

# A HEALTHY FAMILY



Is the one that can rightfully boast of pure blood. When the rich, red wine of life is coursing through the veins it imparts vigor and strength to the body and healthy action to all parts of the system. A healthy family is a wealthy family; it may be poor in worldly goods, but possessed of a priceless jewel that all the riches of earth cannot buy. A healthy family may not carry in their veins the blood of titled nobles or distinguished ancestors, but vigorous health is always an evidence of the best and purest blood, for the vital fluid contains all material necessary for the making of bone and muscle and the growth and development of the body, and upon its purity rests our chances for good health. When the body is fed upon weak, sickly blood the system languishes, growth is stunted, disease enters without hindrance, and the simplest maladies are apt to develop into serious sickness. In so many ways does the blood become contaminated that the fewest number succeed in keeping this life-giving, health-sustaining fluid in a pure and natural state. We inherit the disease-tainted blood of ancestors, parents transmit to their children such impoverished and weak blood that their lives are a continuous battle against disease, and from earliest infancy are harassed by sores and the most dreadful skin eruptions, and heirs to some old family disease. No one has a right to throw upon the shoulders of posterity a disease that might have been cured, or allow the blood to remain impure without an effort to restore it to health. Rheumatism, Catarrh, Scrofula and many of the severer forms of skin diseases are frequently inherited, and only the most thorough constitutional treatment can remove them. Bad blood is responsible for more ill health than all other causes combined; it absorbs the poisons that gather in the system, and the germs and microbes floating in the air find their way into the circulation, and old sores and ulcers, Eczema, Boils, Malaria and a long train of other diseases follow.

If you do not come of a strong and vigorous family and your blood shows evidence of impurity, nothing will so quickly bring it back to a healthy condition as S. S. S., the most widely known and popular blood remedy on the market. It purifies and builds up weak, sluggish blood and stimulates the circulation, and thus rids the system of impurities. S. S. S. contains tonic as well as blood purifying properties, and builds up the general health, improves the appetite and digestion, and tones up the nerves while ridding the blood of all poisons and humors. Nothing reaches old chronic blood troubles like S. S. S., and being a strictly vegetable remedy can be taken by old and young without any bad after effects or injury to the system. As a blood purifier and tonic at this season S. S. S. has no superior. It puts the blood in good order, removes all poisonous accumulations, invigorates all parts of the system and prevents that debilitated, tired feeling common to this time of year. Keeping the blood healthy is the secret of all healthy families. Write us if in need of medical advice, which our physicians will furnish free of charge. Book on the blood and its diseases mailed free.

# SSS

Some ten years ago I used your S. S. S. with the most satisfactory results. From childhood up I had been bothered with bad blood, characterized by skin eruptions and boils, especially bad in the summer. For five or six summers I had boils ranging from five to twenty in number each season. Our local physicians prescribed for me, but nothing they gave me did away with the annoying skin eruptions or prevented the boils from appearing. The burning accompanying the eruption was terrible, and I had as high as six boils at one time. My condition was truly a pitiable one when I began S. S. S. It seemed to be just the medicine needed in my case. It drove out all impurities and bad blood and restored the circulation to its original strength and purity, giving me permanent relief from the skin eruption and boils. This has been ten years ago and I have never had a return of the disease. I would state also that my husband has taken it with good results.

Newark, Ohio, May 23, 1903.

MRS. J. D. ATHERTON.

THE SWIFT SPECIFIC COMPANY, ATLANTA, GA.

**Freight Traffic Continues Heavy**  
Chicago, Ill., March 29.—So heavy is the freight traffic at present that the roads running east from Chicago are reported 50,000 cars short of meeting their present orders. Shipments of general merchandise are now breaking all records. East-bound shipments of grain have also increased greatly, so that the roads are pressed in both directions to meet their needs. Orders for additional equipment will have to be increased to place the roads in easy circumstances. It is also stated that the volume of west-bound general merchandise over the Western roads is beyond all precedent, and the equipment capacity of these roads, too, is taxed to the utmost. Officials say that, large as the volume of merchandise traffic now is, it is barely sufficient to meet the consumptive necessities of the sections to which it is consigned. The merchandise is going into consumption just as fast as it reaches its destination. Country merchants are accumulating no stocks, and, indeed, have difficulty in getting their goods delivered to them fast enough to supply their immediate needs. Should the year bring forth average crops, every road in the country will be in urgent need of large additions to its equipment.

## Huie Wing Sang Co

China and Japanese Fancy Goods and all kinds of Dry Goods, Silks, Embroidery Laces. Make up new line Gents' and Ladies' Furnishing Goods, Suits, Wrappers, Skirts, Waists—now at low prices. Sale cheap. By alley, Court street, Salem, Oregon. Phone Black 2155.



### 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 661.

GOODALE LUMBER CO.



### A JUDGE OF PRIME MEATS

Always knows what he wants, and knows that he can always get it from our choice stock. If you want a delicious roast, steak, chop or cutlet that is tender, rich and succulent, and cut by an expert hand, trimmed and got up for your table to suit the queen's taste, you will always find it at CROSS' and at lower prices than you can find it anywhere else in Salem.

