

inol builds you up
and keeps you up

Yinol

er delicious Cod Liver
operation without oil.
better than old-fashioned
liver oil and emulsions
restore health for

people, delicate children,
weak run-down persons,
after sickness, colds,
coughs, bronchitis and all
throat and lung troubles.

try it on our guarantee.

W. PUTNAM CO., Druggists

FASTIDIOUS WOMEN

After Paxline Toilet Antiseptic a
sanity in the hygienic care of the
body, and for local treatment of
the face. As a wash its cleansing,
disinfecting, deodorizing and healing
properties are extraordinary. For sale
everywhere. Sample free. Address
R. Paxton Co., Boston, Mass.

OPEN LOCKS FIGHT

(Daily Albany Herald.)
The Open Locks Fight.

As time goes by Willamette val-
people will realize more and
the importance of the free lock-
bill, commonly known as the
open locks bill, put through this session
of the legislature. The bill pro-
poses for the raising by the state
\$100,000 a year for three years,
disbursed upon a like amount to be
appropriated by congress. This puts
the matter of open locks squarely
before the Oregon delegation in con-
gress, particularly to R-representative
H. J. King, of this district, who is new
and ambitious, and wants just such
a measure to use as an opportunity
to show his power of doing things
for the national lawmaking body. Mr.
King and the rest of the delega-
tion have the unreserved support of
the paper in all efforts they may put
forth along this line. They deserve
the encouragement of every resident,
whether commercial body, grange and
other like organization of the valley.
The beneficence that waits on
movement of the project is worthy
of formal endorsement and en-
couragement to the congressional
delegation, but should prompt the
delegation of the Willamette valley to
step up if necessary, our representa-
tion in Washington. The heaviest
burden now carried by this valley is
the lockage embargo at Oregon City.
The amount of it, the commerce of
the valley is paying out \$150,000 to

\$200,000 a year, and the amount is
growing every year. The breaking
down of this embargo will mean a
better price for every bushel of po-
tatoes, every bushel of oats or wheat
raised, better price for every bale of
hops, crate of fruit, better price for
every pound of wool, better price for
every crate of eggs, roll of butter or
other produce, better price for every
head of sheep, cattle, hogs or horses.
It will mean better business for the
merchant, lumberman and business
men generally. It will mean the re-
moval of a burden of 50 cents a ton
on all commodities shipped out of or
into this valley and ten cents a head
on all stock coming or going. The
lockage bill was put through the
legislature without a dollar expended
in its behalf, or any organized, paid
lobby. It is one measure that will
stand as a monument in the way of
remedial legislation to the twenty-
fourth legislative session that ad-
journs today.

To the press of the valley is due,
almost wholly, the progress the free
locks sentiment has attained, and
the enactment by the legislature of
the Jones bill. The bill would prob-
ably not have been put through this ses-
sion but for the steps taken at the
Shippers' Convention held at Albany
in January. At that meeting an
Open River Association was formed.
It was composed, with one exception,
of valley newspaper men, and the
importance of the measure to the
farming and commercial interests of
the valley were pounded into the
legislators until it has been given a
place on the statute books of Oregon.

The work is not completed yet.
Let every man interested, and all
should be, look to their delegation in
congress to now do their part.

Have You Piles?

Dr. Leonhardt's Hem-Roid is an
internal Remedy that entirely re-
moves the cause of Piles, and cures
to stay cured any case no matter
how long standing.

If you have Piles and Dr. Leon-
hardt's Hem-Roid will not cure you,
you get your money back.

A thousand dollar guarantee goes
with every bottle of Hem-Roid sold.

If you want a perfect and perma-
nent cure, ask for Dr. Leonhardt's
Hem-Roid, the guaranteed Remedy.
All druggists, \$1.00, or Dr. Leon-
hardt Co., Niagara Falls, N. Y., Prop-
rietors. Sold by Dr. S. C. Stone,
Salem.

Appraisers Appointed—

Frank Reeves, E. N. Thomas and
M. Donahue have been appointed by
the county court as appraisers of
the estate of B. F. Blackwell, de-
ceased. The bond of Mrs. Florence
Reeves in the sum of \$4000 has been
filed by her as administratrix and
the same has been approved by the
Marion county court.

Neighbors Got Fooled.

