A SHORT TALK ON MEDICINE

OF GREAT INTEREST TO WOMEN.

Pale Cheeks and Nerveless Hands are no Longer Admired. To be Strictly Correct you must have Rosy Cheeks and Good Health.

Men Admire Wholesome-looking Women, and now Seek their Wives from that Class.

A FEW POINTERS FOR THE GIRL OF THE PERIOD.

Pure blood is the secret of health and beauty. The features may be regular, the form perfect, but no woman can be beautiful in the full sense of the word while suffering from any of the peculiar ailments of her sex. Disease destroys the complexion, is productive of wrinkles and premature old age. Regular monthly uterine action is necessary to every woman's health, and if this function of life is checked, disease, a pale and sallow complexion, and a feeling of exhaustion, are the result. The monthly secretion must continue from puberty to the turn of life without unnatural obstruction. Any breach of this law of Nature will result in the distressing symptoms which make the lives of seven-tenths of the women of this country miserable, almost unbearable. A few of these symptoms are severe headache, loss of appetite, pale or sallow complexion, palpitation of the heart, swollen ankles or legs, nervousness, offensive breath, etc., etc. The sufferer may exhibit one or more of these symptoms, or may have all. They simply indicate the ravages disease has made upon the system, and the more of the symptoms the patient shows the greater the necessity for prompt and persistent treatment, until they have been banished and the bloom of health is restored. To accomplish this end Dr. Williams' Pink Pills are the only unfailing remedy. They positively cure all suppressions and irregularities, which, if neglected, inevitably entail sickness and trouble. By taking these pills for a week or ten days before the expected return of each period, the prompt appearance of "the visitor" is insured. For suppressions, the pills must be taken steadily until the re-appearance takes place—generally in a month's time, sometimes less. Follow the directions on the pamphlet about each box. Nursing women will find their milk improved in quality and quantity by taking these pills, and also obtain relief from pain in the back and general dragged-out feeling. All displacements from weakness of the uterine ligaments are speedily relieved and ultimately cured by the use of these pills. Leucorrhœa, bearing down, weight in the pelvis, and all female weakness, find speedy relief and cure in the administration of the Pink Pills for Pale People.

The most critical period in the life of a woman is that attending the cessation of menstruation, or, as it is most generally termed, the change or turn of life. The symptoms attending this period are fainting spells or attacks of faintness or dizziness, headache, general debility, exhaustion, a feeling of melancholy, hysteria, pain in the loins or limbs, hypochondria, etc. The change is a gradual one—for better or worse—for the former if the patient is wise enough to fortify the system against the ravages of the symptoms attending the change. For this purpose no remedy ever discovered equals Dr. Williams' Pink Pills. They purify the blood by acting directly upon the sexual system, lessen the severity of this critical period, and finally leave the patient in the enjoyment of robust health. All ladies approaching this critical period should take Dr. Williams' Pink Pills.

PALE AND SALLOW GIRLS.

What can be more distressing than to see a girl drooping and fading in the springtime of youth? Instead of bright eyes, glowing, rosy cheeks, and an elastic step, there are dull eyes, pale, sallow, or greenish complexion, and a languidness of step that bespeaks disease and an early death if proper treatment is not promptly resorted to and persisted in until the impoverished blood is enriched, and the functions of life become regular. Upon parents rests a great responsibility at the time their daughters are budding into womanhood. If your daughter is pale, complains of weakness, is "tired out" upon the slightest exertion; if she is troubled with headache or backache, pain in the side; if her temper is fitful and her appetite poor, she is in a condition of extreme peril, a fit subject for the development of that most dreadful of all diseases—consumption. If you notice any of these symptoms lose no time in procuring Dr. Williams' Pink Pills. They will assist the patient to develop properly and regularly; they will enrich the blood and restore health's roses to the cheeks, bright eyes and a lightness of step will surely follow their use, and all danger of consumption and premature death will be averted. Wise and prudent mothers will insist upon their daughters taking Dr. Williams' Pink Pills upon the approach of the period of puberty, and thus avoid all chances of disease and early decay.

A Thankful Girl.

From the Examiner, San Francisco, Cal.

