



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period—how to avoid pain and suffering and remove the cause by using Lydia E. Pinkham's Vegetable Compound.

"To Young Women:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds.

"If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 12 pounds to my weight, my color is good, and I feel light and happy."

Miss Agnes Miller, 25 Potomac Ave., Chicago, Ill.

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention. Fifty thousand letters from women prove that Lydia E. Pinkham's Vegetable Compound regulates menstruation and makes those periods painless.

READ WHAT MISS LINDBECK SAYS: "DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound has greatly benefited me. I will tell you how I suffered. My trouble was painful menstruation. I felt as each month went by that I was getting worse. I had severe bearing-down pains in my back and abdomen.

"A friend advised me to try Mrs. Pinkham's medicine. I did so and am now free from all pain during my periods."—JESSIE C. LINDBECK, 1201 6th Street, Rockford, Ill.

FREE ADVICE TO WOMEN. Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every ailing woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

\$5000 FORFEIT if you do not receive a fourth issue of the original letters and signatures of these beneficiaries, please write to Lydia E. Pinkham Medicine Co., Lynn, Mass.

IRVIN & PETTEYS Leaders in Up-to-date Footwear Repairing while you wait. Phone Blue 201. 91 State Street, Salem, Oregon.

The Best Assortment of Combination Cases and Library Tables Ever shown in Salem can now be seen at our store. No use to wait longer if you need a book case.

Buren & Hamilton HOUSE FURNISHERS HARRITT & LAWRENCE More Tomatoes and Better Tomatoes than Anybody AND EVERYTHING IN SEASON FOR HOUSEKEEPERS IN THE COMING SEASON! OLD P. O. GROCERY, 19 Court Street, Salem, Oregon.

THE ARBITRATION BOARD

Questions Upon Which the Commission Will Pass

- Chicago, Oct. 20.—Here are the demands of the anthracite coal miners, which will be passed upon by the commission appointed by President Roosevelt: 1. An eight-hour day for all employees working by the week, day or hour. 2. An increase of 20 per cent in the wages of 80 miners employed by the ton. 3. Establishment of a 2240-pound ton in all mines. 4. Recognition of mine committees in adjusting disputes or grievances. 5. More thorough organization of all the skilled mechanics employed in and about the mines. 6. Contention of the alleged act of the Delaware & Hudson Company in reducing wages at the Plymouth colliery. 7. Reinstatement of colliery foremen discharged by the Delaware & Hudson Company for refusing to work on "swing" shifts. 8. Revision of the contract system and limitation of the number of laborers to be employed by any one contractor. 9. Abolishment of the blacklist system.

Here are the demands of the miners that the operators refuse to submit to arbitration. They will not be considered by the commission:

- 1. Recognition of the union. 2. Investigation of the opposition of union miners to work with non-union men. 3. Systematic examination of working cards at mines. 4. The right of union members to strike at collieries employing non-union labor. It will be seen from this schedule that Mitchell has forced consideration of nine out of 12 demands submitted by him five months ago.

Will Serve Three Months

W. H. King and Larry O'Hearon, the two tramp printers, who were arrested Saturday night for the larceny of two overcoats and other wearing apparel from a Commercial-street printing office, were arraigned before Police Judge Judah Monday afternoon, and pleaded guilty to the charge of petty larceny. They were sentenced to serve three months each in the county jail. The men are inmates of a pronounced type, for previous to the commission of the crime they applied

Don't Treat Symptoms

Go after the cause. Stimulants and cathartics will never cure indigestion. They may temporarily relieve the system but the next meal clogs it again. The food should be digested. The nourishment—health—strength it contains should be appropriated—absorbed by the system.

Children Thrive on Kodol. Purifies, cleanses, strengthens and sweetens the stomach. This new discovery digests all classes of food and assists the stomach and digestive organs in assimilating and transforming it into the kind of nourishment that is taken up by the blood and fed to the tissues throughout the various organs of the body.

