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Enroll in the I. C. S. and you will not have to look long. The demand for technically trained men is far in excess of the supply. Obtain the technical knowledge contained in one of our Courses and you will soon be one of the thousands that owe their success to our instruction. We can help you qualify at home, in spare time, and at small expense, for any of the following positions:

Mechanical, Electrical, Steam, Civil, or Mining Engineer; Draftsman; Architect; Bookkeeper; Stenographer; Show-Card Writer; Window Dresser; or Ad Writer.

Write TODAY, stating which position interests you, to

INTERNATIONAL Correspondence Schools
Box 799, SCRANTON, PA.

OR CALL ON OUR LOCAL REPRESENTATIVE

Schools, Scranton, Pa.

Salem, Or., April 20, 1904.

International Correspondence

Gentlemen: In reply to your

request asking for my opinion

of your schools as a student,

will say I am well pleased with

your methods of instruction,

and the faculty you have of

making your lessons so plain

and easily understood. Any

person with a common school

education cannot help but be

benefitted by pursuing a course

in which he is interested.

In so far as I have pursued

my course, could not suggest

any way to improve your meth-

ods of instruction. I beg to

remain,

Yours truly

FRED A. LEGG,

Class L. A. C. 625,334

Free Circulars

R. W. WITTICHEN,
Local Agent.

F. X. HOLL,
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HARPER WHISKY



Pronounced by World's best experts—The World's best Whiskey. Grand prize, highest award, St. Louis World's Fair.

For Sale by
AUGUST SCHREIBER

SALEM WOMEN INTERESTED...

Miss Julia M. Ben, Overworked and Nervous, Tells of Her Remarkable Cure by Vinol.

How many women right here in Salem are in her condition dragging out a weary existence? They are not sick enough to lie in bed, but they are overworked, tired out, run down, thin, nervous and miserable. Such women will be interested in Miss Ben's letter.

Miss Ben writes: "I was nervous and weak, having constant headaches, and that general worn out, overworked tired-all-the-time feeling. Vinol was recommended to me as a wonderful cod liver oil restorative for weak, tired women. I tried it and it has made an entirely different person of me. I am well and strong, and can do my work with ease and without fatigue. It gives me great pleasure to recommend Vinol to overworked, tired, nervous women, as I believe it is without an equal in its wonderful restorative powers."

Mr. Geo. W. Putnam, our well known druggist, states that Vinol never fails



MISS JULIA M. BEN.

to cure and build up such women, and he offers to every one in Salem health and strength if they will but try Vinol on his guarantee. Because Vinol contains the active curative principles of cod liver oil actually taken from fresh cod's livers, it works in harmony with nature, makes rich, red blood and strengthens in a natural manner every muscle, nerve and organ in the body. It is the greatest vitalizer and strength creator known to medicine.

It gives new life and strength to the aged; it cures stomach troubles, hard colds, hanging-on coughs, restores lost appetites, and gives strength to the convalescent.

If it fails to give satisfaction Mr. Putnam agrees to cheerfully refund the purchase money.

Like Finding Money.

Finding health is like finding money—so think those who are sick. When you have a cough, cold, sore throat, or chest irritation, better act promptly like W. C. Barber, of Sandy Level, Va. He says: "I had a terrible chest trouble, caused by smoke and coal dust on my lungs; but, after finding no relief in other remedies, I was cured by Dr. King's New Discovery for Consumption, Coughs and Colds." Greatest sale of any cough or lung medicine in the world. At J. C. Perry's drug store; 50c and \$1.00; guaranteed. Trial bottle free.

Proposals Invited.

Sealed proposals endorsed "Proposals for construction of Salem High School," will be received by the board of school directors of Salem district No. 24 until 7:30 p. m. Saturday, April 1, 1905, at the police court room, city hall. Bidders are invited to be present.

Separate bids will be received for the construction of the building and the heating and ventilation. Plans and specifications can be seen at the office of W. D. Pugh, Salem, Or. The board reserves the right to reject any and all bids. Bids must be made out on blank forms, which can be secured at the architect's office.

H. C. FLETCHER,
Chairman of Board.



THIS ONLY WAS THE WITCHCRAFT SHE USED. You'll find the secret of her successful baking to lie in the fact that she uses Wild Rose flour. Makes tempting, toothsome, wholesome bread, cake, pastry. Goes farther and is cheaper—because much better than other brands. Always uniform in quality, reliable, economical. Best on the market for the money. A family flour that once tried becomes the household favorite.

Salem Flouring Mills

COUNCIL MEETS IN REGULAR SESSION

Animated Discussions Over Bill for Drafting Charter Amendments

The city council met in regular session last evening, all officers and aldermen, except Alderman Goodale, being present.

