."

"Will you go up, Marie, if I buy a balloon?" asked her husband, desperately.

CASTORIA

For Infants and Children.
The Kind You Have Always Bought

Bears the Signature of *W. L. Douglas*

Superduty.
"Do you think Mars is inhabited?" asked the scientific person.
"I really can't say that I care much whether it is or not," answered Miss Cayenne. "There are already enough neighbors to talk about."—Washington Star.

State of Ohio, City of Toledo
LUCAS COUNTY.
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State of Ohio, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure.
FRANK J. CHENEY,
Notary Public.
Signed and sworn to before me and subscribed in my presence, this 5th day of December, A. D. 1906.
A. W. GLEASON,
Notary Public.

One Point Settled.
"And now, Cryptomenia," said the young man, still holding her hand, but with a note of anxiety in his voice, "where shall we go for our wedding journey?"
"Some quiet little place in the country, not far away, Gerald," she answered, "will suit me a great deal better than a long and expensive trip."
"We are going to be very happy, dear!" said Gerald, with a sigh of relief.

Syrup of Figs and Elixir of Senna

Cleanses the System Effectually; Dispels Colds and Headaches due to Constipation; Acts naturally, acts truly as a Laxative.
Best for Men, Women and Children—Young and Old.
To get its Beneficial Effects Always buy the Genuine which has the full name of the Company
CALIFORNIA FIG SYRUP Co.
by whom it is manufactured, printed on the front of every bottle.
SOLD BY ALL LEADING DRUGGISTS, one size only, regular price 50¢ per bottle.



"So you were successful in your first case, doctor?" "Er—yes, yes; the—er—widow paid the bill."—The Tattler.

Church—Did you ever work for a railroad company? Gotham—Well, yes; I've tried to open the car windows.—Yonkers Statesman.

Little Wife—Granddad, what makes a man always give a woman a diamond engagement ring? Grandfather—The woman.—Philadelphia Enquirer.

Wife—I've invited one of my old beaux to dinner. Do you mind? Husband—Mind! Heavens, no! I always love to associate with lucky people.—Life.

Family Doctor—And how old are you now, Robbie? Robbie—I'm not old at all, doctor. No man is old until his teeth are all gone, and here I'm getting a new set.

Auntie—Poor Rob! Does your tooth ache yet? If 'twere mine, dear, I'd have it out at once and be done with it. Robbie—If 'twere yours! Well, auntie, so would I.

"What would you do, dear, if I were to die?" asked Mrs. Darley, fondly. "I don't know," replied Darley thoughtfully. "Which is your choice—burial or cremation?"—Tit-Bits.

Pop! What is a pantomime? "A pantomime is a piece in which no one speaks." "I shouldn't think a piece with no women in it would be interesting!"—Yonkers Statesman.

"Do you want employment?" "Lady," answered Phodding Pete, "you means well, but you can't make work sound any more inviting by usin' words of three syllables."—Washington Star.

First Deacon—Our new pastor must be vegetarian. Second Deacon—Why do you think so? First Deacon—There doesn't seem to be any meat in his sermons.—Philadelphia Public Ledger.

Elsa—The paper says that the bride was unattended. Stella—That notice was written up in advance of the wedding, but it was a good guess; the bridegroom failed to show up.—Puck.

Mrs. Hix—I don't take any stock in those faith cures brought about by the laying on of hands. Mrs. Dix—Well, I do; I cured my little boy of the cigarette habit that way.—New York Globe.

"You call this a summer resort, I believe," said the sarcastic visitor. "I am unaware of any place to which summer resorts more regularly," returned the Philadelphian stiffly.—Philadelphia Bulletin.

"But," protested the wayward son, "you should make allowance for the follies of youth." "Huh!" growled the old man. "If it wasn't for the allowance you get there would be less folly."—Chicago Daily News.

Hiram—Who is that little runt that kept up in a buggy wagon to see Miss Flip, the new boarder? Elias—He's what them city folks calls her "fascio." Hiram—Her fascio—oh, you mean her finances.—Boston Transcript.

