A MATTER OF HEALTH



DAILY CAPITAL JOURNAL

BY HOFER BROS.

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SPRING HOUSE CLEANING.

As the spring house cleaning senson approaches, the average house wife, Development League are encouraging, sumed my school work, and feel strong large number attended, and the Pythian who has pride in her home, sees to it, that the cobwebs of time come down, that the odd corners are thoroughly swept, that the accumulation of dust of the year is cleaned up, and that the window panes are put into condition to let the clear sunlight enter the home, Thus also does the citizen, who has pride in his home town, take an interest at this season of the year in having the entire state, a cleanup. It is just as necessary to shave spring house cleaning for the mumicipality as for the individual home, Much has been said about it, but little done, and now that the sunshine is again beautifying the land, this matter should be taken hold of and every street and alley should be raked and scraped. All the refuse of the winter should be hauled off, every place made clean, and not only the visitor, but the not get down on the ground floor with resident, the fellow who is compelled to the common people, and get at what stay here all the time, should be in- was needed. If they did, a string or spired with a high regard for our two was sufficient to pull them off. town's cleanliness and reputation for that which is next to Godliness,

In addition every citizen should see that his place is cleaned up. As a matter of necessity, every merchant keeps

100 Doses For One Dollar

Economy in medicine must be measured by two things-cost and effect. It cannot be measured by either alone. It is greatest in that medicine that does the most for the money -that radically and permanently cures at the least expense. That medicine is

Hood's Sarsaparilla

It purities and enriches the blood, cures pimples, eczema and all loss of appetite and general debility.

"I have taken Hood's Sarsaparilla and found it reliable and giving perfect satisfaction. It takes away that tired feeling, gives energy and puts the blood in good condition." MISS EFFER COLONNE, 1535 10th Street, N. W., Washington, D. C.

Mood's Barsaparilla promises to oure and keeps the promise.

A Savings Bank

-Is a valuable servant of the people. It takes their small carnings and invests them safely, making them carn a reasonable income. It relieves the depositor of the worry and risk of managing his own funds; in other words it shifts the responsibility from his own shoulders to that of the bank.

Thrifty, careful people who prefer a safe, sure proposition to the many "get rich quick" schemes should take advantage of the facilities afforded by our SAVINGS BANK DEPARTMENT.

Capital National Bank Savings Department

his store in fine order, chiefly because SCHOOL CHILDREN IN SALEM it pays, and it will prove just as profitable for the householder to keep his Will Be Interested in This Incident. premises in good order. Let there be a general forward movement in this Miss Effa Gould, of Cold Water, matter, and a cleaning and scouring Mich, writes: "I was so tired, run two lodges, and other visiting knights. such as our town will long remember, down and extremely nervous that I was Marmion lodge was recently instituted. and such as will increase the local pride obliged to stay out of school, and the and promises to become one of the flourin our home surroundings.

THE VALLEY LEAGUE.

The comments of the state press on the meeting of the Willamette Valley and many letters from prominent business men throughout Western Oregon endorse the plan of action.

The Portland State Development League went a glimmering. The Valley League was organized at an opportune time, and will accomplish as much or more good for the people, not only in best medicine in the world for growthe Willamette valley, but throughout ing school girls and boys. It it not a

The league is absolutely free from the influence of corporations and selfish interests. It stands for the people, and will work for their interests, Other similar bodies have been out of touch with this element. Too many kid glove theoretical bodies, with a string of salaried officers have made attempts in the past to develop the resources of Oregon, but have failed because they could

Not so with the Willamette Valley League. It is composed of men who patent medicine, but a delicious codwill seek to be just and fair, and yet liver oil preparation, containing in conare determined to get the valley out of centrated form all the strength-creatthe rut. They mean business, and are ing, body-building elements of cod livernot to be trifled with.

That the welfare of millions should sions. hang upon the will, whim and word of .. wishes-is an anarchronism of tragic and create new strength, day, the 22d of January, 1905.

to a sovereign than that offered to the W. Putnam, Druggist. Czar Nicholas when his people came to him, not with sword and guns, but beareruptions, tired, languid feelings, ing a petition, carrying the sacred icons, and picture of the ezar, and following eross. The humblest Turk is protected in presenting a petition to his sultan; but the White Czar, the beloved Little Father, allows his petitioning subjects to be slaughtered like mad dogs!

