

# The Doctor Always Asks

"Are your bowels regular?" He knows that daily action of the bowels is absolutely essential to health. Then keep your liver active and your bowels regular by taking small laxative doses of Ayer's Pills. We have no secret! We publish J. C. Ayer & Co., Lowell, Mass., the formulas of all our medicines.

## CO-EDS DOWN RINGLERS

Saturday evening the Willamette co-eds defeated the girls from the Ringler school of physical culture, of Portland, by the score of 19 to 4. As the score indicates the visitors were completely outclassed, and never had a "look-in" from the time the game started until it ended. It was a clean, swift and neat exhibition of this popular sport, and the best of feeling prevailed among the players at all stages of the game. Miss Strimer, who played forward for the Portland team, was the star player for her side, securing one field goal and two baskets on free throws from the foul line, thus scoring all the points for her side. She is undoubtedly one of the best girl players that ever appeared on a gym floor in this city, and it was only the superb guarding of Miss Hall that prevented her running up a good-sized score all by herself.

The work of the Willamette guards, Miss Hall and Saloman, was the feature of the game. To them belongs no small share of the credit for the large score, for they not only prevented the visiting forwards from throwing any baskets, but kept the ball on down toward the other end of the floor, so that the local forwards had plenty of chance to throw at the basket. Little Miss Coryell also played a fine game, while the Belknap sisters played all over and around their opponents. The reputation of Carrie as a player is excellent, as this is not the first time she has distinguished herself, but her little sister, Stella, went onto the floor Saturday evening for her second appearance in a match game, and when it was finished she had bagged four field goals, making a total of eight points, thus becoming the star point-winner for Willamette.

The crowd was the smallest seen at a game this year, but what they lacked in numbers they made up in enthusiasm.

Following is the lineup of the teams: Willamette—Ruby Coryell and Stella Belknap, forwards; Carrie Belknap, center; Mary Hall and Anna Saloman, guards.

Portland—Strimer and Leach, forwards; Breverton, center; Washburn and Beggs-Ganzemille, guards.

Referee—Murphy, of Portland.  
Umpire—Jerman, of Salem.

Time of halves—20 minutes and 15 minutes.

## TIGERS DEFEAT Y. M. C. A.

In the best game of basketball Salem has seen so far this season, the Salem Y. M. C. A. Saturday night went down in defeat before the speedy Portland Tigers by the close score of 25 to 26. There were only a small number present, but they surely received the worth of their money, for it was a clean, swift, snappy exhibition. Every man on each side was in the game from start to finish, and competent officials saw that every play was according to rules.

On the start it looked like a "walk away" for the visitors, and when the

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See our new and latest on the 3000 ft. high, Hyatt mountain, we shoot. Practice your marksmanship, and you will be a better shot than ever.

Stevens' Aluminum Rifle will be the best for its class.

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first half ended the score stood 19 to 11 in favor of the Tigers. The second period of play opened up in much the same manner, but before the half had grown very old, the local boys took a brace, and from that time on it was all Salem. The ball was sailing around the local basket any number of times, and so close that it nearly caused the Salem enthusiasts to have heart failure, yet it would not go in, though a single basket more would have won the game.

Hartman, of Portland, was the bright and shining star of the evening, as when the game was over, the score showed that he had made 14 points on field goals. Rhodes, Hargrove and Jones tied for high score on the local team, although Jones had several shots at the basket which he missed.

The feature of the game was the great team work and swift passing of the visitors, and the rooting of Dr. Epley on the side lines.

Arthur Grille, of Portland, and G. A. Forbes, of Salem, were the officials.

### WHAT IT MEANS TO YOU.

Few People Realize the Importance of Good Digestion Until It Is Lost.

Many people suffer from dyspepsia and do not know it. They feel mean, out of sorts, peevish, do not sleep well, do not have a good keen appetite, do not have the inclination and energy for physical or mental work they once had, but at the same time do not feel any particular pain or distress in the stomach. Yet all this is the result of poor digestion, an insidious form of dyspepsia which can only be cured by a remedy specially intended to cure it and making the digestive organs act naturally and properly digest the food eaten. Bitters, after dinner pills and nerve tonics will never help the trouble; they don't reach it. The new medical discovery does. It is called Stuart's Dyspepsia Tablets, and is a specific for dyspepsia and indigestion. It cures because it thoroughly digests all wholesome food taken into the stomach, whether the stomach is in good working order or not.

Stuart's Dyspepsia Tablets, by digesting the food, instead of making the worn out stomach do all the work, gives it a much needed rest and a cure of dyspepsia is the natural result.

