

Slaves to Spring Catarrh Restored to Health by Pe-ru-na.

SPRING THE TIME TO CURE CATARRH.

Pe-ru-na Invigorates Mind and Body.

Hon. Wm. G. Hunter, Ex-member North Carolina Legislature, writes from the Census Office Building, Washington, D. C., as follows:
 "The greatest family medicine ever discovered, in my opinion, which comes from experience as well as observation, is Peruna."
 "The most common affliction to humankind is a bad cold. Peruna drives it out of doors, wards off catarrh, invigorates and gives fresh strength to mind and body. I give Peruna my unqualified endorsement."—Wm. G. Hunter.

Takes Pe-ru-na Every Spring.

Miss Tilly Marx, 421 14th St., Milwaukee, Wis., writes:
 "I am pleased to endorse Peruna, as I found it very efficient in ridding my system of a severe cold and catarrh trouble, after I had tried many other remedies without getting relief."
 "I took Peruna for two weeks, when I was much better, and in two weeks more I was entirely rid of the cold and catarrh. I shall take it every spring as a tonic, as I found that it made me much better in every way."—Tilly Marx.



MISS LYDIA HERZIGER

Miss Lydia Herziger, Grand Recorder of American Daughters of Independence, writes from Neenah, Wis., as follows:
 "I have used Peruna now for four years, each Spring and Fall, and it keeps me perfectly well and strong."
 "I am able to continue working and do not have to take a three months' rest, as I used to do every year. This is a great comfort to me, as I was not able to afford such a long rest."
 "I find that it is a great preventative for colds and coughs and soon rids the system of all disease and is an admirable medicine. I can honestly endorse it."—Lydia Herziger.



HON. WM. G. HUNTER



MISS TILLY MARX



MR. JAMES A. MOODY

Mr. James A. Moody, Ex-president Board of Education, Mineral Co., W. Va., writes from 11 Massachusetts Avenue, N. E., Washington, D. C., as follows:
 "My family have used Peruna for several years past with excellent results and I take pleasure in testifying to its superiority as a remedy for catarrh."
 "Every spring that dreaded disease will show up in my family and we always turn instinctively to Peruna to ward it off."
 "It has never yet failed, and I never lose an opportunity of recommending it to my friends."—James A. Moody.

Spring Catarrh.

Almost every one has come to believe that spring is a season that brings derangement of the body dependent on blood impurities.

This belief is an old one, is nearly universal, and has arisen, not as the result of the teachings of the medical fraternity, but has been learned in the bitter school of experience.

Nervous Depression.

Depression of the nervous system at the approach of spring is a fertile source of blood impurities.

There are general lassitude, dull, heavy sensations, continual tired feelings, with irregular appetite, and sometimes loss of sleep.

That Tired Feeling.

That tired feeling, which is the natural result of the depressing effect of warm weather immediately after the invigorating cold of winter, quickly disappears when Peruna is taken.

The Proper Remedy.

Peruna meets every indication and proves itself to be perfectly adapted to all their varied peculiarities. Peruna invigorates the system, rejuvenates the feelings, restores the normal appetite and procures regular sleep.

Do Not Delay.

Get a bottle of Peruna when the first languid feelings make themselves apparent in the spring. Take it according to the directions on the bottle. Continue this treatment through the first months of spring.

This course of treatment is no experiment; it is as positive in its results as any fact of science can be.

A Spring Tonic.

Almost everybody needs a tonic in the spring. Something to brace the nerves, invigorate the brain, and cleanse the blood. That Peruna will do this is beyond all question. Everyone who has tried it has had the same experience as

Mrs. Winnifred Power, an artist, who, in a recent letter from 246 7th St., Portland, Ore., says:

"I am pleased to speak a good word for Peruna, as I found it an excellent tonic and spring medicine and very effective in ridding the system of cold and catarrh."

"About two years ago my system was all run down in the spring and I thought I would try and see if Peruna would be of any assistance in bringing back my health and strength."

"I found that it was splendid and all the medicine that I needed. In a little over a month I was well and did not need to take any more medicine."

"I shall recommend it to every one in need of a tonic, and know that I have only to take a few doses of Peruna when I take a cold and I will soon be over it."—Winnifred Power.

Nature's Assistance.

Spring is the best time to treat catarrh. Nature renews herself every spring. The system is rejuvenated by

spring weather. This renders medicines more effective.

A short course of Peruna, assisted by the balmy air of spring, will cure old, stubborn cases of catarrh that have resisted treatment for years.

A Word of Advice.

To those who have been afflicted with chronic catarrh we wish to say that the spring season affords you a splendid opportunity to get rid of your disease.

It may be you have been afflicted for several years; you may have tried different remedies. Perhaps you have become discouraged.

Now Is Your Opportunity.

This failure was during the winter months. But now is your opportunity. Nature comes to your assistance at this season.

Just help her a little and she will bring you out of the quagmire in which you have been floundering so long. Give Nature a little assistance and her struggles will be in vain.

A Typical Case.

Geo. M. Fillmore, late 1st Lieut. 3rd U. S. Artillery, writes from 909 L St., N. W., Washington, D. C., as follows:

"I brought forward from winter into spring a sickening case of catarrh which was making existence miserable for me, until I was induced to try a bottle of Peruna."

