



"PE-RU-NA WORKED SIMPLY MARVELOUS"

Suffered Severely With Headaches—Unable to Work

Miss Lucy V. McGivney, 452 3rd Ave Brooklyn, N. Y., writes:

"For many months I suffered severely from headaches and pains in the side and back, sometimes being unable to attend to my daily work."

"I am better now, thanks to Peruna, and am as active as ever and have no more headaches."

"The way Peruna worked in my case was simply marvelous."

We have in our files many grateful letters from women who have suffered with the symptoms named above. Lack of space prevents our giving more than one testimonial here.

It is impossible even to approximate the great amount of suffering which Peruna has relieved, or the number of women who have been restored to health and strength by its faithful use.

A Great Campaigner.

Congressman Thomas Hedge, of Iowa, holds that Leslie M. Shaw, secretary of the treasury, is one of the best political campaigners in the country. "Nobody ever gets away," said Hedge, "if Leslie gets a chance to address him personally. In one campaign he carried a splendid new watch. After addressing an audience he would circulate among the voters, saying to this man and that: 'I wish you would give me the correct time, I am afraid of losing my train.' Of course, each man complied, feeling flattered at the request. Shaw used to say it was hard on the watch, but he believed the votes he made in this way more than made up."—Indianapolis News.

A policeman who had been on the force of London six years has been sent to prison for stealing milk from doorsteps.

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 unsolicited letter may be had upon application)

Highest Award World's Fair, 1904.

A. J. TOWER CO. The Sign of the Fish Boston, U. S. A.

TOWER CANADIAN CO., LIMITED Toronto, Canada

Makers of Warranted Wet Weather Clothing

Send Your Eastern Friends

a copy of our handsomely illustrated 88-page book, "Oregon, Washington, Idaho and Their Resources," which tells all about this section of the Union, where there are more openings in every line of industry than anywhere else in the United States. Four cents in postage.

A. L. CRAIG

General Passenger Agt. The Oregon Railroad & Navigation Company PORTLAND, OREGON

Write for it today.



Baked Chowder.

This makes a nice dish for lunch, and may be made from pieces of cold boiled fish left over. Cut four good-sized, cold, boiled potatoes into dice. Pick into shreds sufficient cold cooked fish to make one pint. Make one pint of cream sauce. Chop one onion fine; also one tablespoonful of parsley. Put a layer of sauce in the bottom of a baking dish, then a layer of fish, one of potatoes, a sprinkling of salt, pepper, onion and parsley. So continue until dish is full, having last layer sauce. Sprinkle with crumbs and bake in a moderate oven twenty minutes.

Baked Beans.

Soak one quart of beans over night in water to cover. In the morning cover with water, to which one-half teaspoonful of soda has been added. Boil slowly until the skins begin to burst and strain off the water. Place in a bean crock and cover the beans with liquid composed of two cups of hot water, one-quarter cup of molasses, one-half teaspoonful of mustard and one-half teaspoonful of salt, adding more hot water if necessary. Half bury one-half pound of salt pork in the top of the beans and bake for eight or nine hours.

Oysters and Tripe.

Boil some tripe until tender, then cut it in pieces one inch square. Melt three level teaspoonfuls of butter in a saucepan and add the same amount of flour. Stir smooth and add slowly two cups of milk; cook until smooth. Add one cup of the tripe squares and cook five minutes. Now add one pint of oysters drained and cook four minutes, or until the edges curl slightly. Season with salt and pepper and turn into a serving dish. Sprinkle the top with a teaspoonful of finely minced parsley.

A Substitute for Rain Water.

As a substitute for rain water, the following method for making hard water soft is useful. Set a laundry tub full of water, into which has been put two pounds of common soda, to stand all night. In the morning pour off the water (leaving the white sediment at the bottom of the tub) and it will be perfectly soft. The simple plan of boiling water has the effect of softening it somewhat, but is not nearly so efficacious in counteracting "hardness" as the method advised.

Succotash.