When you are nervous, run down, and sleepless, don't make the common mistake of supposing your nervous system needs treatment and fill your stomach with powerful nerve tonics which make you feel good for a little while, only to fall back farther than ever.

Your nerves are all right, but they are starved, they want food.

Nourish them with wholesome everyday food and plenty of it, well digested, and you can laugh at nerve tonics and medicines.

But the nerves will not be nourished from a weak, abused stomach, but when the digestion has been made perfect by the use of this remedy all nervous symptoms disappear.

Who ever heard of a man or woman blessed with a vigorous digestion and good appetite being troubled with their nerves?

Good digestion means a strong nervous system, abundance of energy, and capacity to enjoy the good things of life.

Stuart's Dyspepsia Tablets will certainly set your stomach and digestive organs right; they cannot help but do it because they nourish the body by digesting the food eaten, and rest the stomach.

You get nourishment and rest at one and the same time, and that is all the worn out dyspeptic needs to build him up and give new life to every organ and an added zest to every pleasure.

Stuart's Dyspepsia Tablets are a god send to the army of men and women with weak stomachs and nerves and justly merits the claims of being one of the most worthy medical discoveries of the time.

### Big Western Cattle Exhibition.

Denver, Colo., Jan. 29.—The first annual exhibition of the Western Live Stock Show association was opened at the Union stockyards today. It is by far the largest and most complete stock show ever held in the west and is attracting considerable attention, not only among western cattlemen, but among cattle raisers and breeders in all parts of the country. The attendance on the opening day was very large and it is estimated that there are more than 2000 prominent cattlemen from the west and middle west in this city at present, to see the exhibition and to attend the joint meeting of the western cattlemen which will begin tomorrow. The premium list is larger than at any previous cattle show in the west and there is spirited rivalry between

farmers and stockgrowers in all the different classes. The exhibition will close on February 3.

### Sickening, Shivering Fits.

Of ague and malaria can be relieved and cured with Electric Bitters. This is a pure, tonic medicine, of especial benefit in malaria, for it exerts a true curative influence on the disease, driving it entirely out of the system. It is much to be preferred to quinine, having none of this drug's bad after effects. E. S. Munday, of Henrietta, Texas, writes: "My brother was very low with malarial fever and jaundice, till he took Electric Bitters, which saved his life." At J. C. Perry's drug store; price 50c, guaranteed.

## CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Wm. D. Mitchell*

## WILL LAY HEAVIER STEEL

One hundred carloads of 75-pound steel rails have been received by the Southern Pacific Company, and are being distributed between Portland and Eugene. It is the purpose of the company, in keeping with its announced policy of improvement and betterment of the Harriman lines in Oregon, involving the expenditure of several million dollars in this territory during the present year, to relay the tracks with new and heavier steel. Work of tearing up old rails and spiking down the new will begin about February 1st.

Two special construction trains are engaged in handling rails, and large gangs of men are distributing them along the line. The entire distance between Portland and Eugene, 135 miles,

will be relaid without interrupting train service.

It is announced in the freight traffic department of the Harriman lines in this city that a new refrigerator car service will soon be inaugurated and put into operation between local stations along lines in Oregon and Western Washington. This service, designed especially for preservation of fruits, vegetables and all perishable freight in transit, will be an appreciable innovation, and will doubtless meet the approval of local shippers, resulting in great benefit to them. Refrigerator cars will operate from Portland to Huntington, Spokane and intermediate points every five days. The service will be put into effect at once.

### Plan Jubilee Exposition.

Topeka, Kas., Jan. 29.—More than 150 delegates, representing various cities and towns of Kansas, met today in Representative hall in accordance with a call sent out from here to consider the proposition of celebrating the 50th anniversary of Kansas' statehood by a large exposition in the year 1911. The plan has been agitated for

some time, but not until lately have the citizens in general shown any enthusiasm for it. The outlines of the plan are still rather hazy, but it is expected that some more definite suggestions will be made in the course of the deliberations and that it will be definite enough to form the basis for a more definite program.

Rev. Carlisle E. P. Martin, L. L. D., of Waverly, Texas, writes: "Of a morning, when first arising, I often find a troublesome collection of phlegm which produces a phlegm and is very hard to dislodge; but a small quantity of Ballard's Horehound Syrup will at once dislodge it, and the trouble is over. I know of no medicine that is equal to it, and it is so pleasant to take. I can most cordially recommend it to all persons needing a medicine for throat and lung trouble." Sold by D. J. Fry.

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Gas is the perfect fuel, and none other is needed in the home for economy, ease and comfort in living. Spare your wife the worry and vexation of operating a cook stove, and constantly feeding it with dirty wood.

CAPACITY OF GAS PLANT GREATLY ENLARGED—Help use it up, and we will build another plant.

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