

# Does Your Heart Beat

Yes. 100,000 times each day. Does it send out good blood or bad blood? You know, for good blood is good health; bad blood, bad health. And you know precisely what to take for bad blood—Ayer's Sarsaparilla. Doctors have endorsed it for 60 years.

One frequent cause of bad blood is a sluggish liver. This produces constipation. Poisonous substances are then absorbed into the blood, instead of being removed from the body daily as nature intended. Keep the bowels open with Ayer's Pills, liver pills. All vegetable.

Made by J. C. Ayer Co., Lowell, Mass.  
Also manufacturers of  
**Ayer's**  
HAIR VIGOR,  
AGUE CURE,  
CHERRY PECTORAL.

### Paste Jewels.

Bookworms spin gold for publishers. Advertising makes authors. An unprejudiced critic never reads a book until after he reviews it. Most of the rose-colored dreams of romance are yellow-backed. The only effective place for a heroine to faint is in a hero's arms. In novels, as in real life, there's many a slip between the engagement and the wedding trip. Many a spring poem has been punctured with a blue pencil. It is better to have your hero born great than to thrust greatness on him in the last chapter. A good press agent is rather to be chosen than a great plot.—New Orleans Picayune.

### Points of View.

"A man," said the young widow, "usually marries a woman because he loves her."  
"And a woman," rejoined the old bachelor, "usually marries a man because he asks her."

### A Strenuous Test.

He (angrily)—I actually believe you would marry the first fool that asks you.  
She (calmly)—Just ask me to marry you and prove the fallacy of your belief.

### Heard at the Table.

"I pity the poor sailor," said the sentimental boarder. "His is a dog's life."  
"Yes," rejoined the cheerful idiot, "he goes from one bark to another, as it were."

### Modern Enterprise.

Smith—Hill, the real estate man, is certainly an enterprising chap.  
Jones—What's the answer?  
Smith—He is offering a hand-painted house with each lot as a special inducement to purchasers.

### He Was Skeptical.

"I can tell the character of any woman by her hair," said the wise man.  
"Nonsense!" rejoined the skeptical person. "Many a true woman has hair that is false."

### No Laughing Matter.

Wags—Did you ever hear the joke about the two moons?  
Jags—That's no joke. I've seen 'em many a time.  
English newspaper correspondents are complaining of the disgustingly unclean treatment of bread on its way from the baker to the consumer.

Whenever an eye is injured, call in an experienced oculist at once.

As you value your sight, avoid all quack eye doctors.

### MALLEABLE IRON STUMP PULLERS

Fastest, lightest and strongest Stump Puller on the market. 112 Horse power as the stump with two horses. Write for descriptive catalog and prices.

REIBERSON MACHINERY CO.  
Foot of Morrison Street Portland, Oregon

### WET WEATHER COMFORT

"I have used your FISH BRAND Slicker for five years and can truthfully say that I never have had anything give me so much comfort and satisfaction. Enclosed find my order for another one."  
(NAME AND ADDRESS ON APPLICATION)

You can defy the hardest storm with Tower's Waterproof Oiled Clothing and Hats. Highest Award World's Fair, 1904.

OUR GUARANTEE IS BACK OF THIS SIGN OF THE FISH  
A. J. TOWER CO.  
Boston, U. S. A.  
TOWER CANADIAN CO.  
Limited  
TORONTO, CANADA

P. N. U. No. 19-1905

WHEN writing to advertisers please mention this paper.

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



### HOUSEHOLD TALKS

#### Sectional Frying Pan.

The sectional cooker that made its appearance in various forms during the past few years shows that a demand exists in the household for economy of room and fuel in the culinary operations. Perhaps the introduction of the gas stove, with its limited number of burners, has emphasized the necessity. The device here shown possesses the same feature and merits. A frying pan in which two operations can be conducted at the same time should be a great boon to the restaurant order cook, as well as to the divinity that presides in the kitchen of the smallest household. It means that the meal can be hasten-



SECTIONAL FRYING PAN.

ed, that it can be amplified in variety without much additional labor, and besides saving time in the cooking, it means less fuel, when gas is used, and one less pan to be cleaned. In the modern household where the pots and pans are kept scrupulously bright and clean, the latter saving is by no means the least desirable feature of the device.