"I was literally coughing myself
to death, and had become too weak
to leave my bed; and neighbors pre-
dicted that I would never leave it
alive; but they got fooled, for thanks
be to God, I was induced to try Dr.
King's New Discovery. It took just
four one dollar bottles to cure the
cough and restore me to good sound
health," writes Mrs. Eva Uncapher,
of Grovertown, Stark County, Ind.
This King of cough and cold cures,
and healer of throat and lungs, is
guaranteed by J. C. Perry, Druggist,
50c and \$1.00. Trial bottle free.

TRANSFERS IN REAL ESTATE

The following deeds have been
placed on record in the office of the
Marion county recorder:

R. P. Boise et al to R. P. Boise
Jr., land in Marion county,
w d \$ 400
Joseph Cornley et ux to Jacob
P. Cornely, 48-100 of an
acre in t 6 s, r 1 w, w d... 200
J. H. and M. E. Dawson to
Nellie R. Scheurer, 5 acres
in t 3 s, a 1 w, w d..... 200
A. and L. Propp to T. R. Burr
et ux, 50 acres in t 7 s, r 3
w, w d 3300
Charles M. Walker et ux to A.
A. Englehart, lots 1 and 2,
block 50, University addition
to Salem, w d..... 3200
Albert Johnson et ux to An-
drew J. Johnson, land in
Marion county, w d..... 1500
Q. C. Matthews et al to J. M.
Poorman et ux, lots 1 to 4,
block 4, Settlement's addi-
tion to Woodburn, w d.... 1025
Fred Loose to August Thomas
et ux, lot 4, block 1, Central
addition to Salem, w d..... 1000
J. H. Moses et ux to C. F. De
Guire, lot 2, Johnson's addi-
tion to Silverton, w d..... 1000
John Daly to John Outerson,
1-10 of an acre in t 10 s, r
r 5 e, w d 150
J. W. and L. Armstrong to J.
L. Morse, parts of lots 7 and
8, block 9, University addi-
tion to Salem, w d 100
G. W. and M. P. Johnson to
J. W. and H. A. Inman, lots
1 and 2, block 5, Compton's
addition to Salem, q c d... 60
Ida V. East to W. H. Dal-
rymple, lots 3 and 4, block
16, Englewood addition to
Salem, p c d..... 25
O. G. Sparks et ux to Mary
J. Hicks, 1 acre near Sil-
verton, w d 700
L. E. Hibbard et al to C. F. De
Guire, lot 4 and part of lot
3, Johnson's addition to Sil-
verton, w d 600
Star Land Co. to D. Code, lot
7 and part of lot 6, block
13, Yew Park annex to Sa-
lem, w d 500
I. N. Miles heirs et al to Grover
Simmons, 40 acres in t 7 s,
a 2 w, t d 3
M. E. S. Kinney to F. D. Thiel-
sen, land in block 20, Salem
w d 1
W. H. Smead et ux to F. Hall,
21 acres in t 6 s, r 2 w,
q c d 1
J. H. Albert et ux to D. Cade,
lot 3, block 11, Yew Park
addition to Salem, w d.... 1
H. G. Hayes et ux to B. G.
Cochran, land in t 19 s, r 6
e, w d 1
California Powder Work to Du
Pont De Nemours Powder
Co., lots 12, 13 and 14,
block 1, Knight's addition to
Salem, d 10
H. D. and M. M. Bondy to C.
Sullivan, lot 8, block 11,
and lots 5 and 6, block 2,
Elizabeth's addition to Mill
City, w d 10
H. D. and M. M. Bondy to C.
Sullivan, lots 3 and 4, block
15, Mill City, w d 10

QUICK HOT BREAD.

Some Well Tried Recipes That Are
Easy to Use.

How often does it happen, even to
the best of housekeepers, that one's
maid appears, a few minutes before
lunchtime, with her hands demurely
folded and an expression of hope-
lessness on her countenance as she an-
nounces, "Please, ma'am, there's no
bread for lunch." Or perhaps a sudden
influx of callers on a cold afternoon
brings a desire for a cup of tea—with
its attending biscuit—and the store
closet reveals nothing but empty boxes.
Here are some recipes to tide over such
a chasm:

Plain Gems.—Sift together one pint
of sifted pastry flour, one level tea-
spoonful of salt and five level tea-
spoonfuls of baking powder. Pour
over this one cupful of milk, stir just
enough to make a smooth batter, no
longer. Drop from the spoon into gem
pans, and bake in a quick oven from
fifteen to eighteen minutes. Bread
flour may be used in making them, but
one-third cupful more of milk will be
required.

