

Juncle Sam Has Dyspepsia

Stuart's Dyspepsia Tablets Are a Positive and Permanent Cure for the National Disease.

As a people we eat too much and wrong kind of food. Because it is good we crowd the stomach with rich, unnutritious food and drink. We overtax the digestive apparatus to such an extent that it refuses to perform its duty and a conglomerated mass of half chewed, undigested material lies in the stomach until it rots, causing the formations of acids, gases and potamines which produce a painful condition which we know as dyspepsia.

For business men office men and clerks, and in fact everyone engaged in sedentary or indoor occupations, meats, milk and vegetables, with a moderate meat allowance, are much more healthful than a heavy meat diet.



Only men engaged in severe outdoor manual labor can live on a heavy meat diet and continue in health.

It is a well-established truth that one-tenth of all disease originate with a breaking down of the digestion. A weak stomach weakens and impoverishes the system, making it easy for disease to gain a foothold.

Nobody need fear consumption, kidney disease, liver trouble or a weak heart and nervous system as long as the digestion is good and the stomach able to assimilate plenty of wholesome food.

Thousands have some form of stomach trouble and do not know it. They describe the headache, the languor, nervousness, insomnia, palpitation, constipation and similar symptoms to some other cause than the true one. Let your digestion on the right track and the heart trouble, lung trouble, liver disease or nervous debility will rapidly disappear.

Nothing is more certain than that

the use of so-called tonics, stimulants and medicines, which depend upon alcohol for their effect, is injurious to health in the long run.

Many liquid patent medicines derive their effect entirely from the alcohol they contain.

Alcohol and medicines containing it are temporary stimulants and not in any sense a true tonic. In fact, it is doubtful if any medicine or drug is a real tonic.

A true tonic is something which will renew, replenish, build up the exhausted nervous system and wasted tissues of the body; something that will enrich the blood and endow it with the proper proportions of red and white corpuscles which prevent or destroy disease germs. This is what a real tonic should do and no drug or alcoholic stimulant will do it.

The only true tonic in nature is wholesome food thoroughly digested, every particle of nervous energy, every minute muscle, fibre and drop of blood is created daily from the food we digest.

The mere eating of food has little to do with the repair of waste tissue, but the perfect digestion of the food eaten has everything to do with it.

The reason so few people have perfect digestion is because from wrong habits of living the stomach has gradually lost the power to secrete the gastric juice, peptones and acids in sufficient quantity.

To cure indigestion and stomach troubles it is necessary to take after meals some harmless preparation which will supply the natural peptone and diastase which every weak stomach lacks, and probably the best preparation of this character is Stuart's Dyspepsia Tablets, which may be found in every drug store and which contain in pleasant, palatable form the wholesome peptone and diastase which nature requires for prompt digestion.

One or two of these excellent tablets taken after meals will prevent souring, fermentation and acidity and insure complete digestion and assimilation.

Stuart's Dyspepsia Tablets are as equally valuable for little children as for adults, as they contain nothing harmful or stimulating, but only the natural digestives.

One of Stuart's Dyspepsia Tablets will digest 1800 grains of meat, eggs or other wholesome food, and they are in every sense a genuine tonic because they bring about in the only natural way a restorative of nerve power, a building up of lost tissue and appetite, in the only way it can be done by the digestion and assimilation of wholesome food.

The root of the matter is this, the digestive elements contained in Stuart's Dyspepsia Tablets will digest the food, give the overworked stomach a chance to recuperate, and the nerves and whole system receive the nourishment which can only come from food; stimulants and nerve tonics never give real strength, they give a fictitious strength, invariably followed by reaction. Every drop of blood, every nerve and tissue is manufactured from our daily food, and if you can insure its prompt action and complete digestion by the regular use of so good and wholesome a remedy as Stuart's Dyspepsia Tablets, you will have no need of nerve tonics and sanitariums.

Although Stuart's Dyspepsia Tablets have been in the market only a few years, yet probably every druggist in the United States, Canada and Great Britain, now sells them and considers them the most popular and successful of any preparation for stomach trouble.

