

THE BEST FRIENDS OF PE-RU-NA ARE THE MOTHERS AND CHILDREN

MR. F. BROOKMAN WIFE AND CHILD

MRS. J. C. STERLING'S CHILDREN

G. H. FARMER and SON



When Sickness Comes to the Little Ones

It Is the Mother Who Chiefly Suffers.

She suffers even more than the child who happens to be sick. Her sympathy is deeper than that of any other member of the family. The mother looks forward with dread to the torrid heat of summer, thinking of her children and the many liabilities to disease that are before them. Spring and summer are sure to bring ailments, especially among the little folks. It does not take a mother very long to discover that Peruna is the best friend she has in time of illness among the children.

A Multitude of Mothers

Have discovered that Peruna is their standby, and that in many of the ailments of spring and summer to which the children are subjected, Peruna is the remedy that will generally quickly relieve.

Whether it is spring fever or stomach derangement, whether it is indigestion or bowel disease, a catarrhal congestion of the mucous surfaces is the cause.

Peruna quickly relieves this condition of the mucous membranes. Its operation is prompt, the children do not dislike to take the medicine, it has no deleterious effects in any part of the body.

It simply removes the cause of the disagreeable symptoms and restores the health.

Every mother who has not tried Peruna in her family should familiarize herself with Dr. Hartman's booklet, The Ills of Life. This booklet should be in every family. It gives most valuable advice as to the use of Peruna for the various catarrhal diseases so general to-day.

Peruna is a household remedy for all catarrhal ailments of winter and summer, acute or chronic.

The mothers all over the United States are the best friends that Peruna has.

The Mothers Hold Peruna in High Esteem.

Not only because it has cured them of their various ailments, but because it promptly relieves the children from the throes and grasp of catarrhal diseases.

We have in our files many testimonials from mothers whose children have been cured by Peruna. However, the large majority of mothers who use Peruna, we never hear from.

But we do hear from a great number of mothers who are so overjoyed at some special good they have received from Peruna that they cannot restrain their enthusiasm. They are anxious to share these benefits with other mothers.

Peruna Should Be Kept In Every Household

Where There Are Little Children.

Peruna should be kept in the house all the time. Don't wait until the child is then send to a drug store. But Peruna on hand—accept no substitutes.

Children are especially liable to acute catarrh. Indeed, most of the affection of childhood are catarrh.

Forms of sore throat, quinsy, hoarseness, laryngitis, etc., are different phases of catarrh.

Peruna Contains No Narcotics.

The reason why Peruna has found permanent use in so many homes is that it contains no narcotic of any kind. Peruna, if taken according to printed directions, is perfectly harmless. It can be used any length of time without producing a drug habit. It does not produce temporary results, but it is permanent in its effect.

It has no bad effect upon the system, gradually eliminates catarrh by removing the cause of catarrh.

Mrs. F. Brockman, 813 Meade street, Appleton, Wis., writes: "I have never had a return of the catarrh, which had made me so miserable and unhappy before I began taking Peruna. I would not be without it in the house, now. I have a baby boy, two years old, to whom I give Peruna for a cold, and my husband also takes Peruna. I thank you and wish you well."—Mrs. F. Brockman.

No Doctor Required.

Mr. Edward Otto, 927 De Soto street, St. Paul, Minn., writes:

"I cannot say enough for Peruna. It has done great work in my family, especially for my oldest boy. We had doctored with three or four different doctors and they did not seem to do him any good. We gave up hopes of cure, and so did they, but we pulled him through on Peruna.

"We had several doctors and they said they could do no more for him, so we tried Peruna as a last resort, and that did the work. Since then we keep it in the house all the time, and no doctor is required."—Edward Otto.

There are a multitude of homes where Peruna has been used off and on for twenty years.

Such a thing could not be possible if Peruna contained any narcotics.

The Benefit Which the Children of the United States Have Received From Peruna Can Never Be Put Into Words.

The chronic ailments it has prevented, the suffering it has mitigated, will never be fully recorded.

