

No Appetite
Means loss of vitality, vigor or tone, and is often a precursor of prostrating sickness. This is why it is serious. The best thing you can do is to take the great, alterative and tonic **Hood's Sarsaparilla** Which has cured thousands.

REMOVAL NOTICE

Tatum & Bowen, Machinery and Supplies.

The office and warehouse will be located after June 1, at 1231-1235 Utah St., Seattle, Wash., where the largest assortment of wood working machinery in the Northwest can be found.

Write for Free Catalogue **Photo Supplies**
LaROCHE PHOTO SUPPLY CO.
111 Marion St., Seattle, Wash.

HAVE YOU TRIED IT
MOORE'S REVEALED REMEDY
For your stomach and liver. Three doses will make you feel better. Never Failed.
FOR SALE BY YOUR DRUGGIST
Stewart & Holmes Drug Co.

We treat and cure **PILES**, Fistula, Catarrh, Stricture, Fissure, Abscess, Protrusion and all rectal diseases. Only Specialist in the Northwest who has received personal instructions in both Europe and America. Most modern painless methods.
Dr. J. J. Chambers, Epler Block, Seattle, Wn.

Lemon Dumplings.
Mix up with ten ounces of fine bread-crumbs, half pound of beef suet chopped very small, one large tablespoonful of flour, the grated rind of two lemons, or of one large one, four ounces of powdered loaf sugar, three or four eggs, well beaten, and the juice of the lemons strained. Divide this into four equal parts, and tie in well-floured cloths and boil for an hour.

Boston Baked Beans.
Let stand in cold water over night; drain and put into an earthen bean pot, with two tablespoonfuls of molasses and a little pepper. Add a small piece of pickled pork, gashed or marked in squares. Fill the pot with boiling water, adding more from time to time as it evaporates. Bake twelve hours with steady heat. At the end of ten hours, let the water simmer away until the beans are nearly dry.

Short Suggestions.
When buying new lamp glasses, if put in water and allowed to boil first they will last longer.

Sugar or cream will not drip from a pitcher on the tablecloth if the nose of the pitcher is rubbed with butter.

The toughest beef or chicken can be made tender and palatable by putting a good spoonful of elder vinegar in the pot in which it is boiling or in the juice with which it is basted if roasting in a pan.

To keep flatirons clean and smooth, rub them first with a piece of wax tied in a cloth, and afterward scour them on a paper or cloth strewn with coarse salt.

Potato peelings, if dried in the oven, are very useful for fire kindling. If sufficiently abundant they may be used instead of wood, but in any case they will economize it.

Wooden spoons should be used always when making sauces and heating cakes. If metal spoons are used they get ground down at the point and also wear out the saucepan.

The Macmillan Company is bringing out "Radium and All About It," by S. B. Bortome, author of "Radiography," "Wireless Telegraphy," "Electrical Instrument Making," etc. The book is in brochure form.

Rice Cream.
Peel five bananas, slice and rub them through a sieve, then add to them the juice and pulp of two oranges, two tablespoonfuls of lemon juice, three-quarters of a cupful of powdered sugar, one tablespoonful of gelatine, that has been soaking in one-fourth cupful of cold water for one hour and dissolved over boiling water; mix this well with the fruit; when it is beginning to stiffen, add one cupful of cream whipped stiff; turn in a mould and put on ice until ready to serve; serve on a platter and garnish with whipped cream.

Rice Milk Soup.
Take three ounces of Carolina rice, six breakfast-cupfuls skim milk, one teaspoonful sugar, half-teaspoonful salt. Wash the rice well, rinsing in plenty of cold water; put it into a saucepan with one teacupful of water, boil for a few minutes, add the milk and simmer slowly with the lid on for one hour; then add the sugar and salt. A soup of this kind is a valuable one for summer, when fresh fruits and vegetables are being used.

Savory Minced Beef.
Ingredients: One pound of cold roast beef, two ounces of butter, one small onion, two ounces of flour, one pint of white stock or water, half a cupful of tinned tomatoes, half a dozen mushrooms, one teaspoonful of salt, pepper. Cut the meat into very thin slices and fry with the butter and onion minced until quite brown; stir in the flour and add the stock of water; also the tomatoes and mushrooms, salt and pepper; beat all well together and serve.