A Few Pointers.
The recent statistics of the number of deaths show that the large majority die with consumption. This disease may commence with an apparently harmless cough which can be cured constantly by Kemp's Balsam for the throat and lungs, which is guaranteed to cure and relieve all cases. Price 50c and 50 cents. For sale by all druggists.

Eugene has raised \$50 a month for band for the next six months.

White Plymouth Rocks
INGLEWOOD POULTRY YARDS.
C. F. Ruef, Prop.
Setting of 15 eggs \$1.50. Breed of pure stock White Plymouth Rocks exclusively. They are good layers and mothers. Salem, Or. 1-25-12

Sure Cure for Piles.
Itching Piles produce moisture and cause itching, this form, as well as Bleeding or Protruding Piles are cured by Dr. Bosan-ko's Pile Remedy. Stops itching and bleeding. Absorbs tumors. 50c a jar at druggists, or sent by mail. Treaties free. Write me about your case. Dr. Bosanko, Phila., Pa.

Branson & Ragan.
Keep all kinds of groceries, and they are the best that can be found in the city. You don't know it until you have tried them.

When you need that harness repaired, go to F. E. Shafer, at 232 Commercial street, Salem, Or. 5

Everett L. Jones won the oratorical contest at Albany.

DO NOT BELITTLE EOLA

Citizen Claims Property Sells Better Than at Salem

Statistics of Real Estate Sales and Value of Products Produced

(Correspondent Capital Journal.)

Eola, Jan. 30.—In a recent issue of your paper, you say that the influence of a few business men like certain business men in Portland would make Salem leader than Eola. Eola, dead? Not much; in the last few years several business men of Salem have invested extensively in real estate property in Eola and adjoining the surveyed limits of Eola. Without a single exception, they have made quick returns and enormous profits, amounting to thousands of dollars in every individual case. About three years ago Wm. Hodson and Hugh McNary invested in property here, and within about two years sold out and made something like 200 per cent on their investment. About a year ago Thomas Holman invested extensively in property here and has made at least 100 per cent on his investment, without regard for the increase in the market value of such property which would amount to at least 50 per cent more. A. N. Gilbert, I. L. Patterson and H. B. Brophy have all invested extensively in property here, and have received thousands of dollars returns on their investment. Less than a year ago two blocks of real estate property in Eola sold for \$1750, and the only building on it was considered so worthless that it was torn down. Yet, such property, without buildings, cannot be bought for that sum today. Is such property on a man's hands dead property—of a dead town and community? For several years the only business enterprise undertaken here in which capital was invested to any extent and which proved a failure was the effort to establish a distillery. This community will not support any establishment dealing in intoxicating liquors, and we take pride in announcing such conditions. At the present time a business opening is presented here, where the right kind of a business man with persevering energy and enterprise, and a little capital, could build up a good paying business.

There is expended for labor and improvements upwards of ten thousand dollars annually in this community, within a radius of one mile from the center of this town, or more than one hundred dollars per capita, according to its population. What does this mean? It means that if Salem, with her suburbs, containing a population of more than 15,000, should expend an equal sum, according to population, she would have to expend more than one and one-half million dollars annually for such purpose. Does she do it? And if not, how can she have stronger business vitality and enterprise than Eola? Every house in this little town is occupied, and the demand for labor exceeds the supply. So far this winter every man in this town could at any and all times secure outdoor employment whenever he might desire to engage in such work at fair wages, ranging from about \$1 to \$2.50 a day, according to ability and business sagacity. In the last few years hundreds of people from Salem and elsewhere, have collectively earned thousands of dollars in this community, yet with all this to her credit, the public press, and people generally, outside of this community hardly ever mention Eola except in terms of sneering belittlement. Is it fair, and is it just? Mr. Editor, you have from time to time severely criticized the expression of the public press of Portland and the actions of some of her business men in belittling Salem, and have urged the people of your city to resent such belittlement and have advised them to divert their trade to other places until you get just recognition. If this is good advice for Salem people to follow, it is good advice for Eola people to follow. Do you desire to arouse resentment and cause us to divert our trade to other places, or would you rather give us just recognition and let Salem hold our custom? If you desire to be fair and just, I would earnestly ask for the publication of this article.

