Catarrh

Whether it is of the nose, throat, stomach. bowels, or more delicate organs, catarrh is always debilitating and should never fail of

It is a discharge from the mucous membrane when kept in a state of inflammation by an impure, commonly scrotulous, condition of the blood.

Hood's Sarsaparilla

Cures all forms of catarrh, radically and permanently - it removes the cause and overcomes all the effects. Get Hood's.

Information for the Young.

"Pa, what's a grain of truth?" "It's generally the thing that keeps all the women in the neighborhood saying, 'Well, I declare!' 'I never would have thought it!' 'You don't say!' 'I never did believe she was as innocent as she tried to make out!' and 'I feel so sorry for her children!' "-New York

FITS Permanently Cured. No fits or pervousness after first day's use of Dr. Kilne's Great Nerve Restorer. Send for Free \$2 trialbottle and treatise. Dr. R. H. Kilne, Ltd. 931 Arch St. Philadeiphia, Pa

Its Hereafter.

"You seem to think a good deal of that monkey," said the littel girl. "Yes," replied the organ grinder He good monk."

"Do you think he'll go to heaven?" "No; when ze monk die he go to Newport."-Chicago Tribune.

Mothers will find Mrs. Winslow's Sootbing syrup the best remedy to use for their children the teething season.

Didn't Worry Her.

"Doesn't it make you angry when folks twit you about your failure to acquire a husband?" asked the girl who was doing her first season.

"Not me," replied the philosophical spinster. It is better to be laughed at because you are not married than not to be able to laugh because you are.' -Brooklyn Eagle.

Piso's Cure is a remedy for coughs, colds and consumption. Try it. Price 25 cents, at druggists.

The Whyness.

"I suppose," said Mrs. Mixer, "my ful of hot cream sauce in a saucepan: reputation as a breadmaker is due to the practice I have had. I am the mother of seven boys, you know." "Yes," replied Mrs. Catchington,

"and my reputation as a matchmaker is doubtless due to the fact that I am the mother of nine daughters."-Chicago News.

Has That Appearance.

"It looks to me a good deal as if the then in crumbs again, and fry in deep. new woman and some society women hot fat until a delicate brown.-Good would like to be hens." Housekeeping.

"Not very complimentary." "But a reasonable deduction, nevertheless

"Why do you think so?" "Because the incubator would then

relieve them of so much responsibility."-Chicago Post.

Just Wanted a Chance. "Mister Jedge," called out the col-ored witness, after he had been on the make the batter of the right consist-

stand a full hour, "kin I say one word, suh?' "Yes," replied the judge. "What a soapstone griddle and pile neatly in it?"

'Hit's dess dis, suh. Ef you'll



Polygamy .- Every time polygamy is entioned in the Bible the sad results are shown with it .- Rev. W. H. Hopkins, Congregationalist, Denver, Colo. Bread. Sift a quart of flour with half a tea-Selfish Rulers.-Millions of men spoonful each of salt and sugar into would be Christians, but they see us

a bowl. Scald a sup of milk and stir ruled often by selfishness, greed, jealit into a teaspoonful of butter, melted ousy and evil passions.-Rev. Ray in a half pint of boiling water. When Palmer, Baptist, Chillicothe, Mo. this is lukewarm stir it into the sifted The Clerical Function .- The chief four, then add a third of a yeast cake function of the preacher should be to hat has been dissolved in a gill of set forth the spiritual food, of which blood-warm water, and mix to a soft the Bible contains such exhaustless lough. Turn upon a floured pastry abundance .- Rev. R. F. Hurbert, Methboard and knead for ten minutes. Set odist, Burlington, Iowa. o rise in a bread pan with a perforated Universal Standard.-A universal

op, set in a warm place for six hours. standard at the present time seems At the end of this time divide the all that is necessary for a union of all lough into two loaves, knead each of Christian forces in the conquest of the hese for five minutes and put into a world for Christ.-Rev. J. L. Lee, Presreased pan. Cover with a light cloth byterian, New York City. and set to rise for an hour more before Mankind .- Our personal success in aking in a steady oven.

