CATARRH ANNOYING—DANGEROUS

Catarrh is usually regarded as nothing more serious than a bad cold or slight inflammation of the inner skin and tissues of the head and throat, when it is, in fact, not only a vexatious and troublesome disease, but a complicated and dangerous one. It is true that Catarrh usually begins with a cold in the head, but when the poisons, which are thrown off through the secretions, find their way into the blood, it becomes a constitutional trouble that affects all parts of the body. It has more annoying and disgusting symptoms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the ears, headaches and pains in the eyes are frequent, while filthy, tenacious matter drops back into the throat requiring continual hawking and spitting, and in certain stages of the disease the breath has an odor that is very offensive. Catarrh is worse in Winter, because the cold weather closes the pores and glands, and the poisons and unhealthy vapors which should pass off that way are thrown back on the tender linings and tissues, causing the inflammation which starts the unhealthy secretions to be absorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circulates through the body the foul matter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the stomach. It also affects the Kidneys, Bladder and other members of the body, while the general health is weakened, appetite lost and the patient feels despondent and half sick all the time. But worst of all, if the trouble is not checked the lungs become diseased from the constant passage of poisoned blood through them, and Catarrh terminates in Consumption, the most fatal of all diseases. You cannot get rid of Catarrh by treating it with sprays, washes, inhalations, etc., because they only reach the membranes and tissues, while the real cause of the trouble is in the blood. These relieve the annoying symptoms for a time, but the poison is all the while getting a stronger hold on the system and when they are left off will manifest itself in worse form than before. S. S. S. is the greatest of all blood purifiers, and when it has cleansed the blood, this pure, rich stream circulates through the body, carrying healthful properties to the diseased parts. Then the inflamed membranes and tissues begin to heal, the discharges cease, the general condition of the system is strengthened, every one of the annoying and disgusting symptoms pass away, and the patient is left in perfect health. S. S. S. is the best remedy for Catarrh. It goes right into the blood and removes all effete matter and catarrhal poison and cures the disease permanently, and at the same time builds up the entire system by its fine tonic effect. S. S. S. is a purely vegetable remedy—non-injurious to the system and a certain, reliable cure for Catarrh. Catarrh sufferers will find our free consulting department helpful in advising local treatment to be used with S. S. S.

Several years ago my blood was bad and I had in addition a dreadful case of Catarrh. My nose was stopped up, I had headaches, ringing noises in my ears and felt unfit for work. I commenced the use of S. S. S. on the recommendation of a friend, and in a short time it cured me sound and well. It put my blood in good condition and I have never had the slightest return of the Catarrh since that time.

GEO. D. CARR,
No. 209 Edgar St. Evansville, Ind.

S.S.S.
PURELY VEGETABLE.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

No Ruben's Work.

Mrs. Al de Mustabd—And have you any paintings by Rubens?

Mrs. Justin de Bunch—Mercy, no! All our pictures are by the best artists.

Mrs. A. de M.—But Rubens——

Mrs. J. de B.—Don't tell me. I never saw a rube yet that could paint.—Cleveland Leader.

European Breakfasts.

Mark Twain, in speaking of the typical European breakfasts, said: "Do you know what I'll do? I'll nail a piece of cuttle-fish bone to the chimney, and every morning I'll hop up on the mantel and take a pick at it with a tin bill. It will be just as filling and much cheaper than a European breakfast."

It is evident that Mr. Clemens prefers the typical American breakfast dish of Pillsbury's Vitos with good cream and sugar.

Economical Thought.

"Oh, George!" said Mrs. Youngman, "my canary bird's dead."

"Yes?" replied her husband. "You're not grieving much."

"No; you see, I can have it stuffed for my hat next fall, and then the rest of the hat won't cost you so much."—Philadelphia Press.

For bronchial troubles try Piso's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

The Inevitable Comparison.

The son of the old counterfeiter gazed critically at the bogus coins that the hopeful young apprentice spread before him.

Then he shook his grizzled head.

"These are not as good as the dollars that father used to make," he slowly said.—Cleveland Plain Dealer.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE $2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

An Obliging Playmate.

"Ma, may I go out and play with Willie Grafter?"

"That's the son of the politician, isn't it?"

"I dunno whose son he is, ma, but he's the only boy on the street who says I can lick him an' don't make me prove it."—Cleveland Plain Dealer.

Her Miserable Luck.

First Summer Girl—Did you hear about the miserable luck I had yesterday?

Second Summer Girl—No; what was it?

