

ADMIRAL SCHLEY ENDORSES PE-RU-NA

Pe-ru-na Drug Co., Columbus, Ohio:

Gentlemen "I can cheerfully say that Mrs. Schley has taken Pe-ru-na and I believe with good effect."—W. S. SCHLEY, Washington, D. C.

ADMIRAL SCHLEY, one of the foremost notable heroes of the nineteenth century. A name that startles terror in the heart of every Spaniard. A man of steady nerve, clear head, undaunted courage and prompt decision.

Approached by a friend recently, his opinion was asked as to the efficacy of Peruna, the national catarrh remedy. Without the slightest hesitation he gave this remedy his endorsement. It appeared on later conversation that Peruna has been used in his family, where it is a favorite remedy.

Such endorsements serve to indicate the wonderful hold that Peruna has upon the minds of the American people. It is out of the question that so great and famous a man as Admiral Schley could have any other reason for giving his endorsement to Peruna than his positive conviction that the remedy is all that he says it is.

The fact is that Peruna has overcome all op-

position and has won its way to the hearts of the people. The natural timidity which so many people have felt about giving endorsement to any remedy is giving way. Gratitude and a desire to help others has inspired thousands of people to give public testimonials for Peruna who heretofore would not have consented to such publicity.

Never before in the annals of medicine has it happened that so many men of national and international reputation have been willing to give unqualified and public endorsements to a proprietary remedy. No amount of advertising could have accomplished such a result. Peruna has won on its own merits. Peruna cures catarrh of whatever phase or location in the human body. That is why it receives so many notable and unique endorsements.

Address The Peruna Drug Manufacturing Co., Columbus, Ohio, for free literature on catarrh.

Ask Your Druggist for Free Pe-ru-na Almanac for 1904

BRYAN SEES POPE PIUS.

Spoke With Interest of Catholics in America.

Rome, Dec. 14.—William J. Bryan, accompanied by his son, was received in private audience by the pope Sunday. Mr. Bryan was presented by Mgr. Kennedy, rector of the American college, who acted as interpreter. The pope spoke with great interest of the Catholics in the United States. After the audience, Mr. Bryan expressed himself as highly pleased with the pope's kindly bearing.

Before going to the vatican Mr.

Bryan visited several of the interesting sights of Rome, including the coliseum and the Roman forum. He took particular interest in the spot from which Cicero thundered his invectives against Cataline. Later Mr. Bryan unched with Ambassador Meyer.

MAYOR SCHMITZ IS BOSS.

California Supreme Court Allows Him Great Powers.

San Francisco.—The state supreme court has rendered a decision giving the mayor of San Diego absolute authority to remove appointive officials.

The charter provision of San Diego and San Francisco are identical and the decision has caused comment in local political circles, owing to the friction that exists between Mayor Schmitz and several commissioners.

J. R. PROCTOR PASSES AWAY.

President of United States Civil Service Commission.

Washington.—John R. Proctor of Kentucky, president of the United States civil service commission, and an intimate friend of President Roosevelt, died of engine pectoris at the Cosmos club in this city, aged 59 years. The President and Mrs. Roosevelt were shocked at the news. They called personally at the clubhouse and spent considerable time at Mr. Proctor's bedside. When the president returned to the house Mrs. Roosevelt remained with Mrs. Proctor.

Mr. Proctor had been a frequent visitor to the White House ever since Mr. Roosevelt's accession to the presidency. They met years ago in Kentucky, where Mr. Roosevelt was traveling, and the acquaintance then begun ripened into close intimacy.

A Courageous Man.

Mr. Proctor was for many years state geologist of Kentucky. He refused, even at the dictation of members of the state legislature, to remove competent assistants for political reasons. Mr. Proctor's appointment on the civil service commission was urged by Mr. Roosevelt, then civil commissioner, who, when in Kentucky had learned of Mr. Proctor's vigorous and practical application of reform methods in the face of adverse conditions. During Mr. Proctor's service on the commission the number of positions subject to the merit system increased from 43,000 to 120,000. He interested himself especially in securing, in 1896, the withdrawal of positions of chief clerk and chiefs of divisions from the spoils system, and they are now filled by the promotion or transfer of trained men within the classified service.

