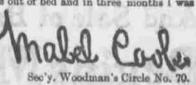


BEARING DOWN PAINS

3647 Indiana Avenue. CRICAGO, ILL., Sept. 27, 1902. I have been a sufferer with almost every kind of female trouble for years, but as long as I could get around and do my work I would not try patent medicines as I had no faith in them. About eight months ago I had to take to

my bed, suffering with prolapsus of the uterus, with bearing down pains and intense pains in the back. My aunt, who came to nurse me told me of Wine of Cardui and sent for a bottle. I am indeed glad that she did, for that first bottle started me on the road to recov-In a few weeks I was out of bed and in three months I was

in better health and stronger than I had been in years. I take a dose now, occasionally, of Wine of Cardui and am kept in perfect health.



Wine of Cardni brings certain relief to women suffering any symptom of female weakness and perfectly regulates the menstrual flow. Wine of Cardni stops bearing down pains by permanently relieving the irritation which weakens the ligaments holding the womb in place. You need not suffer every month if you take this medicine. The periodical discharge will be painless and healthy without continual weakening drains. Wine of Cardui will make your health right and you may treat yourself privately in your own home. Secure a \$1.00 bottle of Wine of Cardui from your

wine Cardu



THE EARTH FOR SALE

IN CHUNKS TO SUIT.

We have a selected list of most desirable improved and unimproved property in all parts of the country, of, unsurpassed advantages, that we will gladly place before any person who is

Homes in all parts of the city to rent or sell-EASY TERMS.

Full charge taken of property for absentee owners.

An excellent list of opportunities for the investor, in ranches, farms and orchards. For complete information see us.

If you have property for sale or exchange, you surely want the kind of service we offer you. We advertise so hundreds will know when it is placed on the market. List yours with us, if you want to turn it quick.

FRED HURST & CO.

Office (upstairs) Murphy block, opposite Bush's bank.

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Ways of Wood Folk 75c Wilderness Ways 75c 75 Secrets of the Woods 75c Wood Folk at School \$1.75 Beasts of the Field \$1.75 Fowls of the Air School of the Woods, ... \$1.50 Following the Deer, ... \$1.25 A Little Brother to the BI.50 Bear.

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Collections mad on favorable terms. Notaries Public-We tender our services in all matters of conveyancing. Real estate loans negotiated at low rates of YOUR BUSINESS SOLICITED. interest.

DOLLAR SUNDAY DINNER

Practical Suggestions Talented House Keepers

Program by Cornelia C. Bedford in Philadelphia Table Talk

perience may have proven that the been given three times within a few months and in no case has the cost exceeded the amount named, though thing or another was left to make a served separately, composite lunch dish the next day. The cost of fuel for cooking was not taken into account.

Vegetable Soup. Smothered Beef. Brown Gravy. Mashed Potatoes. Lima Beans.

Cabbage Salad. Prune Jelly. Coffee

To bring the cost of materials must be a good marketer and know where she can get the best returns list. A thick slice of under round weighing three pounds, can ordinarily find on the counter a shorter, more over them. Set aside to chill. chunky piece of horseshoe or a thin but lean flank steak at twelve cents. are rank and strong. An excellent able material might be too small.

and soaked over night. They are put usual proportions-one tablespoonful and simmered gently for about two Mix to a paste with a little cold For Sale,-Ten young Buff Plymouth hours or until they seem quite soft; water, add the crushed shell from the to them should now be added one large egg used in the dressing. Turn this carrot grated, one onion thinly sliced, into the scalded pot, add the required a penny bunch of soup greens, one amount of fresh boiling water, stop half of a bay leaf and a teaspoonful up the spout and boll quickly for three of sait and the simmering continued minutes. Throw in a tablespoonful of for another hour. Rub all through a cold water, draw to the side of the sleve, thicken slightly with a table fire and let stand for a few minutes to spoonful of flour, add salt and pepper clear itself. to taste and simmer again for at least | When one has a well-filled purse to

the meat a piece of suct. Cut fine a excellent menu. It is a different matlittle of it and melt in a frying pan. ter when the wherewithal to purchase In this when smoking hot quickly sear is severely restricted, and we must and brown the meat, turning several make up the difference by skillful times; if the piece is a flank steak planning and judicious buying. In first score it slightly but in close many localities the subjoined bill of parallel strokes on both sides. As cost may be inaccurate, especially in soon as browned transfer it to a the far west. In such case, however, covered pan or kettle. Dredge into the lessened cost of meat would about the frying pan sufficient flour to balance the higher prices put upon absorb the fat which remains and stir other commodities. As purchased in it until dark brown, then pour in pennsylvania, New York, and other sufficient boiling water to make a eastern states the marketing list scant pint of gravy. Add to it any should be something like this: leaf or clove, a slice or two of onion, 1 Carrot01 twenty minutes for heating through Dried Lima Beans06 Before serving strain the gravy.

make a good dishful when mashed. S. asoning and flour 02 quarter of a cupful of hot milk.

