

Sick Headache

When your head aches, there is a storm in the nervous system, centering in the brain.

This irritation produces pain in the head, and the turbulent nerve current sent to the stomach causes nausea, vomiting.

This is sick headache, and dangerous, as frequent and prolonged attacks weaken the brain, resulting in loss of memory, inflammation, epilepsy, fits, dizziness, etc.

Alay this stormy, irritated, itching condition by taking Dr. Miles' Anti-Pain Pills.

They stop the pain by soothing, strengthening and relieving the tension upon the nerves—not by paralyzing them, as so most headache remedies.

Dr. Miles' Anti-Pain Pills do not contain opium, morphine, chloral, cocaine or similar drugs.

"Sick headache is hereditary in my family. My father suffered a great deal, and for many years I have had attacks that were so severe that I was unable to attend to my business affairs for a day or so at a time. During a very severe attack of headache, I took Dr. Miles' Anti-Pain Pills and they relieved me almost immediately. Since then I take them when I feel the spell coming on and it stops it at once."

JOHN J. McERLAIN, Pres. S. B. Eng. Co., South Bend, Ind. Dr. Miles' Anti-Pain Pills are sold by your druggist, who will guarantee that the first package will benefit. If it fails he will return your money. 25 doses, 25 cents. Never sold in bulk. Dr. Miles Medical Co., Elkhart, Ind.

RELIGIOUS THOUGHT

From Our Exchanges.

If we grant the goodness of God, then the endless life of man follows as a necessary corollary. For if God is infinitely wise and good, He will not annihilate man at death, cutting him off in the infancy of his powers. The reason and conscience in God will find their permanent expression in the reason and conscience of man. God will seek in man, possessed to some extent of like powers with Himself, personal fellowship. For man is continually finding himself able, with ever increasing approximation to the truth, to "think the thoughts of God after Him."

This implies that the human and di-

vine have, to some extent, a common nature; just as man's power, partially at least, to transcend in thought the temporal, implies some relation to the eternal. It is hard to see how any being thus capable of entering into ethical relationship with God could drop out of existence without occasioning a definite loss to God, leaving a void in His experience that no other being could fill.

Each finite human person is a unique ethical being of far more worth to God than he is to himself. No other creature can take just the place he takes in his relationship to God. The value of man is, therefore, beyond all human calculation, for he is not only derived from God and sustained by Him, but he is the reflex of His own infinite powers. How can we possibly regard death as the termination of this relationship? Must it rather not be a mere incident in the earthly system of things, of no significance outside the physical order with which alone it is concerned?—Prof. P. S. Hoffman, Ph. D., in Hartford Seminary Review.

The time has come, we believe, to define the attitude of the Christian church in its reception of money for benevolent uses. A clear statement of its own judgment as to what is righteous and Christian in business and of the degree of responsibility it should assume for the character and business relations of givers, affirmed with substantial unanimity by Congregationalists, would lead to an ethical advance which the enlightened public conscience is being aroused to demand.—The Congregationalist.

It is a serious mistake to speak of the immanence of the Spirit as something less than universal, or to speak of His indwelling in the Christian heart as if it were a separate and distinct gift bestowed upon some and withheld from others. Monopoly has no place in the divine system. The Spirit is for all alike. The largest measure of His presence enjoyed by any is available for all. His fulness is always present, although it may not be always received.—Rev. James M. Campbell in the Homiletic Review.

No one who reads carefully the words of Jesus can avoid being impressed with the little condemnation which he has for the gross sins which fill the modern criminal code and exclude the perpetrators from modern good society. This was not because

he would approve or condone in any way those sins, but because they did not indicate so deep and vital a departure from God as the sins of covetousness and extortion, of judgment and hypocrisy.—The Watchman.

Men are not left to the working of their own minds, their unaided conjectures, for the formation of an absolute standard, but have in Jesus a perfectly safe model after which to pattern their lives. But he is much more than an example, he is life. It is to be feared that some of us content ourselves with copying that which is outward and tangible in the life of Jesus, passing by the inner and essential, forgetting the spirit in the form.—The Standard.

LIFE

The poet's exclamation: "O Life! I feel thee bounding in my veins," is a joyous one. Persons that can rarely or never make it, in honesty to themselves, are among the most unfortunate. They do not live, but exist; for to live implies more than to be. To live is to be well and strong—to arise feeling equal to the ordinary duties of the day, and to retire not overcome by them—to feel life bounding in the veins. A medicine that has made thousands of people, men and women, well and strong, has accomplished a great work, bestowing the richest blessings, and that medicine is Hood's Sarsaparilla. The weak, run-down, or debilitated, from any cause, should not fail to take it. It builds up the whole system, changes existence into life, and makes life more abounding. We are glad to say these words in its favor to the readers of our columns.

