FIRE CHIEF A. H. RUNGE.

His Restored Health Was Due to Paine's Celery Compound.

The position of chief of fire department in a big city like Minneapolis, with its acres of valuable building property, crossed by numerous railroad lines and dotted with factories where the fires are never "banked," is one of the utmost responsibility, and can be trusted only to a man of unquestioned character and ability.

August H. Runge, who has filled this responsible position for so many years with so much credit to himself and the city, was born in New York in 1852, where he received a common school education.

What such a man as this has to say can scarcely fail to carry weight with it:

"With the hope that what I say may in some way be brought to the attention of others, who, like myself, have suffered without any apparent cause, I feel constrained to recite a brief tale regarding an experience which I trust may never be repeated in my case.

"A few months ago, owing doubtless to the exacting nature of my duties as head of the fire department, I began to feel a sort of languor and listlessness, to disguise which I was compelled to bring into play all the strength of will I could command. The feeling grew upon me, however, and in a short time it took such possession of me that it affected my appetite and caused insomnia. I approached my meals with a feeling amounting almost to nausea, and my bed with horror at the restless night which I was almost certain was before me. Matters became so serious with me that I could no longer keep silent about myself and speaking of it to one of my friends one day, he suggested that I try Paine's celery compound. I purchased a bottle and before I had taken a dozen doses I knew that the suggestion was a good one. I felt an improvement. I continued to use it, and felt restored. My appetite is good, and I sleep well, and instead of an irksome grind my business is again a pleasure to me. I attribute this happy state of affairs to Paine's celery compound."

As in the case of Fire Chief Runge the beginning of poor health is very apt to rob one of the will power to start immediately about getting out of danger. It is this inertia of poor health that makes an ordinary "run-down" bodily condition so dangerous, and so likely to go on to something worse. Every day it is clearly shown that it won't do to live tired-out, and on the verge of breaking down. The languor and the lack of strength are sure to increase.

Now is the time to throw off disease. As the new year begins there are fewest hindrances to getting back sturdy health and strength. The bracing weather arouses a longing for health. Paine's celery compound, taken now, does its best service toward driving out disease, and establishing firm health.

THE ECONOMY PLANK.

Adopted by the Last Republican State Convention.

The plank reads as follows:

"In our state of affairs we demand closest scrutiny and economy in expenditures. We condemn the prodigality and excess of past legislatures, and call upon the next legislative assembly to keep all appropriations within the limits of the most economical administration consistent with efficiency. The officers of the administrative department of the state have become too expensive, and their expenses must be reduced. When the constitution fixes the salary, only the constitutional salary should be paid, without additional emoluments. The practice of employing unnecessary clerks and of paying fees in excess of just payment for services needed or rendered, has become an abuse that must be cut off, and we pledge the Republican party to the prosecution and accomplishment of this reform. District attorneys and other officials should be paid fixed salaries, since payment of fees encourages litigation and entails upon the taxpayers heavy and needless expense."

Bucklen's Arnica Salve.

The best Salve in the world for Cuts, Bruises, Sores, Ulcers, Salt Rheum, Fever Sores, Tetter, Chapped hands, Chilblains, and all Skin Eruptions, and positively cures Piles or no pay required. It is guaranteed to give perfect satisfaction or money refunded. Price 25 cents a box. For sale by Fred A. Legg.

Children Cry for Pitcher's Castoria.

PORTLAND REFORMERS.

Who Want a special Session of the Legislature.

[Oregonian, Jan. 17.]

MR. SIMON FAVORS IT.

Mr. Joseph Simon, hold-over senator, said:

"I am inclined to favor an extraordinary session of the legislature, provided any reasonable assurance is given that we could accomplish the purpose of its demand of economic measures, a matter in which the people of the state, particularly in this county and city, are interested. I think that, if the legislature should convene in extraordinary session, we would be successful in passing such measures. As has been well said in the Oregonian, repeatedly, nine-tenths of the outgoing legislature are seeking re-election. This will prove the strongest possible incentive in favor of economy.

"There is a strong sentiment among all classes of people for more economical management of public affairs, in all departments and this is so steadily growing that legislators dare not, if they desired, withstand the demand."