The Riforma Medica states that with 69 pulse beats to the minute the blood flows a distance of seven miles an hour.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free \$2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 361 Arch St., Philadelphia, Pa.

Captain Henry Hash of Boston is the last surviving officer of the old militia company that took part in the famous Aroostook war.

Two Boers of Rustenburg and Vanzyl have applied for admission as law students at Kings Inn, Dublin.

There are 800 Chinese students in the colleges of Japan and 500 more are to be sent.

Good Pills

Ayer's Pills are good liver pills. You know that. The best family laxative you can buy. They keep the bowels regular, cure constipation.

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



To Boil Mutton.

Boiled mutton is not a poetical dish, but it is a good standby for the family dinner. It appears much oftener on the English tables than on American. The leg on boiling should be quite fresh. Wipe, remove all the fat and put into a kettle of well-salted boiling water. As it begins to boil, skim frequently, then set back on the range and simmer slowly, allowing twenty minutes to each pound of meat. A little rice is frequently boiled with the mutton. Serve with a thick caper sauce poured over the mutton and currant jelly. The caper sauce is merely a drawn-butter sauce, made by combining a scant half-cup of butter with two tablespoonfuls of flour in a saucepan, adding when bubbly one pint of the hot water in which the mutton was boiled, seasoning to taste, and adding at the least six tablespoonfuls of capers or pickled nasturtium seeds.

English Ginger Snaps.

Fourteen ounces of white sugar, eight ounces of butter, eight eggs, one teacupful of milk, two ounces of ground ginger, two tablespoonfuls of baking powder, one and a half pound of flour. Mix up in the usual way for cookies. Sift sugar over before cutting out the cakes. It is generally best to make the dough for all kinds of cookies and sugar cakes as soft as it can possibly be rolled out. Different persons make very different cakes of these sorts from the same recipes, and the common fault is too much flour in the dough. The baking powder, too, is responsible for some of the changes. With too much powder the cakes run into each other and lose the good round shape they ought to have.

Corn Chowder.

Chop fine one-quarter of a pound of fat salt pork, put into a deep kettle with two large white onions, chopped fine, and cook for ten minutes without browning. Add one pine of raw potatoes cut into half-inch dice and sufficient boiling water to cover. Cook for ten minutes, add one pint of corn cut or scraped from the ear, salt and pepper to taste and simmer for fifteen minutes longer. Have ready one pint of milk made into a thin sauce with one tablespoonful of butter and one and one-half tablespoonfuls of flour. Add to the chowder with more seasoning if necessary and boil up twice.

Potato Salad.

One of the best methods of serving cold potatoes is to make them into salad. Cut them in any convenient form, add one small onion finely chopped and a little celery. Mix thoroughly with a dressing made as follows: Break into a bowl the yolks of three eggs, add a pinch of red pepper, a teaspoonful of made mustard, a teaspoonful of salt, and beat hard. Add of best oil, beating constantly, enough to make the dressing as thick as cake batter, alternating occasionally with a few drops of sharp vinegar. Finish by adding one cupful of thick cream—sweet or sour.

Stuffed Mushrooms.

Chop one shallot, saute in half a tablespoonful of butter. Remove the insides of mushrooms, chop with half the stalks and add to the shallot; add a little good broth. (Steep the remaining stalks in one-third cup of water for mushroom broth or gravy.) Cook for one-half hour, then season with salt, pepper and nutmeg. Add chopped parsley, butter, yolks of two eggs, fresh crumbs and a little lemon juice. Fill the mushrooms, place in a pan well buttered. Bake thirty minutes. Moisten with the gravy. Garnish with parsley.

Lemon Pie.

Two lemons; bake them a short time, then squeeze and strain the juice; boil the rind in half a pint of water, then pour the water in the following mixture: Two cups of sugar, half cupful sweet milk, one tablespoonful corn starch, one of butter, yolks of six eggs. Bake it in paste; then beat the whites with eight tablespoonfuls of sugar and pour over the pie; brown slightly. This quantity makes two pies.

Sauce Hollandaise.

