



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period.

To Young Women:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds. "If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, that was the only medicine which helped me any. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are brighter, I have added 13 pounds to my weight, my color is good, and I feel light and happy."

The monthly sickness reflects the condition of a woman's health. Anything unusual at that time should have prompt and proper attention.

N. Y. Chiropodists in Town. Dr. and Mrs. O. O. Fletcher, expert chiropodists, of New York City, remove corns, bunions and ingrowing nails without pain. Satisfaction guaranteed. Room 10, Salem Hotel. Phone Main 1881. No extra charge for calls. 4-20-1wk

Solid Comfort for Horses



A horse as well as a driver is entitled to comfort in his work and to have his harness should have harness and fittings that are not only well made, but made right.

We carry the best lines SINGLE HARNESS, DOUBLE HARNESS, SADDLES, BRIDLES, WHIPS, ROBES, SUPPLIES, AXLE GREASE, HARNESS OIL, and every thing in our line. The best is none too good for our patrons. Prices right.

F. E. Shafer 232 Commercial street, near Ladd & Bush's bank.

Your Stepmother

Is still here, and as busy as ever. When your clothes are worn and dirty, or the buttons off take them to her, at the Salem Dyeing and Cleaning Works. Repairing and reletting; new velvet collars put on overcoats; also four suits a month for \$1. Called for an 1 returned.

G. F. Mason

Manufacturer of Berry crates, boxes, inside work for all fruit dryers, and all kinds of shop work. Miller St. South Salem, Phone 2191 Red

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, jaces and embroideries. All kinds of summer goods, washing, etc. Court street, corner of alley, Salem

CHIEF GOT THE BOVINES

How the Work of Restraining Cattle Will Benefit the City

Doc Gibson, Salem's mounted chief of police, rounded up a band of cattle in Depot addition, that had been running at large for a few days, and did not seem to belong to anyone in particular. He had no more than taken them into custody when the owner appeared and was very wrathful at this infringement of his personal liberty to run stock at large in an incorporated city, but he had a good bill of costs to pay. There are people who seem defiant about running their stock in the city, and have not learned that this city is incorporated. If the poundmasters will do their duty the streets can all be parked and set to roses and flowering shrubs, and the city will become very beautiful. Where there is grass that ought to be eaten off cattle can be staked and get a good deal of good feed, but they should not be staked so as to interfere with sidewalks. The appointment of poundmasters with police powers for each of the new wards, will be a good thing in other ways, as each of these poundmasters has authority to clean the streets and make people remove nuisances, or have them removed. Also if there is any hoodlumism at religious meetings the special policeman can be invoked to protect the worshippers. This was one of the pledges in the mayor's message.

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.

Arrested in Portland.

Chief of Police W. A. McClain, of Albany, passed through on the local this morning for Portland, where F. E. Galloway was arrested on a warrant sworn out in Linn county on a charge of seduction. The girl in the case was a Miss Brenner, of the Seio neighborhood.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, Ohio.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

WEST & TRAUX, Wholesale Druggists, Toledo, Ohio. WARDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, Ohio. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c per bottle. Sold by all druggists. Hall's Family Pills are the best.

Field Peas

The best hog feed raised in the valley. We have some extra choice seed peas that we are making a close price on. May be sown for the next month and make a good crop. Call or write for prices.

Seed Corn

We make a specialty of handling the best seed corn to be obtained, either for a crop or for ensilage.

D. A. White & Son

FEEDMEN AND SEEDMEN 301 Commercial Street, Salem.

CITIZENS CONDUCT SALOON.

Forest Grove Tipplers Out Wit the Authorities.

Forest Grove, Or., April 27.—The Iron House saloon, which has been the cause of so much bitter contention at this place, opened again today in the face of a prohibitive city ordinance and the recent adverse decision of the circuit court for Washington county. Being determined to quench their thirst in their own way several Forest Grove citizens have formed themselves into an organization called the Commercial club, with headquarters at the Iron House. Pool and billiard tables arrived this afternoon for the club rooms and members play games and quaff their own liquid refreshments in defiance of the reformers and city officials. Over the door is a large placard warning the public that the inner recess is for members only and that any trespassers will be prosecuted at once. The city officials who hold the balance of power and were elected on the "dry" ticket last January, are determined to meet this new move in a vigorous manner and a lively time will soon be in progress. The club members maintain that they are within their constitutional rights and defy any power to disturb them in the enjoyment of their own club privileges.

Alaska Natives Coming to Oregon. Washington, April 27.—Senator Mitchell has secured the insertion on the floor in the general deficiency bill of an item of \$3,500 to defray the expenses of bringing Indian youths from Alaska to Oregon to attend the Indian school at Chemawa.

The senator is his argument showed that there are at present no funds adequate for this purpose, and proved by statistics that the Indians of Alaska have received smaller attention in proportion to that bestowed upon the nation's wards, than they are justly entitled to.

Dancing Classes Will Continue.

The dancing class and assembly which has been conducted in Tloga hall every Saturday during the winter will continue for several weeks, with the same instructor. A cordial invitation is extended to all. 6t

"Not Very Well"

Is the experience of everybody at one time or another. Your skin becomes yellow, the tongue coated, and you have severe headaches. You're Bilious—that's all. The liver needs attention at once. A few doses of Hostetter's Stomach Bitters is all that is needed to set you right again. Get a bottle today and try it. It is also unequalled for curing Indigestion, Dyspepsia, Constipation, Insomnia, La Grippe, Colds and Malaria.

