Silent

en, and most women ere are certain stypes finds of manner, cerexpression even, for

sed, or that a man the generality. entan if the color of g want of equipment recognize. The man m few and fil-chosen who having been ong the silent wise or occasioned by the It's ever thus with people without All mental athletics

of prompt and rea- tor.

way the fact that a

m some silent opin- man pretends to know no more words than a savage may be a matter of awkward though genuine humility-a fear of pretending to a culture he does not possess-or an Now is the time to do it. act of superficial conformity to a and women are ut- passing fashion among a small set. in the minds of it may have no more to do with his rothers and sisters. real mind than an ogly figure or an dislike certain types ill-cut coat. Circumstances will mes so strong as to sometimes convince even a clever woman of these facts so far as a openly say that all given man is concerned, but she will and such eyebrows never after her silent opinion as to

Clever women are very hard on half contradict each the men they imagine to be fools. at continually upon Able men, on the other hand, are not unreasonable. at all hard on women they know to small vocabular- be stupid. Where youth and beauty are divided as a are concerned the fact is easily unwmen into fools by derstood; but youth and beauty by ande tools, according no means explain the whole of this phenomenon. Many men are inclined milure or to affection. to think that the kind of mental this method of going to sleep: Exby are indifferent; to power in women which we colloquial- tend fully in the bed, stretching all have almost always a ly call brains exists in inverse ratio the limbs to their full length, that is, selve dislike. Such to their common sense and serves sie, a fact their own only to carry them with fatiguing rapidity through verbal fallacies to making an effort to rest or to sleep, a false conclusion.-London Specta- you are defeating your own purpose.

My heart and hand another claimed, sily deprecates the His plea had come too late.

pluck and vim, Take Rocky Mountain Tea, don't get as physical athletics

left again. ...For sale at Dr. Stone's store.

THE WISEST MAN PUTS HIS FOOT IN IT

once in a while—the shining mark of his wisdom being the putting of his feet in a comfort-giving pair of shoes purchasable here. You can't take a few minutes occasionally to beat our \$3.50 shoes anywhere in this land. For patent leathers and

shoe leather. JACOB VOGT,

sure. But you'll get full value for

Leader in Good Shoe Value.

BUSY! idays Are Near

LECTRIC LIGHT is the that draws trade. Keep your right and you'll be kept busy.

show window brilliantly illumwith ELECTRIC LIGHT many a sale "the night before." facts attention, makes it easy ur display to be examined and your goods to THE BEST ANTAGE.

N ELECTRIC SIGN will a name for you and when your is made it will burn it into the s eyes and minds. It is an inent that pays big dividends. presentative will explain how.

PORTLAND ELECTRIC ERAL COMPANY

SALEM, OREGN

FROM WORK

(By Katherine Morton.)

Girls, put your nerves in order

Many physicians recommend tonics for nervously prostrated women, Perhaps you are really in need of one. But first try rest and wholesome, relaxed living, and see if you cannot do without help from a bottle.

Do gou know how to relax? It is very hard to tell you how. There is knack about it that will come to you suddenly some day when you are almost tired of trying to learn it. The only way to acquire the knack is to keep trying, and await results

Practice relaxation of the muscles. By the power of suggestion, mental rest follows physical. For instance, If you are troubled with insomnia, try as far as they will reach without any sense of effort. So long as you are Next, inhale and exhale slowly, peacefully, ten times. Then, imagine that you are sinking, that you are letting yourself fall, without any fear, or any effort to hold yourself up. Feel | money, too, besides a useful fruit as if you were sinking right down | jar or jelly glass with every purthrough the mattress and spring and the floor. Let the whole body gotrunk, and legs, and arms, and hands and neck. None of these must brace themselves. Close the eyes lightly. not with a wrinkling of the forehead and a clenching of the eyelids. Feel yourself dropping, dropping.

Rests in Daytime.

The same principle is to be applied to daytime rests. You must go to a perfectly quiet room and forget the world. Practice some relaxspecial lasts we charge more, to be ing exercises. Take a seat in the easiest chair you can find, lay your every dollar you spend with us for arms comfortably on the arms of the chair, then bend the head back slowly, or rather let it fall back, relaxing every muscle of the neck. Count Gently close the eyes, and count three more, keeping them Let the head fall forward upon the breast, and count in the same way as before, and always very ready roofing. All at lowest prices.

> The Bitle periods that you steal for rest exercise may be shert, and so not enough to allow you a full 250 Court St. Salem, Ore course of nerve gymnastics; but even five minutes is better than nothing. At bedtime you may give yourself three or four times as long.

If you have time to take only five deep and restful breaths, take them. Open a window or step out on a veranda. Inhaling stimulates; exhaling relaxes. Now you can't do either one without the other, but you can lay stress upon whichever you choose. Let the arms fall at the sides. Slowly raise them in a circle until the finger tips meet over the head, breathing in until they meet. Let them fall outward and downward in a circle much more slowly, exhaling for a longer time than you were inhaling. Hold the breath exhaled as long as you can do so with perfect ease. Then epeat, raising the arms, and so on. Before retiring you will have the opportunity to loosen the clothing and take more extensive exercises. You are in need of slow, restful movements instead of brisk and bracing ones. This, of course, is on the supposition that you are in a more or less exhausted condition. Some of you seem always vigorous.

