

REFORMERS HAVE FOUND A PER- FECT BEVERAGE

A Powerful Stimulant That Contains no Alcohol, That Is Therefore Not Intoxicating, and That Takes the Place Equally Well of Beer, Coffee, Tea or Even Stronger Drinks.

A beverage has been found that threatens to take the place of beer among the hard-working classes and to do away with tea, coffee, and other brain stimulants used by students, brain workers, nurses, and other persons who are required to remain alert and active during long periods.

This beverage is highly stimulating, non-alcoholic, non-intoxicating, and a nerve builder and nerve strengthener, instead of a destroyer as is the case with tea, alcohol, and coffee. It has already been introduced into England and will find its way to America as soon as its great merits become popularly known.

Dream of Reformers Realized.

A drink such as this has been long the dream of temperance reformers for the reason that it encourages itself owing to its great stimulating and refreshing powers, and because the consumer quickly acquires the "habit" and becomes so attached to the drink that he will prefer it to more substantial food and often go without his meals for the sake of it.

"Yerbe mate," or simply "mate" is the name for this wonderful drink and it has been used in one of its forms for some time in Paraguay and Argentina. The beverage is brewed from the dried leaves of the flex, and can be prepared and sold in bottles

to suit the particular taste of the consumer, or made at home like tea or coffee.

Mate can be prepared by making a strong or weak infusion of the leaves of the flex after the customary fashion of making tea. In Argentina and Paraguay it is the sole stay of the hard-working man, who likes it so well he takes no breakfast until noon, supporting himself with a small draft now and then from his mate bottle. He can work hard all day long on this one meal reinforced by the stimulating and refreshing power of the infusion.

Mate can be drunk hot or cold, it can be taken with cream and sugar, like tea or coffee, and it can be used "straight," which seems by far the best way of drinking it. Plain mate is quite bitter, and, like beer, it is an acquired taste. The first sip gives a distinctly bitter taste, and the drinker sets down his glass with a wry face. Presently, as soon as the bitter effect wears off, the imbiber has a pleasant recollection of the sensation. By this time the powerful stimulating property of the drink has begun to work, and the drinker feels like taking another sip. Mate makes the user of it "feel good," makes him look with a brighter eye on the dark side of life, makes him forget his

troubles for the moment, and, best of all, unlike beer, it makes him feel like working or doing something with his brain or his hands instead of loafing or gossiping.

No Horrible Awakening.
Chemists who have carefully analyzed mate say that it perfectly harmless. It has only the smallest percentage of caffeine and volatile oils, and it never leaves a bad after effect. Even when the drinker has a disordered stomach or bad nerves the consumption of mate is not followed by unpleasant feelings.

When the mate habit is acquired the drinker is apt to indulge himself freely, even when there is no need of stimulation. Like the alcohol drinker, he takes the beverage "for the effect." Sometimes he gets to be a regular mate drunkard, but wonderful to say, this beneficent drug has no strings, its only effect being that of making the "drunkard" a busy, industrious and hopeful man, who gets more out of life for himself and his fellows than the ordinary man who depends on his own body for stimulation.

In a word mate cannot be "abused" any more than water, and there are comparatively few who take it in large quantities for the mere sake of the stimulation. It can be drunk in a weak infusion at meals just like beer, wine, tea, or coffee, and the taste is sure to be even more pleasant than that of any of these beverages. It does not interfere with digestion, and is a great boon to the thinker, engineer, writer, poet, scientist, mathematician or clergyman, who wants to go on with his work instead of spoiling his thinking powers by eating a square meal. As soon as the effect wears off the sensation of hunger returns and the brain worker, his immediate task finished, can take his meal and let it digest in peace.

Reliance of London Physicians.

The effects of mate have been tried with the most happy results in London hospitals. Physicians and nurses who have used it say it have solved the problem of how to make long continued watching and working easy and light. Nurses and physicians in these hospitals aver that a bottle of the "straight" mate converts their monotonous, although active, duties into positive pleasure. Sleepiness is banished, and interest in common humdrum work is aroused. Ab-

stinence from mate for a short time is followed by normal appetite for food and sleep, and the worker can go to bed looking forward to a bright and cheerful morning.

But perhaps the most saving quality that mate has is its cheapness. The flex grows in exuberant quantity in South America and many species of it grow in the United States but it remains to be seen whether a good beverage can be got out of the domestic plant. Its great cheapness makes it easily purchasable by the laboring man and by the hordes of workers in great cities who daily patronize saloons at the noonday hour.