E. C. CROSS

Phone 291.

**Pennsylvania's Big Pension Roll**  
Philadelphia, Pa., March 29.—The Pennsylvania railroad's pension department shows that during the five years of its operation there has been authorized to be paid in pension allowances to the retired employees of the company the sum of \$1,614,087.69. This expenditure does not include the expense of operation of the department, which is borne by the company. During the five years' application of the pension plan 2,418 employees have been retired as pensioners from the active service of the company, of which number 700 have died. Of the total number retired 568 were between the age of sixty-five and sixty-nine years, of whom 439 were retired on their own request, with the approval of the employing officer.

**Attacked by a Mob**  
and beaten, in a labor riot, until covered with sores, a Chicago street car conductor applied Bucklin's Arnica Salve, and was soon sound and well. "I used it in my family," writes G. J. Welch, of Tekonsha, Mich., "and find it perfect." Simply great for cuts and burns. Only 25c at J. C. Perry's drug store.

**Mike Ward vs. Harry Cobb**  
Detroit, Mich., March 29.—Mike Ward of Sarnia and Harry Cobb of Buffalo are to furnish the windup at tonight's boxing show of the Detroit Wheelmen's club. The articles call for a 10-round go at 136 pounds. Both are lightweights of acknowledged ability and cleverness and are expected to furnish one of the best bouts seen in this vicinity this winter.

**A Pleasant Way to Travel**  
The above is the usual verdict of the traveler using the Missouri Pacific railway between the Pacific coast and the east, and we believe that the service and accommodations given merit this statement. From Denver, Colorado Springs and Denver there are two through trains daily to Kansas City and St. Louis, carrying Pullman's latest standard electric-lighted sleeping cars, chair cars and up-to-date dining cars. The same excellent service is operated from Kansas City and St. Louis to Memphis, Little Rock and Hot Springs. If you are going east or south, write for particulars and full information.

W. C. M'BRIDE, Gen. Agt., 124 Third St., Portland, Ore.

## FOUR MEN ARE FREE

Four men are happy today, for they are free; free to enjoy the liberty so long forbidden; free to go and come as they please. Yesterday they were convicts in the state penitentiary, compelled to do the will of others, now they are their own masters, for they have served their time and the law is satisfied. The names of these men are as follows: Tony Desieh, sentenced for adultery, and sent up from Clatsop county for 14 months; Ole Nelson, also from the same county, who has served a two-years' sentence for larceny; Victor Howard and Elmer Ausbun were both convicted in Linn county for larceny. These men are now at liberty, but there is another man who gained his freedom also. He was a young negro, 23 years old, and death gave him the liberty he so longed for last evening at 6 o'clock. He came to the penitentiary last December from Baker county to serve the two years of his sentence, having been convicted of larceny. When he arrived consumption already had its deadly hold on him, and the disease, coupled with the disgrace of his crime, soon caused his death. He is supposed to have relatives in some part of Ohio, though the exact location is not known. It is probable that his body will be buried at the penitentiary.

**Americus vs. Beell**  
Baltimore, Md., March 29.—Considerable interest is displayed in the wrestling match to take place here tonight between "Americus," the local wrestler, and Fred Beell of Marshfield, Wis. The articles provide for a catch-as-catch-can contest for the best two in three falls. It will be the second meeting of the pair. On the occasion of their encounter on the padded mat Beell scored three straight falls. It will be the second meeting of the pair. On the occasion of their first encounter on the padded mat Beell scored three straight falls against the local man.

**Prince's Tour to India**  
London, March 29.—The Prince of Wales visited Portsmouth today to inspect the battleship Renown, which has been chosen to convey the Prince and Princess to India. It is now stated that their majesties will embark at Portsmouth and sail for India on November 9, the king's birthday. The Renown is the fastest vessel in the British battle fleet and is the same vessel that carried the Duke and Duchess of Connaught to India for the great Durbar in 1902.

Character specialty songs, Thursday, March 30th, at the Grand.



### A LESSON IN LAUNDRY WORK

We give to our help, and teach them the necessity of fine linen that goes a great way in preserving the fabrics sent here for renovation. Anything coming from the Salem Steam Laundry will always be found in perfect condition, and beautiful in both color and finish.

### Salem Steam Laundry

COLONEL J. OLMSTED, Prop.  
DOROUS D. OLMSTED, Manager,  
250 Liberty Street. Phone 471



Knowledge is power. When you know our prices you can save money by trading with us. When you lack this knowledge you are at the mercy of the first higher-priced store you happen to drop into.

