

Pe-ru-na Strengthens the Entire System

Mr. Chas. L. Sauer, Grand Scribe, Grand Encampment I. O. O. F. of Texas, and Assistant City Auditor, writes from the City Hall, San Antonio, Tex.: "Nearly two years ago I accepted a position as secretary and treasurer with one of the leading dry goods establishments of Galveston, Tex. "The sudden change from a high and dry altitude to sea level proved too much for me and I became afflicted with catarrh and cold in the head, and general debility to such an extent as to almost incapacitate me for attending to my duties. "I was induced to try Peruna, and after taking several bottles in small doses I am pleased to say that I was entirely restored to my normal condition and have ever since recommended the use of Peruna to my friends."

Almost Human. "Why, Antonio," said the horrified matron, who had tossed a 5-cent piece at the monkey, "does he always put a coin in his mouth when he picks it up?" "Not his mouth, signora," corrected the organ grinder. "Her mouth."

STATE OF OHIO, CITY OF TOLEDO, Lucas County, ss. FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December, A. D., 1886. A. W. GLEASON, Notary Public.

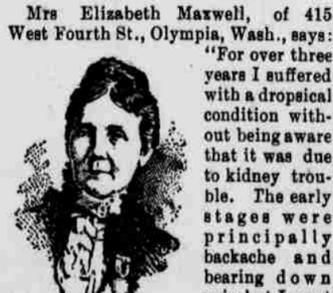
Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free. F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Hall's Family Pills are the best.

Right Up to Date. "Beg pardon, sir," said the peddler of supplies, "but have you got a type-writer?" "Yes," replied the merchant. "May I ask what style?" "Oh, out of sight! A regular peach! Come in and I'll introduce you to her." —Philadelphia Ledger.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE 24 trial bottle and treatise. Dr. R. H. Kline, 141 Arch St., Phila., Pa.

Willing "Worker." He was an "industrial promoter" seeking a location for a prospective factory. "About how many men do you propose to work?" asked the skeptical person. "Every man in town who has money, if I can," answered the truthful 1. p.

BLOATED WITH DROPSY. The Heart Was Badly Affected When the Patient Began Using Doan's Kidney Pills. Mrs Elizabeth Maxwell, of 415 West Fourth St., Olympia, Wash., says:



"For over three years I suffered with a dropsical condition without being aware that it was due to kidney trouble. The early stages were principally backache and bearing down pain, but I went along without worrying much until dropsy set in. My feet and ankles swelled up, my hands puffed and became so tense I could hardly close them. I had great difficulty in breathing, and my heart would flutter with the least exertion. I could not walk far without stopping again and again to rest. Since using four boxes of Doan's Kidney Pills the bloating has gone down and the feelings of distress have disappeared." Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.



Dutch Apple Cake. Two cupfuls of flour, one egg, one scant cupful of sweet milk, one-half teaspoonful of salt, three teaspoonfuls of baking powder, one-fourth of a cupful of butter, two tablespoonfuls of sugar, one-fourth of a teaspoonful of cinnamon, and four sour apples. Mix and sift the dry ingredients, put in the butter, add milk and well-beaten egg. Have the dough soft enough to spread easily on a shallow baking pan, making it one-half an inch thick. Cut some apples into eighths, removing skins and cores, and press the sections into the dough in parallel rows. Mix spices with sugar and sprinkle over the rows of apples. Bake in a moderately hot oven for about thirty minutes.

Shape of Prunes. This is especially suitable for invalids and old people. Stone one and a half pounds of prunes, put them into a stewpan, and cover them with cold water. Let them boil for about a minute then strain off the water through a sieve. Pour a little cold water over the prunes, have ready a jelly made of half an ounce of gelatine, a pint of water, and three ounces of brown sugar. Season with almond, and boil for five minutes—then strain. Arrange the prunes in a casserole mold, pour in the jelly, and set it in a cool place to become firm. The hole in the center of the mold may be filled with whipped cream.

Kitchener's Soup. Take four ounces barley, two ounces oatmeal, three onions, one tablespoonful dripping, two ounces of bacon, three quarts of stock from bones. Soak the barley for an hour or two, and put it on to boil in the stock. Add the onions chopped up, and let it boil for two hours. Cut the bacon up in small pieces, and put the dripping in a saucepan to get hot. Fry the bacon in it, and then put in the oatmeal, and fry it also till it is crisp. Add some of the soup, and stir till it is well mixed and smooth, and then pour it all into the pot. Season with salt and pepper, and let it all simmer for half an hour.

Drop Biscuits. Eight eggs, one pound of sugar, twelve ounces of best flour and a few caraway seeds, if liked. Beat the eggs well and add the sugar, repeat the beating and sift in the flour by degrees. Continue the beating for an hour without ceasing. Flour some baking sheets, and drop the mixture by spoonfuls on the sheet, allowing space between the cakes for swelling. Put them in the oven as quickly as possible, and when they have risen move the baking sheet to a cooler part of the oven until they are of a golden color and coated over with a white icing.

