

Stress Eating

On meals, belching, vomiting, fits of nervous headache, the stomach, are all dyspepsia, and the longer the harder it is to cure it.

Sarsaparilla and Pills

and permanently cure it— and tone the stomach and give organs for the natural functions.

As a substitute for Hood's Sarsaparilla, twenty-five years ago, it was not a medicine but a food. It was not a medicine but a food. It was not a medicine but a food.

One Pleasure Gone.

Miss Rambo, said the doctor, "What for? It's an outrage!" "Perhaps," said the policeman, "but I have my orders, and you must come with me."

An Important Distinction.

I suppose that it would take a lot of observation and experience to pick the fastest horse for a race.

Ocean Trout.

but are believed to be exclusively water fish. It happens, however, occasionally that some are caught with gill nets in the German ocean.

Silence at Dinner.

Whenever there is a marked silence at dinner party it is always, so superstitions say, twenty minutes or a hour or twenty minutes after.

Easter.

Easter is the Sunday which follows the fourteenth day of the calendar on which falls upon or next after 21st day of March.

Wild Animals in Captivity.

Captivity changes animals' nature. Lion captured when it is full grown is always a treacherous, but lions, tigers, leopards and other carnivorous animals that have been born in captivity can be tamed till they are quite as gentle and affectionate as poodle dogs.

Last Touch of Realism.

The photograph and moving pictures have been combined, say the Chicago Tribune, thus making it possible to give the last touch of realism to prize fight views.

Tete-a-Tete.

"Ah," he said to her over their ice cream, "it is very sweet, but not so sweet as you." "It is soft," she returned promptly, "but not so soft as you." "And it is cold," he concluded, "but not so cold as you."—Philadelphia Press.

One of Many.

Meyer—Did you ever see a man-eating shark? Gyer—No; but I once saw a man eating catfish.

Birds and Floods.

Many birds have an instinctive preference of floods, and will change the positions of their nests or make other provisions for safety just before a heavy rainfall results in a flood which sweeps away their former homes.

Cream Custard Pie.

Beat one egg, add two-thirds cupful of sugar and trun in one and one-half cupfuls of good cream. Mix well, add a pinch of salt. Line a pie plate with paste, pour in the cream mixture and grate a little nutmeg over the top. Bake slowly and serve just cooled.—Detroit Free Press.

Tribute to Woman's Vanity.

Traveling beauties never take passage on an ocean liner without a spirit lamp to heat their curling tongs. This practice imperils the ship through danger of fire. One of the big steamship lines has fitted every stateroom on its vessels with an electrical apparatus for heating the curling tongs.

Twins Born in Dublin.

Irish women can boast of having twins more frequently than any other women in the world. Twins are born in Dublin about once in every fifty-two births, as against a general world average of one in eighty.

Sticky Gasoline Engine.

Fifty dollars can be saved by buying the above. Will run cheaper, chopping 15 to 20 bushels per hour, wood saw, well drilling machinery, pumps, etc. Write for catalogue. REEFERSON MACHINERY CO., Foot of Harrison Street, Portland, Oregon.

Dizzy?

Appetite poor? Bowels constipated? Tongue coated? Head ached? It's your liver! Ayer's Pills are liver pills, all vegetable.

Want your moustache or beard a beautiful brown or rich black? Use BUCKINGHAM'S DYE

URGENT INVITATIONS.

An American doctor who had received his degree from a certain German university recently paid a visit to his foreign alma mater. He had not been in the town since his graduation, ten years before, and the first few days of his visit were pleasantly spent in renewing his acquaintance with well-remembered haunts. This stirring up of old recollections brought with it a desire to see some of his former college friends, chief among them a certain Herr Schmidt, a brilliant scholar and entertaining companion.

On the fourth morning of his stay the doctor started out with the determination to hunt up his friend, Herr Schmidt. He had hardly left the hotel, however, when a smartly dressed policeman stepped up to him from behind, and touching him on the arm, inquired if he was Doctor Saunders of New York. The American replied that he was.