Cut sweet corn from the ear until you have one pint of pulp; cook in as little water as you can and not burn it. Cook one pint of nice shelled beans, drain and mix with the corn; add three or four spoonfuls of butter and a cupful of cream; season with salt, and serve in individual vegetable dishes.

Blanc Mange.

Soak a half package of gelatin in enough water to cover it for two hours, add a half cup of sugar and a pint of scalding milk and stir until the gelatin is dissolved. Take from the fire, strain and flavor with vanilla. Pour into a mold wet with cold water and set in the ice chest to form.

Molasses Candy.

Boil together a cup each of brown sugar and molasses and a tablespoonful each of butter and vinegar. When a drop hardens in cold water beat in a small teaspoonful of baking soda, stir hard, then pour into buttered pans. As it becomes brittle break into pieces.

Stains on China.

To prevent stains on china well rinse out the cups, etc., in cold water first, then wash them in hot water. The cold water rinsing prevents the stains from the tannin in the tea or coffee becoming fixed, which they otherwise would if plunged into hot water.

Sponge Cake.

Beat together with the hands the yolks of four eggs and one cupful of sugar until creamy; add the whites beaten to a stiff froth, and stir in one cupful of flour and a small pinch of baking powder. Bake in a moderate oven.

Potatoes with Ham.

Mash six boiled potatoes with four tablespoonfuls of softened butter; add gradually three beaten eggs and half a pint of finely chopped boiled ham. Bake twenty minutes, sprinkle the top of the dish with grated cheese and brown.

Suggestions.

Salt thrown on smoking fat removes all odor and smoke.

When cleaning a spot with gasoline, if a blotting paper is placed under the material, the gasoline will not leave a ring.

To open a fruit jar pour boiling water on top of it, let it remain for a few minutes and the top will unscrew very readily.

SKIN DISEASES

There is nothing more distressing than an itching, burning skin disease, and upon the return of warm weather those who are afflicted with skin troubles find the symptoms appearing and know that they will be tormented through the hot summer months. The blood is heated with humors and acrid matter, and as they are forced to the surface the skin seems to be on fire. The treatment of skin diseases with external applications is all wrong, because they do not reach the trouble which is in the blood. The most such treatment can be expected to do is, allay the itching and burning and cover up the trouble for awhile, but as soon as it is left off the disease returns.

All food taken into the body contains, in some form, the elements necessary to sustain the different parts. One portion is used for the making of blood, another for muscle, one for bone, still another for fat, and so on. After these different properties are extracted from the food there still remains a portion that is useless, or waste matter, which is intended to be disposed of through the natural channels of bodily waste, the Liver, Kidneys and Bowels. At this season of the year, however, these organs become torpid, dull and sluggish, and fail to perform this duty, and these accumulations remain in the system and are absorbed by the blood to ferment and sour, producing burning acids and acrid humors. The blood cannot properly nourish the system while in this impure condition, and begins to throw off these acids through the pores and glands of the skin, producing Acne, Eczema, Tetter, Psoriasis, Salt Rheum and skin diseases of every description.

THE ITCHING WAS ALMOST UNBEARABLE. Dear Sirs—My body broke out with a rash or eruption which in spite of all efforts to cure continued to get worse. The itching, especially at night, was simply terrible, it would almost disappear at times, only to return worse than ever. I had tried many highly recommended preparations without benefit, and hearing of S. S. S. determined to give it a fair trial, and was inexpressibly delighted when a few bottles cured me entirely, removing every blemish and pimple from my body. I shall not fail to recommend S. S. S. whenever an opportunity occurs to do so. Escondido, Cal L. MARNO.

EOZEMA appears usually with a slight redness of the skin, followed by pustules from which there flows a sticky fluid that dries and forms a crust, and the itching is intense. It is generally on the back, breast, arms, legs and face, though other parts of the body may be afflicted. In TETTER the skin dries, cracks and bleeds, and is often very painful. The acid in the blood dries up the natural oils of the skin, causing a dry, feverish, hardened condition and giving it a leathery appearance. AONE makes its appearance on the face in the form of pimples and black-heads, and is particularly disagreeable because of its unsightly appearance, while PSORIASIS, a scaly disease, comes in patches on different parts of the body. One of the worst forms of skin disease is SALT RHEUM. It discharges a watery fluid, forming sores and producing intense itching. The head and face are the parts usually affected, and sometimes the hair falls out and a mass of sores forms on the scalp.

