

ONLY A SUGGESTION

But It Has Proven of Interest and Value to Thousands.

Common sense would suggest that if one wishes to become fleshy and plump it can only result from the food we eat and digest and that food should be albuminous or flesh forming food, like eggs, beefsteak and cereals; in other words the kinds of food that make flesh are the foods which form the greater part of our daily bills of fare.

But the trouble is that while we eat enough and generally too much, the stomach, from abuse and overwork, does not properly digest and assimilate it, which is the reason so many people remain thin and underweight; the digestive organs do not completely digest the flesh forming beefsteak and eggs and similar wholesome food.

There are thousands of such who are really confirmed dyspeptics, although they may have no particular pain or inconvenience from their stomachs.

If such persons would lay their prejudices aside and make a regular practice of taking after each meal one or two of Stuart's Dyspepsia Tablets the food would be quickly and thoroughly digested, because these tablets contain the natural peptones and diastase which the weak stomach lacks, and by supplying this want the stomach is soon enabled to regain its natural tone and vigor.

Stuart's Dyspepsia Tablets digest every form of flesh-forming food, meat, eggs, bread potatoes, and this is the reason they so quickly build up, strengthen and invigorate thin, dyspeptic men, women and children.

Invalids and children, even the most delicate, use them with marked benefit as they contain no strong, irritating drugs, no cathartic nor any harmful ingredient.

Stuart's Dyspepsia Tablets is the most successful and most widely known of any remedy for stomach troubles because it is the most reasonable and scientific of modern medicines.

Stuart's Dyspepsia Tablets are sold by every druggist in the United States and Canada as well as in Great Britain, at 50 cents for complete treatment.

Nothing further is required to cure any stomach trouble or to make thin, nervous dyspeptic people strong, plump and well.

Good Spirits.

Good spirits don't all come from Kentucky. Their main source is the liver—and all the fine spirits ever made in the Blue Grass state could not remedy a bad liver or the hundred and one ill effects it produces. You can't have good spirits and a bad liver at the same time. Your liver must be in fine condition if you would feel buoyant, happy and hopeful, bright of eye, light of step, vigorous and successful in your pursuits. You can put your liver in fine condition by using Green's August Flower—the greatest of all medicines for the liver and stomach and a certain cure for dyspepsia or indigestion. It has been a favorite household remedy for over thirty-five years. August Flower will make your liver healthy and active and thus insure you a liberal supply of "good spirits." Trial size, 25c; regular bottles, 75c. At all druggists. At Dr. Stone's drug stores.

CASTORIA.

The Kind You Have Always Bought

Bears the Signature of

W. L. D. H. H. H.

CALL FOR BANK REPORT

Washington, April 1.—The controller of the currency this morning issued a call for a statement of the condition of national banks at the close of business Monday, March 28th.

Easter Lilies Plentiful.

New York, April 1.—New York florists say that no church or home need be without its full supply of Easter lilies next Sunday, on account of the price. Last year the cost of the beautiful flowers, regarded as typical of the Easter festival was such as to make it almost prohibitive. That was because the lily crop of the Bermudas, whence comes the bulk of the supply for this market, was very small, and the scarcity caused the price to go up to record-breaking figures. This week several shiploads have come up from the southern islands, and today the lilies are everywhere in evidence along Broadway and Fifth avenue, and are being sold at figures within the reach of everyone.

Co-Eds Will Learn to Cook.

Chicago, Ill., April 1.—The beginning of the spring quarter at the University of Chicago today also marked the opening of the new college of domestic science, the object of which, in plain words, is to teach the co-eds to become good housekeepers. The courses include cooking and the study of the science of food stuffs. It is intended that the work shall not only train a girl to cook, but teach her domestic engineering, including house sanitation and public hygiene, the chemistry of foods, and other phases of domestic science. No other institution in the West contains such a department, and there is but one other in the entire country, that of the Massachusetts Institute of Technology.

STRAIN TOO GREAT.

Hundreds of Salem Readers Find It So.

The hustle and worry of business men,
The hard work and stooping of workmen,
The woman's household cares,
Are too great a strain on the kidneys.

