

Trust to Nature.

A great many Americans, both men and women, are thin, pale and puny, with poor circulation, because they have ill-treated their stomachs by hasty eating or too much eating, by consuming alcoholic beverages, or by too close confinement to home, office or factory, and in consequence the stomach must be treated in a natural way before they can rectify their earlier mistakes. The muscles in many such people, in fact in every weary, thin and thin-blooded person, do their work with great difficulty. As a result fatigue comes early, is extreme and lasts long. The demand for nutritive aid is ahead of the supply. To insure perfect health every tissue, bone, nerve and muscle should take from the blood certain materials and return to it certain others. It is necessary to prepare the stomach for the work of taking up from the food what is necessary to make good, rich red blood. We must go to Nature for the remedy. There were certain roots known to the Indians of this country before the advent of the whites which later came to the knowledge of the doctors and who are now growing rapidly in professional favor for the cure of obstinate stomach and liver troubles. These are found to be safe and yet certain in their cleansing and invigorating effect upon the stomach, liver and blood. These are: Golden Seal root, Queen's root, St. Ignace root, Blood root, Mandrake root. Then there is Black Cherrylark. The medicinal principles residing in these native roots when extracted with glycerine as a solvent make the most reliable and efficient stomach tonic and liver invigorator, when combined in just the right proportions, as in Dr. Pierce's Golden Medical Discovery. Where there is bankrupt vitality—such as nervous exhaustion, bad nutrition—and thin blood, the body acquires vigor and the nerves, blood and all the tissues feel the favorable effect of this sovereign remedy. Although some physicians have been aware of the high medicinal value of the above mentioned plants, yet few have used pure glycerine as a solvent and usually the doctors' prescriptions called for the ingredients in varying amounts, with alcohol.

Georgia Wants to be Battle Field. Atlanta, Ga., Feb. 9.—The people of Georgia are very anxious that their state be chosen as the battle ground for the mimic battles of the army maneuvers to be held this year. The last army maneuvers ever held on a large scale were held in Virginia in 1904. They surpassed in magnitude any army maneuvers ever held in this country and there were about 20,000 troops engaged in its various operations. It is believed that the maneuvers this year, if they are held at all, will be on a larger scale even than the maneuvers in Virginia. For that reason the people of Georgia are working with great energy to have their state selected as the battle ground. It is still doubtful whether congress will make an appropriation for holding such maneuvers, but to be prepared for any emergency the Georgia congressmen have been urged and petitioned to use their utmost efforts to have the maneuvers held in this state. Should Georgia be selected for that purpose it would mean a great deal to the state. It would attract a large

number of people to the state who are anxious to get a glimpse of the war-like operations. The war department always invites the governor of the state in which the maneuvers are held and of the adjacent states to these maneuvers and requests them to send state troops to participate in them, the only condition being that the states assume all expense attached to the movement and maintenance of their troops. The pressure brought to bear upon the war department by congressmen and senators usually decides the state where the maneuvers are to be held and as the western states have had several in former years, it is believed that Georgia stands a good show to be selected. These maneuvers are always held in the fall, after the crops have been harvested, in order to cause as little loss as possible to the farmers. The government invariably pays for any actual damage done.

Sunday Schools Conference. Richmond, Va., Feb. 9.—One of the most extensive Sunday school conferences ever held in this state opened here this morning in the lecture room of the Second Presbyterian church. It will continue to February 18. The Rev. A. L. Phillips, general superintendent of Sabbath schools and young peoples' societies in the Presbyterian church is in charge of the conference. The formal opening of the conference will take place this evening. The Rev. A. L. Phillips will preside and a number of interesting addresses will be delivered. The program which has been prepared for the conference is very interesting and will embrace all questions connected with the Sunday school and young peoples' societies. An effort will be made to enlist the interest and activities of all classes of workers.

Are You Restless at Night. And harassed by a bad cough? Use Ballard's Horehound Syrup; it will secure you sound sleep and effect a prompt and radical cure. For sale by D. J. Fry.

Japanese Farmers in Nebraska. North Platte, Neb., Feb. 9.—In setting aside irrigable lands, which came under the big government canal near Guernsey, the government has discovered that a colony of Japanese has obtained control of a big body of the best located of the lands and are busy farming them. The lands were almost worthless when the Japs took charge of them, but now they are fertile and valuable. The Japanese were brought in to work in the sugar beet fields, but soon emancipated themselves and started their own farms. They cannot be dispossessed.

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Countless physicians and druggists are now prescribing and endorsing Vinol as the most valuable cod liver preparation known to medicine, and it is fast superseding all other forms of cod liver oil. A prominent physician writes: "I am satisfied that Vinol derives its wonderful life-giving and strengthening power from the medicinal curative elements found in the cod's liver. It is the best strength creator and vitalizer for old people, weak women and children, and the convalescent that I ever saw." Another physician writes: "I could cite many cases where health has been restored in a surprisingly short time by Vinol. I should be very sorry to have to do without Vinol in my practice. It has no equal for hard colds, throat and bronchial troubles." Now, when we tell you that we have never sold in our store a remedy of such remarkable curative and strength-creating power as Vinol, for the weak, the sick and the aged, and that if it fails to accomplish what we say it will we will refund your money without question, no alling person should hesitate to try Vinol with such an understanding.

In cases where cod liver oil, emulsions and other tonics fail, Vinol will heal, strengthen and cure. G. W. Putnam Co.

New Books at the Public Library. Aldrich, Stillwater Tragedy. Altheiler, Herald of the West. Barnes, Giant of Three Wars. Beard, Jack of All Trades; Out Door Handy Book; Indoor and Outdoor Handicraft and Recreation for Girls. Beebe, Four American Naval Heroes.