The agricultural products produced within the past year in Eola, including the products of the real property actually adjoining the surveyed limits of Eola, has been sold for a gross sum exceeding \$30,000.

EOLA CITIZEN.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of J. C. Watson

CLASSIFIED

Advertisements, five lines or less, in this column inserted three times for 25c, 50c a week \$1.50 a month. All over five lines at the same rate.

WANTED.

Wanted—A woman to clean up and do janitor work in photograph gallery over the New York Racket Store. H. D. Trover. 1-30-1w

I want a nice residence—for Eastern parties. What have you? G. A. Hurley, over the Weller grocery store. 1-30-1t

Wanted.—First-class salesmen wanted to sell whips. Responsible references required with application. Address Coburn Whip Co., Windsor, N. Y. 1-30-1t*

FOR RENT.

For Rent—Two partly furnished rooms. Phone and bath, also part of barn, 108 High street. 1-30-3t*

For Rent—Six room house, hot and cold water, and bath. Seven dollars month, enquire first door north on Winter street, between Center and Marion. 1-30-3t*

Market Quotations Today

"Make Salem a Good Home Market"

Capital City Mills Quotations.

Bryant & Pennell, Props.

Wheat—77c.

Buckwheat—80c.

Poultry—at Steiner's Market.

Chickens—8@10c.

Eggs—Per dozen, 22c.

Turkeys—12@15c.

Ducks—10c.

Hop Market.

Hops—19@22c.

Potatoes, Vegetables, Etc.

Potatoes—30c.

Onions—1½c.

Dried Fruits.

Peaches—10c.

Apples—10c.

Apples—10c.

Potatoes—10c.

Italian prunes—5c.

Wood, Fence Posts, Etc.

Big fir—\$4.00.

Second-growth—\$3.50.

Asp—\$2.00 to \$2.75.

Body oak—\$4.50.

Pole oak—\$4.00.

Cedar posts—12½c.

Hides, Pelts and Furs.

Green Hides, No. 1—5c.

Green Hides, No. 2—4c.

Cal Skins—4@5c.

Sheep—75c.

Goat Skins—25c to \$1.00.

Grain and Flour.

Wheat, Salem Flouring Mills, export value, 70c.

Oats—\$1.05 cwt.

Barley—\$1.19 per ton.

Flour—Wholesale, \$3.90.

Live Stock Market.

Steers—3½@3¾c.

Cows—3c.

Sheep—2½c.

Dressed veal—6½c.

Dressed hogs—6c.

Live hogs—4½c.

Mutton—2½c per pound.

Hay, Feed, Etc.

Baled wheat—\$10.

Bale clover—\$10@11.

Brans—\$20.

Shorts—\$21.50.

Creamery and Dairy Products.

Good dairy butter—20@25c.

Creamery butter—30c.

Cream—separator skimmed, at Com. Creamery, 32½c, net.

PORTLAND MARKET.

Wheat—Walla Walla, 72c.

Valley—78@80c.

Flour—Portland, best grade, \$3.75@

\$3.85; Graham, \$3.75.

Oats—Choice White, \$1.07@1.10.

Barley—Feed, \$20 per ton; rolled, \$21.

Millstuffs—Bran, \$18@19.50.

Hay—Timothy, \$10@11.

Potatoes—60@60c.

Eggs—Oregon ranch, 27½c.

Poultry—Chickens, mixed, 10c@

10½c per pound; spring, 11c turkeys, live, 12@14c.

Mutton—Dressed, 6@7½c.

Pork—Dressed, 5½@6c.

Beef—Dressed, 5@6½c.

Veal—7@9c.

Hops—24@27c.

Wool—Valley, 17@18c; Eastern Oregon, 12@15c; Mohair, 22@25c.

Hides—dry, 16 pounds and upwards, 15 to 15½c.

Butter—Best dairy, 20@22½c; fancy creamery, 26c; store 15@15½c.

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Bears the Signature of J. C. Watson

FOR RENT.

