

# THE HEN

That science has persuaded to lay seven times her own weight in eggs a year. The average hen lays only 60 eggs in a year. But now comes the scientific mixed feed that will keep her in perfect health and make her produce seven times her weight in eggs every year. Coulson's Improved Mash Food will do it. Coulson's No. 3 Condition Powders for poultry also keeps them in good health. For circular and full explanation call on

**TILLSON & CO.**  
151 High St.



## 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 beat our \$3.50 shoes anywhere in this land. For patent leathers and special lasts we charge more, to be sure. But you'll get full value for every dollar you spend with us for shoe leather.

**JACOB VOGT,**  
Leader in Good Shoe Value.

## GET ONE?

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.

## Housewife's

### Best Friend

Nothing is more desirable for the household, from the housewife's point of view, than a pure, wholesome and satisfactory article in the line of baking powders and in

### Eppley's Perfection Baking Powder

Which is as near perfection as it can be made. Besides getting your money's worth in the weight and quality of the article itself, you also receive a nice glass fruit jar, and, at the same time you are helping to build up a home institution.

**C. M. EPPLEY**  
Manufacturer  
Salem, Oregon

## HOTEL OREGON

Corner of Seventh and Stark Streets  
Portland, Oregon.  
The new and modern hotel of the city. Caterers particularly to residents of Salem and other Oregon cities. European plan. Free bus. Rates \$1.00 per day and upward. Handsomest grill in the West, and prices as low as in places less attractive. Daily Capital Journal on file.  
**WRIGHT-DICKENSON HOTEL CO**

## The Fashion Stables

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



Spent wisely is the source of much satisfaction. Why not spend a little of it wisely now buying groceries of us?

**Baker, Lawrence & Baker**  
Successors to Harrist & Lawrence.

## Allen's

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

**3-B Pancake Flour** is also a pure food; self-rising and all ready to mix with water and bake on a hot griddle.  
**ALLEN'S B B B FLOUR CO.**  
Pacific Coast Factory, San Jose, Cal. Eastern Factory, Little Wolf Mills, Manawa, Wis.

## On the Stool of Repentance



Is there a man finds himself that takes his linen to any laundry but the Salem Steam Laundry. If your conscience don't prick, your collars and cuffs may and make you appreciate the smooth edges, soft button-holes and exquisite color and finish that you can always rely on getting at the Salem Steam Laundry, at low prices.

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



### 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 best in the market at right prices when they buy at our market.

**E. C. CROSS,**

State Street Market Phone 291



### FOR JOIST AND FLOORING

The best 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 ready to fill the largest contract promptly. We don't keep the builder waiting. That's a very important point. Near S. P. passenger depot. Phone 52 Main.  
**GOODALE LUMBER CO.**



Sold in Salem by Dr. S. C. Stone  
CALL FOR FREE SAMPLE



**DR. STONE'S DRUG STORE**

Does a strictly cash business, owes no one, and no one owes it; carries large stock; shelves, counters and show-cases are loaded with drugs, medicines, notions, toilet articles, waxes and liquors of all kinds for medical purposes. Dr. Stone is a regular graduate in medicine and has had many years of experience in the practice. Consultations are free. Prescriptions are free, and only regular prices for medicine. Dr. Stone can be found at his drug store, Salem, Oregon, from 6 in the morning until 9 at night.

**CAPITAL COMMISSION CO.**  
267 Commercial St.  
Phone 179

Cash Purchasers of  
**Poultry, Eggs, and All Farm Produce.**

### Served to Queen's Taste

And always STEAMING HOT are the ways upon which you can depend in getting your meals when you eat at the  
**Wm. McGilchrist & Son, Props.**  
**White House Restaurant**  
Wm. McGilchrist & Son, Props.

### H. S. Gile & Co.

**Wholesale Grocers and Commission Merchants**  
In the market at all times for dried fruit and farm produce of all kinds.

### Special

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

### Woven Wire Fencing

Of all kinds. Hop Wire, Pickets, Posts, Gates, Sbringles and P. & B. ready roofing. All at lowest prices.

**Walter Morley**  
250 Court St. Salem, Ore.

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

## MAKE WORK EASY.

### Precautions Which May Save the Housewife From Sickness.

Women bring upon themselves much suffering for which they alone are to blame. To the average housekeeper the mere fact of getting breakfast without first taking some nourishing food herself is enough to cause in her continual weakness, and to some it may prove a source of almost complete exhaustion.