Tripe Sante. Two pounds of tripe, one pound of onions, some stock, a little butter, a tablespoonful of chopped parsley and one of vinegar, pepper and salt. Stew the tripe in the stock until tender, cut it in small pieces, and fry them in butter, season with pepper and salt. Slice the onions and fry them, and then simmer them in the stock in which the tripe was boiled. When cooked add them to the tripe with the vinegar and parsley; simmer for a minute or two, and serve very hot.

Mince Pudding. Half pound of cold meat (any kind) finely minced, two ounces bread crumbs, pepper and salt to taste, two ounces of cooked rice or macaroni cut small, beat up an egg, and add with a teaspoonful of stock. Thicken with half ounce of flour, and flavor with minced herbs if liked. Line a thickly buttered basin with bread crumbs, fill with mince, and strew over more bread crumbs. Bake for an hour, or steam if liked better. Turn out and serve with good gravy.

Prune Marmalade. Take six fine, large cooking apples, pare, plunge in cold water, then put over the fire together with the juice of two lemons and a half pound of sugar. When stewed, split and stone two and a half pounds of prunes and stew with the apples, taking care that there is sufficient water to keep them from burning. When thoroughly cooked, beat it through a strainer and turn into jars to keep for use.

Tomato Sauce. Twelve tomatoes, peeled; one good-sized onion and three green peppers, chopped; add one teaspoonful each of cloves, cinnamon and salt, grate in a nutmeg; cover with one teaspoonful of sugar and two of vinegar and boil slowly for an hour, keeping well stirred.

Mock Whipped Cream for Filling. Take one large sour apple, peeled and grated, one cup white sugar, white of one egg. Beat all together a long time. Flavor with vanilla. Use like whipped cream.

Help! Help! I'm Falling

Thus cried the hair. And a kind neighbor came to the rescue with a bottle of Ayer's Hair Vigor. The hair was saved! In gratitude, it grew long and heavy, and with all the deep, rich color of early life. Sold in all parts of the world for sixty years.

"About one year ago I lost nearly all of my hair following an attack of measles. I was advised by a friend to use Ayer's Hair Vigor. I did so, and as a result I now have a beautiful head of hair."—Mrs. W. J. BROWN, Meadon-ome Falls, Wis.



AN IMPERFECT WORK.

After All, There is No Occasion for Man's Conceit. It is the general idea that man is a wonderful work—a perfect work—but, as Haeckel and comparative anatomy point out, the human body is, as a matter of fact, a structure at once incomplete and redundant; a structure lacking many necessities and crowded with superfluities, with obsolete muscles and nerves, which have become shriveled and paralyzed because there is no longer any use for them. It is amusing to think of improvements that might be made in the human body, writes a pessimist.

Take the eyes. The two eyes are very good in their way, but if there were three of them how much better it would be. If man had an eye in the back of his head, as certain insects have, he would never be run down, never be stabbed from behind, never be kicked. Man, with three eyes, could see and do twice as much as now.

The hair might well be improved. It is poor stuff alongside of feathers. Look at the beautiful feather head-dresses of the birds. These are far richer and brighter in hue than human hair, and they last. They don't disappear. No one ever saw a bald bird.

The ears are not at all perfect. As the eyes are provided with lids, so that we can shut them tight when we want to sleep, so the ears should be provided with movable flaps or stoppers where-with to shut out sound.

If the teeth endured there would be little fault to find with them. But, like the hair, they fall man long before the end of life. Hence it would be better if, like some birds, men had indestructible teeth in their gizzards, and swallowed their food whole, letting the gizzard grind it up gradually. This would not destroy the pleasure of eating. On the contrary, it would increase it. There would be nerves of taste in the gizzard, and thus the eating pleasure would be greatly prolonged. The food would be swallowed in a jiffy, and afterward, as man attended to his work, he would get for many hours pleasant tastes from the dainties the gizzard would be slowly and carefully grinding up.

An Urgent Call. In the course of a checkered career, Wesley Hanson, known as a "promoter," had sojourned temporarily in many places, so it is not strange that he sometimes forgot a face.

"Have you any call for a stirring man in the advertising department of your business?" he asked one morning, when he had gained access to the office of the inventor of some tin specialties.

The man at the desk looked at him and then dropped his eyes. "No," he said, shortly, "but I can tell you exactly where there's a call for just such a man as you are."

"Yes?" said the promoter. "I should be glad to hear of it."

"It's up in Banktown, Vermont," said the inventor. "The call comes from the grocer and the provision dealer and the plumber and the livery-stable keeper and several others. They've been calling for you for ten years, ever since—"

"Ah," said the promoter, "I fear that call is a trifle too loud," and he softly and rapidly withdrew.

