



Catarrh

Has troubled me for 11 years. I have taken four bottles of Hood's Sarsaparilla and am perfectly cured. I think Hood's sarsaparilla has no equal, and believe that many who are in poor health and have become discouraged, would be restored to good health if they would only give

Hood's Sarsaparilla
a fair trial. Wm. J. BENSCH, Astoria, Ore., Hood's Pills cure all liver ills, biliousness, headache, etc.

VALLEY LOCAL NEWS.

ASHLAND TIDINGS.
E. H. Anterrieth and J. B. Russell, of Yreka, were in town Monday.
Leonard Kaiser and sister returned home to Yreka Monday.
E. A. Sherwin went to Portland Sunday.

Prof. Cornutt, of the Ashland public schools, spent vacation at his Douglas county home, returning Friday.
Wm. Ulrich, of Medford, was a south bound passenger Friday, journeying to northern California, returning yesterday.

Elder A. J. Stover, the Adventist minister, returned to Grants Pass last evening after visiting his church people in Ashland and conducting services for them at their church.

Chas. Allmen, the mining expert, was here Saturday and went back to Glendale where he is to investigate some mining property in the interest of Gund, the Seattle capitalist.
Roseburg Plaindealer.
Dr. Little, of Oakland and Lewis Wasserman, of Portland, were in the city Tuesday.
Attorney H. L. Bilyeu, of Eugene, was in Roseburg Tuesday.

C. D. Drain, of Drain and W. F. Myers, of Yoncalla, were recent visitors here.
J. S. Pelcher and Thos. Smith of Bohemia, and E. C. Lockwood, of Cottage Grove were in the city Tuesday.
H. S. Webber, Jameston, R. Y. Rordman, Galeonda, J. Krelodbon, Riddle, and J. L. Grimes, of Looking-Glass were in Roseburg Tuesday.
I. E. Rice, of Isadore, was in the city Tuesday.

S. C. Meller, of Dillard, and W. R. Vinson, of Winchester, were in the city Tuesday.
At the Odd Fellow's Temple Saturday night the following officers were installed by D. D. G. M. H. Parry, viz: R. M. Conkling, N. G. J. W. Strange, V. G.; E. M. Brown, Secretary, and J. T. Bryan, permanent secretary; S. W. Vanzile, War.
R. A. Emmitt, of Keno, son of Hon. John Emmitt, of Coles Valley, was in the city Tuesday.

EUGENE GUARD.
Dr. T. W. Harris is in Portland.
W. W. Haines went to Salem Tuesday.
J. P. Cheshire returned to his home in Sodaville this morning.
Miss Orpha Wayne returned to Cottage Grove Tuesday.
Miss Belle Ward, a student, returned to her home at Halsey Tuesday.
N. G. McDonald and wife, of Ballgate, North Dakota, arrived here Tuesday.
M. Harlow Sr., is quite ill at his home north of this city.
Harrison Bristow has recovered from his recent illness and is now working in Eli Bangs' stable.
Mrs. O. S. Goodnough, of Roseburg, arrived here Tuesday and will visit with the family of H. W. Holden.
Chas. Johnson left Tuesday for Pendleton, where he will take a position with his brother, Grant Johnson.
U. S. Williams returned Tuesday from Cottage Grove, where he has been in the interest of the new electric light plant.
J. A. Haines, who has been visiting with the family of his brother, W. W. Haines, in this city, left for Wilbur Tuesday.
Hon. H. C. Miller left on a trip to Albany and Salem.
Prof. D. W. Coolidge and family are in Ashland visiting relatives.

ALBANY DEMOCRAT.
P. B. Marshall went to Portland Tuesday.
Miss Mollie Giblin returned Monday from a visit with Miss Fennell in Salem.

License has been issued for the Marriage of Paul Valerius and Dinah Irvine.

Miss Joyce Brownell went to Portland Tuesday noon to study under Prof. W. Gifford Nash.

Mr. Oscar Goodman, a former student of the Albany college, is in the city.

Miss Nellie Hogue, a graduate of the Oregon agricultural college has just completed a term of school in the Greenback district and is now visiting her parents in this city.

Mrs. Stein and Miss Rich are moving into the residence next door to Dr. G. W. Maston. The residence vacated by them at Seventh and Ferry will be occupied by G. W. Simpson.