MISS ROSE OWENS, No. 720 Seventeenth St., WASHINGTON, D. C. "If every suffering woman has the same experience with Wine of Cardui that I had, your medicine will be most popular. About a year ago I began to have a worn out tired feeling with lancid pains in the back and head which kept increasing every month. I felt that I needed something, but to get the right medicine was the trouble. I finally decided on your Wine of Cardui and only needed to take three bottles when I was fully recovered."

WINE of CARDUI A million suffering women have found relief in Wine of Cardui. Our Seed Department You should, perhaps, like to know something about it. A few years ago we started to handling seeds, today we have the largest seed business in the state, outside of Portland. That means that our motto, "RELIABLE SEEDS," is a fact and that people know when they buy seeds of us they are getting what they call for. Every other given our personal attention. Brewster & White Feedmen and Seedmen. Salem, Oregon.



THE OUTLOOK

For a woman's happiness in the married state depends less on a rule, upon the man she is to marry than upon her own health. The woman who enters upon marriage, suffering from womanly weakness, is "hoping up trouble against the day of trouble." Weak women are made strong and sick women are made well by the use of Dr. Pierce's Favorite Prescription. It is the one reliable regulator. It dries and feeds the system, heals inflammation and ulceration and cures female weakness. It nourishes the nerves and invigorates the entire womanly organism. It makes the body's advent practically painless, and gives strength to nursing mothers.

Dr. Pierce's Common Sense Medical Adviser, in paper covers, sent free on receipt of 21 one-cent stamps (pay expense of mailing only). Address Dr. R. W. Pierce, Buffalo, N. Y.

And The Cow Died

The cow, that caused Messrs. Harritt so much trouble on Sunday, decided that city life was too much for her unsophisticated nature, and terminated her existence by dying on the following evening. The purchasers of the cow are not losing many tears, but regret that the dissolution could not have taken place before they started to town, and experienced all of the trouble they did.

Acker's Blood Elixir positively Cures Chronic Blood Poisoning and all Scrofulous affections. At all times a matchless system tonic and purifier. Money refunded if you are not satisfied. 50c. and \$1.00. D. J. Fry, Drug Dist.

MARKLEY IS HOPEFUL

Brother of the Convicted Merchant Settles Up the Business Affairs of the Estate and Departs for His Iowa Home. C. R. Markley, having attended the trial and conviction of his brother, John F. Markley, for the murder of John D. Paine, left Monday afternoon for his home at Stone Lake, Iowa. Mr. Markley says that his brother appears as contented as could be expected in his imprisonment, and is hopeful of an exoneration, eventually, or the exercise of executive clemency in his behalf.

MARKLEY IS HOPEFUL Brother of the Convicted Merchant Settles Up the Business Affairs of the Estate and Departs for His Iowa Home. C. R. Markley, having attended the trial and conviction of his brother, John F. Markley, for the murder of John D. Paine, left Monday afternoon for his home at Stone Lake, Iowa. Mr. Markley says that his brother appears as contented as could be expected in his imprisonment, and is hopeful of an exoneration, eventually, or the exercise of executive clemency in his behalf.

WINE of CARDUI A million suffering women have found relief in Wine of Cardui. Our Seed Department You should, perhaps, like to know something about it. A few years ago we started to handling seeds, today we have the largest seed business in the state, outside of Portland. That means that our motto, "RELIABLE SEEDS," is a fact and that people know when they buy seeds of us they are getting what they call for. Every other given our personal attention. Brewster & White Feedmen and Seedmen. Salem, Oregon.

HOME FROM ALASKA

Salem Man Returns From Thirty Months in the North

An Abundance of People and Living Is Cheap

Allan Rhodes, of Chemeketa and Twelfth streets, who has just returned from a 30 months' stay in Alaska, gave a Journal representative this morning an interesting account of his experiences and the conditions that exist in the country to the north. Mr. Rhodes left Salem in April, 1923, and arrived home about a week ago. He went rarely on a prospecting trip, having been for many years a practical miner, and while the trip did not benefit him to the extent that he had hoped, still he says he was paid for the time and efforts expended, and probably did better than had been remained for the same time in this city.

