

A Live Wire

Every nerve is a live wire connecting some part of the body with the brain. They are so numerous that if you penetrate the skin with the point of a needle you will touch a nerve and receive a shock—pain it is called. Aches and pains come from a pressure, strain or injury to a nerve; the more prominent the nerve the greater the pain. When the pain comes from a large nerve it is called **Neuralgia**.

Whether it be the facial nerves, or the heart, stomach, sciatic or other prominent nerve branch. To stop pain, then, you must relieve the strain or pressure upon the nerves. Dr. Miles' Anti-Pain Pills do this.

"I suffered intense pain, caused by neuralgia. I doctored and used various medicines without getting relief until I began taking Dr. Miles' Anti-Pain Pills. They did me more good than all the medicines I ever used. They never fail to cure my headaches, and their use never leaves any bad after-effects."

MRS. WM. BECKMAN,
357 W. 4th St., Erie, Pa.
Dr. Miles' Anti-Pain Pills are sold by your druggist, who will guarantee that the first package will benefit. If it fails, he will return your money. 25 doses, 25 cents. Never sold in bulk. Miles Medical Co., Elkhart, Ind.



This may be the wrong way of remembering things, but there is one right way to save money on your lumber bills, and that way is to buy at the right place for the right prices. Why not try us on an order for lumber of all kinds. Sidewalk lumber a specialty.

Voget Lumber Co.

Bargains

Some fine lots on Asylum avenue from \$50 to \$200.

Nice lots on Chemeketa and Court streets.

House and four lots N. Liberty, \$600, on installments.

House and lot Mill and Twentieth, \$400.

House and lot Bellview and Twenty-first, \$400, easy terms.

House and lot Bellview and Twenty-second, one on Twenty-second and Mill and one on Sixteenth and Mill.

One good 9-room house, 2 fine lots, Twenty-first and Chemeketa.

One good 9-room house, 4 fine lots, Twenty-first and Chemeketa.

For prices and terms, and for accident, sickness, life and fire insurance, or for any business in my line,

R. R. Ryan

546 State St.

SEEK NO FURTHER

Eppley's Perfection Baking Powder is just as near perfection as it is possible to make it. And you get full weight for your money, too, besides a useful fruit jar or jelly glass with every purchase.

Just What You Are Looking For

and the best in the market. Further than this you are helping build up a home industry and your money is kept in circulation in Salem. Yours for square dealings.

C. M. EPPLEY
Manufacturer
Salem, Oregon

Cooking Without Fire.

(By George J. Jones.)

The fireless cookstove is not exactly a new thing, for its economies and conveniences have been known to the people of an out-of-the-way portion of the German empire. Only a year or two ago some ladies of that country had their attention attracted to the fireless cookstove, and they became so interested in it that an organization was effected for the purpose of making the women of the country generally familiar with it. In this manner one of the United States representatives in Germany heard of the scheme, and reported on it. This attracted general attention in this country, and the supply of government pamphlets was soon exhausted.

The system is based on the fact that a perfectly insulated vessel containing meat or vegetables and a proper supply of water will continue to cook for a long while after once having been brought to the boiling point. The operation of cooking proceeds just the same as if it were directly over the fire, except that it is much slower.

This apparatus was known as the hay box in Germany, and consisted of a crudely constructed box, which was insulated in that it was lined with some cloth or other material which happened to be convenient and then filled with hay. The article to be cooked was placed over a fire for a short time, a minute or two, and then quickly transferred to the hay box, where it was placed in a sort of a pocket made in the hay. Here the cooking continued slowly without any further application of heat or any attention.

The subject was called to the attention of the President, and he directed that the hay box be experimented with by the commissary department. This was done at Fort Riley, Kansas, under the direction of Capt. M. S. Murray with the assistance of LaTrobe Bromwell, instructor of the school of army cooks at that place. These experiments were very successful, and the scheme was heartily indorsed. A box suitable for army use has been designed, and it is likely some great changes in the conduct of the company kitchen are about to be made.

This method of food preparation has been recently made available for domestic use by the introduction of

WINTER RATES TO THE YAQUINA BAY

Oregon's Great Recreation and Health Resort at the Newport Beaches—Ticket Sales Resumed—Nov. 1 to May 1, 1907.

As a winter health and recreation resort Newport is the one par excellence. Recognizing this, and wishing to give the people an opportunity to breathe the fresh, pure ozone of the ocean, the Southern Pacific and Corvallis & Eastern have resumed the sale of tickets through to Yaquina. From all S. P. points tickets will be sold throughout the winter and spring until May 31st, every

Wednesday and Saturday and from Albany, Corvallis and Philomath on the Corvallis & Eastern. Tickets will be sold to Yaquina and Newport DAILY.

The rates will be the same as during the summer, and will be good for return 60 days from date of sale.

Dr. Minthorn's Sanitary Baths will be in operation during the entire winter, and treatments will be given daily.

Other Health Resorts Closed.