"Lauder! Lauder!" shrieked the delegates. "Gentlemen," protested the presiding officer, "I can assure you that the disappointment of those who can't hear isn't a marker to the disappointment of those who can."—Philadelphia Public Ledger.

Mamma—Robbie, have you earsache, dear? Robbie—No, mamma. Mamma—Then why do you put cotton in it? Robbie—Cause you told me that I learn so little, 'cause what goes in one ear goes out the other, and so I've plugged the other up.

"Did you write to papa, George?" "Asking for your hand?" "Of course." "Yes, I wrote." "That's strange. I supposed papa would be terribly angry. You know he doesn't like you." "Yes, I know. But I fixed it all right. I—I didn't sign the letter."—Cleveland Plain Dealer.

Publican—And how do you like being married, John? John—Don't like it at all. Publican—Why, what's the matter with you, John? John—Well, first thing in the morning it's money, when I goes 'ome to my dinner it's money again, and at supper it's the same thing. Nothing but money, money, money! Publican—Well, I never! What do she do with all that money? John—I dunno. I ain't given her any yet.

Had Never Met Before.
They had just been introduced.
"Really," she said, timidly. "Your face seems so familiar to me I think we must have met before."
"Impossible," he sighed. "If we had ever met before I should either be engaged to you, married to you or dead of a broken heart ere this."
No wonder she asked him if he wouldn't like to wear her college pin for a while!

The women should always admire women more than the men.

Buy Hair at Auction?

At any rate, you seem to be getting rid of it on auction-sale principles: "going, going, g-o-n-e!" Stop the auction with Ayer's Hair Vigor. It checks falling hair, and always restores color to gray hair. A splendid dressing also. Sold for over sixty years.

"My hair came out so badly I nearly lost it all. I had heard so much about Ayer's Hair Vigor I thought I would give it a trial. I did so and it completely stopped the falling and made my hair grow very rapidly."—MARY H. FRENCH, Northfield, Mass.

Made by J. C. Ayer & Co., Lowell, Mass. Also manufacturers of
Ayer's
SARSAPARILLA,
PILLS,
CHERRY PECTORAL.

Sorry, but—
"Gumbolt and I have made a bet and agreed to leave it to you. He says a drowning man gets his lungs full of water, and I say he doesn't. Which of us is right?"
"What are the terms of the wager?"
"The loser is to pay for a dinner for the three of us."
"I'm—I never knew Gumbolt to pay a bet. You lose."—Chicago Tribune.

Side Lights on Poesy.
Scott was writing the "Lady of the Lake."
"If you were to tell the truth about her," he said, "I should say that she is awfully senescent, but expects to feel better when the boat gets to St. Joe."
Thus it is, in all ages, that the poet has to sink the ideal in the ideal.—Chicago Tribune.

Limited Knowledge.
"Law, have you ever been east?"
"Yes; I spent a year in New York City when I was considerably younger than I am now."
"Well, what is the 'eastern question'?"
"The only one I ever heard was, 'How much is he worth?'—Chicago Tribune.

Her Idea.
"Stocks were all down a few points to-day," remarked the broker.
"The idea!" exclaimed his wife. "It's a wonder they didn't advertise it as a bargain day."—Catholic Standard and Times.

A Retort Discourteous.
A young lady full of good deeds noticed the tongue of a horse bleeding and with a use of technical terms too little appreciated said to the caddy, "Caddy, your horse has hemorrhage."
"It's 'is tongue's too large for his mouth," said the caddy and added sententiously, "Like some young ladies."—London Globe.

Same Station.
The Cook—Place, ma'am, OI want t give you notice. OI'm goin' to be married next month.
Mrs. Suburbs—Well, Jane, I'll be sorry to lose you, but I hope you will be happy. I suppose you are going to wed to a man of your own station, and not below it?
The Cook—Indade OI am, ma'am. OI'm goin' to be married to Dennis McGuire, who lives at Bixby's Station, where me folks live, ma'am.