Corn Muffins.—One cupful of corn-
meal (the fine kind, not the granu-
lated); one cupful of flour, half a
cupful of sugar, one teaspoonful of baking
powder, half a teaspoonful of salt. In-
to these rub one generous tablespoon-
ful of butter. (If you are in a great
hurry, the butter may be softened near
the fire.) Add the yolks of two eggs
and a cupful of milk—sour milk with
a little soda is best—and last of all the
beaten whites. Stir it all up as quickly
as possible and pour into gem pans.
Bake about twenty minutes.

Wheat Puffs.—Two cupfuls of milk,
two eggs, two cupfuls of flour. Beat
hard and very smooth and bake.

Lemon Tea Cakes.—(These hardly
come under the heading "quick" as
compared with the others, but the
recipe is so useful to have in an emer-
gency that it is added.) One egg, one
cupful of sugar, three tablespoonfuls
of milk, juice and rind of two small
lemons, one teaspoonful of baking
powder, flour enough to roll out.—De-
lineator.

How to Be Popular.

The secret of getting along with
everybody and having a good time
wherever you go is to like people and
to take an interest in their lives. It
does not matter whether it is a princess
or a serving maid, a statesman or a
farmer whom you are thrown with for
a few minutes or a few hours, find out
the main interest of the life you have
met and talk about that and you will
interest yourself and your hearer too.
This human nature lover is a separate
and distinct individual from the man
who calls himself a student of human
nature. This student looks at his neigh-
bors usually through a quizzing glass
and continually takes inventory of their
vices, defects and weaknesses. The
other person comes to his or her fel-
lows with love in the heart and in her
mind the one thought, "We are brothers
and sisters, what can I do for you?"
She cares only and looks only for the
grand human sentiments in the heart
of each man or woman she meets. And
somehow she finds them. Be the quan-
tity great or infinitesimally small, she
calls it out. She has friends every-
where. People love her, believe and
confide in her. Why? Because she
loves, believes in and takes an interest
in everybody.

For the Dressmaker.

To strengthen shirt buttonholes stitch
them around with cotton after they are
finished. They will then last much
longer and will not tear away from the
material.

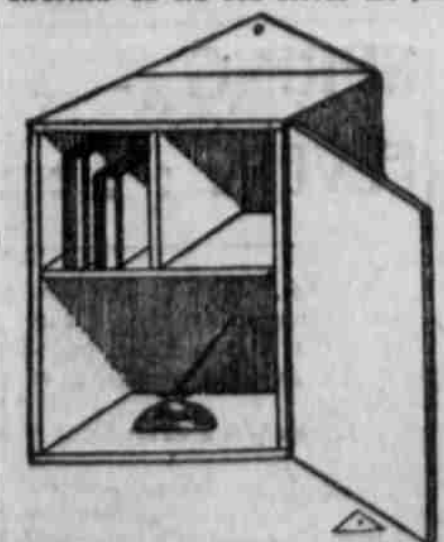
In sewing a piece of material on the
bias to a straight piece the former is
apt to become stretched. To avoid this
the bias should be placed underneath,
and it will then be sewn in evenly.

It is often difficult to prevent the pile
of velvet from being crushed in stitch-
ing it, and a good plan is to place a
piece of the same material face down-
ward on it. The fingers, resting on
this, will not flatten the pile.

When altering a blouse it is a mis-
take to move the shoulder seam to the
front. A better plan is to let it drop
backward instead of forward.

A Homemade Cabinet.

A cabinet for the keeping of house-
hold books, accounts, etc., will prove a
boon to all who love a tidy and well
appointed house. It is of simple con-
struction—an old box serves the pur-



pose admirably. A shelf should be in-
serted as shown, and a hinged door
might be affixed. At the top, which is
pointed, a hole should be bored for the
reception of a strong nail wherewith to
hang up the cabinet.

A Timely Hint.

One housekeeper has won a name
for herself by canning pineapple and
sweet apples together. The pineapples
were canned early in the season and
added to a very rich sirup with halves
or quarters of sweet apples cooked
tender. They are a great improvement
over guineas and sweet apples.

A DEEP MYSTERY SOLVED.

Women Blinded by Science.

