

FROM GIRLHOOD TO WOMANHOOD

Mothers Should Watch the Development of Their Daughters—
Interesting Experiences of Misses Borman and Mills.



Every mother possesses information which is of vital interest to her young daughter.

Too often this is never imparted or is withheld until serious harm has resulted to the growing girl through her ignorance of nature's mysterious and wonderful laws and penalties.

Girls' over-sensitiveness and modesty often puzzle their mothers and baffle physicians, as they so often withhold their confidence from their mothers and conceal the symptoms which ought to be told to their physician at this critical period.

When a girl's thoughts become sluggish, with headache, dizziness or a disposition to sleep, pains in back or lower limbs, eyes dim, desire for solitude; when she is a mystery to herself and friends, her mother should come to her aid, and remember that Lydia E. Pinkham's Vegetable Compound will at this time prepare the system for the coming change, and start the menstrual period in a young girl's life without pain or irregularities.

Hundreds of letters from young girls and from mothers, expressing their gratitude for what Lydia E. Pinkham's Vegetable Compound has accomplished for them, have been received by the Lydia E. Pinkham Medicine Co., at Lynn, Mass.

Miss Mills has written the two following letters to Mrs. Pinkham, which will be read with interest:

Dear Mrs. Pinkham:— (First Letter.)
"I am but fifteen years of age, am depressed, have dizzy spells, chills, headache and back-

ache, and as I have heard that you can give helpful advice to girls in my condition, I am writing you."—Myrtle Mills, Oquawka, Ill.

Dear Mrs. Pinkham:— (Second Letter.)
"It is with the feeling of utmost gratitude that I write to you to tell you what your valuable medicine has done for me. When I wrote you in regard to my condition I had consulted several doctors, but they failed to understand my case and I did not receive any benefit from their treatment. I followed your advice, and took Lydia E. Pinkham's Vegetable Compound and am now healthy and well, and all the distressing symptoms which I had at that time have disappeared."—Miss Matilda Borman writes Mrs. Pinkham as follows:

Dear Mrs. Pinkham:—
"Before taking Lydia E. Pinkham's Vegetable Compound my months were irregular and painful, and I always had such dreadful headaches.

"But since taking the Compound my headaches have entirely left me, my months are regular, and I am getting strong and well. I am telling all my girl friends what Lydia E. Pinkham's Vegetable Compound has done for me."—Matilda Borman, Farmington, Iowa.

If you know of any young girl who is sick and needs motherly advice, ask her to address Mrs. Pinkham at Lynn, Mass., and tell her every detail of her symptoms, and to keep nothing back. She will receive advice absolutely free, from a source that has no rival in the experience of woman's ills, and it will, if followed, put her on the right road to a strong, healthy and happy womanhood.

Lydia E. Pinkham's Vegetable Compound holds the record for the greatest number of cures of female ills of any medicine that the world has ever known. Why don't you try it?

Lydia E. Pinkham's Vegetable Compound Makes Sick Women Well.

Notable Exhibition of Art.
Philadelphia, Pa., Jan. 21.—The art exhibition marking the centennial of the founding of the Pennsylvania academy was opened today with a reception and private view. The exhibition not only includes the collection

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

of works by modern American and European painters, but a great part of the large galleries is hung with representative works of painters whose fame has been associated with the academy during the 100 years of its history.

GOTHAM LETTER

New York, Jan. 21.—President Morris K. Jessup, of the Peary Arctic club, has sent out an appeal for additional funds to complete the ship in which Robert E. Peary will again seek the north pole. The club has had subscribed, principally from its own membership, about \$55,000, and in order to avoid delay has assumed the responsibility of contracting for, and is now building a special ship of exceptional strength and powerful engines, to be completed about March 1, 1905. This ship is the first ever constructed in this country for Arctic discovery. Additional funds to the amount of \$100,000 are necessary for the completion of the ship and the equipment of the expedition.

Among New York's titled residents none is more distinguished by birth than a middle-aged woman who in her own country would be entitled to the rank of princess. She is the wife of a physician in this city and many of her acquaintances have no idea of the dignities she might claim in her native land. She rarely refers to them herself and has made no effort to attract social attention to her descent. She happens to be wealthy and has made herself the center of an admiring circle, attracted merely by her own charm of character. Yet in Russia she ranked among the oldest families of the nobility.

Sensational reports of an alarming amount of destitution in New York this winter are denied by officers of the Charity Organization society. They say that they are taking care of about 10 or 15 per cent, more persons than they did at this season last year, but this increase is not due to the fact that there are more unemployed, but is because of a considerable increase this year in pneumonia and kindred diseases. Although they say conditions are not to be compared with those of the winter of 1893.

There is one curfew sounded in New York that is obeyed to the letter. That is the policeman's whistle at 10 o'clock at the skating ponds in Central Park. At the first blast skates are off, and the clocks are hardly through sounding the hour before the ice is clear. To the skaters 10 o'clock seems early to end their enjoyment, but the police are firm and disperse the crowd quickly.

In a certain down-town restaurant, a grizzled old man with traces of faded gentility can be found lunching every day. His usual dish is stewed tripe or something equally unpretentious. But he seems scarcely conscious of what he is eating. In his left hand he always has a little red book which he reads with the most devoted attention. The book is a treatise on the art of dining. It is illustrated with alluring pictures of the most succulent dishes known to gastronomy, and over these the obviously needy man glances, oblivious of "stewed tripe, 15 cents."