Rooms for Rent—Up stairs, Cattle block, by day, week or month. Also light housekeeping rooms. Electric lights. Open all hours. Commercial St., No. 333. Phone: 2965 Main. Mattie Hutchins, Prop.

For Rent—Seven-room house, with basement, well water pipes throughout the house. Inquire at 424 High street. A. Schreiber. 1-29-3t*

FOR SALE.

For Sale.—Team, wagon and harness. Inquire, before noon tomorrow, of L. C. Fisher, corner car line and North Liberty street. 1-29-3t*

Steinway Pianos.—A good second-hand Steinway square, must be sold by Monday. Inquire at 221 Court street, opposite postoffice. 1-29-3t*

For Sale.—Dry fir wood. Enquire of S. J. Kightlinger at Water Company's office. Phone 51 Main. 1-29-3t*

For Sale.—One hundred cords of wood; gilt edge dry old fir. Cut from green timber early last spring, and is strictly first-class. Will take \$4.15 on car here, by car load. W. Lamette Hotel. Apply soon. 1-25-tf

Onion Seed.—Choice Oregon Yellow Danvers onion seed of 1903 crop, for sale cheap. C. Dillman, 326 Commercial street, Salem, Or. 1-26-6t*

For Sale.—Or trade, a fine 10-acre chicken or fruit ranch; first-class buildings and improvements; close to school, postoffice, store and railway station. Will trade for city or unimproved farm property. Address "W. J.," Ore Journal. 11-5-

Choice Farm For Sale.—Three miles northwest from Brooks, having dwelling house, barn and two hop houses, with 30 acres of hops, balance farming land, with running water, except enough choice timber to supply the place. M. J. Egan. 11-12-tf

For Sale.—Improved and unimproved block property in South Salem. For information inquire of E. Hofer, Journal office. 10-9-tf

For Sale.—Eighty acres of land in Washington county, for \$450. A bargain for some one wanting to make a home. Some timber on the place; some cleared. E. Hofer, Salem, Oregon. 10-4-tf

MISCELLANEOUS.

If you have—Farm property to sell, leave it with me. I also have a real estate office in Independence, Polk county, and a fine list of farms and business openings. Office with W. H. Holmes, over the Weller grocery store. G. J. Hurley. 1-30-st-mu

If You Wish Collecting Done—Leave your accounts with the G. A. Hurley Collecting Agency, over the Weller Grocery Store. 1-25-tf.

Just Arrived—One car load hop wire, one car wire fencing, one car shingles. Prices right. Walter Morley, 60 Court street, Salem. 1-28-6t

Salem Barber College.—I desire to give notice that I expect to open, about February 15th, in Salem, a first-class Barber's College, when I will take a limited class (15) and teach the art of barbering, guaranteeing to make first-class workmen in a three-months' course. For further particulars inquire at Bunce's barber shop. A. J. Daniels, proprietor. 1-28-1wk*

Stolen.—A Columbia chainless bicycle, model No. 74, with 23-inch frame, No. 3177. Return to Dr. E. M. Hurd for reward. 1-26-1w

Moler's Barber College.—Of Salt Lake City, offers advantages in teaching the trade that cannot be had elsewhere. Avoid schools the Oregon and California barbers' new laws are apt to close at any time. Write today for our special offer to distant students. 1-23-1m*

Say—Have you tried Edwards & Leuchers for meats. We have the best sausage in town. Come and try it, and be convinced. 410 East State street.

Salem Truck and Dray Co.—Oldest and best equipped company in Salem. Piano and furniture moving a specialty. Office 'phone, 861. W. Brown & Son, proprietors. Office No. 60 State street. 9-1-1m

Dr. Z. M. Parvin.—At 297 Commercial street, upstairs. Singing school. Rudimental and sight reading classes. Begins Wednesday evening, October 14th. Class every Wednesday evening to May 1st, next. Tuition, \$1.00.

Dissolution Notice.—Notice is hereby given that the partnership heretofore existing between Watt Shipp and Paul H. Houser, under the firm name of Shipp & Houser, has been dissolved by mutual consent, Paul H. Houser retiring. Watt Shipp will continue the business, collecting all accounts and paying all bills. Watt Shipp, Paul H. Houser, Salem, Or. Jan. 15, 1904. 1-15-tf

MISCELLANEOUS.

