

Half-Sick When your nerves are weak, when you are easily tired, when you feel all run down, then is the time you need a good strong tonic—Ayer's Sarsaparilla. Your will tell you why it has such power over weak nerves, why it makes you rich, and why it gives courage and strength. Ask him if it is not the medicine you need.

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

Smiles

all bale our hay.
 least is doing things.
 God all things are possible
 can't be an impossibility.
 his goodness lets some things
 are even more useless than
 be afraid to ruin your chil-
 complexions with a good brown
 enough to make a person's
 to listen to some phases of
 ties.
 county could get up a cred-
 exhibit at the State Fair. Why
 up and at least try it?
 county the springs are going
 as hope the springs of bus-
 ness have not been affected
 option.
 eg nothing but milk is said
 conducive to longevity. Many
 refer to not live long and get
 sure out of drinking.
 arnal wants to be bright and
 it don't want to be stale and
 see. But sometimes it can't
 . There are stale days for

 is anything slower than
 ern Pacific engineering de-
 in charge of the Drain and
 extension, it has not been

 Salem telephone directory
 persons, 10 Browns, 8 Gil
 Johnsons, 11 Jones, 12 Moores
 20 Smiths, 6 Walkers, 6
 and 7 Whites.

 county court has decided
 state the sum of \$500 for the
 gathering an exhibition and
 the same at the State Fair
 at Salem September 10 to

 Register: By a substitution
 as in our editorial columns
 the types made us say con-
 not right for advancement
 diversity, when it should have
 right, etc.

 streets is really the begining
 says the Salem Journal.
 proposes to begin moving up
 edly class with the building
 street and suburban rail-

It is not MEET for you to buy MEAT of inferior quality when you can get GOOD MEAT that you will relish when you MEET our meal, just by ordering your MEAT of

Me & Kurtz
 Commercial Phone 285

FE D TTER

Send money by mail. A
 it is always safer; it is
 in other ways. We sell
 they are good through-
 United States and Canada.

State Bank
PAGE, President
HAZARD, Cashier

ways. Then the paved streets will come soon enough.—Eugene Guard.

Really, the most beautiful magazine we receive is the Craftsman, in type, pictures and human interest. It's mission—the simplification of life—is far nobler than publications merely gotten up for sale. Published at 29 West 34th street, New York.

An Albany young lady writing from Ashland says a striking metaphor of Dr. Loeke in his Chautauqua lecture was: "The floor of the saloon is the cover of hell."—Albany Democrat.

It ought to please the editor of that paper to have the place located definitely located. Presbyterians have been left a little in doubt.

Baker City Democrat: A rousing meeting of the Southern Oregon Development League was held in Ashland Tuesday in connection with the Chautauqua sessions. Over 500 visitors were present from Grants Pass and other Rogue River valley points. The people of that section are demonstrating that they are alive, even if the weather is warm. That kind of spirit and energy will help make a "Greater Oregon," and that mighty soon.

We are asked what is the correct way to eat soup? Well, the old way we learned when a boy was to eat it out of a spoon and kind o' suck it in with a little gurgling noise, like a pig at the trough. We used to eat it out of the end of a spoon, and supposed that was why spoons were made pointed at one end. Later we learned that to sip it out of a spoon was the correct thing. But it didn't stop there with improved styles. We could stand it to sip it sideways, although it never seemed to fit our mouth just right. To accommodate such people round spoons were invented, so it made no difference which way you took your spoon victuals it was no advantage to eat out of the end of the spoon, and you had to be fashionable and take it out of the side whether you wanted to or not. But we formed the habit of crumbling a lot of crackers up in our soup. Now that is all out of style, and you are supposed to break off a little bit of cracker and nibble it out of your hand dry, or bread the same way. Now our latest advices from the Waldorf-Astoria that our friends there are drinking their soup out of a bowl. They just take it up in both hands, as we used to do with the big tin bucket in the harvest field, take a long pull, hold it in their speaking tube a few moments, gulp it down, take another pull. It is not—oh fay, to down the whole bowl without resting. It should be set down a few times just for appearances and allow the waiter to take your order for the next course.