Mr. Rhodes spent most of his time at Juneau, Sitka and Staggway, and made a single trip to the mouth of the Yukon. While he found nothing that would justify him in staying, still he says it is a great country, and there is a vast amount of gold for those who are fortunate enough to find it. He says that the country is still in its infancy, so far as the development of its mineral wealth is concerned, but a great amount of capital is required to work the mines profitably, since the greater part of the ore is far below the surface, and modern and expensive machinery is needed to treat with these conditions. Persons having money to go into this country, and not be dependent on mining for a living, but can engage in some kind of business venture, but Mr. Rhodes says that this line of business is being overdone. He reports that there is a surplus of all kinds of labor, and that there are more people stranded there than probably any other place in the world. But he thinks that there is no fear that any will suffer during the winter, since living is so cheap there. There is no excuse for a man without money going hungry, for the white grouse in countless numbers and tons of fish are to be had but for the going after. Many people are coming out this season for the winter. On the vessel that Mr. Rhodes came out on there were over 700 passengers, the craft being loaded to the fullest possible extent.

Living in the section of Alaska that Mr. Rhodes visited is surprisingly cheap. He never paid more than 25 cents a dozen for eggs, and on the day of his arrival home he was compelled to pay 30 cents a dozen for the same article. Butter was to be had of good quality for only 25 cents a pound, and all other necessities were to be had at proportionate figures. Flour selling for \$1.10 a sack. The only costly items of food were beef, mutton and pork, but with the abundance of fish and game that infest that section, the people are by no means dependent on imported meats. Clothing, boots and shoes could be purchased in the Juneau market cheaper than in Seattle.

Mr. Rhodes says the famous Treadwell mine, with 1000 stamps, is operated day and night, and pays monthly dividends. The mine has a monthly payroll of \$100,000. There is much valuable mining property about Juneau that Mr. Rhodes reports is awaiting capital for its development.

SALEM WATER COMPANY

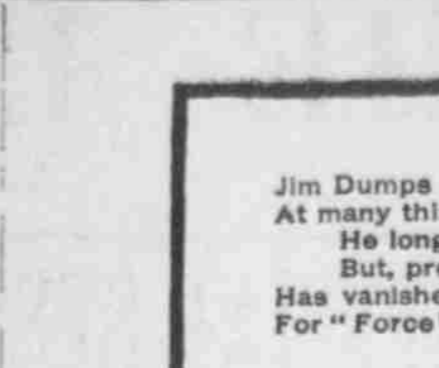
OFFICE CITY HALL For water service apply at office. Bills payable monthly in advance. Make all complaints at the office.

THE ELITE CAFE

208 Commercial Street. OYSTERS Served in the best of style and with the most suitable accompaniments. E. ECKERLEN, Proprietor

PRUNE HARVEST NOT OVER

Potato Crop Turning Out Unusually Light The prune harvest is not over in the farthest hills south of the city, and there will be picking for a week. The total crop will not be as large as last year, but the average size and quality will be better. Many of the outlying dryers are still running full blast day and night. Potato digging began this week, and so far as reported, there are no big crops. The dry summer and fall will cut down the yield about one-half at least, and the crop ought to bring good prices. The heaviest yield is reported from the hill farms.



"FORCE"



Jim Dumpe would look with envious eye At many things he could not buy. He longed for money that others spent, But, presto! his season of discontent Has vanished!—'twill never return to him, For "Force" has made him "Sunny Jim."

braces like a brisk morning walk. Sweet, crisp flakes of wheat and malt—eaten cold.

Was Troubled with Nervousness. "I have used your 'Force' this summer and have found it very good for nervous troubles, as well as table use. I was troubled also with sour stomach and constipation and found 'Force' very beneficial in every respect. (Name furnished on application.)