Tomato Catsup.

and cork, sealing the corks.

Cheese Croquettes.

work for God depends much upon our methods, for we have to deal with men as we find them and not as we Boil together a peck of ripe tomatoes

would desire them to be .- Rev. Geo. and four large onlons until they are Adams, Methodist, Brooklyn, N. Y. soft. Pass through a colander and Artificial Life.-Humanity, as it is then strain the liquid through a fine presently constituted, is unnatural. sieve. Put this over the fire with a We live an artificial life, a life in oppolozen sprays of parsley, a couple of sition to the divine, hence our envibay leaves, a teaspoonful each of ronments are inauspicious.-Rev. F. ground cloves, mace, white pepper, E. Mason, Scientist, Brooklyn, N. Y. Portland sugar, salt and a very little cayenne. Work of the Church .-- If churches Tie up a teaspoonful of celery seed in a little muslin bag and drop in with had not been built, jails would have he rest. Boil all together for five multiplied. If the sanctity of the marhours, stirring occasionally. When riage tie had not been defended, the

boiled down one-half, and quite thick, divorce courts would have been overtake out the bag of celery seed, add a crowded.-Rev. W. J. White, Roman pint of vinegar and take from the fire. Catholic, Brooklyn, N. Y. When the catchup is stone cold bottle Practical Christianity .-- If any man fancies that Christianity is not practi-

cal he reveals his ignorance of the New Testament. The religion of Je-Cut into small dice one pound of sus has to do with the life that now is as well as that which is to come .--Rev. L. M. Crandall, Baptist, Chicago, add the cheese and the yolks of two beaten eggs, diluted with a little cream. Independence.-When a man finds Stir until well blended, and let the

himself in radical disagreement from mixture remain on the stove for a mo-ment until the cheese gets "steady." Season with salt, red and white pepper independence, otherwise we are livand a little nutmeg. Set on the ice uning in a modified system of anarchy, and not in a republic .-- Rev. A. Mctil cold, then form into croquettes and Kenzie, Congregationalist, Cambridge, roll in fine bread crumbs. Dip in egg.

Mass. Divorce.-Marriage is a relation which is indissoluble except for one reason. If it is a civil relation a di-Fausage with Buckwheat Cakes. Prick the sausages well and fry in a vorce can and may be granted. If it is ordained by God no court has any little bacon fat. Put them on a hot right to interfere and sever the bonds. platter in a circle on the outside, leav--Rev. E. L. Powell, Disciple, Louising space for the cakes in the center. ville, Ky.

Cakes .- Mix thoroughly two cupfuls of Circumstances. - The social and buckwheat flour, a little salt and three teaspoonfuls of baking powder; then financial condition has little or nothing to do with one's spirituality, exadd milk and water of equal parts to cept as he is influenced by it. But in the sight of God we are not saved or ency. Add a little molasses, which lost by our circumstances, but by our will give them a better color. Fry on faith or lack of it.-Rev. C. L. Palmer. German Reformed, Kinston, N. J. the center of the ring of sausage.

Joy .-- Joy is a vital and worthy ele-

Asthma

"One of my daughters had a terrible case of asthma. We tried almost everything, but without re-lief. We then tried Ayer's Cherry Pectoral, and three and one-half bottles cured her."-Emma Jane Entsminger, Langsville. O.

Ayer's Cherry Pectoral certainly cures many cases of asthma.

And it cures bronchitis, hoarseness, weak lungs, whooping-cough, croup, winter coughs, night coughs, and hard colds. Three sizes : 25c., 50c., \$1. All druggists.

Consult your doctor. If he says take it, then do as he says. If he tells you not to take it, then don't take it. He knows. Leave it with him. We are willing. J. C. AYER CO., Lowell, Mass.

Perrin's Pile Specific The INTERNAL REMEDY No Case Exists it Will Not Cure

Wood Saws, Drag Saws run by steam or gaso-line engines, also the latest in saw mill ma-chinery, stump pullers, well drilling machin-ery, etc., etc. Write for your needs.

