

Who Gets the Most Out of Life?

Not the wealthiest, not the most learned, nor the idler—but the man who has good health and works for his living. This truth is trite, but not trivial.

Every man should guard his health as his most valuable possession. The more so because health is easier to retain than regain.

Keep your grip on health by regular exercise, reasonable care in eating and requisite sleep. Take Beecham's Pills occasionally, to tone the stomach and keep the liver and bowels in good working order. And don't worry.

Observe these simple rules and you will agree that the one who gets the most from life is

The Man Who Uses BEECHAM'S PILLS

Sold Everywhere in Boxes.

10c and 25c.

What Girls Are Wearing.
You see the crown is battered down;
One hardly can detect it.
Next season they, it likely may,
A foot or two erect it;
But now, this spring, the proper thing
That's worn is nearly flat;
Nine-tenths you meet upon the street
Have got the pancake hat.

A soup plate filled by fingers skilled
With violets and roses;
A sauceman hid, 'neath daisies hid,
A stove mat trimmed with posies,
There may be some it won't become,
But then, who cares for that?
We want a tile that's quite in style,
And that's the pancake hat.

But did they set an omelet
On some heads I could mention,
'Twould be a sight of rare delight
And it would draw attention.
That start of mine—in the first line—
That came in rather pat,
I said the crown was battered down
Upon the pancake hat.

Southern Drygoods Men to Meet.
Knoxville, Tenn., May 2.—The annual convention of the Southern Wholesale Drygoods association opened here today for a three days' session. The meetings are held in the parlors of the Stratford hotel, the headquarters of the association.

The various commercial organizations of this city have united their efforts to entertain the visiting merchants and have arranged a highly interesting and creditable program for the entertainment of the guests. Various social functions, receptions and a big banquet are among the features of the entertainment program. Business meetings will be held tomorrow and Friday morning, while the afternoons and evenings will be given up to recreation.

CASTORIA.
The Kind You Have Always Bought
Beware the Signature of *Chas. H. Fletcher*

MADAME DEAN'S FRENCH FEMALE PILLS.
A SAFE, CERTAIN RELIEF FOR MENSTRUATION.
NEVER KNOWN TO FAIL. Beware of cheap imitations.
Solely Prepared by *Madame Dean*, 117 Broadway, New York.
Sold in Salem by *S. O. Stone*.