But at least this much can be said that the coming generation owes a great debt to Peruna, for it is in the tender years of youth that slight ailments are liable to develop into lasting disease, thus blighting the whole career of the individual.

The mothers who are bringing up their children to-day to believe in Peruna are speaking from their experience.

These children brought up to believe in Peruna from the start, will, when they become heads of families themselves, use Peruna with unquestioning faith.

A Child's Life Saved.

Mr. G. H. Farmer, New Martinsville, W. Va., writes:

"Our little son, Harry, is well and healthy now and we think if we do as you directed us, he will keep his health and grow strong.

"We know that our little son's life was saved by your wonderful medicine, Peruna, and we shall always praise Peruna and use it in our family when needed.

"Should we have any more catarrhal trouble in our family, we shall always write to you for treatment."

—G. H. Farmer.

Medical Advice.

For free medical advice, address Dr. S. B. Hartman, President of the Hartman Sanitarium, Columbus, Ohio.

All correspondence held strictly confidential.

Mr. Howard Andrew Sterner, Muddy Creek, Pa., writes:

"I have Peruna in my house all the time and won't be without it. It is good for children when they take a cold or croup. It cured my baby boy of croup.

"I have introduced Peruna into six families since I received your last letter, and four have been relieved already."

—Howard Andrew Sterner.

Peruna Protects the Entire Household.

As soon as the value of Peruna is appreciated by every household, both as a preventive and cure, tens of thousands of lives will be saved, and hundreds of thousands of chronic, lingering cases of catarrh will be prevented.

SUNDAY SERVICES

St. Paul's Episcopal.
Chemeketa and Church streets. Rev. G. Lee, rector. Usual services at 11 a. m., 11 a. m. and 7:30 p. m. School at 10 a. m. All well.

Christ Lutheran.
State street. Rev. Adolph Ebbesen, pastor. Second Sunday after Holy Trinity. Sunday school at 9:30 a. m. Service at 10:30 a. m. Sermon at 11 a. m. Strangers welcome.

Central Congregational.
Lover's day at Willard. No preaching services. Endeavor meeting at 7 p. m. Special review exercises by the school at 10 a. m. Quarterly business meeting Thursday evening.

St. Joseph's Catholic.
A. Moore, rector. Third Sunday after Pentecost. First mass at 8 a. m. High mass at 10:30 a. m. Mass and benediction at 7:30 p. m.

W. C. T. U.
Thanksgiving and Praise will be given at the gospel temperance meeting Sunday, June 24, at 4 p. m. A special invitation to all who are thankful for recent temperance victories. W. H. Selleck will be present.

United Brethren.
There will be quarterly meeting at United Brethren church in Yew next Sunday morning at 11 a. m. Special invitation is extended to all who desire to attend. A. R. Lucky, P.

Friends' Church.
Highland Avenue. Sunday school at 10 a. m. Preaching at 11 a. m. and 8 p. m. Junior Endeavor at 3 p. m. Y. C. E. at 7 p. m. Everybody cordially invited. Prayer meeting Thursday at 8 p. m. Oliver N. Kenworthy, pastor.

First Presbyterian.
Church street near Chemeketa. Rev. T. Babcock, pastor. Morning service at 10:30 a. m. Theme: "Love and Service." Sabbath school at 12 p. m. Junior C. E. at 3:30 p. m. Senior C. E. at 7 p. m. Evening services at 8 p. m. Theme: "What Is Man?"

Christian Science.
First Church of Christ, Scientists, 440 Chemeketa street. Services: Sunday at 10:30 a. m. and 8 p. m. Subject of lesson sermon: "God." Sunday school at 11:45 a. m. The testimonial meeting is held at 8 o'clock p. m. Wednesday evening. Reading room in the church open each afternoon except Sunday. A cordial invitation extended to all.

First Methodist.
Rev. W. H. Selleck will preach at 10:30 a. m. on "Not Far From—Yet Not Within." At 8 p. m. on "Religion and Business." Merchants and business men especially invited. A quartet of young ladies, Misses Winans, Ketchum, Fields and Hales, will furnish special music. Epworth league at 7 p. m.

To Have a Great Fair.

