

Perfect Woman



You may have the Beauty of Perfect Health

The perfect woman is the woman who has perfect health. Beauty is more than skin deep. Beauty is as deep as pure blood and a perfect digestion. Especially is female beauty dependent on the perfect health of the delicate female organism. If you wish to have the beauty and attractiveness of perfect health, if you wish your eyes to sparkle, your complexion to resume its brilliancy, and your whole body to thrill with the glow of renewed vitality, take that famous woman's medicine,

Lydia E. Pinkham's Vegetable Compound

If you have headaches, backache, organic pains, painful or irregular periods, or any female trouble, begin with Lydia E. Pinkham's Vegetable Compound at once. It will save you needless suffering. It will restore your womanly beauty.

DEAR MRS. PINKHAM:—Lydia E. Pinkham's Vegetable Compound cured me of a severe and protracted case of female trouble. After the birth of my child this trouble began, but your Compound restored me to perfect health. My little girl is now six years old, and I am a perfectly well woman, and as happy as a mother could desire to be. I give the entire credit to Lydia E. Pinkham's Vegetable Compound.

Mrs. S. R. BRECKMAN, Cor. Murphy Ave. and Whitehall St., Atlanta, Ga.

No woman, were she a Venus de Milo, could continue beautiful with a dragging down female complaint. Mrs. Pinkham invites all sick women to write to her for advice. For twenty-five years, Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, has under her direction, and since her decease, been advising sick women free of charge.

Lydia E. Pinkham's Vegetable Compound Cures Where Others Fail

Workmen in Parliament.

If I have made my point clear it will be seen to be little less than revolutionary that some hundreds of thousands of English workmen should have broken away from the domination of caste and adventitious influences and should have voted squarely for representatives of their own social level. Of course, they have done so in a class spirit and for English workmen to support their social equals instead of meekly accepting their social superiors is a sign in them of a new moral health. It implies an alteration of standards that can scarcely, for the good of England be carried too far. It means that their attention is becoming concentrated more on the things that really matter in life and less on what Burke calls "the solemn plausibilities." And the men they have sent to represent them in parliament are men, not merely of their own social class, but of their own stamp of character. They are direct, hard headed men of affairs, unfettered by tradition and equally disinterested with both the historic parties and with

the antiquated procedure of the assembly in which they intended to make themselves felt. They go to the legislature with what is almost a new conception in English politics—they go to legislate. They do not go to make speeches for the pleasure of making speeches, or to advance purely personal or professional interests, or to use parliament as a social ladder. They go to do things, and the house of commons at present is inclined to be a conspiracy for doing nothing. I do not really very much care what measures they propose, so long as they import into the artificial atmosphere of our English politics, as I believe they will, a new earnestness, a new reality, and a new efficiency. I look to them to test the worth of men and things by standards that may, and no doubt will, offend many conventions, but that will also receive the approval of all who hate cant and shams. I look to them to restore those juster proportions that the conditions of English life and politics have tended to distort. I look to them, in short, to initiate and influence an example that will grow at once more intensive and more extensive, that will prove the most powerful of all forces in the remaking of England, and that will eventually help the people to become as democratic in their daily life and social instincts as they long have been in their political forms and institutions.—Sidney Brook in the Outlook.

Devil's Island Torture

Is no worse than the terrible case of piles that afflicted me ten years. Then I was advised to apply Bucklen's Arnica Salve, and less than a box permanently cured me, writes L. S. Napier, of Rugles, Ky. Heals all wounds, burns and sores like magic. 25c at J. C. Perry, druggist.

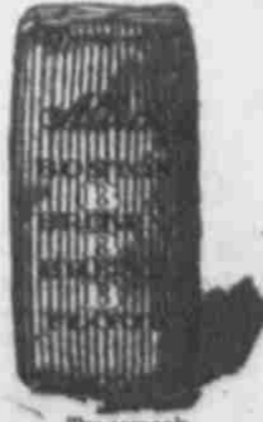
Are All Good Dressers.

Cheap fashions in Paris do not mean cheap snare, and that is why French women dress well. When they want finery they pay for it, and when they can't afford it they go without, and dress according to their means. That is the whole secret. They dress as well, relatively, on \$50 a year as on \$5000. The style is everything and that—within limits—is as accessible to a short as to a long purse.