"An immediate improvement gave me hope, if not relief. I kept up taking Peruna and it has so strengthened and relieved me that I am now confident of a cure. I heartily endorse Peruna for catarrhal affections and as a tonic for their weakening effects."—Geo. M. Fillmore.

A short course of Peruna now will be just in time. During the month of April you will find the strategic time to rid yourself of chronic catarrh, one of the most persistent, stubborn diseases in the whole list of human ailments.

After you have tried it you will say Peruna is positively the best spring medicine you have ever used.

A great many years of extensive trial of this remedy in this class of derangements have demonstrated that there are no failures.

Thousands of Testimonials.

Thousands of cases might be quoted in which Peruna has rescued people from the ravages of spring catarrh, and put them on a good, solid foundation of health.

We can give our readers only a slight glimpse of the vast array of unsolicited endorsements Dr. Hartman is constantly receiving. No other physician in the world has received such a volume of enthusiastic letters of thanks.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio. All correspondence held strictly confidential.

BROOKS FLAG RAISING

The Brooks school house was beautifully decorated with ferns, flowers, flags and pictures. It stands in one of those natural park-like openings, set with beautiful oak trees. Many of the Brooks people turned out and lent their presence to the patriotic occasion.

The following program by the children was rendered under the direction of the principal, Prof. Ramp: Songs by school.

- Recitation—Kenneth Aspinwall.
- Recitation—Grace Dodge.
- Recitation—Myrtle Fruit.
- Reading—Winnie Moisan.
- Recitation—Lettitia Evans.
- Recitation—Mark Aspinwall.
- Recitation—Monroe Sturgis.
- Recitation—Harold Aspinwall.
- Recitation—Leon Graves.
- Recitation—Ora Evans.
- Recitation—Willard Ramp.
- Reading—Ivan Fruit.
- Remarks by patrons and visitors.
- General remarks by patrons.
- Presentation of flag by Mr. Patton.
- Acceptance of flag.
- "America."

Hal Patton, the Salem book-seller, was present and presented the school with a beautiful flag, eight by ten feet, which was raised on a fine new Oregon fir flagstaff about 75 feet high, from which it will hereafter proudly float on many a holiday at the Brooks school.

Among those present were: Mrs. Cullen and little daughter, Mrs. Elliot, Mrs. J. G. Graham and little daughter, Miss Ella Schultz, of Salem, Mrs. Wm. Hoover, Mrs. Evans, Mrs. Fruit, Mrs. Ormsby, Mrs. Harris, Mrs. Aspinwall, Mrs. Ridinger, Mrs. Koester, Mrs. Ormsley, Mrs. Ramp, Mrs. Sullivan and Miss Moisan, of Brooks.

County Superintendent Moore spoke of the educational responsibilities of the school and the home. E. Hofer, J. G. Graham and E. W. Chapman made patriotic speeches. B. F. Bamp spoke as a man who had taught eight years' school at Brooks. In his day there was a seat around the wall, with panes of glass set in where a log was left out. They had the old mud fire place and

no blackboards. The flag meant education, protection, safety, and we should all honor the flag under all circumstances.

When Mr. Patton went forward to present the flag he was warmly applauded. He gave a historical sketch of the adoption of the design of the American flag, and told some good stories about the stars and stripes. "I present you this flag, and long may it wave over the land of the free, not as in the past, half free and half slave," were his closing words, as he handed over to the chairman of the school board the beautiful national colors as a present to the district.

Mr. Chapman called for a rising vote of the children and all present, and it was unanimous, with the greatest enthusiasm.

Then all walked out and the children sang, "America," as the emblem of liberty was swung into the free air of Oregon. Three cheers for the flag and three more for the generous and public spirited donor.

CHILDREN CRY FOR FLETCHER'S CASTORIA.

Talks With Farmers.

T. J. Gardner who lives out two miles west of Salem on the Oak Grove road, brought us a sample of winter wheat today, three feet eight inches long. He has five acres which he sowed the last half of September. It is a new variety, grown by Mr. Pierce, the steam thrasher man, of Lincoln. All who have seen it say it is the finest piece of wheat in Polk county. He says the prospects for grain crops are excellent, having fine color. Prunes are badly killed out in most orchards. He put out a quarter of an acre of strawberries last May, the Wilson variety. He counted a few stalks having 100 to 130, 140 and as high as 229 berries on one stalk. There will be a big crop.

The first berries were picked yesterday—of the Big Bob kind. Saunders are also ripening. He has a full crop of peaches, while his cherries will make a good half crop.

Tea coffee baking-powder flavoring extracts spices soda

are safe; you needn't get cheated in them, Schilling's Best are not only pure and true, but generous.

THREE NEWEST BOOKS

A Chicago firm has published a new Webster's Standard dictionary, which was awarded the gold medal at the St. Louis Fair, and will be generally introduced. The library edition is bound in morocco, has 762 pages, 30 full-page plates and over 900 illustrations, all for \$1.50, and cheaper editions for 75 cents.