Bacache, headache, sideache.
Kidney troubles, urinary troubles follow.

A Salem citizen tells you how to cure them all.

Jacob Morelock farmer residing on Rural avenue, between Hazel and Laurel streets, in Nob Hill addition, South Salem, says: "Doan's Kidney Pills procured at Dr. Stone's drug store did me good. I had been bothered off and on for quite a long time with pain through my back and kidneys. I have always worked hard at farming and think the trouble was originally caused from a strain. The secretions from the kidneys were annoying at times and caused me considerable inconvenience. Before I had taken one box of Doan's Kidney Pills the pain in my back and other symptoms of kidney trouble had passed away. I am pleased to recommend this remedy to others."

Sold for 50 cents a box by all dealers. Foster-Milburn Co., Buffalo, N. Y. sole agents for the United States. Remember the name DOANS and take no substitute.



PERIL IN THE HAND-SHAKE.

Not long ago Dr. J. N. Hirsch, of Chicago, said: "The most delicate perfume upon the hands is not a sign of freedom from germs, and the most refined are not free from disease of lungs or throat, and the germs are rapidly spread by touching the hand that has handled the handle of a door or a doorknob with a cold, catarrh or consumption. The breath one inhales from the lungs of another may contain germs of disease." You will not only be able to resist the germs of consumption, but many thousands of cases have been known where persons who were suffering from incipient phthisis, or the early stages of consumption were absolutely cured by Dr. Pierce's Golden Medical Discovery. It maintains a person's nutrition by enabling him to eat, retain, digest and assimilate food. It overcomes the gastric irritability and symptoms of indigestion, and thus the person is saved from those symptoms of fever, night sweats, headache, etc., which are so common.

An alternative extract like Dr. Pierce's Golden Medical Discovery, made of roots and herbs, without the use of alcohol, will assist the stomach in assimilating or taking up from the food such elements as are required for the blood, which the liver is throwing off the poisons in the system.

Do not permit some designing druggist to insult your intelligence by offering you a remedy which he claims is "just as good" because he made it up himself, or ten chances to one you will get a medicine made up largely of alcohol, which will only weaken the system.

Dr. Pierce's Golden Medical Discovery is heartily recommended by every person who has ever used it and it has stood the test of thirty-eight years of approval from people all over the United States. Please, Dr. Pierce's Common Sense Medical Adviser is sent free on receipt of stamps to pay expense of mailing only. Send 21 one-cent stamps for the book in paper covers, or 31 stamps for the cloth-bound volume. Address Dr. R. V. Pierce, Buffalo, N. Y.

Dr. Pierce's Pellets cure biliousness.



A MODEL HUSBAND.

A man must be that can wear the shirt and collar that we see daily on suffering mankind. Why torture yourself with a new collar when we will launder one for 3 cents or why wear a mackeral sky in an oil painting when we will launder one in faultless style for 10 cents.

Salem Steam Laundry

Colonel J. Olmsted, Prop.
Dorus D. Olmsted, Man.
Phone 411 230 Liberty St.

Call for Congressional Convention.

A convention of the Republican party of the First congressional district of the state of Oregon is hereby called to meet in Salem, Ore., Wednesday, April 13, at 11 a. m., for the purpose of nominating one representative for congress and to transact such other business as may properly come before the convention.

The convention will consist of 177 delegates, apportioned among the several counties of the district as follows, to wit: Benton, 7; Clackamas, 18; Coos, 9; Curry, 3; Douglas, 14; Jackson, 12; Josephine, 7; Klamath, 4; Lake, 4; Lane, 19; Lincoln, 5; Linn, 14; Marion, 23; Polk, 9; Tillamook, 5; Washington, 13; Yamhill, 11. Total, 177.

The same being one delegate-at-large for each county, one for every 150 votes cast for Judge Bean on the last general election, and one for every fraction of 150 larger than 100.

That the work of the convention may be expedited as much as possible the committee suggests that the chairman and secretaries of the several county conventions certify to the list of delegates elected by their county conventions to this congressional convention and mail them at once to Curtis B. Winn, secretary congressional committee, Albany, Ore.

