

GOOD HARD WORK ESSENTIAL TO HEALTH AND HAPPINESS

Sloan's Liniment
For Tonsillitis
Price 25¢ 50¢ & \$1.00

The habit of work is the best of all habits. It is not only a disciplinarian, but a good educator of character as well. It compels economy of time, and the disposition of it, with judicious forethought. When the habit of filling life with useful occupation is acquired every minute will be turned to account, and leisure, when it comes, will be enjoyed with more zest.

Application to work, absorption in affairs, contact with men, and all the pressure which business imposes are most valuable in training the intellect and forming the character. To regard business only as a means of getting a living is an utterly low view. A man's business is his part of the world's work his share of the great activities which render society possible. The perpetual call on a man's readiness, self control, vigor, the constant appeals to his intellect, the demands on the will, and the necessity for rapid and responsible judgment make strong and ready men and men of vast capacity for affairs.

The habit of work is wholesome not only for the body but for the mind. The energetic man is a source of activity and enjoyment to all who come within reach of his influence, while the lazy man drags himself through life morally and spiritually dead.

Is Essential to Happiness.
The habit of work is an essential for the happiness and well being of woman as of man. Without it she is apt to sink into a state of listless ennui and uselessness, which is always accompanied by sick headache and attack of "nerves." The best cure for these two distinctly feminine complaints is work, and plenty of it. Nowadays we hear a good deal about the business

woman, but the able housewife is the most efficient business woman and the most successful. The regulation and control of the details of the house, keeping the expenses below the income, the arranging everything to plan and system implies industry, application, method, forethought, ability, and power of organization—no more is required in the management of a successful business of any sort.

The habit of work is necessary to all classes of society—the rich as well as the poor. The gentleman by birth and habit, however rich, cannot remain idle; he is forced to work to keep in physical and mental health, and he is also compelled by a sense of duty to contribute his quota of endeavor toward the general well being of society. To be idle and useless is neither an honor nor a privilege.

Happiness is never found without work, in which there is life, health and pleasure. The spirits may be exhausted and wearied by work, but they are utterly wasted by idleness. Thousands can bear testimony to the truth of the saying that work is one of the great secrets of happiness.

Rest Grows Wearisome.
When Charles Lamb was released for life from his daily drudgery of desk work he felt himself the happiest of men. "I would not go back to my prison," he said to a friend, "ten years longer for £10,000." He also wrote in the same ecstatic mood to Bernard Barton. "I have more steadiness of head to compose a letter," he said, "I am free! free as air! I will live another 50 years. * * * Would I could sell you some of my leisure! Positively, the best thing a man can do is—nothing; and next to that, perhaps

is good work." Two years—two long and tedious years—passed; and Charles Lamb's feelings had undergone an entire change. He now discovered that official humdrum work—"the appointed rind, the daily task"—had been good for him, though he knew it not. Time had formerly been his friend; it had now become his enemy. To Bernard Barton he again wrote: "I assure, no work is worse than overwork; the mind preys on itself—the most unwholesome of food. I have ceased to care for almost anything. * * * Never did the waters of heaven pour down upon a forlorn head. What I can do, and overdo, is to walk. I am a sanguinary murderer of time. But the oracle is silent."

An idle man, no matter how amiable and respectable, never was, never can be really happy. Work is life, and the best preventive of low spirits and the annoyances, anxieties and petty troubles arising out of idleness. Those who shirk, find that troubles come to them. The indolent may contrive to do less than his share of the world's work but the instinct of work implanted by nature contrives that that little shall come hard to him, and prove that he has a hard master.

Overwork Rarely Proves Fatal.
Very few men die of overwork, but many die of idleness. Where men break down by overwork it is through want of systematizing their lives and neglecting the ordinary conditions of physical health. Hard work, steadily and regularly carried on, never hurts any one. The more useful work he does the more he thinks and feels, the more he really lives. The idle, useless man, no matter to what extent his life may be prolonged, merely vegetates.

