

OLD PEOPLE

Their Pains and Ailments



Any taint of the blood quickly shows itself with old people, and troubles, which a younger, more vigorous constitution holds in check, take possession of those of advanced years. A mole, wart or pimple often begins to inflame and fester, terminating in a sore that refuses to heal. Wandering pains of a rheumatic character are almost constant, the joints get stiff and the muscles sore, while sleeplessness and nervousness make life a burden. The natural activity of the body is not so great in old age and all the organs get dull and sluggish, failing to carry out the waste matters and poisons accumulating in the system and they are taken up and absorbed by the blood, rendering it weak and unable to properly nourish the system. There is no reason why old age should not be as healthy as youth if the blood is kept pure and strong. S. S. S. is purely vegetable and is the safest and best blood purifier and tonic for old people, because it is gentle, but at the same time thorough in its action, purifying the blood of all poisons and foreign matter, strengthening it and toning up the entire system by its fine tonic effect. Almost from the first dose the appetite increases, the general health begins to improve and the pains and ailments pass away.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

Wasted Energy.

Sometimes head and heels work together, but it was not so in a case reported in the Yonkers Statesman. Sam, a colored man, was an hour late, and his employer asked him to explain. "Yes, sah, I'll explain, sah," Sam replied. "Well, what excuse have you?" "I was kicked by a mule on my way here, sah."

"That ought not to have detained you an hour, Sam, if you were able to come at all."

"Well, it wouldn't have if he'd only kicked me in his direction. You see, boss, he kicked me the other way."

Those Loving Girls

Miss Elderleigh—You may not believe it, but I refused offers from three different men last month.

Miss Youngbud—Oh, I don't doubt it. But what were they selling?

Why They Came Late.

Husband (in hat and overcoat)—Good gracious! Haven't you got your coat on yet?

Wife—It's all fixed except tucking in my dress sleeves so they won't get mussed. I'll be ready in half an hour.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free Book and Treatise. Dr. R. H. Kline, Ltd., 511 Arch St., Philadelphia, Pa.

No Time Left.

"Winter wheat looking well?" he asked of a street car passenger who looked like a farmer.

"Dunno," was the brief reply.

"Good deal of snow out in the country?"

"Mebbe."

"Price of hay gone up any?"

"Can't say."

"But aren't you a farmer, my friend?"

"Yes, I'm a farmer; but this winter I've been courtin' a widdier woman with \$8,000 and I haven't had any time to fool around with snow or hay or anything else."—Chicago News.

Best of All Plays.

I do not care for problem plays; give me the kind of play in which the girl is just as pure as are the flowers in May; The play in which in time of need the hero's right on deck, And where the scheming villain gets it always in the neck.

I love to hear the girl refuse the villain's gold to take, And say that rags are royal duds when worn for virtue's sake; I love to see her beau's decline to heed the rich man's beck, And swat the villain with a club athwart his ugly neck.

O not for me the Gallic farce, the Ibsen fol-de-rol, Where man is but a jackanapes and woman is a doll; I'll take the sturdy plot in which the villain tries to wreck The hero's life, and in the end just gets it in the neck.

—Louisville Courier-Journal.

The Polite Editor.

Editor (politely)—That gentleman over there, sir.

Editor (politely)—Is he the literary critic?

Editor (politely)—No; he's the bouncer.

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

One Good Feature.

Jimson—If there's one thing I dislike more than another it's a shallow man.

Samson—Yes, but there's one thing in his favor.

Jimson—I'd like to know what it is.

Samson—A shallow man doesn't require as much watching as a deep one.

To Break in New Shoes.

Always shake in Allen's Foot-Paste, a powder. It cures hot, sweating, itching, 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.

Same Old Plaint.

The Lady—It seems to me these berries are rather small.

The Peddler—I'm sure they have got their full growth, ma'am.

The Lady—Possibly; but I'm quite sure your quart boxes haven't got theirs.



Macaroni Soup.

One large carrot, two onions, two turnips, one teaspoonful of salt, pepper to suit taste, a little parsley and marjoram; chop one-fourth of a pound of salt pork, put it on to boil in one quart of water; cut all the vegetables into small pieces and add them after the pork has simmered twenty minutes, adding boiling water enough to make two quarts of liquor; cook slowly two hours. Boil half a pound of macaroni in milk until it is very tender, adding salt and one tablespoonful of butter; put into the tureen and pour the soup upon it through a colander; add a gill of cream or milk, the parsley and marjoram the last thing, and serve.

Preserved Quinces.

Peel, core and quarter the quinces. Weigh them and put in a preserving kettle with enough water barely to cover them. Stew slowly until very soft. When soft, but not broken, take them out with a skimmer and lay carefully on platters. Add to the liquor left in the kettle one pound of sugar to each pint of fruit. Bring this to a boil, skim it and when it has boiled for twenty minutes return the quinces to it. Cook for fifteen minutes after the syrup again boils. Now pack the quinces in wide-mouthed jars, pour in the boiling syrup and seal.