"In that case," said the policeman, "I shall have to place you under arrest. Please be so good as to follow me."

"Arrest!" stammered the doctor. "What for? It's an outrage!" "Perhaps," said the policeman, "but I have my orders, and you must come with me."

The American was indignant, but seeing that there was no help for it, he suffered himself to be escorted to the guard-house. Here, after a brief examination, he was curtly told to seat himself upon a bench already occupied by another flushed and sullen-looking prisoner.

He had been there only a few minutes when a carriage drove up, and a loud, authoritative voice greeted the officer at the door:

"You have got the two criminals? Good! Let me see them!"

"The Herr Commissioner," himself," exclaimed the captain, rising from his desk. "These must be desperate fellows."

There was the ring of footsteps along the corridor, and the prisoners looked up to see, advancing toward them with outstretched hands and twinkling eyes, the tall form of Herr Schmidt.

"I am delighted to see you, doctor, and you, too, Mr. Watson! Pray let me introduce you. There! Now step out to my carriage, and we will have a drive and return to my house for the lunch."

As the two "desperate fellows" took their places in the carriage with a sigh of relief, Herr Schmidt added:

"I hope you will pardon my method of making up a party, but I learned in the course of my official business that you were in the city, and as there seemed to be no inclination on your part to look me up, I took this means of securing your company."

Max Muller's Modesty.

Speaking once of languages to Max Muller, a woman of India, herself a scholar, asked how many he knew.

"I hope I know my mother tongue," he replied. "I am acquainted with a few others."

"Why this caution?" laughed the lady.

"I will tell you," said the great Sanskrit scholar. "There came to me one day, as I sat here in my study—the Buddha on my hearth—a man who seemed my ideal of the Sanskrit priest-hood. He spoke to me in an unknown tongue. I asked him what language he was speaking."

"The man huddled himself together on the floor and wept."

"I have honored you all my life," said he, "as the greatest living Sanskrit scholar in all the world. I speak to you a simple Sanskrit salutation, and you do not understand me."

"Since then," said Prof. Muller, "I never say that I know any language."

It was merely the difference between the spoken and the written dead tongue that had puzzled him. But that takes nothing from the humility of the linguist—a humility as refreshing as it is rare, and scarcely the mark of the age to which Prof. Muller belonged.

Took a Couple.

It was a shop in a Highland town, and the traveler who called every three months was making his Christmas visit.

"Here's a box of good cigars," he said to the shopkeeper, "and I hope you will enjoy them."

"Oh, I couldn't take 'em. I never dae business that way."

"Well, well, give me a shilling for the box," said the traveler, "if that will appease your conscience."

"Ay, ay! Weel, let me see," said the shopkeeper, running his eye over the silver he fetched from his pocket. "I see I've got a florin here; I'll take a couple of boxes."

Curious Funeral Customs.

Some curious funeral customs still prevail in the south of Scotland. At Annan, in many cases, the funeral of a departed relative is intimated and friends invited by the bellman going round from door to door telling the people of the event. Of course, he does not ring his bell when on his melancholy journey. At Langholm at the funeral the relatives of the deceased are grouped together in front of the house where the cortege departs, and the other mourners go up to them, and one by one they give a sympathetic shake of the hand.

Tax on Fat People.

The project of a tax on fat people is being considered in Sweden. The advocates of the tax argue that when a man is above a certain weight he is in a well-fed and consequently prosperous condition, and so in a position to contribute easily to the public funds.

Doctors' Medicine.

Coburn—Several millionaires have written their opinions as to how to make a fortune. Merritt—I read the article. The funny thing is that not one of them followed the plan by which

Woman's Nerves



Give Warning of Approach of More Serious Trouble.

Do you experience fits of depression with restlessness, alternating with extreme irritability, bordering upon hysteria? Are your spirits easily affected so that one minute you laugh, and the next fall into convulsive weeping?

Do you feel something like a ball rising in your throat and threatening to choke you; all the senses perverted, morbidly sensitive to light and sound; pain in the ovaries, and especially between the shoulders; sometimes loss of voice; nervous dyspepsia, and almost continually cross and snappy, with a tendency to cry at the least provocation?

