

Eruptions

Dry, moist, scaly, tetter, all forms of eczema or salt rheum, pimples and other cutaneous eruptions proceed from humors, either inherited, or acquired through defective digestion and assimilation.

To treat these eruptions with drying medicines is dangerous.

The thing to do is to take

Hood's Sarsaparilla and Pills

Which thoroughly cleanse the blood, expelling all humors and building up the whole system. They cure

Hood's Sarsaparilla permanently cured J. G. Hines, Frank, Ill., of eczema, from which he had suffered for some time; and Miss Alvina Walter, Box 212, Algona, Wis., of pimples on her face and back and chafed skin on her body, by which she had been greatly troubled. There are more testimonials in favor of Hood's than can be published.

Hood's Sarsaparilla promises to cure and keep the promise.

Love's Young Dream.

Nellie (calling to her sister)—I'm going to make some lemonade, Jennie. Where is the squeezer?

Jennie (absently)—The squeezer! Oh, he hasn't arrived yet, but I'm expecting him any minute.

FITS Permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free Book and treatise. Dr. M. H. Kline, Ltd., 287 Arch St., Philadelphia, Pa.

It is generally more profitable to reckon on our defects than to boast of our attainments.—Carlyle.

The banana produces to the acre forty-four times more food than the potato and 130 times more than wheat.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free. F. J. CHENEY & CO., Props., Toledo, O. Sold by druggists, price 75c. Hall's Family Pills are the best.

Charity and personal force are the only investments worth anything.—Walt Whitman.

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

Powerful alcoholic beverages can be distilled from bananas, the milk of coconut, rice and peas.

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.

Worse and Worse.

"My wife and I went to call on the Dumlays last night. I can't imagine anything more tiresome than spending an evening with them."

"You can't? Wait till they come to spend an evening with you."—Philadelphia Press.

NAGGING PAINS

Newport News, Va., July 22, 1903. Last summer while recovering from illness of fever, I had a severe attack of inflammatory rheumatism in the knees, from which I was unable to leave my room for several months. I was treated by two doctors and also tried different kinds of liniments and medicines which seemed to relieve me from pain for awhile, but at the same time I was not any nearer getting well. One day while reading a paper I saw an advertisement of S. S. S. for Rheumatism. I decided to give it a trial, which I did at once. After I had taken three bottles I felt a great deal better, and I still continued to take it regularly until I was entirely cured. I now feel better than for years, and I cheerfully recommend S. S. S. to any one suffering from Rheumatism. 613 3rd St. CHAS. E. GILDERSHIRE.

Rheumatism is caused by uric acid or some other acid poison in the blood, which when deposited in the muscles and joints, produce the sharp, cutting pains and the stiffness and soreness peculiar to this disease. S. S. S. goes directly into the circulation, all irritating substances are neutralized and filtered out of the system, the blood is made pure and the general health is built up under the purifying and tonic effects of the vegetable remedy. Write for our special book on Rheumatism which is sent free. Our physicians will advise without charge all who will write us about their case.

SSS
The Swift Specific Company, Atlanta, Ga.

PISO'S CURE FOR
CURES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.
CONSUMPTION

MEAL FOR SIX COST \$1.28.

Discovery of How to Live Well on 66 Cents a Day.

How to live well on 66 cents a day has been made an easy matter by the department of domestic science, at Teachers' College, Columbia University, says the New York Times. Meals at 22 cents apiece have been prepared by that department, and what is more to the point, eaten with apparent relish by unbiassed parties. In addition to all this, the chemical constituents in the food have been carefully weighed and measured, and it has been discovered that enough protoids, fats, carbohydrates and calories exist in the 22-cent meal to support men working with the customary expenditure of force. At least the text books say that that amount is enough.

The manner in which this discovery was made is somewhat as follows: Dean Russell of the college planned a luncheon to several friends, and thought it would be a clever idea to have the meal prepared by the department of domestic science of the institution. The teachers laid out the plan of battle, so to speak, and the students completed the work, by cooking the victuals. The luncheon was served to six persons. The total cost of material was \$2.02, from which was deducted the food not actually consumed, which, of course, could be made use of by a careful householder. This brought the total cost down to \$1.28 for the six persons.

This was the menu:

Grapefruit		20
Baked haddock		58
Hollandaise sauce		10
Oysters on the half shell		13
Hot butter		17
Pickles		03
Tea		02
Lettuce salad		16
Wafers		01
Cheese		10
Pineapple sherbet		24
Angel cake		19
Total		\$2.02

The food value of the things consumed amounted to 6,941 calories. This made the average amount consumed 1,081.3 calories. According to the textbook prepared by Mrs. Ellen E. Richards, of the Boston Science School, only 956.3 calories are necessary to sustain men and women working moderately hard. Miss M. B. Vall, instructor in domestic science at Teachers' College, who had charge of the luncheon, says that 22 cents would be a fair average for all meals, so that persons who pay more than \$241.56 this year, which is a leap year, or more than \$240.96 in ordinary years, are doing a vast injustice to themselves and their pocket books.

THE CYCLONE SAIL

To a landlubber it looks like a gigantic bifurcated Japanese paper umbrella, rigged up to the mast of a pleasure boat to protect fishermen from sunstroke, but when professional yachtsmen looked at it and said "Here it is at last!" they meant: Here is the cyclone or umbrella which we all know some one would invent.

