

Strong Nerves

Nerves just as surely come from the use of Hood's Sarsaparilla as does the cure of scrofula, salt rheum, or other so-called blood diseases. This is simply because the blood affects the condition of all the

Hood's Sarsaparilla

Because it is the One True Blood Purifier. Hood's Pills are the best after-dinner pills, aid digestion, etc.

GOSSIP BY THE WAYSIDE.
Letter from a Traveling Scribe Eastward Bound.
ON THE TRAIN FOR ST. LOUIS, July 21, 1896.

We parted company coming across Minnesota. We now go down the Mississippi via the famous scenic route—the C. B. & N., or "Q." system of railroads. Its rolling stock, tracks, and service are probably the best in the world. The employes are beautifully uniformed and look better fed and better kept than any railroad men I saw after leaving the Southern Pacific. In fact, the management of the two roads has much that is similar. Such well kept cars and faultlessly careful service can be found on very few railroads as one finds on the "Q."

THE TWIN CITIES.
In St. Paul the roar and rumble of a mid-summer thunderstorm lulled us to slumber at the well-appointed Hotel Windsor. Rooms and meals together are \$2 to \$4 a day. There is but one better hotel, or at least higher priced—The Ryan. I noticed a great many empty stores at St. Paul. The upper floors of entire blocks are empty. But the city is full of life, is less raw and rushing than Minneapolis, and compares to the latter about as Tacoma to Seattle. There is still a strong provincial hostility between the two towns. Neither can print a newspaper good enough to be taken by the people of the other town, though they are a good ten miles apart.

ABOUT ST. PAUL.
St. Paul has made great progress in streets. There are miles of asphalt that are washed and swept as clean as a parlor floor. Droppings of horses are promptly swept away. For ten cents you can ride between the two cities and get a transfer to any part of either. The interurban cars are fifty feet long and run as fast as ordinary suburban trains. All the big flouring mills and the water power at St. Anthony's falls of the Mississippi are now the property of an English syndicate. St. Paul is almost owned by foreign capital, as are some of the newspapers, and gold standard sentiment is very strong among these classes of people. In Minneapolis opposite sentiment prevails, even some large bankers being free coinage men.

ONE OF MCKINLEY'S MEN.
At St. Paul ex-Governor Merriam of Minnesota, took the train for Chicago. He is the head of the Commercial National bank, the largest concern in the city. His father left him a million on his death recently, and he was already worth twice that. Merriam is one of McKinley's campaign managers and like Mark Hanna puts business methods into politics, using money freely in his campaigns. He is owner of the Pioneer-Press, backer of Clough, who was lieutenant-governor, but is now the Republican nominee for governor. John Lind, an American-born Scandinavian, will be the nominee of the three silver parties and is likely to be elected. In gazing upon the splendid proportions of Merriam of St. Paul, I was probably as close to one of McKinley's cabinet as I shall ever be, or be either for that matter.

POLITICAL APATHY.
I talked with all kinds of men about the stations and on the trains and streets. The scarcity of McKinley buttons is appalling. The whole button business is lagging. No sales of any kind, the little Italians said. A newsy told me the first week after McKinley was nominated nearly

everybody wore his button. Then they dropped off. People began to learn how his nomination was accomplished and there has been steadily growing apathy ever since. There were twice the crowds about the bulletin boards for news of the Chicago convention. It will take another month for the McKinley managers to fully awaken and get scared. When they get scared they may wake up. A fortune awaits the man or woman who can turn the current of life and enthusiasm into the Ohio man's boon.

TOO MUCH POLITICS.
The men in the barbershops, sleeping car porters, bootblacks in hotels, track, depot and yard laborers talk silver. Ministers of the gospel are silent. One expressed himself freely for Bryan and free silver, "but for heaven's sake don't quote me," he added, "I have several gold standard pew-holders who would cut me off short if they knew my views." That is not the golden rule as laid down by Paul: "Esteem another better than thyself"—not his subscription. A conductor said the country was suffering from too much politics and not enough business. "This trying to legislate value into something makes me tired!" I suggested the whole country was tired—of legislating values out of things. When a conductor wears diamonds he begins to talk gold standard.

FRUIT AND CROPS.
The first apples or indeed any fruit on trees I saw at Joslyn, Ill. At one St. Paul fruit stand were cherries, as I afterward learned. They looked like a strange red-pepper colored berry and I was told they were cherries. At the hotel we were served with canned green gages, that no Oregonian would look at without involuntary contempt. The markets are full of melons and early grapes from the south. An immense hay, corn and grain crop will be harvested just east of the Mississippi, and while people live better on the Pacific coast, cattle are better fed here. Magnificent flocks were feeding all over the broad prairies with their faces to the sun. The familiar grain stacks we so seldom see in Oregon loom up on all sides, unfinished ones covered with canvas.