These and all skin diseases are due to the same cause—burning acids and humors in the blood, and until this vital fluid is cleansed and made pure they will continue. The best treatment for all skin diseases is S. S. S., a remedy that is purely vegetable, being made entirely from roots, herbs and barks, and acts directly on the blood with a cleansing, healing effect. It neutralizes the acids and purifies the blood so that the skin, instead of being blistered and burned by the fiery fluids, is nourished by a supply of cooling, healthy blood. It goes down into the circulation and forces out every particle of waste or foreign matter,

builds up the blood and cures all skin diseases promptly and permanently. S. S. S. does not leave the least particle of the poison for future outbreaks, but entirely rids the blood of the cause for all skin diseases.

S. S. S. tones up the system and regulates the Liver, Kidneys and Bowels so that they will carry off the natural waste and refuse matter through the proper channels, instead of leaving it to be absorbed by the blood. Nothing equals S. S. S. in the treatment of these troubles and for building up the general health. Write for our treatise on skin diseases and any medical advice you wish. We make no charge for either. THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.



Couldn't See It.

Poe—There is that exquisite creature, Miss Pearlina, over there. Unlock for me the door of hope by introducing me to that mixture of woman and angel.

Practical Friend—Can't do it, my boy; don't know the combination.—Baltimore American.

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., 301 Arch St., Philadelphia, Pa.

Proof of His Availability.

Traveler—I must get to the railway station as soon as possible. Which of you has the fastest horse.

Cabman (pulling a paper from his pocket)—Here, read this! Three years ago I was fined four marks for fast driving.—Unsere Gesellschaft.

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

Same Effect.

Archie Feathertop (at the play)—"Doesn't the air seem heavy in here?" Miss Tartun—"I hadn't noticed it! It may be that you are unusually—er—light headed this evening."

Loans.

Unto the government we bow And lend a reverent ear. I'd rather lend it cash, I vow, And be a financier. Washington Star.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by druggists, 75c. Hall's Family Pills are the best.

A Rarity, Indeed.

"Do you know Jinks?" "Yep." "They tell me he is a very kind-hearted man." "He is. Why, that fellow won't even abuse the senate."—Pittsburg Post.

THE WHOLE LOT

If we don't heed prevention, we will need a cure. The Old-Monk-Cure

St. Jacobs Oil

Is ready always for all forms of muscular aches or pains, from

LUMBAGO RHEUMATISM to STIFF NECK SPRAIN

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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 and vegetables that are entirely unknown to medical science in this country. Through the use of these harmless remedies this famous doctor knows the action of over 500 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 blank and circulars. Send stamp. CONSULTATION FREE. Address THE C. GEE WO CHINESE MEDICINE CO 162 1/2 First St., S. E. Cor. Morrison PORTLAND, OREGON.

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W. L. DOUGLAS MAKES & SELLS MORE MEN'S \$3.50 SHOES THAN ANY OTHER MANUFACTURER IN THE WORLD. \$10,000 REWARD to anyone who can disprove this statement. If I could take you into my three large factories at Brockton, Mass., and show you the infinite care with which every pair of shoes is made, you would realize why W. L. Douglas \$3.50 shoes cost more to make, why they hold their shape, fit better, wear longer, and are of greater intrinsic value than any other \$3.50 shoe. W. L. Douglas Strong Men's Shoes for Men, \$2.50, \$3.00, Boys' School & Dress Shoes, \$2.00, \$2.50, \$1.75, \$1.50. CAUTION.—Insist upon having W. L. Douglas shoes. Take no substitute. None genuine without his name and price stamped on bottom. Fast Color Eyelets used; they will not wear brass. Write for Illustrated Catalog. W. L. DOUGLAS, Brockton, Mass.