First Summer Girl—While in bathing a man rescued me from drowning.

Second Summer Girl—Why, I'd call that good luck.

First Summer Girl—But the man in the case is married.

Everything Limited.

The old farmer went to one end of the swaying coach to wash his hands. He could find only a few remnants of soap. "Boy," he drawled, "there don't seem to be much soap here?"

"No, sah," chuckled the porter, "you know dis is de limited. Ebbything abohd am limited."

Then the old man tried to fill a glass from the water cooler. He could only force out a few drops.

"Where's the water, boys?"

"Not much water, sah. Dat am limited, too."

Presently the porter brushed the old farmer down and the latter handed him nine coppers.

"Why, boss," protested the porter, "yo' gib de porter on de udder train a quarter."

"I know that," chuckled the old farmer, "but you know this is the limited, and everything should be limited."—Chicago News.

Productive Winter Wheats.

The average weight per bushel and the average yield of the most productive varieties of winter wheat for the past five years, including 1904, at the Ontario experimental farm are reported as follows: Dawson Golden Chaff, 59.9 pounds, 59.8 bushels; Imperial Amber, 61.2 pounds, 58 bushels; Prize Taker, 59.8 pounds, 57.6 bushels; Silver Dollar, 59.7 pounds, 57 bushels; Budapest, 61.4 pounds, 55.4 bushels; Rudy, 61.1 pounds, 55.4 bushels; Fortyfold, 59.1 pounds, 55.4 bushels, and Egyptian Amber, 61.4 pounds, 55.2 bushels. In 1904 Dawson Golden Chaff possessed the strongest and Red Hussar the weakest straw, and Ironclad, Tasmania Red and Pride of America were freest from rust.

One Thing Needful.

Marks—I hear you are interested in the promotion of a mining company.

Sharks—Yes.

Marks—How are you getting on?

Sharks—Splendidly! We have the prospectus and stock certificates ready—also several subscribers. In fact, we've got everything but the mine.

Sponge Sandwich.

Beat the yolks of three eggs and four ounces of sifted sugar to a cream, beat the whites of the three eggs to a stiff foam, and add gently, then sift in three ounces of flour slowly, well mixing all the time; lastly a teaspoonful of baking powder. Bake in two tins half an hour in a moderate oven, then spread with jam, and place together.

Empty.

Dummeigh—What about this canteen problem?

Brisque—Oh, there's nothing in it!"—Cleveland Plain Dealer.

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 Diarrhœa 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, 77 MURRAY STREET, NEW YORK CITY.

OREGON STATE ITEMS OF INTEREST

AID FROM STATE.

Is Necessary in Road Construction, Says Convention.

Corvallis—The voice of the Good Roads convention is unanimously for state aid in the construction of public roads. No resolution to this effect was adopted, but throughout the two days' session the idea came to the front at unexpected times and always with the apparent approval of the delegates. It was injected into the proceedings by an Alsea farmer, who declared that there ought to be state aid, so that Portland would have to help pay the price, because all that Portland is or all that she hopes to be has come or is to come from the products of the farms, mines and mills in the territory of which she is the commercial mistress.

This brought Judge Webster into the open, and he declared his approval of the sentiment expressed by the Alsean, and announced a belief that state aid should be vouchsafed in road construction, the state to pay about 50 cents every time a certain community struggling with a road raised 50 cents.

HAILEY ON SUPREME BENCH

Governor Chamberlain Will Appoint Pendleton Man.

Salem—Governor Chamberlain has announced that he will appoint T. G. Hailey, of Pendleton, to succeed Justice Wolverton on the supreme bench. This appointment was expected, but came much sooner than anticipated, for there is really no vacancy as yet.

Governor Chamberlain has been considering the matter of an appointment to the supreme bench ever since it became probable that one of the superior judges would be appointed to the Federal bench. He had therefore weighed the qualifications of available men and was ready to make a selection.

By announcing the appointment at once, the governor has saved the trouble of receiving and considering the flood of recommendations and applications that would soon have been pouring in.

Books for Christmas.

People who buy books for children usually take what they can get most easily, or what the clerk recommends. Everyone likes to make a good investment, to get value received. The Oregon Library commission makes this possible in so far as children's books are concerned, for it has published for free distribution a list of something over a hundred titles of children's books for Christmas gifts and for the home library. There are notes on the books, and prices are given—ranging from 15 cents to $3. Any one may get this list by applying to the secretary of the commission at Salem.

More Smallpox at Eugene.

