Your Duty is to be Well.

But you cannot be well if you neglect taking Hood's Sarsaparilla when you know you should take it. Impure blood, poor appetite, headache, nervousness, that tired feeling—by these and other signs your system demands Hood's. Get a bottle today.

Glow of Health—"My blood was very poor. Since taking Hood's Sarsaparilla I have more color in my face, sleep and eat well, and work is a pleasure." MRS. A. A. HOWARD, Taunton, Mass.

In Worst Form—"I had catarrh in the worst form and was advised to try Hood's Sarsaparilla. I took seven bottles and am now in good health. I hope everyone who has catarrh will give Hood's a fair trial." MRS. WILLIAM METCALF, Parkerford, Pa.

Always Praise—"I first took Hood's Sarsaparilla 13 years ago, and always speak in favor of it." H. COWDELL, 237 Perry Street, Lowell, Mass.

Hood's Sarsaparilla is sold everywhere. In the usual liquid, or in tablet form called **Sarsatabs.** 100 Doses One Dollar. Prepared only by C. I. Hood Co., Lowell, Mass.

Metallic.

Poe was writing "The Bells."

"It jingles," he said, "as if there might be a lot of coin in it!"

Cheered by the thought, he tintinnabulated with redoubled energy.

Simply Infamous.

Intimate Friend—They suspended you from the Hot Sports' Club? What had you done?

Victim (choking with wrath)—Not a blank thing! All they could prove against me was that I had trimmed a sucker and got his wad, just as you or any other man would have done!

Not Likely to Be at Home.

Mrs. Neighbor—Aren't you going to call on our old schoolmate who has just moved into the next block?

Mrs. Homer—I would like to call on her, but I don't want to meet her husband.

Mrs. Neighbor—Oh, there is no danger of meeting him. They have been married nearly a year.

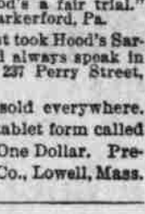
Parental Misinformation.

"Paw, what is a guillotine?"

"It's an instrument bearing some resemblance to a shirt collar that has been three or four times to the laundry, Tommy, but it is much quicker and more merciful in its operation."

HOWARD E. BURTON.—Assayer and Chemist, Leadville, Colorado. Specimen prices: Gold, Silver, Lead, $1; Gold, Silver, 75c; Gold, 50c; Zinc or Copper, $1. Cyanide tests. Mailing envelopes and full price list sent on application. Control and Umpire work solicited. Reference: Carbonate National Bank.

LEARN TO DANCE BY MAIL LESSONS 25c



Waltz, Two Step, Three Step, etc. Dance completely taught and guaranteed in four lessons. Prof. Wal Willson, 12 Selling-Hirsch Bldg., Portland, Oregon

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We will place in your hands, on approval, the latest authority and guide on the subject. Send postal for our offer enabling you to examine the work without cost or obligation to purchase. 215,000 copies sold. If you are satisfied with the book, we have a very interesting proposition for your consideration. Pacific Distributing Co., No. 7 Hancock Bldg., Seattle, Washington.

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Good sense says make the most of the first.

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have made and kept Ferry's Seed Business the largest in the world—merit tells.

Ferry's Seed Annual for 1908 tells the whole Seed Story—sent FREE for the asking. Don't sow seeds till you get it.

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For Baby's Bath; for Baby's Clothes; for an Eye Wash, Mouth Wash, Sterilizing the Bottle, Washing Napkins.

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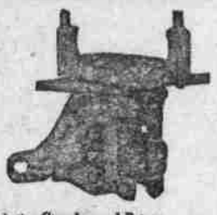

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TOWER'S FISH BRAND SLICKER

Clean - Light Durable

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$3.00 Everywhere

A. J. TOWER CO. BOSTON, U.S.A. TOWER CANADIAN CO. LIMITED TORONTO, CAN.

WHEN writing to advertisers please mention this paper.

EPIDEMIC OF GRIP IS SWEEPING COUNTRY

Tens of Thousands of Cases of This Pestiferous Disease Are Being Reported.

SUFFERERS IN MANY CITIES

Business in Many Places Is Disorganized on Account Prostrations from This Ailment.

An epidemic of la grippe seems to be sweeping over the country, and tens of thousands of people are suffering from the disease. Pittsburg reports the worst visitation in its history. The business of the city is disorganized on account of the large number of people who have been suddenly forced to remain absent from their places of employment. Factories and mills, offices and stores are affected seriously.

