

Tired, Weak, Nervous



Mrs. Mary C. Cryderman. "I had rheumatism so severely that I was obliged to use a cane. I was tired of life and was a burden to those about me. I often suffered from dizziness, worried much, and was subject to nervous spells. Hood's Sarsaparilla made me feel like a different person. I owe my present good health to Hood's."

Hood's Cures

Hood's Pills cure all liver ills, biliousness, jaundice, indigestion, sick headache, etc.

HAVE YOU GOT PILES? Hood's Pills cure all liver ills, biliousness, jaundice, indigestion, sick headache, etc.

MADE NO MORE MISTAKES CHARLES A. SMITH RUNS

The Rustler Wood Saw

And he doesn't burn up half your wood, in fact, when he saws it. Make your contract with him personally or leave orders at Vanstetter's cigar store, Dearborn's book store, 436 Sumner street, or address me by mail.

J. H. HAAS, THE WATCHMAKER

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And Oregon Development company's steamship line, 225 miles shorter, 30 hours less time than by any other route. First class through passenger and freight line from Portland and all points in the Willamette valley to and from San Francisco.

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DR. GUNN'S IMPROVED LIVER PILLS

A movement of the bowels each day, is necessary to health. These pills gently but effectively induce the action of the bowels, and are so gentle that they can be used by the most delicate.

Before Going to the World's Fair Enquire About

The Limited Express trains of the Chicago, Milwaukee & St. Paul Railway between St. Paul and Chicago and Omaha and Chicago. These trains are vestibuled, electric lighted and steam heated, with the finest dining and sleeping car service in the world.

An Expressive Monument.

The decidedly English expression of the towns of Stanley in the Falkland Islands is greatly heightened upon going on shore, where I landed upon a small jolly at whose extremity stands a pyramidal brick and stone monument, bearing on a tablet the rather inexpressive communication, "Alfred, 24th February, 1874."

Knowing that many nations had at different times claimed possession of these islands, and that several conflicts had resulted, it was but natural to suppose that this proud pile distinguished the spot where some British Horatius Coclus had, single handed, repelled the landing cutters of several French or Spanish men-of-war and that his appreciative countrymen had thus made the fact known to such of the great world as might by accident stray thither.

The very first citizen I begged to tell me more of this brave, this doughty Alfred, apologizing of course for a memory defective in matters of historical detail. And my blood almost congealed within my veins and my heart stood still with awe as I learned that here, here on this very spot a "real live" English prince had once set his foot on coming ashore to pay a visit to the governor.

My informer stood solemn and serious, but there is no use in denying that I was profligate enough to laugh. "Around and About South America."

He Was Just Talking.

"After all," said the man who married for love, "I don't know but that the system of marriage that obtains in France where the parents arrange matters and the couple learn to love each other afterward is not just as productive of happiness as our haphazard American way. Love any way is largely a matter of contiguity and identity of interests. Take, for instance, the case of a man buying a dog. He goes to some dealer and chooses a pup that seems likely to turn out well, takes the beast home and cares for it, and before he is aware of it his sense of possession and companionship has ripened into an affection deeper than he dreamed of. He is ready to fight for his dog. He goes down town and makes all his friends weary with stories of the animal's wonderful intelligence. And it seems to me that if a man had a wife chosen in pretty much the same way the results would be about the same. He would!"

But here his wife made a dive for him and shook him and tousled his hair until he solemnly recanted every word and admitted that he was only exercising the pleasure of hearing the sound of his own voice.—Louisville Courier-Journal.

A Faithful Quail.

In June, 1888, while I was on a visit to Dr. J. M. Pickett of Cedarville, Ala., he informed me of having seen a male Bob White incubating. He had visited the nest on various times on different days and always found the male bird on the nest. Wishing to be an eyewitness of so interesting a sight, I rode several miles with the doctor to the nest. There we found Bob White faithfully warming his treasures, but not into life. The eggs were never hatched. Dr. Pickett frequently went to the nest until long after the period of incubation had elapsed, and finding that the eggs would not hatch he destroyed them, to prevent the useless occupation of the nest by the bird.

Whalebone Scarce.

