

Weak Lungs

It is the old story of a weak throat, a tendency to weak lungs in the family. You no sooner get rid of your old cold than a new one takes its place. Ayer's Cherry Pectoral breaks up this taking-cold habit. It strengthens, heals. Ask your doctor, the very next time you see him, what he thinks of Ayer's Cherry Pectoral for weak lungs.

We have no secrets! We publish the formulas of all our medicines.

Made by the J. C. Ayer Co., Lowell, Mass.
Also Manufacturers of

AYER'S HAIR VIGOR—For the hair. AYER'S PILLS—For constipation.
AYER'S SARSAPARILLA—For the blood. AYER'S AGUE CURE—For malaria and ague.

Spring Shoes Are Ripe

When you're ready for yours, sir, we're ready to serve you.

Just take a peep into our store any day now and see the handsome spring styles.

There's nothing missing that's worthy of a place in this home of good shoes.

It's true we sell men's shoes on a small profit, but we sell lots of them.

At your service sir, any day!

SALEM'S BIG SHOE STORE
OREGON SHOE COMPANY
THE SHOERS

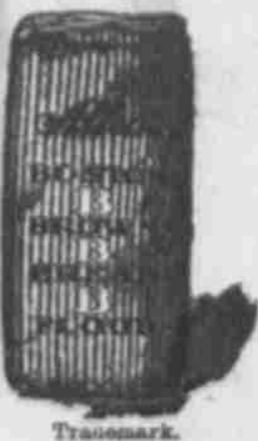
Steamers Pomona and Altona leave for Portland Monday, Wednesday and Friday, at 10 a. m. Tuesday, Thursday and Saturday at 9 a. m. Leave for Corvallis Tuesday, Thursday and Saturday about 6:30 p. m. For Albany daily except Sunday about 6:30 p. m.

M. P. Baldwin, Agt

Gasoline Woodsaw

The undersigned is prepared to take sewing contracts. Telephone Main 943. C. Muehr, Fair Ground Road, North Salem. 3-90-1f

THIS IS THE FLOUR THAT TOOK THE TWO MEDALS



Every person should learn just what the red package looks like and the economy in using Allen's self rising E. B. Flour. It is the most nutritious blend of grains that can be made. You know that easy digestion and perfect assimilation of food is necessary for good health. Any person can digest hot griddle cakes, Boston Muffins, Boston Browns Breads or Fruit Pudding made from our blend of pure food flour, and the simplicity in making it up and the assurance of having it just right, every time, should be considered. Ask your grocer for it and if he is not of it send his name to us and we will supply you with a sample package free. Grocers who study your welfare and their own profit, will supply you with these goods at all times. ALLEN'S E. B. FLOUR CO. Pacific Coast Factory, San Jose, Cal.

A Pleasant Way to Travel.
The above is the usual verdict of the traveler using the Missouri Pacific railway between the Pacific coast and the east, and we believe that the service and accommodations given merit this statement. From Denver, Colorado Springs and Denver there are two through trains daily to Kansas City and St. Louis, carrying Pullman's latest standard electric-lighted sleeping cars, chair cars and up-to-date dining cars. The same excellent service is operated from Kansas City and St. Louis to Memphis, Little Rock and Hot Springs. If you are going east or south, write for particulars and full information. W. C. M'BRIDE, Gen. Agt., 124 Third St., Portland, Ore.

HOTEL OREGON
Corner of Seventh and Stark Streets, Portland, Oregon.
The new and modern hotel of the city caters particularly to residents of Salem and other Oregon cities. European plan. Free bus. Rates \$1.00 per day and upward. Handicapped grill in the West, and prices as low as in places less attractive. Daily Capital Journal on file. WRIGHT-DICKENSON HOTEL CO.

Notice
We have some farms to rent, chicken ranches to sell on installment plan. Also houses and lots. If you have property to sell or rent call and see us. If you want to buy any kind of property or want a loan on real estate or notary work of any kind. If you want help or want work of any kind call and register your wants in our employment agency.
We have 52 acres of fine land south-east of depot to rent or sell in tracts of 5 or 10 acres, with payments of \$5 or \$10 down and \$5 per month until paid out—6 per cent interest semi-annually.
R. R. RYAN & Co.

