

Health of American Women

A Subject Much Discussed at Women's Clubs—The Future of a Country Depends on the Health of Its Women.



Mrs. T. C. Willadsen Miss Mattie Henry

At the New York State Assembly of Mothers, a prominent New York doctor told the 500 women present that healthy American women were so rare as to be almost extinct.

This seems to be a sweeping statement of the condition of American women. Yet how many do you know who are perfectly well and do not have some trouble arising from a derangement of the female organism which manifests itself in headaches, backaches, nervousness, that bearing-down feeling, painful or irregular menstruation, leucorrhoea, displacement of the uterus, ovarian trouble, indigestion or sleeplessness? There is a tried and true remedy for all these ailments. Lydia E. Pinkham's Vegetable Compound has restored more American women to health than all other remedies in the world. It regulates, strengthens and cures diseases of the female organism as nothing else can. For thirty years it has been curing the worst forms of female complaints.

Such testimony as the following should be convincing.

Mrs. T. C. Willadsen, of Manning, Ia., writes:

Dear Mrs. Pinkham:— "I can truly say that you have saved my life and I cannot express my gratitude to you in words. For two years I spent lots of money in doctoring without any benefit for menstrual irregularities and I had given up all hopes of ever being well again, but I was persuaded to try Lydia E. Pinkham's Vegetable Compound and three bottles have restored me to perfect health. Had it not been for you I would have been in my grave to-day."

Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.

Miss Mattie Henry, Vice-President of Danville Art Club, 429 Green St., Danville, Va., writes:

Dear Mrs. Pinkham:—"Many years suffering with female weakness, inflammation and a broken down system made me more anxious to die than to live, but Lydia E. Pinkham's Vegetable Compound has restored my health and I am so grateful for it that I want every suffering woman to know what Lydia E. Pinkham's Vegetable Compound will do for her."

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing-down feeling, inflammation of the ovaries, backache, bloating, (or flatulency), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all-gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember there is one tried and true remedy. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. No other medicine in the world has received such unqualified endorsement. No other medicine has such a record of cures of female troubles. Refuse to buy any other medicine, for you need the best.

A light heart, a cheerful countenance, and all the charms of grace and beauty are dependent upon proper action of the bodily organs. You cannot look well unless you feel well.

Mrs. Pinkham invites all sick women to write her for advice. Her advice and medicine have restored thousands to health. Address, Lynn, Mass.

SHIPPING ORANGES DIRECT

Steamer Roanoke in Fruit Carrying Trade Southern California

(Portland Journal, Feb. 20th.)

Fruit will be the principal freight carried from Los Angeles to Portland by the steamer Roanoke; she arrived yesterday from San Pedro and way ports. On the next trip she will bring 900 tons, equivalent to 18 carloads of oranges from Southern California. From here the fruit will be shipped to the Sound, Spokane, Helena, Butte and many other points in the Rocky Mountain country. It is the first time that oranges have been brought by steamer direct from Southern California.

The owners of the Roanoke say that they are more than satisfied with the patronage given and promised their line, which has been in operation less than two months. On this last trip the steamer carried 450 tons of general merchandise and 62 passengers. Arrangements have been made for carrying wheat to Los Angeles, which is also a departure. Tomorrow morning at 9 o'clock the steamer will sail with 900 tons of wheat, which will be discharged at San Pedro, only 20 miles distant from the Southern California metropolis. The grain is for milling there, and will not be exported.

Harry Young has been appointed local agent for the line. The Roanoke is scheduled to sail from Portland for the south every 14 days. She will call at Coos Bay, Eureka and San Francisco. The steamer will sail from Columbia dock No. 1.

Bryan the Chief Speaker.

Topeka, Kas., Feb. 21.—Elaborate arrangements have been completed for a Democratic banquet here tomorrow night in celebration of Washington's birthday. William J. Bryan will be the principal speaker, taking as his subject, "Back to the People."

