

ABOVE ALL

Things in the purchase of whiskies, brandies, liquors and wines, insist on absolute purity. Imitations of long proven brands, deleterious adulterants, cheap dilutions are worse than nothing. To keep within bounds of safety, make your purchases of wines and liquors, as beverages or for family or medicinal purposes, from a dealer you can trust. We guarantee

SAMPLE ROOM,

"Busted"

Buttonholes are the bane of a bachelor's (married man's, as well) existence. No wonder the blanketyblanks are forthcoming. Don't worry, don't fume, don't swear. Simply let us do the laundering, and the collar bands will remain intact until the end of the chapter. We are thinking of offering a prize for buttonholes despolled here.

Salem Steam Laundry. COLONEL, J. OLMSTED, Prop. DORUS D. OLMSTED, Mgr. 230 Liberty St. Phone 411,



Repairing

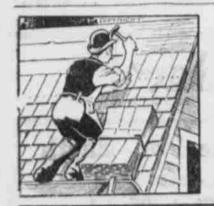
Of the finest workmanship is a branch of our business, that we give special attention to. Our repairing department is conducted with the utmost care and skill, diamonds are reset, and jewelry of all kinds is repaired in the most perfect manner, besides optical work of all kinds.

C. T. Pomeroy Jeweler and Optician, 288 Com, St.

DON'T SHIVER WHILE

YOU DRESS These cold mornings. Reach out of ped, strike a match, turn on the gas in your gas stove and note how quickly your room gets warm. Haven't a gas stove? Mean it? Lots here so cheap you'll wonder how you have permitted yourself to be benumbed when so much comfort could be had for so lit-

Salem Gas-Light Co., 4 CHEMEKETA ST. Phone 563.



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.

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GOODALE LUMBER CO., Near S. P. Pau Depot.

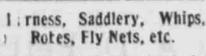
Phone 651.

Juicy Morsel for Breakfast

Or dinner you can enjoy from one of our sender and delicious meats, steaks, lamb or mutton chops, veal cutlets or pork, Our meats are all cut from the fattest and primestcattle, and we can supply your table with fresh, nutritions and wholesome meats at bed rock prices.

C. CROSS SALEM ORE Phon 281





Lorg years of experience, superior sk ill and lig test quality of stock are a guarantee that we turn out the test reedsever effered in falem. SIGN OF THE WHITE BORSE. ESTABLISHED 1869

. Lamport Saddlery Co. 289 Commercial Street.

WHEN OFF DUTY

Good liquor will soon banish the fatigue of "the strenuous life," and for the convalencent its merits are too well known to be repeated. At Rogers' only the very best grades of wines, brandies and whiskles are sold, and with every bottle is given our guarantee of its age, absolute purity and brand.

J. P. ROGERS, Editable

Wholesale and Retail Liquor Dealer. . .



F. B. SHAFER

232 Con mercial Street Near Bush's Bank-HARNESS, SADDLES, NETS, WHIPS, ROBES, ETC. REPAIRING A SPECIALTY. WHarness Oils, Good Working Gloves, Axle Grease, Brushes.

SALEM, OREGON

THE WELL BRED WOMAN. She Is Marked by the Posture She

Assumes When Sitting. Nothing points out the well bred woman more quickly than the position she takes when she sits down. The stamp of vulgarity is marked upon the woman who sits with her knees spread far apart, lack of refinement is shown by knees crossed offensively, lack of ease by stiff and constrained position of the shoulders, a general carelessness and indifference by the very common fault of "sitting in the shoulders"that is, of doubling the spine so that the upper part rather than the lower part of it rests against the back of the chair, says the New York Herald.

The body should be placed well back upon the seat, chair, sofa or whatever it may be. The feet should rest on the floor, one somewhat in front of the other, because it is easier to rise from that position. The head must be kept well up and the chest poised slightly forward.

The lower part of the spine may be pressed against the frame of the chair. but if one, after sitting awhile, should need to rest a little more the shoulders may also touch upon the same support. The hands should remain as they neutrally fall from this position, hanging at the side, or they may be placed easily over the arms or back of the chair or allowed to lie reposefully on the lap. To rise properly from a correct sitting position there should be several preparatory movements.

