

EXAMINE THE QUESTION

Regarding your eyesight with our aid and you will soon know whether or not glasses are necessary.



Herman W. Barr Scientific Optician.

118 State St. Salem, Oregon

Situations In Business Offices

are open to two classes of persons. (1) Those who write well, are accurate in figures, understand bookkeeping, etc.

PORTLAND BUSINESS COLLEGE

A. P. Armstrong, LL. B., Principal. J. A. Wescio, Penman and Secretary



131 COURT ST., SALEM, OREGON W. I. STALEY, Principal

When one invests in a business education such as may be secured at this school he is assured of substantial dividends.

Business, Shorthand and English

Students admitted at any time. Visitors welcome. Class and individual instruction. We ask the fullest investigation of our methods.

Farmers, Insure Your Grain and Hops

The cost is small, about one-half cent a bushel on wheat for six months. Rates for all warehouses in Valley.

Buying School Clothing



Is almost as important as buying school books. If the parents bought where the qualities are best, the styles handsomest and the prices lowest, we would have a monopoly on the trade.

G. W. JOHNSON & CO.,

257 Commercial Street Salem, Oregon

\$1000 In Cash

SAVED

by purchasing one thousand pairs of shoes at the

SALEM SHOE STORE

NO. 88 STATE STREET, The First Store East of Bush's Bank Corner

Why do Portland people purchase shoes in Salem? Because of low rents we sell shoes for three-fourths of the Portland prices.

MOTT'S PENNYROYAL PILLS



They overcome Weakness, irregularity and omissions, increase vigor and banish "pains of menstruation."

FOR SALE BY ALL DRUGGISTS.

APPLES AND TOMATOES.—The Allen Canning Company will today begin operations on apples and tomatoes.

SHIPPING WHEAT.—The Salem Flouring Mill Company will begin the shipping of wheat to Oregon City today.

MARRIAGE LICENSE.—A marriage license was issued yesterday, by County Clerk W. W. Hall, to B. E. Sturtevant and G. E. Koffe.

Judge.—You are charged with having more than one wife. "Yes, sah, that's so."

CASTORIA.—The Kind You Have Always Bought. Bears the Signature of Dr. J. C. Watson

NEW TO-DAY.

NOTICE.—Is hereby given that I will not be responsible for any debts contracted by parties other than myself after this date.

FOR SALE.—42 acres of land, between Chemawa and Brooks; 20 acres is cultivated; 5 more easily brought under cultivation.

FAVORITE STABLES 44 State St., Salem. Telephone 701 Livery, Feed and Boarding

RESTAURANTS.

The Wonder Restaurant MEALS 20 CENTS Open day and night. When in the city we solicit your patronage.

TRY HELLENBRAND'S RESTAURANT

245 Commercial Street, Salem. Good Square Meals for 20c Thirty-two years in business in this city and have fed more people than there are in Oregon; all were well pleased.

Hop Growers AND FRUIT RAISERS

We have over 200 empty, solid barrels on hand to pick hops in, and about eighteen or twenty new casks and hogs heads are in good, solid shape to put in grain, fruit or potatoes, etc.

Will trade until further notice; there fore bring in first time you come to the city, your produce, and get one or two; or else we will put it up for firewood; we need the room, but will give you all this month's time to secure.

YOKOHAMA TEA STORE

249 Commercial Street, Salem, Or.

Good Dairy Farms For Sale

Easy way to make money with small capital, and live near ocean beach or on the Little Northwest river and bay, where fishing and hunting is first-class.

Hewitt Pays the Freight

On all orders of \$20 and upwards, within a radius of 100 miles of Portland, Railroad and Logging Camps a Specialty.

WILKES' STALLION, "JEROME"

Will stand for Mares the coming season at Corner of Ferry and Liberty streets.

Dr. W. Long

Veterinary Surgeon. Salem, Or.

Money to Loan

On improved farm and city property at lowest current rates.

RUSTLING YOUNG MAN

Can make \$90 per month and expenses. Permanent position. Experience unnecessary.

FOR SALE.—Forty-one head of stock sale for sale; also fine Hereford bull, 1 year old.

THE SCHOOLS OPEN

ENROLLMENT LESS THAN ON FIRST DAY IN 1899.

One Teacher Less Than Last Year—Names and Addresses of the Several Teachers.

The Salem public schools opened yesterday with good prospects for a successful year's work. The enrollment is not so large on the first day as usual, but this is partly accounted for by the fact that school began this year one week earlier than last.

Table with enrollment data for various schools: East, North, Park, Lincoln, Central, Polytechnic.

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impossible for him to suffer a "giving out."