MR. PAXTON FAVORS IT.

O. F. Paxton, representative, said:

"I favor an extra session because I believe we can reduce expenses. We are confronted by a serious condition of affairs. Taxes have increased until they are a burden. Every taxpayer realizes this. The only relief is to reduce public expenditures and lessen taxation. No good reason exists why this should not be done. The times require it. Judicious legislation will accomplish it. The cost of an extra session would be trifling compared with the saving that could be made. A number of excellent measures looking to public retrenchment and economy were introduced at the last session, but were unhappily defeated. The excitement and feeling growing out of a protracted senatorial contest always interfere with the enactment of laws. No such influence would now interfere with legislation. The members have been home and have seen the distress arising from failures to pass needed laws, and I believe would return to Salem imbued with an earnest spirit to correct whatever of existing evils legislation can reach.

"The governor I know is personally extremely anxious to reduce public expenses and favors most careful and rigid economy. The people of the whole state are of the same mind. Members of the legislature must realize this, and I believe an extra session called for the express purpose of reducing expenses could not fail to accomplish good. I think it worth trying.

MR. LONG FAVORS IT.

Mr. Joel M. Long, representative:

"I see no objection to an extra session. From my acquaintance among members of the house, I am of opinion that they will be willing to pass any reasonable measures looking toward relief of the people from exorbitant taxes or abuses that have crept into the administration of public affairs. Perfectly willing to spend the necessary time at Salem for such purpose, I believe there is a general sentiment throughout the state for some kind of relief, and the people should make some public expression to show whether or not they desire an extra session of the legislature.

There was a slight error published in the Oregonian regarding the position of Governor Lord. During the session of the legislature he repeatedly came to me as a member of the committe on compensation of state and and county officers, asking that all the officers be placed on a salary, and if that could not be done, he expressly requested that the legislature at least name his salary, as he desired some certain sum stated so that one could know beyond dispute just what salary the governor of the state was receiving.

"A special session of the legislature could afford relief to the people as follows:

"First—A proper adjustment of salaries.

"Second—A modification of the assessment law on the lines of the Burke bill, which, of itself, would save to Multnomah county and the city of Portland, the cost of all its officers.

"Wiping from the statutes of the state all laws creating sinecures."

YEW PARK CLUB.—Rhpublicans are requested to assemble at the H. A. C. Band hall Saturday at 2 p. m. in postoffice block. By order of Chas. Burggraf, president. Wiley A. Moores secretary.

THE BUSINESS MAN'S LUNCH.

Hard Work and Indigestion go Hand in Hand.

Concentrated thought, continued m, robs the stomach of necessary blood, and this is also true of hard physical labor.

When a five horse-power engine is made to do ten horse-power work something is going to break. Very often the hard-worked man coming from the field or the office will "bolt" his food in a few minutes which will take hours to digest. Then too, many foods are about as useful in the stomach as a keg of nails would be in a fire under a boiler. The ill-used stomach refuses to do its work without the proper stimulus which it gets from the blood and nerves. The nerves are weak and "ready to break," because they do not get the nourishment they require from the blood, finally the ill-used brain is morbidly wide awake when the overworked man attempts to find rest in bed.

The application of common sense in the treatment of the stomach and the whole system brings to the busy man the full enjoyment of life and healthy digestion when he takes Dr. Pierce's Pleasant Pellets to relieve a bilious stomach or after a too hearty meal, and Dr. Pierce's Golden Medical Discovery to purify, enrich and vitalize the blood. The "Pellets" are tiny sugar-coated pills made of highly concentrated vegetable ingredients which relieve the stomach of all offending matters easily and thoroughly. They need only be taken for a short time to cure the biliousness, constipation and slothfulness, or torpor, of the liver; then the "Medical Discovery" should be taken in teaspoonful doses to increase the blood and enrich it. It has a peculiar effect upon the lining membranes of the stomach and bowels, toning up and strengthening them for all time. The whole system feels the effect of the pure blood coursing through the body and the nerves are vitalized and strengthened, not deadened, or put to sleep, as the so-called celery compounds and nerve mixtures do—but refreshed and fed on the food they need for health. If you suffer from indigestion, dyspepsia, nervousness, and any of the ills which come from impure blood and disordered stomach, you can *cure yourself* with Dr. Pierce's Golden Medical Discovery which can be obtained at any drug store in the country.