There is a notable uniformity in the symptoms of the present epidemic which appears to affect principally the bronchial passages. Bronchitis and pneumonia are its most common accompaniments, and it aggravates fully 50 per cent of the tuberculosis cases. Those most injuriously affected are persons who before the attack were badly run down in their general health. In their cases pneumonia quickly develops while the heart, brain and other organs become affected.

In Philadelphia an epidemic of grippe is sweeping the city and whole families are prostrated by it. Pneumonia in many cases is followed close upon its heels, and last week many persons died of that disease. Doctors are scarcely able to keep up with the demands made upon them. Baltimore, too, is experiencing an unusual amount of sickness.

Other cities where grippe has made its appearance are Boston, Chicago, Cincinnati, Cleveland, Denver, Milwaukee and New York, and reports from these places indicate that the health authorities fear that the outbreak is only at the beginning. Health Commissioner Evans, of Chicago, has issued a warning to the people, urging them to get plenty of fresh air and to exercise in the open as much as possible. Chicago knows the danger of grippe, for it has been frequently visited by the disease. In 1890 that city had 100,000 grippe sufferers and 112 deaths directly resulted. In 1899 over 300 persons died from the disease, and since the first appearance of the malady the city has paid a tribute of 2,208 lives.

In New York, where the disease is now gaining a strong foothold, sixty-eight deaths resulted last week and there are many cases scattered about the city.

Boston is the worst sufferer on the Atlantic seaboard. There are nearly 100,000 cases there and sixty deaths have resulted. Cincinnati has 2,000 cases and the disease seems to be epidemic in form.

The open winter is held responsible for the spread of the disease. Where it originated no one seems to know. It travels with wonderful rapidity. In 1889, when the grippe appeared in virulent form all over the country, it was tracked back to Europe and thence to Hong Kong in China. The germs of the present epidemic may have come from the same source.

ODDS & ENDS OF SPORT

The Washington State football eleven defeated that of St. Louis university by the score of 11 to 0, at Spokane, Wash.

The Coney Island Jockey Club announced that improvements in its plant now under way will cost at least $100,000.

There will be half a dozen Smiths in the major leagues next season, the Americans having four players of this name and the Nationals two.

Cincinnati has asked for waivers on seventeen men. Provided all these players are turned back to the minors, the next manager of the Reds still will have twenty-two athletes to aid him in capturing a second division berth.

The baseball critics seem inclined to the belief that the Bostons got all the best of the big deal with New York. The Bean Eaters, it would seem, should occupy a higher place in the race than they have held for the past few years.

Tommy Ryan believes that the best fighters of to-day are to be found in the middleweight ranks. He has a poor opinion of the "heavies," they falling far below the standard of scrappers like Jeffries, Sharkey, Corbett, McCoy and Fitzsimmons in their active ring days.

Haskins, the intercollegiate champion may be barred from representing the American team at the Olympic games. Haskins is not an American citizen. He was born in Australia and comes under the same ruling as that which affects Con Leahy and Dennis Murray, the two Irish athletes who wanted to represent America.

In order that they may be kept in active training for the Olympic games in England next summer, a movement is on foot that has for its object a visit of the best of the Canadian athletes to New York and Boston, where indoor meets would be held. If the scheme pans out, Tom Flanagan, John Flanagan's brother, will have charge of the party.

For Lung Troubles

Ayer's Cherry Pectoral certainly cures coughs, colds, bronchitis, consumption. And it certainly strengthens weak throats and weak lungs. There can be no mistake about this. You know it is true. And your own doctor will say so.

"My little boy had a terrible cough. I tried everything I could hear of but in vain until I tried Ayer's Cherry Pectoral. The first night he was better, and he steadily improved until he was perfectly well."—MRS. S. J. STEELE, Alton, Ill.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of

Ayer's SARSAPARILLA. PILLS. HAIR VIGOR.

Keep the bowels regular with Ayer's Pills and thus hasten recovery.

Coming to This!

First Broker—How is business?

Second Broker—Improving a little. I've got a good barker out in front of my office now.

Another Nature Story.

To the tail of the dog
They tied a big log,
And patted him on the head.
Old Tray couldn't make
His narrative shake,
And the tail wagged the dog instead.
—Chicago Tribune.