Eugene — Two more cases of smallpox have been reported to the health authorities, and the houses of A. J. Pickard and Warren Luckey are now in quarantine. Earl Luckey, son of Warren Luckey, was taken down and began to break out while in the school room, but it is not believed the other students were endangered, because the disease had not reached the stage where it would become contagious. Strict measures are in force for stamping out the disease as quickly as possible.

Big Ranch Sold.

Pendleton—One of the biggest ranch deals in the history of Eastern Oregon was just consummated here, in which the ranches and sheep of Charles Cunningham, the Umatilla county sheep king, were sold to a company composed of J. N. Burgess, J. M. Keeny, R. A. Kelsay and Dan J. Malarkey. The price paid was in the neighborhood of $200,000. The deal has been pending since October, when an option was given the purchasers for $5,000. About 20,000 acres, 20,000 sheep and 1,000 tons of hay are included in the deal.

Permanent Exhibit.

Salem—The state exhibit at the Lewis and Clark exposition, or a large portion of it, is to be placed on exhibition at the state house, and the work of setting up the exhibit is now in progress. The old library room on the third floor in the north end of the capitol has been selected as the exhibit room. Specimens of Oregon woods, educational displays from the public schools and state educational institutions, mounted specimens of animals and birds, maps and charts of the state and numerous other things of interest are to be shown.

Survey by Oregon Short Line.

Ontario—A second Oregon Short Line surveying party has left here for the interior. While they were all very reticent as to their destination, it was learned that they will camp in the vicinity of Crane creek gap. The first party, which left here two weeks ago has been in camp near Westfall, on Bully creek. The party here now is registered at the hotel as Oregon Short Line men, so there is no longer a question as to their identity.

May Replace Woolen Mills.

Albany—A proposition which would allow Albany to regain some of the payroll she lost through the burning of the Albany woolen mill last spring, has been received from an Eastern man who will remove a six set woolen mill plant to Albany, if local capitalists will furnish the buildings. Besides having double the capacity of the old mill, the new concern proposes to operate in connection with the woolen mill a knitting mill and a clothing manufactory.

Use Wagons in Lieu of Cars.

Athena—On account of the scarcity of cars, the Preston-Parton Milling company is obliged to employ teams to haul wheat overland to keep their mills running. The conditions are growing worse daily at the mills, which are congested with the large amount of accumulated flour, there being several hundred thousand barrels on hand awaiting shipment. Just when this condition will be relieved is hard to state.

ELABORATE PREPARATIONS.

Seven States Will Be Represented at Fruitgrowers' Convention.

La Grande—Elaborate preparations are being made in this city for the entertainment of the Fruitgrowers' convention here January 3 to 5. Secretary C. D. Huffman, of this place, has received many communications from delegates, and Oregon, Washington, California, Idaho, Utah, Montana and Wyoming will be represented.

The exercises will probably be held in the opera house, and the commercial club hall will be utilized for an exhibition room. Hood River has signified its intention of having an exhibit here, and many other fruitgrowing communities are arousing interest. La Grande will be well represented. A large number of growers of this valley will save their best fruits for the occasion, and anyone alone is able to make a creditable showing. One flouring mill is considering erecting a huge pyramid of flour reaching to the ceiling to advertise the grains.

A strenuous campaign will be started soon and delegates from all over the valley will be asked to prepare the exhibit.

Fishing Law is Defied.

Tillamook — Although the fishing season for Tillamook closed on the 20th, fishing is in full blast on Tillamook bay, and Elmore's cannery is also running to its capacity and is receiving a large quantity of fish, as there is a fine run of silversides, and the fishermen are doing well. The cannery has agreed to take all the fish, and as it has a lot of empty cans on hand that it wants to fill this season, no attention is being paid to the closed season by the cannery people. Only one or two fishermen have stopped fishing and complied with the law.

Much Work for Wolverton.

Salem—There are 34 cases to be decided by the Supreme court, presumably before Judge Wolverton leaves the bench. These cases have all been argued before the court. Twenty-four of these cases were heard at the recent session of the court at Pendleton. Ten cases heard in this city have not been passed upon. Among the latter is the noted Marquam case, which the court has had under advisement for several months. If all these cases are decided before Judge Wolverton retires, it will require at least two weeks.

Car Shortage Prevents Buying.