WHY IT CIRCULATES

Phenomenal Demand for a Weekly Newspaper.

IT ADVOCATES POPULAR MEASURES

Characteristic Letters From All Kinds of People.

The phenomenal circulation of the WEEKLY CAPITAL JOURNAL in all the postoffices of Western Oregon causes a great deal of comment, and needs some explanation. Orders keep pouring in by every mail, and while names are struck off the list as soon as a subscription expires the additions surpass the expirations.

IT IS THE CHEAPEST

Weekly in the state. One year $1.00, six months 50 cents, three months 25 cents. At this low price all can afford to take an Oregon Weekly, and these hard times they naturally take the cheapest. It is too cheap to do without it, and conducted on the cash in advance basis, they know they will not have a bill run on them.

THE PEOPLE WANT IT.

The people will not pay cash in advance for a paper unless they want it and appreciate it. THE WEEKLY is as popular as THE ONE CENT DAILY which is conceded to be the most popular daily in Western Oregon. A man brought in a silver half dollar the other day and ordered it for two months. He said: "I can't get work this winter. I can get along without one meal a day. But I can't get along without THE ONE CENT DAILY. These long, cloudy, rainy, winter days it comes a welcome messenger to cheer the whole family." The people feel the same way about the WEEKLY.

FROM NETARTS BAY.

comes a cheering letter from a subscriber at Netarts, Oregon who encloses a dollar and writes:

"DEAR EDITORS: THE JOURNAL has the true Republican ring about it. I wish that every paper in the country would advocate the peoples cause as THE JOURNAL does. I will do all I can for THE JOURNAL.

W. C. O'HARA.

A Republican of the school of Abraham Lincoln."

Mr. O'Hara is not afraid to sign himself an Abraham Lincoln Republican and THE JOURNAL feels proud to be considered a champion of Abraham Lincoln Republicanism.

FROM MAINE TO TEXAS,

Come orders for THE $1 WEEKLY JOURNAL. Silver dollars are sent. John Holm, Luling, Texas, sends us a big dollar of the daddy in a common envelope. It is one of those "In God We Trust," dollars, coined in 1893, good enough for any American, and good enough for any newspaper. THE JOURNAL is the only silver Daily and Weekly in Oregon. THE JOURNAL is the only Daily and Weekly in Oregon that fights the whole gold bond humbug and stands for the right of the American people to buy their bonds. It demands Republican legislation for the American people instead of for the corporation, the trusts, the bondholders and syndicates.

ORDER THE JOURNAL.

Circulate the DAILY and WEEKLY. Stand by the cause of good goverment for the masses and sound American principles. We will pay extra postage on silver. Don't send stamps.

Hood's is Wonderful.

No less wonderful are the cures accomplished by Hood's Sarsaparilla, even after other preparations and physicians' prescriptions have failed. The reason, however, is simple. When the blood is enriched and purified, disease disappears and good health returns, and Hood's Sarsaparilla is the one true blood purifier.

Hood's pills are prompt and efficient and do not purge, pain or gripe, 25 cents.

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On farm land security. Special rates on large loans. Loans considered without delay.

HAMILTON & MOIR

Bush Bank building.

MONEY TO LOAN!

On city or farm property.

T. K. FORD,

Over Bush's Bank,

MONEY TO LOAN.

I have $5000 to loan in one sum or any fractional part not less than $300 To o n in Salem during the next 30 days. Address with particulars,

J. H. HAWLEY,

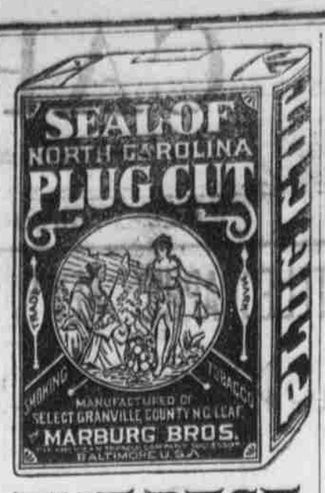
266½ Stark street, Portland, Or

FARM FOR SALE!

