Over 50 years ago. Doctors took right hold of it. Keep their hold yet. The oldest, best Sarsaparilla - Ayer's. Lovell, Mass.

Scripps News Association Telegrams 3 and 5 O'clock Editions.

BY HOFER BROTHERS.

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Thi	se Months	1.00
	lournal office.	
At	Daue's Grocery	, South Salem
At	Sowersox Groc	ery, Yew Park
Asv	um Avenue G	rocery Store.

Electric Grocery, East State St.



SEVERAL BABY STEPS TAKEN.

The putting on of a cart by the Civle Improvement League, to remove rubbish, is a great step of progress.

The organization of the ladies about Marion square to get these premises 2 brightened up a bit is another good

Salem needs another step of progress in the organization of a dozen local civic improvement leagues in various parts of the town.

For instance, take an immigrant from the East out on any one of our principal thoroughfares to show him property in the suburbs.

Along the main streets leading out of the city are piles of rubbish, old planks, rotting railroad ties, gravel & heaps and old boards.

One wealthy Salem man we know of has had a dray load of such ornaments lying in front of his premises 3 on a main street for six years.

The Journal has put in a number of special deliveries at central points in the suburbs.

Why not make each one of these a center for cleaning and improvement of the neighborhood?

Certainly the families and property owners in each neighborhood are interested in improving the appear ance of the whole.

What is worse than one nice, nest place surrounded by filthy blocks and littered streets and salleys, and ne-

glected non-resident property Will not the fadies in these several neighborhoods take up the matter and get a move onto their respective localities?

TAKE ONLY WHAT IS YOURS.

The Chicago Daily News has a habit culars to work all the country news as work in it. papers for free advertising.

For one. The Journal is heartly notices free gratis.

They should be discontinued, as any newspaper that wants free advertising so badly is not a newspaper at all.

Keep your eye on any man in this world who wants or will take some thing for nothing.

Strong Man

Is strong all over. No man can be strong who is suffering from indigestion or some other disease of the stomach and its associated organs of digestion and

nutrition. For when the stomach is diseased there is a loss of the nutrifood, which is physical strength.
When a man
doesn't feel just
right, when he
doesn't sleep well, has an unconnortable feeling in the atomach after eating, is languid, nervous and irritanutrition needed to make strength. Such a man needs

to use Dr. Pierce's Golden- Medical Discovery. It cures discuses of the stomach and other organs of digestion and nutrition. It enriches the blood, stimulates the liver,

nourishes the nerves, and so gives health and strength to the y hole body.

and strongth to the v hole body.

Mr. Thomas A. Bearts, of Sah, Station C. Columbus, Ohlo, har had order "I was taken very sick with severe headache, then aroupe to the alonest with severe headache, then aroupe to the alonest and my had would not digost, then alonest and invertebble and my back got work an I could acazedy get around. The more I decided to worse I got until six years passed. I could unly walk in the house by the ald of a chair, and I had gives up a disc. Then can of my neighbors said. Take my article and take Dr. Pierce's Golden Medical Discovery and make a new man out of yourself. The first bodies helping me and after I had takes eight bottlevin about six weeks I was verighed and found I had gained vectory even (a) pounds, and, a man about and healthy today, I think, as I ever was.

Dr. Pierce's Pleasant Pellets cure con-

rave honestly earned.

that he has not bought and paid for have to do it anyhow. The congress with money or service, is dishonest.

If we all take only what honestly world to live in, and there would be as the average congressman, plenty for everybody.

REFORM AT THE STATE PRISON.

oners are entitled to good sanitary

conditions. There should be cement floors put in the shops, and all dampness re about having a Lewis and Clark fair, moved by better drainage of the soil she had better begin to arrange for under the prison.

It is said the manufacturers who crat state convention can fill every

the same privilege extended to me "Marion county ought to get the communition, but there must be complete unity of purpose in the delegation in order to secure it."

It makes but little difference who s nominated and elected to congress Teach your children to take nothing from this district. The timber land from others-to take only what they frauds will take care of themselves. The land will all be stolen by some The man who takes what doesn't one, anyhow, If any agitation or shakselong to him, or receives something ing up is needed the newspapers will man is needed to answer letters about pensions, postoffices and public doc belonged to us and what we honestly uments. Earnest exposure of reforms earned, this would be a delightful cannot be undertaken by men so busy

As a matter of curiosity while the One great reformation at the state referendum on the Lewis and Clark prison should be made-about an acre fair is being talked about, a stateof rotting floors in the foundry should ment of how much good Oregon money has been expended in getting noth-The decaying wood and dampness ing from Washington, Montana and engenders bad air for the prisoners Nevada, and some small considerawho work in the shops. Even pristion from other states would prove in teresting.

> If Portland is really in earnest hotel accomodations. Even a Demo

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Love the Sovereign.

By Florance May Wright, Sa'em, Ore.

There is a time when dreams come true, When thornless roses line the way, When magic apreads before our view A brighter scene than ever lay

Before it ere that strange new day; When music hath a sweeter tone.