Scriptural Proof. At a colored camp meeting in Carolina a testifying penitent referred to himself and his unconverted brothers as "niggers" in a spirit of abject humility which he deemed well pleasing to his Maker. The presiding elder who "amened" his speech at proper intervals finally threw out a gentle rebuke. "Call yo'self a celled pusson, brother," he admonished impressively. "Niggers is a term ob reproach invented by proud white folks. Dey ain't no mention in de Good Book of niggers."

"Oh, yes, dey is, parson," the penitent contradicted solemnly. "Don't yo' rec'lect de place whar it tell about nigger Demus?"—Lippincott's Magazine.

Where Ignorance is Bliss. Rising Young Statesman—But there is another matter, just as important, that has been overlooked. I am going to introduce a bill for the rigid inspection of bakeries. Constituent—Prodmore, for your own peace of mind, I advise you not to do it."

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.

Notin' Doin'. The hobo approached the pompous citizen and asked for alms. "Go to the ant, thou sluggard," quoted the p. c. "Tain't no use, mister," answered the hobo. "Me aunt's jist as tight-fisted as me uncle an' all de rest uv me relashuns."

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

Accounted For. Mrs. M.'s patience was much tried by a servant who had a habit of standing around with her mouth open. One day, as the maid waited upon table, her mouth was open as usual, and her mistress, giving her a severe look, said: "Mary, your mouth is open." "Yessum," replied Mary, "I opened it."

An Inference. "I see the Eskimo women are dying off in large numbers this year." "Alas! And has the craze for elbow sleeves struck the polar regions?"

The office of librarian of the British House of Lords is virtually a sinecure. As Disraeli said, the British aristocracy never reads.

LAND SCRIP Bought and Sold Approved Forest Reserve and Railroad Scrip for surveyed, unsurveyed, timbered or prairie land; approved United States Military Bounty Land Warrants; Re-issued Soldiers' Additional Scrip; all kinds of Land scrip bought and sold. H. M. HAMILTON, The Portland, Portland, Or.

CLASSIFIED ADVERTISING

Portland Trade Directory
Names and Addresses in Portland of Representative Business Firms.
MAGIC LANTERNS—Weister Co., Portland. Lowest prices on Lanterns and Slides.
HORSES of all kinds for sale at very reasonable prices. Inquire 275 Front St.
CREAM SEPARATORS—We guarantee the U.S. Separator to be the best. Write for free catalog. Hazelwood Co., Fifth and Oak.
MEN'S CLOTHING—Buffum & Pendleton, sole agents Alfred Benjamin & Co.'s correct clothes. Everything in men's furnishings. Morrison and Sixth streets. Opposite postoffice.
POULTRY FOOD—If you want your hens to lay more eggs write us for free particulars about PURINA POULTRY FEEDS—Acme Mills Co., Portland, Oregon.
PIANOS & ORGANS—Oldest piano house on Pacific coast. Organs and Pianos on easy payments. Write for list. Let us quote you a price. Allen & Gilbert-Hamaker Co., Portland, Oregon.
WANTED—Men and Women to learn Barber trade in eight weeks; graduates earn from \$15 to \$25 weekly; expert in razors; catalog free; Moler System of Colleges, 55 N. Fourth St., Portland.

P. N. U. No. 28-06
WHEN writing to advertisers please mention this paper.

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, 77 MURRAY STREET, NEW YORK CITY.

The Little Doctor in your Vest Pocket

SEE the thin, round-cornered little Enamel Box below! When carried in your vest pocket it means Health-Insurance. It contains Six Candy Tablets of pleasant taste, almost as pleasant as chocolate.

Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver. It will not purge, sicken, nor upset the stomach. Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters.

These waste Digestive Juices of the system needed tomorrow, in merely flushing out the Bowels today.

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

These emergency drugs relieve the immediate trouble, but do not relieve its Cause. The same trouble will therefore recur again till that Cause is removed permanently.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels. Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles.

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten.

Cascarets do this naturally, without purging or discomfort.

They don't help the Bowels and Liver in such a way as to make them lean upon similar assistance for the future.

This is why, with Cascarets, the dose may be lessened each succeeding time instead of increased, as it must be with all succeeding doses of other Cathartics and Laxatives.

Cascarets act like exercise.

If carried in your Vest Pocket, (or carried in My Lady's Purse), and eaten just when you suspect you need one, you will never know a sick day from the ordinary ills of life.

Because, nearly all these ills begin in the Bowels, and partial Constipation paves the way for all other Diseases.

"Vest Pocket" box 10 cents. Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

FREE TO OUR FRIENDS! We want to send to our friends a beautiful French-designed GOLD-PLATED BOMBON 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 daily trinket is loaded. Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.



Showing size of "Vest Pocket" Cascaret Box compared to Watch.