If so, your nerves are in a shattered condition, and you are threatened with nervous prostration.

Undoubtedly you do not know it, but in nine cases out of ten this is caused by some uterine disorder, and the nerves centering in and about the organs which make you a woman influence your entire nervous system. Something must be done at once to restore their natural condition or you will be prostrated for weeks and months perhaps, and suffer untold misery.

Proof is monumental that nothing in the world is better for this purpose than Lydia E. Pinkham's Vegetable Compound; thousands and thousands of women have written us so.

How Mrs. Holland, of Philadelphia, suffered among the finest physicians in the country, none of whom could help her—finally cured by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—For over two years I was a constant sufferer from extreme nervousness, indigestion, and dizziness. Menstruation was irregular, had backache and a feeling of great lassitude and weakness. I was so bad that I was not able to do my own work or go far in the street. I could not sleep nights."

"I tried several splendid doctors, but they gave me no relief. After taking Lydia E. Pinkham's Vegetable Compound I soon began to feel better, and was able to go out and not feel as if I would fall at every step. I continued to take the medicine until cured."

"I cannot say enough in behalf of Lydia E. Pinkham's medicine, and heartily recommend all suffering women to try it and find the relief I did."—MRS. FLORENCE HOLLAND, 622 S. Clifton St., Philadelphia, Pa. (Jan. 6, 1902.)

Another case of severe female trouble cured by Lydia E. Pinkham's Vegetable Compound, after the doctors had failed.

"DEAR MRS. PINKHAM:—I was in poor health for several years. I had female trouble and was not able to do my household alone. I felt tired, very nervous, and could not sleep. I doctored with several doctors. They doctored me for my stomach, but did not relieve me. I read in your book about your medicine, and thought I would try it. I did so, and am now cured and able to do my work alone, and feel good. I was always very poor, but now weigh one hundred and fifty pounds."

"I thank you for the relief I have obtained, and I hope that every woman troubled with female weakness will give Lydia E. Pinkham's Vegetable Compound a trial. I have recommended it to many of my friends."—MRS. MARIA BOWERS, Millersville, Ohio. (Aug. 15, 1901.)

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all of the virtues of this medicine?

How shall the fact that it will help them be made plain?

Surely you cannot wish to remain weak, and sick, and discouraged, exhausted with each day's work. You have some derangement of the feminine organism, and Lydia E. Pinkham's Vegetable Compound will help you just as surely as it has others.

A Strong Character.

One of the novelists, referring to his hero, says:

His countenance fell. His voice broke. His heart sank. His hair rose. His eyes blazed. His words burned. His blood froze.

It appears, however, that he was able to pull himself together and marry the girl in the last chapter.—Chicago Record-Herald.

Next Thing in Line.

The oldest mason in line to get his name in the papers again, says the Chicago Record-Herald. Look out for another of George Washington's body servants.

His Business.

"What's your prospective son-in-law's business?" asked the old friend. "Love-making, principally," growled the old man. "At least, I don't see how he finds time for much of anything else."—Chicago Post.

Precept and Practice.

Coburn—Several millionaires have written their opinions as to how to make a fortune. Merritt—I read that article. The funny thing is that not one of them followed the plan by which he got rich himself.—Judge.

Salt Freshens Ink.

To prevent a mold in ink infuse a piece of salt the size of a hazelnut in each quart.

Green Tomato Pie.

This pie should be made with upper and lower crusts of plain paste in the usual manner. For the inside slice the tomatoes thin, arrange on the lower crust, add one-half cup of sugar, the juice of one lemon, and a sprinkling of cinnamon.

Fried Bananas with Cherry Sauce.

Cut some bananas in two lengthwise and roll in powdered macaroons. Fry till a good brown in butter. Arrange in a circle, putting in the center some currant jelly with Maraschino cherries in it.

Pickled String Beans.