Ham Patty.

To use up the remains of ham, take fat and lean together, pass through the mincing machine, or finely chop. Afterward pound to a smooth paste in a mortar, soak a slice of bread in milk and beat up to a cream; then mix in the ham, and beat both together. Now beat to a froth an egg and stir it into the ham, season with salt and pepper, and a little chopped parsley. Put the whole into a well-greased mold, and bake until a rich golden brown.

Egg Pudding.

Boil three eggs till quite hard, shell them and cut in slices; lay them in a pie dish. Then make a custard with two whole eggs, one and a quarter breakfast-cupfuls of milk, salt, cayenne and a little grated nutmeg. Beat the eggs, add the other things, and pour over the slices of the egg in the pie dish. Strew some grated cheese on the top, and bake in a moderate oven till quite firm; if the top is not brown, put in front of the fire for a few minutes.

Rhubarb Betty.

Mix together three cupfuls of fine stale bread crumbs, one cupful of sugar, a pinch of salt, one teaspoonful of mixed ground spice and one-half of a cupful of melted butter. In a baking dish, put alternate layers of crumbs and finely cut rhubarb, adding more sugar if the fruit is thought to be very tart. Bake three-quarters of an hour in a hot oven and serve with sweetened cream.

Hashed Calf's Head.

Heat and flavor delicately some of the stock from a calf's head with mace, lemon peel, herbs and vegetables, strain and thicken it, adding a flavoring of mushroom ketchup, salt and cayenne. Put in some slices of boiled calf's head, and let it gradually warm through, allowing it just to boil up before serving. Garnish with fried seasoning balls and curls of bacon.

Sweet Potatoes.

Cut cold baked sweet potatoes into 1/4-inch slices and put them in an earthen dish. Spread each layer with butter and sprinkle slightly with sugar; bake until hot and slightly browned. Sweet potatoes are much richer when twice cooked.

Canned Pumpkin.

Peel the pumpkin and cut into pieces. Put over the fire with enough water to cover it and boil until tender. Rub through a colander, return to the fire, bring to a hard boil and pour immediately into heated jars. Seal at once.

Short Suggestions.

A good cement for mending glass is made by boiling isinglass in spirits of wine.

Tea leaves moistened with vinegar will remove the discoloration in glass caused by flowers.

Pieces of sponge packed into a mouse hole will induce the rodents to permanently vacate a house.

A common screw with a stout string tied around the top makes a fair substitute for a corkscrew.

Absorbent bath towels which have a smooth surface on one side and a rough one on the other are now made.

A feather brush is preferable to a cloth for dusting gilt picture frames, as the cloth wears and deadens the gilt.

By covering the bottom of a bureau of chiffonier with a sheet of tin or zinc protection from mice is secured.

If palms are sponged occasionally with equal parts of milk and lukewarm water they will retain a healthy gloss.

I'm Growing Old Fast

And you know why, too. It's those gray hairs! Don't you know that Ayer's Hair Vigor restores color to gray hair? Well, it does. And it never fails, either. It stops falling hair also, and keeps the scalp clean and healthy. Do not grow old too fast!

"I have used Ayer's Hair Vigor for many years and I should indeed be sorry to be obliged to do without it. It keeps my hair from turning gray, and also keeps my scalp clean and healthy."—E. S. FENFIELD, Canyon City, Oregon.

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

Method in His Madness.

Caudles—I was reading in the paper this morning of a man who sleeps in the stable with his horse every night.

Mrs. Caudles—What's the matter with him—is he crazy?

Caudles—No, I guess not. A horse can't talk, you know.

Probably the youngest general in the world is a nephew of the late Shah of Persia, a boy not yet 14 years old. He holds the rank of full general in the Persian army.

Cannot Reduce a Rate.

It is stated in Washington, that under the Townsend rate bill, if a rate is fixed by the commission it cannot be lowered by a railroad. Should an emergency arise calling for a decreased rate, the railroads or shippers would have to appeal again to the commission, there being no latitude allowed, whatever the circumstances. Hitherto a maximum rate has been the rule, but no such concession is made under the proposed legislation.

Swapping Compliments.

"I have just invented a new sausage," said the butcher, handing some to the poet for him to try.

"Ah!" exclaimed he, "it is a poem! By the way, have you read my latest poem?"

"Indeed, yes," replied the butcher with a light of appreciation in his eyes; "it is a sausage."—Houston Herald.

His Health Was Wrecked Pe-ru-na Gave New Life



HON. JOHN TIGHE

Assemblyman Tighe's letter should be read by every brain worker leading a strenuous life.