Into a cupful of drawn butter beat the yolk of an egg, then a large teaspoonful of salad oil, dropping this in gradually as you would for mayonnaise. Add, then, the juice of half a lemon, a pinch of pepper, one of salt, the same of sugar and serve at once.

Tomato Sauce.

Brown a sliced onion in a tablespoonful of melted butter. Stir in two sprigs of parsley, one bay leaf, a half-can of tomatoes, a little cayenne, a pinch of salt and a teaspoonful of sugar. Boil rapidly, thicken slightly and strain.

Long Hair

"About a year ago my hair was coming out very fast, so I bought a bottle of Ayer's Hair Vigor. It stopped the falling and made my hair grow very rapidly, until now it is 45 inches in length."—Mrs. A. Boydston, Atchison, Kans.

There's another hunger than that of the stomach. Hair hunger, for instance. Hungry hair needs food, needs hair vigor—Ayer's. This is why we say that Ayer's Hair Vigor always restores color, and makes the hair grow long and heavy. \$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.

WHEN PAIN & ANGUISH WRING THE BROW, A MINSTERING ANGEL THOU: BROMO-SELTZER 10¢ SOLD EVERYWHERE.

Lazy Liver

"I have been troubled a great deal with a torpid liver, which produces constipation. I found CASCARETS to be all you claim for them, and secured relief the first trial. I purchased another supply and was completely cured. I shall only be too glad to recommend Cascarets whenever the opportunity is presented." J. A. SMITH, 2500 Susquehanna Ave., Philadelphia, Pa.



Pleasant, Palatable, Potent, Pure, Good. Good, Never Sickens, Weakens, or Grievous. CURE CONSTIPATION. Having Ready Company, Chicago, Ill., New York.

NO-TO-BAC Good and guaranteed by all drug stores.

WET WEATHER COMFORT

There is no satisfaction keener than being dry and comfortable when out in the hardest storm.

YOU ARE SURE OF THIS IF YOU WEAR TOWERS' WATERPROOF OILED CLOTHING

S. N. U. No. 51, 1903

PISO'S CURE FOR CONSUMPTION

SURE INDICATIONS OF BAD BLOOD

OLD SORES, ULCERS, ABSCESSSES

The best evidence of a bad condition of the blood and unhealthy state of the system, is an old festering sore, running ulcer, or abscess. They show the bodily impurities are not passing out through the proper channels, but are left in the system to clog and poison the blood. So thoroughly does the poison permeate the system that every little scratch, cut or bruise inflames and festers. Everything about an old sore or ulcer suggests disease. They affect the general health, they require constant attention, and are a source of anxiety and trouble all the time, and in some cases highly offensive. There is danger, too, of these places becoming cancerous if not treated promptly and in the right way. Washes, salves and ointments are good for external use, but they can't stop the discharge or change the condition of the blood, and for this reason the sore never heals permanently.

Not until the blood is purged of impurities and the system cleansed of all harmful substances should the ulcer heal, or the effect upon the system might prove disastrous. S. S. S. goes into the circulation and searches out and removes the cause of the old sore and invigorates and builds up the polluted, sluggish blood again, and as the poisonous matter is driven from the system the sore begins to heal, new flesh forms and the place is soon covered over with fresh skin and the sore is gone for all time. Where the constitution is debilitated from the effects of chronic sores, ulcers, abscesses, carbuncles, boils or other severe skin eruptions, S. S. S. will build it up again and stimulate and strengthen all parts of the system. S. S. S. contains no strong minerals, but is guaranteed entirely vegetable. It is unequaled as a Blood Purifier and invigorating tonic. Do not depend upon local remedies alone. Get your blood right, and as it forces out the poison the sore must heal, because nothing is left in the system for it to feed upon. Write us should you desire medical advice, which is given without charge.

SSS
THE SWIFT SPECIFIC CO., ATLANTA, GA.

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 Chanhasson, 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.

Sanders Disk Plow
Simplest and most perfect made. Before you give your order for a Disk Plow be sure to get the Sanders. For sale by the old reliable house of **Mitchell, Lewis & Staver Co., PORTLAND, OREGON**
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