Miss Lottie Donell lives with her parents at 702 Natoma Street, San Francisco. She is a young lady nineteen years of age, and of prepossessing appearance. Ever since she was ten years old Miss Donell has been a sufferer from a rheumatic affection of the wrist, and since she was thirteen years of age she has been subject to various female weaknesses which have kept her physical vitality at a very low stage. Thus, as she says, she has been a victim of disease ever since she can remember. When she was a little girl at school she was always placed at a disadvantage with her playmates on account of her frailty of body and timidity of manner. She could never join in any of the more boisterous games, although she always longed to do so.

But the embarrassing conditions of Miss Donell's life have all been eliminated within the past year, and the change is wholly due to the effective work of Dr. Williams' Pink Pills.

"It must be remembered," said Miss Donell in telling of the great relief that Dr. Williams' Pills had afforded her, "that at the time I began taking the pills I had been for years a confirmed invalid. My wrist was swollen out of all proportion by the chronic rheumatism that had long since settled in it. The female complaints from which I had so long suffered had wasted my body away until I was but a mere shadow of my former self and I had really come to think that the brightness and happiness of life was not meant for me. I had not the energy to perform even the most simple of my household duties, and, in a word I was completely 'run down.' I began to take Dr. Williams' Pills while I was in this condition and before I had taken half a box of them I realized that they were doing me good. I began to feel lively again and to lose the lax feeling in my limbs. I felt so happy over the momentary relief that had been afforded me that I resolved to continue taking the pills. After taking several more boxes I was more than convinced of the high merits of the pills, for I was then wholly relieved from the rheumatic pains in my wrist and I had so far regained my vitality of body that I really believed I had never experienced the enervating effects of those wasting diseases which are so peculiar to women. It is a very great pleasure to me to be able to tell my young lady friends of the relief that has been afforded me by Dr. Williams' Pills and I will surely continue to recommend their use to all who are afflicted with the complaints from which I suffered."

Pink Pills are sold by all dealers, or will be sent post paid on receipt of price, 50 cents a box or six boxes for $2.50 (they are never sold in bulk or by the 100), by addressing Dr. Williams' Medicine Co., Schenectady, N. Y.

Daily Capital Journal.

BY HOFER BROTHERS.

SATURDAY, JUNE 13, 1896.

CANDIDATE AND PLATFORM.

It is not certain that McKinley will be the nominee at St Louis nor that he will stand upon a gold platform. In the preliminary days of the convention, that sits next week, the tide has been growing stronger against both propositions. It is now running so strongly that both the Ohio man and the Ohio platform seem doomed to defeat.

It is now conceded by all who care to use their eyes and ears that the tariff is not the paramount issue, but that the money question is. The main interest centers upon the currency plank, and next in order of importance is the tariff. These are the words of the dispassionate associate press report.

The Ohio straddle will defeat McKinley; while eastern politicians contend that the Ohio platform means gold, the western McKinley managers declare it means silver. It may mean both or either, or nothing, according to the way you read words. McKinley on a single gold standard platform would command respect, though he could not be elected; he will never be accepted by the American people upon an equivocation. This applies to any other man the Republicans may put up for president.

Children Cry for Pitcher's Castoria.

THE U. B. PARTY.

The call for a state convention of the union bimetallic party at McMinnville, July 9th, is causing comment in all parts of the state. Mass conventions of silver men of all parties will be held in each county to select delegates to McMinnville, where in turn delegates will be chosen to the union bimetallic conference to be held at St. Louis, July 22d.

Nothing can prevent the success of this union movement of the friends of genuine American bimetallism, as opposed to British-American gold monometalism, and if there is no gross and premeditated blundering on the part of the leaders it will sweep Oregon for a free coinage of gold and silver president by 20,000 plurality.

On this issue of a British gold standard and destruction of our silver and paper currency, no man will be considered a bolter if he votes for his country and against the gold-bond plutocracy. The great middle classes and the producing and laboring masses will line up so quickly it will make the bosses' heads swim.

The corporations, the money gamblers, the corruptionists in politics will all go together and the paramount question is not the tariff or any other issue, but UNITY OF THE PEOPLE UNDER ONE FLAG. In place of three or four silver parties, there must be but one, if the people would win this greatest cause of the common people since the abolition of slavery.