Alderman Hughes stated that the committee on ways and means had the road tax matter due from the county to the city under advisement, and were not ready to report at this time. He also reported that the committee had the bill for the legal fees of Turner & Inman under advisement, and recommended that it be cut from \$50 to \$35. Alderman Frazer moved to amend by cutting down to \$25. The amendment was lost. Alderman Bayne moved that they be allowed \$20 for their services. He opposed allowing the attorneys any fees for drafting the amendments to the charter. This amendment was also lost. Alderman Gesner called for the ayes and noes on the report, and the vote resulted ayes 9, noes 4. Those voting no being Bayne, Gesner, Frasier and Skaife.

Quite a discussion was raised when the bill of Royal & Co., to the amount of \$41 for driving one piece of piling. Alderman Steusloff moved an amendment to the bill reducing the amount to be paid to \$35. Alderman Bayne suggested that the question be referred to the committee on public buildings. This suggestion, in turn, was vigorously opposed by Alderman Downing, who objected to referring the bill again. Bayne remarked that he thought the bill should go to a committee where there were brains. At this stage of the argument Mayor Waters, deeming that there had been enough said, called for order, and the vote was taken on the amendment of Alderman Steusloff, which resulted in its annihilation. The original bill was then voted on and passed.

The committee on streets reported regarding the grade on North Front street, and the report was adopted.

Alderman Gesner, of the committee on public buildings, spoke concerning certain improvements on the city jail, giving a few figures as to the cost.

The committee on sewers reported that the sewer on the corner of 14th and Center streets was in bad condition and it was ordered inspected.

The committee on bridges reported that the construction of a bridge over the ditch on 19th and Lee streets would cost \$20. The street commissioner was ordered to build the bridge.

Alderman Gesner, of the special committee, reported that the South Commercial street bridge would cost \$11,000. He stated that his committee had conferred with the citizens' committee, and that they had jointly agreed that there were other bridges to construct of more importance and he further said that the committee believed that \$20,000 would be sufficient to construct five or six bridges of a permanent character. After some discussion Alderman Bayne moved that the special committee be empowered to investigate the matter, and to expend a sum not exceeding \$25 in making the investigation.

The matter of creating a new sidewalk district was referred to the city attorney for an opinion.

Alderman Gesner moved that the committee on ordinances prepare a street cleaning ordinance, covering certain business and residence sections of the city.

Alderman Gesner moved that the liens held by the city against property owners for improvements to be investigated, and it was adopted.

A resolution that the street commissioner consult the council before making improvements on the streets was adopted.

Alderman Bayne questioned the right of other aldermen to instruct the street commissioner where to make improvements. The motion was lost, but Alderman Crossan moved to reconsider it, and the motion carried, and a committee consisting of Aldermen Gesner, Jacobs and Steusloff was appointed to investigate and report at the next meeting. Alderman Acheson said that he was willing that an investigation be made, as it had been asserted by other aldermen that he had caused the commissioner to build a road near his property.

The application of Eugene Eckert for saloon license was referred to committee on licenses.

The petition of J. Fisher and others for the opening of Maple street was adopted, and the city attorney was instructed to prepare the necessary legal papers in the case.

The petition of Steiner & Berger to build a two-story corrugated iron warehouse on Perry street was granted.

Alderman Bayne moved that the ap-

pointment of poundmasters for wards Nos. 6 and 7 be revoked, the same to take April 1st. The motion was referred to the committee on health and police.

Alderman Wallace moved that a committee of three be appointed by the mayor to act in the matter of the Saginaw street improvement. The motion was carried.

Recorder Moores read an ordinance relating to curbing streets, and it was referred to the committee on ordinances.

The bill regarding the erection of telegraph and telephone poles on the north side of Mission street was referred to the committee on ordinances.

The bill fixing a uniform grade on Commercial street was passed.

Alderman Bayne called attention to the fact that the hydrant on the corner of Commercial and Bush street was in bad condition, and it was referred to the committee on fire and water.

Alderman Steusloff moved that the city attorney compile all city ordinances, and furnish a copy for the use of the council. The motion prevailed.

Oust Democratic Mayor.

Denver, March 21.—Senator Louis G. Campbell, of Cripple Creek, has introduced a concurrent resolution instructing Attorney-General Nathan C. Miller to institute quo warranto proceedings against Mayor Robert W. Speer, and all the Democratic officials elected in this city on May 17th, last, requiring them to show cause why they should not be ousted from office. A preamble contains allegations of gross frauds at that election.

"John W. Springer was elected mayor of Denver," said Senator Campbell, "and Mayor Speer is illegally holding the office." The resolution was referred to a committee.

CHILDREN CRY FOR FLETCHER'S CASTORIA.