Two Lives Saved.
Mrs. Phoebe Thomas, of Junction City, Ill., was told by her doctors she had Consumption and that there was no hope for her, but two bottles of Dr. King's New Discovery completely cured her and she says it saved her life. Mr. Thos. Eggers, 139 Florida street, San Francisco, suffered from a dreadful cold, approaching consumption, tried without result everything else then bought one bottle of Dr. King's New Discovery and in two weeks was cured. He is naturally thankful. It is such results, of which these are samples, that prove the wonderful efficacy of this medicine in Coughs and Colds. Free trial bottles at Fred P. Legg's drugstore. Regular size 50c and \$1.

The dairy law of California has suppressed the oleo and filled cheese traffic in the state with the use of little over one-fourth the appropriation of \$12,000.
Wedderburn is to have a Catholic church.

The contrast between disease and health is as sharply marked as that between darkness and light. The sufferings of disease make enjoyment of life impossible and perfect health makes even a commonplace existence a bright and happy one.
The truest thing about disease is that most of it is needless. Nine-tenths of it can be subdued by very simple remedies. Even that most dreadful malady, consumption, can be cured in 98 cases out of a hundred, if it be treated in its early stages with Dr. Pierce's Golden Medical Discovery.
Consumption is a disease caused by impurity of the blood, and the first thing to be done in its treatment is to make the blood pure, fresh and wholesome. That is half the battle. The other half is the impregnation of the blood with cleansing, healing, invigorating medicines. The "Golden Medical Discovery" does both. It first puts the whole digestive system into perfect order, rids it of all impurities and from the vantage ground so gained, reaches out to every fiber of the body and restores all to perfect vigor. It cures many diseases, still, y because many diseases spring from a set of common causes. The same disorder may lead to different symptoms in different people. What might be only a little indigestion in one person, may combine with a slight cold in another and result in consumption. A treatment that tones up the whole system is always the safest. A medicine that is good for the general health is pretty sure to cure ordinary diseases. Twenty-one cents stamps sent to World's Dispensary Medical Association, Buffalo, N. Y. will bring a large 1000 page doctor book. It contains photographs and letters from hundreds who have been cured by Dr. Pierce's Golden Medical Discovery.

CASTORIA

for Infants and Children.

MOTHERS, Do You Know that Paregoric, Bateman's Drops, Godfrey's Cordial, many so-called Soothing Syrups, and most remedies for children are composed of opium or morphine?

Do You Know that opium and morphine are stupefying narcotic poisons?

Do You Know that in most countries druggists are not permitted to sell narcotics without labeling them poisons?

Do You Know that you should not permit any medicine to be given your child unless you or your physician know of what it is composed?

Do You Know that Castoria is a purely vegetable preparation, and that a list of its ingredients is published with every bottle?

Do You Know that Castoria is the prescription of the famous Dr. Samuel P. Fitch. That it has been in use for nearly thirty years, and that more Castoria is now sold than of all other remedies for children combined?

Do You Know that the Patent Office Department of the United States, and of other countries, have issued exclusive right to Dr. Fitch and his assigns to use the word "Castoria" and its formula, and that to imitate them is a state prison offense?

Do You Know that one of the reasons for granting this government protection was because Castoria had been proven to be absolutely harmless?

Do You Know that 35 average doses of Castoria are furnished for 35 cents, or one cent a dose?

Do You Know that when possessed of this perfect preparation, your children may be kept well, and that you may have unbroken rest?

Well, these things are worth knowing. They are facts.

The fac-simile signature of *Chas. H. Fitch* is on every wrapper.

Children Cry for Fitch's Castoria.

BIDS FOR WOOD.
Sealed bids for furnishing wood for the court house will be received at the office of the county clerk until 2 o'clock p.m. on the 5th day of August, A. D. 1896, as follows: For 70 cords of pole oak, and 30 cords of good, clear, large body fir.

Bids, however, will not be received from one party or firm for more than from five to fifteen cords of pole oak, or for more than five cords of large fir.

By order of the county court of Marion county, Oregon.
Dated at Salem, Oregon, this 10th day of July, 1896.

L. V. EHLEN, Clerk
7-10 det w3t

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.

A. C. SHELDON, G. A., Portland, Or.

JOHN HUGHES,

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

NEW ADVERTISEMENTS.

LOST.—Ivory handled ladies umbrella by teen boat landing and Oddfellows cemetery. Marked on handle Kate M. Buzick. Parties please leave at this office and receive reward. 27-3 t.

WORK WANTED.—An experienced girl would like to obtain work in a small family. Address A. B. X, care Journal, 27-3 t.

FOR RENT OR SALE.—A 5-room house, beside chamber; convenient for small family; water service free. Inquire at 424 Winter st, 23 3t.

WORK WANTED.—By a first class licensed engineer, who has had 20 years experience. Address A, care Journal, 23 3t.

FOR SALE.—Gentle family horse and good top buggy—cheap. Apply to C. W. Scriber, South Commercial st. 14 t.