Delegates or others in attendance at the convention may secure a rate of one and one-third fares for the round trip on the Southern Pacific and the Corvallis & Eastern railways by paying full fare to Salem, taking a receipt for fare paid from the ticket agent and having same properly certified by the secretary of the convention. T. W. HARRIS, Chairman Congressional Committee. CURTIS B. WINN, Secretary.

HUIE WING SANG CO.

Great sale of Chinese and Japanese fancy goods. We also make up all kinds of wrappers and waists, underwear and skirts. Gents' and ladies' furnishing goods, silks, laces and embroideries. All kinds of summer goods, matting, etc. Court street, corner of alley, Salem.

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—10@11c.
Eggs—Per dozen, 15c
Turkeys—12@14c.
Ducks—10c.

Hop Market.
Hops—19@25c.

Potatoes, Vegetables, Etc.
Potatoes—45c.
Onions—1 1/4c.

Dried Fruits.
Peaches—10c.
Apricots—10c.
Apples—10c.

Petite prunes—4c.
Italian prunes—5c.

Wood, Fence Posts, Etc.
Second growth—\$5.50.
Aph—\$3.00 to \$3.75.
Grub oak—\$6.50.
Cedar posts—12 1/2c.

Hides, Pelts and Furs.
Green Hides, No. 1—5c.
Green Hides, No. 2—4c.
Calf Skins—4@5c.
Sheep—75c.
Goat Skins—25c to \$1.00.

Grain and Flour.
Wheat, Salem Flouring Mills, export value, 72c.
Oats—\$1.10 per cwt.
Barley—\$19.50 per ton.
Flour—Wholesale, 3.75.

Live Stock Market.
Steers—3 1/4@3 1/2c.
Cows—3c.
Sheep—3c.
Dressed veal—7c.
Dressed hogs—6 1/4c.
Live hogs—5 1/4c.
Mutton—2 1/4c per pound.

Hay, Feed, Etc.
Baled wheat—\$10.
Baled clover—\$10.
Bran—\$21.
Shorts—\$22.

Creamery and Dairy Products.
Good dairy butter—20@25c.
Creamery butter—27 1/2c.
Cream—separator skimmed, at Com. Creamery, 27 1/2c, net.

PORTLAND MARKET.
Wheat—Wallis Walls, 75c.
Valley—81@82c.
Flour—Portland, best grade, \$3.50@3.95; Graham, \$3.50@3.90.

Oats—Choice White, \$1.17 1/2@1.20.
Barley—Feed, \$21@22, per ton; rolled, \$24@25.
Millstuffs—Bran, \$18@19.
Hay—Timothy, \$15@17.
Potatoes—Common, 60@80c.
Eggs—Oregon ranch, 15c.

Poultry—Chickens, mixed, 12 1/2@13 per pound; turkeys, 15@16c.
Pork—Dressed, 7@7 1/2c.
Beef—Dressed, 5@7c.
Veal—8@8 1/2c.
Hops—24@25c.

Wool—Valley, 17@18c; Eastern Oregon, 12@15c; Mohair, 32@35c.
Hides—dry, 16 pounds and upwards, 15@15 1/2c.
Butter—Fancy creamery, 27 1/2@30c dairy and store, nominal.

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CLASSIFIED

WANTED.

Wanted.—Good Japanese boy wants a position as cook, anywhere. Address "T," care Daily Capital Journal. 3-30-3t*

Wanted.—One or two unfurnished rooms. Address "B," care of Journal. 1-5-4t

Wanted.—Lady or gentleman or fair education to travel for a firm of \$250,000 capital. Salary, \$1072 per year and expenses; paid weekly. Address, with stamp, J. A. Alexander, Salem, Oregon. 3-28-3t*

Wanted.—We want to buy 18,000 or 20,000 hop roots. Geo. Swegle. 3-28-3t*

Wanted.—Two waitresses at Williamette Hotel; steady job. Call at once. J. Conner. 3-28-3t

FOR SALE.