Remove the strings and boil the beans until tender in slightly salted boiling water; put into glass jars, pour heated spiced vinegar over them and seal up tightly.

Short Suggestions.

Add a little salt to the stove polish and it will not rub off so quickly. To clean zinc wash first in hot soda water and then rub with a flannel dipped in turpentine.

Ants dislike borax, so sprinkle it over shelves in pantries, etc., where they are troublesome.

A kitchen stool is a great comfort to a delicate woman for sitting on when washing dishes or cleaning vegetables.

For waterproofing boots melt together a little mutton suet and beeswax, rub it over the soles and slightly over the edges where the stitches are.

To remove hard putty pass a hot iron over it. This will soften it, and thus a broken pane of glass can be easily removed without injury to the window sash.

Black marble may be cleaned with a mixture of soft soap and pearl ash in equal parts. Apply this with a flannel, and let it remain for some minutes. Rinse off first with hot and then with cold water. When dry, polish with a paraffin cloth.

Stains on lavatory basins, caused by the dripping of taps, are easily removed with powdered chalk mixed to a paste with ammonia. Apply with an old toothbrush or other small brush. Rub till the marks disappear, and then rinse with water.

Tea and coffee pots are among the kitchen utensils that are never thoroughly cleaned. The ordinary method will simply rinse them out under the faucet and put them away to dry at their own sweet will. Instead, they



HOUSEHOLD TALKS

Sunshine Cake.

Sift a cup of granulated sugar and add it to the yolks of five eggs, first beating these until they are thick. Add a dash of salt. Sift three-quarters of a cup of flour twice with a half teaspoonful of cream of tartar, and add to the eggs and sugar. Beat for twenty minutes and fold in the whites of seven eggs whipped stiff with a teaspoonful of white sugar dissolved in one teaspoonful of lemon juice and one tablespoonful of orange juice. Butter a pan, flour it lightly and bake the cake in a steady oven for forty minutes.

Lemon Souffle Pudding.

It is the pastry cream, same as used in Boston cream puffs, with white of eggs whipped to froth stirred in and then baked. It rises high in the oven; should be served immediately, or at least not allowed to become cold. Use a quart of milk, eight ounces of sugar, five ounces of flour (a heaped cup), an ounce of butter, eight eggs. The yolks cooked in the mixture, which must then be made nearly cold and flavored with lemon, and the eight whites then added. A spoonful of sweetened cream in each dish for sauce.

Peach Short Cake.

To two cups of flour add four teaspoonfuls of baking powder, one-half spoonful of salt, one-quarter cup of butter and one tablespoonful of sugar. Mix with milk and spread on two round buttered pans. When done, remove and butter under crust well, and spread with peaches, pared and cut into sections, sprinkle well with sugar, and put over the upper crust buttered. Cover the top with peaches and arrange pieces around the outside edge. Cover with whipped cream.—Good Housekeeping.

Pineapple Cobbler.

Four slices of pineapple cut in dice, one lemon and one orange sliced very thin, eight tablespoonfuls of sugar, one pint of cold water and one cup of shaved ice. Place the fruit in a bowl, strew with the sugar and a little ice, and in ten minutes add the cold water. Stir well and pour into glasses half full of shaved ice; decorate with ripe berries.

Peach Mousse.

Mash and rub the peaches through a colander, and for every cupful of the fruit allow a heaping tablespoonful of powdered sugar. If you have a quart of the fruit, add to it half an ounce of gelatine, dissolved in a little water as possible. Add a few drops of brandy, and fold in a pint of stiffly whipped cream. Put into a mold and pack in ice.

Salted Canned Peas.

Shell the peas and mix a half-pint of salt with every quart of peas. Stand over night and in the morning drain off all moisture and pack the peas and salt tightly in airtight jars. Seal the jars and wrap each in dark paper. When the peas are wanted soak over night, then cook in the usual way.

Potatoes Baked in Half Hells.

Select medium-sized potatoes, wash, using a brush, put in a dripping pan and bake in a hot oven forty minutes, or until soft. Cut in halves lengthwise, scoop out inside, mash, season with butter, salt and pepper, and moisten with hot milk.

