

Questions for Women

If you were offered sure aid in time of trouble would you put it aside and accept something of doubtful efficiency?

If you saw before you a strong and safe bridge leading to your goal, would you ignore it to try some insecure and tottering structure?

The answer to these questions is plain. You would, of course, choose without hesitation what all evidence showed to be the safe thing, and you would risk nothing in useless experiments.

Why, then, do some women risk one of their most precious possessions—their health—in trying medicines of unknown value, which may even prove harmful to them?

Lydia E. Pinkham's Vegetable Compound has stood the test of years. It has the largest sale of any remedy for female ills in the world, and nothing could have given it this sale except its own merit.

Do not try any experiments, but buy what is known to be reliable. Mrs. Pinkham's Compound can do all that is claimed for it, and all statements in regard to it can be easily verified. Write to Mrs. Pinkham at Lynn, Mass., for a little book she has just published containing letters from the mayor of Lynn, the postmaster and others.

Mrs. Pinkham's advice is offered free of charge to all women who write to her for aid. This invitation is constantly renewed. A million women have been cured of serious female ills by Mrs. Pinkham's advice and medicine.

Three Letters from One Woman, Showing How Lydia E. Pinkham's Vegetable Compound Cured Falling of the Womb

"DEAR MRS. PINKHAM—I see your advertisement in the papers in regard to treating women's diseases, and would be grateful to you for your advice in my case. I am suffering from falling of womb, have pains in my legs and feet, in fact I ache all over. I am getting so weak I cannot stand on my feet much. I have the headache sometimes, and a choking, tight feeling in my breast and throat. Have a baby seven months old. I hope to hear from you soon, as I am in so much distress."—Mrs. J. R. COMPTON, Eggboro, Va., May 15, 1898.

"DEAR MRS. PINKHAM—I followed your advice and I am now on the second bottle of your Vegetable Compound and I think it is going to cure me. If it does I will ever praise it, for I am, and have been, a great sufferer; but now I live in hopes of getting well."—Mrs. J. R. COMPTON, Eggboro, Va., July 12, 1898.

"DEAR MRS. PINKHAM—Again I write to you. When I first wrote to you for advice in regard to my troubles I thought I could never get well again. After receiving your letter I followed your advice exactly, and thanks to you, I am cured of that dreadful disease. I cannot find words to express the good your medicine will do. It is really more than was recommended to me."—Mrs. J. R. COMPTON, Eggboro, Va., April 13, 1899.

Two Women Cured of Irregularity, Falling of the Uterus and Ovarian Trouble.

"DEAR MRS. PINKHAM—I have female weakness. Menstruation irregular, and I suffer bearing-down pains in left side and hip. My doctor said I had womb trouble and enlargement of the ovaries. I have doctored two months, but see no improvement."—Miss MARY E. REED, Swan Creek, Ill., April 13, 1899.

"DEAR MRS. PINKHAM—Your good advice has been worth more than all I ever received from a doctor. Words cannot express my gratitude to you for Lydia E. Pinkham's Vegetable Compound. After twelve years' suffering I am stout and healthy."—Miss MARY E. REED, Swan Creek, Ill., April 28, 1899.

"DEAR MRS. PINKHAM—I suffer female troubles. My doctor wishes my ovaries taken out, but I shall never consent. Menstruation is irregular and my head has a tired feeling. Hospital treatment does me no good. I have five children and am forty-four years old. Please advise what medicine to take."—Mrs. E. H. SONDERS, 437 N. 40th St., Philadelphia, Pa., September 27, 1898.

"DEAR MRS. PINKHAM—I followed the advice you gave me and your medicine has cured me. I felt better when I had taken the Vegetable Compound but a week."—Mrs. E. H. SONDERS, Philadelphia, Pa., February 6, 1899.

Another Case of Nervous Prostration and Inflammation of the Bladder Cured by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM—I have used your Vegetable Compound for female weakness and it has done wonders for me. I also had nervous prostration, was not able to look after my household. After taking one bottle I began to improve, and am now better in every way and feel like a different person."—Mrs. DELIA KEIBER, Marionville, Pa., February 22, 1899.

"DEAR MRS. PINKHAM—I cannot praise your Vegetable Compound enough for the good it has done me. I suffered from inflammation of the bladder. I tried doctors, but obtained no relief. At last I decided to write to you, and now, thanks to your medicine, I am entirely cured."—Mrs. K. S. GRADY, 131 Union St., High Bridge, New York City, April 11, 1899.