SALEM WATER COMPANY

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

THE ELITE CAFE

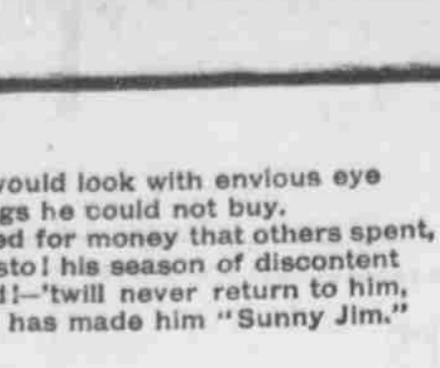
208 Commercial Street. OYSTERS Served in the best of style and with the most suitable accompaniments. E. ECKERLEN, Proprietor

PRUNE HARVEST NOT OVER

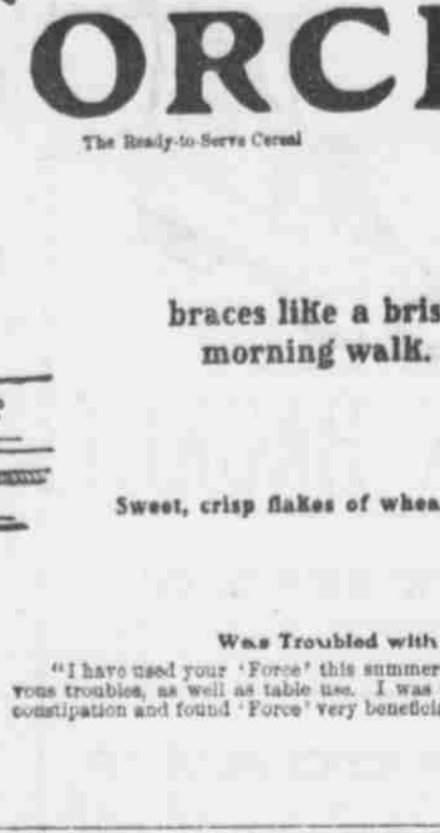
Potato Crop Turning Out Unusually Light The prune harvest is not over in the farthest hills south of the city, and there will be picking for a week. The total crop will not be as large as last year, but the average size and quality will be better. Many of the outlying dryers are still running full blast day and night. Potato digging began this week, and so far as reported, there are no big crops. The dry summer and fall will cut down the yield about one-half at least, and the crop ought to bring good prices. The heaviest yield is reported from the hill farms.

Shingles and Shakes

The roof is shingled best if you use the kind of shingles and shakes we sell, and we ask you to note the good wear and economy of the roof for which we furnish the shingles or shakes. We carry a large stock of shingles and shakes of good quality, carefully selected to make a sound, tight, durable roof, and we are always ready to give estimates. Goodale Lumber Co. Near S. P. Pas. Depot. Phone 651.



"FORCE"



braces like a brisk morning walk. Sweet, crisp flakes of wheat and malt—eaten cold.

Was Troubled with Nervousness. "I have used your 'Force' this summer and have found it very good for nervous troubles, as well as table use. I was troubled also with sour stomach and constipation and found 'Force' very beneficial in every respect. (Name furnished on application.)

SALEM WATER COMPANY

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

THE ELITE CAFE

208 Commercial Street. OYSTERS Served in the best of style and with the most suitable accompaniments. E. ECKERLEN, Proprietor