It has 16 department features, besides being an up-to-date English dictionary. The publication of such a work is a great undertaking, requiring the employment of the best experts in languages and the sciences, and no expense has been spared to make this work first-class in all ways. Laird & Lee are the publishers. The old idea that a dictionary must weigh 40 pounds, and to be as big as a dry goods box in order to be an authority has been completely dispelled by this substantial little volume, which is about 5x7 inches, and is an ideal dictionary for home, office or school.

An African Novel.

"The Garden of Allah" is the singular name of a strenuous novel just published by Frederick A. Stokes & Co., New York. The character of the woman heroine, Domini, and the hero, who is a Trappist monk, who has renounced his vows, and how he is led to resume them, form the plot, but the real merit of the book is not confined to the love story. The atmosphere of Africa is translated into the mind of the reader. The desert, with its wonderful nomadic life, its trobbing music, and colors and impressions, are rendered so vividly that they are literally stamped upon the imagination, and the reader is for the time being in Africa, and will never forget the country as long as he lives after having read these pages. From a literary standpoint the author has accomplished a very finished piece of writing. His studies for the material must have been made on the spot, with the most painstaking manner. This novel will grow in popularity the longer it is known.

The Matrimonial Primer. A work by the above title is announced for fall publication by Paul

Elder Company, San Francisco, and V. B. Ames as the author and responsible party:

"The woman who charmed you with her bright, vivacious wit, may not be able to keep it up 365 days in every year. You were a stimulant, but you have become a steady diet."

"When your husband seems willing that all the economy shall be at the home end, insist upon laundering his shirts yourself."

"There are nagging women and profane men; it is to be hoped they will marry each other."

"Z—may stand for zero;

In spite of the axiom taught that in marriage, two are one,

The result is often naught. Compound your interests daily, Subtract all fears and doubt, Multiply your joys, add more love; The sum's worth figuring out."

Salem Real Estate Transfers.

The following is a list of real estate transfers filed with the county recorder for the past two days:

Apostolic Holiness Church to Belle Shipley, lots 5, 6 and 7, block 29, University add to Salem, \$2100.

M. McFarlane to T. T. Mills, land in Woodburn, \$20.

E. E. Kirk to St. Paul city, land in St. Paul, \$45.

Leonard Volney to Edward Gundersen, lots 16 and 18, Allen's add to Salem, \$445.

Allan Forward to F. N. Coleman, et ux., land in t 4 s, r 3 w, \$100.

F. N. Coleman, et ux., to Allen Forward, land in t 4 s, r 3 w, \$100.

A. T. Adey to B. M. Smith, land in t 3, s 2, w, \$5500.

G. C. and M. A. Will to E. J. Young, land in North Salem, \$500.

C. T. and M. J. Bonney to P. H. and A. Thompson, 3 1-7 acres in Woodburn, \$355.

T. B. and C. M. Kay to A. and F. Beal, 100 acres, t 9 s, r 1 w, \$2200.

M. and J. Brandenburg to W. H. King, land in t 7 s, r 3 w, \$1000.

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.

PORTLAND ROD AND GUN CLUB

Announces Program for the Northwest Tournament

A. J. Winters, secretary of the Sportsmen's Association of the Northwest, writes The Journal as follows:

Have just completed the shooting program for the Sportsmen's Association of the Northwest tournament, to be held under the auspices of the Multnomah Rod and Gun Club in this city June 22, 23 and 24. Further explaining the program, will say that the total events for the three days is 35, and total number of targets for each day is 200. The amount of added money is 1000, and the total entrance for the three days for all the events is \$16.10, but I have arranged the program so that a strictly amateur will have an equal show with the "crack shot," for instance, eliminating trophy events Nos. 4, 8, 12, 16, 20, 28, 31, 35, a total of eight, the entrance to which is \$31.50, leaves but 27 regu-

lars or money events, which are all 10 or 15 bird events, with the exception of 7, 11 and 30, which are 20-bird events. It will therefore be seen that the shooter, by eliminating the trophy events which he may if he choose, can shoot the 27 money events, the total of which is \$29.60, and, with the nominal entrance, he participates in \$900 added money, \$300 being added to each day's events.

In all 10-bird events there are 100 moneys to be divided between all contestants who tie, and on the 15 and 30-bird events there are four moneys to be divided among all shooters who tie. It will, therefore, be seen, by careful examination of the events in the program, that it has been arranged for the amateur, and it is not necessary that he shoot in any or all of the events, but can use his own discretion in shooting in any of the events that he may choose.

Scio News: If the Scio branch road is to be repaid and placed under commission, it is high time that something should be done. We are told the Hall Lumber Company have put large number of ties in the creek, preparatory to running them down to the start, there would soon be plenty of work for the road to do.

A NEW ARRIVAL

The C. P. FORD OXFORDS in button and lace for ladies, a fancy dress and street Oxford, with snap and attractiveness—coupled with perfect workmanship and quality.

It makes the most desirable summer shoe; prices ranging from \$2.50 to \$3.50. You only need to see, to be convinced. No trouble to show goods.



E. L. IRVIN & CO. 326 STATE ST PRACTICAL SHOE REPAIRING A SPECIALTY