St. Vitus' Dance **Gured** by Dr. Williams' **Pink Pills** for Pale People

Mrs. Minnie Fiedler, of Mt. Pleasant, Iowa, says:

"I was afflicted for years with St. Vitus' dance. The first symptoms of the disease began in 1889, when the nerves began twitching in my left hand. I consuited physicians of this city, but none of them ever did me a particle of good. After I had suffered for two and one half years, the disease continuing to grow worse, I heard of Dr. Williams' Pink Pills for Pale People.

"It was in 1891 that I was induced to try them, and I was surprised at my rapid improvement. I took only two boxes, and was entirely cured. It was hard to realize that I, who for over two years was scarcely able to walk, and who often found it almost impossible to talk, should be restored to perfect health and in full possession of all of my powers by two boxes of this wonderful remedy.

"I am happy to state that my health is still perfect and I have never had the slightest symptoms of a return of the disease, although it is eight years since I was cured. "

Dr. Williams' Pink Pills for Pale People contain, in a condensed form, all the ele-ments necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing specific for such diseases as locomotor ataxis, partial paralysis, St. Vitus' dance, sciatica, neuralgia rheumatism, nervous headache, the after-effects of la grippe, palpitation of the heart, pale and sallow complexions, all forms of weakness either in male or female.

Dr. Williams' Pink Pills for Pale People are never sold by the dozen or hundred, but always in pack-ages. Atali druggists, or direct from the Dr. Wil-liams Medicine Company. Schenectady, N. Y., 50 cents per box, 6 boxes \$2.50.

TO VISIT THE GREAT FATHER

Six Osage Indians on the Way to How to Bake It Plain, with Oysters, Washington.

'Lo, the poor Indian, to the number of six, of the tribe of the Osages, liv- tious and economical foods, and it is to ing on their lands in and about the be regretted that this desirable food is town of Pawlinska, I. T., Passed not seen on our tables at least once a through Union Station 'yesterday week. It might share the honors with on their way to visit the Great Father, the potato as a daily accompaniment to ratic party, I feel it my duty to attend to whom they pay a visit annually. The our meals, Macaroni is made from six braves are the chiefs of their people, the best wheat flour, and as wheat is and are splendid representatives of our most valuable cereal it is well to one of the finest physical tribes of the know all the ways possible for it to be American Indian. They were under served as food. It is one of our most the leadership of C. N. Prudemon, who convenient foods, for it is prepared in acts as interpreter, and who is a grad-

beaded deer hide. A large crowd of

It was learned from the interpreter that the delegation hopes to get cer-tain changes made in the distribution of the allowance made them by the government. They believe that the amount should be raised or that the land be allotted among the tribe. The Osages are among the purest-blooded Indians in existence today. They seldom marry with the whites, and preserve their tribal customs. The tribe is also one of the richest in the country.—St. Louis

Mr. Raphael, who was killed at Spion of the stock. Kop, and is said to be the first Jewish officer of the British army killed in action, was enormously rich. He was a pasty, and connection of Captain Pessel, late of each other. the Seventh Lancers, who for some years shared with Colonel Goldsmith

McSwatters-Where are you going? McSwifters-I'm going South for my

McSwatters-How did your health ever get so far away as that?—Syra-

As the sword of the best-tempered steel is the most flexible, so the truly generous are the most pliant and courteous in their behavior to their infe-



ACTS GENTLY ON THE KIDNEYS, LIVER AND BOWELS CLEANSES THE SYSTEM

DISPELS EFFECTUALLY,
DISPELS EFFECTUALLY,
OVERCOMES HEADACHES FEVERS
OVERCOMES OF THE PATION HABITUAL CONSTIPATION TS BENEFICIAL EFFECTS.

AUGRNIA TIG SYRVPC

MACARONI.

and with Cheese.