The chest is first poised far forward. and at the same time the foot is drawn back under the seat. The foot drawn in should be the one opposite from the direction to be taken in starting up.

As you rise throw the weight firmly upon the foot in the rear. As the body comes to its full height change the weight to the forward foot, so that the other foot merely touches the floor very lightly. This brings you to a standing position, ready to walk easily in the direction you are going.

Ugly sitting position and awkward movements in rising will disappear if these principles are followed.

Combined Desk and Bookense. If you have books and a desk and

no bookcase, it is an easy matter to evolve the latter. Make two upright rows of bookshelves far enough apart to allow the desk to be placed between them. Shut off the lower part of the



HANDY BUICKCASE

shelves on each side with a door, which may be decorated with fron hinges or blackened metal. These false hinges are, of course, placed against the real ones on which the sloor swings and are purely ornamental. These little closets make fine places in which to keep unsightly books and magazines which look untidy, but which one always wants to keep. There is a shelf over the top of the desk, on which could be placed a row of plates or photographs. and a nice little etching would give in-terest to the big panel. This panel, by tre way, need not be made of wood out could be closed in by a piece of colored burlap or buckram. The case would then have to be braced by three sints of wood nailed across the back behind the buckrum.-Harper's.

Things to Be Avoided. Don't make a narrow door narrower

by a heavy portiere. A small house is made stuffy by too many bangings. Don't put chandellers in a room with a low ceiling. Side brackets are to be had in artistic shapes.

Don't have too much of any one kind of decoration in the house. Grill work and stained glass repeated in more than two rooms become monotonous.

Don't buy a bright colored carpet to put in rooms where the furniture is not to be correspondingly toned up. Don't have the floor, wall and furni ture in a room covered with material

which has a decided pattern. Don't put into a room unsteady little tables loaded with meaningless bric-s-

Star Sofa Pillow.

From any lining material cut a reguiar star the desired size. First cut a paper pattern, then cut another pattern of a regular pentagon. This should be about the size of the star. Cut a star from pale blue wash silk. Cut the pentagon from deep blue slik. Adjust the points of the star to the points of the pentagon, and around the five sides dispose of a full puff of light blue silk Around the edge place a ruffle of the deep blue slik and finish the star with several rows of embroidery stik couched down.

Applea.

The housekeeper who wishes to keep live, 16@17c. her family healthy will use apples freely, not eternally in apple sauce and apple pies, but in ways that vary and banish monotony. Apples, raw and cooked, even stewed dried applies. are better for constipation than livepills

Matching In Furnishings.

Too much matching is not considered desirable in house furnishing, as it is apt to result in a tiresome lack of variety. One authority says, "Anybody can match, but it takes a master hand forestore to introduce the proper color touches and produce harmony."

Tired

After Mental Exertion-No Rest.

Nervous, Irritable and Wretched.

Dr. Miles' Nervine Saved My Life.

There is little joy in living when the disordered nerves prevent sleep and rest; when one wakes from a restless night more tred than the night before; when one is forced to drag through the round of daily duties without energy, ambition or interest. This condition is due to a derangement of the nerves which may be speedily regulasted and strengthened by Dr. Miles' Restorative Nervine. This remarkable medicine has a wooderful record of cures. Supplying as it does the exact element needed for the restoration of the nerve force and vitality, its good effects are felt after the first few doese.

"I have used your remedies myself and in

good effects are felt after the first few doses.

"I have used your remedies myself and in my family for the past seven years and it is not too much to say that they saved my life. The tired feeling I used to have after giving a few music lessons has left me entirely and instead of lying in bed three or four hours trying to get aleep and then getting up and walking the floor until morning, I can now go to bed and sleep eight, ten and twelve hours without any trouble. When I think of my former nervous, wretched, irritable state I want to tell everyone what Dr. Miles' Nervine has done for me. I can do as much work now in a day as I used to take a week to accomplish. I think Dr. Miles' Nervine is the best remedy for nervousness and general debility on earth."—L. D. EDWARDS, Prof. of Music, Preston, Idaho.