Experts say that the very cheapest dress which a Parisian shop girl can buy—one at 15 francs 90 centimes for instance—has a style about it and is in

the fashion. Would she find its equivalent in England? In Paris it is an axiom that there is only one fashion for rich and poor alike, and East End hats and Coster girl modes have no French equivalent whatever. It is true that the French girl devotes two-thirds of her life, as a rule, to the study of dress. She knows within a week or so what the great ladies are wearing, and while carefully refraining from aping their luxury, she follows their fashions closely. In short, she asks for style without finery. She would no more think of going to her work in an unfashionably cut dress than she would of hanging cheap ribbons, sham lace and tin ornaments round herself. Hence her own special shops must keep as much up to date as the great couturiers.—Paris Correspondence London Telegraph.

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 B. 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 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 out 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 B. B. FLOUR CO. Pacific Coast Factory, San Jose, Cal.

ARBOR DAY AT SCHOOLS

Arbor day at North school; interesting exercises being arranged; at 1:30 p. m. programs will be rendered by the pupils. A cordial invitation is extended to the parents and friends of the school to be present. The rooms and halls are tastefully decorated with the beautiful evergreens, vines and wild flowers, for which this part of our state is especially noted. Miss Lois Peebles has kindly consented to sing for the pleasure of the pupils, as one of the features of the program. The programs are as follows, by the pupils of Mrs. L. K. Weniger's room and of Principal George A. Peeble's room—a joint program: Song, by the rooms, "Welcome to Arbor Day"; "The Significance of Arbor Day," by Miss Edna Tait; reading, "Plant a Tree," by Miss Dorothy Shank; "The Schoolhouse Yard," Emma Minton; song, ten girls, "Just at the Break of Day"; composition, "The Value of Trees," Miss Eunice Miller; "The Boy's Protest," Russel Cooley; "Under the Washington Elm at Cambridge," Howard Churchill; instrumental solo, Miss Vera Walling; "When De Fat Am On de 'Pessum," Otto Paulus.

Miss Nellie F. Starr's room, 2A and 3B pupils, 1:30 to 2:30 p. m.: Song, "Arbor Day," recitation, "The Little Tree," by Verna Ludl; song, "Beautiful Oregon," recitation, "What the Tree Said," Gladys Scott; song, "Planting Trees on Arbor Day," recitation, "Little by Little," Blanche Drake; song, "May," recitation, "Ruth Tait," song, "Oregon, My Oregon," recitation, "The Oak Tree," Hazel Fleetwood.

North school, primary department, 1B grade; teacher, Mrs. Chapel.

The program for this room has been arranged from songs and exercises in which each pupil assists. The picture, song and story work of the week has been upon topics of reasonable interest and the little people have derived much pleasure from making tokens of Easter time:

"Bird Song," "Story of Easter," "Who Stole the Bird's Nest," "Spring," "Blue Bird," "Merry Sunshine."

1A and 2B, Miss Clark: "Spring Song," recitation, "The Apple Tree," song, "Brother Robin," recitation, "Spring Flowers," song, "Tis May," reading, "The Easter Story," song.

3A and 4B, Miss Dayton: Song, by all, "A Flower Meeting on Arbor Day, Jack in the Palpit," Darius Bright; "Adder's Tongue," Renner Jackson; song, "Solomon's Seal," Edward Meyer; "Dutchman's Breeches," Charlie Unruh; "Hepatica," Lloyd Hockett; "Trailing Arbutus," Edna Townsend; "Painted Trillium," La Nell Dairs; "Spring Beauty," Ruth Needham; "A Girl," Virginia Bowers; "A Boy," Earl Pearson; song.

Arbor day program given by pupils of Miss Robertson and Miss Bean: "Memorial Trees," Helen Huffman; "The Secret," Ethel Frazier; "Quotations," by eight pupils; song, "We Love the Trees," "What the Trees Said," Vida McMillan, "Little by Little," Hazel Todhunter; "The Little Trees," Lenora Morris; "Birds in Spring," Mary Schultz; song, "Oregon." Given by fourth, fifth and sixth grade pupils.

