

TRAINED NURSE

Years of Experience, Advises Women in
Regard to Their Health.

Mrs. Martha Pohlman, 55 Chester Avenue, Park, N. J., who is a Graduate Nurse from the Philadelphia Training School, Philadelphia, and for eight years Chief Clinician at the Philadelphia Hospital, writes the letter below. She has the advantage of personal experience, besides her professional education, and what she has to say will be absolutely reliable. Many other women are benefited as she was. They regain health in the same way. It is prudent to heed such advice from a source. Pohlman writes: I am firmly persuaded, after eight years of experience, that Lydia E. Pinkham's Vegetable Compound, that it is the safest and best medicine for any suffering woman to take. I immediately after my marriage I found that my health began to fail me. I became weak and pale, with severe bearing-down pains, neuralgic headaches, and frequent dizzy spells. The doctors prescribed for me, yet I did not improve. I would lose my appetite, and frequently vomit. I had no energy left. I could not walk. It was as bad a case of female weakness as I have ever known. Lydia E. Pinkham's Vegetable Compound, however, cured me within four months. Since that time I have had occasion to recommend it to a number of patients suffering from all kinds of female difficulties, and I find that it is considered unprofessional to recommend a patent medicine. I can honestly recommend Lydia E. Pinkham's Vegetable Compound, for I have found that it cures all these ailments, where all other medicines fail. It is a grand medicine for sick women. Money cannot buy such testimony as to merit alone can produce such results, and the ablest specialists now see that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for all female diseases known to medicine. When women are troubled with irregular, suppressed or painful periods, nervousness, displacement or ulceration of the female organs, that bearing-down feeling, inflammation, backache, indigestion, and general debility, or are beset with such symptoms as dizziness, faintness, lassitude, excitement, or any other ailment, Lydia E. Pinkham's Vegetable Compound Succeeds Where Others Fail.



Mrs. Martha Pohlman

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IMPORTS TELEPHONE GIRLS.
Typhoid Forces Eugene to Secure Operators in Portland.
Eugene, Or., Feb. 16.—Because service of the operators at the local telephone office are ill with typhoid fever it has been necessary to send to Portland for operators. At present four from there are at work here. For two weeks past the work has been done almost entirely by inexperienced girls, and as a consequence the service has been bad.

NOTES BY THE WAYSIDE

Journal Man Sees Evidences of Development Through the Valley

We started on our journey south-bound Thursday morning, the day after St. Valentine's day, which was also a day of wrecks and blockades on the Southern Pacific, so by our day's delay we found the road clear, and the skies no cloudier than usual. We felt fortunate in our selection of a date for going to sunny California, for after a month of crisp, sunny winter weather, we left during the first returning showers.

Many Salemites have been doing California this winter, and many others would have gone except for deterring circumstances. On going to the train we fell in with Hon. G. S. Downing, who regretted that he could not go, but explained that he had been suffering from neuralgia in the head. It had settled in one ear, he said, when a friend at his elbow suggested that possibly he had been "keeping it too close to the ground." He denied the political impeachment, but promised to practice his religion and let politics alone, at least until he had recovered his usual health. He wanted to be remembered to his former warden, Joe Cavanaugh, who resides at Pasadena, where we hope to spend a month. It is said to be the finest city of its size in America, and some say the finest in the world.

Dr. and Mrs. Cusick were on our train bound for Albany, and the doctor regretted that he could not make the trip south with us, as he seems to have acquired a soft spot for that semi-tropical region, where he has wintered several times. Dr. Cartwright was also on the train, bound for Southern Oregon, and he, too, wished he might be in the golden State for a short visit. That's where the doctor made the best investment of his life, a wife whose charming talents have made her a great favorite all over Western Oregon.

The country throughout the Willamette valley looks thrifty, and many new and substantial farm houses and mammoth barns attest to the general prosperity. Livestock looks well everywhere, although that industry is not over profitable just now.

Halsey has the reputation of shipping more hay and cattle than any point on the line. One of the hustling young business men most in evidence there is Alex. Power, a brother of Frank Power, of the Oregon Nursery Company. He is engaged in mercantile business, buys wool and other products; he sells an occasional farm and no less often buys one or loans a good man some money on his place. Thus he is active for his town, and is growing into one of the substantial men of Linn county.