Aurora—W. S. Hurst & Co., produce and commission merchants of this city, have 20 carloads of choice potatoes stored in their warehouses at Aurora, Hubbard and Canby, waiting for cars to make shipments. The firm has stopped buying potatoes, being unable to tell when it can move its present stock, and its houses being full. After a long delay the firm received one car, which it loaded with yellow onions for Texas markets. Other shippers are in the same position regarding lack of cars.

Real Estate Active.

La Grande—Since the railroad movement at Elgin, the real estate transactions at that place have been on the advance, as a careful examination of the county records will indicate. During one week one-third of the 21 real estate sales in Union county were made at Elgin. The sales consist largely of town lots, though an occasional timber tract changes hands. The prices are far in advance of those obtaining a few months ago.

New Road in Baker County.

Baker City—Private advices received from engineers in the field state that surveys have been approved for building another railroad in Baker county, connecting Union with the Cornucopia timber country. The promoters are after timber traffic and nothing else. For obvious reasons the names of the promoters and financiers are kept quiet for the present. The money is guaranteed in New York.

PORTLAND MARKETS.

Wheat—Club, 71c per bushel; bluestem, 73@74c; valley, 74@75c; red, 67c.

Oats—No. 1 white feed, $26; gray, $26 per ton.

Barley—Feed, $22 per ton; brewing, $22@22.50; rolled, $22.50@23.50.

Rye—$1.50@1.60 per cental.

Hay—Eastern Oregon timothy, $15@16 per ton; valley timothy, $11@12; clover, $8@9; grain hay, $8@9.

Fruits—Apples, $1@1.50 per box; huckleberries, 7c per pound; pears, $1.25@1.50 per box; quinces, $1 per box.

Vegetables — Beans, wax, 12c per pound; cabbage, 1@1¼c per pound; cauliflower, $1.75@2.25 per crate; celery, 75c per dozen; cucumbers, 50@60c per dozen; pumpkins, ¾@1c per pound; tomatoes, $1 per crate; sprouts, 7c per pound; squash, ¾@1c per pound; turnips, 90c@$1 per sack; carrots, 65@75c per sack; beets, 85c@$1 per sack.

Onions — Oregon yellow Danvers, $1.25 per sack.

Potatoes—Fancy graded Burbanks, 65@70c per sack; ordinary, 55@60c; Merced sweets, sacks, $1.90; crates, $2.15.

Butter—Fancy creamery, 25@27½c per pound.

Eggs—Oregon ranch, 35c per dozen.

Poultry—Average old hens, 10c per pound; young roosters, 9c; springs, 11c; dressed chickens, 12@14c; turkeys, live, 16@17½c; turkeys, dressed, choice, 17½@22c; geese, live, 8½@9c; ducks, 14@15c.

Hops—Oregon, 1905, choice, 10@11c; olds, 5@7c.

Wool—Eastern Oregon, average best, 16@21c; valley, 24@26c per pound; mohair, choice, 30c.

Beef—Dressed bulls, 1@2c per pound; cows, 3@4c; country steers, 4@4½c.

Veal—Dressed, 3@7½c per pound.

Mutton—Dressed, fancy, 7@7½c per pound; ordinary, 4@5c; lambs, 7½@8c.

Pork—Dressed, 6@7½c per pound.

The Boy and the Farm.

The wonderful strides in agricultural science, as well as the vast increase in the insect enemies of growing things, has both boomed and deterred farm work as a profession, so that the old-time ideas of farming cannot be said to bring success except in a very moderate degree. The farming of the future must be done by the boys and girls of to-day, and we owe it to our children to give them the best possible chance to gain knowledge which will help them in their life work. If the boy is seriously interested in agriculture, it will be a paying investment to give him a course in an agricultural college.

If one cannot afford the full course of four years, or if the boy is not sufficiently well educated to take this course, give him the shorter one of two years, or, better than nothing, let him take the short winter course of from ten to twelve weeks and study the particular branch in which he is interested. You will find that his interest in the work will be enough greater to warrant the expense. True, he may not learn a great deal in the short course, but it will be enough to open his eyes to the possibilities, and he will be placed on the right track to study and work by himself. Talk to the boy about it, and write to the agricultural college of your State for detailed information.

The North Pole.

It is often said that, when the North Pole is discovered, there will be found a Scotchman doing business. The Highlander always ranked foremost amongst the pioneers of the American West. His Herculean strength fitted him for frontier life, and to his constant use of "porridge" for breakfast is attributed his splendid physique. This generation can be as brawny by eating Pillsbury's Vitos.

Cause and Effect.

Mrs. Caller—I see your husband is smoking again. I thought he had given it up.