The Preacher's Evidence.
Roland, Ill. June 27.—Diabetes has so long been looked upon as an incurable form of kidney disease that a sure cure for it must rank as one of the most valuable medical discoveries of the age. And every day brings forth fresh evidence that Dodd's Kidney Pills will cure Diabetes. Important evidence in their favor is given by Rev. Thos. B. Norman, the well-known Baptist minister here. Mr. Norman says: "I had all the symptoms of a bad case of Diabetes and received so much benefit from the use of Dodd's Kidney Pills that I cheerfully recommend them to anyone suffering from that dread disease. Dodd's Kidney Pills will cure the worst case of Diabetes."
Dodd's Kidney Pills always cure Diabetes, one of the final stages of Kidney disease. All the earlier stages from Bacheche to Rheumatism are naturally much more easily cured by the same remedy.

The Day of Pentecost.—The "Day of Pentecost" has never been repeated, and will never be, yet the spiritual power which was present on that day is just as strong to-day as then, and is at work just as surely, though the visible evidences of its influences may not be so impressive.—Rev. F. E. Jenkins, Congregationalist, Atlanta, Ga.

FITS Permanently Cured. No fits or nervousness after medical treatment. Dr. E. H. Kline, Ltd., 301 Arch St., Philadelphia, Pa.

The Age of Lightning.—This is the age of lightning. Advertising by lightning. Electrifying by electricity. Our great cities are ablaze with a panorama of startling announcements that come and go. We are astride a wild, unmanageable steed. Some one must grasp the reins and help us off.—Rev. J. B. McClay, Methodist, Cleveland, Ohio.

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

Equality.—Give every man, says Judaism, white and colored, native and immigrant, Jew and non-Jew, a sacred, guarded opportunity and encouragement to be true to himself and the dictates of his Maker. Americans dare not do less than this unless we belie the claims of our democracy, which means opportunity.—Rev. A. Lyons, Hebrew, Brooklyn, N. Y.

You Can Get Allen's Foot Ease FREE. Write Allen S. Guss, ed. LeRoy, N. Y., for a free sample of Allen's Foot Ease. It cures chilblains, sweating, damps, swollen, aching feet. It makes feet of tight shoes easy. A certain cure for Corns and Bunions. All druggists sell it. 25c. Don't accept any substitute.

The Modern Church.—The churches are holding their beautiful services and the ministers are preaching eloquent sermons, but Satan's citadel is not being attacked and no one is offended by the gospel as it is now preached. There is sin in high places and in the low places, and it feels very secure so long as the church allows these evils to go unrebuked and unchallenged.—Rev. A. R. Holderby, Baptist, Atlanta, Ga.

For coughs and colds there is no better medicine than Pils' Cure for Consumption. Price 25 cents.

Stagnation.—The unprogressive church belittles its members' faculties, secures their general free use, applies them to little more than a superstitious study of that most easily misunderstood book, the Bible, or of a creed or catechism full of statements inconsistent with modern thought and knowledge.—Rev. F. C. Priest, Episcopalian, Chicago, Ill.

Deafness Cannot Be Cured by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surface. We will give One Hundred Dollars for any case of Deafness (caused by Catarrh) that can be cured by Hall's Catarrh Cure. Send for circulars, free.
F. J. CHENEY & CO., Toledo, O.
Sold by Druggists Everywhere.
Hall's Family Pills are the best.

LAYS THE BLAME ON WOMEN
For the Yellow Journalism of the Present Day.

Melville E. Stone, general manager of the Associated Press, created a sensation in an address before the General Federation of Women's Clubs in St. Louis, when he declared that women were largely responsible for what is known as yellow journalism. He asserted that the feminine demand for salacious news and gossip, served up in the daily newspaper, was the primal cause of sensationalism. The things which moralists inveigh against most



MELVILLE E. STONE.

are written for women and not men. The charge was an unusual one and journalists the country through probably would not indorse the assertion of the Chicagoan. Yellow journalism is not distinctively for the feminine appetite.
Mr. Stone is a typical Chicagoan. At the time of the great fire he was a young man and was at the head of a small iron foundry. The fire ruined him and he went to work as a newspaper reporter. In 1875 he and two others established the News, the first one cent daily in the country. The venture was expensive and would have failed but for friendly capital. Mr. Stone continued as editor until 1888, experiencing a fair degree of success, and then retired. Eventually he became manager of the Associated Press.