During the winter nearly all other health resorts are closed or difficult to reach, and none of them have the advantages of Newport and vicinity as regards climate, points of interest, recreation, and amusement. For parties desiring to enjoy fishing, hunting, or seeing the ocean in sunshine or in storm, the surroundings are ideal—beautiful scenery, climate mild, healthful and invigorating. Cottages for rent cheap, fresh vegetables, milk, honey, fruit at lowest possible cost, fish and the famous rock oysters to be had for the trouble of securing them.

Full information from any S. P. or C. & E. agent, or from the general passenger agent of either company. Rate from Salem to Yaquina \$4.50.

For Sale

160 acres, 60 in cultivation, on main road, 6 miles from Salem; more than enough wood to pay for it. Price, \$20 per acre, \$1200 cash, balance \$400 per year at 6 per cent. 500 acres, 100 in cultivation, 26 in hops, good buildings. A fine stock farm. Price, \$15 per acre.

If you are looking for something good see

DERBY & WILLSON

FOR INDIGESTION Beecham's Pills

before you retire to rest. They start the gastric juices, assist the stomach to dispose of the food, encourage good appetite, sound digestion and make you feel life is worth living.

And these are the benefits of the cooking cabinet. In the main this is nothing more or less than a well constructed box of oak, thoroughly insulated to keep in the heat. It is thirty-six inches long, fifteen wide and seventeen deep. It is equipped with three enamel vessels of a construction especially designed for this character of work having covers which are clamped on to further facilitate the retention of the heat. The lids of these vessels are held on by a revolving bar-lock device, which not only makes a hermetically tight joint, but also acts as a handle. One of these three vessels is of eight quart capacity, and the other two four quart each. After the vivands in the kettles have been exposed to the heat of the stove until boiling has taken place for a minute or so, the lid is clamped into place and the whole pot transferred to one of the pockets of the cooker.

The actual time consumed in the preparation of food by this process is about double that ordinarily required, but the food may be left in very long and will not be overdone. The saving of fuel resulting from the use of the cooker is considerable, and the burdens of the housewife are about halved.—Scientific American.

Of Interest to Thin, Weak People.

It is perfectly understood by every sick man or woman that if they can get some remedy that will stop the gradual loss of flesh and strength, their recovery is assured. People that are nervous and unsteady, with dizzy spells, weakened memory, and loss of ambition, their blood is thin and watery. It shows in their sallow complexion and tired manner, soon as they commence to gain flesh they look better and sleep better. To gain from 1 to 3 pounds of good solid flesh per week, the blood must be made rich and pure, Dr. Gunn's Blood and Nerve Tonic puts in the body the very pith of what makes pure rich blood in the most direct way, and cures disease by making strength. This tonic is in tablet form, to be taken right after meals. Sold by all druggists for 75c per box or 3 boxes for \$2. For women's weakness a better remedy was never made.

Felt the Same Way.

"This," said Deacon Peckniff, holding up a glass of ice water, "is the drink for me. I can't get too much of this."

"That's what!" replied Hardkase. "I've felt that way, too, on the morning after."—Philadelphia Press.

COMPANIES ORGANIZE.

Articles of Incorporation
Granted Enterprises Backed
by Oregon Capital.

The following companies have filed articles of incorporation in the office of the secretary of state:

Smith Methodist Episcopal church, of Carleton, Yamhill county.

First Church of Christ, Scientist, Merrill; trustees, George H. Graybeal, William P. Rhoades, Vienta Bunting, Sarah E. Durham.

First Bank of Hermiston, Umatilla county; incorporators, F. B. Swartz, E. C. Smith, James R. Raley; capital stock, \$15,000.

Pekin Restaurant Company, of Portland; incorporators, C. Leo, Geo. Wo, Lee Git, Lee Sing Su; capital stock, \$8000.

Kimball Can Company, of Astoria; incorporators, George Sanborn, F. P. Kendall, G. C. Fulton; capital stock, \$100,000.

South Portland Investment Company, of Portland; incorporators, M. E. Lee, Minnie M. Lee, J. H. Middleton; capital stock, \$40,000.

Standard Investment Company, of Portland; incorporators, R. Livingston, A. H. Birrell, A. F. Flegel; capital stock, \$50,000.

Monroe Timber Company, incorporated under the laws of Washington, filed notice that it will do business in Oregon and named F. C. Walters, of Elmira, Lane county, as attorney.

The capital stock of the Dougherty-Fishman Shoe Company has been increased from \$100,000 to \$150,000.

The Fish Lake Reservoir and Irrigation Company, of Halfway, Baker county, has been dissolved.

A GOOD CHRISTMAS GIFT



Copyright 1906
The House of Kuppenheimer

Salem Woolen Mill Store

136 Commercial St.

Salem, Oregon

Our holiday goods are arriving every day.

What is a better present than a nice

SUIT OR OVERCOAT

Our styles are fresh and quality unexcelled.

PRICES \$10.00 TO \$25.00

MARKET QUOTATIONS

"Make Salem a Good Home Market."

SALEM MARKET.

Steiner's Market.
Dealers in fish, game and poultry.
Highest cash price paid for eggs.
Prompt delivery. State street.
10-3-11

Poultry, Eggs, Etc.

