

GOVERNOR OF OREGON Uses Pe-ru-na For Colds and Excellent In His Family Finds It an Remedy



The magnificent state capitol building at Salem, Oregon.

PRaise FROM THE EX-GOVERNOR OF OREGON.

PERUNA is known from the Atlantic to the Pacific. Letters of congratulation and commendation testifying to the merits of Peruna as a catarrh remedy are pouring in from every State of the Union. Dr. Hartman is receiving hundreds of such letters daily. All classes write these letters, from the highest to the lowest. The outside laborer, the indoor artisan, the clerk, the editor, the statesman, the preacher—all agree that Peruna is the catarrh remedy of the age.

The stage and rostrum, recognizing catarrh as their greatest enemy, are especially enthusiastic in their praise and testimony. Any man who wishes perfect health must be entirely free from catarrh. Catarrh is well-nigh universal; almost omnipresent. Peruna is the only absolute safeguard known. A cold is the beginning of catarrh. To prevent colds, to cure colds, is to avert catarrh of its victims.

Peruna not only cures catarrh, but prevents it. Every household should be supplied with this great remedy for coughs, colds and so forth.

The ex-Governor of Oregon is an ardent admirer of Peruna. He keeps it continually in the house.

In a letter to The Peruna Medicine Co. he says:

STATE OF OREGON,
EXECUTIVE DEPARTMENT,
The Peruna Medicine Co., Columbus, O.
Dear Sirs— I have had occasion to use your Peruna medicine in my family for colds, and I proved it to be an excellent remedy. I have not had occasion to use it for other ailments.
Yours very truly,
H. M. Lord.

It will be noticed that the ex-Governor says he has not had occasion to use Peruna for other ailments. The reason for this is, most other ailments begin with a cold.

Using Peruna to promptly cure colds, he protects his family against other ailments. This is exactly what every other family in the United States should do—keep Peruna in the house. Use it for coughs, colds, la grippe and other climatic affections of winter, and there will be no other ailments in the house.

Such families should provide themselves with a copy of Dr. Hartman's free book, entitled "Chronic Catarrh." Address Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbus, Ohio. All correspondence held strictly confidential.

Russia's Lack of Statesmen.

As a matter of fact, there has not been a statesman of the first class in Russia since Peter the Great, and none of the second class unless Nesselrode and the first Emperor Nicholas are to be excepted. To consider Prince Gortchakoff a great diplomat is absurd. The noted epigram regarding him is doubtless just. "C'est un Nardisao qui se mire dans son cerclier." To call him a great statesman, in the time of Cavour, Bismarck, Lincoln and Seward, is preposterous. Whatever growth Russia has made in the last forty years has been mainly in spite of the men who have posed before the world as her statesmen: the atmosphere of Russian autocracy is fatal to greatness in her public men.—November Century.

Woolless Sheep.

The Department of Agriculture has recently imported five woolless sheep for use in the extreme Southern States. A heavy crop of wool is a burden in hot, dry districts, resulting in a direct ill effect on the quality of the mutton. These sheep are being experimented with by the Bureau of Animal Industry. They are hardy and are easy keepers. They were brought from the Barbadoes, where they proved profitable.

FITs permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Trial bottle and treatise free. Dr. R. H. KLINE, Ltd., 361 Arch St., Phila., Pa.

The Chinese still make the best india ink. H. H. GREEN'S SONS, of Atlanta, Ga., are the only successful Droysey specialists in the world. See their liberal offer in advertisement in another column of this paper.

An immense flower market is to be built in New York City.

Measure Piso's Cure for Consumption saved my life three years ago.—Mrs. THOMAS HAVLINS, Maple St., Norwich, N.Y., Feb. 17, 1903.

Our railways handle about \$12,000,000 worth of grain a year.

A Suicidal Record. The chief medical examiner of the Royal Arcanum reports that 103 members committed suicide during 1903. Among the supposed causes were: Domestic trouble, sixteen; financial difficulties, twenty-six; ill health, thirty-one; loss of employment, ten.