Macaroni is one oi our most nutriforms which may be stored for a long time. (Although of the same nature as They were dressed in the regulation our daily bread, the methods of cookdress of reservation Indians. They ing it are so different from those we work great gagdy blankets and the us- use in cooking wheat flour that we tal Indian ornaments. Their hair was seem to have an entirely new or differworn in plaits down their backs, which ent dish. Macaroni is also valuable bewere secured at the ends by thongs of cause it affords an opportunity to use cheese, another valuable food, in the tourists gathered about the braves form which to many persons is more during their stay in the station, but digestible than when eaten alone or the stoical redmen paid not the slight- uncooked. And as the macaroni is deest heed to the carriosity which they ficient in fat, and particularly in flavor, attracted. They would not answer the cheese, butter, cream, or milk, or the questions put them, and though they all fat of meat, or meat broth, with onion speak English, they affected not to un- or tomato, should be used in combination with it, in all its varied prepara-

> Notwithstanding all the reports of the objectionable methods used in preparing the wheat pastes into the various shapes seen in our stores, it is reedless to wash it before cooking, for the boiling water will better take off anything that meds to be removed. Always cook it in boiling water beore serving it in any way, and if it is to be further cooked in stock or milk always parboil it first in water till nearly soft. This will cleanse it, and will also save the unnecessary boiling away

Drain it and let cold water run through it to keep it from becoming, pasty, and the tubes from adhering to

Mararoni is awkward to serve if in large long pieces, as it is one of the of the Royal Engineers the distinction most slippery compounds imaginable of being the only officers of their faith and only smaller varieties of vermicelli and spaghetti can be handled dexterously with the fork. Therefore, either break it into bits before boiling or cut it after it is drained. The following are well-tested methods of preparation:

PLAIN BAKED MACARONI. Break into one-inch (or less) pieces nough macaroni to fill a cup. Put it into a large kettle of boiling salted waer and cook rapidly twenty minutes. or until it may be cut easily with a fork against the kettle. Stir it frequently furing the first ten minutes or it will Turn it into a strainer and hold under the faucet till well rinsed in fold water. Put it into a shallow bakng dish and cover each layer with bits of butter, a sprinkling of pepper, salt, and mustard, if you like. Fill the dish with hot milk, stirring it well to let the racareni absorb as much as possible Cover with a thin layer of buttered racker crumbs, and bake-slowly about mili an hour.

MACARONI WITH OYSTERS. Fill a haking dish with alternate layers of well-boiled macaroni and prepared oysters, season each layer with paprika, salt, a tiny bit of mace if liked, one tablespoon of minced celery, or a sprinkling of celery salt, and fill the white sauce. Cover with buttered cracker crumbs and bake about twenty

minutes. MACARONI BAKED WITH CHEESE.

Cook one generous cup of finely broken macaroni in boiling salted water till tender. Drain and rinse in cold water. Make white sauce with one cup of hot milk stirred gradually into one rounded tablespoon of butter and one level tablespoon of flour cooked, together. Season with one-half teaspoon of saft and a little paprika and muscrumbs. Cook in a hot oven till brown,

Antonio de Navarro, husband of Mary Anderson, is busy writing short stories for the magazines. In one of the recent English periodicals he has published a little story called "Love's Byways." The scenes of his stories are generally laid in Italy and on the Riviera. He and Mme, de Navarro are now as Bordighera, where they will be until late spring.

WILL NOT ACCEPT CONVENTION GOSSIP

GOV. GEER DECLINES THE USE OF MANY CANDIDATES PLEASED WITH A CARRIAGE.

Bryan Arrangements Committee-Governor's Reasons.

(From Daily, March 24th.) The several state officers yesterday received their invitations, sent by the

committee which is charged with the duty of arranging for the proper reception of Hon Wm. J. Bryan, on the occasion of his visit to this city on March 28th. The invitations are signed by George S. Downing, chairman, and are addressed to the several officers in the

most courteous terms. The one redeived by Gov. T. T. Geer is in terms "Salem, Or., March 22, 1000. Hon. T. T. Geer, Governor of Ore-

gon, Salem Oregon.