The usual price of dried lima beans is eight cents a pound and at that rate six cents' worth will be ample. Pick over, wash and put them to soak the night before. They will need I take a pleasant herb drink, the next about three hours' slow steady cooking. During the last hour let the plexion is better. My doctor says it liquid on them boil down to a scant cupful. This is to be thickened with is made of herbs, and is prepared as a teaspoonful of flour mixed with cold easily as tea. It is called Lane's med-water and a seasoning of salt, pepper solution. All druggists sell it at 25c and 50 cents. Lane's Family Medicines and one teaspoonful of grated or moves the bowels each day. If you scraped onion added with, just before cannot get it, send for free samples taking from the fire, one teaspoonful Address, Orator Woodward, LeRoy,

From the yegetable counter select a tiny but firm white head of cabbage. Remove the outer leaves, shred the Egustam remainder very fine with a sharp knife

KEEP YOUR HEAD UNCOVERED.

The Constant Wearing of a Het Propogates Dandrod Germs.

There are many men who wear their hats practically all the time when awake, and are blessed with a heavy shock of hair; yet if the scalps of these same men became infested with dandruff germs, the parasites would multiply all the quicker for lack of air. Baldness would ensue as the final result. New-bro's Herpicide kills these germs and stimulates unhealthy hair to abundant growth. Herpicide is a pleasant hair dressing as well as a dandruff cure and contains not an atom of injurious sub-stance. Soid by leading druggists. Send 10c. in stamps for sample to The Herpicide Co., Detroit, Mich.

Daniel J. Fry. Special Agent.

or a slaw cutter and soak for an hour in cold water. For the dressing take one cupful of weak vinegar or, if very To the conscientious writer the idea acid, use part water. Mix one scant of presenting to readers schedules tablespoonful of corn starch with onebased on arbitrary prices is hedged half of a teaspoonful of salt, oneabout with scruples. Her own ex- quarter of a teaspoonful of white pepper or a dash of cayenne, one-half facts as stated are correct but will of a teaspoonful of sugar and onethose who attempt to follow her di-quarter of a teaspoonful of dry rections prove equally successful? As mustard. Rub to a paste with a little regards our subject for today the cold water, turn into the holling writer can only assure her readers vinegar and atir until thick then cook that the dinner here described has alowly for five minutes. Add a scant tablespoonful of butter, stir until disolved and pour the dressing over one well-beaten egg. This may be poured prices and quantities have varied at once over the cabbage (which has dightly. The meal was served for been drained and dried in a cloth) and four adults, and while of necessity closely covered until the slaw is cold; calculation as to quantity was close or, if the cabbage is preferred very in each instance, sufficient of one crisp, the dressing may be chilled and

Prunes which are small in size but of good flavor may be had at from five to eight cents a pound, and one half of that weight will be sufficient. Wash and soak them for a full twenty-four hours, then place in a double boller, cover with fresh cold water and cook slowly until tender. When cool enough to handle cut each open and remove the stone. Soak onewithin the dollar limit the hostess quarter of a package of gelatine in one-quarter of a cupful of cold water. Boil down the juice until reduced to for each penny expended. Above all one cupful and a quarter. Add onethis is most necessary in the case of half of a cupful of sugar. Bring again meat, the most expensive item on the to the boiling point, add the soaked gelatine and take from the fire. Arrange the stoned prunes in a wetted be obtained for fifteen cents a pound, mold or a glass dish. To the syrup but sometimes a lucky purchaser will add a few drops of vanilla and pour

Rio or Santos coffees while cheap Bony pieces at lower rates are not quantity of Maracaribo, which can be considered, as the proportion of eat had for about fourteen cents is, in the opinion of many, quite as rich and The soup will need one cupful of as good flavored as a Java and Mocha dried green peas, which are washed mixture. For boiled coffee take the on in three pints of fresh cold water of the ground coffee for each cupful.

be devoted to the needs of the table Be sure that the butcher, gives with it is not difficult to plan a varied and

Total \$9.971/2

Bed Time

morning I feel bright and my comacts gently on the s.omache, liver and kidneys, and is a pleasant laxative. It

Sears the

CLASSIFIED

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

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Wanted.-Good seamstress; steady position. Call at Dalrymple & Co's.