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WANTED Every man or woman so in clined to learn the Barbe trade. A nice light occupation good wages, easy to learn, cons ant practice. Th method is right and the price and time requires the best possible to give satisfactory rule Write for full particulars to the AMERICAL BARBER COLLEGE (Inc.), 253 Everett St.

OREGON PORTLAND

St. Helen's Hall Home and day school for girls. Ideal location. Spacious building. Modern equipment. Academic, College Prepar-ation and special courses. Music, Elo-cution, Art in charge of specialists. Illustrated catalogue. Easter term opens February 1, 1944. ELEANOR TEBBETTS, Principal.



ANCIENT QUARRY IN NEBRASKA. Was Worked by a Race of Peeple Un known to the Scientists.

In the great flint quarries near Nehawka, Neb., covering more than a

township, a party of well-known scientists has found what they think is evidence of the existence of a lost race, hitherto unknown. It is thought that this prehistoric people belonged to neither the red men nor the mound builders. But who they were and at what remote age they inhabited the Missouri valley cannot now be ascertained.

They were a race of patient plodders whose knowledge and handiwork had not been developed beyond the primitive ideas of the stone age. By their industry it is shown that they were not of the nomadic, indolent Indian race; by their ignorance and crude handiwork that they were not of the refined, almost civilized mound builders, the first American aborigines, whose existence is definitely known. Then who were they, whence did they come and by whom were they obliterated? Aside from the mound builders and the latter-day Indians no American aborigines are known to scientists, and in these quarries is evidence of a strange race.

There are no doubt the quarries are of great age. The entire series of mines has been buried beneath an average of ten feet of soll. The accumulation of this must have taken centuries. It is known positively the condition has not changed at all in 100 years. Then how many centuries did it take for this ten feet of soil to cover the whole of the mines?

To settle the mooted question whether these quarries, situated on the Nehawka fruit farm owned by Isaac M. Pollard, were the work of some artificial agency or of nature, an unusually large party of prominent scientists was induced by State Archeologist E. E. Blackman to visit the quarries. Of the findings of the scientists State Arche-

ing statement:

visit to this spot a year ago, caused a cross section to be cut in the brow of in length, six feet wide and averages ten feet in depth. It shows that the artisans removed two layers of solid limestone and one of decayed rock be-

fore they came to the strata which they sought and which contained the nodules of flint from which implements were made. Tons of flint are scattered on the surface and in the debris of the quarry and there are many rocks showing where the flint nodules I merely meant that it was a profile. were taken out. On the large pleces of limestone in the quarry pit one may see fractures, as if they had been

Institutions.

The day is past when the whole mis-

young men of over-developed brains

writing, arithmetic and those sciences

where n they are commonly taught; but

Except for the small proportion of

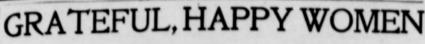
llege graduates who equip themselves

or the business of teaching other

youths the curricula of their student

years, the aim of the undergraduate

life cannot be better expressed than



Thank Pe-ru-na for Their Recovery After Years of Suffering

Miss Muriel Armitage, 36 Greenwood Ave., Detroit, Mish., District Organizer of the Royal Templars of Temper ance in a recent letter, says:

in a recent letter, says: "I think that a woman naturally shrinks from making her troubles pub-lic, but restored health has meant so much to me that I feel for the sake of other suffering women it is my duty to tell what Peruna has done for me. "I suffered for five years with uter-ine irregularities, which brought on hysteria and made me a physical wreck. I tried doctors from the different schools of medicine, but without any perceptible change in my condition. In my despair I called on an old nurse, who advised me to try Peruna, and promised good results if I would persist and take if regularly. I thought this was the least I could do and procured a hottle. I knew as soon as I began tak-ing it that it was affecting me differ-ently from anything I had used before, and so I kept on taking it. I kept this up for six months, and steadily gained strength and health, and when I had used fifteen bottles I considered myself entirely cured. I am a grateful, happy entirely cured. I am a grateful, happy woman today."-Miss Muriel Armitage. woman today, "—Alies Muriel Armitage, Peruna cures catarrh of the pelvic or-gans with the same surety as it cures catarrh of the head, Peruna has be-come renowned as a positive cure for female ailments simply because the ail-ments are mostly due to catarrh, Ca-tarrh is the cause of the trouble, Peru-na cures the catarrh, The symptoms disappear. disappear.