The Doctor writes his prescription in
Latin and the patient shuts her eyes to
what she is swallowing. She takes that
much on faith. If it should cure her she
doesn't know what cured her. If the
prescription injures her she doesn't know
what did the injury. The physician is
experimenting with different prescrip-
tions all the time. Sometimes his medi-
cine is successful in the case but often
not. This mystery of a concealed pre-
scription is intended to mystify and to
blind the patient. One physician of wide
experience and national reputation does
not believe in mystifying the public, nor
does he grasp at the stars, but believes
that Nature provides that which is ne-
cessary for our health and happiness.

When the womanly system is deranged
beyond the stage where it will respond
to sunshine, good air, cheerfulness and
proper food, the balance of health is
seriously disturbed this doctor believes
that Nature has placed at your hand
the balance of power for good. Hidden
in our American forests are many plants
which correct and cure those distressing
ailments which cause women to suffer
with backache, bearing-down pains, pain
in the back or front of the head, nervous-
ness and lassitude. Most all women who
love Nature, who like to wander through
the woods, have at one time or another
picked the beautiful blossom of the
Lady's Slipper (Cypripedium). This is not
only a beautiful but a very useful plant.
The root of this plant when treated
properly with glycerine to extract its
medicinal virtues is "valuable in all cases
of nervous excitability or irritability,"
says Prof. John M. Scudder, M. D. An-
other authority, Prof. F. Ellingwood,
M. D., says of this plant: "Exercises
special influence upon nervous conditions
depending upon disorders of the female
organs." Another plant which is fre-
quently found in our American forests is
Helleborus, or Unicorn root. The Ameri-
can Dispensary says of this plant, that it
"possesses a decidedly beneficial
influence in an enfeebled condition of
the general system, with weakness or
dull pain in the renal or lumbosacral
(small of the back) region. In dis-
eases of the womanly organs, it is one of
our most valuable agents, acting as a
uterine tonic, and gradually removing
abnormal conditions, while at the same
time it imparts tone and vigor to the
organs." Hence, it is much used in cat-
arrhal, pelvic drains, irregularities and
painful periods. Prof. King further says,
"It is a powerful agent in the treatment
of the female system. A particular phase
removed by it is the irritability and
despondency that often attends these
troubles (referring to the ailments just
mentioned). It has been found especially
adapted to those cases in which pelvic
fullness and the aching, bearing-down
organs feel as if they would fall out of
the body."

Dr. Pierce, chief consulting physician
to the Invalids' Hotel and Surgical In-
stitute of Buffalo, N. Y., says, that a com-
bination of the active principles of these
two native plants together with Golden
Seal root, Black Cohosh and Blue Cohosh
roots when extracted by the use of pure,
triple-refined glycerine of proper strength
(which is used instead of alcohol), will
almost invariably cure those peculiar
weaknesses and maladies incident to
women. That is why Dr. Pierce, nearly
forty years ago, decided to put up in a
ready-to-use form, a "Prescription"
which he had found so useful in his
large practice.

Dr. Pierce is frank and open about
his ready-made medicine. Dr.
Pierce's Favorite Prescription—he tells
just what is contained in it—he says
it is not a cure-all, as it serves only a
singleness of purpose, being for women's
peculiar weaknesses and maladies, the
only medicine put up for sale through-
out the world for the cure of such maladies,
all the ingredients of which have the en-
dorsement of leading medical prac-
titioners and writers, as being the very
best known remedies for the ailments for
which "Favorite Prescription" is advised.
All this will be learned to the reader's
full satisfaction by perusing a booklet of
extracts compiled by Dr. Pierce from
standard authorities of the several schools
of practice, and which will be sent free
to any address on request for same,
mailed to Dr. R. V. Pierce, Buffalo, N. Y.
It stands alone. Dr. Pierce's Favorite
Prescription is the only medicine for
woman's peculiar weakness and affec-
tions, all the ingredients of which are
printed upon the bottle-wrapper in plain
English, so that all who take it may
know exactly what they are using.

A further reason for the unprecedented
popularity of the "Favorite Prescription"
of Dr. Pierce for the special use of women
is to be found in the fact that it contains
not a drop of alcohol. He does not be-
lieve that an alcoholic compound is bene-
ficial for those affections peculiar to
women because the after-effect of spirit-
uous or alcoholic medicines is harm-
ful for weak, invalid, nervous women.

What "Favorite Prescription" has done
for others it will no doubt, do for you, if
similarly afflicted, and you give it a good,
fair and faithful trial.

A new sawmill will be built at
Austin by the Oregon Lumber Com-
pany.