Danger Ahead.
"Good-by, old man," said Wilkins at the church festival. "I guess I can see my finish."
"What's up?" queried Wilkins.
"Why, I'm to judge the prettiest baby at the show."
"Oh, that's easy. You should have my job."
"And what are you going to do?"
"Why, I am at the fortune-telling booth and have to guess girls' ages."

n-r-revenge.
Chiropodist—Yes; that's a corn, all right.
Col. Gore—What is a corn, anyhow?
Chiropodist—It's a thickening of the skin, usually caused by pressure. In other words, it is nature's protest against a tight shoe.
Col. Gore (getting hot under the collar)—Blank dash its protest! I haven't worn a tight shoe for two months, and that infernal corn knows it! Yank the dash blank thing out!

Something Saved.
"Was everything in your house destroyed by the fire?"
"Everything but the gas meter. When we got down to that we found it clicking away, apparently uninjured."

The Old, Old Story.
Eva—Did you ever see those delightful old prints that represent the colonial belles winding yard around their bonnet hands?
Jack—Yes, and it always reminds me very forcibly of one thing.
Eva—And what is that?
Jack—Why, even in those days the girls knew how to string the men.

Practice vs. Preaching.
Returned Statesman—You can't deny anyhow, that I have always been in favor of conserving our natural resources.
Constituent—Have you? In all the years you have been in Washington you haven't done anything but spout natural gas into the atmosphere.



Rhubarb Marmalade.
Four pounds rhubarb, 4 oranges, juice of all, peel of 2, 4 pounds sugar, 1 lemon, 2 pounds raisins. Peel and cut the rhubarb into half-inch pieces. Prepare the oranges by squeezing out juice and cooking the peel in water till tender. Drain and scrape out white skin. Extract the juice of the lemon. Put the rhubarb into a granite preserving kettle, heat it slowly to boiling, cook fifteen minutes, then add the sugar, orange juice and peel, lemon juice and raisins, and cook slowly until thick. This is delicious fresh, and a portion may be sealed for future use.

Apple Pudding.
Four cups flour, 1 level teaspoon salt, 3 level teaspoons baking powder, 4 level tablespoons butter, 2 cups milk, 2 cups finely chopped apple, one-half cup butter, 2 cups sugar, 1 1/2 quarts water.
Sift together the flour, salt and baking powder. Work in the butter with the fingers and add the milk. Mix well, turn onto floured board, roll out one-half inch thick, cover with the apple and roll up like a jelly roll. Press the ends together and press down the sides to keep the apple in. Place in a buttered pan and add the butter, sugar and water. Bake in a moderate oven for one and one-half hours.

Fried Chicken.
Clean and joint two small "fryers." Put two tablespoons each of butter and lard in a baking pan and melt. Roll the chicken in flour that has been well seasoned with salt and pepper and lay in the pan, making only one layer. Place the pan in the oven and when the chicken is brown on one side turn it over. When done remove to a platter, garnish with parsley and serve with gravy made in the pan. This saves the discomfort of frying in a skillet and also insures a well cooked chicken.

Cream and Spinach Soup.
Wash and look over thoroughly two quarts of spinach, then cook in a little boiling salted water until soft enough to rub through a colander. Heat to the scalding point in a double boiler a quart of milk and thicken with a tablespoonful of flour, rubbed smooth with a tablespoonful butter. Add the spinach, season to taste, and send to the table with a spoonful of whipped cream on each plate. Serve with crostons.

Butter Cake.
To make it one cream one table-spoonful of butter. Then add a cup of sugar, two eggs, separately, stirring between each addition; two-thirds of a cup of milk, one and a half cups of flour mixed with one teaspoon baking powder. "When nearly done pour plenty of melted butter over," sprinkle with powdered sugar and bake until a good brown.

This sounds well worth trying, and one is willing to believe it delicious.
Elder Cup.
One quart of elder, two bottles of soda water, one bottle lemonade, one heaping tablespoonful of granulated sugar, a sprig of mint and 2 inches of cucumber.
Cut the cucumber into slices without peeling it. Place it in a pitcher with the sugar, elder and mint. Allow it to stand, on ice if possible, for two hours. Then add the lemonade and soda water and a few pieces of ice, removing the mint.