HOSTETTER'S STOMACH BITTERS

Does Your Buggy

Need Paint

This is the time of year to have it put in order. All work done in the best style, and fully guaranteed as to quality.

Prices Right

You will be surprised at how little it will cost you to have your rig made new.

W. B. WARNER & CO.

68 Chemeketa Street.

Oregon Raised Clover Seed

As the weather has settled the farmers who wish to sow clover seed will need to supply themselves quickly.

We offer a fine quality of very reasonable prices. Other farm and garden seeds in quantities to meet all demands at

Savage & Fletcher

Dealers in FLOUR, GRAIN AND SEED 322-324 Commercial Street.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Charles H. Fletcher. In Use For Over Thirty Years. CASTORIA. A Perfect Remedy for Constipation, Sour Stomach, Diarrhoea, Worms, Convulsions, Feverishness and Loss of Sleep. Fac Simile Signature of Charles H. Fletcher, NEW YORK. 35 Doses—35 CENTS. EXACT COPY OF WRAPPER.

A WINNER In the race for supremacy in pork products is our latest consignments in choice sugar cured hams and bacon, and our fine country sausages, loins for roasting, chops, etc. Cold weather brings a demand for choice pork in spare ribs, pigs' feet, hocks, tripe and sausages, and we have the finest corn-fed and carefully fed pork to be secured. E. C. Cross.

Phone: Main 2853. ALL WORK DELIVERED WHEN PROMISED. If it's a Big Job of Printing I have the facilities for doing that as well as for the smaller ones. Anything from an Envelope corner to a Big Catalogue. I Want Work That requires particular attention, and in doing it I guarantee that it shall be of the best quality, and at a reasonable price. PROOFS SUBMITTED ON ALL WORK. N. D. ELLIOTT. 193 Commercial St. Over The Journal.

IMMENSE STOCK OF Carriage Harness Work Harness and Saddles. All up-to-date and first class. See us for anything in our line and save money. E. S. Lamport Saddlery Co. 289 Commercial Street.

AGENCY OF BALFOUR, GUTHRIE & CO. GRAIN BUYERS AND SHIPPERS OF GRAIN Oats For Sale. HOP GROWERS SUPPLIES. Crude and stick Sulphur. J. G. Graham, Agent, 287 Commercial St., Salem, Ore.

THE PICK OF THE FOREST Has been taken to supply the stock of lumber in our yards. Our stock is complete with all kinds of lumber. Just received a car load of No. 1 shingles, also a car of fine shakes. We are able to fill any and all kind of bills. Come and let us show you our stock. Yard and office near S. P. passenger depot. Phone Main 651. GOODALE LUMBER CO.

It's Strong. Fine Raiser OF CAKES AND BREAD. Quart for 50c of one and quarter pound EPPLEY'S PERFECTION BAKING POWDER Is full strength. Therefore economical to use. You get more for your money than in most other kinds. You get a guarantee of its quality by our money back if not satisfactory statement. Most all the good dealers down town sell it. We want you to try it. C. M. Eppley FINE GROCERIES. Nineteenth and State Street

Take a Little Walk Some Nice Day Go out and see those fruit farms we are selling at \$5.00 a month. A plank walk from the street cars will take you right there. These tracts are all under the plow, and comprise the best land in Marion county. Over half of them are sold, so do not delay buying at once. They are 3 Minutes Walk from the street cars. \$5 a month, and no interest.

Salem Abstract and Land Co. F. W. WATERS, Mgr.

Eggs Wanted We have more orders than we can fill, and we must have them. If you want the highest price in cash call on Commercial Cream Co. 225 Com'l St.

O. C. T. CO'S PASSENGER STEAMERS POMONA and Altona leave for Portland, Monday, Wednesday and Friday at 10 a. m., Tuesday, Thursday and Saturday at 7 a. m. For Corvallis, Tuesday, Thursday and Saturday at 6 p. m. For Independence daily except Sunday at 1 p. m. Dock: Foot of Trade Street. M. P. BALDWIN, Agt.

PILES A cure guaranteed if you use RUDDY'S suppository P. M. T. Main, Thompson, B. G. Grad School, Staunton, Va. Write: "I will pay you \$100 if you can cure my piles." Dr. S. M. J. Jones, Bates, Mo., writes: "They give excellent relief." Dr. H. D. Moffitt, Clarksville, Tenn., writes: "In a matter of 20 years, I have found no remedy equal yours." Price, 50 Cents. Sample Free. Sold by Druggists. MARTIN RUDDY, LANCASTER, Pa.

WITCHAMSTER'S ENGLISH PENNYROYAL PILLS Original and only Genuine. Dr. Stone makes no charge for consultation or prescription. Can be found daily at his drug store, Salem, Oregon.

Portland and Return Only \$2.00. The Southern Pacific is now selling round trip tickets to Portland from Salem for \$2.20, good going Saturday p. m., or any train of 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. At George Bros. You can get a meal at any time of the day or night. When you are in a hurry for a meal just try them. You will find them at 106 State street.