Miss Muriel Armitage

Female Weakness Is Pelvic haustion. This is a very common sight and is almost always due to pelvic catarrh. Catarrh

It is worse than foolish for so many women to suffer year after year with a disease that can be permanently cured. Peruna cures catarrh permanently,

It cures old chronic cases as well as a slight attack, the only difference being progress, will affect the whole body. in the length of time that it should be Catarrh without nervousness is very taken to effect a cure.

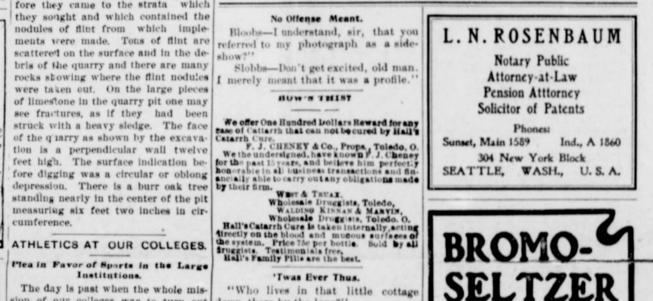
If you do not derive prompt and satrare, but pelvic catarrh and nervousness isfactory results from the use of Peru-What is so distressing a sight as a na, write at once to Dr. Hartman, givthe hill and laid bare the face of the poor half-sick, nervous woman, suffer- ing a full statement of your case, and quarry. This excavation is eighty feet ing from the many almost unbearable he will be placed to give you his valusymptoms of pelvic catarrh? She does able advice gratis.

CURES ALL

Headaches

10 CENTS -- EVERYWHERE

not consider herself ill enough to go to bed, but she is far from being able The Hartman Sanitarium, Columbus, to do her work without the greatest ex- Ohio.



Always Half Sick are the Women Who Have Pelvic Catarrh Catarrh of any organ, if allowed to ologist Blackman gave out the follow-

Mr. Pollard, when he arranged the go hand in hand.

Plea in Favor of Sports in the Large

make de lawyers set down en keep still two minits, en gimme a livin' chance, I'll whirl in en tell de truth!" -Atlanta Constitution.

"Yes, Cholly's valet has committed of flour, and when it bubbles pour suicide." "Deah me! Now, do say, what

foah?" "Why, Cholly wanted to smoke his puree. Season with salt and white pepcigawettes foah him." - Baltimore per and serve.

News.

May Be Only a Pipe Dream.

Standard oil capitalists are reported to have bought Coney Island. We may yet, remarks the Chicago Record-Herald, be able to get our midway amusements through a pipe line.

Diplomacy.

"At what age do you consider women the most charming?" asked the inquisitive female of more or less uncertain years.

"The age of the woman who asks the question," answered the man, who was died?" a diplomat from Diplomacyville .- Chicago News.

ment in every life. Our rugged and Cut the celery into inch bits, cover with a quart of water and boll tender. Rub through the colander and return the liquid to the fire. Make a roux of a tablespoonful of butter and one

upon it a plat of rich milk-part cream. if you have it. Stir until smooth and thick, then add gradually the celery

Oyster Pie. Line a vegetable dish with mashed day mold and fashion their lives, build

potato. Brush it over with the white characters and shape their destinies .-of an egg, and put it in the oven to Rev. Z. E. Bates, Disciple, Allegheny, brown lightly. Take two dozen oysters, Pa. half a pint of milk, one tablespoonful Speculation .- By the laws of the of butter, pepper and salt to taste. Let church, which have stood since the Good Never Sicken, W. it come to a boil, and thicken with a sixteenth century, priests are absolute-

or speculating with either his own funds or the funds of the church are

"How did it happen that your horse "The veterinarian's automobile broke Ky. down on the way over."

lation of the country has increased three times, the crime in the country has increased twelve times. The United States is paying more for the support of criminal institutions than for both religion and education. In addition there is the expense of protecting people from the attacks of criminals without the jails .- Rev. C. N.