TEACHING MOTHERS TO NURSE

An exhibition was held in Berlin from March 10 to the 28th, which had for its object the proper care of infants in the suckling stage, and is to serve as a forerunner of a permanent museum for infant nursing, giving at present a review of all that has been learned in this domain. The principal endeavor will be to bring home to all classes of women in the clearest and most easily understood manner possible, information about the correct measures to take in nursing new born infants, and to get rid of the false notions so prevalent in connection with these matters. A very instructive statistical department shows the importance of the child's natural nourishment for the prevention of infant mortality, and it dispels the erroneous idea that the heavy infant mortality could be regarded as a kind of natural selection for the survival of the fittest. The percentage of men capable of bearing arms in districts with a low rate of infant mortality is much higher than in districts decimated by great losses of life at the suckling age. A series of common and much esteemed infant foods were shown according to numerous experiments to have but very little value. The superiority of the milk last drawn from the udder of the cow compared with that obtained on first beginning milking is proved, and enamelled pails are recommended as best for holding the milk. The overfeeding of babies by suckling them too often and too much is illustrated by explanations of the consequences and by rules for proper treatment. The unsuitable forms of the ordinary baby's bottle and tube are compared with more rational forms. Information is also afforded concerning the best way of cleaning and keeping all vessels required. Simple rules for keeping the mouth, ears and eyes in a clean condition have been drawn up. The purpose of all the instructive material exhibited is not to teach medical men, but to give as impressive instruction as possible to women and girls about the simplest rules that are to be followed in the nursing of babies. Very frequently false methods of treatment unfortunately still much in use, are illustrated in order to serve as a warning against them. Pithy sentences in large print for committing to memory were shown in prominent places and explained by adjoining objects. A series of the most instructive articles and means for teaching have already been presented for the use of the museum to be attached to the Central Institute for the Nursing of Infants in Charlottenburg. The eager interest taken by the empress in all the efforts to deal with the high rate of infant mortality is evident also in connection with this exhibition for the instruction of mothers and nurses. Leading authorities in these matters have co-operated in the preparation of the catalogue, in order to make it also a source of helpful advice for the family in which the most important questions about how baby should be nursed are answered as simply as possible.—Continental Correspondence.

\$100 Reward, \$100.
The readers of this paper will be pleased to learn that there is at least one dread disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its own work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, O.
Sold by all druggists, 75c.
Take Hall's Family Pills for constipation.

Smiles
Isn't the Salem and Portland electric line well put to sleep?
There are more candidates than some of the newspapers wish to support.
Elijah Dowie comes pretty near fulfilling the biblical description of old anti-Christ.
The Socialists in many counties con-

A Whole Medicine Chest.

A bottle of DEAN'S KING CACTUS OIL in time of emergency saves many dollars.

PROF. DEAN'S KING CACTUS OIL

Will heal the worst barbed wire cut without leaving a scar if used in time. We have thousands of testimonials that prove this fact. Every owner of live stock should keep it on hand, for it is a positive cure for cuts, sprains, bruises, old sores, swellings, open wounds, harness and saddle galls, etc.

KING CACTUS OIL is equally valuable for ailments of the human race. It is magnetized and soothing, pleasant to apply and heals a wound from the bottom up.

Sold by druggists in the U. S. and 41 bottles, \$5 and \$5 decorated cans. Sent prepaid if your druggist cannot supply you by **OLNEY & McDAID, Clinton, Iowa.**

For sale by
G. W. PUTNAM CO.,
135 North Commercial
Druggists,
SALEM, OREGON.

duct a campaign column in the local newspapers.
"Josephine" Smith may not have so much to say in the next legislature. He's married.
It would seem the part of discretion to select a state treasurer as far from Portland as possible.
Land notices begin to appear in the local newspapers and the timber land fares is again played to crowded houses.

Good Mr. Scientist, please quit it. We have diseases enough. Soak that diploe bacillus, no matter whether chromogenic or pathogenic or heterogenic, in alcohol, or canned tomatoes or some other perilous chemical, and let us fret along with such microbes as we have.—Exchange.

A Republican paper says the principal argument of the Woodburn Independent in favor of Mr. Toole is that it will be a big thing for Woodburn if he is elected. Everybody will be mentioning Woodburn.—Albany Democrat.
The Independent is at least enthusiastically for its own town.

Western Oregon: Oregon has a place in the hall of fame in the capitol at Washington for the marble statue of a state historical character. No selection has been made. One authority names James W. Newsom, Western Oregon, while holding Newsom in high estimation, suggests two other names which it holds to be also deserving. Col. E. D. Baker and Jesse Applegate.