Secretary F. W. Durbin, of the State Board of Agriculture, is much pleased with the prospects for the county exhibits at the fair. He states that the following counties have made arrangements for space: Jackson, Douglas, Lane, Linn, Benton, Marion and Columbia. Letters have been sent to the various counties calling their attention to the exhibit features, and among those from which answers are expected in a few days are Wasco, Washington, Union and Polk. Altogether it is apparent that there will be much more interest taken in this year's state fair than in former years. There is a tendency to have the things of the present loom up larger than those of the past, but the announcement by the officers of the board that this year's state fair will have no parallel in the annals of the state is a true statement of fact, judging from the present unusual interest taken.

Pushing the Street.
The improvement of South Commercial street, for which The Capital Journal has labored and prayed for the past few years, took a sudden jump today. The force has been increased two hundred per cent, three men being put to work on the street this morning. There isn't a person living in the city who, if they see that beautiful street, when it is finished, but will be satisfied that it is the only way to build a street, and will want no more dirt and river gravel highways, if they can get broken rock.

Personals

Claud Settlemier left yesterday for a visit in Portland.

Miss Barbara Durbin went to Portland yesterday afternoon.

Attorney S. T. Richardson left for Portland on the morning train.

Professor E. T. Mariatte left this morning for a visit in Portland.

Mrs. E. A. Pierce, of Portland, is visiting her sister, Mrs. F. E. Slater.

Ex-Governor Moody was among the Portland-bound passengers this morning.

L. M. Baker left yesterday for a sojourn in the Baker City mining district.

Dr. Calbreath, superintendent of the asylum for the insane, is in Portland today.

Mr. and Mrs. Frank Hughes left yesterday for a visit with Portland friends.

Mrs. W. N. Gatens and little daughter are in Portland visiting relatives and friends.

Antonio Noltner, the Nestor of Oregon journalism, came up from Portland this morning.

E. S. McDaniel, the newspaper correspondent, went to Portland on business matters today.

Mr. and Mrs. Fred D. Thielsen returned last evening from their honeymoon trip to California.

Senator Fulton writes that he will be in Oregon about July 1st, and will go directly to his home at Astoria.

Miss Edna McFarland returned home last evening from Woodburn, where she has been visiting friends.

Mrs. J. P. Rogers and daughter, Elmore, returned yesterday afternoon from a visit with relatives in Eugene.

F. M. Naught, who has been here on business interests for several days, returned to Oregon City this morning.

Walter Lyon, the publisher and editor of the West Side Enterprise, came down from Independence yesterday.

Hon. David McCully enjoyed a visit yesterday from Hon. S. R. Scott, a respected pioneer, who lives at Harrisburg.

Mr. and Mrs. C. C. Cusey returned last evening from Grants Pass, where they attended the G. A. R. encampment.

Mr. and Mrs. R. P. Mortenson and little daughter, Alice, left last night

for their home at Yoncalla, after a visit here.

Guy L. Weaver, of this city, was among the successful applicants before the state board of pharmacy for a license to practice.

Mrs. Mark H. Savage left this morning for Bangor, Me., to make an extended visit at the home of her parents. She was accompanied as far as Portland by Mr. Savage.

George L. Graves was in the city yesterday with a new touring car. He has established an automobile line between Eugene and Springfield.

W. L. Pemberton and J. Ray Pemberton, of this city, were among the candidates for the degree of bachelor of science from Pacific college at Newber. Verda Crozer, of this city, was also a graduate.

J. Willson returned this morning from Brownsville, and reports a great time at the reunion. He took the opportunity to boom the Salem Fourth of July celebration and the Elks' Skidoo, by distributing literature.

Marle S. Biddell, of this city, was recently graduated from the Northwestern University, at Evanston, Ill., with the degree of bachelor of science. Mr. Biddell prepared for college at Willamette University, and afterward attended the University of California.

When You Want Harness.

Call on P. E. Shafe, at his new store, 187 Commercial street, near Perry. The finest stock of harness in Salem.

Woolen Mills Win from Grocers.