Leave Windows Open.

Air the room thoroughly; leave the window entirely or partly open, and stand before it. Let the arms hang. Swing the right arm slowly outward and upward to the right, turning the body in the direction of the arm's movement. Swing it back to the left as far as it will go, turning the body to follow it. Continue this very slowly and rhythmically for ten swings. Then repeat with the left

Lie flat on your back near the window while inhaling and exhaling eight times. Let the hands rest lightly on the chest while breathing.

Rise and swing the arms again. both together this time, keeping the hands about a foot apart. Do not allow the fingers to be stiff. They must feel so at ease that they fall into a graceful position without any effort o make them do so.

Extend yourself again and take ight or ten deep breaths. Rise and take this movement. Let the arms fall, pivot the body slowly to right and left, letting the arms awing with

Sit on the floor, placing the out- us? stretched arms on the floor on either Continued on eighth page.)

famous health and brain building flour and enjoy some good old fashioned New England Brown Bread. A chance at a right hot loat will make you think you are in Boston. With Allen's Salf-rising S. B. B. Flour you can make bread just like the Puritans used to

3-B Paucake Flour is also a pure food; self-Trade rising and all ready to Mark mix with water and bake on a hot griddle.

ALLEN'S B B B FLOUR CO. Pacific Const Factory, San Jose, Cal. Eastern Factory, Little Wolf Mills, Manawa, Wis.

SEEK NO

Epply's Perfection Baking Powder is just as near perfection as it is possible to make it. And you get full weight for your

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 deal-

Manufacturer Oregon

Woven Wire Fencing

Of all kinds. Hop Wire, Pickets, Posts, Gates, Shingles and P. & B.

Walter Morley

The Fashion Stables

Formerly Simpson's Stables. Up-to-date livery and cab line. Funeral turnouts a specialty. Tallyhe for picules and excursions. Phone CHAS. W. YANNKE, Prop. 247 and 249 High Street.

HAY

We have the Choicest Timothy and

Alfalfa Hay WE WANT 100 Tons of

Fancy Cheat Hay Highest Price Paid

TILLSON & CO.

151 High St.



Spent wisely is the source of much satisfaction. Why not spend a little best in the market at right prices of it wisely now buying groceries of when they buy at our market.

Baker, Lawrence & Baker Successors to Harritt & Lawrence.

We have sampled the city with Wild Rose Flour. If you did not get a sample, call at the office and GET ONE, When you buy flour be sure it is like the sample.

WILD ROSE FLOUR

\$1.00 a sack at all grocers. Made from old wheat, too.

Slabwood

DELIVERED ON SHORT NOTICE

The Chas. K. Spaulding Milling Co.

Calendars

last year? We did not have enough to go around to all our customers, and you may be one of those who falled to secure one. We do not want to mis you this year. We want one of our art calendars in the home of every one of our customers. Our calendars for 1907 are the most beautiful art productions ever distributed by us, and really worthy of a permanent place among the pictures on the walls of any house. We know you will want one, and have saved it for you, and shall be glad to present it if you call at our office after December 17, 1906, and we find your name on our books. We would like to see will give you value received for your point. Near S. P. passenger depot

SALEM STEAM LAUNDRY, Phone 25. 136-166 S. Liberty St.

General .Machine Works...

E. M. KIGHTLINGER. Machinist and Manager. 178 South Liberty St.

WE BUILD ANYTHING THAT CAN BE MADE FROM IRON OR STEEL. NONE BUT FIRST-CLASS WORKMEN EMPLOYED.

General Repairing Solicited

HOTEL OREGON

Curner of Seventh and Stark Streets Portland, Oregon.

The new and modern hotel of the city Cuters particularly to residents of Sa lem and other Oregon cities. European plan. Free bus. Rates \$1.00 per day and opward. Handsomest grill in the West, and prices as low as in places price. less attractive. Daily Capital Journal

WRIGHT-DICKENSON HOTEL CO.



OUR MEATS ARE ALWAYS THE BEST.

For we take especial care to buy none but the best, and our customers can always depend upon getting the

E. C. CROSS,

State Street Market



FOR JOIST AND FLOORING

The heet place to buy is where the best stock of lumber is carried. The entire building trade know that there is not a finer stock of lumber than that carried by us. We are in Salem, but are only prepared to ready to fill the largest contract supply our customers. We want to promptly. We don't keep the buildsee your work coming our way, and er waiting. That's a very important

GOODALE LUMBER CO.

HOT **RATIONS**

That's - at you want these chilly days, and at our place you get nothing cold, and always the best the market affords.

White House Restaurant GEORGE BROS, Props. ..

H. S. Gile & Co.

Wholesale Groeces and Commission Merchants

In the market at all times for dried fruit and farm produce of all

Special

We have for sais a few apple paring and slicing machines; equipment for a large dryer; will make a low

> DRY OLD FIR WOOD \$5.50

Per Cord. Sawed and Delivered, at

Voget Lumber and Fuel Co.

Late Chattel to Posts. For sale at Dr. Stone's store !