One of the attractions at the 4th of July celebration at Grants Pass will be a drilling contest. Large enough purses will be offered to induce teams from all over the state to compete.

VEGETARIANS.

Redoubtable Feeders Are Better Nurtured Than Vegetarians.

True, vegetarians may be, often are, good men; but no one will contend that they are jolly, says the June Atlantic Monthly. For steady companionship the redoubtable feeders are to be preferred—men whom neither roast nor pudding can intimidate. Who would not choose to hold cheerful converse with the matchless eupeptic, Sydney Smith, rather than sit under the gloaming of the saturnine Carlyle, whose digestion was wrecked by simple porridge? Never was there a more efficient stomach than that of the merry payson, the habitual diner-out, whose buoyant spirits and good humor always charmed. His brilliant wit prevented his elevation to a bishopric, but it made him an ever-welcome and dominant guest at the tables of the great. Contrast with this bright spirit the scolding Carlyle, who disliked eating almost as much as he disliked his friends. The difference was chiefly due to their diverse views of the matter of eating. Lord Holland went so far as to assert that "some men are better and abler than others because they eat more."

It is fortunate for the race that, whether they admit it or not, whether they know it or not, most persons live mainly to eat, and show little concern about the nutritive value of their food. They eat what they like, as far as they can afford it.

WHERE OUR ICE IS MADE

Salem's Plant That Furnishes Coolness for Marion County's Citizens

The Salem ice plant, run in connection with the Salem brewery, is one of the very best of its kind, modern in every respect and with the very latest appliances. It has a capacity of about 50,000 pounds daily and besides furnishing the desired "coolness" for the brewery, supplies the city with a first-class quality of clean, pure ice. Some people have a prejudice against artificial ice, calling it unhealthful, and this is simply because they do not understand the method of its manufacture. Knowing that chemicals are used in making it they imagine these same chemicals are mingled with the water. Such is far from the fact, the ice is as pure and clear as any made by nature in her great winter laboratory. A visit to the Salem ice plant would disabuse their minds of all such ideas. It is an axiom in chemistry that where evaporation takes place cold is produced, and it is by taking advantage of this principle that artificial ice is produced. In the big air compressors an 80-horse power engine is swiping the atmosphere and squeezing it into almost nothing. In the corner of the room near it are ammonia tanks with pipes connecting with those leading from the compressor through the freezing vats. When the proper pressure is reached the air and ammonia and a salt solution are sent through the pipes and the relieving of the pressure on the air and the evaporation of ammonia produces cold reaching below 32 degrees. These pipes are carried along and around the freezing tanks, which are filled with pure fresh water, which in a short time are converted into clear transparent, beautiful ice, as pure and sweet as if from a mountain lake. Besides the making of ice the pipes are led through the cold storage rooms and on opening the doors a breath of genuine winter greets you, and the white frost gathered on the pipes makes one almost shiver. Any one visiting the plant will lose all prejudices against artificial ice, for it is made in clean metallic tanks tightly closed, and from water taken from the city mains.

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 give 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.



Defeated But Not Disgraced at Shaho

Half a battalion of Japanese infantry were advancing on a village, when they were fired upon point blank by a battery of Russian guns. The Japanese advanced by short rushes, firing meanwhile, until, when the final charge came, it was seen that all the horses of the battery had been shot.

The gunners, unable to get their gun away, had fought them to the last, when surrender became inevitable. A Japanese soldier, outstripping his comrades, found himself alone in front of the guns, and the officer in command presented his revolver as a sign of surrender.

CLASSIFIED

FOR SALE.

For Sale.—Seven-room residence, barn, large half block, electric lights, bath, hot and cold city water. E. Hofer, Journal office.

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

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

For Sale.—Two lots, with new house and barn, good improvements. At a bargain. Inquire of Glover & Patton's blacksmith shop, 430 Court street. 5-22-tf

For Sale or Rent.—Three new cottages, corner of Mill and Winter streets; water, lights and all modern improvements; can be occupied at once. Inquire at Journal office or J. C. Goodale & Co., at lumber office. 6-5-1wk

Ash Wood.—Best quality for sale. Geo. F. Rodgers, 404 Court street. 6-6-2wk

For Sale.—House and two lots, five rooms, one pantry, two closets, and a big upstairs, good water, driven well, lots 135 foot front by 120. No. 1630 Winter street. Inquire at Huffman's store, North Salem, or phone White 233. 6-9-1wk

For Sale.—A lot 102 by 300 feet, cheap if sold within the next few days. Will take a good cow in part payment. Inquire of I. C. Sutton, corner of 12th and Cross streets, Yew Park. 6-9-31*

FOR RENT.