Something Terrible.

Tommy—Teacher, may I go out to sneeze?

Teacher—That is unnecessary, Tommy. You can sneeze in here without disturbing anybody.

Tommy—I guess you never heard me sneeze!

ADVICE TO VICTIMS

TELLS READERS HOW TO PROMPTLY CURE RHEUMATISM AT HOME.

Directions to Mix a Simple Preparation and the Dose to Take—Overcomes Kidney and Bladder Trouble Promptly.

There is so much Rheumatism everywhere that the following advice by an eminent authority, who writes for readers of a large Eastern daily paper, will be highly appreciated by those who suffer:

Get from any good pharmacy one-half ounce Fluid Extract Dandelion, one ounce Compound Kargon, three ounces of Compound Syrup Sarsaparilla. Shake these well in a bottle and take in teaspoonful doses after each meal and at bedtime; also drink plenty of good water.

It is claimed that there few victims of this dread and torturous disease who will fail to find ready relief in this simple home-made mixture, and in most cases a permanent cure is the result.

This simple recipe is said to strengthen and cleanse the eliminative tissues of the Kidneys so that they can filter and strain from the blood and system the poisons, acids and waste matter, which cause not only Rheumatism, but numerous other diseases. Every man or woman here who feels that their kidneys are not healthy and active, or who suffers from any urinary trouble whatever, should not hesitate to make up this mixture, as it is certain to do much good, and may save you from much misery and suffering after while.

The population of men in the United States, from statistics compiled from the reports of the census of 1900, is 39,059,242. The population of women is 37,244,145.

Her Record Against Her.

Mrs. Upmore (to applicant for position as cook)—Have you ever worked for Mrs Highmus?

Applicant—Yis, ma'am; wan week.

Mrs. Upmore—Well, if you suited her for as long a time as that you wouldn't suit me at all. Good morning.

Encouraging.

Said an ambitious youth one day to a young lady: "Don't you think I'd better dye my mustache?" caressing the faintly visible progeny.

"I think if you let it alone it will die itself," said the young lady.—Woman's Home Companion.

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 package.

SOLD BY ALL LEADING DRUGGISTS.

one size only, regular price 50¢ per bottle.

ANIMAL DRINKERS.

When the Rat, the Cat and the Rabbit Are Thirsty.

All creatures, with the exception of the highest endowed species, are not only teetotalers, but drink very moderately of water—never anything else. For instance, it would be equally difficult to picture a dormouse quaffing a pint of soda water as a bottle of Burgundy.

Rats, especially when they are feeding on corn in ricks or barns, suffer very much during a comparatively short spell of rainless weather. Even the dews, which in some measure compensate for the absence of rain, are quite insufficient for their needs.

If you would like to see really happy rats watch a rat-infested corn stack on a summer evening after a shower following a few scorching days. You will not have long to wait, says Pearson's Weekly, before you hear the stack rustle, as it were, and soon the rats will steal out to gulp down the great, glistening raindrops on the thatch and herbage near their abode.

So thirsty do rats become that I have seen one which, in spite of my frightening him back each time he appeared, made a fresh attempt about every half minute to gain a puddle of drainings from a farmyard. And I remember a farmer, shooting at one, shot no fewer than seven rats which had crowded to drink from a small pool of water near a stable.

Moreover, my experience of rats—and I have "dealt with" tens of thousands—leads me to believe that the larger rats when hard pushed for "drink" kill their own and other rats' young for their blood—truly a ghastly beverage, even in times of famine. This thory certainly dovetails with the fact that a dry breeding season means a poor crop of rats, and vice versa.

Rats are even credited with so far forgetting themselves as to drink from uncorked bottles by inserting their tails into the liquid, though, personally, I have yet to behold this astute dodge.

My old black cat is a cat among cats, and I don't think any rat can best her at ways and means. When she has "plain" thirst puss balances herself on the edge of an open galvanized tank and subdues the feeling by means of about five tongue laps to one swallow.

But sometimes, after washing day, for instance, the water level is too low for direct drinking, so she dips a front paw and licks the water therefrom in a way unexcelled in daintiness by any society star's manipulation of a finger bowl.

Rabbits and hares, which may be truthfully called strict vegetarians, need very little in the shape of direct drink but dew, for their food in its raw state contains a very large percentage of moisture.