Cures Coughs and Colds.

Mrs. C. Peterson, 25 Lake st., Topeka, Kas., says "Of all cough remedies Ballard's Horehound Syrup is my favorite; it has done and will do all that is claimed for it—to speedily cure all coughs and colds—and it is so sweet and pleasant to the taste. Sold by D. J. Fry.

FOR SALE.

25 acres, 14 in cultivation, 13 in hope, small house, good barn, young orchard, lumber on ground to build hip house. Price, \$1,250, if taken soon. See DERBY & WILLSON.

Steamers Pomona and Aftons 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

ANNOUNCEMENTS OF CANDIDATES Before the Direct Primary, April 20

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 WITCOMBE.

FOR GOVERNOR.

The undersigned is a candidate for the Republican nomination for Governor at the direct primary on a law enforcement platform.

HARVEY K. BROWN, Sheriff Baker County, Oregon.

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 TREASURER.

I hereby announce myself as a candidate for State Treasurer, and solicit the votes of all Republicans April 20. The only Grand Army man candidate for a state office, and the only announced candidate recognizing the 1895 salary law as binding without amendment.

A. C. JENNINGS.

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 POLLETT.

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 STATE SENATOR.

The undersigned is a Republican candidate for state senator, subject to the primary election, April 20th.

WM. H. HOBSON, Stayton, Ore.

FOR REPRESENTATIVE.

The undersigned hereby announces himself a candidate for representative for Marion county, on the Republican ticket, subject to the choice of Republican voters at the primaries.

LLOYD T. REYNOLDS.

FOR COUNTY COMMISSIONER.

Wm. H. Goulet, of Woodburn precinct is Republican candidate for county commissioner, subject to direct primary held April 20th.

For Representative. I wish to announce my candidacy for the Republican nomination for Marion county, at the primary elections, April 20. Am in favor of economical, progressive, business administration.

J. W. McKINNEY, Turazz, Oregon.

FOR REPRESENTATIVE.

The undersigned is a candidate for the Republican nomination for Representative in Marion county, and will labor for following reforms:

- 1. Hold all necessary appropriations down to the lowest limit.
2. No squandering money on clerks and investigations.
3. No new commissions or honorariums.
4. Support choice of people for U. S. Senators.
5. Abolish all but one Normal school and confine to professional work.
6. Enact indirect taxation laws and abolish direct state tax.
7. Cut out every dollar of graft at the state government.

E. HOFER.

FOR REPRESENTATIVE.

I hereby announce my candidacy for the nomination as representative on the Republican ticket.

JAMES McCOWAN, Noble, Ore.

FOR REPRESENTATIVE.

I wish to announce my candidacy for the Republican nomination for Marion county, at the primary election April 20th.

GEO. F. BODGEN, d-w-12

FOR REPRESENTATIVE.

To Republican voters: If such as before, I shall support the British choice for United States senator; will favor indirect taxation; fewer and smaller schools, and an economical business session.

ED. T. JUB.

FOR COUNTY CLERK.

The undersigned hereby announces himself a candidate for county clerk of Marion county, and asks the support of all Republicans for that position, at forthcoming primaries.

H. 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. GOSMAN.

FOR COUNTY RECORDER.

I hereby announce myself as a candidate for nomination as county recorder on the Republican ticket at the coming primaries.

DAVID G. DRISK.

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 coming primary election.

W. L. JOHNS.

FOR COUNTY TREASURER.

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

J. N. WITTELL.

FOR COUNTY TREASURER.

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

W. Y. STUBBINS.

FOR COUNTY COMMISSIONER.

The undersigned is a candidate for county commissioner, subject to Republican primaries April 20th. I am going to thank my friends for the past, I will do my duty if elected.

WM. MILEY.

FOR JUSTICE OF THE PEACE.

The undersigned is a candidate for justice of the peace for Salem precinct, subject to Republican primaries.

P. N. LATHROP, Salem, Ore.

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. R. (FRED) MAINTON.

RELIEF FOR LADIES.

FRENCH TANSY WAFERS. Original and only genuine. Put in yellow wrapper with Crown trade mark. For sale by leading druggists. Price per box.