> The psychologist and the philosopher can find a score of explanations of the conduct of the troubled, perplexed and wrongly advised exar on that day of judgment for him and for the exploded system of government which he represents. Yet it remains true that, strive as he may to undo the awful effects of his action on that 22d of January, the doom of the Russian oligarchy was sealed. Through whatever slow or rapid processes, by means of whatever wise concessions or hysterical convulsions, Russia from now on will advance pain fully, perhaps with pitiful reactions, to ward some modern and rational form of government. The new government may or may not retain imperial forms, as in Japan. The danger is that the blind, brutal, stopid measures of repression, the grinding system of imperial uniformity may so inflame the and that the "man on horseback" may, ress .- April Century.

"Mr. Bob," and Ethel Harris in sou- tle free. brette parts, as "Patty," the stagestruck maid, Thursday, March 30th. Iday night.

Don't Need to Save Now.

The other night, when the rain was coming down in bucketsful, and the air was chilly on the outside, a group of men were gathered around the stove in the office of the Hotel Salem telling hard luck stories, and the small amount attended. The following interesting of wages they had worked for in early life. One man said he had to work for 45 cents a day, and walk four miles to his work, but now he is on "Easy" street, and making all the way from five to twenty cold iron dollars per day, and gave it out in solid chunks that he was going to lay up something for a rainy day. Another man told his tale of early woe, lots of hard luck and hardly enough pay to keep him in spitting tobacco, but he was now also a resident of Easy street, and putting away the simoleons for the moist season. There were six in the group, and five of them had related their varied experiences, when the sixth man, an old-timer in the state, said he used to work like a cuss when he was young to save something for a rainy day, but are very industrious and are working that since coming to Oregon, years ago, for the building fund. The social last it had nover rained, and there was no evening was a social success, and some need of laving anything up,

OVERWORKED.

doctor thought I would have to give up ishing lodges of the valley. entirely, but he advised me to try the new cod liver oil preparation, Vinol. I did so, and two bottles have made a wonderful improvement. I have refidence in Vinol and feel like recommending it to every tired-out, over worked school girl or boy, as it did so much for me."

Our local druggist, Geo. W. Putnam, says: There is no doubt Vinol is the



oil, but without oil or grease, and it cannot upset weakened stomachs as do THE CZAR'S DAY OF JUDGMENT, old-fashioned cod liver oil and emul-

single individual-and this individual necessary to make for each child new night Mr. West was followed by his walled away from all real knowledge vitality, sound flesh and muscle tissue, pet, and, unknown to him, the dog of the people's condition and natural strong hone structure, rich, red blood, made his way into the theatre and lay call on the undersigned and satisfy

proportions an anarchronism which "We ask every mother in Salem to He seemed very much interested in the leads to deplorable assassination on the try Vinol for their children, on our performance on the stage, watching all the best in the city. New patrons, as one side, and on the other to such hide- guarantee to return the money if it that took place. Whenever the audi- well as old, will receive the best attenous massacres of the confiding innocent fails. There is also nothing equal to ence applauded the dog would show as took place in St. Petersburg on Sun- Vinol to create strength for old people his approval by barking. After the In all the history of man no more ted. If you try it and don't like it we his position on the floor, and, with pregnant opportunity was ever offered will give you your money back. Geo. solemn mien, filed out with the crowd,

We'll Take It.

A large number of the members of he Congregational church, at Boston, are registering a big kick against ancepting \$100,000 that John Rockefeller gave to the American Board of Foreign Missions of the church. If John is so auxious to separate himself from one hundred thousand plunks, and the church won't accept the dough, in order to relieve him of any further trouble in carrying the money around in his jeans, we will agree to accept the coin for the Home Mission Board of the Capital Journal, and see that the money is put where it will do the most good-paying salaries, buying another linotype, and adding a few needed printing office luxuries. Don't forgot the number, John, Capital Journal, Salem, Oregon. Send it by wire, and we can get action on it so much quicker. lines.

Like Finding Money.