From all parts of the state comes the word that the people are organizing. It is a foregone conclusion that the Republican party will not come out for bimetallism, and that the Democratic party will split. The politician's extremity is the people's opportunity and they are going to take advantage of it.

A COSTLY CONGRESS.

The last congress, though strongly Republican in one branch and organized by the Republicans and Populists in the other was not only a do-nothing congress, but surpassed almost any other session of congress that ever met in the volume of its appropriations—a total of $515,789,820.

Chairman Cannon of the appropriations committee makes a statement in which the following table of appropriations is given.

Fifty-first congress...	$ 988,417,183 34
Fifty-second congress.	1,027,134,547 92
Fifty-third congress..	989,239,205 49
Fifty-fourth congress (first session).....	515,759,820 49

The revenue for the three fiscal years of the Harrison administration, ending June 30, 1892, are given as $1,150,631,214; expenditures $988,131,501. For the two complete fiscal years of Cleveland's administration, revenues, $611,112,094; expenditures, $723,720,378.

Mr. Sayres, ex-chairman, on behalf of the Democrats, in his statement says of the total appropriations of the session:

"The sum exceeds the appropriations during the last session of the 53d congress by $18,751,299, and those of the first regular session of that congress by $23,523,527.

"It is less than the appropriations by the second session of the 52d congress by only $3,744,538, although at the latter session $39,352,494 more was appropriated for pensions than at this session. It is more than those by the first session of the 51st congress by $21,303,571, and $29,464,040 less than the appropriations of the second session of the 51st congress.

Condensed Testimony.

Chas. B. Hood, Broker and Manufacturer's Agent, Columbus, Ohio, certifies that Dr. King's New Discovery has no equal as a Cough remedy. J. D. Brown, Prop of St. James Hotel, Ft. Wayne, Ind., testifies that he was cured of a Cough of two years standing, caused by La Grippe, by Dr. King's New Discovery. B. F. Merrill, Baldwinsville, Mass., says that he has used and reccomendad it and never krew it to fail and would rather have it than any doctor, because it always cures. Mr Hemming, 222 E. 25th St., Chicago, always keeps it at hand and has no fear of Croup, because it instantly relieves. Free Trial Bottles at Fred A. Legg's Drug Store.

Sunday School Convention and Masonic Excursion.

The O. C. & E. R. R. Company's boats will make a rate of one fare for the round trip from all Willamette river points to Portland and return to all parties wishing to attend the State Sunday School convention. The same rate will also apply to all members wishing to attend the Grand Lodge, Royal Arch and Eastern Star Grand Lodges of Masons.

Tickets good going June 6th, 7th, 8th and 9th, and returning up to and including June 15th.

EDWIN STONE,
J. C. MAYO, Manager.
Supt. River Division.
6-6-td

To Water Consumers.

The irrigation season will commence June 1, and continue during the four months of June, July, August and September. All bills due and payable July 1. Anyone not satisfied with last year's rating will please leave word at the office and their lots will be remeasured. Irrigation hours from 6 to 8 a. m. and from 5 to 9 p. m.

SALEM WATER CO,
A. L. BROWN, Supt.

When Baby was sick, we gave her Castoria.
When she was a Child, she cried for Castoria.
When she became Miss, she clung to Castoria.
When she had Children, she gave them Castoria.

Pioneers Excursion.

On June 14 and 15 the O. C. & E. R. R. Co., will place on sale for parties wishing to attend the pioneers excursion at Portland round trip tickets from Albany and Corvallis at rate of $1 each, tickets good to return until June 18, inclusive.

Edwin Stone, Manager
J. C. Mayo, Supt. River Division.

The Wonderful Bicyclist.

Prof. Ed J. Baiden, a famous trick Bicylist, now in Portland, Ore., will give startling exhibitions of trick and fancy bicycling never before saw in this part of the country, on the race track in front of the Grand stand, in this city, June 14th, at the Conductor's picnic. Prof. Baiden rides a regular road Ramble bicycle, and has been secured at a heavy expense by the Conductor's committee. This will probably be his only appearance in Marion county. His wonderful of that slipery vehicle, (The Safety bicycle,) must be seen to be appreciated. Remember the date, June 14th.

10 14

Wanted—All girls to know that "Hoe Cake" will not make their hands red like common soap. Save the wrappers. They are worth a cent apiece. 10 tf

There's more clothing destroyed by poor soap than by actual wear. "Hoe Cake" soap contains no free atkali and will not injure the finest lace. Try it and notice the difference in quality. John Hughes.

