



THE FAMILY DOCTOR

An excellent cure for sore throat is to eat a baked orange just before retiring for the night.

Few people, except trained nurses, know that a restless patient is much more comfortable if the covers under the sheet are carefully pinned to the under side of the mattress with safety pins.

Sufferers from rheumatism should dress entirely in woolen clothing, and dust the inside of their clothing with four of sulphur.

It is not generally known that castor oil may be most easily taken mingled with orange juice.

Men Adopts in Whatever Requires Suppleness and Balancing.

As is only to be expected, the physique of the natives of India is not comparable with an American man's, though they possess a great deal of form and quickness.

When Mother Nature gives you a "whack" remember "there's a reason" so try and say "thank you" then go about finding out what you have done to demand the rebuke and try to get back into line.

As footballers they are fairly fast and have plenty of nerve, but at present they do not quite understand the passing game.

How Tokyo's Service Was Stalled.

Admiral Togo, commander-in-chief of the Japanese navy, whose prowess as a fighting man has won world-wide praise of late, comes from an old school of Nippon warriors.

It seems hard work to give up a habit, and we try to do it gradually, as 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 freed.

Bought a Farm to Own a Tree.

All the country knows Elihu Root, the lawyer, man of affairs, and cabinet officer, but there are less-known sides to his make-up which are, perhaps, more indicative of the man himself.

enough of a sentimentalist to have bought a farm that he might own a certain tree.

He was born in Cabinet Hall, one of the buildings of Hamilton College, New York, where his father, Oren Root, was a professor.

A Personal Favor.

One of the most picturesque figures of the New York bar was the late Thomas Nolan, a lawyer, whose witty retorts furnished subjects for merriment at many a lawyers' gathering.

Buildings from Whales.

At one time, not very long ago, there was on the Louisiana coast, near what is now the Louisiana coast, near what is now the Louisiana coast.

ATHLETIC SPORTS IN INDIA

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NO PLACE FOR MEN IN LOVE.

Army Corporal Whose Captain Forbids Him to Marry.

"This is a picture of my girl. Lulu is her name, and she's the finest girl I ever saw, and she's the finest girl I ever saw."

"Marriage," says he, "is a bloom in the face of a man, and it is a curse to you, and if you become one you'll have to look for another job when your enlistment runs out."

THE CENTURY.

There is always one by which the rest are measured.

HIGH HEEL CAUSED DEATH.

A high-heeled slipper in the height of fashion caused the death of Mrs. Centus Latassa.

Salutes Must Be Fired.

A curious condition prevails on the Danish Island of St. Thomas, in the Caribbean Sea.

Maesons Wears Bracelets.

Too much money is sometimes as bad as too much gall.

Prevent Headache.

Students state that Dr. Miles' Anti-Pain Pills cure a headache, but if taken in time prevent an attack.

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WHAT IS TRIPLE EXTRACT?

The Process by Which the Odor of Flowers is Extracted.

The chief medical examiner of the Royal Arcanum reports that 103 members committed suicide during 1903.

CHICAGO GIRL WEDS A COUNT.

Miss Lindblom Becomes the Wife of Charles Ake Paul, of Sweden.

ETHER WAVES.

A Remarkable Medium that Fills All Matter and All Space.

"Suppose I Die"

WINSLOW'S ICE SKATES.

FOR SIXTY YEARS MRS. WINSLOW'S SOOTHING SYRUP.

DROPSY.

DR. DENSON'S.

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HYENAS DRIVE OFF LIONS.

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Very Raw Recruits.

The life of the Russian soldier is a hard one, and the bondage of compulsory service weighs cruelly upon the peasants throughout the Czar's dominions.

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

The magnificent State Capitol Building at Salem, Oregon.

PERUNA is known from the Atlantic to the Pacific.

PERUNA not only cures catarrh, but prevents it.

W. L. DOUGLAS

W. L. Douglas makes and sells shoes for \$3.00

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