"Mr. Bryan is too adept to have any fear of his voice 'giving out,'" said the doctor. "There isn't one little trick or art known to the orator for the protection of his voice that Mr. Bryan is not perfectly familiar with and which he does not practice as occasion demands."

"Several years ago he did not do this, but often after making a speech would engage in conversation. He soon found out, as every one else will find, that he must not speak one word to anybody when he has finished his speech, but must retire as soon as possible if it is night, or if daylight that he must take proper nourishment and allow his voice a complete rest for several hours at least."

"Any one who is compelled to do a great deal of talking, whether candidate, public reader or school teacher, ought first to understand thoroughly the physiology of the throat and nose. The so-called 'breaking down' is simply and easily explained. The speaker's mouth, as a rule, being open and respiration taking place through the mouth rather than through the nose, inflammation is liable to take place in the vicinity of the tonsils and their pillars, and then a little later just below the vocal cords, the resonators—namely, the mouth and the nose. These giving way creates additional strain upon the vocal bands or cords."

"This general giving away causes what is styled a 'node,' because of the strain of keeping up the same tone. These nodes are little red points on the vocal cords, and appear first on the weakest spots, and when they are made to increase by the rapid vibrations of the cords against each other. After repeating this process several times the blood vessels in the cords become ruptured, and a condition is brought about which it takes months to recover from. In this way once a person has acquired a node he may be entirely unfit to carry out a programme for an entire season without frequent breakdowns."

"The question of diet is of the utmost importance to the public speaker as well as to the public singer. Mr. Bryan religiously observes a rule gained by great experience. Simply stated it is this: Eat as heartily as you wish of beef, lamb or mutton, roasted or broiled, never fried or boiled; soft boiled or poached eggs, milk and toast, white meat of fowl, except lobster and crab, spinach, asparagus, peas and string beans, rice and barley, and for stimulants one cup of tea, one cup of coffee or one cup of cocoa."

"All alcoholic beverages must be strictly tabooed, unless it be a small glass of claret after meals. Beer makes the voice flat and champagne makes it sharp, and in the case of singers has been known to raise the pitch to such a degree as to ruin the rendering of selections for which the singers were justly famed."

Both Mr. Bryan and Mr. Roosevelt also appreciate what a deadly thing the sleeping car is to a voice, and when traveling their faces are invariably covered with a light silk handkerchief. They also sleep with their heads toward the engine, thereby preventing a rush of blood to the head. If either of the candidates feels or has presentiment of any trouble before appearing on the platform he resorts to the singer's remedy of snuffing grunting for about five minutes. The grunts really resemble the growling of a bear, and are found to be most advantageous in clearing the vocal organs of the throat and chest. By this method they focus the voice in the forward part of the face and give a light exercise to the principal breath controlling muscles, the diaphragm, as the final preparation for speechmaking."

It will doubtless occasion surprise to those who have heard Mr. Roosevelt speak to be told that he understands the secret of voice culture almost as well as does Mr. Bryan, and that there is not the slightest reason for the apprehensions of many of his party leaders and personal friends that he may be obliged to retire from the platform.

Governor Roosevelt's physician, who objected to having his name appear in an interview, gave a few generalizations in regard to the care of throats, and more especially the throats of public speakers. Among other things, he said that Mr. Roosevelt has become so facile in the manipulation of his vocal organs that a breakdown is next to an impossibility, even though the campaign were to continue three months longer than the prescribed time.

Did the Governor not understand the mysteries of the speaking voice it would be absolutely impossible for him to survive one week of campaign work. His voice is naturally what is known among the profession as a white voice. All vehement people, whether men or women, will experience about the same difficulty as Mr. Roosevelt did when he first began public speaking. In the enthusiasm of the hour the delicate little chords of the throat are liable to be overworked.

But campaign orators and public speakers are not the only people who must need guard their voices. The worst cases of "giving out" are found among women school teachers, and sometimes, when the trouble runs too long without proper care and attention, the voice is permanently ruined.

With the school teacher, as with the campaign orator, the mistake is that they do not conserve the voice wherever possible. The woman who is obliged to exhort, and reprove, and read aloud a good portion of the day, as nearly every school teacher must necessarily do, should first of all find out the limitations of her voice, and then always use it accordingly. She invariably talks too loudly, under the delusion that loudness is necessary to distinctness; then she always does a great deal of unnecessary talking, forgetting that every unnecessary word is just so much wasted energy as well as an added strain upon her already overworked vocal organs.

Aside from the aesthetic duty which every woman owes to herself in the cultivation and preservation of a fine, musical voice, she has a greater duty toward the children under her charge. The influence of a voice is marvellous. A teacher with a well modulated voice is able to govern a roomful of disorderly children, and they will, moreover, in time attain their own shrill voices to be more or less in harmony with hers. The high, shrill, nasal twang which

so generally characterizes the American voice is largely a matter of habit and example, although, no doubt, induced to a greater or less degree by climatic conditions. It is the opinion of all great specialists that were it possible to give American boys and girls of the next two generations school teachers having low, well modulated voices, that quality would disappear.