UNIVERSITY DOINGS.

Notes and Personals of the Past Week.

COMMENCEMENT WEEK.

Another Successful School Year About to Close.

C. W. Livesay has stopped school, and has returned to his home at Woodburn.

Rev. J. M. Shulse of Shedds, was a chapel visitor Monday morning, when he conducted chapel exercises.

President W. C. Hawley was again called away, last Sunday, owing to the death of an uncle, Mr Belknap of Monroe, Benton county. The faculty and students extend their sincere sympathy to the president, in his bereavement.

The annual college prayer meeting will be held next Tuesday evening, at the University.

It is understood that Templeton of Eugene, performed a very ungentlemanly act last Saturday, at the state field meet. As Scott, our pole vaulter, was preparing to take a run and leap over the pole, Templeton grabbed Scott's arm in his muscular grip, squeezing it quite severely, and at the same time saying, "you can never jump that, Scott." However, our plucky little Scott "stayed with" his bulky antagonist, from the upper valley town.

In speaking of the result of the field day Saturday President Hawley remarked in chapel Monday morning that the management of the school was thinking of placing old Willamette on an equal footing with the other colleges, pertaining to athletic sports. This means a trainer with whose services our school may make a better showing at the field day meet next June. President Hawley stated that the school had great confidence in the athletic team but luck as well as "other things" were against us.

J. Rex Byars left Wednesday morning for Goldendale, Wash., for a visit with his brother. Mr. Byars will return to Salem to attend commencement exercises.

Had Commodore Perry, that fearless naval commander, been a member of the Willamette university team, he could have given utterance to the following expression: "We have met the enemy—and we are theirs." However we hope to be able to say next year as did the gallant commander, "We have met the enemy and they are ours."

Friday morning in chapel C. J. Atwood, who attended the summer school at Casadera, Cal., as a delegate from our Y. M. C. A., gave an interesting account of his trip.

We noticed an article in the JOURNAL a few days since relating to the mile walk with the sidehead "Overheard." This seems an acceptable solution to the mystery surrounding the referee's unfair ruling in that event on field day. Hereafter no doubt the Eugene "sporting fraternity" will investigate their surroundings before holding any private consultations.

Chapel visetors the past week were: Mrs. B. J. Sharpe: Misses. Laura Kirk, Blanche Kantner, Mary Aitken, Margaret Lockley, Grace Pohle, Cora Rotan, Edna Purdy, Georgia Gwynne Margaret Parkhurst, Alberta Gwynne Ethel Stewart, of Gervais; Mr. J. Rex Byars.

The members of the Young Womans Athletic Team had their picture taken Wednesday noon. This is indeed a handsome company of young ladies of whom any educational institution may well feel proud off.

The Philodorian and Philodosian literary societies held a joint meeting Tuesday afternoon at 3:30 o'clock when the editorial staff of the Collegian for the next school year was named as follows: Editor in chief, C. J. Atwood; assistants, Miss M. Beatty and I. H. Van Winkle; business manager, I. P. Callison; assistant business manager, J. G. Callison Alumnus, W. P. Matthews; personal, Miss Carson; exchange, R. W. Davis; literary, Guy C. Miller; Philodorian society, P. L. Brown; Philodosian society, Miss H. Field; Music, A. O. Garland; review editor, President W. C. Hawley. This is certainly an able editorial staff, and our little school publication will prove doubly interesting next year.

The penant, for which the athletic teams from Willamette university and the Y. M. C. A. contended, on May 23d, was recived by the University boys Thursday morning, and displayed on the platform. One side of the penant is covered with beautiful cardinal silk, with the words, "Willamette vs. Y. M. C. A., '96," in old gold letters, worked thereon. The other side of the penant, a beautiful gold silk, is found a triangle, the insignia of the Y. M. C. A. It is indeed, a beautiful penant, and is greatly prized by the team who won it.

The prize spelling match will take place at the University chapel, one week from tonight. The winner will be given a prize of $5, by Mr. A. N. Moores, while Prof. R. A. Heritage will present the next best, with a prize of $2.50. This event promises to be one of the most entertaining, as well as instructive of the program, of commencement week.