After leaving Halsey the traveler begins to see lots of sheep. The lambing season is well on in this region, and the dry, warm weather has been very helpful to the sheep raisers, as well as all kinds of farming. Although the land hereabouts is very flat, and in many places as white as the driven snow, much plowing has been done. The grain and pastures look thrifty but the orchards are badly neglected in most instances.

Harrisburg is also a prominent stock center, and many heavy shipments are made from here. R. G. Morris, who was for many years a stock buyer for E. C. Cross at Salem, where he was known as "Dick" Morris, has a large stock farm near this place, where he has a fine home, and is said to have made a good stake.

Going south the level prairies are gradually narrowed down by the closer proximity of the mountains on either side, until at Eugene, the valley is practically absorbed by the timber and foothills. Here the scenery begins to show more of the picturesque, and this grows more marked as we go south, until the climax is reached in the famous Cow Creek canyon, south of Roseburg.

Near Eugene is to be seen the work of grading for the railroad extension from Natron, connecting the Springfield branch. A fine steel bridge is being built there, and the whole improvement is said to be one of the finest fruits of the meetings of the Willamette Valley Development League. It will make a connection of a few miles, which has in the past required a trip down to Albany on the east side and back on the main line.

At Drain was to be seen the grading for the new Coos Bay extension, now being pushed by the Southern Pacific as a result of the agitation and demands of the people of that

CLASSIFIED

FOR SALE.

For Sale.—100 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.—Thoroughbred Leghorn roosters, hatched from imported eggs. Capital Commission Company.

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. 2-3-1m

MUSIC STUDIOS.

Music Studio.—Frank E. Churehill, 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 Seely Studios.—Thorough instruction in music, Mr. and Mrs. Frances Seely, specialists in Voice Production, Interpretation and Harmony. Opera House Building, rooms 9 and 10. Residence phone Main 574. 11-2-11m

PLUMBERS.

Theo. M. Barr—Successor to Barr & Petzel, tinner and plumber. Hot air water and steam heating a specialty. Salem, Oregon. 3-8-

Bernardi & Dunsford, Plumbers, steam and gas fitters. All kinds of plumbing supplies. No. 59 State street. Phone 118 Main. 10-24f

WANTED—FEMALE HELP.

Wanted.—Chambermaid at Willamette Hotel, at once. 2-14-3t

WANTED—MALE HELP.

Wanted.—Energetic, trustworthy man to work in Oregon, representing large manufacturing company. Salary \$40 to \$60 per month, paid weekly; expenses advanced. Address, with stamp, J. H. Moore, Salem, Oregon. 2-14-3t

WANTED.

Wanted.—At once. Bids for excavating. Inquire at Salem Fence Works 250 Court street. Chas. D. Mulligan. 2-14-3t

BAKERIES.

Capital Bakery.—Fresh bread, pies and cakes daily, candies, nuts, etc. Delivery made to any part of the city. C. Ulom, proprietor, 429 Court St.

rapidly growing region. These are substantial evidences of development which not only mean much in themselves, but will lead to other advance steps which are sure to be more significant than the most far-seeing can now comprehend.

We shall spend the night under the hospitable roof of the Hotel Clarke, at Glendale, when we will again proceed south, spending the next night either at Ashland or Shasta Springs. A. F. HOPPER.

Ask any "JAP" that you may see, "Why the Czar with Bear behind," had to climb a tree. The Yanks, God bless the Yanks, says he. They gave us Rocky Mountain Tea. —Dr. Stone's Drug Store.



A GOOD ROAST

You cannot get a better anywhere. We have a reputation for supplying the best meat in Salem, and we will certainly keep it. Buy your roast beef or any other kind of meat where you get the best. E. C. CROSS. State St. Market. Phone 291

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, everything clean and first class. Rooms at reasonable prices. In Cottage block, Salem. A. Scott, prop. 7-6-1f

Say—Have you tried H. H. Faus's for meats? He has the best sausage in town. Come and try it, and be convinced. 430 East State street.