MARKET QUOTATIONS TODAY

"Make Salem a Good Home Market."

Poultry—At Steiner's Market.
Eggs—Per doz., 13c.
Chickens—10c@11.
Frys—9c.
Ducks—10c.

Poultry, Eggs, Etc.
Eggs—Per doz., 13c.
Butter, retail—30c.
Hens—10@11c.
Frys—10c.
Geese—7@8c.
Ducks—9c.

Fruits, Vegetables, Etc.
Potatoes—20@25c.
Onions—1¼c.
Apples—\$1.75 per bushel.
Carrots—35c per bushel.
Beets—35c per bushel.

Tropical Fruits.
Bananas—5-1-2c lb.
Oranges—\$2@2.75.
Lemons—\$3@3.

Live Stock Market.
Steers—2-1-2c.
Cows—1-1-2@2c.
Sheep—4c.
Dressed veal—6c.
Fat Hogs—5¼c.

Grain, Feed.
Baled clover—\$8.
Wheat—\$1.50@1.75.
Timothy—\$9@9.50.
Grain—\$8.
Bran—\$21.
Shorts—\$21.

Salem Flouring Mills.
Wheat—41c.
Flour—\$3.50.

Portland Market.
Wheat, Club—69½@70¼.
Valley—73c.
Bluestem—70@72c.
Oats—Choice White, \$28.
Millstuff—Bran, \$17.
Hay—Timothy, \$9@9.13.
Potatoes—59@60c.

Poultry—Average old hens, 11@12c.
mixed chickens, 10@10½c; broilers, 15@17c; young roosters, 10c; old roosters, 8@9c; dressed chickens, 13@14c; turkeys, live, 16@17c; turkeys, dressed choice, 18@20c; geese, live, pound, 9@10c; geese, dressed, per pound, 12@14c; ducks, 16@18c; pigeons, \$1@1.2; squabs, \$2@2.1.

Pork—Dressed, 6@7¼c.
Beef—Dressed, 2@5c.
Mutton—Dressed, 4@8¼c.
Hops—Oregon, 1905, 10@11c; old, 5@7c.
Wool—1905 clip, valley, coarse to medium, 24@26c; Eastern Oregon, 16@21c.
Mohair—Nominal, 30c.
Butter—Fancy creamery, 27¼@30c; store, 16@16¼c.



A WINNER
In the race for supremacy in pork products is our latest consignment in choice sugar cured hams and bacon, and our fine country sausages, loins for roasting, chops, etc. Spring brings a demand for choice pork in spare ribs, pigs' feet, and sausage, and we have the finest corn fed pork to be secured.

E. C. CROSS.
State St. Market. Phone 291

The Fault Wasn't In the Flour

When your cake fell flat, it was the baking powder or the oven—most likely the baking powder. If you use

Eppley's Baking Powder

You can be sure of results. The purest baking powder sold in Salem. Save the self-sealing glass jars for your summer preserving.

ALWAYS RELIABLE.

POLITICAL COLUMN

Announcements of candidates for office will be published in this column at reasonable rates for men of all parties.

FOR GOVERNOR.
Republicans of Oregon are hereby informed that I am a candidate for the nomination of governor at the primaries to be held April 20th.

JAMES WITTYCOMBE.

FOR SECRETARY OF STATE.
I hereby announce myself a candidate for the office of secretary of state, and ask the support of all Republicans.

F. T. WRIGHTMAN.

FOR STATE TREASURER.
The undersigned announces himself as a candidate for the office of state treasurer, subject to the decision of the Republican voters at the forthcoming primaries.

J. H. AITKEN.

FOR STATE PRINTER.
The undersigned announces himself as a Republican candidate for renomination for state printer, subject to the decision of the Republican voters at the primary election April 20.

Now serving first term. The same courtesy that has been accorded to state officers generally, that of a renomination, would be greatly appreciated.