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A Lesson in Gravity.

"Archimedes," reads the pupil, leaped from his bath shouting 'Eureka! Eureka!'" "One moment, James," said the teacher, "what is the meaning of Eureka?" "Eureka means I have found it."

"Very well. What had Archimedes found?" James hesitates for a moment, then ventures hopefully: "The soap, mum."—Judge.

To Break in New Shoes.

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

Way Up.

"And now, young man," said the old parson, solemnly, "let your daily motto be 'On high!'"

"No, that's my nightly motto," chuckled the sporty youth in his Panama. "I spend my evenings on the roof garden."—Chicago Daily News.

FITS

Permanently cured. No more nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free 60 trial bottle and treatise. Dr. R. H. Kline, Ltd., 311 Arch St., Philadelphia, Pa.

An Excuse for Beer.

Robert Horrihan of No. 250 east Twenty-fifth street was arraigned in the Yorkville police court yesterday morning on a charge of intoxication. In explanation Horrihan said: "Your honor, I've been wishing and praying for a son for the last ten years. Yesterday the finest baby boy ever saw came to my house, and I just couldn't keep from celebrating."

No Widowhood Yet.

"Ah!" sighed the poetess of passion, in a tense tone, "have you never prayed and hoped for death?"

"Many and many a time," replied the petulant young beauty, "but it doesn't seem to be any use. My husband is seventy-five now and he looks to be good for ten years more at least."

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

Inconsiderate.

Miss Nixdoor—This is a pretty time of night for that Dasher girl to be playing the piano.

Miss Also—O, she's no respecter of time. You can tell that from the way she is playing.—Baltimore American.

For forty years' Fio's Cure for Consumption has cured coughs and colds. At druggists. Price 25 cents.

Sympathetic.

Young Wife (rather nervously)—Oh, cook, I must really speak to you. Your master is always complaining. One day it is the soup, the second day it is the fish, the third day it is the joint—in fact, it's always something or other.

Cook (with feeling)—Well, mum, I'm truly sorry for you. It must be quite awful to live with a gentleman of that sort.—Punch.

ABSOLUTE SECURITY.

Genuine Carter's Little Liver Pills.

Must Bear Signature of

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

FOR HEADACHE, FOR DIZZINESS, FOR BILIOUSNESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR RHEUMATISM, FOR THE COMPLEXION.

See Fac-Simile Wrapper Below.

CURE SICK HEADACHE.

Teeth Extracted Absolutely Without Pain and all kinds of Dental Work Done by Wise Brothers, the Painless Dentists.

Open evenings 11:30 to 12:30, Sundays from 9 to 12.

Gray?

"My hair was falling out and turning gray very fast. But your Hair Vigor stopped the falling and restored the natural color."—Mrs. E. Z. Benomme, Cohoes, N. Y.

It's impossible for you not to look old, with the color of seventy years in your hair! Perhaps you are seventy, and you like your gray hair! If not, use Ayer's Hair Vigor. In less than a month your gray hair will have all the dark, rich color of youth.

\$1.00 a bottle. All druggists.

If your druggist cannot supply you, send us one dollar and we will express you a bottle. Be sure and give the name of your nearest express office. Address: J. C. AYER & CO., Lowell, Mass.

OREGON ROSES

Finest in the world. Sit right down and write for beautiful illustrated special catalogue on rose bushes. Hoffman Bros., 743 Gilman St., Portland, Ore.

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YOU WILL FIND TOWER'S FISH BRAND WATERPROOF OILED CLOTHING EVERYWHERE.

The best material skilled workmen and very low prices. TOWER'S Fish Brand Oiled Clothing is the best in the world. They are made black or yellow for all kinds of wet work and are guaranteed to keep you dry. THE FISH BRAND OILED CLOTHING. All reliable dealers sell them. A. J. TOWER CO., BOSTON, MASS., U.S.A. TOWER CANADIAN CO., LIMITED, TORONTO, CAN.

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