\$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 stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now 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. CUREY & Co., Toledo, O.

Sold by Druggists, 75c.

Tagging Fishes. The United States Fish Commission has contracted the small boys' habit of tagging fishes. Metal tags are fastened to marine fishes, which are let loose in the ocean with the idea of identifying them in case they are caught at any future time.

No Doubt They Do.

In China spurious coin may be lawfully manufactured when it is intended to be placed in the coffins of the dead. The Chinese believe that those bad coins make the dead just as happy as good coins would.

Redeemed Half-Cent Pieces.

The Treasurer of the United States on May 6, 1902, redeemed two half-cent pieces. This is the first time in the history of the country that any such coins have been presented for redemption.

The Art of Preaching

NO SERMON SHOULD EXCEED A HALF HOUR ADVISE TO HEARERS.

By Bishop Welldon.



THE art of preaching, difficult as it is in itself, is made still more difficult by the unbroken silence in which congregations listen to sermons. All preachers, and extemporaneous preachers most of all, would sometimes be thankful if their sermons could evoke at least some sign of sympathy, or even of dissent. They could not, indeed, or would not, use the interruption as political orators use, for quick rejoinder or repartee, but it would suggest something that they ought to say, but had not thought of saying; it would help them to make their meaning more lucid and more persuasive; at all events, it would give them time to take breath.

Life is short; but many things in it, and sermons among them, are apt to be too long. Life is busy, too, nowadays; I do not think any religious service should exceed an hour and a half, or any sermon should exceed half an hour. As a rule, sermons gain point and power by compression.

Extempore preaching is apt to be, like long preaching, a form of conceit. It is essential that the preacher should say what he means to say and not something else. It is better to preach too little than too much.

There can hardly be too much pains spent upon the composition of a sermon. If a clergyman preaches easily, he may feel sure that he preaches badly. Rather should he spend a quarter of an hour in elaborating his sermon for every minute that he takes to deliver it.

The preacher of today will be wise if he keeps his pulpit, as far as possible, clear of controversy. There is as much good sense as ever in Mr. Simpson's saying that "The servant of the Lord must not strive," even in the pulpit. For then Christian men and women will find in church a tranquil spiritual atmosphere which cannot be equally found elsewhere, and the effect of it will be edifying and sanctifying.

The need, then, of the day is that preaching, at least, to cultivated congregations, should become not perhaps less intellectual, but more spiritual.

The "Stage Struck" Girl

By David Belasco.



ONE of the natural and most important qualifications for stage success—and I might add the most essential—is that the aspirant should have temperament. By temperament I mean that something within us which causes us to feel that we are undergoing the very emotions the author has imposed upon us with his lines. Unless we possess this to a marked degree no hope can be held out for ultimate success in this profession. It can be developed to a certain extent by study and work, but not sufficiently for the needs and purposes of the theatrical calling. There is one thing, however, which, if we do not possess it, can never be attained, nor can it be taught or assumed—and that is personal magnetism. Without this no young woman can ever hope for great success in the profession she has elected for her life's work.

The average stage-struck girl who manifestly has not enough talent to rise above a speaking-part not only wrongs herself by persisting in this ambition, but wrongs others who might, if they had equal opportunities, surmount the barrier and attain success. The pay of the third or fourth class actress is so small that when the expenses of living are deducted a beggary pittance is all that remains—scarcely sufficient to tide one over the long period between seasons. Seventy-five percent of the girls who go on the stage end in some traveling road-company, playing small parts, and enduring that most fearful of hardships, playing one-night stands. The awful rigors consequent upon bad hotels, ill-kept and ill-ventilated theatres, the jar of railroad travel, and the loss of sleep, rob a woman of her beauty, undermine her health and hasten her years. It were well for the young girl to think long and seriously before trying her fortunes in the dramatic profession.