If after the toilet is made in the morning a woman would eat perhaps a banana or apple and sip a glass of milk or other nourishing drink she would find it did much toward keeping up her strength through the day. To "stay the stomach" before exercise in the morning is all that is necessary.

When breakfast is over there should be no rush to do the dishes. They can wait now better than papa and baby can wait at a future date while mamma recovers.

Allow the stomach to commence on its process of digestion without the physical rushing.

Then, again, after the dishes have been wiped, much of the work may be done sitting instead of standing, thus resting the back and saving the abdominal organs from a continuous strain.

Do not lift heavy kettles or tubs, stand in wet places on the floor where the water has been spilled or reach higher than you can easily. All of these are the originators of many ailments.

Even if precaution takes a little longer, does it not pay when it tends to prevent illness?

### ARRANGING A ROOM.

Some "Don'ts" in Line With Comfort and Good Taste.

House furnishing is one of the most difficult of arts, especially to the ambitious housewife who is not quite certain that her taste is all that might be expected of her. A few "don'ts" will give her a little help.

Don't place a bronze figure of Mercury in a window where it appears to be pulling down the drapery with one hand and crushing down a lamp shade with the other. Place the statue where it will seem less destructive.

Don't place a lamp near a lace curtain or in any other part of a room so that it will keep nervous people on the point of starting off for the fire brigade.

Don't place marble busts or bronze figures where they look so insecure that reading a book near them in comfort is an impossibility.

Don't choose pedestals that are so ornamental that the objects placed on the pedestals become secondary in importance. Don't buy pedestals anyway if you can avoid it. If you must have them, don't place them so near your library shelves that the books cannot be taken out without moving all the furniture.

### LAUNDRY LINES.

If white goods have become stained with vaseline, dip the spots in kerosene before washing in water.

Water in which rice has been boiled may be used for starching old lace, choice handkerchiefs, etc. It gives a soft and dainty stiffness which adds a charm to their appearance.

When washing black or colored silk stockings do not use soap. Warm bran water should be used, and the stockings should be squeezed or run through the wringer and dried in the shade.

In place of the usual hamper for the laundry a better device is three large bags of plain white duck, one of them marked "Coarse Clothes," the second "Fine Clothes" and the third "Flannels." Table linen should be kept in a bag by itself.

To run curtain rods through freshly ironed curtains every housekeeper knows is a troublesome job and one that often results in tearing the curtain. In sprinkling do not wet the upper beams. Run the rods in before ironing to open the beams.

### Good Stockings.

The one thing in which a mother of straitened means should try to avoid economizing is stockings. No matter how many rows of insertion or how many dainty tucks you put in your little girl's dress, if her ankles are not neatly clad the whole effect is spoiled. Cheap stockings are always poor economy, and not all mothers seem to realize how prominent and noticeable are these sturdy "understandings" of their children. A few years ago there lived next door to me a family in which were seven young people. They were not well off. It is doubtful if the two youngest little girls ever knew what it was to have a dress bought from the store expressly for them. But their feet and legs were a delight to behold. So neatly clad were they that one never noticed the carefully mended dresses above.—Mother's Magazine.

### Hooks and Eyes.

The next time you have hooks and eyes to sew on a waist, instead of making a knot, sewing on, fastening, breaking thread and beginning all over again, try this: Sew the first hook (or eye) on in the usual way. After fastening do not break the thread, but run the needle along under the surface of the goods to the place for the next one. Here bring your needle up through the goods, fasten thread as though to break, sew your hook on, fasten again and go on to the next place. By doing thus you save time your fastenings are on more securely and there are not numerous knots to work through the goods and show. If a hook or eye should come loose, having fastened the thread both before and after sewing on each one, the other two are all secure anyway.

## A Cough Medicine

Ayer's Cherry Pectoral is a regular cough medicine, a strong medicine, a doctor's medicine. Good for easy coughs, hard coughs, desperate coughs. If your doctor fully endorses it for your case, then take it. If not, then don't take it. Never go contrary to his advice. We have no secrets! We publish the formulae of all our preparations. J. C. Ayer Co., Lowell, Mass.