A TRIPLE-DECKER.

It reminds one of a three-decker man-of-war, survivor of the old wooden navy, when you see a girl come down the street in all the freshness and glory of her triple-decker collar of white pique or batiste, says the Philadelphia Record. We beg her pardon for associating her with an ancient craft. She looks like a racing cutter in her smart linen frock. Still, the style of the costume chiefly depends upon the triple shoulder collar. This fashion deserves its popularity. It is cool, becoming and fresh-looking.

STRIVING TO CHEAPEN LIGHT.

Electricians confidently expect that their art will at a future day bring the cost of illumination down to a mere trifle compared with what it now is. As is well known, the most economical methods of lighting involve a waste of nearly all the energy utilized. Professor Langley says that the ideal light is that of the firefly, which is produced without heat or waste. If man could imitate it he would solve one of the most interesting and important problems.

MURDER AT PORTLAND.

An Old Man Killed by His Stepson—A Family Feud. Portland, Sept. 28.—As a result of a long-standing family feud, William Lunrutt, a Russian farmer of Sauvie's island, was shot and killed by his stepson, Al Kitemeyer, at 7 o'clock last night. Three shots were fired, and the old man died almost instantly. Kitemeyer gave himself up to the authorities this morning, claiming that he acted in self-defense. The stories of the three witnesses, who are also in custody, differ materially. The matter has been laid before the grand jury, which is making a searching investigation of the case. According to one eye-witness, the crime was a most dastardly one. Kitemeyer reloading his gun after he had fired two shots, and then shooting his victim again. Coroner Rand began the inquest this afternoon.

PLEASANT POINT NOTES.

Pleasant Point, Sept. 28.—Mr. J. I. Coleman whose yard is two miles south of Salem expected to pay out nearly \$2000 for picking this year's hop crop and the yield and quality were not the best. Some 300 boxes were left on the vines being hurt by mold.

It is safe to say that several thousand dollars of hop-pickers money will be spent in Salem this fall.

Henry McKee and wife have gone to Bakersfield, California.

J. H. Covert is moving on to a farm two miles west of Dallas, Polk county.

N. Morris, of Albany, was at the "Point" looking for a prospect to locate.

Harry Hall, of the Pacific Press Publishing Company, Oakland, California, visited friends here lately.

School begins, October 2d.

H. M. Dexter is away on a visit to Lebanon.

Most of the young people went hop-picking.

END IN SIGHT.

New York, Sept. 28.—The Herald tomorrow will say:

One of the men who has participated in the settlement of the anthracite coal miners' strike and is familiar with all the facts and the immediate circumstances, said in an interview last (Friday) night:

"The rumors that the negotiations looking to a settlement of the strike have failed, are untrue. My belief is that the strike will come to an end some time next week. It will not be ended by a bare or trumpets or by sweeping general orders, but by the men going quietly to work in colliery after colliery, day after day, at 10 per cent advance."

Prices for anthracite coal in this city have today dropped 50 or 75 cents per ton, indicating that the end is in sight.

Dried orange peel allowed to smolder on a piece of red-hot iron or on an old shovel will kill any bad odor and leave a fragrant one behind.

Market Reports

The local market quotations yesterday were as follows:

Wheat—50 cents at the Salem Flouring Mills Co.'s office.

Oats—35 cent (buying).

Hay—Cheat, buying \$6 to \$6.50; timothy, \$8.50 to \$10.

Flour—75 and 80 cents per sack; \$2.50 to \$3 per bbl.

Milk feed—Bran, \$13; shorts, \$15.50. Butter—20 and 22 cents, (buying). Eggs—22 1/2.

Poultry—Chickens, 7c per lb; market badly overstocked.

Pork—Fat, 4 1/2 gross, 5 1/2 net. Beef—Steers, 3 1/2 cows, 3 1/4; good heifer, 3 1/2.

Mutton—Sheep, 3 to 3 1/2 on foot; sheared 2 1/2 to 3c.

Veal—6 1/2 and 7c dressed.

Potatoes—25c 30 cents, buying.

Wool—15 to 16 cents, market weak.

Mohair—25 cents.

Hop Twine—12 cents per pound.

GOLD DUST FLOUR

Sidney, Oregon, is a safe family use, ask your grocers for it. Bran and shorts always on hand. A. T. Wain, agent. Phone 51. 47-1

HARNESSES

WHIPS, ROBES California Oak-tanned Leather used. Harness Oil, etc. F. E. SHAFER

23 State Street. Salem, Oregon