OUR LUMBER INDUSTRY.
More Highly Developed Here than in Any Other Country.

Russia leads the world in the planting of forests; the United States in their wholesale destruction. Yet this vast destruction means vast wealth to the nation, and is the result, in part, of that cry going up over the entire civilized world: "More wood!"
Few Americans—in fact, few lumbermen—realize the extent of the lumber industry of this country. We read with wonder the value of the iron, the coal and the petroleum produced in the United States. Likewise, the production of American gold and silver means tremendous wealth. The vastness of the wheat crop is almost beyond conception. Yet the value of all iron, coal, petroleum, gold, silver, platinum, nickel, aluminum, zinc, lead, copper and wheat produced in the United States during 1895 was \$116,000,000 less than the value of the timber crop five years earlier.
In 1900 lumbering ranked fourth among the great manufacturing industries of America, exceeding even the leader, iron and steel, in the number of men employed and the capital invested. In America this industry is more highly developed than in any other part of the world.

There are four distinct lumber producing districts in the United States—namely, the northeastern, comprising the northern New England States, New York and Pennsylvania; the lake, comprising the States of Wisconsin, Michigan and Minnesota; the Pacific, comprising the States of Washington, Oregon and California; and the southern yellow pine, included in eleven States—Virginia, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, Louisiana, Texas, Arkansas and Missouri.—American Monthly Review of Reviews.

Joe Jefferson's Memory.
At the Authors' Club on Thursday night Joseph Jefferson was talking on the importance of memory. His did not always stand by him, he said. "Once I was standing in the Fifth Avenue Hotel lobby when a little man came up to me and said: 'Why, how are you, Mr. Jefferson?'
"Very well, sir," I replied, "but you have the advantage of me."
"I'm Gen. Grant," he said.
"We went up in the elevator. 'Are you living in the hotel?' I asked. He gave me his house number. Now, I knew he didn't live in the hotel and knew where his house was, but somehow I couldn't manage my mind, so I got out on the second floor for fear I would ask him where he had been during the war."—New York World.

Impertinent.
"Sonny," said the good old man, "I'm surprised that you should tease that cat in that way."
"Why," replied the boy, pausing in his inhuman work, "do you know any better way?"—Philadelphia Press.

Some Small Screws.
There is a factory in Sheffield that makes screws so small that 100,000 of them can be held in an ordinary thimble.

England may be the mother country, but the United States seems to be the father-in-law country.

Preachers who marry for money are the only ones who get as much as they expected.

WHY HOT WEATHER MAKES WOMEN NERVOUS.



Blanche Grey.

A Well Known Canadian Lady Sends Letter of Endorsement to Pe-ru-na.

Miss Mary Burns, 28 Spring Garden Road, Halifax, N. S., writes: "Having used Peruna for indigestion and stomach trouble and to build up a broken down system with the very best results, I am pleased to state my experience with this excellent medicine. I had been troubled with stomach trouble and poor digestion for some years, and although I tried many remedies and dieting, nothing seemed to restore my health until I used Peruna. In three months I had entirely recovered my health and strength."—Mary Burns.

Suggestions by Dr. Hartman.—How to Combat the Nervous Depression Incident to Warm Weather.

Nervousness is very common among women. This condition is due to anaemic nerve centers. The nerve centers are the reservoir for nerve vitality. These centers become bloodless for the want of proper nutrition.

This condition is especially noticeable during the warm season. Every summer an army of invalids are produced as a direct result of weak nervous systems.

This could be easily overcome by the use of Peruna. Peruna strikes at the root of the trouble by correcting the digestion. Perfect digestion furnishes increased nutrition for the nerve centers. Perfectly digested food gives these reservoirs of life a vitality which creates strong, steady nerves, and in this manner fortifies and nourishes life.