10 DAYS TREATMENT FREE. CUTLER'S CARBOLATE OF IODINE

A Guaranteed Cure for Catarrh and Consumption. Sold by Druggists. W. H. SMITH & CO., Buffalo, N. Y., Prop's.

JOHN POOLE, PORTLAND, OREGON, can give you the best bargains in general machinery, engines, boilers, tanks, pumps, blowers, bells and windmills. The new steel 1 X L windmill, sold by him, is unequalled.

WARRANTED CURE FOR CATARRH OF THE BLADDER

WILL BE BLOWN UP.

DESTRUCTION OF ARCH ROCK, SAN FRANCISCO BAY.

Orim, Gray and Picturesque Pinnacle a Terror to the Mariner—Has Been a Menace to Navigation Ever Since the Days of '49.

Shag rock No. 1 and Shag rock No. 2 in San Francisco having been disposed of, contractors are now busily engaged in work preliminary to the demolition of the still more famous Arch rock in the same maritime thoroughfare. The forty-ydler cannot recall the day when this picturesque menace to navigation was not anatomized by the sailor man. Many a time its destruction has been suggested, and its demolition would have been accomplished long ago but for the sentimental opposition of a few veteran Californians who hated to see their odd-looking old friend disappear forever. Residents of Sausalito have always been particularly averse to its destruction, their cry always being that it was one of the sights of the bay. Eventually continued agitation by pilots and others interested in shipping bore fruit, and now Arch rock must follow in the way of the two others.

In early days of California's history it was a favorite amusement for young men to wait for an unusually low tide and then pull a boat through the arch. So far as is known the first time this feat was accomplished was in 1837, when Captain Frank Murphy, one of the best known pilots of his day, rowed a small boat through. For a few years the daring trip was occasionally made or attempted, but eventually a couple of young fellows, in trying to do the trick, were dashed against the arch by the heavy swell. The boat was smashed and the young men lost their lives. Since that time rowboats have given Arch rock a wide berth.

Frank Boyd, a noted pilot of the California coast, voiced the opinion of all men in his profession when he called Arch rock a dangerous spot, and said it should have been blown up long ago. "When they come to survey that spot," he said, "they will find every inch of ground in the vicinity of Arch rock covered with anchors and chains. Coasters and deep-water ships by the



ARCH ROCK, SAN FRANCISCO BAY.

hundred have come within an ace of going on the rock and had to slip their anchors in order to get clear. The first vessel that I remember being wrecked on Arch rock," continued Captain Boyd, "was the pilot-boat Sea Witch. That was in 1855. All the pilots had 'boarded off' and the schooner was coming in in charge of the boat-keeper. There was a dense fog and the boatkeeper mistook Arch rock for a sloop under sail and getting his course accordingly made the mistake of his life. All hands were saved, but the Sea Witch was a total loss.

"The next wreck was that of the clipper ship Flying Dragon in the winter of 1861-62. She made the fastest run on record from Newcastle, N. S. W., thirty-five days, and anchored off Meigs wharf. Captain Watson, the well-known marine surveyor, was in command of the vessel, but the pilot was still in charge when the accident happened. A sudden change of wind and a fierce squall drove the Flying Dragon down on the rock and she became a total loss.

FOUGHT A FIERCE GRIZZLY.

Piate Indian Killed the Huge Beast with Only a Knife.

The California grizzly bear has been one of the most powerful and unconquerable beasts ever known to the Western pioneer. A meeting with him has usually brought death to the lucky adventurer who dared enter the encounter, or even stand in his way when he came crashing through the underbrush. Other bears are met with confidence and dispatched with a steady aim, but when a grizzly comes thundering down the bowlders, tearing off trees in his superbly undeviating course, shaking the mountain side with his half ton of savage bulk, the nerves of man have to be strong indeed to withstand the spectacle. There is death in the red jaws, ripping and tearing in the powerful claws, strength to dash a man's head from his body at a blow from one of the huge forelegs. Coming head-on, he is like all savage creation turned loose. He is usually more than mortal can face; only the preternaturally brave and reckless court death and defy the fates by daring to stand and fight when he comes. Yet a few dars

knives met and overcome one of these monsters. The Indian was living at last accounts, but the bear was dead. Mustang is the Indian's name. He and another Piate were out in a tremendously wild region of the Hetch-Hetchy valley and when descending the bed of a gorge they almost ran into the jaws of the largest grizzly they had ever seen. Mustang and his companion fired their rifles at the brute, but the two shots produced no more effect in arresting the bear's charge than would the throwing of a pebble against the wind stop a cyclone. Mustang was a step in advance of his companion and brim reached him first, knocking his gun one way and him the other. The companion climbed a tree. Mustang plunged his knife to the handle into the shaggy monster, slashed it again and again across his rough hide, ripped and cut until blood poured from a dozen gashes in the herculean carcass; then he fell under a crushing blow from one of the spiked paws and lay quivering on the rocks with the bear tearing strips of hide from his back and chewing his arms and shoulders to a pulp.