NEW BOOKS AT THE LIBRARY

- Andrews—History of the Development of Europe; History of England.
- Allen—Flute and Violin; Kentucky Cardinal.
- Arnold—Solitary Summer; Athletics and Outdoor Sports.
- Allen—Across Asia.
- Abbott—Christianity and Socialism.
- Addams—Democracy.
- Adams—Some Favorite American Schools.
- Arnold—Waymarks for Teachers.
- Atkinson—Electricity for Every-body.
- Bjornsen—Arne and Fisher.
- Boyeson—Gunnar.
- Burnham—No Gentleman.
- Bridgman—Laura, by Howe.
- Bullen—Denizens of Deep.
- Bailey—Principles of Agriculture.
- Burdick—Essentials of Business Law.
- Botta—Handbook of Literature.
- Boyeson—Essays Scandinavian Literature.
- Brooke—English Literature.
- Bates—Talks Study Literature.
- Bacon—Japanese Women.
- Black—Photography, Indoors and Out.
- Bellamy—Cent. of Charades.
- Brady—Recollections of a Missionary.
- Brochner—Danish Life.
- Chopin—Bayou Folk.
- Cockerell—Bookbinding.
- Caffin—American Masters Painting.
- Child—English and Scotch Ballads.
- Cummock—Choice Readings.
- Checkley—Natural Methods of Training.
- Crawford—American College Girl.
- Davis—Queen's Garden.
- Du Maurier—Peter Ibbetson.
- Dodd—Cathedral Days; Three Normandy Inns.
- Darwin, by Holder.
- De Wet—Three Years' War.
- Dunry—Gen. History World.
- Davis—Rulers of Medit; Three Gringoes.
- De Windt—Through Alaska.
- Du Bois—Souls Black Folk.
- Dana—Minerals.
- Doherty—Lawn Tennis.
- Dowden—French Literature.
- Ely—Labor Movement in America.
- Eggleston—Graysons.
- Edwardes—1000 Miles up the Nile.
- Fuller—Literary Courtship; Pratt Portraits.
- Footo—Chosen Valley.
- Forsyth—Thrilling Days of Army Life.
- Finek—Songs and Writers.
- Fields—Yesterday's Authors.
- Gilder—Autobiography of a Tom-boy.
- Grahame—Golden Age.
- Greenough & K—Words and Ways.
- Gulick—Life Ancient Greeks.
- Goodwin—Colonial Cavalier.
- Gates—Blog, Prairie Girl.
- Guerber—Myths No. Lands; Legends Middle Ages.
- Gray—Field, Forest, etc.
- Greene—Coal and Coal Mines.
- Howells—Chance Acquaintance; Modern Instance.
- Hardy—But Yet Woman.
- Harris—Chronicles Aunt Misery Ann.
- Harrison—Bachelor Maid.
- Harte—Mr. Jack Hamlin.
- Henderson—John Percyfield.
- Howells—Italian Journeys.
- Higginson—Contemporaries.
- Hubert—Inventors.
- Hart—Foundations Am. Policy.
- Henderson—Dependent Classes.
- Hodge—Nature Study.
- Harrington—About Weather.
- Huntington—Our Big Game.
- Irving—Knickerbocker Hist.
- Jewett—Country Doctor; Tales of New England.
- Johnson—Highways of South.
- Jefferson, by Schouler.
- Johnson—Old Time Schools.
- Jack—Wood Carving.
- Kuhns—Great Poets in Italy.
- Lawrence—The Wolverine.
- Lloyd—Soldier of Valley.
- Lang—Letters Dead Authors.
- Larned—Talks About Books.
- Larned—Primer Right and Wrong.
- Mowbray—Journey to Nature; Tangled up Beulah Land.
- Martin—House of Fulfillment.
- Maupassant—Odd Number.
- Meredith—Diana of Crossways.
- Michelson—The Madigans.
- Morfill—Story of Russia.
- McMaster—History of U. S., 5 vols.
- McDonald—Alec Forbes.
- Muir—Our National Parks.
- McCarthy—Brit. Polit. Portraits.
- Morris—Life on Stage.
- Mitchell—American Lands, vol. 1.
- Moffett—Careers Danger etc.
- Moore—Accounting & Business Practices.
- Matthews—Fam. Features Roadside.
- Perry—Study Prose Fiction.
- Putnam—Norwegian Ramble.
- Poole—Moors in Spain.
- Paine—Girls and Women.
- Pratt—Work of Wall Street.
- Price—Handbook Sanitation.
- Roseboro—Joyous Heart.
- Roosevelt—Wilderness Hunter.
- Riddle—Mod. Reader and Speaker.
- Reinsch—World Politics.
- Robinson—Improvements Towns etc.
- Stevenson—Marathon Mystery.
- Stimson—King Noanett.
- Sheehan—My New Curate.
- Smith—Caleb West.
- Stevenson—Travels With Donkey.
- Stockton—Buccaneers and Pirates.
- Stoddard—Cruising Among Carri-bees.
- Stowe—Life and Letters.
- Stedman—Victoria Poets.
- Search—An Ideal School.
- Stevenson—Virginian Puerisque.
- Seton—Woman Tenderfoot.
- Smith—White Umbrella in Mexico.
- Teller—Business Method.
- Trent—Colonial Prose and Poetry; History American Literature.
- Van Dyke—Ruling Passion, Little Rivers.
- Villari—Italian Life, Town, etc.
- Wise—End of Era.
- Warman—Short Rails.
- Warner—Little Journey.
- Waterloo—Story of Ab.
- Wharton—Greater Inclination.
- Ward—English Poets.
- Wright—Masterpieces Greek Literature.
- Warner—On Horseback in Virginia.
- White—The Forest.
- Whitmarsh—World's Rough Hand.
- Waddington—Letters of a Diplomat's Wife.
- White—Money and banking; How to do Bead Work; How to Make Pat-tery.
- Wendell—English Composition.
- Wright—Outlines Sociology.
- Warner—American Charities.
- Wines—Punishment and Reformation; Liquor Problem.
- White—Book of Games; Book Children's Parties.
- Wiggin—Cathedral Courtship.
- Zankwill—Children of Ghetto; The Master.