Seven to five; that's the score. Again the Woolen Mill baseball players won a pretty game. This time their victims were the Grocers, and yet the latter put up an excellent article of ball. The Grocers scored twice in the first and second innings, and once in the third, and after that the scorers placed zeros to their credit. The Woolen Mills brought two tallies in the first and second innings, one in the fourth, and two in the final canto.

There were many spectacular plays, and the crowd that gathered to witness the contest was satisfied to the limit.

Struck out by Daws 11, by Bowen 12. Umpire Holman. Scorer, Allison.

CASORIA.
The Kind You Have Always Bought
Beware the Signature of *Dr. J. C. Hartman*

WERE I A MAN.

Were I a man and I had me a wife—
A dear little woman, so tender and true;
I'd say to her every day of my life
The one I love was a woman so sweet
As you.

Perhaps you've forgotten amid your cares,
Some small attention—time hurries us so—
You've not even noticed that gown
she wears—
Why, I'm a woman and so I know.

If I were a man and I had me a house,
I'd look up my frowns when I looked
up my books.
Worries and hurries are bound to come,
But never were bettered by lowering looks.

I'd borrow a smile, were there no other way,
And I'd conjure a name from the long ago;
I'd whisper it just as I did That Day,
O, I'm a woman and so I know.

Were I a man, and my lips had told
The old sweet story, in spring's glad time;
I'd tell it again 'mid the summer's gold;
And o'er and o'er through the winter's rime—
Weary, he! Ah, see the old time smile—
Foolish perhaps, but we've made just so—
Love can lighten the dreariest mile—
Why, I'm a woman, and so I know.
—Linnie Hawley Drake in Kansas City Star.

Following the Flag.

When our soldiers went to Cuba and the Philippines, health was the most important consideration. Willis T. Morgan, retired commissary sergeant, U. S. A., of Rural Route 1, Concord, N. H., says: "I was two years in Cuba and two years in the Philippines, and being subject to colds, I took Dr. King's New Discovery for Consumption, which kept me in perfect health. And now, in New Hampshire, we find it the best medicine in the world for coughs, colds, bronchial troubles and all lung diseases. Guaranteed at J. C. Perry's drug store. Price, 50c and \$1.00. Trial bottle free.

SOUTH SALEM SCHOOL

Will Have Septic Tank and Other Improvements

Messrs. Byrd, Lee, Epley and Smith, of the Salem school board of education, visited the Lincoln school Friday evening and inspected the premises for the purpose of ascertaining what improvements are needed in this neglected part of the school district. They went over the building and decided that the walls should be tinted, that the upper story ought to be finished off, that some new sidewalks were needed, and that the sanitary interests of all that part of the city required a septic tank and proper drainage of the grounds. The building of sidewalks may be postponed until the district is able to put down cement walks.

E. M. Croisan, of the board, could not be present, as he was detained out of the city on other business, but it was the unanimous sentiment of the board, after they were shown by Director Smith, of South Salem, what is needed, that the time has come for some substantial improvements in that part of the city. And it is needless to say that the people over there very much appreciate Mr. Smith's activity in getting the whole board interested in that part of the city.

Men Wanted.

Sawmill and lumber yard laborers, \$2.25 per day. Woodmen, \$2.25 to \$3.00. Steady work. Apply to Booth-Kelly Lumber Co., Eugene, Or. 5-22-06

All questions pertaining to health and beauty are answered here. Makes people feel as they felt in fullblooded youth. Does business while you sleep. That's what Hollister's Rocky Mountain Tea will do. 35 cents, Tea or Tablets. Dr. Stone's drug store.

HOLLISTER'S Rocky Mountain Tea Nuggets
A Pure Medicine for Busy People. Brings Golden Health and Renewed Vigor. A specific for Constipation, Indigestion, Liver and Stomach Troubles, Pimples, Acne, Impure Blood, Bad Breath, Stagnant Bowels, Headache and Sickness. It's Rocky Mountain Tea in tablet form. It costs a dime. Genuine made by Hollister's Drug Company, Madison, Wis. GOLDEN NUGGETS FOR SALLOW PEOPLE