Wanted.-Experienced girl for house work; good pay. Apply to Mrs. Geo. F. Rodgers, Oak and Capital streets, 2-11-3t

Wanted,-House or cooking work mornings, 7 to 9 o'clock, by Jap boy. Apply to Journal office.

2-11-3t* Wanted .- A farm with good prune and hop land, improved or unimproved; must be cheap. Address, with particulars, "B. O. B.," Salem, Or., care of Journal office. 2-6-tf

Girl Wanted .-- For housework. Inquire of A. F. Hofer, Jr., corner of 20th and Chemeketa streets.

Want-Lodging houses, grocery stores, business houses, chances of all kinds, dwellings, etc. Leave your property with me. G. A. Hurley, over the Weller grocery store. 2-1-mon-tues

FOR SALE.

For Sale-2341/2 acres of the best land in Polk county at \$40 per acre. All cleared and cultivated but one acre. Big house two good barns, one will hold 100 tons of hay, hog house and well improved and kept up. This place is guaranteed to be one of the best in Polk county. See G. A. Hurley, in W. H. Holmes' office on Saturday or Monday. 2-12-3t

or Sale,-A cow, Inquire forencons of L. C. Fisher, corner of carline and North Liberty street. 2-10-3t* or Sale .- A fine house of seven rooms, four blocks north of postoffice on Winter street; a rare bargain; must be sold at once for \$1100. Also house and lot on 18th and Mill streets for \$550. C. W. Emmett, 389 Qak atreet.

or Sale .- Express wagon and team, doing good business. Address "X. X.," Journal, Salem, Or.

For Sale,-A fine 9-room house, with two lots, \$1600; small house and lot on Center street, near capitol, \$600; a lot 75x170 on North Front street \$300; no agents. Call on A. F. Mc-Atee, 13th and Mission streets Phone 373 Blue.

Rock chickens, at a bargain, taken soon, A. F. Hofor, Jr., Salem, Oregon. 1-5-6t*

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.," Care Journal.

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MISCELLANEOUS.

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 & Lusch-

er's for meats. We have the best sausage in town. Come and try it, and be convinced, 410 East State street.

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

Dissolution Notice.-Notice is hereby given that the partnership herename of Shipp & Houser, has been dissolved by mutual consent, Paul H. Houser retiring. Watt Shipp will to be had in the city. continue the business, collecting all accounts and paying all bills. Watt The Variety Store Shipp, Paul H. Houser, Salem, Or., 94 Court St. Annors M. Welch, Prop

MISCELLANEOUS.

Unique Cleaning Rooms-Shaw Jehnson, the cleaners, are now lo-cated at 209 Commercial street. They do a general pressing and repairing business. Specialties: Bkirts, silk waists, kid gloves, gents' clot-ing, etc. Phone 2614. 5-28-1yr.

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Dr. I. W. Starr-Office in Bush & Brey building, ever Oregon Shoe Store. Office hours, 9 to 12 a. m. and 2 to 5 p. m. Calls attended in city or country. Residence phone 2255 Red.

Dr. W. S. Mott-Will hereafter be found in the Brey block, 275½ Com-mercial street, over Oregon Shoe Co. Office telephone, 2931; restdence phone, 2751. Office hours \$ to 12. and 2 to 5.

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Walter Merley, Dealer in American, Elwood 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.

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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. Barey.

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Ferguson's Restaurant-95 street. Open day and night. Our 20c meals are better than any 25c house in the state. Six 20c meals for \$1.00; 21 20c meals for \$2.00.

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Salem Camp, No. 118, Woodmen of the World-Meets in Holman Hall every Friday at 7:30 p. m. P. L. Frasier, Consul. Wylie A. Moores, Secre-1-12-1vr

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. Sellwood Recorder.

/alley ledge No. 18, A. O. U. W .-- Mosts in their hall in Holman block, corner State and Liberty, every Monday evening. Visiting brothren welsome. Roy McIntire, M. W. A. E. Aufrance, Recorder.

Central Lodge No. 18, 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 Shu wood Foresters No. 19. Meets Friday in Turner block. H. G. Meyer, C. R.; A. L. Brown, Sec.

Modern Woodmen of America-Ore-gon Cedar Camp No. 5246. Meets every Thursday evening at 8 o'clor Holman Hall, E. E. Matten, V. C.: A. L. Brown, Clerk.

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and Anna M. Barr. - Graduates American School of Osteopathy, Kirksville, Mo., successors to Dr. Grace Albright. Office hours 9 ts 12 and 1:30 to 4:30 o'clock. Odd Fellows' Temple, Phone Main 2731; residence phone 2603 red.

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