Thin People.
 Thin, scrawny, fleshless people are usually nervous, irritable, bilious and dyspeptic. Every change of weather affects them; if they happen to eat or drink anything containing disease germs, it develops at once, and they are the first subjects of any contagious disease coming in the neighborhood. Their life is a continual worry in their efforts to avoid exposure to damp and malarial atmosphere. People can gain from one to three pounds of solid healthy flesh per week by the use of Dr. Gunn's Blood and Nerve Tonic. It puts their system in condition to resist sickness. This Tonic is in tablet form, to be taken right after meals. Sold by all druggists for 75c per box or three boxes for \$2. It turns the food you eat into strong rich blood. This prevents and cures disease. People tell us who have used the Tonic that it cures them, then keeps them from getting sick afterward.

Southern Pacific Time Card, Effective July 3d.

Toward Portland.
Train Arrivals.
 No. 16—5:23 a. m., Oregon express.
 No. 14—8:23 a. m., Cottage Grove express.
 No. 12—3:29 p. m., Oregon express.
 No. 22—11:08 a. m., through fast freight.
 No. 226—11:55 a. m., local way freight. Departs 12:45 p. m.
Toward San Francisco.
 No. 15—10:56 p. m., California express.
 No. 13—6:32 p. m., Cottage Grove express.
 No. 11—11:13 a. m., California express freight.
 No. 225—11:25 a. m., local way press.
 No. 221—2:20 a. m., through fast freight. Departs 11:55 a. m. if

HOW TO NOMINATE CANDIDATES

Politicians are in a quandary to know what method to adopt in electing delegates to the national convention, which will nominate candidates for President and vice-president of the United States in 1908. Among the important changes wrought by the direct primary nominating elections law was that of abolishing the old convention system by which delegates to the national party conventions were formerly chosen.

Grave doubts have also been expressed by lawyers as to whether there is sufficient provision in the direct primary law for selecting presidential electors, and this question may yet have to be taken into the courts for solution. The law makes no direct allusion to the method to be employed in nominating presidential electors, but it is held by some lawyers, and among them one who took a part in framing the law, that the phraseology to be found in section 2 of the act providing that primary elections shall be held to nominate a "sonator in congress and all other elective state, district, county, precinct, city ward and all other officers and delegates to any constitutional conventions that may hereafter be called," makes a sufficient provision in the words "all other elective officers." But whether it does or not is not clear to all.

As to the method of choosing delegates to the national convention, however, there is no provision. The law deals directly with the nomination of candidates for federal, state, district, county and municipal officers, and leaves the question of national conventions and delegates thereto entirely alone.

Thus far the only remedy suggested is that the parties by their own initiative and expense will have to agree upon some sort of system whereby county conventions may be held, delegates elected to a state convention and the national delegates selected by the state convention. The only kind of county convention practicable under this arrangement would be mass conventions, for to hold delegated county conventions would necessitate elections, unless the various precincts in the counties were to hold mass convention of their own, and at these elect delegates to a county convention, which, in turn, would send delegates to the state convention, where the national delegates would be elected.

That some method of this kind will have to be adopted is practically certain, for it would be out of the question, lawyers think, to undertake to burden the primary ballots with candidates for delegates, and, in the absence of any provision for such proceedings it is practically certain that the county clerks of the state would refuse to put the names of the candidates on the ballot.

A Tragic Finish.
 A watchman's neglect permitted a leak in the great North Sea dyke, which a child's finger could have stopped, to become a ruinous break, devastating an entire province of Holland. In like manner Kenneth Melver, of Vanceboro, Me., permitted a little cold to go unnoticed until a tragic finish was only averted by Dr. King's New Discovery. He writes: "Three doctors gave me up to die of lung inflammation, caused by a neglected cold; but Dr. King's New Discovery saved my life." Guaranteed best cough and cold cure, at J. C. Perry's drug store. 50c and \$1.00. Trial bottle free.