#### Roast Saddle of Venison.

Rub the saddle well with melted butter and wrap in brown paper, buttering this also. Cook in a covered roaster with a little water in the bottom of the pan. Allow at least twenty minutes' roasting to every pound of the venison. Half an hour before the meat is done take off the paper and baste the meat every ten minutes that it remains in the oven, adding a little melted currant jelly to the butter in the pan. At the end of half an hour lay the meat on a heated platter and keep hot while you add to the gravy left in the pan nutmeg, salt, pepper, two tablespoonfuls of butter and the same quantity of currant jelly. When the jelly is melted pour the sauce in a gravy boat and send to the table.

#### Custard Cake.

First line a plain mould with a little jelly, and decorate it with thin strips of citron and preserved cherries; melt two ounces of best gelatine in a gill of cold water, then stir into a pint of custard made of milk and eggs; sweeten all to taste and flavor with essence of lemon; whip one gill of sweet cream to a stiff froth and add to the custard gradually; afterward stir in half an ounce of citron, chopped small; crumble enough sponge cake to make a pint and add to the above, then pour into the mould; when the cake is cold and set, turn out and serve. If you wish, add two ounces of chopped almonds to the custard—they are an improvement.

#### Melange Cookies.

Take one cupful of sugar and one cupful of butter or good shortening. Cream them and add two cups of melange and two eggs. Dissolve two good-sized teaspoonfuls of soda in a little hot water, and fill up the cup it is in with cold water. Add it to the other mixture and stir enough flour to make a soft dough, but one that can be rolled out and cut into cookies. Spice to suit the taste.

#### When Running Garbage.

If done in the range it is a mistake to put the waste directly on the fire. Put it under the side or back lids, where the fire does not come in contact with it, and it will dry out. It is best to put the garbage in the stove at night, and by morning it is dried to a tinder, and will blaze up and burn when the fire gets hotter, leaving no odor whatever.

#### No More Tough Meat.

If the meat is tough, or if you have any doubt as to its tenderness, put a tablespoonful of vinegar over it when putting it on to cook; you will find it very tender when done. Try steaming fowls instead of boiling; you will find that the meat is always tender, the full benefit of the fowl is kept, and it has a very delicate flavor.

#### Doughnuts.

Cream together a cup of sugar and a half-cup of butter, add a cup of milk, two beaten eggs, a tablespoonful of cinnamon and nutmeg, mixed, and two cups of prepared flour. Add enough flour to make a soft dough, roll out and cut into shapes with a cutter. Cook to a golden brown in deep, boiling fat.

#### Lobster Dressing, Without Oil.

One teaspoonful mustard, half teaspoonful each of salt, sugar and black pepper dissolved in a little cold water, eleven tablespoonfuls of vinegar, three of melted butter, two well beaten eggs; stir all together and boil until it becomes smooth.

### THE COST OF LIVING

Purchasing Power of a Dollar To-day and from 1890 to 1900.

All important food articles except sugar and coffee are higher at the present time than the average for the 10-year period from 1890 to 1900, says a writer in Pearson's. In looking back upon the course of prices since 1890 it is interesting to discover (from figures compiled by the government) that in that year \$1 would buy seven and four-fifths pounds of fresh beef, while to-day it will purchase only six and four-fifths pounds. That amount of money in 1890 would buy ten pounds of salt beef; to-day nine pounds. Of salt pork in 1890 it would buy nine and a half pounds; to-day a little over seven pounds. One dollar in 1890 would purchase seven and a quarter pounds of chickens; to-day less than six and a quarter pounds. It would buy ten pounds of fresh fish in 1890; to-day nine and a third pounds. In 1890 it would pay for five dozen and four eggs; to-day for only four dozen and three. One dollar in 1890 would buy nearly 17 quarts of milk; to-day less than 16 quarts. It would purchase in 1890 four and a quarter pounds of butter; to-day only three and three-quarter pounds. One dollar in 1890 was a fair equivalent for six and a third pounds of cheese; to-day it will purchase half a pound less.