Meantime Mustang's friend was vainly trying to get his rifle into working order. It had been injured when he climbed the tree. From morning till night this condition lasted. The bear soon left the mangled remains of Mustang and lumbered in red vengeance over to the tree where perched the other Indian. After trying in vain to climb he limped back to Mustang, but before he could tear the man to pieces the Indian, who was by no means dead, yet drove the knife into his enemy's vitals. The bear staggered off a few yards and then, overcome by the fear of death which comes instinctively to all animals, staggered down the gorge, but fell for good in a few minutes. Assistance soon reached Mustang, who was cared for by cunning medicine men of his own race.

Does Not Come with Age. A medical man has discovered that neither in youth nor old age is a man likely to make the biggest fool of himself. Extreme youth usually is considered not to have arrived at the dignity of years of discretion, yet a homely proverb would have us believe that "there is no fool like an old fool." This medical observer has broached the theory that there is an "aberration period of middle life," between the ages of 57 and 62. "If," he says, "a

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Sending \$1.75, a year's subscription price, with this slip or the name of this publication, will receive,

Free, all the remaining 1900 issues from the time of subscription To January 1, 1901, including the Holiday issues, and The Companion's 1901 "Puritan Girl" Calendar, lithographed in twelve colors.

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The Youth's Companion,
Boston, Mass.

When the Sun Goes Down in Turkey.

In Turkey the disappearance of the sun at night is accounted for by the periodical retirement of that pious luminary for prayers and religious reflection.

DON'T GET FOOTSORE, GET FOOT-EASE.

A powder. At this season your feet feel swollen, nervous and uncomfortable. If you have smarting feet or tight shoes, try Allen's Foot-Ease. It rests and comforts; makes walking easy. Cures swollen and sweating feet, blisters and callous spots. Relieves corns and bunions of all pain and is a certain cure for Chilblains. Sweating, Itching or Prickled Feet. We have over 30,000 testimonials. Don't get footsores, get Foot-Ease. Try it today. Sold by all druggists and shoe stores for 25c. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

The Chicago & Alton will exclude news agents from trains.

The Best Prescription for Malaria, Chills and Fever is a bottle of Grove's Tasteless Chill Tonic. It is simply iron and quinine in a tasteless form. No Cure, No Pay. Price 50c.

Boil eggs for 15 minutes if required hard.

Piso's Cure cannot be too highly spoken of as a cough cure.—J. W. O'BRIEN, 322 Third Ave. N., Minneapolis, Minn., Jan. 6, 1899.

All jars containing stores should be covered.

Carter's Ink is just as cheap as pork lard and is the best ink made. Always use Carter's.

Fish and onions, or strongly flavored foods, must be kept separate.

Stops the Cough and Works Off the Cold.
Laxative Bromo-Quinine Tablets cure a cold in one day. No cure, No Pay. Price 25 cents.

After slicing onions put the knife at once into cold water, it removes the smell better than hot.

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

When using frozen meat the great point is to slowly and thoroughly thaw it before cooking.

Order of Colored Nuns.

In New Orleans is an order of colored nuns, founded many years ago. It was instituted for the special purpose of giving education and moral training to young colored girls and to care for orphans and aged, infirm persons of their race. In its orphan asylum are children of all ages up to 14 years. The convent is a stately building more than a century old, in the old French quarter of New Orleans, and once was an opera house and ballroom.

The distance from New York to San Francisco by water, around Cape Horn is 15,960 miles. By the Isthmian canal the distance between the same points would be 4,907 miles—a saving of 10,753 miles.

900 DROPS

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

of

Wm. D. Mitchell

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Outside and Inside.

It is not easy for a man nowadays in good society to break with impunity the common canons of morality. And yet we are not sensible that it is a good deal easier to be good outside than inside.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggists, etc. Hall's Family Pills are the best.