"My Dear Sir: The general committee in charge of the reception to be given Hon. Wm. J. Bryan next Wednesday, March 28th, most respectfully invites you to be present on that occasion. Upon receipt of on intimation of your acceptance hereof, a carriage will be placed at your service at the time. With great respect, GEO. S. DOWNING,

Chairman. Governor Geer's answer to the above nyitation was in the following courteous but decisive terms;

"Salem, Or., March 23, 1900. Hon. Ged. S. Downing, Salem, Or. "My Dear Sir: Your invitation to attend the reception to be given Hon. W. J. Bryan, next Wednesday, is re-

"I thank you very much for the couresy extended by the invitation and the offer to furnish me a carriage for the occasion. I esteem Mr. Bryan very highly as a representative of a large class of our good citizens, and will be pleased to hear him in his address on he occasion referred to, if public business will admit it.

"Since, however, he is traveling through the country solely as a partisan campaigner, doing what he can toward making converts to the demothe meeting as a private citizen, in the most democratic way possible, the same as if the speaker were to be Mr. Lentz, Mr. Sovereign, 'Cyclone' Davis or any other eminent American citizen whom the democrats have very properly delighted to honor, and for whom

we all have the greatest respect. "Assuring you that I appreciate the ourtesy of the invitation, and of the igh esteem in which I hold you, personally, the distinguished guest of the eccasion, and the great party to which on both belong, but that I will feel ontrained to attend on foot, along with the common people, to which class I belong, I am, very sincerely yours, "T. T. GEER.

"Governor." Others of the state officials stated that they would decline the invitations. though several of the gentlemen will Conner. hear Mr Brythe meeting and an's address in their capacity as private

In response to the request of the arangements committee, for the use of he representative hall on the occasion of the Bryan meeting, Secretary of State F. I. Dunbar, to whom applicaion was made, has notified the com-mittee that he can not comply with the request made; that the precedents are all against it.

THE DAIRYMEN MEET.

Paiche Northwest Association Elects Its Officers.

Moscow, Ida., March 23.-The Palosed its third annual meeting here Officers were elected for the nsning year as follows:

President, W. J. Spillman, Pullman; ecretary, D. C. Dilworth, Spokane; treasurer, J. L. Smith, Spokane: vice-presidents, S. M. Emery, Bozeman, for Montana: Dr. James Withycombe, of Corvallis, for Oregon; H. T. French, Moscow, for Idaho; A. B. Leckinby. Rainier, for Washington. The execu-tive committee consists of the followng: Montana-Dr. Knowles, Helena. and D. N. Shaw, Bozeman; Oregon-W. W. Cotton, Portland, and J. C. Kaupisch, Portland; Idaho-Jos. Rob ett, Lewiston, and Theodore Reed. Moscow: Washington-Ward High. Walla Walia, and Millard Freeman, of

Reputation is what the world says of is. Character is what we really are.

Few men can pass a mirror without ooking into it.

Thousands Have Kidney Trouble and Don't Know it.

How To Find Out. Fill a bottle or common glass with your water and let it stand twenty-four hours; a sediment or settling indicates an unhealthy condition of the kidneys; if it stains your linen it is evidence of kidney trouble: too

frequent desire to

pass it or pain in

the back is also



convincing proof that the kidneys and blad-

der are out of order. What to Do. There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy fulfills every tard. Have ready one-half cup of dry wish in curing rheumatism, pain in the cheese grated or sliced fine. Butter a back, kidneys, liver, bladder and every part shallow baking dish, put in alternate of the urinary passage. It corrects inability layers of macaroni, cheese, and sauce, to hold water and scalding pain in passing and cover with fine buttered cracker it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in 50c. and \$1. sizes. You may have a sample bettle of this wonderful discovery and a book that tells

more about it, both sent Henry Watterson says he began his career as a newspaper publisher after the war, on \$50 obtained by pawning tion reading this generous offer in this paper.