There is no royal road to stage success. It is embodied in one word—"work." Mrs. Leslie Carter has studied Shakespearean roles for eight years, and though the public has voted her a successful actress, yet at this writing she does not deem herself sufficiently versed in these parts to essay them. Salvini, the elder, studied "King Lear" six years before he even attempted to commit the part to memory. I have in mind a score of actresses who have given their roles a year's hard study before attempting even to announce a public presentation. In these days more work is necessary, because the public is a keen judge of acting.—Woman's Home Companion.

Extent of the Universe

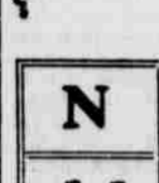
By Prof. Simon Newcomb.



TO determine a single position of any one star involves a good deal of computation, and if we reflect that in order to attack the problem in question in a satisfactory way we should have observations of a million of these bodies made at intervals of at least a considerable fraction of a century, we see what an enormous task the astronomers dealing with this problem have before them, and how imperfect must be any determination of the distance of the stars based on our motion through space. So far as an estimate can be made, it seems to agree fairly well with the results obtained by the other methods. Speaking roughly, we have reason, from the data so far available, to believe that the stars of the Milky Way are situated at a distance between 100,000,000 and 200,000,000 times the distance from the sun. At distances less than this it seems likely that the stars are distributed through space with some approach to uniformity. We may state as a general conclusion, indicated by several methods of making the estimate, that nearly all the stars which we can see with our telescopes are contained within a sphere not likely to be much more than 200,000,000 times the distance of the sun. The inquiring reader may here ask another question. Granting that all the stars we can see are contained within this limit, may there not be any number of stars without the limit which are invisible only because they are too far away to be seen?—Harper's Magazine.

The Merit of Resistance

By The Rev. Thomas Gregory.



ONE is born "heroic" or "good" or "depraved." When the "cynic" talks about the "goodness" which is "a matter of inheritance" he talks nonsense. There never was such a thing as inherited goodness, there never will be such a thing.

Goodness—or, perhaps, we had better say character—is something that a person must acquire by his own personal endeavor. The carpenter can build my house, but my character must be built by myself alone, if it is built at all.

Life is a battle between animal impulse and reason—the desire to live the life of the brute and the desire to live the life of the man; and we are successes, as human beings, in proportion as we subordinate the impulse to the reason—the principle of the man to the passion of the beast.

We are born, as a rule, with both tendencies, the animal and the spiritual, the tendency to gravitate downward, and the tendency to strive upward; and the only question is: Which tendency shall triumph?

In other words, goodness, or virtue, or character, is a something that one has to fight for. It is something that comes to one by and through the fighting, just as muscles come by and through exercise, just as skill comes by and through practice.

To be tempted by the lower nature, to resist that temptation, and to keep on resisting it until it is conquered—that is goodness, that is character.

The trouble with too many is they do not try to resist, or if they resist at all, they soon get tired and give in, laying the blame, likely enough, to inherited tendency.

But the plea is a cowardly one, and hollow as it is cowardly. Stop talking about the curse of heredity and do a little more thinking about the curse of your own moral laziness or cowardice! Fight! Keep on fighting! In that way is temptation downed and goodness won.—New York American.

The Mexican Navy. Mexico recently added two modern gunboats to its small naval fleet, and two similar vessels are now in process of construction at Genoa, Italy. In recent years Mexico has devoted some attention to fortifying her coasts, but has not increased her navy until now. The two vessels building in Italy will be named Bravo and the Morelos. Exclusive of these Italian built ships the Mexican navy consists of four gunboats in the Gulf of Mexico and two on the Pacific coast, besides several small patrol boats in southern waters. The two vessels recently built in the United States are the most formidable ships in the Mexican navy. There is a naval school at Vera Cruz, also an arsenal and a small floating dock, as well as a small wooden dock at Guaymas, in the Gulf of California—Washington Star.

Mrs. Roosevelt Disapproves.