Postmaster Robbed.
G. W. Fouts, postmaster at Riverton, Ia., nearly lost his life and was robbed of all comfort, according to his letter, which says: "For 20 years I had chronic liver complaint, which led to such a severe case of jaundice that even my finger nails turned yellow; when my doctor prescribed Electric Bitters; which cured me and have kept me well for 11 years." Sure cure for biliousness, neuralgia, weakness and all stomach, liver, kidney and bladder troubles. A wonderful tonic. At J. C. Perry's drug store. 50 cents.

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.

Who Wants the Money?
Who will write us the best story of personal experience in using ALLEN'S SELF-RISEING B. B. B. FLOUR? We want 100 testimonials, not to exceed 200 words each, and we will pay for them.
Write and tell us why and where you first bought B. B. FLOUR and how long you have used it. Tell us how you like it and whether you have found it an agreeable and wholesome addition to the family menu. Tell us about the PAN CAKES, the BOSTON MUFFINS, the FRUIT PUDDING and the FAMOUS BOSTON BROWN BREAD.
Now, to the person sending us the best recommendation and the most artistic letter, we will pay \$5.00 in gold; and we will pay \$1.00 each for 100 other letters that we use. We wish to use these letters in our advertising, but no name will be published without the written consent of the writer.
If you have not used self-rising B. B. B. Flour get a package and begin now; we will give you sufficient time to take advantage of this offer.
Every good grocer sells it and you will find directions in every package. Use the four principal recipes and write us about it. We are interested in your experience.
ALLEN'S B. B. B. FLOUR CO.
Pacific Coast Factory, San Jose, Cal.

A DIMPLE MAKER.
Find a child with dimples and chubby arms and legs and you find a healthy child. Find one with drawn face and poor, thin body and you see one that needs Scott's Emulsion. Your doctor will no doubt tell you the child is fat-starved—its food is not nourishing it.
Nothing helps these thin, pale children like Scott's Emulsion. It contains the very element of fat they need. It supplies them with a perfect and quickly digested nourishment. Scott's Emulsion brings dimples and rounded limbs.
SCOTT & BOWNE, 409 Pearl Street, New York.

MARKET QUOTATIONS TODAY

"Make Salem a Good Home Market."

Poultry—At Steiners Market.
Eggs—Per dozen, 15c.
Chickens—11@12c.
Frys—16@18c.
Ducks—10c.

Poultry, Eggs, Etc.
Eggs—Per dozen, 14½c.
Butter, retail—30c.
Hens—10@11c.
Frys—12½c.
Geese—8c.
Ducks—9c.

Fruits, Vegetables, Etc.
Potatoes—25@30c.
Onions—2½ to 3c.

Tropical Fruits.
Bananas—5½c per pound.
Oranges—\$3.50.
Lemons—\$4.50 @ \$5.00.

Live Stock Market.
Steers—3¼@3½c.
Cows—3c.
Sheep—4½c.
Dressed Veal—5@6c.
Fat Hogs—6½@6¾c.

Grain and Feed.
Baled clover—\$8.
Cheat—\$7.00.
Timothy—\$9@9.50.
Oats—45@46c.
Grain—\$8.
Bran—\$20.
Shorts—\$22.

Salem Flouring Mill.
Wheat—60c.
Flour—\$3.00.