THEIR PROSPECTS.

His Answer to the Invitation of the Several New Names Mentioned-Lists of Some of Those Now in Field Seeking Nominations.

> (From Daily, March 24th.) Republican politics are becoming omewhat heated, and the gentlemen who were elected delegates to the county convention at the recent primaries are very much in demand by the candidates for the various offices, desirous of securing pledges for support. Many of these candidates wear a confident air, as though assured of their ultimate success in carrying off the much-desired nominations, while others show disappointment, and may drop out of the race before the permanent organization of the convention is effected next Wednesday.

> Several new candidates appeared on he scene yesterday, among them being H. S. Belle, of this city, for assessor, and John A. Shaw, of Mill City, for representative. R. W. Carey, of Salem No. 3, was also mentioned for leg-slative honors yesterday, while one or wo candidates were talking of withdrawing from the race, to prevent a

A number of the country delegations, it is reported, are coming to the convention, loaded with a good-sized surprise party, expecting to break into the general program, and they hint that an organized effort will be made to defeat, for renomination, an officer who is confidently expecting success. So strong is this combination said to be, and so determined to succeed-being ready to trade any thing for the desired result-as to make it a formidabie factor, and many of the Salem delegates will probably consult this combination and accede to its wishes o a certain extent, when those desires ire made known in detail on the morning of next Wednesday, with the result that a new face will appear in the poitical arena.

Elkhorn precinct reports the elecof J. P. Case, and George Koenike was commated for road supervisor.

The Horeb delegation to the con-

Following are some of the candidates now in the field, with more to be heard rom by next Wednesday noon: Representatives-Frank Davey, M. Poorman, Lot L. Pearce, Abner last.

Sheriff—A. T. Waln, Chas. A. Murphy, W. A. Taylor, Robert A. Witzel,

A. C. Dilley, E. E. Cooper.

County Judge—G. P. Terrell, W. M.
Bushey, W. C. Hubbard, John H.
Scott, J. M. Watson, Ed. T. Judd, Scott Riggs.

Commissioner-J. N. Davis. Assessor-J. W. Hobart, F. J. Rice, Henry S. Belle, D. D. Coffey, M. J. Superintendent of schools-W.

Crawford, W. L. Cummings, E. T. Moores, W. F. Drager. Coroner-A. M. Clough Recorder-J. H. Roland. Treasurer-A. L. Downing.

HOW SCIENCE WORKS.

It is said that a scientist in Pennsylvania has discovered a receiver for use in wireless telegraphy 2,000 times more sensitive than the "coherer" devised by

It has been often noted that two men experimenting in widely removed parts of the earth have made the same remarkable scientific discovery almost at the same time and practically independent of each other. This was the case fic Northwest Dairy Association with the telephone; it was the case with the Roentgen ray and it was so with wireless telegraphy.

The explanation of this observed fact is easy. Scientists in all the great laboratories attached to universities and industrial establishments the world over are working on the same great surest sign of charlatanry. When a scienist makes the smallest discovery of value in his science he tells of it t his comrades through the papers which deal with the technique of his science. lessly indisposed until about two weeks Scientists would sooner have the approval of their fellow scientists than of cause of her death. all the world beside. These small progresses, published in the scientific papers, attract no attention from the people in general. The public is not wel enough versed in the technique of the Hood's Sarsaparilla at this season bescience to follow the small progresses. The scientists do, however. All the experimenters work close together. It and puts the whole system in a state is not to be wondered, then, that they of health for the coming season. Evnultaneously. It is only when some remarkable discovery is made which is economy to take only Hood's. gress, which has some direct use and some practical application, that the atention of the people is directed to the laboratories and to the scientific papers. Then it is found that in widely Portland, was vesterday appointed, by separated laboratories identical results have been reached simultaneously and independently and the people marvel.

tists in that particular branch all over the world are directed toward periecting it. The indefiniteness of the first descriptions of the apparatus with which the discovery was made leads other experimenters to devise their own different apparatus, and thus great progress is often made at once and great developmental discoveries follow the application of the newly discovered \$525principle to practical life is made in a remarkably brief time. It is the hisfory of human progress.-St. Louis Republic.