Powder Wrecked Train.

New Orleans, March 21.—An Illinois Central car loaded with dynamite, exploded at Kenner this afternoon, wrecking a train of 17 cars. One trainman is dead and two are missing.

Nervous Women

Their Sufferings Are Usually Due to Uterine Disorders Perhaps Unsuspected

A MEDICINE THAT CURES



Can we dispute the well-known fact that American women are nervous?

How often do we hear the expression, "I am so nervous, it seems as if I should fly;" or, "Don't speak to me." Little things annoy you and make you irritable; you can't sleep, you are unable to quietly and calmly perform your daily tasks or care for your children.

The relation of the nerves and generative organs in women is so close that nine-tenths of the nervous prostration, nervous debility, the blues, sleeplessness and nervous irritability arise from some derangement of the organism which makes her a woman. Fits of depression or restlessness and irritability. Spirits easily affected, so that one minute she laughs, the next minute weeps. Pain in the ovaries and between the shoulders. Loss of voice; nervous dyspepsia. A tendency to cry at the least provocation. All this points to nervous prostration.

Nothing will relieve this distressing condition and prevent months of prostration and suffering so surely as Lydia E. Pinkham's Vegetable Compound.

Mrs. M. E. Shotwell, of 103 Flatbush Avenue, Brooklyn, N. Y., writes:

"I cannot express the wonderful relief I have experienced by taking Lydia E. Pinkham's Vegetable Compound. I suffered for a long time with nervous prostration, backache, headache, loss of appetite. I could not sleep and would walk the floor almost every night."

"I had three doctors and got no better, and life was a burden. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it has worked wonders for me."

"I am a well woman, my nervousness is all gone and my friends say I look ten years younger."

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all women of its virtues? Surely you cannot wish to remain sick and weak and discouraged, exhausted each day, when you can be as easily cured as other women.

Boy Accidentally Shot.

Amos Hill, aged 14 years, of Mabel, Oregon, was accidentally shot Friday evening, and lies in the Eugene hospital, suffering from a serious gunshot wound. The boy, with some other companions, were shooting at a target on the Mohawk river. A young lady, Miss Mabel Workman, who is employed as assistant cook for the logging crew, was with the crowd, and she was handed the gun, and some one bet that she could not hit the stove pipe protruding



You are on the wrong track—that is if you are trying to secure a better quality of groceries or more reasonable prices than those we offer. Why take a chance of being side tracked by dissatisfaction when satisfaction is a certainty here?

Harritt & Lawrence

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

from the roof of the house. The young woman placed the gun across a tree limb, and, before she could aim, it was accidentally discharged, hitting young Hill near the right eye, the bullet ploughing through a portion of the skull.

He was taken to the hospital at Eugene, and if no complications set in he will recover.

Do your shoes need new soles? If so take them to Nick, at "The Toggery." 3-20-31

When Your Cold Catches You Just There

There is No Time to Wait.

It is not a "little thing." It's a deadly thing. It will not "get well by itself" if you let it alone. Whiskey and quinine and such things brace you up for the time, but they don't cure you.

Ask any intelligent doctor why you catch cold so easily. He will say, "Because you are a bit run down." He means that the force which nature placed in your body to keep out disease germs—the resistive force—is weakened. The door is open a little way toward disease.

There is not a graveyard in any cemetery in the world caused by consumption or pneumonia or any lung trouble whatever, which did not start with what you call "Nothing but a cold."

A cold should not be beaten back or dragged over—it should be cured, and the general health should be built up.

ACKER'S ENGLISH REMEDY

should be taken at the first symptoms of cold. It is a tonic for the whole body, a specific for sudden colds, coughs or sore throats. It doesn't matter where the cold is or how it got there, we know that Acker's English Remedy will reach it and cure it. It is sold on a positive guarantee.

NO CURE NO PAY. If you have a cold—no matter how slight—it means something. Take Acker's English Remedy at once. Keep it in the house. If it does not relieve you almost instantly, we will refund you the price paid.

"ACKER'S ENGLISH REMEDY saved my life. A cough, slight at first, grew constantly worse and I finally had to give up my work in the Knife Factory at Walden. I had frequent bleeding spells. Was examined by local doctors, prominent physicians in New York and at a Medical College. They all pronounced my case hopeless. I began using Acker's English Remedy and a few bottles cured me. I am today a perfectly well man." (Signed) A. H. SIMPSON, Walden, N. Y.

Acker's English Remedy is sold on a positive guarantee that the purchase money will be refunded in case of failure. 25c., 50c., and \$1.00 per bottle.

SOLD AND RECOMMENDED BY DAN'L FRY, DRUGGIST, SALEM, OREGON.