Spiced Cherries.
This makes a nice sauce to serve with roast duck or game. Stone and stew the cherries down to a pulp and then add sugar, vinegar, ground cinnamon, cloves and allspice to taste and also a little lemon juice; cook until quite thick, and when cold put in jars and tie up with waxed paper.

Pulled Bread.
Tear away the crust from a loaf and pull the crumb apart in long strips from top to bottom. Tear the loaf first into halves, then into quarters and then into eighths, to insure uniform size in the strips. Put in an open oven for an hour, then close the door and let the bread color slowly to a light brown.

"Dyspeptic Pie Crust."
One quart flour. One teaspoon soda. Two tablespoons cream of tartar. Two large spoons lard or butter. Roll thin, as it rises.

Short Suggestions.
In choosing a grape fruit see that it is heavy in proportion to the size. A dry fruit is very light.
To polish a looking glass first rub it with a duster wrung out of cold water and dipped in whiting and then polish with a dry cloth.

S.S.S. CURES MALARIA

Malaria is due to impurities in the blood which destroy the rich, healthful qualities of the circulation, and reduce it to a weak, watery fluid. The body is then deprived of its necessary nourishment and strength, and is unable to resist the countless disorders that assail it, and the general system suffers in consequence. The appetite fails, digestion is weakened, chills and slight fever are frequent, while the sufferer loses energy and ambition. Boils, skin eruptions, and some times sores and ulcers follow when the blood becomes deeply polluted with the malarial germs. Both a tonic and blood purifier are needed to cure Malaria, and S. S. S. is best fitted for this work. It is the most perfect of all blood purifiers and at the same time an invigorating, healthful tonic. S. S. S. goes down into the circulation, and removes every trace of impurity or poison, and gives to the blood the health-sustaining qualities it needs. It cures Malaria thoroughly and permanently because it removes from the blood the germs and poisons which produce the disease, and while doing this tones up and strengthens every part of the system. Book with information about Malaria and any medical advice furnished free to all who write.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Good Enough for Him.
City Niece—Why, uncle, I'm surprised to see you wearing such a rusty looking hat when you come to town.
Uncle Reuben—It's th' hat I allers wear ter home.

City Niece—Yes, but that's different. Everybody knows you there.
Uncle Reuben—Well, nobody don't know me here, so I ain't worryin' by grass!

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

Knew Him.
"William," said the head of the firm, looking at his watch, "I have business out of town this afternoon, and may be detained several hours. If anybody should call—"

"Ther ain't no ball game to-day, Mr. Spotsash," interrupted the office boy.
"I said nothing about ball games, William," rejoined his employer, eying him sternly. "However, my business is such that it can wait until some other day. That will be all just now, William."

FITS St. Vitor's Dance and various dances permanently cured by Dr. J. A. Gray's Great Nerve Remedy. Sent for FREE \$1.00 trial bottle and treatise. Dr. R. H. Elliot, L. D., 81 Arch St., Philadelphia, Pa.

Turning a Tight Screw.
Any one who has attempted to remove a very tight screw knows what a very difficult business it is. After straining and twisting for a considerable time the operator frequently ends by losing his temper and destroying the bite of the screw, which remains fixed as tightly as ever. With the aid of a pair of pinchers, however, the affair is quite a simple one. Place the screwdriver in position and then catch hold of the blade with the pinchers just above the head of the screw. Press the screwdriver firmly and at the same time twist round the blade with the pinchers. The tightest screw will yield immediately to this sort of persuasion.

What a Poultry Man Says About 20-Mule Team Soap.
As I am in the poultry business, I had ten white chicks to wash and prepare for a show. I used "20-Mule Team" Soap for washing the birds, and I can say from years of experience washing white birds, never before have I found a soap or Borax that cleaned my birds so fine and easy. I had a great deal of comment on my birds being so white. J. A. Dinwiddie, Newmarket, Tenn. Local agents wanted. Write for money making plan.