Unique Cleaning Rooms—Shaw & Johnson, the cleaners, are now located at 209 Commercial street. They do a general pressing and repairing business. Specialties: Skirts, silk waists, kid gloves, gents' clothing, etc. Phone 2614. 5-28-1yr.

PHYSICIAN AND SURGEON.

Dr. I. W. Starr.—Office in Bush & Brey building, over Oregon Shoe Store. Office hours, 9 to 12 a. m. and 2 to 5 p. m. Calls attended in city or country. Residence 'phone 2355 Red. 1-5-tf

Dr. W. S. Mott—Will hereafter be found in the Brey block, 275½ Commercial street, over Oregon Shoe Co. Office telephone, 2931; residence phone, 2751. Office hours 9 to 12, and 2 to 5.

WIRE FENCING.

Walter Morley, Dealer in American, Ellwood and Page field fencing. All kinds of poultry fencing. Shingles, P. & B. ready roofing and wall paper. Prices the lowest. Salem Fence works, 60 Court street, Salem. d&w.

UNDERTAKERS.

Undertakers.—We carry the largest and finest line of undertaker's goods in the city. Prices to suit all. Black and white hearse. Prompt, reliable. Save money by calling at No. 107. A. M. Clough, A. J. Busey. 1-16-tf

WATCHMAKER.

W. Calvert, Practical Watchmaker—158 State street, makes a specialty of repairing watches, clocks and jewelry, and guarantees good work at reasonable prices. 11-13-1yr

RESTAURANT.

Ferguson's Restaurant—95 State street. Open day and night. Our 20c meals are better than any 35c house in the state. Six 20c meals for \$1.00; 21 20c meals for \$3.00.

LODGES.

Olive Lodge, No. 18, I. O. O. F.—I. O. O. F. Hall, Saturday each week, at 7:30 p. m. B. B. Herrick, Jr., N. G.; Frank P. Toews, recording secretary.

Salem Camp, No. 118, Woodmen of the World—Meets in Holman Hall every Friday at 7:30 p. m. E. L. Fraser, Consul. Wylie A. Moores, Secretary. 1-12-1yr

Protection Lodge—No. 2, Ancient Order United Workmen, meets every Saturday evening in the Holman Hall, corner State and Liberty streets. Visiting brethren welcome. J. G. Graham, M. W.; J. A. Seelwood, Recorder.

Valley lodge No. 18, A. O. U. W.—Meets in their hall in Holman block, corner State and Liberty, every Monday evening. Visiting brethren welcome. Roy McIntire, M. W. A. E. Aufrance, Recorder.

Central Lodge No. 48, K. of P.—Castle Hall in Holman block, corner State and Liberty Sts. Tuesday of each week at 7:30 p. m. H. H. Turner, C. C.; W. I. Staley, K. of R. and S.

Foresters of America—Court Elmerwood Foresters No. 19. Meets Friday in Turner block. H. G. Meyer, C. R.; A. L. Brown, Sec.

Modern Woodmen of America—Oregon Cedar Camp No. 5246. Meets every Thursday evening at 8 o'clock in Holman Hall, Frank A. Turner, V. C.; A. L. Brown, Clerk.

OSTEOPATHS.

Dr. M. T. Schoettle, Frank J. Barr and Anna M. Barr.—Graduates American School of Osteopathy, Kirksville, Mo., successors to Dr. Grace Albright. Office hours 9 to 12 and 1:30 to 4:30 o'clock. Odd Fellows' Temple, Phone Main 3723; residence phone 2603 red.

Dr. H. H. Scovell.—Suggestive therapeutics. Osteopathy. Nervous and functional diseases. Rooms 4, 5 and 6, D'Arcy building. Phone 2855 Main. 1-1-1m

TONSorial AND BATHS.

Evan's Barber Shop—Only first-class shop on State street. Every thing new and up-to-date. Finest porcelain baths. Shave, 15c; hair-cut 25c. Two first-class boot blacks. C. W. Evans, proprietor.