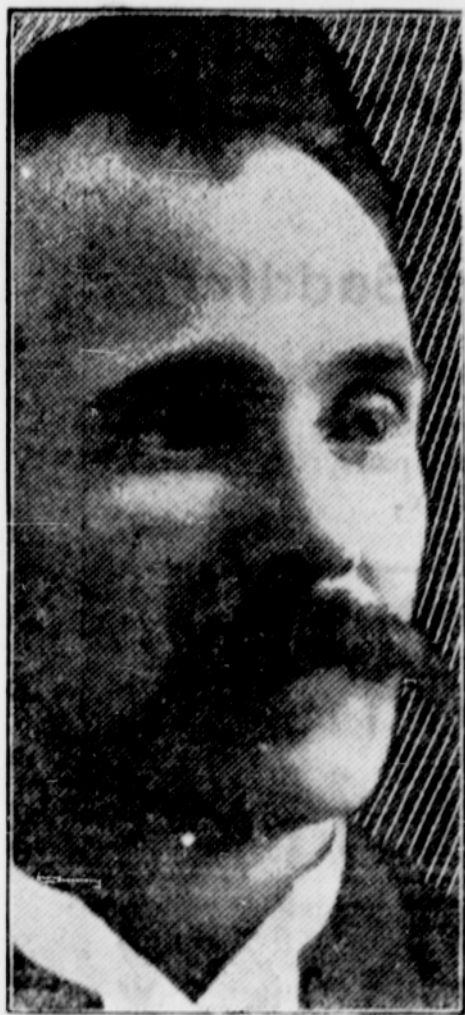


HON. W. H. KELBAUGH
OF WEST VIRGINIA
PRAISES PE-RU-NA



Hon. W. H. Kelbaugh.

A Cold at Any Time of the Year, Especially in Hot weather, is Very Depressing to the System. Pe-ru-na is an Unequaled Tonic for Such Cases. Read What People Say About It.

Hon. W. H. Kelbaugh, Ex-Member W. Va. Legislature, 204 9th street, N. E., Washington, D. C., writes:

"You can use my name and word at all times for Peru-na as a medicine and tonic unequalled. I have tried it for a stubborn cold and badly run down system. I tried all sorts of other medicines and paid several expensive doctor bills. Peru-na cured me, strengthened me more than ever, and saved me money."

Mrs. Clara Litterst, Seaford, Ind., says: "Last fall I took a severe cold. I took Peru-na, began to improve and kept on so until I was able to do my work."

If the Mississippi valley were as densely populated as Massachusetts, it would have 350,000,000 inhabitants.

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

Admirable Arrangement.
"Where are you going to spend your vacation this summer, Crossway?"
"We are going out to my brother's farm in the country."
"You're not afraid to leave your house unoccupied during your absence?"
"It won't be unoccupied. My brother and his family are coming to the city for their vacation, and they'll use the house while we are away."

FITS Dr. V. T. 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, Ltd., 931 Arch St., Phila., Pa.

Dr. Samuel Smiles, author of "Self Help" and other works, left an estate valued at \$289,820.



Young MEN, Old MEN, Middle-Aged MEN
Send for free pamphlet in plain cover. Tells about an appliance that insures happiness, health and success in life. Free—send today.

PORTLAND APPLIANCE CO.
P. O. Box 25 Portland, Ore.

20-Mule-Team
Borax

Is an Economical
Labor-Saving
Aid to the Household

Cleans without injury the most delicate fabrics, as well as all chenille, wool, dwork, silver, china, glassware, linen, blankets, woens, etc. It is of the highest value in the toilet, bath and nursery, and is a harmless natural disinfectant.

All dealers. Full size package Borax & Borax Soap; 32-page booklet and souvenir picture 7x14 in. 10 color. Free for 10 cents and dealer's name. PACIFIC COAST BORAX CO., Oakland, Cal.

CLASSIFIED ADVERTISING

Portland Trade Directory

Names and Addresses in Portland of Representative Business Firms.