PRUNE HARVEST NOT OVER

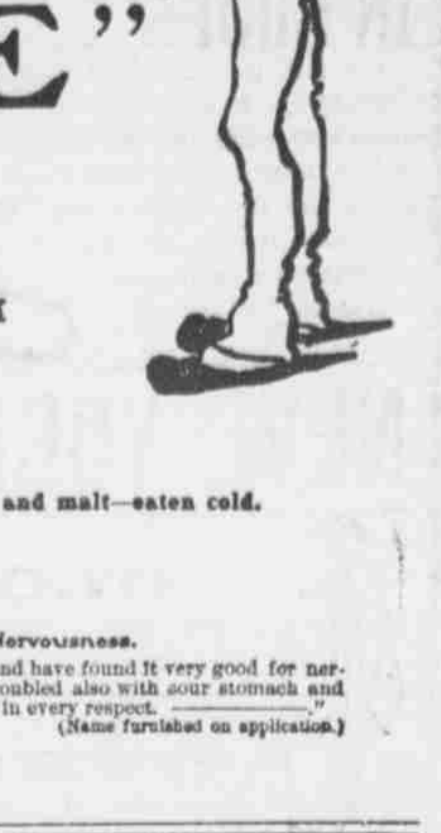
Potato Crop Turning Out Unusually Light The prune harvest is not over in the farthest hills south of the city, and there will be picking for a week. The total crop will not be as large as last year, but the average size and quality will be better. Many of the outlying dryers are still running full blast day and night. Potato digging began this week, and so far as reported, there are no big crops. The dry summer and fall will cut down the yield about one-half at least, and the crop ought to bring good prices. The heaviest yield is reported from the hill farms.

A Juicy Morsel for Breakfast

Or dinner you can enjoy from any of our tender and delicious meats, steaks, lamb or mutton chops, veal cutlets or pork. Our meats are all cut from the latest and finest cattle, and we can supply your table with fresh, nutritious and wholesome meats at bed rock prices. E. C. CROSS SALEM CRE Phone 291



"FORCE"



braces like a brisk morning walk. Sweet, crisp flakes of wheat and malt—eaten cold.

Was Troubled with Nervousness. "I have used your 'Force' this summer and have found it very good for nervous troubles, as well as table use. I was troubled also with sour stomach and constipation and found 'Force' very beneficial in every respect. (Name furnished on application.)

SALEM WATER COMPANY

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

THE ELITE CAFE

208 Commercial Street. OYSTERS Served in the best of style and with the most suitable accompaniments. E. ECKERLEN, Proprietor

PRUNE HARVEST NOT OVER

Potato Crop Turning Out Unusually Light The prune harvest is not over in the farthest hills south of the city, and there will be picking for a week. The total crop will not be as large as last year, but the average size and quality will be better. Many of the outlying dryers are still running full blast day and night. Potato digging began this week, and so far as reported, there are no big crops. The dry summer and fall will cut down the yield about one-half at least, and the crop ought to bring good prices. The heaviest yield is reported from the hill farms.

A Lucky Find

But it's hard to find anything better. This is a case of health and strength. Bear this in mind: there's nothing to equal Salem beer as a tonic and mild stimulant. Cooling, refreshing, nourishing, invigorating, it is perfect brew. Strictly pure, of high grade and uniform in quality—the beer par excellence. Capital Brewery Co. Mrs. M. Beck, Proprietor.

Curtains and Carpets...

The most meritorious lines ever shown in Salem --- See our Art Squares and Rugs. THE HOUSE FURNISHING CO 308 Commercial St. Next to P. O. Store at Salem and Albany. Greenbaum's Dry Goods and Millinery Store -- Bargains for this week: Lace Curtains, 2 1-2 yards long, 50c pr. Lace Curtains, 2 3-4 yards long, 75c pr. Lace Curtains, 3 yards long, 40 in. wide, \$1.00 pr. Lace Curtains, 3 1-3 yds. long, 58 in. wd. \$1.75 pr. Bed Spreads, large size, 75c each. Bed Spreads, Marsailles, worth \$2.75, for \$1.85. Lace Striped Hosiery, at 25c pair. Corsets from 25c up. Shawls, Fascinators, 25c up. Millinery in all the latest styles, Buckles, Cabashone, Feathers, Tips, Wings, Birds, Pom-poms, Velvets, Felts, Ribbons, Laces, etc. You'll find this department strictly up-to-date, first-class in every respect, and reasonable prices. Greenbaum's Dry Goods Store Next Door to the Postoffice. 302 Commercial St.