Thinly shelled eggs are less liable to crack when boiled, if put on in cold water and slowly brought to a boil.

YOU KNOW WHAT YOU ARE TAKING When you take Grove's Tasteless Chill Tonic because the formula is plainly printed on every bottle showing that it is simply Iron and Quinine in a tasteless form. No Cure, No Pay. 50c.

Use boiling water when it first boils or the gases escape and the water becomes flat.

TO CURE A COLD IN ONE DAY Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Butter, unless clarified, should not be used for greasing tins, etc., as it easily burns.

E. C. Atkins & Co., saw manufacturers, Indianapolis, Ind., received a gold medal at the Paris exposition in the department of machinery, which included all kinds of saws operated by machinery, the other group containing their hardware exhibit of hand saws, cross cut saws, wood saws, etc. This latest success, following the victory of the Atkins saws in the recent international sawing contest in Australia, will do much to establish the reputation of the brand in the markets of the world.

All Australian race courses are oval, and from 1 1/4 to 1 1/2 miles each in circumference.

But few dairymen who have large herds are as careful in milking as they should be. Not one in a hundred ever washes the udders and teats of the cows before milking, followed by careful washing of the hands. Any dairymen who will practice such methods and who will invite his customers to witness his mode of management, will receive the highest prices for his milk, instead of selling to dealers. It may take a year or more to establish a reputation for such milk, but the fact will become known and the future of the dairymen will be large profits and more customers than he can supply.

ABSOLUTE SECURITY. Genuine Carter's Little Liver Pills.

Must Bear Signature of *Dr. J. C. Carter*

See Fac-Simile Wrapper Below.

Very small and so easy to take as a sugar.

CARTER'S LIVER PILLS

FOR HEADACHE. FOR DIZZINESS. FOR BILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION.

See Fac-Simile Wrapper Below.

CURE SICK HEADACHE.

The Valley of Humiliation. Here a man shall be free from the noise and from the hurrying of this life; all states are full of noise and confusion, only the valley of humiliation is that empty and solitary place. Here a man shall not be let and hindered in his contemplation, as in other places he is apt to be. This is a valley that nobody walks in but those that love a pilgrim life.—John Bunyan.

Beds Are Scarce in Russia. Beds are quite an innovation in Russia, and many well-to-do houses are still unprovided with them. Peasants sleep on the tops of their ovens; middle-class people and servants roll themselves up in sheepskins and lie down near stoves; soldiers rest upon wooden cots without bedding, and it is only within the last few years that students in schools have been allowed beds.

Belgian Hare a Pest. The Belgian hare as a fad is a thing of the past. The craze is over and now the dangers lurking in it are beginning to suggest themselves seriously to the public mind. It is realized that an animal possessed of such wonderful fecundity is liable to become a destructive pest if it escapes from captivity. Repressive legislation is, therefore, deemed necessary. The board of supervisors of San Diego county has taken the initiative by passing an ordinance prohibiting the liberation of a Belgian hare or permitting one that may have escaped to remain at large or unconfined.

Good cider differs greatly from that made of inferior apples. Instead of using half-rotten apples select those that are perfect and fully ripe. When the cider is running from the press strain it thoroughly. Use lard barrels, first cleaning the lard from the barrel, but should a little adhere to the sides it will be an advantage. Keep the barrel in a cool place and allow no air to enter other than that which forces in during the drawing at the spigot or faucet.

A Berlin physician has written an article on the dangers resulting from what are considered insignificant wounds. For instance, of 13 injuries to the thumb, permanent disability followed in 60 per cent.

Foods vary so greatly as to render it difficult for a farmer to select with a knowledge of the kinds which should be used. Only certain proportions of all foods are digestible but the indigestible portions are valuable in the manure heap. Bran at \$12 per ton is worth the price, even if applied to the crops direct, but when used as food it assists to balance the ration by supplying mineral matter, thus promoting growth of the animal while adding greatly to the value of the manure.

Avoid hanging oven doors while baking, as it is the cause of many cakes and pastry being heavy.

Catarrh

The cause exists in the blood, in what causes inflammation of the mucous membrane. It is therefore impossible to cure the disease by local applications. It is positively dangerous to neglect it, because it always affects the stomach and deranges the general health, and is likely to develop into consumption.