CREAM SEPARATORS—We guarantee the U.S. Separator to be the best. Write for free catalog. Hazelwood Co., Fifth and Oak.

MEN'S CLOTHING—Balfum & Pendleton, sole agents Alfred Benjamin & Co.'s correct clothes. Everything in men's furnishings. Morrison and Sixth streets. Opposite postoffice.

PIANOS & ORGANS—Many fine instruments revert to us account of sickness or removal of buyer. Write for description of pianos now on hand, terms, etc. Write today. Gilbert Co., Portland.

P. N. U. No. 32-06

WHEN writing to advertisers please mention this paper.

Even Persian Cats Purr.

Phoebe was the 4-year-old daughter of a missionary to Persia, born in that land of Oriental ease and hospitality; and her little mind was imbued with such ideas of mutual compliment and her little tongue so given to graces of speech that her New England grandmother had many a shock.

The morning after the little girl arrived at the grandmother's home the old lady was brushing out Phoebe's curls, gloating over her after the fashion of grandmothers.

"My little phoebe-bird," she said over and over again.

"Why do you call me phoebe-bird?" asked the child at last.

"Here in America we have a bird that says 'Phoebe! phoebe!'" explained her grandmother.

The child smiled, and her mother, standing by, knew what was passing in Phoebe's mind. Not so the grandmother, who finished her task reluctantly at last, and then stooped down for a kiss.

"In Persia," said Phoebe, in her most caressing tone, "we have one old cat, who say 'Drumma! drumma!'"

Large for Its Age.

Old Jacob Wyckoff, a farmer whose place was just outside of town, had made a present of his largest yellow pumpkin to the editor of the village paper, and the editor wrote an item acknowledging the gift. But unfortunately the office boy who put it in type got it mixed with an item announcing the birth of a baby in the family of another subscriber. This is the way it appeared in print:

Our old friend, Harry Townsend, is celebrating the arrival of a fine boy at his house. The newcomer is the very image of its father. It is one of the large corn-field variety, with huge bumps all over it and weighs fifty-six pounds. There isn't a flaw in it anywhere, except a dent made by our fool office boy; and that doesn't matter, as we are going to cut it up at once.

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. Add drugists sell it. 25c. Don't accept any substitute.

Still More Difficult.

"Did you ever notice how awkward the average woman is in driving a horse?"

"Yes. Strange, too, for a lot of them are pretty graceful at managing a couple of a husband."—Detroit Free Press.

History Repeating Itself.

The parent robin had caught a consumptive looking, insignificant angleworm by the tail and was trying to pull it out of the ground.

"Let it go," squawked the jay. "It isn't worth the trouble."

"Got to have it," said the robin. "We're absolutely cut of meat, and I've no confidence in the canned goods any more."

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 quack 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.

Obeeyed Instructions.

Man of the House—Verna, I told you to call me at 7 sharp this morning.

Domestic—I called ye as sharp as I could, sorr, but I couldn't wake ye.

"Come, come, old boy, brace up! You know that faint heart ne'er won fair lady." "But she's a brunette."—Cleveland Plain Dealer.

Small Satisfaction.

The man from West Pullman was making a complaint at the water office.

"The way we are treated in our suburb," he said, "is outrageous and abominable! Water, sir, is one of the prime necessities of life!"

"Not at all," responded the imperturbable man at the desk. "If it were, my dear sir, it would all be in the possession of some trust."—Chicago Tribune.

A Coincidence.

"Miss Belle," said the teacher, "I notice one thing peculiar about your work. Your botanical specimens are exactly like those of Mr. Brown. Did you gather them, or did he do the work for you?"

"Why, er," began the girl, "you see we just happened to be always near the same flowers at the same time."—Detroit Free Press.

Overlooking a Bet.

"Tom's a fool!"

"Why, Margery! I thought you liked him."

"Well, we were sitting on the sofa last night and he bet me that I couldn't whistle. And I turned to him and puckered up my lips to start and—"

"Well?"

"Well, he let me whistle!"—Cleveland Leader.