RHEUMATISM IN ELBOWS, WRISTS N. Y. AND KNEES.

dish.-What to Eat.

RHEUMATISN

AN INDESCRIBABLE TORTURE

prove that it is a chance disease or one due to accidental causes. It

Because Rheumatism sometimes comes on suddenly it doesn't

A Vindictive Horse.

joints and muscles. Some peo-ple are almost helpless from the Urbana, Ohio, Aug. 25, 1903. first, while others have occasional spells or are uncomfortable, restless, nervous and half sick all the time from the nagging aches and pains. Rheumatism is a disagreeable companion even in its mildest form. It grows worse as we grow older, and frequently stiffens the joints, draws the muscles out of shape and breaks down the nervous 408 Bloomfield Ave. system. A disease that originates in the blood, as Rheumatism does, cannot be cured with ex-

ternal remedies like liniments and plasters ; such things scatter the pains or drive them to some other part of the body, but do not touch the disease or improve the condition of the blood. The thin acid rious.

blood must be restored to its normal purity and strength, so that all poionous substances may be carried out some and Lansing Michigan may be of the system, and no medicine accom- rather a big surgical undertaking, but plishes this in so short a time as S.S.S., Flushing Long Island isn't such a tiny which not only neutralizes the acids

and counteracts the poisons, but builds Perverted Pride: "Aren't yo up the general health at the same time. ashamed of that last massacre?" Write for our special book on Rheumatism, and should you don't see why I should be," answered desire any special information or advice, our physicians will furnish the Sultan, "it wasn't such a very THE SWIFT SPECIFIC CO., ATLANTA, SA. small one."-Washington Star. it without charge.

rushing age is so serious-minded that we have almost forgotten to be merry and ring out hearty peals of laughter. Yet no one is at his best until deeply and divinely happy.—Rev. W. P. Fer-guson, Methodist, Los Angeles, Cal. Ideals.—Every young man has a mental conception of character which guson, Methodist, Los Angeles, Cal.

is his ideal. The statesman, politician, educator, philanthropist, inventor, master mechanic, orator and writer are

heaping teaspoonful of flour and put ly forbidden to engage in business into the space left in the vegetable without first obtaining the consent of NO-TO-BAC sold and guaranteed by all drugthe bishop of his diocese. Gambling

included in this. - Rev. William O'Ryan, Roman Catholic, Louisville,

Increase of Crime .- While the popu-

Howard, Baptist, Rochester, N. Y. Future Punishment.-We want no amateurs regarding future punishtakes time for it to develop, and is at work in the system long before any symptoms are felt. The blood is the first point of attack, and the poisonous acids that cause the aches and pains are then distrib-wise surgeon, as the traveler trusts uted through the circulation to different parts of the system, and the guide and deliverer, as the passettle in joints, muscles and nerves; and when the system is in this senger trusts the captain of the great condition it needs only some exciting cause like exposure to night air, ship. Fortunately, Jesus Christ, in damp, chilly weather, or the cold, bleak winds of winter, to arouse the great hour of His life, has spoken

the slumbering poisons and bring on Rheumatism. The severity of the attack depends upon the amount of acid in the blood and the quantity of acrid matter in the

Urbana, Ohio, Aug. 25, 1903. Last winter I had a severe attack of Rheumatism. It started in the right elbow, and from there to my wrists; the right wrist was the worse. It became swollen and extremely painful. My left knee joint was the next place to be at-tacked. It became swollen and of course was the hip and ankle, which gave me much trouble. I was barely able to get taking no better I began S. S. S., and after taking to for some time. I was under treat-ments of a physician for swhile, but get-taking it for some time I was entirely and soreness disappeared. I consider 5. S. S. an excellent remedy for Rheuma in the blood. GRIFFITH KELLY. Man and Woman.—Those who seek to make men and women similar in tastes, habits, and aims seek the im-possible and the unprofitable. Social, educational and religious life require not the man and woman ele-ments of mind and soul. Society will not be benefitted by making men and women similar. Woman in her sphere is and has been as supreme and impor-tant in her mental and spiritual con-tributions as man.—Rev. R. A. White,