## SOME MARION GIRL

### Will Visit the Jamestown Exposition Next Year As the Journal's Guest

The Salem Journal in connection with the Pacific Northwest, of Portland, Oregon, have combined their forces for the purpose of taking Marion county's most popular daughter to the Jamestown exposition, which will be opened next April at Jamestown, Va.

This excursion will be given in connection with several of the leading publications of the state for the purpose of advertising the agricultural resources of Oregon all throughout the union. The party which will consist of some thirty young ladies will leave Portland May 1st, going by way of Seattle and Victoria over the Canadian Pacific to the great lakes, by boat down the lakes through the Soo canal to Detroit and on to Buffalo. Here a stop will be made to visit Niagara Falls then on to Albany, N. Y., where a day light trip will be made down the Hudson river to New York. From New York City to Washington, when the party will visit the public buildings, Mt. Vernon, Va., the home of Washington, and also call on the President. From Washington to the fair and returning home by way of Pittsburg, Dayton, Chicago and St. Paul stopping at many other of the leading cities of the United States. The young lady representing Marion county will be expected to carry illustrated literature depicting the resources of this county for general distribution and it is expected that Marion county will receive more publicity through this trip as inaugurated by the Salem Journal than through any attempt ever before made. All costs including transportation Pullman, meals, hotels, etc., will be met by the Salem Journal.

Any young lady in Marion county is eligible to make the trip. The choice of candidates will depend upon the young lady securing the largest number of paid in advance subscriptions to the Salem Journal and the Pacific Northwest at \$2 for six months subscription to The Journal and a twelve months subscription to the Pacific Northwest. You know The Journal as the leading afternoon daily of the Willamette valley and the Pacific Northwest as the best farm monthly on the coast. Each two dollar subscription counts

as one vote and the largest number of votes will be deemed the choice of the county to take advantage of the wonderful opportunity of visiting practically the whole of the United States at our expense. Send We want a candidate at Woodburn, Gervais, Aurora, Silverton, Stayton, Jefferson, Turner and the other towns of the county. Send in your name at once that you may obtain a good start. Address, CAPITAL JOURNAL, Salem, Oregon.

**Notice.**  
The annual meeting of the shareholders of the Capital National Bank of Salem will be held at its banking house in Salem, Oregon, on Tuesday the eight day of January, 1907, Salem, Oregon, Dec. 8, 1906.  
**JOS. H. ALBERT,**  
Salem, Oregon.  
Cashier.

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### PLAYING "MY PARTNER."

### Grand Presentation at the Klinger Grand This Week.

The Cooper-Belmont Stock company, which has given the Salem public good, wholesome entertainments at popular prices, is presenting this week "My Partner," an interesting story of mining life in California. It is a play far above the average, containing plenty of exhilarating comedy as well as dramatic action.

The comedy parts are well handled by Ed Ristine, as the Chinese servant, "Wing Lee," and Carl Hineley as "Major Henry Clay Britt."

The partners, Godfrey Matthews and Harry Belmont as "Joe Saunders" and "Ned Singleton," show marked dramatic ability.

Charles Marion as "Joshua Scraggs," who never forgives or forgets, is as good as usual and he is usually good. Fred Belleu as "Matthew Brandon," a man who has seen better days, is receiving favorable comment.

Hilda Graham as "Mary Brandon" is winning the admiration of her audiences for her ability as an actress as well as for her good looks.

Minnie Gerschel in portraying "Miss Poy Portland" puts her usual vim and good judgment into the part, and Maud Belmont as "Grace Brandon" is quite clever.

Those who have not seen "My Partner" will be well entertained by going to the Klinger Grand this week.

### All the World.

Is a stage and Ballard's Snow Liniment plays a most prominent part. It has no superior for Rheumatism, stiff joints, cuts, sprains, and all pains. Buy it, try it and you will always use it. Anybody who has used Ballard's Snow Liniment is a living proof of what it does. Buy a trial bottle; 25c, 50c and \$1.00. Sold by D. J. Fry.

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of **Chas. H. Fletcher** and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experience.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**  
Bears the Signature of

**Chas. H. Fletcher**

The Kind You Have Always Bought

In Use For Over 30 Years.

THE CASTORIA COMPANY, 28 MURRAY STREET, NEW YORK CITY.