When skies are bluer, flowers more, gay-When Sovereign Love is on his throne.

> For all fair things are fairer then, And sadness seemeth far away, Til brought once more within our ken By something blown across the way; Perhaps 'tis lighter than the gay And white winged seeds by zephyrs sown. But quickly turns the gold to gray. * When Sovereign Love is on his throne.

> > A smile, a sigh, z tone, a tear, A colder glance, an hour's delay In something hoped for, may appear To cloud the sunlight, chill the day. And chase our erstwhile bliss away; Until another glance or tone Brings back the sunshine-as it may When Sovereign Love is on his throne.,

> > > L'Envoy.

So thorns and blossoms line the way, ? So chill and balmy airs are blown, For life is like an April day

When Sovereign Love is on his throne

lease the shops and work the prison ers object to coment floors, as cast-

ings dropped are broken. This is not a good reason for deferring this reform. In many of the cells gon's swetest singer, a religious poem Alaska for the return to this state of of periodically sending out flaring cir the prisoners sleep in bad air, as well by His Holiness. Pope Leo, and a Matti Jarvis, who is wanted in Astor-

The legislature gave Governor Chamberlain full authority, and protired of receiving, opening and throw vided the means, and the new admining aside these dead beat efforts to get istration should take up the sanitary ing all the other officials for being to Oregon by Sheriff Thomas Linville.

A PORTLAND BOARD.

One of the first acts of the State stantly, Board of Health was to elect the pres ident and secretary from Portland, and remove the whole board and its offices and sessions to Portland.

It is a state board and should hold its sessions in the state capitol, just the same as any other state board.

The plea is made that the physi- She clans of Portland, who are members, cannot leave their patients long enough to attend sessions if held else-

But the physicians from other parts of the state, who are members, must leave their patients to go to Portland Old Fourteen's great on going slow, to attend sessions.

COMMON SENSE IN POLITICS.

It is said that an agreement has been reached by Claud Gatch and She Frank Davey, aspirants for nomination for congressman from the first district, whereby the Marion county delegation will go to the county con. The nickel-grabber alone will work, vention solid for either one or the othor. This is a commendable move and shows a fair and business-like spirit shows a fair and business-like spirit INDICESTION on the part of the candidates. The sit-

uation was thus given by Mr. Davey: "There being but one limite to be settled in the county convention, to things that you you want, and that wit, whether Gatch or Davey is the choice for the congressional nomination. I am in favor settling it in this way. Let Mr. Gatch's friends and my friends agree upon a man for chair friends agree upon a man for chair anything, at any time, if you take one of these tablets afterward. Sold by they are elected, let a ballot be taken as to the preference for congressman. If Mr. Gatch receives a majority vote, I shall ask that he be given the right to select he. man, also for secretary, and, when of these tablets afterward. to select he entire delegation of 22 men to go to Eugene and work for him, first, last and all the time. If I receive a majority vote I shall expect

notel in the place and not half try;

This is a poetry edition of The Joursomething of a poet himself.

-++ boodlers, now prefers charges against of Clatsop county, who has been some of its own members. They have named as the agent for the state. got so they recognize a boodler in-

The Oregonian asks "ls Governor McBride the Great I am, or the Great I want to Be." And yet it knows both of these positions have for years been Harveyized.

Thirty and Fourteen. pounds the track and thumps

along. Till juice-fiends don't know where they're at:

She sings a Katzenjammer song-Old thirty's got a wheel that's flat,

Or crawl downhill without a brake; The windows rattle to and fro-Her Sprague has got the belly-nche

glides along with bone-yard jerk. The juice won't catch her thing-

umjig; She needs a brand-new "T.-H." rig.



KODOL

heart trouble can remember when it was simple indigestion. It is a scientific fact that all cases of heart disease, not organic, are not only trace-able to, but are the direct result of indigestion. All food taken into the stomach which falls of perfect digestion ferments and swells the stomach, puffing it up against the heart. This and in the course of time that delicate but vital organ becomes diseased.

Kodol

Digests What You Eat

Mrs. Loring Nichols of Penn Yan, N. Y., writes: After eating, my food would distress me by making my heart papitate and I would become very weak. Finally I got a bottle of Kodol and it gave me immediate reliaf. After using a few bottles I am cured.

Kodol cures indigestion, dyspepsia and all stomach disorders, and gives the heart a full, free and untram-Bottles only. \$1.00 Size holding 216 times the trial size, which sells for 50a



PREPARED BY E.C. DeWitt Chicago



F. G. Haas, Drug Stor

Every new principle in the curative art has at first been mattened and persecuted, then tolerated, and at ength recognized. Osteopathy is proving no exception.

Schottle, Barr & Barr, Osteopaths, Opera House Block, Salem.

Mohair Takes Another Jump. Mohair is king of farm produce at present. Wm. Brown & Co. are offering 32 cents, and the market cems strong. 3-25-tf

Pittsburg, March 27.-The Press. this afternoon publishes as an absolute fact that the United States Steel trust has purchased the Jones-Laughlin combination. The price is \$80,000, 000, the largest part of which is cash, The deal was consummated in New York last night.