Mrs. Shopper—So he did; but I found such a lovely smoking jacket at a bargain sale that he just had to commence again.

Beware of Ointments for Catarrh that Contain Mercury

as 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.

Methods of the Magnates.

Reporter—And why do you carry a Waterbury watch?

Rockysage—To wind when I've nothing else to to do.

Reporter—What do you gain by that?

Rockysage—I save time.—Cleveland Leader.

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

Professional Advice.

The new doctor had been called in to see a lady with a swollen jaw.

"Does it hurt you to talk?" asked the pill dispenser.

"Yes," she replied.

"Then don't," said the M. D. "Two dollars, please."—Chicago Daily News.

To Break in New Shoes.

Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

No Wonder.

"What has made the energetic Mrs. Embonpoint so angry?"

"In writing up the church fair which she made such a success, the society editress said of her that she was a woman of wonderful bustle."—Houston Post.

Ask Your Own Doctor

If he tells you to take Ayer's Cherry Pectoral for your severe cough or bronchial trouble, then take it. If he has anything better, then take that. But we know what he will say; for doctors have used this cough medicine over 60 years.

"I have used Ayer's Cherry Pectoral for hard colds, bad coughs and influenza. It has done me great good, and I believe it is the best cough medicine in the world for all throat and lung troubles."—ELI C. STUART, Albany, Oregon.

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

Ayer's SARSAPARILLA. PILLS. HAIR VIGOR.

Keep the bowels open with one of Ayer's Pills at bedtime, just one.

The Genuine TOWER'S POMMEL SLICKER

HAS BEEN ADVERTISED AND SOLD FOR A QUARTER OF A CENTURY. LIKE ALL TOWER'S WATERPROOF CLOTHING. It is made of the best materials, in black or yellow, fully guaranteed, and sold by reliable dealers everywhere. STICK TO THE SIGN OF THE FISH

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

$1,000 To Be Given for Reliable Information

We will give *One Dollar for a Postal Card* giving the first reliable news of a chance to sell a horizontal steam engine of our styles, within our range of sizes. We do not want inquiries at this time for vertical, traction or gas engines.

ATLAS

ENGINES AND BOILERS

have for years been the standard for all steam plants. Best of material and workmanship. Our big output enables us to sell on small profits. An Atlas, the best in the world, costs no more than the other kind.

Write today for our special offer.

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Atlas Engines in service 3,000,000 H. P. Atlas Boilers in service 4,000,000 H. P.

Stubb—There goes Miss Flasher. Says she is just back from Newport and her complexion is as brown as a nut.

Penn—Yes, a chestnut.

Height of Sea Waves.

Careful experiments made by a noted English navigator along the north coast of Spain show that waves frequently attain a height of 42 feet, which is nothing compared to the rise of Pillsbury's Vitos in the estimation of people who like good, pure, commonsense wheat food. You will like it. Ask for it at your grocer's.

Peaceful.

"Robbins was tickled to death over the outcome of the Portsmouth conference. He is a radical advocate of universal peace."

"That so?"

"I should say so! Why, he offered to lick any one in the hotel who disagreed with him on the subject."

PISO'S CURE FOR CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. CONSUMPTION 25 CTS.

ALBERTA RAILWAY LANDS DIRECT FROM THE COMPANY; PRICE $6 PER ACRE; 10 CENTS AN ACRE CASH; PAYMENT BALANCE IN NINE EQUAL ANNUAL INSTALMENTS. ALBERTA RAILWAY CO., 311 MOHAWK BLK., SPOKANE, WASH.

WANTED

A tract of 1,500 to 2,000 acres of pasture land in the Willamette valley, within fair distance of the railroad. Must be reasonable in price, well watered and in Marion, Linn, Lane, Benton or Polk county. Address, with full particulars, Buyer, No. 415 Marquam Bldg., Portland, Oregon.

A New Organ

Delivered to any Railroad Station or Boat Landing in Oregon $46

Here is a picture of one of the most perfectly finished organs now manufactured. It is the Pacific Queen, made especially for Eilers Piano House. Choice of fancy walnut or selected oak cases. Fine, very large beveled plate mirror, perfectly finished; an ornament to any mansion.

Numerous new and valuable improvements are embodied in this organ, making it at once one of the best and most durable organs manufactured in the United States.

Built with special regard to Pacific Coast climate.

Besides the regular reed tone, this instrument also has several octaves of the regular pipe effects, to be found in no other make.

Special Introductory offer.