Regular examination for the fourth term will commence Thursday morning concluding Friday afternoon. Commencement exercises will commence on the Tuesday following. Thus another milestone will be added to the successful management of this pioneer educational institution. Its future is even more bright and with new buildings and modern accommodations, which may be expected sooner or later, our old Willamette will rank second to no educational institution on the Pacific coast.

Prof. J. T. Matthews has been ailing for the past week but was obliged to leave his post of duty Friday. The professor's condition was reported as not any better Friday evening.

The Philodorians highly entertained their friends last evening. The following musical and literary program, was rendered:

Vocal Solo	Miss Clora Pooler
Lecture	Ernest Wilson
Piano Solo	Miss Laura Sharp
Oration	A. W. Prescott
Piano Solo	E. Wilson

After the program, came the spelling mateh, with G. C. Miller and C. J. Atwood, as leaders. After a lively contest, the members of each side, dropped out as they failed to spell correctly, until finally only Miss McFadden on the one side and C. J. Atwood on the other remained. Miss McFadden succeeded in out-spelling her opponent. A general good time was had, and this spelling match has awakened considerable interest in a like contest, to be given next Saturday night, for which two prizes of $5 and $2.50, respectively, for first and second places, have been offered.

Our athlectic team is wrongfully accused of having prepared and printed on the covers of the score cards for field day, a bill of fare for Westacott & Irwin, whereby the Willamette was to furnish the rooster. Some of the valley papers are taunting us about the non-materialization of our rooster, adding that we had better set to work and hatch out another one. We would like to assure all who take such an interest in us, that with the parental services of a practical athlete next year, our rooster may yet crow, louder than ever.

Bucklen's Arnica Salve

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

"The North Pole made use of at last."

BattleAx PLUG

Always at the front and wherever "BATTLE AX" goes it is the biggest thing in sight. It is as remarkable for its fine flavor and quality as for its low price. A 10 cent piece of "BATTLE AX" is almost twice as large as a 10 cent piece of any other equally good tobacco.

Reduced Rates.

Those going east should call on or address the Union Pacific City Ticket office, 135 Third Street, Portland, for rates to the following meetings:

Republican National convention, St. Louis, Mo., June 16th.

Democratic National Convention, Chicago, Ill., July 7th.

People's Party Convention and American Silver Convention, St. Louis, Mo., July 22nd.

National Convention Young People's Society of Christian Endeavor Washington D. C. July 7th to 13th.

National Educational Association meeting, Buffalo, N. Y. July 3rd to 10th.

Eucampment Grand Army of the Republic, St. Paul, Minn., September 14th.

R. W. BAXTER
General Agent.
6 3 tf

Special Rates.

See Boise & Barker, agents for the O. R. & N. and Union Pacific railways regarding special round trip rates to the Republican national convention at St. Louis, the Democratic national convention at Chicago, Peoples party convention at St. Louis, national convention Y. P. S. C. E. at Washington, D. C., National educational Association at Buffalo, N. Y., and G. A. R. national encampment at St. Paul, Minn. 6:8td-d&w

For Independence.

Notice to comrades and the public: The old soldier who runs the Alice will leave the Altona dock at 8 a. m. each morning for the Independence encampment. Fare for round trip 25 cents. Come back when you please. 6:10-2t

JOHN HUGHES,

Dealer in groceries, paints, oils, window glass, varnishes, and the most complete stoce of brushes of all kinds in the state. Artists' materials, lime, hair, cement and shingles, and finest quality of grass seeds.

NEW ADVERTISEMENTS.

FARM TO TRADE—A good farm to trade (in Kansas) for property in or about Salem. Address Wm. Asshenbrenner, Salem, Or 131m

SITUATION WANTED—By man to take care of horses and garden in private family. Address M. Jordan, Salem. 13 3t

HOME BOARD.—Good table board, with home cooking, served in family style, only $2 a week. 105 Commercial street. 6-12-1m

PERSONAL.—If any one who has been benefited by the use of Dr. Williams' Pink Pills will write to the Capital Journal Salem they will receive information that will be of much value and interest to them. 5 8 1m d&w

FOR SALE—Three acres of land in Yew Park, with good house and barn, 100 fruit trees, all rich garden land, for sale cheap. Apply to Lewis Pettyjohn. 5 8 1m

PASTURE—First class pasture for horses or cattle Just south of Morningside. $1.00 a month. Best grass and water. Inquire at JOURNAL office. 6 8 1 mo.