Harritt & Lawrence

## CLASSIFIED

**WANTED.**  
Wanted.—A girl for general housework. Inquire at 434 High street. 3-28-3t

Wanted.—Immediately a good girl to do house work. Good wages to right party. Apply at southeast corner Twenty-first and Ferry St. 3-27-3t

Wanted.—Ladies to learn barber trade; 8 weeks completes; tuition earned while learning. Hair dressing, manicuring and facial massage in 4 weeks; special terms now. Write Moler System College, San Francisco. 3-6-1m

Wanted.—Men to learn barber trade; 8 weeks completes; position guaranteed; tuition earned while learning. Write for terms. Mohler's Barber College, 644 Clay street, San Francisco. 3-6-1m

**FOR SALE.**  
For Sale.—Black Minorca eggs, from prize-winning stock. J. H. Farrar, 267 Cottage street. 3-22-1m\*

For Sale.—A fresh cow, 3-year-old, A1, also good work horses, ranging from 1000 to 1500 pounds. Three blocks east of I. O. O. F. cemetery. W. H. Botsford. 3-25-6t\*

For Sale.—A herd of 16 of the finest dairy cows in the country. Inquire at Commercial Creamery, Salem Or. 3-27-1wk

For Sale.—200-acre stock farm, \$25 per acre. Inquire of Wm. S. Mitchell, 332 Water street, Salem. 3-27-1m\*

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

For Sale.—Furniture and household goods and a cottage for rent. Enquire Union and Capital streets. 3-28-3t\*

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

For Sale.—Four old wagons, four old buggies, two carts, one new buggy, and an assortment of new spring wagons. Call at Salem wagon and carriage factory. Werner Fennel, proprietor, North Liberty street. 3-28-2wk

For Sale.—112 acres, with 60 acres in crop, balance in pasture. Plenty of timber for use. There are 18 head of swine, 18 sheep, 50 fowls, one good cow, one hack and farming implements and household articles. Some horses will be sold with the place. Price \$6500, \$3500 cash, balance at 6 per cent. Six miles each of Salem, on F. R. M. No. 6, C. Nelson. 3-20-1m

**MISCELLANEOUS.**  
Hotel Scott—Newly furnished, everything clean and first class. Rooms at reasonable prices. In Cottle block, Salem. A. Scott, prop. 7-6-1f

Theo. M. Barr—Successor to Barr & Petzel, tinner and plumber. Hot air water and steam heating a specialty, Salem, Oregon. 3-2-

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. Grubber, Shand & Marcus. 11-29-1m

Davey & Savage.—Real Estate, Loans and Insurance, Conveyancing and Examining Titles. Notary work done. Bring us list of your property for sale, 492 State street, near High. 3-8-1f

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

CALL ON YOUR STEPMOTHER AT the Salem Dye Works when you want your clothes cleaned, dyed, repaired or pressed, relined, velvet collars on; also suit pressed by the month. You can get anything cleaned, from a pair of gloves to the most elaborate silk gowns. Mrs. C. H. Walker, Prop., 195 Commercial street.

WE Are—Now buying eggs. Call on us for prices before you sell. Commercial Cream Co. 3-11-1f

Cleaning Dying and Repairing—Neatly done. Four suits pressed by the month, \$1. At the Capital City Steam Dying and Cleaning Parlors. Opera House block. Miss Effie Anderson. 3-25-5t\*

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

The Tillson Co.—Dealers in chopped feed, seed, bran, hay, flour, dried fruit, etc. Night street, adjoining opera house. 3-28-1m

Found.—A fountain pen. Inquire at Journal office. 3-28-3t

Frank M. Brown—Manufacturer of sash, doors, mouldings. All kinds of house finish and hardwood work. Front street between State and Commercial.

**ARCHITECT.**  
W. D. Fugh—Architect and superintendent, plans furnished for all classes of building and structural work. Office 416 State street, Tioga block, Salem, Oregon.

**PHYSICIANS.**  
Dr. E. E. Jackson—Treats all diseases of domestic animals. Office and hospital at 16th and B streets, phone 44 White.

**MUSIC STUDIOS.**  
Music Studio—Miss Helen Calbreath, Room 8, opera house building. Vocal, piano, theory, harmony and sight reading. 11-18-4f

Mrs. Lottie Dorris, 415 Court street at the Dr. Rowland House, vocal and instrumental music taught. 3-22-1m

**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 7:30 p. m. Turner block. Ira Jorgensen, C. E. A. L. Brown, Sec.

Central Lodge No. 18, K. of P.—Candle Hall in Holman block, corner State and Liberty streets. Tuesday of each week at 7:30 p. m. T. J. Cronise, C. C.; W. I. Staley, K. of R. and S.

Valley lodge No. 18, A. O. U. W.—Meets in their hall in Holman block, corner State and Liberty, every Monday evening. Visiting brethren welcome. Emil Donaldson, M. W. A. E. Aufrance Recorder.

Modern Woodmen of America—Salem Cedar Camp No. 6248. Meets every Thursday evening at 8 o'clock. Holman Hall, E. E. Matten, C. C.; A. L. Brown, Clerk.

**DRAYMEN.**  
Weich & White do a general dray and transfer business, meet at trains. Phones, down town, Main 2181, residences, Blue 15, red 2074. Stand 218 Commercial street 8-12-1m

**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.

**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**

**Zinn's**  
For Ice Cream  
Take a pail home for lunch.  
154 State Street.  
104 Court Street.

**Creeping Upwards**  
That's what we are doing every day. All admit that our meals are even growing better, and the crowd are growing larger daily.

**COFFEY'S RESTAURANT**  
206 Commercial Street

**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 6 p. m. Dock: Foot of Trade Street. M. F. BALDWIN, Agt.