Lawyer G. W. Wright and Rev. B. E. Fuller returned from Portland Tuesday.

G. W. Harris went to Polk county Tuesday to put up some monuments for E. W. Achison & Co.

A. D. Barker left Tuesday for Southern Oregon on A. O. U. W. business. He will visit Oakland, Yoncalla, Drain and other towns.

L. E. Gray, Mrs. A. D. Baker and Maggie Baker were in Jefferson Saturday evening assisting in the organization of a lodge of Degree of Honor, which starts with a membership of 25.

Mr. and Mrs. Chandler Bloom arrived in Albany Saturday evening, coming up the Willamette on a river steamer. Mr. Bloom and Miss Cora Shope were married in Clearfield, Penn., on December 24th.

Mrs. Peacock, mother of W. B. Peacock, was taken seriously ill on Saturday with paralysis of the brain, and her life was despaired of for some time. Today she was reported better, and it was thought would recover.

HARD TIMES FACTS.

GOOD READING FOR THE FAMILY CIRCLE.

Every reader of THE JOURNAL should look up the list of premiums given absolutely free with this paper. The WEEKLY JOURNAL at \$1 a year is the cheapest paper on the Pacific coast, yet with it we give yearly subscriptions to any of the following valuable publications, each known to the world as a standard in its field:

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Don't be deceived into paying for so-called premiums offered with high priced papers at a slight advance. Remember THE JOURNAL is the cheapest newspaper on the Pacific coast, and it gives you high grade premiums without additional charge.

Insane Asylum Report.
For December 30, 1895, the superintendent of the Insane asylum submits following reports:
Male patients..... 734
Female patients..... 326
Total..... 1,060
No. deaths..... 7
No. discharged..... 112
No. received..... 20



ASSIST NATURE a little now and then in removing offending matter from the stomach and bowels and you thereby avoid a multitude of distressing derangements and diseases, and will have less frequent need of your doctor's service.
Of all known agents for this purpose, Dr. Pierce's Pleasant Pellets are the best. Once used, they are always in favor. Their secondary effect is to keep the bowels open and regular, not to further constipate, as is the case with other pills. Hence, their great popularity with sufferers from habitual constipation, piles and their attendant discomfort and manifold derangements. The "Pellets" are purely vegetable and perfectly harmless in any condition of the system. No care is required while using them; they do not interfere with the diet, habits of occupation, and produce no pain, griping or shock to the system. They act in a mild, easy and natural way and there is no reaction afterward. Their help lasts.
The Pellets cure biliousness, sick and bilious, headache, dizziness, costiveness, or constipation, sour stomach, loss of appetite, coated tongue, indigestion, or dyspepsia, windy belchings, "heartburn," pain and distress after eating, and kindred derangements of the liver, stomach and bowels.
In proof of their superior excellence, it can be truthfully said: that they are always adopted as a household remedy after the first trial. Put up in sealed, glass vials, therefore always fresh and reliable. One little "Pellet" is a laxative, two are mildly cathartic. As a "dinner pill," to promote digestion, or to relieve distress from over-eating, take one after dinner. They are tiny, sugar-coated granules; any child will readily take them.
Accept no substitute that may be recommended to be "just as good." It may be better for the dealer, because of paying him a better profit, but he is not the one who needs help.

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THIRTY years' observation of Castoria with the patronage of millions of persons, permit us to speak of it without guessing. It is unquestionably the best remedy for Infants and Children the world has ever known. It is harmless. Children like it. It gives them health. It will save their lives. In it Mothers have something which is absolutely safe and practically perfect as a child's medicine.

- Castoria destroys Worms.
- Castoria allays Feverishness.
- Castoria prevents vomiting Sour Curd.
- Castoria cures Diarrhoea and Wind Colic.
- Castoria relieves Teething Troubles.
- Castoria cures Constipation and Flatulency.

Castoria neutralizes the effects of carbonic acid gas or poisonous air. Castoria does not contain morphine, opium, or other narcotic property. Castoria assimilates the food, regulates the stomach and bowels, giving healthy and natural sleep. Castoria is put up in one-size bottles only. It is not sold in bulk. Don't allow any one to sell you anything else on the plea or promise that it is "just as good" and "will answer every purpose."

See that you get C-A-S-T-O-R-I-A.

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EDITORS,

Salem, - Oregon.



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