360 acres, located 1½ miles west of Wapata station, Yamhill county, and 1½ miles south of Gaston. 17 acres of hops, large hop house, 20 acres wheat land, 10 acres meadow and beaver dam; most of the balance well set in a variety of tame grasses. Good soil, no rock, easily put in cultivation, with spring or creek on every 40 acres. Will sell in tracts of 40 acres or more at prices from $280 upward, according to location and improvements. Easy terms. For further particulars enquire of

WM. H. EGAN,

1 4 1m Gervais, Or



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The times are hard and I propose to give the public hard times prices.

New factory shoes, plain	1 00
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Hand-made steel shoes	2 00
Track shoeing	2 50

"Jack" Harkins,

100 Chemeketa street.

Capital Transfer Co.

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Express, baggage and all kinds of work done promptly. Leave orders at Patton's store. 12-3-tf

DEPOT EXPRESS.

Meets all mail and passenger trains Baggage and express to all parts of the city Prompt service, Telephone No. 70.

JAMES RADER.

AGENTS WANTED.

Local agents in all towns and localities and throughout the United States and territories to sell the best washer in use considering its price from $3 to $5. For particulars address,

J. B. BROWN,

156 State street. Salem, Oregon.

STRAYED OR STOLEN.—A dark bay horse, weighing about 1,150, white star in forehead, branded on left shoulder 1 >. Also a bay mare weighing about 1,200; brand not known. Liberal reward will be paid for the horses or information about them. Address Adam Synder, Salem, Or. 1-16 6t

To Arms to Arms,

Another War,

50,000 men, women and children wanted to buy the stock of furniture, carpets, mattings, etc., of J. A. Rotan for the next 60 days at cost or less, to make room for spring goods.

I mean what I say, am also going to add a large line of wall paper and moulding to my stock.

J. A. ROTAN,

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WOLZ & MIESCKE, Props.

Dealers in all kinds of fresh and salt meats.

Fresh sausage a specialty,

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Best meats in the city. Prompt delivery at lowest prices.

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For water service apply at office. Bills payable monthly in advance. Make all complaints at the office.

Open spicket to prevent freezing, positively prohibited. Care should be taken if in danger of freezing to have stop and waste gate closed see section 3 rules and regulation. No deduction in bills will be allowed for absence or for any cause whatever unless water is cut of from premises.

W. A. CUSICK, President. J. H. ALBERT, Cashier.

Capital National Bank,

OF SALEM.

Transact a general banking business.

NOTICE.

Notice is hereby given that sealed plans and specifications will be received until February 3, 1896, at 10 o'clock, a. m., for a hospital building at the Soldiers' Home, Roseburg, Oregon. Said building to be of wood, one story high, with basement; separate rooms for four inmates and a ward large enough for 20 persons, and the estimated cost not to exceed $5000. These plans and specifications must include every thing necessary for a complete structure, modern sanitation strictly observed, and addressed to the undersigned, State House, Salem, Oregon.

B. F. ALLEY,

Chairman Executive Committee.

1-8-2w

EAST AND SOUTH

VIA

Shasta Route.

OF THE

Southern Pacific Co.

California Express Train—Run daily between Portland and San Francisco.

South		North
8:50 p. m.	lv. Portland ar.	7:10 a.m.
11:00 p. m.	lv. Salem lv.	4:00
1 0:45 a. m.	ar. San Fran. lv.	

Above trains stop at East Portland, Oregon City, Woodburn, Salem, Turner, Marion, Jefferson, Albany, Albany Junction, Irving, Eugene, Creswell, Drain, and all stations from Roseburg to Ashland, inclusive.

ROSEBURG MAIL DAILY.

South		North
8:30 a.m.	lv. Portland ar.	4:40 p.m.
11:00 a.m.	lv. Salem lv.	2:20 p.m.
5:20 p.m.	ar. Roseb'g lv.	8:30 a.m.

SALEM PASSENGER.