Eggs—Per dozen, 35c.
Butter—Retail—Country, 25 @ 30c; creamery, 35c.
Hens—10c.
Fryers—10c.
Geese—7 1/2 c.
Ducks—8 1/2 @ 9c.

Fruits, Vegetables, Etc.

New potatoes—60c cwt.
Onion—65c cwt.
Tropical Fruits.
Bananas—5 1/2 c per pound.
Oranges—\$5.00 @ \$6.00
Onions—75c cwt.

Live Stock Market.

Steers—3 @ 3 1/4 c.
Cows—2 @ 2 1/4 c.
Sheep—3 1/2 @ 4c.
Dressed Veal—6 @ 6 1/2 c.
Fat Hogs—6c.
Stock Hogs—5c.
Grain and Feed.
Baled Clover—\$6.00.
Cheat—\$6.00.
Timothy—\$8.50 @ \$9.50.
Oats—30 @ 32c.
Bran—18.50.
Shorts—20.50.
Barley—20.
Wheat, 65c.
Flour—\$3.00.

PORTLAND MARKET.

Wheat—Club, 64c; valley, 66c; bluestem, 66 @ 67c.
Oats—Choice white, \$24 @ \$25.50.
Millstuffs—Bran, \$14.50.
Hay—Timothy, \$11 @ \$12; Alfalfa \$11.50.
Vetch—\$7 @ 7.50.
Potatoes—60 @ 75c.
Poultry—Average old hen, 10 @ 11c; mixed chickens, 10 @ 11 1/2 c; young rooster, 12 @ 12 1/2 c; dressed, chickens, 13 @ 14c; turkeys, live 17 @ 17 1/2 c; turkeys, dressed, 20 @ 21c; snags, 13 @ 14c; turkeys, live, 17 @ 19c; turkeys, dressed, 21 @ 22 1/2 c; geese, live, 8 @ 10c; ducks, 14 @ 16c; pigeons, \$1 @ \$1.50.
Pork—Dressed, 6 @ 6 1/2 c.
Beef—Dressed, 4 @ 5c.
Mutton 6 @ 7c.
Hops—1906 choice, 14 @ 15c; prime, 12 @ 13c; medium, 10 @ 12c. 12 @ 13c; olds, nominal.
Wool—Valley, coarse to medium, 20 @ 21c; Eastern Oregon, 13 @ 18c; Mohair—26 @ 28c.
Butter—Fancy Creamery, 25 @ 27 1/2 c; store butter, 16 @ 17c.

THE GIRLS LIKED NARCISSUS

And Many Modern Girls Still Delight in "Sissies."

One of the pretty minor tales of mythology has for its subject a most beautiful youth named Narcissus, who was of graceful mien, a rover of the woods, a poetical dreamy sort of a fellow, who set the nymphs by the ears over his sweet self, and at most broke up the peace and quiet of forest, vale and stream. To see him was to love him for he was a dandy of wonderful beauty. The Dryads peeped out of their trees, and the leaves trembled with their sighs when he passed unheedingly

by. The Naiads smiled at him from running brooks, and stirred the surface of the placid pools in their mad desire to see him; and it is said that even Venus, having cast her eyes on him, made some comparison between the gazelle-eyed youth and her lame husband, Vulcan, that would have put goggles of an emerald hue on the old man's eyes could he have heard them. He was tall, supple, graceful, with a magnificent head—or hair, that would have made the horse editor envious, and a dainty moustache that out-pointed Boni Castellanes, and would have commanded a fabulous price in the market of New York's "400." His eyes were like violets and he was altogether lovely and a goose that hanged remarkably high. Yet with all the beauteous Nymphs and even the Goddess of Love gone on him Narcissus remained as cold as the snows on Mt. Olympus.

The Dryads ogled, but he ogled not. The Naiads sported in the pools but he did not love aquatic sports, he wasn't sporty. Venus wooed, but he would not. Why? Because he had seen his own image reflected in a pool where a love-lorn Naiad had shown it him, and from that moment he was mashed on himself. His fate was sad but deserved, for, stooping one day to kiss his image in the brook, a treacherous Naiad nailed him, dragged him in and he was a goner.

There are several morals to this moral tale. One is that a man is a fool to fall in love with an image when, in Salem at least, he could find an angel. Another that free trade in some cases is better than prohibitory tariff. Still another that one should not use his kisser without a kisser that makes a noise like a skirt; and there are other—

GET BUSY! Holidays Are Near

ELECTRIC LIGHT is the magnet that draws trade. Keep your store bright and you'll be kept busy.

A show window brilliantly illuminated with **ELECTRIC LIGHT** makes many a sale "the night before." It attracts attention, makes it easy for your display to be examined and shows your goods to **THE BEST ADVANTAGE.**

AN ELECTRIC SIGN will make a name for you and when your name is made it will burn it into the public's eyes and minds. It is an investment that pays big dividends. Our representative will explain how.

PORTLAND GENERAL ELECTRIC COMPANY
SALEM, OREGON