Bishop Fallows a few years ago introduced into Chicago the British substitute for beer, which was sold in a temperance saloon in Washington street, but the experiment was a failure because the beer, while tasting like common beer, had no stimulating power and left the drinker of it quite as pessimistic as he was before he tossed off his foaming glass. It is the stimulation the beer drinker is after and not the taste. But mate has both the taste and stimulation, and when once drunk it sets up the habit and thus cuts the ground from under the feet of the beer or whisky habit.

It also reduces the desire for tea and coffee, either of which, according to medical men, is highly detrimental to health, even more so than temperate drinking of alcohol. Mate also reduces the desire for tobacco because of its highly stimulative action. Men use tobacco for its stimulating and not its narcotic effect. This is particularly true of brain workers. But while tobacco stimulates the brain and the intellect and makes them both quick and clear, mate has also this effect with no reaction on the heart.

The Turner Exhibit.

At city hall this week—Wednesday Thursday, Friday and Saturday. Success is now assured.

The interest in the great Turner exhibit is rapidly increasing. From the sale of tickets, it is certain that the big armory will be filled each day and evening. The Turner pictures are not the same pictures that were shown in the Elson exhibit last November.

A most interesting feature of the exhibit will be the written work of the pupils of the public schools. The written work of every pupil will be found in the exhibit.

Each of the following distinguished citizens will appear on the evening programs, giving a short talk on some practical phase of the picture movement: Gov. Chamberlain, Hon. T. T. Geer, Supt. J. H. Ackerman, Col. E. Hofer, Mrs. Richard Cartwright and Rev. P. S. Knight. Among the musical features are the Stalward Quartet, Prof. W. P. Drew, Mrs. W. C. Smith, Miss Lillian Stege, Miss Miriam Hewitt, Mrs. W. A. Moores, Miss Emma Elgin and Mrs. C. H. Hinges.

The exhibit will open on Wednesday and remain open each day and evening during the remainder of the week.

Red Time

I take a pleasant herb drink, the next morning I feel bright and my complexion is better. My doctor says it acts gently on the stomach, liver and kidneys, and is a pleasant laxative. It is made of herbs, and is prepared as easily as tea. It is called Lane's medicine. All druggists sell it at 25c and 50c. Lane's Family Medicine moves the bowels each day. If you cannot get it, send for free samples. Address, Orator Woodward, LeRoy, N. Y.

Getting Them Here.

Henry A. Townsend, of Des Moines, Ia., traveling immigration agent of the Harriman lines, is in the city for a few days' stay, having arrived last evening. He was for a number of years a resident of Rosedale, south of Salem, where he engaged in prune growing, and he is now interested in this industry. He reports that the immigration department of the Harriman lines is sending large parties of home-seekers to Oregon, and that about 25 families left Des Moines for the Salem neighborhood recently, and are now settled in this section. He urges all to receive newcomers with courtesy, and when it is found that inquirers are not exactly satisfied with this particular section, asks that they be not discouraged from looking further in Oregon.

"Do not tear down your neighbor to build up yourself," he said this morning, "for there is plenty of room for all, and I believe we will be able to fill up this country—all portions of it—in a very few years with a most desirable class of settlers."

"The advertising matter sent us from this and other cities in Oregon has been distributed where we thought it would do the most good, and the effect is becoming apparent, for many people have been attracted by the advantages offered by this state, and they are now beginning to come, and this movement will increase in the near future. Many of these people wait for excursion rates, but we urge

them to come at once, and are quite successful. This country has many advantages that it can offer to the newcomer, and when this is persistently shown, the effect is bound to be good."

Wants a Divorce.

Millie M. Shepherd, of Stayton, yesterday afternoon filed a divorce suit in the circuit court against Charles E. Shepherd. The couple were married in Stayton, July 7, 1899, and Mrs. Shepherd alleges that her husband deserted her December 19, 1901, and since that time has refused to live with her. There are two children the issue of their marriage, Sadie, a daughter, aged 4 years, and Delbert, a son, 3 years old. Mrs. Shepherd, who is a resident of Stayton, asks for an absolute divorce, the custody of the children, and the right to resume her maiden name of Manning. Mr. Shepherd is said to be a resident of Clackamas county at this time. Bonham & Martin, of this city, are the attorneys for the plaintiff.

A Shepard Puppy.