Some Large Undertakings. "Talk about big jobs," said the

Universalist, Chicago, Ill,

Cheerful Idiot, while trying to look se-"Well," said the victim wearily. "Wheeling West Virginia may be

POBTLAND SEED CO., Portland. Or., Coast Agente.





in the words of the founders of An-CURE CONSTIPATION. ... dover, written a century and a quarter ago, "the great end and real business of living." And in general it cannot

WONDERFUL

HOME

TREATMENT

ON FREE, ADDRESS

ST Mention paper

according to a

THIS AH

STOCK-FOOD

mbject to SCOURS P check the malady as if

253 Alder St., Portland, Oregon.

Washington Farmers

and Stockmen Indorse

Prussian Stock Food!

READ THE FOLLOWING LETTERS. THEY SPEAK FOR THEMSELVES.

HAS NO EQUAL. I find it & thorough ren

a to a markee article alves in particular solution and the second second

PISO'S CURE FOR N

Best Cough Syrup, Tastes Good. Use In time. Sold by druggists.

CONSUMPTION

by magic. I have y kinds of foods h

IT DOUBLED

Sold by the Leading Druggis

This wond

be disproved that the modern interest in bodily betterment in the development of athletics and outdoor evercise Dr. C. Gee Wo clean ideals and wholesome lives, than the dead languages and higher mathematics. Every autumn graduate football players flock back to the universities by the dozens to help coach the elevens. Looking these men over, it is fair to remark that they are as fine and representative a body of Ameri-

can citizens as can be grouped, and that if their "capacity for attention has been ravaged and degraded," their lives do not show resultant disaster. If the same number of valedictorians, whose "capacity for attention is unquestioned," were to be compared with these The C. Gee Wo Chinese Medicine Co. football coaches, for example, we believe that the verdict would go all in favor of the "degraded" class of graduates, as having achieved an all-round mastery of the real business of living, in whatever way success is measured.

-Illustrated Sporting News, Origin of Meteorology. Meteorology owes its origin to Italy. which, as Dr. H. C. Bolton notes, produced every one of the fundamental instruments now used in weather observations. The hygrometer was invented about 1450 by Nicolas de Cusa; anemometer, 1578, by Egnatio Dante; thermometer, 1595, by Galileo; rain gauge, 1639, by Cartelli; barometer,

arked degree. Also with A Rapid Berry picker. The speedlest feminine picker of nuckleberries in Monroe County, Pennsylvania, is Carrie Everett, a girl of 15 onsider Frussian StockFoo he BEST on the marks o-day.—EMIL GRAF, Daves ort, Wash. years. From 8:30 to 4:30 p. m. she picked seventy-two quarts of huckleberries. Oscar Altemose has the rec Increase in Milk. Since using the Prush bock Food with my mile with the raupply of mi increased from ONE MO quarts each milkin C. FARSHWORTH. Rockfor 125 quarts of huckleberries in eight hours,

1643, by Torriceill.

Clever Youth. Shopper-Young man, do these goods shrink? Bright Clerk-Not so much as yould from telling you they didn't, ma'am, if they did."-Philadelphia Ledger.

A man would never discover that his wife had a temper if she didn't lose

'Twas Ever Thus. "Who lives in that little cottage ion of our colleges was to turn out down there by the lane?" "There dwells the man who wrote n under developed bodies. In 1780 the the poem that made Beasley's shaving

See Fac-Simile Wrapper Below.

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CARTER'S FOR NEADACHE.

Dents Purely Vogetable. Anterio

CURE SICK HEADACHE.

Very small and as easy

to take as sugar.

PILLS

founders of Andover Academy includ- soap famous." "And who resides in the splendid of the givers, "To instruct youth, not mansion on the hill?" "Beasley."-Chicago Record-Herald.





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