

AFTER SUFFERING TWO LONG YEARS

Mrs. Aselin Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Minneapolis, Minn.—"After my little one was born I was sick with pains in my sides which the doctors said were caused by inflammation. I suffered a great deal every month and grew very thin. I was under the doctor's care for two long years without any benefit. Finally after repeated suggestions to try it we got Lydia E. Pinkham's Vegetable Compound. After taking the third bottle of the Compound I was able to do my housework and today I am strong and healthy again. I will answer letters if anyone wishes to know about my case."—Mrs. JOSEPH ASELIN, 606 Fourth Avenue, Minneapolis, Minn.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and today holds the record of being the most successful remedy we know for woman's ills. If you need such a medicine why don't you try it?

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

RATE DECISION HANDED DOWN.

Washington, Feb. 23.—The interstate commerce commission damage awards to shippers in reparation for rate overcharges are prima facie evidence of the amount of damage done when railroads contest payments of such awards in court, the supreme court of the United States held this afternoon. At the same time the court sustained, however, the right of the railroads to a jury trial without the submission of rebuttal evidence.

MARINE CAPTAIN IS SUICIDE.

Philadelphia, Feb. 24.—Captain E. A. Harding of the United States marine corps committed suicide today at the Racquet club here by sending a bullet into his brain.

EXCERPTS FROM LETTER TELLS GERMAN ATTITUDE

Father of Salem Residents Says Not to Send Any More Newspaper Clippings As They Are Full of Lies.

The following is an excerpt from a letter written by the father of J. G. and Fred Voigt who is now in Germany. The letter is dated January 16, 1915:

Please do not send us any more newspaper clippings, we are only grieved at the lies, and cannot change our minds anyway. Let them write about constant victories over "dying Germany"; they can neither lie our armies out of France nor out of Russia, and "dying Germany" still will have enough strength left to settle with John Bull. If the big English fleet would only come out into the open North sea, but they keep in hiding and dare neither attack Borkum nor Heligoland. We expected that they would—Buzard like—take our few scattered cruisers, but Germany hopes confidentially that we shall win over all our enemies, impossible as it may seem at this time. The Germans fear nobody, and will know to sweep their country with iron brooms, and keep it free from any enemy whatever. Yes the allies shall find our fleet it is not so easy to ransack houses and to outrage German women "in Germany". The poor Jewish women and girls in Poland, in large numbers are committing suicide, because of the terrible conduct of the Russians. Things too terrible to tell are happening there, and that are the allies of Christian England. But no cook crews for that even in America. "Poor Belgium, Belgium" they have looked themselves blind looking at Belgium, it would be far more necessary to send food to Poland than to Belgium. Last Monday Timo Bahr entered service with the guard at Berlin. His brother Julius is with his regiment before Verdun. But although many regiments are in the field in double and even triple strength, yet every garrison in the country is just as full of soldiers as during times of peace. If you should come to Schwerin, Garfield, you would find your regiment in full numbers, yes, even in war strength, and likewise the infantry regiments. It seems as though the string will never break. Everywhere you here the heavy step of the Prussian military boot. Kitchener will have to drum some, before he will be able to send better trained soldiers in sufficient numbers across the canal. He will have to call on Canada and Australia for more cannon fodder.

From here I can bring nothing but good reports, I know of no nephew that he had fallen or been wounded. Of Aunt N.'s sons only the youngest is in France. We are all well and we lack or suffer nothing except for the sympathies that we have for our soldiers, who endure so much for us. On our own persons we have suffered nothing so far from the war, while millions suffered so terribly. Our enemies are suffering enormously, that all our soldiers say and write. Recently 1000 English soldiers had to

PEACE ORATORICAL AT CORVALLIS SATURDAY

James Road Bain, Foremost Literary Man of Willamette University, Will Represent Local Institution.

The annual oratorical contest of the Intercollegiate Peace association will be held at the Oregon Agricultural college at Corvallis next Saturday evening. Willamette university will be represented by James Road Bain, who will take for his subject, "The Great War and the Great Ideal."

Bain is one of the foremost literary men of the university and is well known both in collegiate and city circles as a poet, philosopher and student of exceptional ability. His oration is an exceptional production and if he is able to evidence in his delivery the feeling that he has written into production he should rank high when the places are awarded Saturday.

QUIT MEAT IF YOUR KIDNEYS ACT BADLY

Take a tablespoonful of Salts if Back hurts or Bladder bothers—Meat forms uric acid.

We are a nation of meat eaters and our blood is filled with uric acid, says a well known authority, who warns us to be constantly on guard against kidney trouble.

The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system. When your kidneys ache and feel like lumps of lead, and you have stinging pains in the back or the urine is cloudy, full of sediment, or the bladder is irritable, obliging you to seek relief during the night; when you have severe headaches, acid stomach or rheumatism in bad weather, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast each morning and in a few days your kidneys will get fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys, to neutralize the acids in urine so it is no longer a source of irritation thus ending urinary and bladder disorders.