For Sale.—Ten-room, hard finished house and full lot. Inquire at 352 Summer street. 3-29-3t*

For Sale.—A Jersey cow; have also a barn for rent. Inquire at 108 High street. 3-30-3t

For Sale.—Six head heavy work horses and harness; two heavy wagons and wood-racks; 150 cords of grub oak wood, in woods seven miles from Salem. Inquire of O. E. Price, Salem, R. F. D. Rt No. 1. 3-25-1wk*

For Sale or Rent.—Six room cottage on one of the choicest residence corners in the city, two blocks from state house. Inquire of F. W. Power, 360 Summer street. 3-24-1wk

For Sale.—One 18-horse Russell engine and boiler, on skids, at a bargain, or will trade for lumber. Inquire of J. E. Murphy, Fairgrounds, Oregon. 3-9-d6t-w2t*

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. 11-5-

MISCELLANEOUS.

Notice.—If the party who borrowed the fur collar at the auction Saturday night will leave the same at Barra's store immediately, no questions will be asked, otherwise they will be arrested. Mrs. Sadie McFadden. 3-28-3t*

Cheap Lumber.—We have from 25,000 to 30,000 feet of second-class lumber on our yard, principally two-inch stock, which we desire to dispose of, and offer it at the remarkably low price of \$4 per thousand. Cheap enough to buy for cordwood at prevailing prices. Capital Lumbering Company. 3-26-2t

Found.—A wheel. Owner can have same by calling on Z. H. Foster, Mt. Angel, Or. 3-16-2wks

Hop-pickers.—Join Hop-pickers' Association. Annual dues, 25 cents a year in advance. Subscription to Hop-picker included to members. Oregon Hop-picker, Room 7, Hamilton building, Portland, Oregon. 3-12-1m

Meier'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. 3-8-1m*

Notice.—Persons wishing work done in the I. O. O. F. cemetery apply to the sexton, N. Rosenbaum, corner of Wilson and Rock streets. Phone 2076 Black. 3-4-1m*

Say.—Have you tried Edwards & Lusher's 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, 841. W. W. Brown & Son, proprietor. Office No. 60 State street. 3-1-1m

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.

Unique Cleaning Rooms.—C. A. Johnson, successor to Shaw & Johnson, the cleaners, is now located at 299 Commercial street. He does a general pressing and repairing business. Specialties: Skirts, silk waists, kid gloves, gents' clothing, etc. Phone 3614. 3-25-1yr

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 2358 Red. 1-5-4t

Dr. W. S. Mott.—Will hereafter be found in the Brey block, 275 1/2 Commercial street, over Oregon Shoe Co. Office telephone, 2931; residence phone, 2761. Office hours 9 to 12, and 2 to 5.

WIRE FENCING.

Get Your Poultry Netting, lawn and field fencing at headquarters. Large stock to select from. Prices always the lowest. Walter Morley, Salem Fence Works, 60 Court St.

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. 197. A. M. Clough, A. J. Basy. 1-16-4t

RESTAURANT.

Ferguson's Restaurant.—95 State street. Open day and night. Our 20c meals are better than any 15c 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 E. Toevs, recording secretary.

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, 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. Bellwood, 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. 18, K. of P.—Castle Hall in Holman block, corner State and Liberty Sts. T. enday of each week at 7:30 p. m. H. H. Turner, C. C.; W. L. Staley, K. of R. and S.

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

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

OSTEOPATHS.

Dr. M. T. Schoettler, Frank J. Barr and Anna M. Barr. Dr. Lela Mae Thomas, assistant specialist in female diseases; seven years' experience in confinement cases. Consultation free. Dr. W. H. Thomas, assistant specialist in renal calculi, gall stones, stomach troubles, constipation and dislocations. All graduates of the founder's school. Office hours, 9 to 5, I. O. O. F. temple. Phone 2721 Main; residence phone, 2603 Red.

Dr. H. H. Scovell, Osteopath and Sug-gestionist.—Treats chronic disorders of the stomach, bowels, liver, kidneys; nervous and female diseases, lung and throat troubles. D'Arcy Bldg., State St. Main 2855.

TONSorial AND BATHS.

Evans' Barber Shop.—Only first-class shop on State street. Every thing new and up-to-date. Finest porcelain baths. Shave, 15c; hair-cut 35c. Two first-class boot blacks. C. W. Evans, proprietor.