WOOD WANTED.—Ten cords of prime big fir, ten cords of grub oak and ten cords split ash. Address, with price, XXX, care this office. 14 t.

THE OREGON PEACH BITTERS is now reduced to \$6.50 per dozen if the cash accompanies the order. Per bottle 75 cents. Send direct to the manufacturer, H. K. Kins, Annville, Or. 7-9 tm.

HERE'S YOUR CHANCE.—A proprietor wants to trade a good weekly newspaper office in good town for unnumbered improved Salem property. No opposition. Good reasons. Information at this office. 6 18 t.

FOR SALE.—Driving mare for sale at a bargain; weight about 1100; good traveler. Inquire of Wm. Brown & Co. 30 t.

FOR SALE.—At a bargain. Fine residence and corner lot, near city hall. For further particulars inquire at this office. 6-23 t.

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 stumps can be had. Box 145, Salem 14 t.

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

CARPET PAPER.—Large lot of heavy brown wrapping paper for sale cheap. Just the thing for putting under carpets. Call a jobbing office.

J. H. HAAS,
WATCHMAKER AND JEWELER.
Makes a specialty of fine repair work. Sets Thomas clocks, etc., 215 Commercial Street

A year and a half ago

the Burlington Route's New Short Line to the East and South was opened for business.

During these 18 months, thousands of travelers have patronized it and by so doing have not only saved much valuable time but have gained new ideas of how a railroad should be run.

They have learned, among other things, that Burlington trains are always on time; that the Burlington's track is incomparably superior to any other in the west; that the Palace Comfort, Speed and Safety means something on the Burlington.

Omaha, Kansas City, St. Louis, Chicago.

Write for information about rates and trains.

A. C. SHELDON, G. A., Portland, Or.

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THROUGH TICKETS
To Chicago, Washington, Philadelphia, New York, Boston, and all points East and South.

For information, time cards, maps, and tickets, call on or write

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ST. ASTORIA

A PEOPLE'S PAPER

The Great One Cent Silver Daily--The Only Associated Press Silver Daily.

Daily Capital Journal \$3 a Year---Weekly \$1.

POST THIS BILL.

Cut this out and post up in a conspicuous place where it will be seen. All the associated press papers in Oregon, except THE JOURNAL, are published in the interest of the gold standard. Send 25c in silver for the daily one month.

The Oregon Press Monopoly

Will not treat the restoration of silver fairly. It will not tell the people the truth. It dare not. Take a fair paper that gives the people's side as well as the Wall street side.

Are You a Patriot?

Help your country by circulating the only Associated Press Daily in Oregon that advocates

Independent Bimetallism.

All the news of the great battle of the people for silver. Advocates the Bimetallism of all who are opposed to the single gold standard.

Do You Favor Unity and Harmony

as the watchword of the people of Oregon?

Subscribe for the Capital Journal!

Daily thirty days for a silver quarter.

Each issue a complete history of the day and a gatling gun of arguments for the people's cause.

READ! READ! READ!

The people are charged with ignorance by the gold press. This is a false charge. Wherever the cause of free coinage of gold and silver 16 to 1 is more discussed and best understood it is most popular and strongest with the people.

Sixty Days for 50 Cents.

If you can't talk or write for silver read and mark articles and send them to your neighbors and friends—sixty hot shot for 50c. Cheapest political ammunition in the country. Send a silver quarter or half dollar and try it. The people must be educated and it is your duty to help do this work for humanity.

WE DON'T WANT GOLD

alone, but we want both gold and silver. There is not gold enough in our country to pay one-twentieth of the debts owing in this country. If you want repudiation advocate the single gold standard. It means contraction of our currency, destruction of values, and repudiation. Investigate and you will be convinced.

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TO THE EAST GIVES THE CHOICE

Two Transcontinental Routes.

Via Spokane, Minneapolis, St. Paul and Denver, Omaha and Kansas City. Low rates to eastern cities.

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Portland—San Francisco.
Steamers leave Almsworth dock, Portland July, 26, 31 and August 5, 6, 10, 15, 20, 25 and 30.

Fare—Cabin, \$5; steerage, \$2.50.
WILLAMETTE RIVER DIVISION.
Steamers Ruth for Portland, Tuesday and Friday, at 7:30 a. m.
For Corvallis Wednesday and Saturday at 5 p. m.

Steamer Gypsy for Portland, Wednesday and Saturday at 7:30 a. m.
For Corvallis, Monday and Thursday at 5 p. m.

Lowest freight and passenger rates. Round trip tickets very cheap. Tickets sold and baggage checked through to all points without extra transfer charges.

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For Delicacy,
For purity, and for improvement of the complexion nothing equals Pozzoni's Powder.

The Rosy Freshness
And a velvety softness of the skin is invariably obtained by those who use Pozzoni's Complexion Powder.

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