Yesterday the family of G. W. Johnson found shivering under their hedge a small shepherd puppy, which had either lost its way or was thrust out by an overburdened owner. The little fellow was taken in, and soon cheered up under the influence of warmth. He is evidently a well bred pup, and the owner can get same by calling for it.

Left Nothing Worth While.

Burglars broke into a West Virginia jail the other day and carried away everything of value. They left the jailer.—Memphis Commercial Appeal.



HARPER WHISKY

PURE AND MELLOW
RICH AND DELICATE

For Sale by
A. SCHREIBER, Salem.
153 State St.
FARMER'S HOME.

Happy To Say I Have Gained in Weight and

**Am Well After Years
of Heart Trouble.**

**Dr. Miles' Heart Cure
Cured Me.**

"For three years I suffered much from heart trouble and at times I thought I would drop dead. There was a feeling of oppression about my heart; smothering and choking spells, and I could not sleep on my left side. At times I was so depressed that I could hardly walk. I began taking Dr. Miles' Nervine and Heart Cure and am happy to say that I no longer have that worn-out look. I have gained in weight and feel perfectly well. I will never be without your Nervine and Heart Cure. My son, now eighteen, suffered exceedingly from nervousness. I gave him Nervine with the best of results. His health has been good ever since. I gladly recommend your remedies."

—Mrs. ANNA BROWN, Red Lodge, Montana.
A person who is suffering from heart disease is in just as much danger as the foolhardy lad who ventures on thin ice at the first appearance of freezing weather. Heart disease is the most common cause of sudden death. Statistics show that one person in every four has a weak heart, that weak hearts are as common as a weakness of any other organ. When the heart is weak the pulse is irregular, the blood is thin and poor, the circulation sluggish, causing cold extremities. Dr. Miles' Heart Cure is a great heart and blood tonic, it regulates the heart's action, improves the circulation and sends a stream of pure, red blood through every vein and artery, renewing health and strength.

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

Portland and Return Only \$2.20.

The Southern Pacific is now selling round trip tickets to Portland from Salem for \$2.20, good going Saturday or Sunday, returning Sunday and Monday, giving all day Sunday and Monday in Portland. The same arrangement applies from Portland, giving all Portland people a chance to visit valley points at greatly reduced rates.

W. B. COMAN, G. P. A.

When You Want
Something to eat, just try the White House. They can serve you at any hour of the day or night.

CASORIA.
The Kind You Have Always Bought
Beware of Imitations
Dr. H. H. H. H.

Capital Normal School

First National Bank Building, Salem.
The fall term of twelve weeks opens September 28. Address:
J. J. KRAPS, Salem, Or.

J. Brownstein & Son.

54 State street. Highest cash price paid for hides, Pelts, Wool, Tallow and Furs; also general dealer in old Iron, Rubber and Metals. Phone 2071 Main.

Thos. Nelson Page



The strongest, most appealing, most engaging short story that has come from the hand of this undisputed master of fiction is his contribution,

"The Christmas Peace"

Mr. Page is undoubtedly one of the foremost short story writers of the day, and this delightful Christmas tale, in which he has woven the charm and pathos of which he is master, will appeal to hundreds of thousands of readers. This story, beautifully illustrated with drawings by Blendon Campbell, appears in the

METROPOLITAN MAGAZINE for January

"A Christmas Reverie"
by BLISS CARMAN
"Love Story of Mary, Queen
of Scots"
by MAURICE HEWLETT
"The Real Parsifal"
by JAMES HUNTER

160 Pages

of reading. Really a 35-cent Magazine for 15 cents.

12 Short Stories

(C 41)

N. H. RUSSELL, PUBLISHER, 3 WEST 29TH ST., N. Y.



Go-Carts

1904 Construction.
English Shapes.
Auto Gears.
Cushion Tires.
Tangent Spokes.

Oak, Maroon, and Olive Finishes. Folding Carts.

The House Furnishing Co.

269 Liberty St. Stores, Salem and Albany.

Don't Send a Boy To Mill



If you want a man's work done, is an old saying. You can send anyone to our market for meat, and your order will be filled just as well as if you came yourself. We keep nothing but the very choicest meats, fat, prime, tender and juicy, and we cut and trim your steaks, roasts and chops as only experts can for your table.

E. C. Cross

A Big Cut in Hay

How about this price. Wheat and oat hay \$10 per ton. Other grades in proportion. We have the goods. Phone us your orders.

D. A. White & Son,

Phone 1781 Feedmen and Seedsmen, 301 Commercial St., Salem, Ore.