Human Blood Marks.
A tale of horror was told by marks of human blood in the home of J. H. Williams, a well known merchant of Bae, Ky. He writes: "Twenty years ago I had severe hemorrhages of the lungs, and was near death when I began taking Dr. King's New Discovery. It completely cured me and I have remained well ever since." It cures Hemorrhages, Chronic Coughs, Settled Colds, and Bronchitis, and is the only known cure for Weak Lungs. Every bottle guaranteed by J. C. Perry, druggist. 50c and \$1. Trial bottle free.

Garden Seeds

In bulk. This is the only way to get pure, fresh seeds. You may buy package seeds, but you know that they are sent out year after year until sold. You might get them the first year, and then it might be you would get a package several years old, and simply be no good.
Buy our fresh pure bulk seeds, and you will insure your crop.

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FEEDMEN and SEEDMEN
Poultry and Bee Supplies,
255 Com'l Phone 160

\$3.00 AND \$3.50

Colored Silk Umbrellas

Special \$2.25

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Old Nos. 298 and 300 Commercial St. Salem

Huie Wing Sang Co.

Big sale new line Furnishing Goods. We make up all kinds of wrappers and white underwear and silk waists, kimono's, dressing gowns, silk and wool and cotton dress goods, gents' and ladies' furnishing goods, pants, coats, underwear, shirts, shoes, overalls, blankets, undersilk skirts, dress skirts, lace embroidery, hose, matting, trunks, china-ware, handkerchiefs. All kinds goods now on sale cheap. Want room.

Chinese and Japanese Bazaar

345 Court St., By Alley

Salem, - - Oregon

The Outing Magazine for April.
The Outing Magazine for April is a typical spring number. It opens with the second installment of "The Pass" by Stewart Edward White. The illustrations are from photographs taken by Mr. White, and are nearly as interesting as the text. Ralph D. Paine tells of "The Last of the Open Range" in the second chapter of "The Builders," from which we quote the following as especially appropriate at this time: "The alarmist swears the country is going to the dogs when a few rascals in high places are exposed. But he does not know, or he pays no heed, when ten thousand honest men quietly go forth to build their homes in new places, and thereby clinch just so many rivets in the keel of the American Ship of State."
"The Story of the 'Overland Mail,'" is an authoritative account of one of the most interesting and thrilling chapters of the history of the American frontier. It is written from data furnished by R. F. Elwell. "Pitting Out for the Season," by Capt. A. J. Kenedy, is full of practical advice for yachtsmen about getting their craft ready for the sea. George M. Richards who accompanied Dillon Wallace on the expedition sent into Labrador by the Outing Magazine, writes of the successful trip to Lake Michikaman. The article is illustrated by photographs taken by the author and is full of human interest.
This number is unusually rich in strong fiction. Gouverneur Morris has another "Winkler Ashore" story entitled "The Heathen Chinaman." Clarence Mulford contributes one of those inimitable range yards entitled "The Vagrant Sioux." An exceptionally clever story is "The Whole Story" written by Edward Marshall. A story full of action and life is furnished by Lawrence Mott and is entitled "A Day's Work in the Mounted Police." To complete the variety, Maximilian Foster has written a fish story—not in the ordinary sense of the word—"By Strength of Arms and Artie."
It goes almost without saying that the department papers are full of practical advice. Eben E. Rexford is writing "Making the Country Home," tells of the value of a neighborhood improvement society, and what fruits,

vegetables and flowers should be planted at this time of the year. Don Beard shows how to build a den that will delight the heart of all male members of the family. Joseph A. Graham informs one how to start an exhibition kennel. P. M. Ware, that expert judge of horseflesh, tells how to keep your horse in proper condition. "Worm Fishing for Brook Trout," by Louis Rhoad, will appeal to all lovers of the red and line.

DR. KUM

Wonderful CHINESE DOCTOR

Will treat you with Oriental herbs and cure any disease without operation or pain.
Dr. Kum is known everywhere in Salem, and has cured many prominent people here. He has lived in Salem for 20 years, and can be trusted. He uses many medicines unknown to white doctors, and with them can cure catarrh, asthma, lung troubles, rheumatism, stomach, liver, and kidney diseases.
Dr. Kum makes a specialty of dropsy and female troubles. His remedies cure private diseases when everything else fails. He has hundreds of testimonials, and gives consultation free. Prices for medicines very moderate. Persons in the country can write for blank. Send stamp.
If you want some extra tea, get it from us.
DR. KUM BOW WO CO.,
107 South High Street, Salem, Oregon.
Opposite Hotel Salem. P. O. Box 155.

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A thoroughly illustrated weekly, largest circulation of any scientific journal. Terms, \$3 a year; four months, \$1. Sent by mail, new subscribers only.
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