And sheep, in this country, at least, seldom require water, except in the hottest part of the summer, and never, I believe, when feeding off root crops in autumn and winter.

Now, water in a direct form is indispensable to stoats and weasels. This accounts for their being found in much greater numbers in well-watered districts, where the supply never fails, than in parts where there is only a pond here and there which holds water all the year round.

Ferrets, too, when fed on warm flesh and milk only, do not thrive so well as those which have water always in reach. I suggest that water is so necessary to stoats and weasels, and in a lesser degree to ferrets, because the warm blood of their prey creates an exceptional thirst, for salt is present in considerable quantity in blood.

OUR DIFFICULT ENGLISH.

An American who met Henryk Sienkiewicz during his stay in California many years ago has recently confided to the public that the great Polish novelist has only become an admirer of America since he left it. While he was here, a homesick member of an idealistic community which was a failure, American manners and customs did not please him, and he did not display the usual aptitude of his countrymen in acquiring the language, which he used reluctantly and as little as possible.

On being introduced to the American, he inquired, politely:

"How is your heels?"

Perceiving a puzzled expression on the countenance of his new acquaintance, he, too, looked puzzled for an instant, then whipped a little phrase-book out of his pocket and pointed triumphantly to the question, "How is your health?"

It was merely the foreigner's difficulty with the th, combined with a natural inclination to pronounce heal in health like heal outside it.

His mistake, although amusing, could not have been so difficult to listen to with a courteously grave face as was that of a Frenchman of letters who not long ago called upon a charming American lady in Paris.

She was loath to lose his call, and decided to receive him, although she had not yet wholly recovered from an attack of facial neuralgia, which still somewhat impaired the outline of her usually oval visage. He was most grateful and sympathetic.

"Ah, madame!" he cried, throwing up his hands. "The nerfs! The nerfs! Truly it is the American disease! Always the fat neck and the swelled head!"

The proprietor of the store has a greater feeling of joy inside him when an unmarrieed man comes in to buy, than when the man is married.

CATARRH BLOOD DISEASED AND SYSTEM DISORDERED

Catarrh is not merely an inflammation of the tissues of the head and throat, as the symptoms of ringing noises in the ears, mucous dropping back into the throat, continual hawking and spitting, etc., would seem to indicate; it is a blood disease in which the entire circulation and the greater part of the system are involved. Catarrh is due to the presence of an excess of uric acid in the blood. The Liver, Kidneys and Bowels frequently become torpid and dull in their action and instead of carrying off the refuse and waste of the body, leave it to sour and form uric acid in the system. This is taken up by the blood and through its circulation distributed to all parts of the system. These impurities in the blood irritate and inflame the different membranes and tissues of the body, and the contracting of a cold will start the secretions and other disgusting and disagreeable symptoms of Catarrh. As the blood goes to all parts of the body the catarrhal poison affects all parts of the system. The head has a tight, full feeling, nose continually stopped up, pains above the eyes, slight fever comes and goes, the stomach is upset and the entire system disordered and affected by this disease. It is a waste of time to try to cure Catarrh with sprays, washes, inhalations, etc. Such treatment does not reach the blood, and can, therefore, do nothing more than temporarily relieve the discomfort of the trouble. To cure Catarrh permanently the blood must be thoroughly purified and the system cleansed of all poisons, and at the same time strengthened and built up. Nothing equals S. S. S. for this purpose. It attacks the disease at its head, goes down to the very bottom of the trouble and makes a complete and lasting cure. S. S. S. removes every particle of the catarrhal poison from the blood, making this vital stream pure, fresh and healthy. Then the inflamed membranes begin to heal, the head is loosened and cleared, the hawking and spitting cease, every symptom disappears, the constitution is built up and vigorous health restored. S. S. S. also tones up the stomach and digestion and acts as a fine tonic to the entire system. If you are suffering with Catarrh begin the use of S. S. S. and write us a statement of your case and our physicians will send you literature about Catarrh, and give you special medical advice without charge. S. S. S. is for sale at all first class drug stores.

I had Catarrh for about fifteen years, and no man could have been worse. I tried everything I could hear of, but no good resulted. I then began S. S. S., and could see a little improvement from the first bottle, and after taking it a short while was cured. This was six years ago, and I am as well today as any man. I think Catarrh is a blood disease, and know there is nothing on earth better for the blood than S. S. S. Nobody thinks more of S. S. S. than I do. M. MATSON, Lapeer, Mich.