Featherbone, hornbone, celluloid, reed, rattan, coralline and vegetable fiber are not good substitutes for whalebone, but the latter is becoming expensive and very difficult to obtain and is being gradually driven out of many of the whip establishments. In 1891 whalebone sold for \$6.70 per pound, the result of a corner, there being only 50,000 pounds available for sale, and that in the possession of a company on the Pacific coast. This price gave a great impetus to substitutes, and at this moment the whaling men are walking the floor, it being believed that a very substantial substitute for whalebone will soon be on the market.—New York Telegram.

To Remove Ink From Cotton.

A solution of oxalic acid has been used for removing ink from cotton, linen, or the fingers, but it is attended with the danger of injuring textiles and the skin. A much safer and better treatment of ink or rust stains consists in the application of two parts of powdered cream of tartar and one part of finely powdered oxalic acid. Shake up the ingredients well together and apply the powder with a dry rag to the dampened stain. When the spot has disappeared, the part should be very well washed.—Philadelphia Times.

Dentistry Among the Egyptians

It is thought that the Egyptians and Ethiopians were further advanced in the art of dentistry than any other people in that early period, for teeth filled with gold have been found in the mouths of mummies, indicating their advanced ideas. These people were the first to supply artificial substitutes in the mouth.



Dr. L. L. Garner.

Stricken Down with Heart Disease

Dr. Miles Medical Co., Elkhart, Ind. Government: I feel it my duty, as well as a pleasure, to publish, unobscured, to the world the benefit received from Dr. Miles' Heart Disease Remedy. I was stricken down with Heart Disease and complications, a rapid pulse varying from 90 to 140 beats per minute, a choking or burning sensation in the wind pipe, oppression in the chest, much pain in the region of the heart and below the ribs, pain in the arms, shortness of breath, sleeplessness, weakness and general debility. The greatest in my case would have been the throbbing of my heart, which could be heard across a large room and would make my whole body. I was so nervous that I could not hold my hand steady. I have been under the treatment of eminent physicians, without the least benefit. A friend recommended your New Heart Cure and two bottles relieved me. My pulse is normal, I have no more violent throbbing of the heart, I am a well man. I sincerely recommend every one who is afflicted with Heart Disease to take Dr. Miles' Heart Disease Remedy and be cured. L. L. Garner, Gypsum City, Kans. SOLD ON A POSITIVE GUARANTEE.

DR. MILES' PILLS, 50 DOSES 25 CTS.

Sold by D. J. Fry, druggist, Salem

Baby cried, Mother sighed, Doctor prescribed: Castoria

TODAY'S MARKETS.