Finding health is like finding money you have a cough, cold, sore throat, or figure, with "reasons why." chest irritation, better act promptly Our top buggy assortment is great, people that fearful reprisals and chille, caused by smoke and coal dust on sides cheaper goods, any grade you merical schemes of reform will take my lungs; but, after finding no relief in want, the place of wise and orderly measures, other remedies, I was cured by Dr. Spring wagons, surreys, delivery King's New Discovery for Consump wagons and anything you might want for a time, stand in the path of prog tion, Coughs and Colds." Greatest sale in the line of rigs that run. of any cough or lung medicine in the world. At J. C. Perry's drug store; Do not fail to hear Miss Kay as 50c and \$1.00; guaranteed. Trial bot-

Indian clubs by 10 little girls, Thurs-

Basket Social.

The Young People's Christian Endea yor Society of the Central Congregational church gave a most interesting and enjoyable social at the church last evening, which a large number of people program was rendered:

Instrumental solo, "Love's Lament' Miss Beryle Emerson.

Solo-Miss Lulu Mothorn. Reading-Miss Edith Eyre.

Vocal solo-Chester Beauchamp. Mandolin duet-Messrs, Elmo White

After the program was the selling of baskets which was the most interesting feature of the evening indulged in. Mr. E. A. Thompson was the nuctioneer and he made a great deal of fun for the audience. The boxes were very pretty, and went quite rapidly. After the luncheous were disposed of, a guess ing contest was given and every one spent a very pleasant time,

The Endeavor Society of the church money is added to the already growing

Knights Entertain Visitors.

Central todge, No. 18, Knights of Pythias, entertained Marmion lodge No. 96, of Dallas, last evening at their eastle hall, and the event was a most enjoyable one for the members of the

Central lodge gave the visitors a warm reception, and gave the rank work to a member of Marmion lodge, besides work for the local lodge, A and well now. I have the greatest con- spirit was in evidence throughout the

At midnight a splendid banquet was served, and the "wee sma" hours were reached before the lodge ad-

Davenport Left Town.

Norman Davenport, the fakir, left the city last evening and hit the trial for northern points. Davenport was not aware that he was suspected of being an imposter until last evening, when Dr. Byrd, who was attending him at the hospital, gave him peremptory orders to move on. Davenport was still making his paralytic play good, but when the doctor told him that the people were onto his game, he lost no time in getting out of the hospital and he bended for town. He called at the hotel and secured his dress suit case. ends the sensational holdup, and the regret at the coming departure of Rev.

Dog Attended Show.

A. West has a dog that, for intelligence and aptitude in learning tricks, seems to possess an almost human preception. The animal is a full-blooded Scotch Collie, and larger than the av-"Vinol contains just the elements erage dog of that species. The other down in front of the first row of seats. who are run down, tired and debilita- show was over he slowly got up from

> When Baby was sick, we gave her Castoria When she was a Child, she cried for Castoria When she became Miss, she clung to Castoria When she had Children, she gave them Castoria

Fine Bike Wagons

most complete assortment of driving pastry. Goes farther and is cheaperwagons we've ever had on our floor, and that's saying a good deal, for we have always kept up our stock on these

pay, we can do you good, for our range favorite. is from \$87.50 to \$190 in the cushion so think those who are sick. When tired wory, and full value at every

like W. C. Barber, of Sandy Level, Vo. you'll agree, The old reliable Stude-He says: "I had a terrible chest troub- baker "Izzer," in three weights, be-

Farm Implements, Wheels, Automobiles, Sewing Machines and Supplies.

MEDICAL EXAMINER

Of the United States Treasury Recommend Pe-ru-na.

Prominent Physicians Endorse Pe-ru-na.

DR. LLEWELLYN JORDAN, Medical Examiner of the U. S. Treasury Department, graduate of Columbia College, and who served three years at West Point, has the following to say of Peruna:

"Allow me to express my gratitude to you for the benefit derived from your wonderful remedy. One short month has brought forth a vast change and I now consider my-self a well man after months of

"Fellow sufferers, Peruna will cure you." -- Llewellyn Jordan.

Doctors have been loathe to endorse a catarrh remedy because catarrh and catarrhal diseases have puzzled the medical fraternity for many decades.

