Who Gets the Most Out of Life?

Not the wealthiest, not the most learned, nor the idler—but the man who has good health and works for his living. This truth is trite, but not trivial.

Every man should guard his health as his most valuable possession. The more so because health is easier to retain than regain.

Keep your grip on health by regular exercise, reasonable care in eating and requisite sleep. Take Beecham's Pills occasionally, to tone the stomach and keep the liver and bowels in good working order. And don't worry.

Observe these simple rules and you will agree that the one who gets the most from life is

The Man Who Uses

BEECHAM'S PILLS

Sold Everywhere In Boxes. 10c and 25c.

Two Tres on the Land.

There was supposed to be a fine growth of timber, from which 6,000,000 to 8,000,000 feet of lumber could be cut, on the half section of land in Lane county when Ole J. Steen bought it from O. J. Weisten.

When Steen went to look at the land he found only two trees fit to be cut into sawlogs.

The land was also supposed to be good for farming purposes when the heavy growth of timber was removed. Steen found barren hillsides and deep canyons, covered with fern and brush.

That was the story Steen told Judge George in the state circuit court. He said he bought the land March 28th, last, and that Weisten had represented it as covered with a heavy growth of fir and cedar, capable of yielding from 6,000,00 to 8,000,000 feet of lumber, within half a mile of a sawmill, and at an equal distance from the Siuslaw river. On these representatfions he agreed to pay $3100 for the property. He paid $1100 in cash, and gave notes for the remainder. Steen is suing for the recovery of the money paid and the notes.

Weisten has not yet testified, but in his answer he says the land is fully worth the price he received for it.

CASTORIA.

Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this.

All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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In Use For Over 30 Years.

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BACK TO THE FARM

Yamhill County School Superintendent Has Some Practical Ideas

Prof. L. R. Alderman, county school superintendent of Yamhill county, and the man who had charge of the educational exhibit at the Lewis and Clark fair, has adopted an original plan for bringing the home and the school closer together. While he believes that the boys and girls are learning many valuable things at school, he also thinks that there are many valuable lessons which they may learn at home, and in order to encourage them in their home work, and at the same time make them appreciate country life, he has planned to hold a school fair at McMinnville in September, just after hop picking. He believes that gardening and home work in co-operation with the parents will help to solve the problem of finding profitable work for the town boy and girl as well as those of the country.

At his proposed fair, the garden competition is to be open to both boys and girls. Each is to do planting and cultivating of the produce he or she exhibits. Prizes will be offered for the best of the following:

Five ears of field corn, five ears of pop corn, five ears of sweet corn, one water melon, two musk melons, five potatoes, one head of cabbage, one squash, one pumpkin.

A prize will also be given for the best essay, not to exceed 200 words, telling how the student grew the produce. An essay may win the prize, though the crop it describes does not.

A prize will also be offered for the best writing done at school during the year, and uniform paper for this purpose will be funished by the superintendent free of charge.

The girls' skill in sewing is to be shown by an exhibition of aprons, each made for the girl by herself and without any assistance. Neatness and taste rather than elaborateness will be the test.

In cookery prizes will be given for the best bread, canned fruit and jelly.

In each of the 16 divisions two prizes will be given; one for the best exhibit by a pupil 12 years of age or over, and one for the best exhibit by a pupil under 12 years.

A prize will also be given for the best general exhibit, and the size of the district will be taken into consideration and making this award.

Governor Chamberlain and State Superintendent of Public Instruction J. H. Ackerman will be present at the fair and deliver addresses to the students.

"Ohio in Journalism" the Subject.

New York, Jan. 31.—The Ohio Society of New York will hold its 20th annual dinner in the ball room of the Waldorf-Astoria this evening. Departing from the usual custom of the society to hold the dinner in honor of some eminent Ohioan, this year the committee in charge of the dinner has decided to make the subject of the evening "Ohio in journalism." A number of famous Ohio editors and journalists have been invited and will be the guests of the society this evening.

CLASSIFIED

FOR SALE.

For Sale.—160 acres, in grain, or will cut up into 40-acre tracts. Address M. I. Capps, Capital Improvement Co. 299 Front street. 1-13-1m

For Sale.—Dry second growth fir, $3.50 per cord, delivered. Also Jumbo stump puller, in first class condition. Inquire of Louis Lachmund & Co. corner of State and Commercial streets. Phone Main 72. 1-16-1m

For Sale—25 thoroughbred Light Brahama hens and two roosters, also one Langshan and two Minorca roosters all thoroughbreds. Capital Commission Company. 1-29-3t

FOR RENT.

For Rent.—Furnished rooms. Call at 555 Marion street. 1-20-tf

WANTED.

Wanted.—Good team, harness and wagon, at once. Inquire of R. D. Gilbert & Co., 211 North Commercial street. 1-29-3t*

MUSIC STUDIOS.

Music Studio.—Frank E. Churchill, Musical Studio. Associate teacher Western Conservatory, Chicago, Ill., representing Inter-State System at Salem, Oregon. In the Gray block, room 3. Studio hours 9 to 12 and 2 to 5. 8-19-tf

The Seley Studios.—Thorough instruction in music. Mr. and Mrs. Francesco Seley, specialists in Voice Production, Interpretation and Harmony. Opera House Building, rooms 9 and 10. Residence phone Main 574. 11-2-11m

LOST.