Prices Current by Telegraph—Local and Portland Quotations. SALEM, July 28, 4 p. m.—OFFICE DAILY CAPITAL JOURNAL. Quotations for day and up to hour of going to press were as follows: SALEM PRODUCE MARKET. PEAS—5 cents a gallon. Raspberries—red and black 4 to 5 cts. Cherries—5 to 8 cts a lb. Currants—5 cts. BUTCHER STOCK. Veals—dressed 41 cts. Hogs—dressed 61 to 64. Live cattle—2 to 2 1/2. Sheep—alive \$1.50 to \$2.00. Spring lambs—\$1.50 to \$2.00. MILL PRICES. Salem Milling Co. quotes: Flour in wholesale lots \$3.20. Retail \$3.60. Bran \$17 bulk, \$18 sacked. Shorts \$19 and \$20. Chop feed \$19 and \$20. WHEAT. 54 cents. HAY AND GRAIN. Oats—40 to 45 cents. Hay—Baled, new \$8 to \$12; old \$10 to \$14. Wild in bulk, \$6 to \$8. Barley—No demand except for feed, 50 cents. FARM PRODUCTS. Wool—Best, 10c. Eggs—Small sale, 15j to 17c. Hops—Cash, 18 cents. Butter—Best dairy, 25; fancy creamery, 30. Cheese—12 to 15 cts. Farm smoked meats—Bacon 12j; hams, 13; shoulders, 10. Potatoes—new, 60c. Onions—11 to 12 cents. Beans—34c. Caraway seed, 18c. Anise seed, 26c. Ginseng, \$1.40. HIDES AND FELTS. Green, 2 cts; dry, 4 cts; sheep pelts, 75 cts to \$1.25. No quotations on furs. LIVE POULTRY. Chickens—7 to 10 cts; broilers 10 to 12j; ducks, 12j; turkeys, slow sale, choice, 10 cts; geese slow. PORTLAND QUOTATIONS. Grain, Feed, etc. Flour—Standard, \$3.40; Watta Walls, \$3.40; Graham, \$3.90; superfine, \$2.50 per barrel. Oats—White, 45c per bushel, grey, 42c; rolled, in bags, \$6.25 to \$6.50; hulled, \$6.20 to \$6.75; cases, \$5.75. Hay—Best, \$15 to 17 per ton; common, \$10 to 13. Wool—valley, 10 to 12c. Millstuffs—Hras, \$17.00; shorts, \$21; round barley, \$22 to \$24; chop feed, \$18 per ton; whole feed, barley, \$20 to \$22 per cental; middling, \$23 to \$25 per cental; brewing barley, \$20 to \$22 per cental; chicken wheat, \$1.22 to \$1.24 per cental. Hops—10 to 17c. DAIRY PRODUCE. Butter—Oregon fancy creamery, 22j to 25c; fancy dairy, 17j to 18c; fair to good, 16j to 18c; common, 12j to 14c; California, 35 to 44c per cwt. Cheese—Oregon, @ 12j; Eastern wire, 16c; Young American, 16c per pound; California flat, 14c. Eggs—Oregon, 18c per dozen. Poultry—Chickens, 6j to 8j; broilers, large, \$2.00 to 2.50; ducks, old, \$4.50 to 5.00; young, \$2.50 to 4.00; geese, \$8.00 to 10.00; turkeys, 12j; dressed, 15c, per lb. SAN FRANCISCO MARKET. Wool: Oregon Eastern choice, 12c to 15c; do inferior, 9c to 11c; do valley, 14c to 16c. Hops—16 to 18c. Potatoes—New Early Rose, 50c to 55c; do per cental, 50c to 55c. Onions—75 to 85c per cental for red, and \$1.00 to 1.20 for silverskins. Barley—Feed, 50c to \$1.00 per cental for good quality, and 50c for choice; brewing, 90c to 1.00 per cental. Oats—Milling, \$1.45 to \$1.52; fancy feed 1.45 to 1.52; do choice, \$1.35 to 1.45; common to fair, \$1.10 to 1.25; gray, \$1.30 to 1.44; black, \$1.10 to 1.20 per cental.

SIX INCHES OF TWINE.

It Stopped an Obstinate Nosebleed a Physician Could Not Check.

Pretty soon after the morning train on the Consolidated road pulled out of New London station, westward bound, the conductor bolted through the drawing room car door and asked, "Is there a physician in this car?" All the passengers gazed at a tall, thin man who had down his paper, spoke to the conductor and went out with him a minute later. Twenty minutes after when the conductor came in view every passenger asked him the same question, and in reply he said: "Oh, it's a man in the smoker he's got nosebleed, nasal hemorrhage, the doctor calls it. His nose has been bleeding ever since we left East Greenwich, and it hasn't stopped yet."

"What is the doctor doing for it?" inquired a man.

"He has just put in a tampon, and we've all pooled in our handkerchiefs for the poor fellow; he's getting awfully white and weak."

In one of the rear chairs of the car sat a young woman who had flushed and paled at rapid intervals as the conductor talked, and when she finally beckoned to him he quickly moved to her side.

"I think I know something to stop the nosebleed. I never knew it to fail," she timidly asserted, "but may I ought not to suggest it if the gentleman in the doctor's care."

"The doctor is about getting discouraged, and the packing in the man's nose doesn't seem to staunch the flow at all. If you know anything, I guess everybody would thank you to tell it."

A few moments later the conductor took the young woman into the smoker at the physician's request. The medical man said, "Pardon me, but if you have any knowledge of a remedy to stop nasal hemorrhage both this patient and I would be immensely grateful to you."