South		North
4:00 p.m.	lv. Portland ar.	10:05 a.m.
6:15 p.m.	ar. Salem lv.	8:00 a.m.

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PULLMAN BUFFET SLEEPERS and second-class sleeping cars attached to all trains.

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Between Portland and Corvallis, daily (except Sunday.)

7:30 a.m. / 12:15 p.m.	Lv. Portland. Ar / Ar. Corvallis. Lv	6:20 p.m. / 1:35 p.m.

At Albany and Corvallis connect with trains of Oregon Central & Eastern Railroad.

Express train daily except Sunday.

4:45 p.m / 7:25 p.m.	Lv. Portland Ar. / Ar. McMinville Lv	8:25 a.m. / 6:50 a.m.

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to all points in the Eastern States, Canada and Europe can be obtained at lowest rates from W. W. SINNER, Agent, Salem.

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GLANCE AT THIS MAP.

Of the Chicago, Milwaukee and St. Paul Railway and note its connection with all transcontinental lines at St. Paul and Omaha, and remember when going east that its trains are lighted with electricity and heated by steam. Its equipment is superb. Elegant Buffet, library, smoking and sleeping cars with free reclining chairs. Each sleeping car berth has an electric reading lamp, and its dining cars are the best in the world. Other lines are longer than this, but none are shorter, and no other offers the above luxurious accommodations. These are sufficient reasons for the popularity of "The Milwaukee." Coupon ticket agents in every railroad office will give you further information, or address

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Valuable hints about various branches of industry which are open to women, by women who have succeeded in them.

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Discussions of musical subjects or people. Illustrated each month with portrait, autographs, and one or more pages of music. This music alone will make a valuable collection. This series of articles is a unique feature among monthly magazines. The papers are interesting to all readers, and are of positive value to those who play or sing.

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Illustrated articles upon the best and newest plays and the foremost actors, particularly the best American productions. These are much more than gossip of players. They are entertaining disscussions of the dramas that are talkrd about. Such treatment is not found in any other magazine

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The Magazine will be well and thoroughly illustrated from cover to cover. Competent artsits and improved methods of making and printing the plates will be employed.

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The covers are different every month. They are designed by popular artists, and the covers for a year will be valuable as an urt collection in themselves.

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which for years has given the latest fads and fashions, is of particular interest to women.

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Godey,s Is a magazine of this country and of to-day. It is a family magazine, with a larger scope than it had as the "Lady's Book" It is monthly feast of wholesome, interesting reading, fit for every member of the household.

In addition to the features mentioned above each number will contain a liberal amount of fiction, by the best writers, articles on subjects of general interest, book reviews, etc., etc.

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Among the higher priced and well edited publications is the New England Magazine, which, with all the features of general interest of the other great illustrated monthlies, has, besides, its own specialty in which it is unrivalled. As its name implies, this is the art, history and literature of New England, To those of New England birth or origins therefore, it is especially welcome, and a year's subscription makes a perfect present. Whatever else you yourself take, you want the New England Magazine. $3 per year, Club bed with this paper, $2 40. Sample free.

WARREN F. KELLOGG,

Publishers, Boston.

A. P. T. L.

The American Protective Tariff League is a national organization advocating "Protection to American Labor and Industry" as explained by its constitution, as follows:

"The object of this League shall be to protect American labor by a tariff on imports, which shall adequately secure American industrial products against the competition of foreign labor."

There are no personal or private profits in connection with the organization and it is sustained by memberships, contributions and the distribution of its publications.

FIRST: Correspondence is solicited regarding "Membership" and "Official Correspondents."

SECOND: We need and welcome contributions, whether small or large, to our cause.

THIRD: We publish a large line of documents covering all phases of the Tariff question. Complete set will be mailed to any address for 50 cents.

FOURTH: Send postal card request for free sample copy of the "American Economist." Address Wilbur F. Wakeman, General Secretary, 135 West 23d Street, New York.

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Big G is a non-poisonous remedy for Gonorrhœa, Gleet, Spermatorrhœa, Whites, unnatural discharges, or any inflammation, irritation or ulceration of mucous membranes. Non-astringent. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for $1.00, or 3 bottles, $2.75. Circular sent on request.

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