Mrs. Roosevelt has recently stamped with disapproval the cabinet dinners which each member of the president's cabinet is supposed to give every year in honor of the president. These dinners cost from \$1,000 to \$2,000 apiece, and they prove too hard a burden for cabinet members who have no fortune.

Japs Will Suffer in Winter.

Americans who have lived in Japan and watched the sufferings of the Japanese in the mild cold of their island winters, say that the armies of the Mikado must inevitably undergo great hardships and endure much sickness and serious losses by death in the bitter winter of the Manchurian hills.

"WHACKS" And What They Mean.

When Old Mother Nature gives you a "whack" remember "there's a reason" so try and say "thank you" then set about finding what you have done to demand the rebuke, and try and get back into line, for that's the happy place after all.

Curious how many highly organized people fail to appreciate and heed the first little, gentle "whacks" of the good old Dame, but go right along with the habit whatever it may be, that causes her disapproval. Whiskey, Tobacco, Coffee, Tea or other unnatural treatment of the body, until serious illness sets in or some chronic disease.

Some people seem to get on very well with those things for awhile, and Mother Nature apparently cares but little what they do.

Perhaps she has no particular plans for them and thinks it little use to waste time in their training.

There are people, however, who seem to be selected by Nature to "do things." The Old Mother expects them to carry out some department of her great work. A portion of these selected ones oft and again seek to stimulate and then deaden the tool (the body) by some one or more of the drugs—Whiskey, Tobacco, Coffee, Tea, Morphine, etc.

You know all of these throw down the same class of alkaloids in Chemical analysis. They stimulate and then depress. They take from man or woman the power to do his or her best work.

After these people have drugged for a time, they get a hint, or mild "whack" to remind them that they have work to do, a mission to perform, and should be about the business, but are loafing along the wayside and become unfitted for the fame and fortune that waits for them if they but stick to the course and keep the body clear of obstructions so it can carry out the behests of the mind.

Sickness is a call to "come up higher." These hints come in various forms. It may be stomach trouble or bowels, heart, eyes, kidneys or general nervous prostration. You may depend upon it when a "whack" comes it's a warning to quit some abuse and do the right and fair thing with the body.

Perhaps it is Coffee drinking that offends. That is one of the greatest causes of human disorder among Americans.

Now then if Mother Nature is gentle with you and only gives light, little "whacks" at first to attract attention, don't abuse her consideration, or she will soon hit you harder, sure.

And you may also be sure she will hit you very, very hard if you insist on following the way you have been going.

It seems hard work to give up a habit, and we try all sorts of plans to charge our ill feelings to some other cause than the real one.

Coffee drinkers when ill will attribute the trouble to bad food, malaria, overwork and what not, but they keep on being sick and gradually getting worse until they are finally forced to quit entirely, even the "only one cup a day." Then they begin to get better, and unless they have gone long enough to set up some fixed organic disease, they generally get entirely well.

It is easy to quit coffee at once and for all, by having well made Postum, with its rich, deep, seal brown color which comes to the beautiful golden brown when good cream is added, and the crisp snap of good, mild Java is there if the Postum has been boiled long enough to bring it out.

It pays to be well and happy for good old Mother Nature then sends us her blessings of many and various kinds and helps us to gain fame and fortune.

Strip off the handkerchiefs, leave out the deadening habits, heed Mother Nature's hints, quit being a loser and become a winner. She will help you sure if you quit the things that keep you back.

"There's a reason" and a profound one.

Look in each package for a copy of the famous little book, "The Road to Wellville."



Women who work, whether in the house, store, office or factory, very rarely have the ability to stand the strain. The case of Miss Frankie Orser, of Boston, Mass., is interesting to all women, and adds further proof that woman's great friend in need is Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I suffered misery for several years. My back ached and I had bearing down pains, and frequent headaches. I would often wake from a restless sleep in such pain and misery that it would be hours before I could close my eyes again. I dreaded the long nights and weary days. I could do no work. I consulted different physicians hoping to get relief, but, finding that their medicines did not cure me, I tried Lydia E. Pinkham's Vegetable Compound, as it was highly recommended to me. I am glad that I did so, for I soon found that it was the medicine for my case. Very soon I was rid of every ache and pain and restored to perfect health. I feel splendid, have a fine appetite, and have gained in weight a lot."—Miss FRANKIE ORSER, 14 Warrenton St., Boston, Mass.