This and That.
 Does milk flow from the fountain of youth and those who partake thereof remain ever youthful?
 Whether or not a diet of bread and milk taken exclusively for forty years is responsible for the remarkable preservation from the effects of old age shown in the body of Mrs. Mary Fay, who died at the age of 105 years a few days ago in New York, is causing intense interest among physicians.
 Despite the extreme age of Mrs. Fay, her body is in as perfect physical condition and as well nourished as that of a woman of thirty or thirty-five years of age, according to physicians of New York City. Dr. O'Hanlon, since he became connected with the coroner's office has made 4500 autopsies, and he was so surprised at the physical perfection of Mrs. Fay's body that he called in the other physicians and surgeons of the coroner's office to observe the unusual conditions.
 The only explanation that the physicians can offer for the condition of Mrs. Fay's body is her mode of living. Dr. O'Hanlon and others who saw the body are wondering

A Heavy Load to Carry.

Along with dyspepsia comes nervousness and general ill-health. Why? Because a disordered stomach does not permit the food to be properly digested, and its products assimilated by the system. The blood is charged with poisons which come from this disordered digestion, and in turn the nerves are not fed on good, red blood, and we see symptoms of nervousness, sleeplessness and general breakdown. It is not head work, nor over physical exertion that does it, but poor stomach work. With poor, thin blood the body is not protected against the attack of germs of grip, bronchitis and consumption. Fortify the body at once with Dr. Pierce's Golden Medical Discovery—a rare combination of native medicinal roots without a particle of alcohol or dangerous habit-forming drugs.

A little book of extracts, from prominent medical authorities extolling every ingredient contained in Dr. Pierce's Golden Medical Discovery will be mailed free to any address on request by postal card or letter. Address Dr. R. V. Pierce, Buffalo, N. Y.

Many years of active practice convinced Dr. Pierce of the value of many native roots as medicinal agents and he went to great expense, both in time and in money, to perfect his own peculiar processes for rendering them both efficient and safe for tonic, alterative and rebuilding agents. The enormous popularity of "Golden Medical Discovery" is due both to its scientific compounding and to the actual medicinal value of its ingredients. The publication of the names of the ingredients on the wrapper of every bottle sold, gives full assurance of its non-alcoholic character and removes all objection to the use of an unknown or secret remedy. It is not a patent medicine nor a secret one either. This fact puts it in a class all by itself, bearing as it does upon every bottle wrapper The Badge of Honesty, in the full list of its ingredients.

The "Golden Medical Discovery" cures, weak stomach, indigestion, or dyspepsia, torpid liver and biliousness, ulceration of stomach and bowels and all catarrhal affections no matter what parts or organs may be affected with it. Dr. Pierce's Pleasant Pellets are the original little liver pills, first put up 40 years ago. They regulate and invigorate, stomach, liver and bowels. Much imitated but never equaled. Sugar-coated and easy to take as candy. One to three a dose.

whether or not they have a corroboration of the theory of Prof. Elie Metchnikoff of Paris, who has asserted that man does not live out his allotted span of life because of the cellular activities of the digestive tract which produce old age. He believes that by a diet of sour or curdled milk the germs of putrefaction which, according to his theory, produce old age, may be successfully combated.

In support of his theory, Prof. Metchnikoff says that the Bulgarian mountaineers who live on curds and whey are remarkable for their longevity. The scientist declares that the ferment germs in sour milk are the deadly enemies of the putrefaction germ of the stomach and intestines.

Baseball Players and Foot Racers!
 Louis J. Kruger, ex-champion long-distance foot racer of Germany and Holland, writes, October 27, 1901:
 "During my training of eight weeks' foot races at Salt Lake City, in April last, I used Ballard's Snow Liniment to my greatest satisfaction. Therefore, I highly recommend Snow Liniment to all who are troubled with sprains, bruises or rheumatism." 35c, 50c and \$1. Sold by D. J. Fry.

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

Keep the Flies Off
 Use So Bos So, the only stuff that gives satisfaction to every one. Applied with a small sprayer, it costs less than a cent a day and does the work. Give it a trial and we know you will like it.

D. A. WHITE & SON
FEEDMEN and SEEDMEN
 Poultry and Bee Supplies.
 255 Com'l Phone 160



THE TOWN CRIER.
 Couldn't make an announcement that would please the public better than when we tell them that their laundry work will be done to perfection and the Salem Steam Laundry can't be competed with anywhere in the country for the perfection of its work on linsens, silks or woollens. We defy competition in this line, because if there were any better methods we would have them at once. Try the Salem Steam Laundry. Prices right.
SALEM STEAM LAUNDRY.
 Colonel J. Olmstead, Prop.
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Take your meals at the
WHITE HOUSE RESTAURANT
 They will please you.
White House Restaurant
GEORGE BROS. Proprs.
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 Meals served at all hours.