Jad Salts is inexpensive and can not injure; makes a delightful effervescent lithia-water drink, and nobody can make a mistake by taking a little occasionally to keep the kidneys clean and active.

A politician who has been discarded by the public realizes that he is dead politically but he continues to cherish the hope that somebody may come along and dig him up.

They have their legs amputated because they had almost decayed in the mud trenches from lack of release.

SALEM SOCIAL SERVICE CENTER

Union of Fraternal, Religious, Civic, Industrial and Other Organizations and Citizens of Salem for Mutual Aid.

Refer all calls for relief or aid to the Center. It is made up of all other relief agencies of the city and hence it is equally yours. By using it you render all separate relief boards and agencies unnecessary and thereby save cost, trouble and waste in duplicated effort and expense.

Appeals for food, alms or lodging by transients at your doors, should be referred to Center's headquarters for men (Men's club) 460 Ferry street. If you wish to give them food in return for services a book of ten meal tickets, costing \$1 will save its cost many times over. A meal ticket will give them food and food only.

Relief for Local Families, Women and Children.

Food, clothing, fuel, medical treatment, etc.—Mrs. W. E. Anderson, chairman relief committee, 1401 Court street. Phone 2383 M. 9 to 12 a. m. Be prepared to give name, address, etc., correctly, and be sure the need is genuine. Mere rumors often give busy workers unnecessary trouble.

Employment for Men.

Center's free employment bureau at Men's club, 460 Ferry street, phone 1297. Free to employer and employee. Through it the entire city helps find work for the unemployed.

Employment for Women.

Refer all applicants to Mrs. A. N. Bush, chairman industrial committee for women, Y. W. C. A., 257 North Liberty street. Phone 1015.

Donations of food stuff such as meat, beans, flour, sugar, potatoes, fruit, etc., would be very helpful. These will reach relief department if sent to county judge at the court house.

Five To Be Court Martialed For Explosion on San Diego

Washington, Feb. 24.—Court-martial of 5 officers and men of the cruiser San Diego as a result of the recent explosion on that vessel which caused the death of 9 persons, was recommended today by Admiral Howard, commander of the Pacific fleet, in a wireless message to the navy department.

Secretary of the Navy Daniels, it was announced, will approve the recommendation.

Dillon Gives Men Strict Orders to Stay On Wagon

Los Angeles, Cal., Feb. 24.—"Stay on the water wagon!" that was the chief banished out today by Manager Frank Dillon of the Los Angeles Congregational baseball club when he called his

DISEASE IS A UNIT



Disease is a unit—its location gives it a name, and the name is usually long enough (thanks to the doctors of medicine) to frighten the patient at least half way out of his life. The primary cause of the disease is a pinched condition of the nerves. First comes the PINCH—which is followed in a greater or less degree, according to the nature of the PINCH, by the clogging of the system. If the clog is in the heart, we have Hydropericardium Cardiac Hypertrophy, Arterio Capillary Fibrosis, etc., etc. If the clog is in the liver we have Peripatit, Cholecystitis, or some other horrible thing, depending on the doctor's familiarity with these jaw-breaking names. The longer the name the longer the bill, generally. I say generally, because I know there are some honest doctors.

When a person comes to me or consults me, and that person is completely restored to health by me, he must believe in my method. He is not tangled up with long technicalities—he only knows that he is sick. I tell him why he is sick and prove to him why my method will restore him to health.

There are many people who have an idea that Chiropactic adjustments are very severe. But I wish to say that with my system of Modernized Chiropactic, you need have no such fear. What impresses the visitor or patient in my office is the absence of all evidence of pain accompanying the treatments. In place of being exhausted after my treatments, the patient is invigorated with new life. The young child may be treated as well as the old and gray-haired man or woman, without fear.

DR. W. H. REYNOLDS
 Lady Attendent Phone 416
 Consultation and examination free 402-3-4 Hubbard Building
 Office hours 1:00 to 5:00. Other hours by appointment

SWEET HEART DAY

MARCH 1st

MARCH 1st



On that day, we will publish in The Capital Journal a FREE coupon. This coupon will entitle you to a full size cake of the now world famous Sweetheart Toilet Soap, absolutely free, at your grocer's. Just cut out the coupon, present it to him and he will gladly give you the free cake. The trial cake will convince you of its perfection as a toilet soap.

To the retail trade—Your jobber or our agents, Spohn & Russell, 310 Hoyt street, Portland, Oregon, will redeem all Sweetheart Soap coupons at 5c each, when properly signed and accompanied by the Diamond "S" taken from the top of each carton of soap handed out.

MANHATTAN SOAP CO., New York City, N. Y.