Hon. John Tighe, No. 98 Remsen St., Cohoes, N. Y., Member of Assembly from the Fourth district, Albany county, N. Y., writes as follows:

"Peruna has my hearty indorsement as a restorative tonic of superior merit. At times when I have been completely broken down from excess of work, so that my faculties seemed actually at a standstill, Peruna has acted as a healing restorer, starting the machinery of mind and body afresh with new life and energy."

"I recommend it to a man tired in mind and body as a tonic superior to anything I know of and well worthy serious consideration."—J. Tighe.

Excess of work so common in our country causes impaired nerves, leading to catarrh and catarrhal nervousness—a disease that is responsible for half of all nervous troubles.

Peruna cures this trouble because it cures catarrh wherever located.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

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

Not the Kind. "I had an uncle one up in Vermont last week," said the Boston man, "and, though there is nothing so very queer about an uncle dying, this relative of mine didn't have a fair show." "As how?" was asked. "Well, when he was 20 years old a tin peddler advised him to always carry snuff around in his pocket to throw into a mad dog's eyes, in case he met one. He carried that snuff for forty years and never used it." "Well?" "One day, after he had carried it for thirty years, he was crossing a field and an old bull got after him and gave him a toss. When he came limping into the house and told us about it I said: "Why didn't you throw snuff in his eyes, Uncle Jerry?" "Why, that peddler told me to use the snuff on dogs, and that if ever a bull got after me I was to use ground cinnamon. I hadn't any of the blamed stuff with me!"

His Preference.

Wife—Which of these photographs of mamma do you like best, dear?

Husband—Let me see. Why—er—I think I prefer this small one.

Wife—Do you think it is a better likeness?

Husband—Oh, no; but it shows her dressed in a traveling costume.

Malli Makaroff, only daughter of the Russian admiral, who was drowned by the sinking of the warship Petropavlovsk, has been chosen maid of honor to the Czarina and to the dowager empress of Russia. Her mother, a woman of Polish origin, is a profound linguist and accomplished musician. She has dabbled in occultism and his written books and plays. At present she is engaged upon a biography of her husband.

1905 LEWIS & CLARK EXPOSITION

For First Class Hotel and 4 Room Accommodations in PORTLAND during the EXPOSITION apply at once and send your reservation fee of \$2.00, to apply on rent of your room. Rooms in all parts of the city. \$10 to \$12.00 per day. RESERVE YOUR ROOMS WITHOUT DELAY AND GET YOUR CHOICE. Write for full information to Department 1, EXPOSITION ACCOMMODATION BUREAU The Only Official Bureau of the Lewis & Clark Fair Goodenough Building, Portland, Oregon

OUTSIDE INN



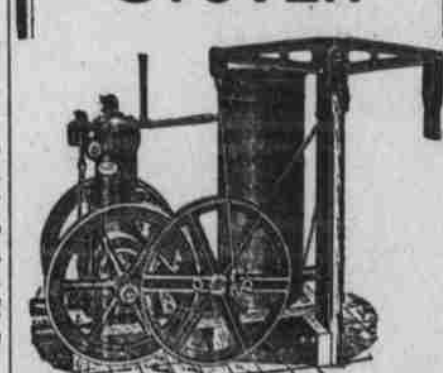
Electric lighted rooms. Baths and modern conveniences. Rooms 50c, \$1 and \$1.50 per day. A new, permanent hotel, directly opposite main entrance to Fair. All street cars for Fair land you at Hotel door.

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, buds, barks and vegetables that are entirely unknown to medical science in this country. Through the use of those 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 blanks and circulars. Send stamp. CONSULTATION FREE. ADDRESS: The C. Gee Wo Chinese Medicine Co. 251 1/2-253 ALDER ST., PORTLAND, OREGON. Mention paper.

STOVER



GASOLINE ENGINES

2, 3, 5, 6, 8, 10, 12, 14, 16 and 25-Horse Power. Satisfaction guaranteed. Hundreds in use in Oregon, Washington and Idaho. Send for Catalogue.

Mitchell, Lewis & Stover Co.

PORTLAND, OREGON
Seattle and Spokane, Wash.
Boise, Idaho.

P. N. U. No. 24-1905

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.

PRUSSIAN LICE KILLER kills LICE on Poultry. Easily applied—Paint perches, nest boxes, etc., and the fumes kill the lice. Never fails. Sold by dealers, 50c and \$1.00 per can. **CLEANED OUT ALL THE LICE AND MITES.** Albert Blocker of Chanhassen, Minn., bought a can of Prussian Lice Killer and used it thoroughly three times and cleaned his poultry house entirely free from lice and mites. Before using, the poultry house was alive with red lice and mites. **JUST THE THING FOR LICE ON HOGS.** J. H. Malone, of Adel, Mo., says the Prussian Lice Killer is just the thing for lice on hogs, and is worth five times its cost.

PORTLAND SEED CO., Portland, Or., Coast Agents