Surely you cannot wish to remain weak, sick and discouraged, and exhausted with each day's work. Some derangement of the feminine organs is responsible for this exhaustion, following any kind of work or effort. Lydia E. Pinkham's Vegetable Compound will help you just as it has thousands of other women.

The case of Mrs. Lennox, which follows, proves this.

"DEAR MRS. PINKHAM:—Last winter I broke down suddenly and had to seek the advice of a doctor. I felt sore all over, with a pounding in my head, and a dizziness which I had never experienced before. I had a miserable appetite, nothing tasted good, and gradually my health broke down completely. The doctor said I had female weakness, but, although I took his medicine faithfully, I found no relief.

"After two months I decided to try what a change would do for me, and as Lydia E. Pinkham's Vegetable Compound was strongly recommended to me I decided to try it. Within three days I felt better, my appetite returned, and I could sleep. In another week I was able to sit up part of the day, and in ten days more I was well. My strength had returned, I gained fourteen pounds, and felt better and stronger than I had for years. I gratefully acknowledge its merits. Very sincerely yours, Mrs. BERT E. LENNOX, 120 East 4th St., Dixon, Ill."

\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

W. L. DOUGLAS SHOES



W. L. Douglas makes and sells more men's \$3.50 shoes than any other manufacturer in the world.

The reason W. L. Douglas \$3.50 shoes are the greatest sellers in the world is because of their excellent quality and superior workmanship. If I could show you the difference between the shoes made in my factory and those of other makers and the high-grade leather used, you would understand 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 on the market today, and why the price for the year ending July 1, 1904, were \$6,262,043.00.

W. L. Douglas guarantees their value by stamping his name and price on the bottom. Look for it—take no substitute. Sold by shoe dealers everywhere.

SUPERIOR IN FIT, COMFORT AND WEAR.

I have worn W. L. Douglas \$3.50 shoes for the last twelve years with absolute satisfaction and superior workmanship. If I could show you the difference between the shoes made in my factory and those of other makers and the high-grade leather used, you would understand 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 on the market today, and why the price for the year ending July 1, 1904, were \$6,262,043.00.

W. L. Douglas uses Corona Calfskin in his \$3.50 shoes. Corona Calf is conceded to be the finest Patent Leather made. Fast Color. Excellent workmanship.

W. L. DOUGLAS, Brockton, Massachusetts.

Cascarets



GUARANTEED CURE for all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, constipation, liver trouble, yellow skin and dizziness. When you have any of these pains after eating, liver trouble, yellow skin and dizziness. When you have any of these pains after eating, liver trouble, yellow skin and dizziness. When you have any of these pains after eating, liver trouble, yellow skin and dizziness.

Billiards \$15

Burrows Portable Combination Billiard and Pool Table for Home Playing. \$15 and up. 5 to 8 feet long. Set up on any house table; set away on end behind a door. 10 best balls, 4 cues, 40 mallets and book of rules for 26 games gratis. Source of daily enjoyment for entire family. Sent on trial. Write for Catalogue L and Colored Plates.

The E. T. Burrows Co. 99 First St. Portland, Ore.

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CURE WHAT ALL ELSE FAILS TO CURE. Best Cough Syrup. The Goodness in Time. Sold by druggists.

WANTED \$1 to \$15 weekly easily earned. New industry for wear and tear market. Our improved family machine, with finishing attachment, furnished families who do not own a machine on easy payment plan. Write at once for full particulars and complete making manual. Experience required. UNITED STATES WOOLLEN COMPANY, Detroit, Mich.

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