Yachtsmen have long believed that if such a sail could be invented small sailing boats could safely carry much more canvas than they had formerly



AN ENGLISHMAN'S INVENTION.

done, and a great increase of speed be secured, says Popular Mechanics. Now an Englishman has contrived this ingenious arrangement and has equipped a seventeen-foot boat, which he will exhibit at Cowes, on the English Channel, this summer.

The American Shipbuilder is authority for the statement that the sail practically does away with the danger of capsizing, since the wind pressure has no effect to incline the boat. Pressure is lateral—or at right angles to the surface.

Properly adjusted the sail would not have to be furled in a storm, but the increased wind pressure would be utilized to make a landing or to avoid grounding.

Memory.

"It's a marvelous memory that Elder Withins possesses," remarked one Utah woman.

"Simply stupendous," answered the other. "Why, he can call any member of his family by name the minute he sets eyes on him."—Washington Star.

Reason for It.

Reggy—And you really believe he tells the truth?

Peggy—Oh, no doubt about it. He's taken it up as a fad.—Detroit Free Press.

A man may smile when he sees his wife's new bonnet, but the smile comes off when he sees the bill.

Don't expect your friends to be stuck on your jokes if they are pointless.

Opal Fossil of a Shark.

Since they were first discovered the famous opal fields at White Cliffs, N. S. W., have yielded many curious fossils, particularly those of prehistoric marine life. But the latest discovery is a most extraordinary one, and will prove of the deepest interest to the scientific world.

It is that of a fossilized, or rather opalized, member of the shark family, which was found on block No. 6, at a depth of thirty-five feet from the surface. The Sydney press says that the specimen measures 3 feet 6 inches from the snout to the tip of the tail. The body is in seven sections, the circumference of the largest of which (the head and shoulder portion) is eighteen inches; each section is six inches in length.

The deeply indented eye-sockets show plainly, "and thin veins of purple opal encircle the fish from tip to tip." At the mouth these veins make an oblong and clearly defined course, though the continuity is occasionally broken. No particulars as to weight are given, but as the fossil has been sent to London these and other matters of interest will soon be determined. It was purchased from the finders by an opal buyer.

Chilian Miners Powerful.

Perhaps the greatest weights borne for any distance on men's backs are the loads of ore brought up from the mines of the Andes by the miners of Chili. Darwin visited a copper mine in a ravine leading from the main range of the Cordillera, where the work was carried on by such primitive means that, though the mines had been worked in the mountains for at least two centuries, the water was removed in some by carrying it up shafts in leather bags on men's backs.

Sir Francis Head, when visiting a similar mine, found that all the ore was carried up to the surface, a vertical climb of 450 feet, by the miners, and that the average weight carried was 250 pounds. This load was not carried up a winding stair, but up notched trunks of trees, set almost upright, one touching another.

The food of the Chilian miner, according to Darwin, consisted of rations of sixteen figs and two small loaves of bread for breakfast; for dinner boiled beans, for supper wheat crushed and roasted. They scarcely ever tasted meat.

Those Newspaper Hints.

Foreman—We need a few lines to block out a column.

Rural Editor (wearily)—Well, say King Edward has begun wearing old clothes, because they are more comfortable. Perhaps it will start a fashion that you and I can follow.



A Marvel of Relief

St. Jacobs Oil

Safe and sure for

Lumbago

and

Sciatica

It is the specific virtue of penetration in this remedy that carries it right to the pain spot and effects a prompt cure.

Dr. C. Gee Wo

WONDERFUL HOME TREATMENT

This wonderful Chinese doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, barks, berries and vegetables that are entirely unknown to medical science in this country. Through the use of those harmless remedies this famous doctor knows the action of over 300 different remedies, which he successfully uses in different diseases. He guarantees to cure catarrh, asthma, lung, throat, rheumatism, nervousness, stomach, liver, kidneys, etc.; has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars. Send stamp. CONSULTATION FREE. ADDRESS

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283 Alder St., Portland, Oregon.

2nd Mercur paper.

P. N. U.

No. 47-1904

WHEN writing to advertisers please mention this paper.

Club of Climbing Japs.

The Japanese Alpine Club, which is the oldest in the world, is also a religious society, and the ascents accomplished by its members are preluded by a prayer which runs: "May our hearts be pure, and may the weather on the honorable peak be fine."

Piso's Cure is a remedy for coughs, colds and consumption. Try it. Price 25 cents, at druggists.

A Complaining Wife.

"So you enjoy hearing your wife speak in public?"

"Yes," answered Mr. Meekton; "it is a great comfort to me to hear her describing faults and difficulties for which I cannot possibly be held responsible."—Washington Star.

BEST BY TEST

"I have tried all kinds of waterproof clothing and have never found anything at any price to compare with your Fish Brand for protection from all kinds of weather."

(The name and address of the writer of this unqualified letter may be had upon application.)

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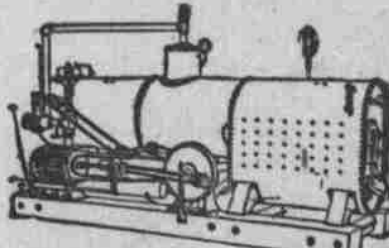
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Color more goods brighter and faster colors than any other dye. One 10c package colors silk, wool and cotton equally well and is guaranteed to give perfect results. Ask dealer or we will send post paid at 10c a package. Write for free booklet how to dye black and mixed colors. MONROE DRUG CO., Unionville, Illinois