For Rent.—Furnished rooms in private family during fair, electric lights, phone, car line. Anna Veatch Pape, 20 East Ninth and Burnside, North, Portland. 6-6-1wk*

For Rent.—Two furnished bed rooms, \$1.25 a week each. Inquire at 108 High street, three blocks south of court house. 6-9-31

WANTED—MALE HELP.

Agents Wanted.—Our Little Wonder Soda Fountain complete \$20 cash; \$25 on installments. Will be expressed C. O. D. \$5.00. Balance 60 days. Examination allowed. Dentist Mfg. Co. 323 Walnut street, Philadelphia, Pa. 6-2-10-17-24.

Sanitary Manager Wanted.—To look after our Salem office and superintendent salesmen, workmen and line construction. References and cash deposit required. Yearly contract with liberal salary. Great Western Telephone Co., 1095 Market street, San Francisco, Cal. 5-29-1m

WANTED.

The Tillson Co.—Dealers in chopped feed, seed bran, hay, flour dried fruit, etc. High street, adjoining opera house. 6-1-yr.

Wanted.—To buy a good six or seven-room cottage, not far out. Apply at Ryan's barber shop. 5-31-tf

MISCELLANEOUS.

Strawberry Cakes.—Tin tops and hallocks at lowest prices. Capital Commission Co. Phone Main 2231, opposite Willamette Hotel, Salem, Oregon.

Go To.—J. N. Shantz for your hop baskets. Get in your order before the rush. 6-2-1m

Shirt Waists and Summer Gowns.—Made in the best style and workmanship. Terms reasonable. Address or call on Mrs. H. Milner, 20th and Center streets. 5-29-tf

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

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

Davoy & 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-tf

Say—Have you tried H. H. Pauls for meats? He has the best sausage in town. Come and try it, and be convinced. 410 East State street.

We Are—Now paying 16c for eggs. Commercial Cream Co. 3-11-tf

Theo. M. Barr—Successor to Barr & Petzel, tinner and plumber. Hot air water and steam heating a specialty, Salem, Oregon. 3-9-

Six Indians from the Umatilla reservation have gone to Michigan to join a wild west show.

BAKERIES.

Capital Bakery—Ullom & Rutherford, proprietors, 439 Court street. Fresh bread, pies and cakes daily. Macerons, lady fingers, angel and devil's food cake, candies, nuts, etc. Deliveries made to any part of the city. Phone White 321. 5-1-tf

CLEANING AND DYE WORKS.

Cleaning and Dyeing—And repairing neatly done. Four suits pressed by the month \$1.00, at the Capital City Steam Dyeing and Cleaning Parlors. Miss Edie M. Anderson, proprietress. Opera House block. 5-1-tf

CALL ON YOUR STEPMOTHER AT the Salem Dye Works when you want your clothes cleaned, dyed, repaired or pressed, reined, 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., 165 Commercial street.

ASH AND DOOR FACTORIES.

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

A. M. Hanson—Manufacturer of all kinds ash, doors, mouldings, wood work, house finish and office fixtures. Estimates furnished. Cor. Mill and Church street. Phone Red 211.

ARCHITECT.

W. D. Fugh—Architect and superintendent, plans furnished for all classes of building and structural work. Office 116 State street, Tioga block, Salem, Oregon.

DRAYMEN.

White & Cummins, do a general dray and transfer business, meet all trains. Phones, down town, Main 2181, residences, Blue 15, red 2076. Stand 218 Commercial street 8-12-1m

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 in Turner block. Ira Jorgensen, C. R.; A. L. Brown, Sec.

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

Modern Woodmen of America—Oregon Cedar Camp, No. 5246. Meets every Thursday evening at 8 o'clock, Holman Hall. E. E. Matten, V. G.; A. L. Brown, Clerk.

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.

Just In

Our new line of 1905 wall paper has just arrived. All latest patterns at reasonable prices. Call and see our stock and be convinced that our paper and prices are right. Remember the place.

E. L. Lemmon

299 Liberty St. Phone 2475

A GOOD MEAL

Makes a person feel satisfied with themselves and the whole world. Those are the kind of meals we serve. Quick service.

White House

Restaurant

GEORGE BROS.

State Street. Proprietors.

Creeping Upwards

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

COFFEY'S RESTAURANT

206 Commercial Street

New Millinery Just Received

Dress Hats the very latest designs, materials of the best. Prices most reasonable. New Flowers, New Foliage, New Buckles. See our stock for the latest in Millinery Art. New Millinery, New Laces, Exquisite Patterns. White Duck Street Hats with Lewis and Clark Bands. Our prices are the lowest in Oregon.

ROSTEIN & GREENBAUM

DRY GOODS, CLOTHING AND MILLINERY.

300 Commercial St.

Salem