PUBLIC MEN, POLITCIANS AND BUSiness houses can obtain all newspaper information from the press of the state, coast and country from the Press Clipping Bureau, Allen's) Union Block, Portland. 12-20tf

FOR SALE—Eight milch cows and two 2-year olds. Inquire of M. J. Egan, Gervais, Or. 2 24 tf

FOR SALE—Pioneer crockery and grocery store, established 1857; place of business in one of the best locations in the city; a capital of about $5,000 requieed; object of closing business, on account of health. Jno. G. Wright, Salem. 5 8 d1m

FOR SALE OR RENT—40 acres land 5 miles out. Partly improved, wood and pasture, good house, large barn, 2 acres bearing orchard, lot of small fruit, good water. Wood stumpage can be had. Box 145, Salem. 5 8tf

PAPERS.—Portland, Sacramento, Seattle, Tacoma and San Francisco papers on sale at Miller's Postoffice block

P. O. NEWS STAND.—Local Subscription Agency for all newspapers and magazines. Fine stock of cigars and confectionery. F. W. Miller, Prop. 1 14 tf

FOR SALE.—One house and two lots, situated in Wheatland, Yamhill county. All set in good fruit. For sale at a bargain. The property is that known as the Wheatland hotel. Price $150, Address, A, care JOUR. nel 4 2 tf

SALEM

WAGON & REPAIR SHOP

I am prepared to do all kinds of work in wood and iron. Repairing machinery of any kind or making and repairing stone cutters, tools and edged tools of any kind made and repaired; wagons and buggies repaired, and new ones made to order. Horseshoeing, the best that can be done in town—hand-made shoes. Plates and running shoes carefully attended to. Call at my stand, at 100 Chemeketa street, back of New York Racket store.

R. I. HERSCHBACH.

Salem Steam Laundry

Please notice the cut in prices on the following:

Shirts, plain	10 cents
Under drawers	5 to 10 cents
Under shirts	5 to 10 cents
Socks, per pair	5 cents
Handkerchiefs	1 cent
Silk handkerchiefs	5 cents

Sheets and pillow slips 25 cents per dozen, and other work in proportion.

Flannels and other work intelligently washed by hand.

Col. J. Olmsted Prop.

Miss Ballou's School

—OPENED IN—

CHANNING HALL,

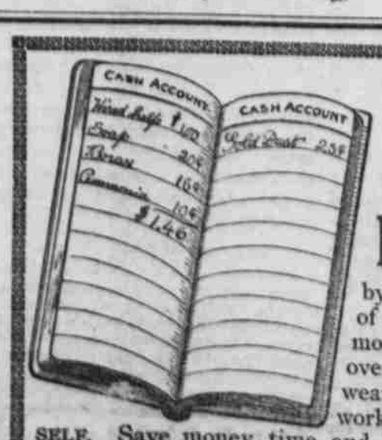
Will receive children from 3 years upward Special attention to beginners. All desired branches for the older pupils taught, including drawing, modeling, music plain and artistic needle work All work done on the individual plan, in which each child is advanced according to its own capacity. For terms and particulars apply to Miss O. Ballou. Twentieth and Chemeketa sts.

AGENTS WANTED.

In all towns and localities throughout the United States and territories to sell the Fountain Washer and Steam Cooker, the best in use. It saves its own price in the wear of clothes in less than six months. Sent C. O. D. by express, prepaid, for $3.50, in tin; $5 in copper. For particulars, address

I. B. BROWN,
Salem, Oregon.
156 State street.

Have You Seen
the new Pomponi Puff Box? It is given free with each box of Powder. Ask for it.



Cut Down Expenses

by buying a package of Gold Dust. Stop money leakages all over the house. Save wear and tear on woodwork, china, and YOURSELF. Save money, time, and labor, by using

GOLD DUST Washing Powder.

It cleans. Injures nothing. Sold everywhere. Made only by

THE N. K. FAIRBANK COMPANY,
St. Louis, Chicago, New York, Boston, Philadelphia, San Francisco.