To introduce this Organ we are making most exceptional concessions in our prices and terms and will deliver a perfect and fully guaranteed organ freight paid, to any railroad station or boat landing in the state of Oregon for $46, on payment of $8 down and $4 a month. The fancier styles, $50, $55, etc., on same terms. Write us today, as this offer is limited only to the first 100 instruments.

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Largest, Leading and Most Responsible Western Dealers.

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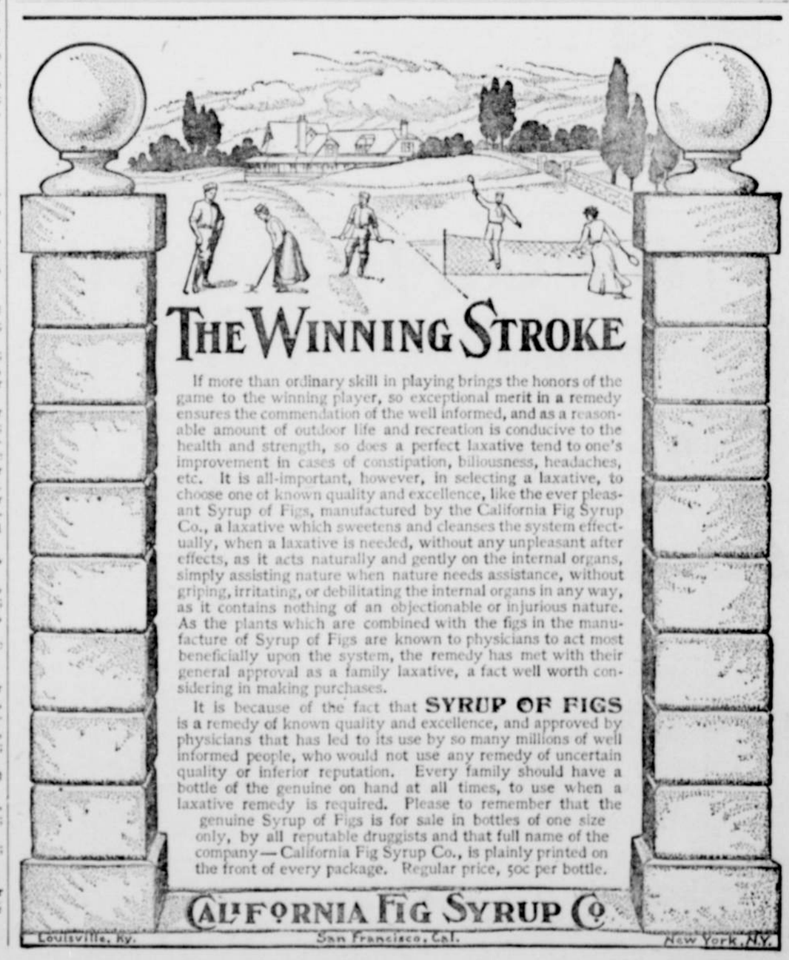

THE WINNING STROKE

If more than ordinary skill in playing brings the honors of the game to the winning player, so exceptional merit in a remedy ensures the commendation of the well informed, and as a reasonable amount of outdoor life and recreation is conducive to the health and strength, so does a perfect laxative tend to one's improvement in cases of constipation, biliousness, headaches, etc. It is all-important, however, in selecting a laxative, to choose one of known quality and excellence, like the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., a laxative which sweetens and cleanses the system effectually, when a laxative is needed, without any unpleasant after effects, as it acts naturally and gently on the internal organs, simply assisting nature when nature needs assistance, without griping, irritating, or debilitating the internal organs in any way, as it contains nothing of an objectionable or injurious nature. As the plants which are combined with the figs in the manufacture of Syrup of Figs are known to physicians to act most beneficially upon the system, the remedy has met with their general approval as a family laxative, a fact well worth considering in making purchases.

It is because of the fact that **SYRUP OF FIGS** is a remedy of known quality and excellence, and approved by physicians that has led to its use by so many millions of well informed people, who would not use any remedy of uncertain quality or inferior reputation. Every family should have a bottle of the genuine on hand at all times, to use when a laxative remedy is required. Please to remember that the genuine Syrup of Figs is for sale in bottles of one size only, by all reputable druggists and that full name of the company—California Fig Syrup Co., is plainly printed on the front of every package. Regular price, 50c per bottle.

CALIFORNIA FIG SYRUP CO.

Louisville, Ky. San Francisco, Cal. New York, N.Y.