J. R. WHITNEY.
Albany, Oregon.

FOR SUPERINTENDENT OF PUBLIC INSTRUCTION.
I hereby announce myself as a candidate for renomination for the office of Superintendent of Public Instruction, and solicit the support of all Republicans at the primaries April 20th.

J. H. ACKERMAN.

FOR ATTORNEY-GENERAL.
The undersigned hereby announces himself as a candidate for re-election to the office of attorney-general, subject to the approval of Republican voters at the primaries.

A. M. CRAWFORD.

FOR STATE SENATOR.
I hereby announce myself as a candidate for state senator of this district, subject to the nomination at the hands of the Republican voters of Marion county at the forthcoming primary election.

ALEX. LA FOLLETT.

FOR JOINT SENATOR.
The undersigned would respectfully announce himself as a Republican candidate for joint senator from the Linn-Marion senatorial district, subject to the direct primary nominating law.

FRANK J. MILLER.
Albany, Oregon.

FOR STATE SENATOR.
I hereby announce myself as a candidate for the nomination for state senator for this district, subject to the decision of the Republican voters at the coming primary election.

J. N. SMITH.

FOR COUNTY CLERK.
The undersigned hereby announces himself a candidate for county clerk of Marion county, and asks the votes of Republicans for that position, at the forthcoming primaries.

R. D. ALLEN.

FOR COUNTY CLERK.
The undersigned will be a candidate for County Clerk of Marion county at the Republican primaries April 20.

ROBT. A. CROSSAN.

FOR COUNTY RECORDER.
I hereby announce myself as a candidate for the office of county recorder and solicit the support of Republican voters for that nomination at the forthcoming primary election.

W. L. JONES.

FOR COUNTY TREASURER.
I hereby announce myself as a candidate for re-election to the office of county treasurer, subject to nomination by the Republicans of Marion county at the forthcoming primaries.

W. Y. RICHARDSON.

FOR COUNTY TREASURER.
I hereby announce myself a candidate for the office of county treasurer, and ask the support of all Republicans.

J. N. WITZELL.

FOR JUSTICE OF THE PEACE.
I desire the nomination of the Republican party for the office of justice of the peace of Salem district.

A. E. M'INTIRE.

FOR JUSTICE OF THE PEACE.
The undersigned is a candidate for justice of the peace for Salem precincts, subject to Republican primaries.

P. N. LATHROP.
Salem No. 7.

Have You Bright's Disease?
Dr. B. H. White, the well-known Osteopath treats this malady successfully. His office is at room 21, Bryman block. He has a large practice.

LIFE DEATH HEALTH TO ALL DISEASES OF BOTH LUNGS DR. KING'S NEW DISCOVERY FOR CONSUMPTION THROAT

Cured of Consumption in Its Final Stages:
J. O. R. Hooper, a merchant, of Woodford, Tenn., writes: "Fifty witnesses here, will swear that Dr. King's New Discovery cured Mrs. Mollie Holt of Consumption after her family had watched at her bedside for the end, which doctors said was near."

SUREST CURE IN THE WORLD FOR COUGHS AND COLDS!
Price 50c and \$1.00 **QUARANTEED** Trial Bottles Free

SOLD AND RECOMMENDED BY J. C. PERRY, Druggist, Salem, Oregon

Campaign Rates

To new subscribers to the Daily and Weekly Capital Journal.

Help sustain Republican National Policies and elect the ticket in Oregon by circulating the Journal.

Daily Journal 4 mos. on trial \$1.00.

Weekly " 4 mos. on trial 25c

One copy free to person getting up the club.

HOFER BROS.

CASTORIA.
The Kind You Have Always Bought
Bears the Signature of *Wm. D. Hooper*

Steamers Pomona and Altona leave for Portland Monday, Wednesday and Friday, at 10 a. m. Tuesday, Thursday and Saturday at 9 a. m. Leave for Corvallis Tuesday, Thursday and Saturday about 6:30 p. m. For Albany daily except Sunday about 6:30 p. m.

M. P. Baldwin, Agt