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

A Good Investment.—Some one with \$1250 can loan that amount on first-class real estate security, at a good rate of interest. Address "M. G. P." care Journal. 2-6-1f

A Salem industry that has a deserved popularity—Many times when you are tempted to throw your clothes away, just take them to the Salem Dyeing and Cleaning Works, and you won't need a new suit. You will be surprised how like new they will be. Mrs. Walker has a deserved reputation for giving satisfaction. The most delicate fabrics can be cleaned by her dry cleaning method without injury. It does not shrink or change its color. She can't be excelled, even in Portland. She learned her trade—she did not pick it up. It is next door to The Journal office, 221 Commercial

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.

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

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. O. Graham, C. G.; 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. Bassy, C. C. P. L. Frazier, clerk. 1-10-1f

THE SALEM STEAM LAUNDRY

Is doing family washing at the low rate of five cents a pound. At this price we wash everything, we starch everything intended to be starched. We iron and finish everything that can be done by machinery, including knit, flannel and woolen underwear; also all flat work, such as sheets, slips, tablecloths, napkins, counterpanes, towels, handkerchiefs, tray cloths, dollies, etc. Balance hand work is returned rough dried. The fuel, the soap, the starch, the blueing and other utensils, to say nothing of human toil required for the washing at home, cannot be bought cheap enough to do all this work at so small a price.

Telephone 25, or drop us a card, and our solicitor will call and explain about this work in detail.

THE SALEM STEAM LAUNDRY

Special rate for regular family work for sixty days.

The Fashion Stables

Formerly Simpson's Stables. Up-to-date livery and cab line. Funeral turnouts a specialty. Tally-ho for picnics and excursions. Phone 44. Chas. W. Yankke, Prop. 247 and 249 High Street.

OSTEOPATHS.

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. E. 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. 2-28-1f

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. 12-20-1f

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.

SHADE AND DOOR FACTORIES.

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

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.

NEW LANGE HOTEL

When you visit Portland, Ore., be sure and stop at The New Lange Hotel, next door to the Imperial. Rates 50c, 75c and \$1.00 per day. Electric lights, call bells, elevator, steam heat, free bath and free bus. All outside rooms with running water.

TWO CARS OF FENC-INC AND ONE CAR OF HOP WIRE

Just arrived from factory. Special discount till February 15th. Our large sales tell the story of quality and price better than anything we can say. Write for prices or call and examine the fence. WALTER MORLEY, 250 Court Street, Salem, Oregon.

U. J. LEHMAN

Shades and doors. All kinds of house finishing. Phone 131 black. Also two floors of warehouse for rent; elevator and switching facilities.

ARE YOU SATISFIED?

Can you succeed every time you make biscuits? If you use ordinary baking powder, the probabilities are that you don't. If you use

Eppley's Baking Powder

There is no doubt about the results. It's the only baking powder in Salem that can be absolutely relied on. It's made in Salem, guaranteed by its manufacturer. Sold by all Salem grocers.

Will Satisfy You

MADAME DEAN'S FRENCH FEMALE PILLS.

A Rare, Genuine, Reliable, and Successful Remedy. NEVER FAILS TO CURE. Safe, Pure, Reliable. Bile, Indigestion, Stomach Troubles, Headaches, etc. Sold in Salem by S. O. Stone.

HOLLISTER'S Rocky Mountain Tea Nuggets

A Busy Medicine for Busy People. Brings Golden Health and Renewed Vigor. A specific for Constipation, Indigestion, Liver and Kidney Troubles, Pimples, Eczema, Impure Blood, Bad Breath, Stagnant Bowels, Headaches and Backache. It's Rocky Mountain Tea in tablet form, 25 cents a box. Genuine made by Hollister's Drug Company, Madison, Wis. GOLDEN NUGGETS FOR SALLOW PEOPLE.

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 Diarrhoea 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.

GENUINE CASTORIA ALWAYS Bears the Signature of



The Kind You Have Always Bought In Use For Over 30 Years.

ROSES—Field Grown

The best cost you no more than "any old thing." It will pay you to buy HEADQUARTERS.

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