The Latest Yarn.

A Pittsburg drummer tells this new varn: I always carry a bottle of Kemp's Ralsam in my gripe I take cold easily, and a few doses of the Balsam always makes me a well man Everywhere I go I speak a good word for Kems. I take hold of my customers-I take old men and young men. and tell them confidentially what I do, when I take cold. At druggists, 25 and 50 cents.

To Return Murderer.

Governor Chamberlain has Issued nal. There is a love poem by Ore requisition papers on the governor of street car poem by the editor, who is ia, for the murder of his father a year ago. The lad was released on bail, and skipped out. He has been located The Scattle grand jury after indict at Douglas City, and will be returned

Relief

From Nervousness and Insomnia

Through Dr. Miles' Nervine. I Use

Dr. Miles' Anti-Pain Pills For Headache.

"I have been troubled greatly with sleepleasness and nervousness for twenty-five
years. I have never taken Dr. Miles' Nerviue steadily for a long time but it never falls
to help me when I do take it. In addition to
this I can say that my general health is much
better since my occasional use of Nervine,
than it was several years ago. I have used
Dr. Miles' Anti-Pain Pills for neuralgia and
nervous headaches and have always
had prompt relief. The headaches usually
occur at intervals in the morning and
by taking a Pain Pill when I feel the headsches coming on I can prevent the attack
entirely. My husband is also subject to
headaches and finds the same relief from the
Anti-Pain Pills that I do. We are perfectly
willing that you should use our names because of the relief we have found in using
Dr. Miles' Remedies."—Mas W. II. BRANDSLEY, Moscow, Idaho.

There is nothing that will so surely undermine the health relief we have found.

There is nothing that will so surely under-mine the health as sleeplessness. A slight affection of the nerves is sufficient to bring affection of the nerves is sufficient to bring about this distressing condition and unless treatment is at once begun it grows werse rapidly, bringing about loss of appeate, indigestion, a gradual undermining of nerve-force and vitality, until finally the victim suffers from nervous prostration. Fr. Miles' Nervine quiets the nervous system against the affacks of any or all nervous directors.

All druppints sell and programme four here All druggists sell and goarantee first bos-tle Dr. Miles' Remedies. Send for free book on Nervous and Heart Diseases. Address Dr. Miles Medical Co., Elikhari, Ind.

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The House Furnishing Co.,

Stores at SALEM and ALBANY-

KICKED BY A HORSE

AND SUFFERED NEARLY FORTY YEARS BEFORE THE BONE HEALED



"AM I ALL RIGHT! OF COURSE M ALL RIGHT," SAID MR. A. COOPER, OF POLK COUNTY, WHEN ASKED ABOUT HIS LEG WHICH WAS HURT WHEN HE WAS A BOY. " WAS KICKED BELOW THE KNEE BY A HORSE IN 1860 WHEN A MERE BOY, AND SUFFERED FOR YEARS. IT ACHED TERRIBLY AND SOON BROKE; THEN PIECES OF BONE COMMENCED COMING DR. COOK'S OFFICE, 103 LIBERTY OUT AND CONTINUED FOR ABOUT A YEAR. THIS WAS FOLLOWED STREET, SALEM, OREGON.

BY AN ATTACK OF TYPHOID WHICH LEFT ME IN BAD SHAPE. I WAS OBLIGED TO USE CRUTCHES FOR OVER TWO YEARS FROM THAT TIME UNTIL I WAS CURED ABOUT SIX YEARS AGO I ALWAYS USED TWO CANES. THE DOCTORS TOLD ME THERE WAS NO HOPE FOR A CURE UNLESS I HAD MY LEG SPLIT AND SCRAPED AND THE CORDS CUT. SOME ALSO ADVISED AMPUTATION, BUT I RE FUSED, AND FINALLY DR. COOK. THE BOTANICAL SPECIALIST OF SALEM, TOOK MY CASE. I BEGAN TO IMPROVE AT ONCE, AND IN SIX MONTHS MY LEG WAS WELL IN FACT I FEEL THAT DR. COOK SAVED MY LIMB, AND I WANT EVERYBODY TO KNOW IT, FOR IT WAS A WONDERFUL CURE. SOON AFTER TREATMENT THE BLACK FLESH BEGAN TO GROW OUT OVER THE BONE WITH A HEAL THY COLOR."

A. COOPER. September 1st, 1902.

PERSONS WISHING TO KNOW MORE OF MR. CO PER'S CASE CAN _EARN ALL THE PARTICU LARS BY CALLING ON HIM AT IN DEPENDENCE, OREGON, OR AT

Sale Ten Million Boxes a Year. CANDY CATHARTIC THEY WORK WHILE YOU SLEEP Druggists BEST FOR THE BOWELS

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It's the inside that counts, both in people and in cooking utensils.

The "Inner man" should be pure and spotless. The inside of Chrysolite Enamel ed ware is pure white.

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