A Touching Story

is the saving from death of the baby girl of Geo. A. Eyer, Cumberland, Md. He writes: "At the age of 11 months, our little girl was in declining health, with serious throat trouble, and two physicians gave her up. We were almost in despair, when we resolved to try Dr. King's New Discovery for Consumption, Coughs and Colds. The first bottle gave relief; after taking four bottles she was cured, and is now in perfect health." Never fails to relieve and cure a cough or cold. At J. C. Perry's drug store; 50c and \$1.00 guaranteed. Trial bottle free.

The Best Known of All

Every one knows that it is the best known of all brands, and all smokers know that it is the best quality. The La Corona cigar.

Call on Your Stepmother

at the Salem Dye Works when you want your clothes cleaned, dyed, repaired or pressed, relined, velvet collar on, also suits pressed by the mouth. You can get anything cleaned from a pair of gloves to the most elaborate silk gowns.

MRS. C. H. WALKER, Proprietor.

Gold Dust Flour

Made by THE SIDNEY POWELL COMPANY, Sidney, Oregon. Made for family use. Ask your grocer for it. Bran and shorts always on hand.

P. B. Wallace AGENT

ALL KINDS OF FRUIT TRAYS AND ORCHARD BOXES at the shop of

G. F. Mason

Miller Street, South Salem. PHONE 2191 Red.

HUIE WING SANG CO.

China and Japan Fancy Goods, and all kinds of Dry Goods, Silks, Embroidery Laces, Make up new fine Gents' and Ladies' Furnishing Goods, Suits, Wrappers, Skirts, Waists, now at low prices. Sale Cheap. By Alley Court St., Salem, Oregon. Phone Black 2152.



The first necessity of athletics is a sound stomach. Food is the source of all physical strength, but to extract and assimilate the strength from food requires that the stomach and other organs of digestion and nutrition should be in a condition of good health. What is true of the athlete is true of every man and woman; physical health and vigor depend upon the digestion and assimilation of food.

Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition, and by enabling the perfect digestion and assimilation of food, builds the body up with solid flesh and muscle.

"I used ten bottles of Dr. Pierce's Golden Medical Discovery and several vials of his Pleasant Pellets a year ago this spring, and have had no trouble with indigestion since," writes Mr. W. T. Thompson, of Townsend, Broadwater County, Montana. "Words fail to tell how thankful I am for the relief as I had suffered so much and it seemed that the doctors could do me no good. I got down in weight to 75 pounds, and was not able to work at all. Now I weigh nearly 150 and can do a day's work on the farm. I have recommended your medicine to several, and shall always have a good word to say for Dr. Pierce and his medicines."

The Common Sense Medical Adviser, 1008 large pages in paper covers, is sent free on receipt of 21 one-cent stamps to pay expense of mailing only. Address Dr. R. V. Pierce, Buffalo, N. Y.

A Business Change.

The Center saloon, which has been operated for several years at 221 Commercial street, has been bought by the undersigned, and will be conducted in first-class order. All old and new patrons made welcome.

2-14-tf RALPH SWARTS.

Fire Alarm.

A chimney fire at the home of Jos. H. Albert, called out the department, which made a fine run, but was not needed upon its arrival.

Notice to the Public

All persons are hereby notified that it is a violation of the city laws to spit upon the sidewalks or in stairs or hallways. To place goods upon the sidewalk, for display, lower than 23 inches. To lean bicycles against the front of buildings or in stair or hallways. To maintain upon the sidewalks a bicycle rack whose dimensions are greater than 24 inches wide and 30 inches high.



Something of a Sensation

Will be created in your eyes when you examine the exquisite finish which is put on a dress shirt when done up at the Salem Steam Laundry. The same thing holds good with vests, Ladies' fine underwear and any work that requires care, skill and experience are done best at this laundry. We call for and deliver.