FEMALE SUFFRAGE.

"Oi course. I'm in favor of suffrage for women, Henrietta," said Mr. Meek-ton. "Bix I don't think they ought to go to the polls themselves." What do you mean?"

"They ought to be able to send their husbands to vote for both. If they go to the polls themselves it will confuse matters. A periect gentleman who saw lady at the polls looking a little worried would feel compelled to lift his hat polifely and say 'Madam, take my vote.' -Washington Star.

Twice-a-week Statesman, \$1 a year, world.

SAVE YOUR HAIR WITH SHAMPOOS OF

And light dressings of CUTICURA, purest of emolilent skin cures. This treatment at once stops falling hair, removes crusts, scales, and dandruff, soothes irritated, itching surfaces, stimulates the hair follicles, supplies the roots with energy and nourishment, and makes the hair grow upon a sweet, wholesome, healthy scalp when all else fails.

Complete External and Internal Treatment for Every Humor.
Consisting of CUTICURA SOAP (25c.), to cleanse the skin of crusts and scales and soften the thickened cutiele; CUTICURA ODETMENT (50c.), to instantly allsy itching, inflammation, and irritation, and soothe and heal; and CUTICURA RESOLVENT (50c.), to cool and cleanse the blood.

A SINGLE SET is often sufficient to cure the most torturing, disfiguring, and humiliating skin, scalp, and blood humors, with loss of hair, when all about the Skin, Scalp, and Hair," free.

A MATTER OF TEMPERATURE

The little one's mother had said. Now, doctor, if there is any rise of temperature"-she was great on temperatures by the way-"I will send for you at once. As you know I have a tion of its lone delegate in the person clinical thermometer, and can take the temperature mysélf without troubling you to come in for the purpose." as I was going to bed I was startled by vention consists of Wm. Hunt, Scott a violent ring at the bell, and, hasten-Shaw and R. S. Shaw. until a violent ring at the bell, and, hasten-ing to the door, saw a terrified domestic, who gasped: "Oh, sir, please sir, do come around at once! Miss Marjory is worse. Misses said I was to tell you her temperature is 108 and is rising

Lewis, R. W. Carey, George P. Hughes, George F. Rodgers, E. H. I rushed around to the house of my little patient, and discovered the whole family assembled in the sick room awaiting the end of poor little Marjory, the mother wringing her lands in ag-ony andecrying dreadfully. "What's the temperature now?" I almost shout-ed in my agitation. "Oh!" sobbed the mother, "I haven't dared to look since. My poor darling! It was 108, and they say that 105 is always fatal," and she broke down completely. Without wasting any more time I turned down the blanket, and-found that the thermometer had been thrust between the child's side and arm, and the bulb imbedded in a freshly applied hot poul-tice!—Chambers' Journal.

MRS. LYDIA S. NICKLIN IS DEAD.

Was an Artist of Considerable Dis-tinction and Hatl a Wide Circle of Friends Throughout the Valley.

(From Daily, March 24th.) Mrs. Lydia S. Nicklin died at her residence in this city, corner of Center and Capitol streets, at 12:15 o'clock this (Saturday) morning, aged 51 years. Funeral arrangements will be announced later.

The deceased was a native Oregonian, having been born in Clackamas county in 1849. She was of pioneer parentage, being the daughter of Mr. and Mrs. Jas. G. Shirley, who crossed the plains in 1847.