Patronize
 Home industry, and find out as your neighbors have done that

Eppley's Perfection Baking Powder
 Put up in glass jars is the best baking powder made. Ask your grocer for "Eppley's"; give it a trial and you will find that it will speak for itself.

C. M. EPPLEY
Manufacturer
 Salem Ore.



DO NOT HAVE YOUR HEAD SAWED OFF
 By jobbers and carpenters who sell inferior lumber at a big profit. Get our prices before buying. We can save you money.
GOODALE LUMBER CO.

Use . . .
Allen's Self Rising B. B. B. Flour
 Ask your grocer for it.

WANTED
 Men for Quarry and Street work. Enquire
WARREN CONSTRUCTION CO
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Gold Dust Flour
 Made by THE SYDNEY POWER COMPANY, Sidney, Oregon. Made for family use. Ask your grocer for it. Bran and shorts always on hand.

P. B. Wallace
AGENT

Two unfurnished rooms for rent in Steusloff Building, Court and Liberty Sts. Apply room 3 in building

MADAME DEAN'S FRENCH FEMALE PILLS.
 A Rare, Curative Remedy for Suppressed Menstruation. NEVER KNOWN TO FAIL. Satisfies Every Body's Satisfaction. Guaranteed to Give Relief. Send for \$1.00 per box. We will send them on trial, so be paid for when received. Sample Free. If you struggle and do not have them send your order to the
UNITED MEDICAL CO., 502 7th, LANCASTER, PA.
 Sold in Salem by S. O. Stone.



A FINE, JUICY ROAST
 From our market will please you. Choice steaks and all seasonable meats at the State street market.
E. C. CROSS.
 Phone 291.

The Fashion Stables
 Formerly Simpson's Stables.
 Up-to-date livery and cab line. Funeral turnouts a specialty. Tally-ho for picnics and excursions. Phone 44.
CHAS. W. YANKE, Prop.
 247 and 249 High Street.

BRICK
 Brick furnished in large or small quantities. Pressed brick made to order. Yard on State street, south of Penitentiary.
SALEM BRICK YARD.
A. A. BURTON, Prop.

Just Received
 Two cars of best Star A Star Cedar Shingles.
 Have you tried Malthoid Roofing or P. & B. Building Paper? Full Guarantee.
 Woven Wire Fencing of all kinds. Fence Posts, Gates, Gate Hardware and Screen Doors.
WALTER MORLEY,
 250 Court St., Salem, Or.

RELIEF FOR LADIES. FRENCH TANSY WAFERS
 Original and only genuine. Put up in yellow wrapper with Crown trade mark. For sale by leading druggists. Price 49¢ per box.
Summer School
 The first term of the Capital Summer Normal opens on May 1st, to continue eight weeks. Tuition \$10. Summer School of Primary Methods. Opens June 11th, to continue three weeks. Address J. J. Kraps, or County Superintendent E. T. Moores, Salem Or. tf

O. C. T. CO
 Steamers Pomona and Albina leave for Portland daily except Sunday at 7:10 a. m.
M. P. BALDWIN, Agent.

SUNDAY EXCURSION on the Corvallis & Eastern Railroad TO NEWPORT
 Sunday excursion to Newport and return on the Corvallis and Eastern railroad will leave Albany **EVERY SUNDAY AT 7:30 A. M.**
 Arriving in Newport at noon, returning leave Newport at 5:30 p. m., giving 5 1/2 hours at the finest resort in the West. Health, rest and pleasure for the weary worker.
 Three-day and season tickets from all S. P. points, good going and returning on Sunday excursion trains.
 Fare from Albany, Corvallis or Philomath \$1.50 for the round trip. Connections at Albany with Eugene local going southbound overland on return.

GOOD ADVICE
 Buy at our prices and save money on your groceries. Our offerings should appeal strongly to you, because their values can be seen at a glance.
Baker, Lawrence & Baker
 Successors to Harritt & Lawrence.