"Have you a piece of twine—ordinary wrapping twine?" said the girl. Out from a bundle quickly came a piece. The girl took it, asked the loan of a knife, and cutting a piece of twine about six inches in length tied it very tightly around the little finger of the left hand of the man with the nosebleed. Then she asked the conductor to escort her back to her car.

It was not five minutes later when the doctor came through the car door and went straight for the place where the young woman sat. She was busily engaged in reading a magazine, but looked up as he spoke to her.

"Your remedy has been perfectly successful," he said and asked permission to take a vacant chair near her.

"It is strange," he continued, "how many times in a physician's life he finds all his acquired science useless before the common sense of some nonprofessional person. Why, I might have known if I had only stopped to think that your remedy couldn't fail. Just as soon as you began tying that string around the little finger I knew it would stop the bleeding, and it could not have done otherwise. Of course you know the scientific reason for it, the fact of the arteries passing through the little finger and all about that!"

"No," she said, "I only know my grandmother told mother of it, and she told me. I am a teacher, and quite often in the first warm days in spring the little children in my department in school have nosebleeds. I always get some twine from the boys' pockets and tie it tightly around the little finger of the child, and it has never failed to stop the flow."—New York Recorder.

Believed by His Friends.

Fred Neuman tells a snake story which challenges credulity, but which he vouches for and all his friends believed. Wednesday he was riding in the back part of his ambulance and leading a horse behind the vehicle. Suddenly a rattlesnake was alarmed in the road. The horse took fright of course, and in its frantic efforts to escape the dreaded reptile Mr. Neuman was jerked out of the vehicle and fell on the snake. He sprang to his feet, expecting to feel the fangs of the snake in his flesh, but to his intense delight he found that in falling his head had struck the snake on the head and killed it.—Hond (Tex.) Herald.

Unconventional Motion.

Chevrolet's well-known experiments with the exploratory pendulum and the diving rod show that if we represent to ourselves a motion in any direction the hand will unconsciously realize it and communicate it to the pendulum. The tipping table realizes a movement we are anticipating through the intervention of a real movement of the hands, of which we are not conscious.—Alfred Fouille in Popular Science Monthly.

Edith's Guess.

Little Edith belongs to a family where the boys go to college and the girls to female seminaries. She keeps careful track of all the doings at both places. She often hears words which are too big for her. It being "field day" for the class in geology, she was asked what the girls were going for. "Oh," said she, "I suppose they're after theological specimens!"—Youth's Companion.

BALD HEADS!



What is the condition of yours? Is your hair dry, harsh, brittle? Does it split at the ends? Has it a lifeless appearance? Does it fall out when combed or brushed? Is it full of dandruff? Does your scalp itch? Is it dry or in a heated condition? If these are some of your symptoms be warned in time or you will become bald.

Skookum Root Hair Grower

Is what you need. Its production is not an accident, but the result of scientific research. It is the essence of the hair naturally lost by the process of hair loss. It is a natural hair restorer, and it is the only hair restorer that is not a stimulant. It is the only hair restorer that is not a stimulant. It is the only hair restorer that is not a stimulant.

THE SKOOKUM ROOT HAIR GROWER CO., 57 South Fifth Avenue, New York, N. Y.

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On Xeter System.

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In addition can be wired for as many lights as desired and the consumers pay for only such light as is used. For details apply to the Xeter Light and Power Company, 179 Commercial St.

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Have you abused the laws of nature and injured your nervous system? Are you despondent and melancholy with confused ideas and gloomy thoughts? "ESPANO" will positively cure you. It contains no mineral poisons and is remarkable for awakening organic action throughout the system and an improvement in every tissue. It produces better muscles, bones, nerves, hair, nails, skin, blood and gives vigorous life to the unfortunate who has exhausted his powers. Prepared in tablet form and packed in boxes convenient to carry in the pocket. Each box contains 60 doses or enough to last one month and is worth many times its weight in gold. The price \$1.00 per box or 6 boxes for \$5.00 if ordered at one time and a guarantee will be given that any case mentioned above that it does not cure, the money will be refunded. As to our financial standing we refer to any bank in this city. Sent charges prepaid to any address in United States or Canada. Put up in plain wrapper with no mark to distinguish what it is. Send for circulars and testimonials. Address,

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