Miss Blanche Grey, a prominent young society woman of Memphis, Tenn., in a recent letter from 174 Alabama street, writes: "To a society woman whose nervous force is often taxed to the utmost from lack of rest and irregular meals, I know of nothing which is of so much benefit as Peruna."

I took it a few months ago when I felt my strength giving away, and it soon made itself manifest in giving me new strength and health."—Miss Blanche Grey.

Pe-ru-na Contains no Narcotics.
One reason why Peruna has found permanent use in so many homes is that it contains no narcotic of any kind. Peruna is perfectly harmless. It can be used any length of time without acquiring a drug habit. Peruna does not produce temporary results. It is permanent in its effect.

It has no bad effect upon the system, and gradually eliminates catarrh by removing the cause of catarrh. There are a multitude of homes where Peruna has been used off and on for twenty years. Such a thing could not be possible if Peruna contained any drugs of a narcotic nature.

At this season of the year we are peculiarly liable to inflammations of the stomach and bowels. It is the part of wisdom to learn how to ent them shirk and in the easiest and quickest manner.

Peruna does this by its peculiar power over all forms of catarrhal troubles.



Miss Rose Hennessy, well known as a poetess and elocutionist, of Lexington, Ky., tells how she was cured of uterine inflammation and ovaritis by the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I have been so blessedly helped through the use of Lydia E. Pinkham's Vegetable Compound that I feel it but just to acknowledge it, hoping that it may help some other woman suffering as I did.
"For years I enjoyed the best of health and thought that I would always do so. I attended parties and receptions thinly clad, and would be suddenly chilled, but I did not think of the results. I caught a bad cold eighteen months ago while menstruating, and this caused inflammation of the womb and congested ovaries. I suffered excruciating pains and kept getting worse. My attention was called to your Vegetable Compound and the wonderful cures it had performed, and I made up my mind to try it for two months and see what it would do for me. Within one month I felt much better, and at the close of the second I was entirely well.
"I have advised a number of my lady friends to use it, and all express themselves as well satisfied with the results as I was."—Miss Rose Nora Hennessy, 410 S. Broadway, Lexington, Ky.

The experience and testimony of some of the most noted women of America go to prove beyond a question that Lydia E. Pinkham's Vegetable Compound will correct all such trouble and at once, by removing the cause, and restoring the organs to a normal and healthy condition.

"DEAR MRS. PINKHAM:—About two years ago I consulted a physician about my health which had become so wretched that I was no longer able to be about. I had severe backache, bearing-down pains, pains across the abdomen, was very nervous and irritable, and this trouble grew worse each month. The physician prescribed for me, but I soon discovered that he was unable to help me, and I then decided to try Lydia E. Pinkham's Vegetable Compound, and soon found that it was doing me good. My appetite was returning, the pains disappearing, and the general benefits were well marked.
"You cannot realize how pleased I was, and after taking the medicine for only three months, I found that I was completely cured of my trouble, and have been well and hearty ever since, and no more fear the monthly period, as it now passes without pain to me. Yours very truly, Miss PEARL ACKERS, 327 North Summer St., Nashville, Tenn."

When a medicine has been successful in restoring to health more than a million women, you cannot well say without trying it "I do not believe it will help me." If you are ill, do not hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound and write Mrs. Pinkham at Lynn, Mass., for special advice. Her advice is free and helpful. Write to-day. Delay may be fatal.

\$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.

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FREE Map of Washington and information as to how you can dispose of your Farms, Ranches, &c.
R. P. MAYNARD,
615 Bailey Building, SEATTLE

A Holiday for Germs.
The State of Utah has established a holiday in honor of germs. It is called General Health day, and is the first Monday in October. On this day all theaters, churches, public halls, hotels, boarding houses, etc., must be thoroughly disinfected.

Willing.
"Could you love me better if I were rich?"
"I don't know, but I'd like to try."
—New York Tribune.

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Receiving and shipping a specialty. Telegram orders attended to day or night. The finest chapel in the West.

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Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Fac Simile Signature of **Dr. J. C. Fitcher NEW YORK.**

Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and LOSS OF SLEEP.

40¢ BOTTLES - 35¢ TINS

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CURES WHILE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. One in Use. Sold by Druggists.

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