Lost.—An Irish setter dog, with collar and license tag and name of M. A. McCorkle engraved on collar. Suitable reward to party returning same. Call or address M. A. McCorkle, 460 Commercial street, or phone 633 Main. 1-29-3t*

PLUMBERS.

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

Bernardi & Dunsford, Plumbers, steam and gas fitters. All kinds of plumbing supplies. No. 59 State street. Phone 118 Main. 10-2tf

LODGES.

Foresters of America—Court Sherwood Foresters, No. 10. Meets Tuesday in Hurst hall, State street. U. S. Rider, C. R.; A. L. Brown, F. S.

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. J. G. Graham, 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. W. W. Hill, V. C.; F. A. Turner, Clerk.

Woodman of World.—Meet every Friday night at 7:30, in Holman Hall. A. J. Basey, C. C. P. L. Frazier, clerk. 1-10-tf

C. M. Lockwood

Edison Phonograph Agency.

Gasoline Lamps, Mantels, Gasoline. Typewriters, New, Second-Hand. Rent 214 Com'l St. Phone Main 401.

A Man's Mother-in-Law

Even can't find fault with our laundry work. The most severe scrutiny will only show how perfect it is, and how superior to all other work in this line. There is no flaw in the beauty of the color or finish that we lay on your linen when it is done up at this laundry. Family work rough dry 5c per pound.

Salem Steam Laundry

Colonel J. Olmstead, Prop.

Dorous D. Olmsted, Manager.

Phone 25. 136-166 Liberty st.

MISCELLANEOUS.

Salem Iron Works—Founders, machinists and blacksmiths. Manufacturers of all kinds of sawmill machinery. Hop and fruit drying stoves, etc. Manufacturers of the Salem Iron Works Hop Press. 11-29-1m

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

Cleanliness Is Next to Godliness.—Therefore, take your clothes where you can get them absolutely clean, and have them pressed to perfection. Ladies' and men's clothes, as well as gloves and fine fabrics a specialty. Mrs. C. H. Walker, opposite Hotel Willamette. Phone 1245.

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 stret.

Wanted.—Turkeys, geese, ducks, chickens and all farm produce. Highest cash price paid for same. Capital Commission Company, 267 Commercial street. Telephone 179.

TONSORIAL.

Evans' Barber Shop.—Everything new and up to date. Finest porcelain baths. Shaving, 15c, haircutting 25c baths 25c. First class bootblacks. C. W. Evans, Proprietor.

SASH AND DOOR FACTORIES.

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

BAKERIES.

Capital Bakery.—Fresh bread, pies and cakes daily, candies, nuts, etc. Delivery made to any part of the city. C. Ullom, proprietor, 439 Court St.

ARCHITECT.

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

LIVERY AND SALE STABLES.

Red Front Stables—First-class livery, boarding and sale stables. Rubber tired buggies and fine driving stock. Pratt & Harrod, proprietors, 271 Chemeketa street. Phone Main 73. 12-14-1yr

Feed Barn.—Special attention to transient teams. Farmers' patronage solicited. Waiting rooms for ladies We also carry a full line of feed. Located at Club Stables, corner Liberty and Ferry streets. Phone Main 7. Prunk & Darby. 12-14-6m

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E. Hofer

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Dr. W. L. Mercer.—Graduate of Kirksville, Mo., under founder of osteopathy. Rooms 25-26 Breyman bldg., Commercial St., phone 919. Residence 419 N. Summer st., phone 614. Treats acute and chronic diseases. Examinations free.

Dr. R. H. White.—Graduate of Kirksville, Mo., under founder of osteopathy. Room 21 Breyman bldg., Commercial st., phone 87. Residence 590 State, cor. Church, phone 1110. Treats acute and chronic diseases. Examinations free.

Hop Lee Co. Laundry—Best work done with latest improved machinery. Satisfaction guaranteed. Opposite Willamette Hotel, Salem. 2-28-tf

DRAYMEN.

White & Cummins—Do a general dray and transfer business, meet all trains. 'Phone, down town, Main 175. Stand 156 Commercial street. 8-12-1m

PHYSICIAN AND SURGEON.

Dr. Cartwright—Has resumed general practice, and will be found in room 16, over Ladd & Bush's bank. Office hours 11 a. m. to 4 p. m. Office phone Main 16, residence phone Main 107. 12-20-tf

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.

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Up-to-date livery and cab line. Funeral turnouts a specialty. Tally-ho for picnics and excursions. Phone 44.

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You'll pay more to your carpenter, your plasterer, your painter, everybody on the job, if you fail to take advantage of the chance we now give you to get lumber and every kind of building material. Everything of the best and at the smallest cost. Plenty of No. 1 shingles on hand. Near S. P. passenger depot. Phone 52 main.

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A Safe, Certain Relief for Suppressed Menstruation. NEVER KNOWN TO FAIL. Safe! Sure! Speedy! Satisfaction Guaranteed or Money Refunded. Sent prepaid for $1.00 per box. Will send them on trial, to be paid for when relieved. Sample Free. If your druggist does not have them send your orders to the

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