Portland Market.
Wheat—Club, 70c.
Valley—68@69c.
Bluestem—70@71c.
Oats—Choice white—\$27.50.
Millstuf—Bran—\$17.
Hay—Timothy—\$12.
Potatoes—50@60c.
Poultry—Average old hens, 14@14½c; mixed chickens, 13@14c; broil-ers, 22½@30c; young roosters, 12½@chickens, 15@15½c; turkeys, live 17@18c; turkeys, dressed, choice, 21@22½c; geese, live, pound, 10c; geese, dressed, per pound, 10@11c; ducks, 17c; pigeons, \$1@1½; squabs \$2@3.
Pork—Dressed—6@6½c.
Beef—Dressed, 5@6c.
Mutton—Dressed—6@7c.
Hops—Oregon—1905—8@10c; old, 5½@7c.
Wool—1905 clip, valley, coarse to medium, 24@26c; Eastern Oregon, 15@20c.
Butter—Fancy Creamery—17½@20c; store, 15@15½c.
Mohair—28@30c.



Chas. V. Gallon of Yamhill County

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Corner of Seventh and Sixth Portland, Oregon.
The new and modern hotel of Caterers particularly to residents here and other Oregon cities. It plan. Free bus. Rates \$1.00 and upward. Handsomest gift West, and prices as low as less attractive. Daily Capital on file.

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RELIEF FOR LADIES.
FRENCH TANSY WAFERS
Original and only genuine. For yellow wrapper with Crow's mark. For sale by leading druggists in per box.

Rocky Mountain Tea
A Busy Medicine for Busy Men Brings Golden Health and Beauty. A specific for Constipation, Indigestion and Kidney Troubles, Pimples, Skin Blood, Bad Breath, Sluggish Bowels and Backache. It's Rocky Mountain Tea form. 35 cents a box, Genuine Rocky Mountain Tea Company, Medicine, GOLDEN NUGGETS FOR SALE IN U.S.

Gasoline Woods

The undersigned is prepared to be sawing contracts. Telephone Main 5. C. Mosier, Fair Ground Road, Near Salem. 1906

CORVALLIS & ASTORIA R. R.

TIME TABLE No. 31
Trains From and To Yagula

No. 1—
Leaves Yaquina 7:00 a.m.
Arrives at Corvallis 11:15 a.m.
Arrives at Albany 12:15 p.m.

No. 2—
Leaves Albany 12:45 p.m.
Leaves Corvallis 1:45 p.m.
Arrives at Yaquina 2:45 p.m.

Trains To and From Dept

No. 3—
Leaves Albany 3:45 p.m.
Arrives at Detroit 4:45 p.m.

No. 4—
Leaves Detroit 5:45 p.m.
Arrives at Albany 6:45 p.m.

Trains for Corvallis.

No. 8—
Leaves Albany 7:00 a.m.
Arrives at Corvallis 8:00 a.m.

No. 10—
Leaves Albany 8:00 a.m.
Arrives at Corvallis 9:00 a.m.

No. 6—
Leaves Albany 9:00 a.m.
Arrives at Corvallis 10:00 a.m.

Trains for Albany.

No. 5—
Leaves Corvallis 6:00 a.m.
Arrives at Albany 7:00 a.m.

No. 9—
Leaves Corvallis 10:00 a.m.
Arrives at Albany 11:00 a.m.

No. 7—
Leaves Corvallis 11:00 a.m.
Arrives at Albany 12:00 p.m.

Regular Sunday Trains.

No. 5—
Leaves Corvallis 6:00 a.m.
Arrives at Albany 7:00 a.m.

No. 11—
Leaves Albany 11:00 a.m.
Arrives at Corvallis 12:00 p.m.

No. 6—
Leaves Albany 7:00 p.m.
Arrives at Corvallis 8:00 p.m.

All of the above connect with Oregon Pacific company trains, both at Albany and Corvallis, as well as for Detroit, giving direct service as Breitenbush Hot Springs.

For further information apply to
J. C. MAYO, Gen. Pass. Agt.
B. H. BOLES, Agent, Albany.
H. H. CRONISE, agent, Corvallis.

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