Blalodell, Stories of the Civil War. Brooks, Stories of the Real Children. Brown, A., High Noon; Meadow Grass, Tales of New England Life. Brown, A. F., In the Days of Giants; Lonesomest Doll. Brown, H. D., Little Miss Phoebe Gay.

Burgess, Goops, and How to be Them. Chambers, Cardigan. Comstock, Insect Life. Curtia, Captured by the Navajoes. Dallas, Master Hand. Deland, Josephine. Devine, Practice of Charity. Dodge, New Baby World. Doyle, Refugees. DuChallu, Land of the Long Night; Lost in the Jungle. Duncan, Dr. Granfell's Paris. Earl, New Fortunes. Ell, Taxation in American States and Cities. Fairlie, National Administration of the United States of America. Fiske, Modern Bank. Fletcher, Gustavus Adolphus and the Struggle of Protestantism for Existence. Folks, Care of Destitute, Neglected and Delinquent Children. Foote, John Bodewin's Testimony. Ford, Many Sided Franklin. Forsyth, Story of the Soldier. Fox, Cumberland Vendetta. Gilman, Methods of Industrial Peace. Goodwin, White Aprons, a Romance of Bacon's Rebellion. Grant, Jack Hall, or the School Days of an American Boy. Gras, Reds of the Mid. Greene, Picket's Gap. Grenfell, Harvest of the Sea. Grinnel, Story of the Indian. Hale, How to Live. Haggood, I, Russian Rambles. Haggood, N., Abraham Lincoln, the Man of the People. Harris, Sweet Peggy. Headlam, Bismarck and the Foundation of the German Empire. Heldonstam, Swedish Life in Town and Country. Heller, Little Golden Hood. Henderson, Education and Larger Life. Hill, Fighting a Fire. Hughes, David Livingstone. Jackson, Electricity and Magnetism and their Applications. James, Talk to Teachers on Psychology, and to Students on Some of Life's Ideals. Janvier, Passing of Thomas and Other Stories. Johnson, American Railway Transportation. Johnson, C., Isle of the Shamrock. Johnston, Nile Quest. Kaler, Silent Pete; Tip and Tim. King, Dog Watches at Sea. Kirk, Dorothy and Her Friends. Knox, Japanese Life in Town and Country. Kuropatkin, Memoirs of a Revolutionist. Lang, Snow Man and Other Stories. LaRamee, Nurnburg Stove. Laus, Story of the Trapper. Little, Household of Glen Holly; Nan.

CLASSIFIED

FOR SALE.

For Sale.—Roan Durham, No. 1 milch cow. Apply at 15th and Nebraska streets. H. C. Bressler. 2-7-31\*

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.—Seven-acre suburban tract, north of city, just outside of limits. Good 8-room house, barn, outbuildings, young orchard. All on reasonable terms. Inquire of J. A. Taylor at Capital Improvement Company's office. 2-2-1m

WANTED—FEMALE HELP.

Wanted.—A girl to do housework—good wages. Apply at 540 Chemeketa street. 2-5-1f

MUSIC STUDIOS.

Music Studio.—Frank E. Churchhill, 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. 8-19-1f

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

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

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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

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Found.—Purse containing money. Call at this office and identify some and pay charges. 2-7-31

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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.

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LODGES.

Foresters of America—Court Sherwood Foresters, No. 19. 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. L. 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. Hasy, C. C. P. L. Frazier, clerk. 1-10-1f

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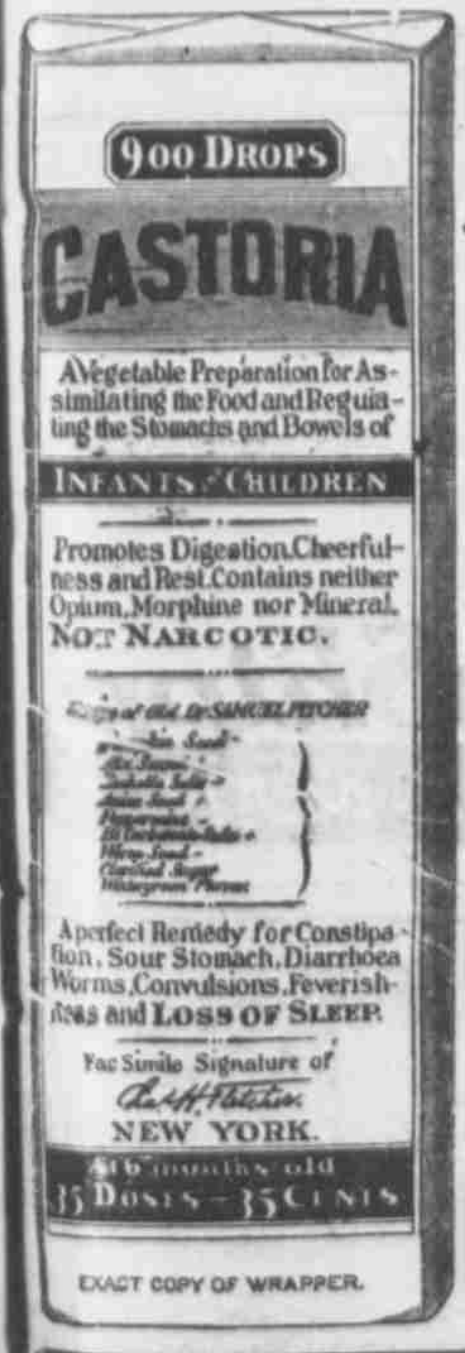
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