Many have been radically and permanently cured by Hood's Sarsaparilla. It cleanses the blood and has a peculiar alterative and tonic effect. R. Long, California Junction, Iowa, writes: "I had catarrh three years, lost my appetite and could not sleep. My head pained me and I felt bad all over. I took Hood's Sarsaparilla and now have a good appetite, sleep well, and have no symptoms of catarrh."

Hood's Sarsaparilla

Promises to cure and keeps the promise. It is better not to put off treatment—buy Hood's to-day.

SURE CURE FOR PILLS

ITCING'S Pills produce moisture and cause itching. This form, as well as itching, Rheumatism or Pruritus. Pills are sold by Dr. S. W. Benson, 1115 Broadway, New York, and by all druggists or sent by mail. Treatise Free. Write me about your case. DR. BOSANQUET, 75 So. Pa.

(The Famous German Wood Preserver)

..AVENARIUS CARBOLINEUM..

..CHICKEN LICE AND VERMIN..

One application is all that is required. It lasts for years. If your dealer cannot supply you, write for circulars and information to the following distributing agents: Perfection Pile Preserving Co., Seattle, Wash.; Fisher, Thorsen & Co., Portland, Oregon.; Whittier, Coburn & Co., San Francisco, Cal.

DOU YOU WANT YOUR SON EDUCATED FOR A BUSINESS LIFE?

Holmes' ENGLISH and BUSINESS College

YAMHILL AND ELEVENTH STREETS, PORTLAND, OREGON.
Write us. Send for our New Illustrated Catalogue.

FINE OLD ..WHISKY...

Gin, Brandy, Rum

12 full quarts, \$9.00. Per gallon, \$2.50. XXX FORT AND SHERRY, \$1.50

ALL GOOD GOODS

Orders for \$25.00 and upward delivered free to nearest Railroad or Steamer Landing. Blank Cases and Keys.

LOUIS CAHEN & SON
Established 30 Years.
SAN FRANCISCO, CALIFORNIA.

omparing a man with a thousand worlds and fill them with beautiful omnipotence may powder mountains into dust, and burn the sea, and consume the sky, but omnipotence cannot do an unloving thing toward a beloved. Oh! rest quiet, my dear, a hard thing, an unloving thing from God toward one of His own people is quite impossible. He is as kind to you when He casts you into prison as when He takes you into a palace; He is as good when He sends famine into your house as when He fills your barns with plenty. The only question is: Art thou His child? If so, He hath rebuked thee in affection, and there is love in His chastisement.—Christian Work.

Decrease of Drunkenness.

In an address before the railroad branch of the Y. M. C. A. of New York City, Chauncey M. Depew made a statement as to the decrease of drunkenness among railroad men that is worth repeating, coming from so high an authority. Twenty years ago, he said, when there were about 15,000 men in the New York Central service, the average proportion of men discharged for drunkenness within a certain period was at least 30 per cent. Now, with 30,000 men employed by the company, not one per cent is dropped from the service for that cause.

A Post of Dang'r. The colonel of a regiment occupies the post of danger. According to the record more colonels have been killed in action, in proportion to their number, than officers of any other grade. A general can keep under cover, more or less, but the colonel's position is with his regiment, and when it advances he is expected to lead.

Still More Counterfeiting. The Secret Service has unearthed another band of counterfeiters and secured a quantity of bogus bills, which are cleverly executed. Things of great value are always selected for imitation, notably Hostetter's Stomach Bitters, which has many imitators but no equal for disorders like indigestion, dyspepsia and constipation.

Put the sugar used for sweetening fruit tarts in the middle of the fruit, not on the top, or it will sicken the pastry.

E. W. Grove

This signature is on every box of the genuine Laxative Bromo-Quinine Tablets the remedy that cures a cold in one day

It is noticed that pigs fatten very quickly on sweet potatoes, due to the large amount of sugar in the food, and sweet potato growers utilize the small potatoes for that purpose. The best also contains a large proportion of sugar, and should be grown for swine, as they are relished at all seasons, both cooked and raw.

If raw yolks of eggs are left over from a dish, beat them up with a teaspoonful of water to each yolk and they will not dry up.

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Promises to cure and keeps the promise. It is better not to put off treatment—buy Hood's to-day.

SURE CURE FOR PILLS

ITCING'S Pills produce moisture and cause itching. This form, as well as itching, Rheumatism or Pruritus. Pills are sold by Dr. S. W. Benson, 1115 Broadway, New York, and by all druggists or sent by mail. Treatise Free. Write me about your case. DR. BOSANQUET, 75 So. Pa.

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