Salem Steam Laundry

Woven Wire Fencing

American, Page and Elwood fences are the heaviest and best. Prices lower than any other fences of same weight. Barb wire, plain wire, fence posts and shingles. Call and get prices, or write for particulars and prices.

WALTER MORLEY, 60 Court St. Salem

Law Makers

don't all eat with us, but the fellows the laws are made for do, and they are happy because they get what they want.

COFFEY'S RESTAURANT

206 Commercial Street

CLASSIFIED

WANTED.

Wanted.—To rent a five or six-room cottage, close in. Inquire at Theo. M. Barr's plumbing shop. 2-20-3t

Wanted.—Lady or gentleman of 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. 2-20-3t

Wanted.—To buy a second-hand store, counters and shelving, also billiard or pool tables. Geo. Griswold. 2-18-3t

Wanted.—Canvassing agents at \$2.50 per day and commission added that runs from \$5 to \$10 per day. Traveling agents wanted, \$3.50 per day and all expenses. C. W. Pearce, general agent, 126 High street, 3 to 8 p. m. 2-16-1wk*

Men.—We teach the barber trade in the shortest possible time at small expenses, and guarantee positions. Write for catalogue. Moler System College, San Francisco. 2-8-1m

Wanted.—\$8 to \$12 weekly easily earned by either sex knitting seamless hosiery for the western market; our improved family machine with ribbing attachment furnished worthy families who do not own a machine, on easy payment plan; write at once for full particulars and commence making money; no experience required. United States Woolen Co., Detroit, Mich. 11-3-tf

FOR SALE.

Dry Wood.—For sale. Stove wood at \$4.50; cord wood at \$3.50. Call on S. C. Kightlinger or phone main 51. 2-20-3t

For Sale.—Onion seed, Yellow Danver, Oregon grown, money refunded if not good, 75c per pound. Come while it lasts. C. Dillman, 326 Commercial street. 2-21-3t

For Sale.—Edison concert phonograph, records and record case, at half price. A great bargain. Address "L. F. H.," care Journal office. 2-3-tf

Poultry.—A few choice White Plymouth Rock and Black Minorca fowls for sale cheap. Also pure eggs for setting. T. H. Blundell, Morning-side. Phone 2066 Red. 1-31-1m

For Sale.—Small dry fir wood, at \$3.25 per cord. Phone Black 2061. T. L. Davidson, Jr., Morning-side. 1-20-tf

For Sale.—Two fine building lots, well drained, planted to fruit. Inquire of H. C. Schultz, one block east of North Salem school. 1-7-tf

For sale.—All my household goods, including one piano in good condition, music cabinet, bed-room furniture, carpets, pictures, statuary, bric-a-brac, etc. Call on Mrs. C. H. Hinges, 352 Church street, from 8 to 10 a. m. and from 6 to 9 p. m.

For Sale.—Five or ten-acre place, first-class improvements. Close to school, church, postoffice and railroad. Address "X," care of Journal.

For Sale.—At a bargain. House, barn and lot for \$900. Fine fruit trees on place. Address "T.," care Journal. 11-98-tf

For Sale.—Moving picture outfit, in first-class condition. At great reduction. Address "L. F. H.," Salem, Or., care Journal. 8-26-tf

For Rent.—Furnished rooms, 3 blocks from state house. Phone 361 White. A. Olinger. 1-5-tf

MISCELLANEOUS.

W. H. Dalrymple.—Contractor and builder. Estimates given on all kinds of carpenter and mason work. Box 242. Residence 18th and Nebraska. 2-14-1m*

OREGON'S

EXPOSITION

Is described in

SUNSET MAGAZINE

March Number

Has a finely illustrated article on the Great Centennial—just the thing to send east. Many news articles, some good stories, clever verses and interesting miscellany. Vigorous work by entertaining writers.