Only Way of Escape.

"One juryman brought all the rest of you around to his way of thinking? He must have presented some pretty strong arguments."

"He did. He wouldn't eat anything but garlic and limburger cheese, and he had 'em brought in five times a day."—Chicago Tribune.



Handy Ironing Outfit.

A very handy little thing for the housekeeper is this ironing outfit. On one end of a smooth white board is neatly tacked a piece of soft, coarse muslin, laid in several folds. On the other end is fastened a sheet of the finest emery paper. Screwed fast between these is a small iron stand, and opposite to this reposes a cake of wax, neatly swathed in linen. Thus every requisite for the ironing table is at hand. Taking her iron from the stand, the housewife removes starch from it by means of the emery, supplies polish by a few passes over the wax, and gives a finishing touch by rubbing it over the folds of cloth.

Pickled Oysters.

Strain the liquor from one hundred large oysters, and add to it a quarter of a pint of best vinegar, a quarter of a pint of white wine, four saltspoonfuls of salt, six spoonfuls of whole black pepper and a little whole mace; put this on the fire and let it boil a few minutes, then pour while boiling hot over the oysters and let them stand ten minutes; pour the liquor off and let both liquor and oysters get cold, then put the oysters in glass jars and cover with the liquor; put on the covers and close tightly. These will keep for some time.

Tomato Catsup.

Boil together a peck of unpeeled tomatoes and a half-dozen white onions until soft enough to rub through a colander. After they have passed through the colander, rub them through a sieve and put into the preserving kettle with three bay leaves, a tablespoonful each of powdered pepper, cloves, mace, sugar, salt and celery seed (this last tied in a little cheesecloth bag) and a half-teaspoonful of paprika. Boil for six hours, stirring frequently. Take out the bag of seed, add a pint of vinegar, boil up once hard and remove from the fire.

Tripe and Potato Stew.

Cut one pound of cold cooked tripe into inch pieces with half the amount of cold boiled potatoes; make a rich cream sauce of two tablespoonfuls of butter, a tablespoonful and a half of flour and a cupful and a half of rich milk; season with a teaspoonful of onion juice, salt and cayenne, and add the tripe and potato; toss gently in the sauce until thoroughly heated through and serve in a hot, covered dish. Oysters are sometimes used in place of the potatoes.

Stuffed Beefsteak.

Prepare a dressing of one cupful of bread crumbs, one tablespoonful of chopped parsley, salt and pepper to taste. Trim off the fat from a sirloin steak, spread on the dressing, roll up, skewer or tie to keep it in shape, and bake an hour. Baste often with dripping. When done, remove the skewer carefully that it may not unroll, and serve with brown sauce. Mushrooms may be added to the stuffing if desired.

Orange Puff Pie.

Cream together three-fourths of a cupful of sugar and three tablespoonfuls of butter and beat in the juice of an orange and half of the rind, grated; add the beaten eggs, reserving the whites of two of them for icing; line a deep pie plate with a rich, flaky crust and fill with the mixture; bake, and, when done, cover with an icing made by beating the whites of the two eggs with three tablespoonfuls of powdered sugar.

Boston Baked Bean Cake.

These are made of left-over baked beans. Heat with a little water to moisten, rub through colander, season with salt, pepper and mustard. Put a tablespoonful of pork drippings or butter in a frying pan, and cook in it when hot a tablespoonful of minced onion, taking care not to have it blacken. When colored slightly, lay in the cakes and brown on either side. Serve on toast or with tomato sauce.

Hot Chocolate Sauce.

Boil together a cup of water and a half cup of sugar for two minutes, adding a pinch of cinnamon. Rub four tablespoonfuls of grated chocolate to a paste with a gill of milk and a scant teaspoonful of cornstarch dissolved in a little water. Boil, stirring steadily, for three minutes, then add a teaspoonful of vanilla and serve.

Sour-Milk Biscuit.

One quart of flour; a teaspoonful of baking soda, sifted with the flour; a spoonful of salt; one-half cup lard, chopped into the flour. Mix all together, adding enough very sour milk to make a biscuit dough.