To-day \$1 will buy less than eight and a half pounds of lard; in 1890 it would pay for nearly 11 pounds. Of cornmeal to-day you can purchase for that sum 28 1/2 pounds; in 1890 you could get 46 1/2 pounds. When it is considered that the average American family whose income does not exceed \$1,200 spends nearly 45 per cent of its entire income on food, it is easily seen how great a difference is made by a rise in prices of 10 to 25 cents on every dollar's worth of edible supplies, covering meats, vegetables and practically all other staples. As compared with the average prices governing during the period from 1890 to 1900 it is reckoned by the United States Bureau of Labor that hams and salt beef have gone up 12 per cent, salt pork and bacon 32 per cent, lard 35 per cent, fresh vegetables 13 per cent, cornmeal 16 per cent, crackers 19 per cent, New Orleans molasses 20 per cent, beans 31 per cent, herrings 31 per cent, salt 21 per cent, pepper 72 per cent and currants 121 per cent.

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

#### Room for Improvement.

"I have here," said the agent, "an alarm clock that will kindle the fire in the kitchen range and start the coffee boiling. Can I sell you one?"  
"No," yawned the lazy man, "but when you find one that will pour the coffee out and bring it upstairs I will be pleased to consider its purchase."

#### Protesting Against Rate Reduction.

Atlanta, Ga.—The recent proposition of J. Pope Brown, chairman of the Georgia Railroad commission, to reduce the passenger rate in Georgia from three to two cents per mile was protested against by the Brotherhood of Locomotive Engineers, the Order of Railway Conductors, and unions of the blacksmiths, machinists and telegraphers, boiler makers, railway train men, carpenters and joiners, clerks and car men. These organizations employed an attorney especially to represent them, who argued that such a reduction would work against the prosperity of the state and lead to a reduction in the number of railroad employes as well as of their wages. The Travelers' Protective association also protested that a reduction as proposed would result in fewer trains and poorer service.

#### Her Transformation.

She drank quantities of water, ate a lot of starchy foods.  
Abstained from exercising every day; She assimilated lactic and a case of malted goods,  
But it seemed her fate to have to fade away.  
She so mourned attenuation, with a visage like an owl's,  
That a smile upon her face was never seen;  
While below her mouth were wrinkles, and above her eyes were scowls,  
And her nose was like a hatchet in between.

But one day she fell to laughing in a strange, hysterical way.  
Just in thinking how ridiculous it proved;  
And it mellowed to a cackle that was sane enough, they say,  
Till at last she giggled every time she moved.

Why, she chuckled over her wrinkles, and she snickered off her frowns,  
And then took to all the things she shouldn't do;  
Now she's grown as fat as butter, and has outgrown all her gowns;  
But she laughs away at that disaster, too.

#### Woman's Home Companion.

Capt. Benton, an English sailor, 82 years old, who has saved 49 persons from drowning, is to have a street organ bought for him so that he can earn a living.

## A JUDGE'S WIFE PAIN IN THE BACK AND SIDE

Quickly Cured by a Short Course of Pe-ru-na.



MRS. MINNIE McALLISTER

MRS. MINNIE E. McALLISTER, wife of Judge McAllister, writes from 1217 West 33rd street, Minneapolis, Minn., as follows:

"I suffered for years with a pain in the small of my back and right side. It interfered often with my domestic and social duties and I never supposed that I would be cured, as the doctor's medicine did not seem to help me any."

"Fortunately a member of our Order advised me to try Peruna and gave it such high praise that I decided to try it. Although I started in with little faith, I felt so much better in a week that I felt encouraged."

"I took it faithfully for seven weeks and am happy indeed to be able to say that I am entirely cured."

"Words fail to express my gratitude. Perfect health once more is the best thing I could wish for, and thanks to Peruna, I enjoy that now."

Pain in the back, or on the right side.

How often a physician hears this complaint!

Over and over we hear women say: "I have a pain in the small of my back. I have a pain in my right side, just below the ribs."

These symptoms indicate pelvic or abdominal catarrh.

They indicate that the bowels are not acting properly—that the liver is out of order—that the pelvic organs are congested.