All druggists sell and guarantee first bot-

All druggists sell and guarantee first bot-se Dr. Miles' Remedies. Send for free book on Nervous and Heart Diseases. Address Dr. Miles Medical Co., Elkhart, Ind

Market Quotations Today "Make Salem a Good Home Market" ~~~~~~~

Spring chickens-13@15c. Eggs-Per dozen, 141/2c.

Hop Market.

Potatoes, Apples, Etc. Potatoes-25@30c. Onions-65c.

Dried Apples-4% to 6%c. Itaman prunes, 40s to 50s-5c Petite Prunes-4c.

Big Fir-\$4.50. Second Growth-\$4,00. Arh-\$3.00 to \$3.75. Body Oak-\$5.00. Pole Oak-\$5.00.

Green Hides, No 1-1@7c. Green Hides, No. 2-2@5. Calf Skins-4 to 5c. Sheep-75c. Goat Skins-25c to \$1.00. Gray Fox-25 to 50c. Coon-10 to 40c. Mink-25c to \$1.20. Otter-\$1.00 to \$5.00. Skunk-10 to 25c.

Muskrat-1 to 5c. Wildcat-10 to 25c. Grain and Flour. Wheat-65@73c.

feed \$21 per ton. Flour-Wholesale, \$3.65.

Coarse wooi-15@17c Fine-15c.

Clover-\$11.50@\$12.50. Bran-\$22.

Creamery and Dairy Products. Good dairy butter-15@20c. Creamery butter, 20c. Cream, pan skimmed, at creamery-

Sc. at farm 14c. skimmed. Cream-separator com. Creamery 20c, minus freight. Portland Market.

Wheat-Walla Walfa, 70 6 71c.

Wheat-Valley, 74@75c. Flour-Portland, best grade, \$3.60@ \$3.70; graham, \$3.45@\$3.85. Coats-Choice White, \$1.10@\$1.15, Barley-Feed, \$21@\$22 per ton;

Millstuff-Bran, \$19. Hay-Timothy, \$19@\$20. Onlons-40@50c per cental. Potatoes-40@50c per cental. Butter-Best dairy, nominal; fancy reamery 174@20c; store 16c.

Poultry-Chickens, mixed 12@12%c per pound; spring, 13@14c; turkeys,

Mutton-Gross, \$5@\$5.25. Hogs-\$7@\$7.50. Beef-Gross, \$3 25@\$4.00. Von1-7@7%c.

Hops-18 froc per pound. Wool-Valley, 125 m16c; Eastern bregon, 8@14c; Mohair, 35@3714c. Hides-dry, 16 pounds and upwards

CASTORIA. O The Kind You Have Always Bought Bears the

Poultry-at Steiner's Market

Hops-22@25%c.

Urled Fruits.

Wood, Fence Posts, Etc.

Cedar Posts-10c. Hides. Pelts and Fura

Oats-30@32c. Bariey-Brewing 55@60c bushel

Live Stock Market. Steer-112c. Cows-3 to 31/4c. Sheep-\$3.50 gross to \$4.00. Dressed Veal-76c Hogs alive-64@6%c. Hogs, dressed-Sc.

Wool and Mohair. Mohair-37c

Hay, Feed. Etc. Baled Cheat-\$12@\$13.

Shorts-\$23.

rolled, \$23.

Eggs-Oregon ranch, 16%@17%c er dozen.

15 to 15%c.

"STRAWBERRY CULTURE A NEW BOOK-By E. HOFER.

The Strawberry Industry In The Page Northwest.

Full instructions about preparation | Illustrated with photograph of soil, growing of plants, planting the on writer's fields, near Sales erop, cultivation, fertilization, picking by mail, or at The Journal and packing the crop, shipping and markets treated fully in separate cents per copy. The coly chapters.

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Corvallis and way landing Wednesdays and Fridays A. L. CRAIG, M. P. Bill Gen. Pass. Agt. Agt. 0. Portland, Ore.

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About Our **Dining Cars**

"I have traveled on se portant railroads in Am rope, and have dined on as have restaurast of rather dine on a Best dining car than o any dining car that I kee world."-S. S. McCast McClure's Magazine. Burlington Route thro' trains to Omaha Kansas City, St. Louis a



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