S.S.S. PURELY VEGETABLE

An Opinion.

"Where," quoted the poetic parson, "are the snows of yesteryear?"

"I don't know," answered Mr. Sirius Barker, "but it's no credit to the street cleaning department that they aren't lying precisely where they fell.—Washington Star.

Consideration.

"Do you expect people to believe the reason you give for advancing prices?"

"That isn't the question," rejoined Dustin Stax. "They ought to appreciate my courtesy in condescending to give any reason at all."—Washington Star.

Only One "BROMO QUININE."

That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c.

Demonstrating It.

"The financial stringency doesn't seem to have affected you much," remarked Dinguss, touching him for ten.

"No," answered Shadbolt, reluctantly handing it over, "and it doesn't seem to have taught me any gumption, either."

Heredity.

The baby was learning to walk.

"B'ess its 'ittle heart!" exclaimed the fond mother. "It waddles dess like its big fat papa, doesn't it?"

Lumbago.

This is really Rheumatism of the muscles of the loins and is characterized by severe, at times agonizing, pain in the small of the back, allowing the sufferer scarcely a moment's rest, while the ailment is at its worst. It can come from cold, exposure to draft, from getting wet feet or wearing wet or damp clothing. It causes acute suffering, and if allowed to become chronic, it may permanently disable the sufferer. The way to secure quickest relief is to redden the skin over the painful part by rubbing with a flesh brush or piece of flannel rag, and then apply St. Jacobs Oil by gentle friction with the hand.

No Sign.

Sister—I know Jack is in love with me.

Brother—What makes you think so?"

Sister—His hand trembled when he buttoned my glove for me this morning.

Brother—Guess again. I was out with him last night."—Cleveland Leader.

Dead Invited to the Banquet.

On the accession of a new emperor of China he goes in solemn state to the Temple of Heaven in Peking and formally announces to his imperial predecessors the new titles and dignities which he has assumed. These ancestors are then dutifully invited to the banquet of commemoration, where seats are duly reserved for them.

PILES CURED IN 6 TO 14 DAYS.

PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

Physicians in various parts of England are complaining that the competition of departments of hospitals is ruinously unfair.

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

Consistency in Reform.

"Why wasn't Mrs. De Smythe-Peyster at the meeting to take steps to suppress the gambling evil in big cities?"

"She couldn't come. This is the day her bridge whist club meets, and she's always such a winner."—Baltimore American.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE $2 trial bottle and treatise. Dr. R. H. Kline, Ld., 931 Arch St., Phila., Pa.

A Great Man's Little Pleasantry.

"Senator," said the correspondent, "you are quoted as advocating the abolition of capital punishment. How about that?"

"Well," answered Senator Lotsmun, with a grin, "don't you think capital has been punished about enough?"

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for Constipation.

Open Minded.

"Uncle George, do you believe Mars is inhabited?"

"Sometimes I do, my boy, and sometimes I don't. It depends altogether on which one of the monthly magazines I happen to be reading at the time."

"OUCH, OH MY BACK"

NEURALGIA, STITCHES, LAMENESS, CRAMP TWINGES, TWITCHES FROM WET OR DAMP ALL BRUISES, SPRAINS, A WRENCH OR TWIST THIS SOVEREIGN REMEDY THEY CAN'T RESIST

ST JACOBS OIL

PRICE 25c AND 50c

W. L. DOUGLAS SHOES $3.00 $3.50

SHOES AT ALL PRICES, FOR EVERY MEMBER OF THE FAMILY, MEN, BOYS, WOMEN, MISSES AND CHILDREN.

Fast Color Eyelets Used Exclusively.

W. L. Douglas makes and sells more men's $2.50, $3.00 and $3.50 shoes than any other manufacturer in the world, because they hold their shape, fit better, wear longer, and are of greater value than any other shoes in the world to-day.

W. L. Douglas $4 and $5 Gilt Edge Shoes Cannot Be Equalled At Any Price

CAUTION. W. L. Douglas name and price is stamped on bottom. Take No Substitute. Sold by the best shoe dealers everywhere. Shoes mailed from factory to any part of the world. Illustrated Catalog free to any address. W. L. DOUGLAS, Brockton, Mass.