The popular endorsements that Peruna has received at the hands of the people have induced a great many doctors to try the remedy.

More prominent physicians use and endorse Peruna each year.

Dr. A. Morgan, 214 Gater street, Indianapolis, Ind., writes:

"Regular physicians do not, as a rule, endorse patent medicines. I have, however, found in my practice that Peruna is a notable exception and not at all like any other medicine generally sold as 'patent medicine.'

"In examining it I find that it is a scientifically prepared medicine, composed of herbal remedies of high medi-

"It is a specific for catarrh of the head, lungs or stomach, a fine remedy for female troubles, and invaluable to mothers and children.

"After fevers or other protracted illness, it is one of the best tonics I know of to restore the system to normal condition and I recommend it to convalescents.

"It is a high class family remedy, good for young and old."-A. Morgan. Peruna occupies a unique position in medical science. It is the only internal stemic catarrh remedy known to the medical profession to-day.

Robert R. Roberts, M. D., Washington, D. C., writes:

"Through my own experience as well as that of many of my friends and acquaintances who have been cured or relieved of catarrh by the use of Hartman's Peruna, I can confidently recommend it to those suffering from such disorders, and have no hesitation in prescribing it to my patients." -Robert R. Roberts.

Farawell to Mr. and Mrs. McKillop.

The farewell reception to Rev. and Mrs. R. McKillop, at the home of Dr. and Mrs. H. M. Shaw, on First avenue, He appeared nervous, and left the city Friday night, was very largely attend- and much property damage. Different without ceremony or explanation. This ed, and there were many expressions of in Oregon. Here there is hardly enough McKillop and family for their new home at Healdsburg, Cal.-Ashland so imperceptibly that winter is on Tidings.

Rev. McKillop is well-known in this has begun. Sell out, you people in the ity, where he was formerly pastor of cyclone country, and come to God the Pirst Baptist church.

Public Library Benefit, Thursday, March 30th, at opera house.

To the Public.

You are respectfully requested to yourselves that the wines, liquors, cigars, etc. at 221 Commercial street are RALPH SWARTS.



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, We are showing today the best and toothsome, wholesome bread, cake, because much better-than other brands. Always uniform in quality, reliable, economical. Best on the market for the money. A family flour that No matter what price you want to once tried becomes the household

Salem Flouring Mills

What Salem Has

When asked by a stranger or any one what Salem has of distinction, tell them one of the best restaurants on the coast, the

Cafe Imperial

H. E. SYMES, Prop.

DR. LLEWELLYN JORDAN.

Medical Examiner United States Treasury.

Catarrh is a systemic disease curali only by systemic treatment. A remet that cures catarrh must aim directly , the depressed nerve centers. This what Peruna does.

Peruna immediately invigorates the nerve centers which give vitality to the mucous membranes. These catarrh disappears. Then catarah is permanenth cured.

Pe-ru-na Contains No Narcotics. One reason why Peruna has found pe manent use in so many homes is that contains no narcotic of any kind. Pe runa is perfectly harmless. It can b used any length of time without acquir ing a drug habit. Peruna does not produce temporary results. It is permanen in its effect.

It has no bad effect upon the system and gradually eliminates catarrh by n moving the cause of catarrh. There as a multitude of homes where Perunahi been used off and on for twenty year Such a thing could not be possible Peruna contained any drugs of a na

Come to God's Country.

Yesterday's telegraphic reports to of cyclones in Minnesota and destru tive winds in Kansas, with loss of life wind during the year to blow a cand out, and the seasons blend togethe before the people are hardly aware country-Oregon. Come and enjoy life

The Margaret Fischer Co. are st showing in the smaller towns. Jo now they are making a tour of the Cos Bay cities.

Tooth Powder

"Good for Bad Teeth Not Bad for Good Teeth" Gives the Tooth a Pearly Lusire

BIG BOX

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

G. F Mason Miller Street, Eouth Salem PHONE 2191 Red.

FULL STOCK

We now have a full stock of Hy acinths, Tulips, Crocus, Narcissas Snow Drops, Jonquils and a nice st sortment of Chinese Sacred Lilis Would be pleased to have the public call and inspect our stock at

Savage & Fletcher 322-324 Commercial St