Celery Sauce.

Again a white sauce or melted butter, this time flavored by the addition of chopped celery, the latter having been well boiled till quite tender in salted water.

Too Much of a Good Thing.

"Even assuming that humor is the salt of life, we don't want to eat salt with a spoon. But here in America everything seems to be sacrificed to humor. Your politics have to be made humorous. Your courts of justice have to amuse. Before a great time has gone by you will be having funny sermons. We shall hear that Rev. Mr. So-and-so's Sunday morning sermon was a real screamer—that it was received with roars of laughter. Then the church service will be considered a bit too slow, and will have to be rewritten by some bright young humorist from a newspaper office. Your very murder cases will have to be made 'bright.' It is a foregone conclusion that domestic tragedies shall be side-splitting. I really am not sure that in time America will not get a comical funeral service, with a low-comedy undertaker."—Jerome K. Jerome in the Cosmopolitan.

Where He Excelled.

Church—What degree did your son get at college?

Gotham—S. S.

"Never heard of such a degree."

"Oh, yes you have. Short stop."—Yonkers Statesman.

Corroborative.

Caller—Don't you consider Prof. Jones by a man of much practical wisdom—not at all conceited or opinionated, you know, but full of accurate knowledge and plain common sense?

Mrs. Lapsling—Yes, indeed; I think he's one of the most saponacious men I ever met.

My Hair is
Scraggly

Do you like it? Then why be contented with it? Have to be? Oh, no! Just put on Ayer's Hair Vigor and have long, thick hair; soft, even hair; beautiful hair, without a single gray line in it. Have a little pride. Keep young just as long as you can.

"I am fifty-seven years old, and until recently my hair was very gray. But in a few weeks Ayer's Hair Vigor restored the natural color to my hair so now there is not a gray hair to be seen."—J. W. HANSON, Boulder Creek, Cal.

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

The Speculator's Progress.

Graball—So you sent your boy around the globe for a little trip, eh? I heard he was dabbling some in stocks?

Ritchie—Dabbling? He probably was—at first, but when I discovered his predicament he was foundering in them.—Puck.

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought
Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years.

THE CENTAUR COMPANY, 177 MURRAY STREET, NEW YORK CITY.

How to Exercise the
Bowels

Your Intestines are lined inside with millions of little suckers, that draw the Nutrition out of food as it passes them.

But, if the food passes too slowly, it decays before it gets through. Then the little suckers draw Poison from it instead of Nutrition.

This Poison makes a Gas that injures your system more than the food should have nourished it.

You see, the food is Nourishment or Poison, just according to how long it stays in transit.

They do not waste any precious fluid of the Bowels, as Cathartics do.

They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.

They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously.

And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.



The usual remedy for this delayed passage (called Constipation) is to take a big dose of Castor Oil.

This merely makes slippery the passage for unloading the current cargo.

It does not help the Cause of delay a trifle.

It does slacken the Bowel-Muscles more than ever, and thus weakens them for their next task.

Another remedy is to take a strong Cathartic, like Salts, Calomel, Jalap, Phosphate of Sodium, Aperient Water, or any of these mixed.

What does the Cathartic do?

It merely flushes-out the Bowels with a waste of Digestive Juice, set flowing into the Intestines through the tiny suckers.

Cascarets are as safe to use constantly as they are pleasant to take.

They are purposely put up like candy, so you must eat them slowly and let them go down gradually with the saliva, which is in itself, a fine, natural Digestive.

They are put up purposely in thin, flat, round-cornered Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

Price 10c a box at all druggists.

Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC."

But, the Digestive Juice we waste in doing this today is needed for tomorrow's natural Digestion. We cannot afford to lose it.

That's why Cascarets are the only safe medicine for the bowels.

IT FREE TO OUR FRIENDS!
We want to send to our friends a beautiful French-designed, GOLD-PLATED BONBON BOX, hard-enamelled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets, with which this dainty trinket is loaded. 719 Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.