Mrs. Nicklin lived for many years in Portland where she has a wide circle of acquaintances, and then removed to Salem where for many years she attendproblems. Scientists are not selfish. They keep no secrets. Mystery is the surest sign of charlatanry. When a suit of which she attained considerable

proficiency and wide reputation. For the past ten years Mrs. Nicklin has been an invalid, but was not helpago. Capillary bronchites was the

'A Penny Saved Is a Penny Earned." Economy is the lesson taught by this saying. It is true economy to take cause it purifies, enriches and vitali ethe blood and thus prevents sickness make their great discoveries almost si- ery bottle of Hood's Sarsaparilla contains 100 doses-positive proof that it

Constipation is cured by Hood's

TO PARIS.+Mrs. J. C. Card, of Gov. T. T. Geer, the representative of the state of Oregon, on "America Day" at the Paris exposition, July 4, 1900. As soon as a new discovery is given On this occasion the American nationto the world the energies of the scien- at holiday will be fitly celebrated in the French capital, among the exercises being the unveiling of the Lainyette monunient.

FRUIT TRACT SOLD.-Mrs. Forstner's tenucre fruit tract located inst east of Chemawa was yesterday sold to parties from New Whatcom closely upon the principal discoveries; Washington, the consideration being The sale was made by R. R.

BRIBERY CASES.

Harrisburg, Pa., March 23 -The Legislative bribery cases against ex-Senafor Coyle, ex-Representative Magles, Robert Evans and John D. Byrnes were heard today. Some interesting inside matters were brought out and it is believed they will have a wholesome effect for a time at least.

"Why do you call her a new woman?" "Well, I wouldn't dare call her an old one."-Philadelphia Bulletin.

To be poor without murmuring is difficult; to be rich without being proud is easy.-Confucius.

Love is the lever that moves the

REGISTRATION IS VERY SLOW.

Electors Do Not Appear for the Purpose of Enrolling Under the New Election Law.

(From Daily, March 24th.) The registration of voters, in the of-

fice of the county clerk is unusually low, and it is feared that many cutitled to registry will be left off the books, unless they make haste. The number listed up to last evening was 4032; the votes cast for congressman in Marion county in 1898 numbered 6038; this would leave the number of voters still unregistered, 2006, and as there are only forty-five days left in which to register, the average per day will have to be forty-five for every day between now and May 15th, in order to secure the names of all the stered in each of the precincts up to

Aumsville. 140

Champoeg..... 31 Elkhorn #.. Englewod..... 209 Monitor Salem No. 2...... 274 Salem, South 116 St. Paul Stayton...

ONE CASE.-Judge R. P. Boise's separtment of the state circuit court was in session all of yesterday, hearing testimony and arguments in the partition suit of J. F. Theo. B. Brentano, vs. C. F. Brentano.

Yew Park 150

THE PROPOSAL.

"Won't you sing, Because I Love ou?" she asked, with a pleading look.

"Do you?" he exclaimed. "Then name the day."
And still they ask, Should woman propose?-Philadelphia Bulletin.

"Give me," said the dying Herder, "a great thought, that I may console myself with that." It is a present of no mean value, a great thought, land if every letter of condolence could bear with it one phrase of honest sympathy and one great thought, it would be a plessed instrumentality for carrying patience and resignation, peace and comfort, into those dark places where the sufferer is eating his heart out with grief, or where Rachel "weeps for her children, and will not be comforted, because they are not."

Shake Onto Your Shoes

Allen's Foot-Ease, a powder. It cures painful, smarting, nervous feet and ingrowing nails, and instantly takes' the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight or new shoes feel easy. It is a certain cure for sweating, callous and hot, tired aching feet. Try it today. Sold by all druggists and shoe stores. By mail for 25c, in stamps. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Industry has annexed thereto, the lairest fruits and the richest rewards .-Barrow.

The loss of our illusions is the only loss from which we never recover .-Ouida.

Sometimes a noble failure serves the world as fairhfully as a distinguished

success.-Dowden.