Pelvic catarrh—that is the name for it.

Peruna cures pelvic catarrh, when all of these symptoms disappear.

The catarrh may be all in the abdominal organs, when it would be properly called abdominal catarrh.

At any rate, it is one of those cases of internal catarrh which can be reached only by a course of treatment with Peruna.

We have on file thousands of testimonials similar to the above. It is impossible here to give our readers more than one or two specimens of the number of grateful and commendatory letters Dr. Hartman is constantly receiving in behalf of his famous catarrh remedy, Peruna.

Mrs. Carrie King, Darlington, Mo., writes:

"I have suffered for years with biliousness, and kidney and liver trouble."

"If I caught a little cold, the pains were increased and backache and headache were of frequent occurrence."

"However, Peruna cured me—twelve bottles made me a healthy woman."

#### As Others See Us.

"Yes," said the young man, "I am about to get a political job, where I will have nothing to do but sit around and look wise!"

"Well," rejoined his fair companion in the parlor scene. "I'm sure you will be able to fill the first half of the requirements all right enough."

#### Beware of Ointments for Catarrh that Contain Mercury

Mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by druggists, price 75c. per bottle. Hall's Family Pills are the best.

#### Trials of the Fair Sex.

He—If a girl declines an offer of marriage and becomes a spinster, she is apt to regret it.  
She—Yes; if she marries she is apt to regret it—so what can a poor girl do?

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

#### Supply vs. Demand.

Mrs. De Smythe—I wonder why old china is so rare and valuable?  
Mrs. De Jones—Is it possible you don't know after keeping a servant girl all these years?

#### Merely a Hint.

De Borem (time 11:30 p. m.)—Are you interested in baseball, Miss Cutting?  
Miss Cutting (suppressing a yawn)—Yes, to a certain extent. I dearly love to see a man make a home run occasionally.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free Trial Bottle and Treatise. Dr. R. H. Kline, Ltd., 301 Arch St., Philadelphia, Pa.

Knew Whereof She Spoke.  
"I dearly love to go shopping," said the giddy maid of 33 summers—more or less—"especially when there is a bargain sale."

"Hub!" growled the old bachelor. "I fail to see any particular pleasure in getting in a crowd and being almost squeezed to death."

"That is just what I enjoy most," replied the coy maiden, as she hid her glowing face behind her fan.

## CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of J. C. Hatch

Skaters average from nine to ten yards a second, while runners on skis have made as much as twenty-one yards in the same time, and the jumper on skis has developed almost forty yards velocity in a second. The man who made this record jumped 120 feet.

## A HOPELESS FIGHT

It is as impossible to conquer the king of diseases—Contagious Blood Poison—with Mercury and Potash as it would be to conquer the king of the forest in a hand-to-hand encounter, as thousands who have had their health ruined and lives blighted through the use of these minerals will testify. They took the treatment faithfully, only to find when it was left off, the disease returned with more power, combined with the awful effects of these minerals, such as mercurial rheumatism, necrosis of the bones, salivation, inflammation of the stomach and bowels, etc. When the virus of Contagious Blood Poison enters the blood it quickly contaminates every drop of that vital fluid, and every muscle, nerve, tissue and bone becomes affected, and soon the foul symptoms of sore mouth and throat, copper-colored blotches, falling hair and eyebrows, swollen glands, sores, etc., make their appearance. Mercury and Potash can only cover up these evidences for awhile; they cannot cure the disease. S. S. S. has for many years been recognized as a specific for Contagious Blood Poison—a perfect antidote for the deadly virus that is so far-reaching in its effects on the system. S. S. S. does not hide or mask the disease, but so thoroughly and completely cures it that no signs are ever seen again. S. S. S. while eradicating the poison of the disease will drive out any effects of harmful mineral treatment. A reward of \$1,000.00 is offered for proof that S. S. S. contains a mineral ingredient of any kind. Treatise with instructions for home treatment and any advice wished, without charge.

# SSS

THE SWIFT SPECIFIC CO., ATLANTA, GA.

## PUTNAM FADELESS DYES

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, bleach and mix colors. MONROE DRUG CO., Unionville, Missouri.