SOLD by all NEWSDEALERS

Prof. Jameson.—Renowned Scientist treats all diseases successfully, using Electro and Finzen's light X-ray method. Eldridge building, room D. E. and F. 2-20-1t

Ladies.—Earn \$20 per hundred writing short letters. Send stamped envelope for particulars. Ideal Mfg. Co., Cassolis, Mich. 2-11-0t

New Lodging House.—Elegant new, clean and comfortable. Baker block, 149-151 State street. Mattie Hutchins, proprietor. Phone Main 2874. 6-6-tf

Hotel Scott.—Newly furnished, everything clean and first class. Rooms at reasonable prices. In Columbia block, Salem. A. Scott, prop. 7-4-0t

Sam Casto.—Public training stable at State Fair Grounds. Horses trained for road or track purposes. Satisfaction guaranteed. Prices reasonable. 18-12-0t

Highest Cash Price.—Paid for chickens, geese, ducks and all kinds of farm produce at Capital Commission Co. Telephone 177 Commercial street. Main 2231, Salem, Or. 1-4-14-0t

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

Salem Iron Works.—Founders, machinists and blacksmiths. Manufacturers of all kinds of sawmill machinery, Hop and fruit drying stoves, etc. Manufacturers of the O. K. Grubbs, Shand & Marcus. 11-28-1m

MUSIC STUDIOS.

Music Studio.—Miss Helen Calbreath, M. room 8, opera house building. Vocal, piano, theory, harmony and sight reading. 11-18-0t

OSTEOPATHS.

Dr. M. Theresa Schoettie, Osteopath.—Graduate of founder's school. Grand Opera House, Salem, Oregon. Office phone Main 2721. Residence phone Red 2603. Assisted by Dr. Madeline Stravens, late of St. Louis, Mo.

PHYSICIANS.

Dr. E. E. Jackson.—Treats all diseases of domestic animals. Office and hospital at 16th and B streets, phone 10 White.

LODGES.

Salem Camp, No. 118, Woodmen of the World.—Meets in Holman Hall every Friday at 7:30 p. m. L. R. Stinson, consul; P. L. Fraser, clerk.

Foresters of America.—Court Sherwood Foresters No. 19. Meets Friday in Turner block. Ira Jorgensen, C. E. A. L. Brown, Sec.

Central Lodge No. 18, K. of P.—One of 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.

Valley Lodge No. 16, A. O. U. W.—Meets in their hall in Holman block, corner State and Liberty, every Monday evening. Visiting brothers welcome. Ernst Donaldson, M. W. A. B. Aufrance, Recorder.

Modern Woodmen of America.—Oregon Cedar Camp No. 5248. Meets every Thursday evening at 8 o'clock in Holman Hall, B. E. Matson, C. C.; A. L. Brown, Clerk.

TONSorial AND BATHS.

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

DRAYMEN.

Wetch & White do a general dray and transfer business, most of trains. Phones, downtown, Main 2181, residence, Blue 15, red 2071. Stand 218 Commercial street 2-12-0t

WATER COMPANY.

SALEM WATER COMPANY OFFICE CITY HALL. For water service apply at office. Bills payable monthly in advance. Make all complaints at the office.

Elite Cafe...

Best meals in the city. The best service and prices right. E. ECKERLEN, Prop.

O. C. T. CO.'S PASSENGER STEAMERS

POMONA

And Altona leave for Portland daily, except Sunday, at 10 a. m. For Albany, daily, except Sunday, at about 6 p. m. For Corvallis, Tuesday, Thursday and Saturday at 8 p. m. Dock: Foot of Trade Street. M. P. SALEWILL, Agt.

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, 207 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 shak-s. 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.

A WINNER in the race for supremacy in pork products is our latest consignment 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.

PRETTY AS A PICTURE Is what the ladies all say of our lace shoe. It is handsome, natty, of fine shape and workmanship, and is the best made shoe you can find in Salem. Our stock of ladies' men's, boys' and girls' shoes are both comfortable and durable, as well as giving the foot an aristocratic appearance. Jacob Vogt