Kind Deed.
At a meeting of a Band of Mercy class in a small town near Denver each child relates the kind deed he or she has recently done. One day the teacher asked little Emily to relate the kind deed she had done. She quickly rose and said: "I took off a tin can tied to a little dog's tail."
The teacher asked, "Did you know who tied it on?"
"Yes," replied Emily, with hesitation. "I didn't know any kind deed to report, so I tied it on so that I could take it off."—Philadelphia Ledger.

Quality IS OUR MOTTO
Said an Employer: "Stick to quality. It will win out in the end." We do "stick to quality." That is the reason our graduates are so thorough and in such demand. Investigate our claims to superiority. Catalogue, business forms and penwork free. Call, phone or write.
Portland Business College
Teeth and Morrison, Portland, Oregon
A. P. ARMSTRONG, LL. B., PRINCIPAL

Behrke Walker
BUSINESS COLLEGE
PORTLAND, OREGON
BEHRKE-WALKER STUDENTS SUCCEED. WHY?
They are Trained for business in a business-like way. Why not enroll in a reputable school that places all of its graduates?
I. M. WALKER, Pres. SEND FOR CATALOGUE O. A. BOSSERMAN, Sec.

Dividing Line at Cape Hatteras.
Cape Hatteras is the true dividing line between the North and the South. North of it there is not a trace of the palmetto and other forms of vegetation which, subtropical in character, cease there also. Mason and Dixon's line is an imaginary sort of a thing in the North, but Hatteras is the outer mark of the real dividing line and it affords a fine opportunity for study.—Forest and Stream.

HOWARD E. BURTON—Assayer & Chemist, Leadville, Colorado. Specimens priced: Gold, silver, lead, tin, iron, copper, zinc, nickel, cobalt, arsenic, bismuth, mercury, platinum, palladium, iridium, rhodium, osmium, selenium, tellurium, antimony, arsenic, strontianite, barite, fluorite, mica, asbestos, talc, graphite, sulfur, phosphorus, nitrate, carbonate, silicate, phosphate, borate, sulfate, chloride, bromide, iodide, fluoride, cyanide, cyanate, thiocyanate, chromate, manganate, permanganate, permanganate, potassium, sodium, calcium, magnesium, strontium, barium, lithium, rubidium, cesium, francium, potassium, sodium, calcium, magnesium, strontium, barium, lithium, rubidium, cesium, francium.

Crescent Mapleine
MAKES YOUR DRESSING THINER
20¢ BOTTLE 35¢ AT ALL GROCERS

WHEN YOU COME TO PORTLAND
ARRANGE TO STOP AT
THE CORNELIUS
PARK AND ALDEN STS.
A New and Modern European Hotel, catering particularly to State people. A refined place for ladies visiting the city, close to the shopping center. Rates reasonable. Free Bus.
A. K. CLARKE, (late of Portland Hotel) Mgr.

W. L. DOUGLAS
\$3.00 SHOES \$3.50



W. L. Douglas makes and sells more men's \$3.00 and \$3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, and wear longer than any other make. Shoes at All Prices, for Every Member of the Family, Men, Boys, Women, Misses & Children. W. L. Douglas \$4.00 and \$5.00 Gaiter Shoes cannot be duplicated at any price. W. L. Douglas \$1.50 and \$2.00 shoes are the best in the world. Foot Color Restored and Encouraged. No Yanks or Substitutes. W. L. Douglas name and price is stamped on bottom. Sold everywhere. Shoes mailed from factory to any part of the world. Catalogue free. W. L. DOUGLAS, 118 Spout St., Brockton, Mass.

CRESCENT EGG-PHOSPHATE BAKING POWDER

A modern leavener at a moderate price; is 30 per cent. more efficient than "Trust" or Cream-of-Tartar products and absolutely free from the health-racking Rochelle Salts residue invariably accompanying their use.

Get it from your Grocer
25¢ FULL POUND 25¢

P. N. U. No. 35-08
When writing to advertisers please mention this paper.