The reported intention of W. R. Hearst to run for mayor on a labor ticket is causing much concern in Tammany Hall. Mr. Hearst's purpose not to support Mayor McClellan if the latter be renominated is evidenced by the attitude of the Hearst papers, which, with pen and pencil, are almost daily caricaturing and anathematizing the mayor. What is most feared is that Mr. Hearst will make a campaign for mayor on lines similar to his fight for the Presidential nomination. He would make things exceedingly interesting for Tammany if he should spend a quarter as much money in his mayoralty campaign as he did when a Presidential candidate.

Every time the government's big guns at Sandy Hook are fired the frame buildings at Lawrence, across the water, quiver like leaves, though the distance is 15 miles. Ceilings have fallen, furnaces have cracked and mirrors window panes and fish globes have fallen into fragments as a result, the owners of the houses think, of the explosions on the Hook. This shaking has been going on for a long time, many years, but it has begun to get worse lately. The bigger the guns installed the more the houses quiver and rattle. There is no doubt that the shaking of the houses is directly traceable to the government guns. But whether the vibration is borne through the air or by means of a stratum of rock under the ocean there is some disagreement. Some of the residents hold to one theory, some to the other.

Senator William A. Clark, of Montana, is back from Europe with his young wife, but minus the "million-dollar" baby, which was left behind in Paris with a dozen nurses. Because the senator married his ward, Miss Anna La Chappelle, a French Canadian young

woman, three years before a public announcement of the ceremony, and because there was a girl baby two years old when the wedding news was made public, New York has evinced considerable curiosity to see Mrs. Clark. The senator's and his wife, however, will not spend the winter in the magnificent new Fifth avenue palace now about completed, but will remain in Washington until spring, the senator giving his time to his duties as a member of congress.

THE VALUE OF CHARCOAL.

Few People Know How Useful It Is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but twenty-five cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

She Was Mad.

Myrtle—Why, Maud, what is the matter; you look all upset.

Maud—Yes, Myrtle, I am real angry. You see the store where we trade has no bicycle rack, and I had to put my wheel down in the gutter, and that always makes me angry. I feel that it is an insult to my nice new wheel to put it in the street gutters, which are intended for filth and dirty water. I am going to ask papa if we can't trade where the merchant has some consideration for the three thousand bicycle riders of Salem. I don't intend to be compelled to lift my wheel up and down, in and out of gutters, every time I go shopping. 1-20-1m

Complaint.

A complaint was filed in department No. 1, circuit court, in the case of the Bank of Woodburn, a corporation, vs. G. W. Dimick. The action was for \$440, alleged to be due said corporation.

A Surprise Party.

A pleasant surprise party may be given to your stomach and liver by taking a medicine which will relieve their pain and discomfort, viz: Dr. King's New Life Pills. They are a most wonderful remedy, affording sure relief and cure, for headache, dizziness and constipation; 25c, at J. O. Perry's drug store.

Our Building Material

Quality and price considered is the best. Bear in mind the fact that we handle everything necessary to build a modern dwelling. From foundation to roof we can supply your wants. Call and see us that you may be convinced.

Voget Lumber & Fuel Co.

Office and yard 14th and Oak Sts.

Great Reduction Sale

Dry Goods, Millinery, and Clothing

LADIES' HATS--
40 per cent reduction from our original low price.

\$5.00 hats for	\$3.00
\$4.00 hats for	\$2.40
\$3.00 hats for	\$1.80
\$2.50 hats for	\$1.50
\$2.00 hats for	\$1.20

LADIES' WAISTS FOR LESS THAN COST OF MATERIAL AND MAKING—all this fall styles.

LADIES' DRESS SKIRTS—Great assortment, 25 per cent. off our usual low price.

LADIES' AND GIRLS' JACKETS—All this season's goods, best values in this city. Price no object with us on these goods. We will not carry them over.

Men's and Boys' Clothing, 1-3 off usual low price.

ROSTEIN & GREENBAUM

298 and 300 Commercial St.

Salem

Portland Business College

PARK AND WASHINGTON STREETS
—PORTLAND, OREGON—

Established in 1866. Open all the year. Private or class instruction. Thousands of graduates in positions; opportunities constantly occurring. It pays to attend our school. Catalogue, specimens, etc., free.

A. P. ARMSTRONG, LL.B., PRINCIPAL

Books by William J. Long

- | | |
|------------------------------|------------|
| Ways of Wood Folk | 75c |
| Wilderness Wars | 75c |
| Secrets of the Woods | 75c |
| Wood Folk at School | 75c |
| Beasts of the Field | \$1.75 |
| Fowls of the Air | \$1.75 |
| School of the Woods | Net \$1.50 |
| Following the Deer | Net \$1.25 |
| A Little Brother to the Bear | Net \$1.50 |

GINN & COMPANY, Publishers

Trade Department, 29 Beacon St., Boston

No shoe-troubles with Selz Royal Blue Shoes

All shoes would be good shoes if you didn't have to wear them.

But you buy them to wear; that's all you want of shoes.

Selz Royal Blue shoes are made to wear, not merely to sell; they cost you \$3.50 and \$4.

They do wear, well and long, and feel right to the wearer and look right to everybody.

Get your feet into Selz Royal Blue.

SELZ

JOHN SHOLUND,

Merchant Tailor

Experienced cutter and fitter. Will guarantee all work Also cleaning, pressing and repairing.

Opera House Block.

Court Street

THEO. M. BARR

Successor to Barr & Petzel

TINNER --

-- PLUMBER

Hot Air, Hot Water and Steam Heating a Specialty.

SALEM OREGON