That's all. 'Nuf said, when you
say that Hollister's Rocky Mountain
Tea is the greatest family remedy on
earth. It does you good going and
coming; 35 cents, Tea or Tablets.
For sale at Dr. Stone's store.

Bandon is to have a pulp and pa-
per mill, to cost \$250,000.

A new hotel will be erected at
Bandon.

Don't Put Off

Until tomorrow what you can do to-
day. If you are suffering from a
torpid liver, or constipation, don't
wait until tomorrow to get help.

Buy a bottle of Herbine and get
that liver working right. Prompt-
ness about health saves many sick
spells. "Mrs. Ida Gresham, Point,
Tex., writes: I used Herbine in my
family for six years, and find it does
all it claims to do." Sold by D. J. Fry.

Mrs. Leslie Scott returned yester-
day to her home. She is the wife of
Leslie Scott, one of the repertorial
staff of the Oregonian.

Pleasant and Most Effective.
T. J. Chambers, Ed. Vindicator,
Liberty, Texas, writes Dec. 25, 1902:
"With pleasure and unsolicited by
you, I bear testimony to the curative
power of Ballard's Horehound Syrup.
I have used it in my family and can
cheerfully affirm it is the most ef-
fective and best remedy for coughs
and colds I have ever used." Sold
by D. J. Fry.

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.

Local Wholesale Market.

Wheat—57c.
Local wheat—65c.
Oats—35c.
Barley—24.
Flour—\$3.35.
Mill feed—Bran, \$19.00; shorts,
\$21.00.
Hay—Cheat and clover, \$7.00 per
ton; timothy, \$10.00 per ton.
Eggs—18c.
Hens—11c; young chickens, 11c.
Ducks—10c; geese, 8c; turkeys,
13@16c.
Butter—35c; butter fat, 35½c.
Onions—55@57c per cwt; pota-
toes, 83@85c per cwt.
Hops—Choice, 14c; prime to
choice, 13@13½c; medium to prime,
10@12½c.
Chittim bark—5½@6c.

Tropical Fruits.

Bananas—5½c per lb.
Oranges—\$2.75@3.00.
Lemons—\$4.00@5.00.

Retail Market.

Flour—\$1 per sack.
Bran—65c per sack; \$21 per ton;
shorts, 90c per sack; \$22@24 per
ton.
Hay—Timothy, 65c per cwt;
cheat and clover, 50c per cwt; \$9.50
per ton.
Oats—\$1.35 per cwt; wheat, 75c;
rolled barley, \$26@28 per ton.
Eggs—20c.
Apples \$1.00 to \$1.50, according
to quality.
Butter—Country, 30c; creamery,
40c.

Livestock.

Cattle—1100@1200 lb steers,
2@4c.
Lighter steers—3½@4c.
Cows and heifers—900@1000 lb,
3½@4c.
Stock hogs—6@6½c.
Hogs—175@250 lb, fat, \$6.00@
\$6.25.
Sheep—5c.
Lamb—5c.
Veal—Dressed, 6@8c.
Hogs—Dressed, 8c.

PORTLAND MARKET.

Wheat—Club, 69c; valley, 69c;
blue stem, 71c.
Oats—Choice white, \$29.
Millstuffs—Bran, \$17.
Hay—Timothy, \$14@15; alfalfa,
\$14.
Vetch—\$7.50@8.00.
Potatoes—\$1.00@1.25 per cwt.
Poultry—Hens, 13½@14c; mixed
chickens, 12@13c; dressed chickens,
14@15c; turkeys, live, 17@17½c;
turkeys, dressed, 20@21c; geese,
live, 10c; ducks, 17; pigeons, \$1.00
@1.50.
Pork—Dressed, 6@6½c.
Beef—Dressed, 5½@6½c.
Mutton—6@7c.
Hops—11@14c lb, according to
quality.

Wool—Valley, coarse to medium,
20@21c; eastern Oregon, 13@15c.
Butter—Fancy creamery, 32½@
35c; store butter, 18@20c.
Mohair—26@28c.

Advice to mothers. Don't let your
children waste away. They can be
strong, healthy and vigorous with
Hollister's Rocky Mountain Tea.
It's a swift winged messenger of
health; 35cents, Tea or Tablets.
For sale at Dr. Stone's store.

LOCAL TIME TABLE.

Time Card of Southern Pacific Trains

In Effect at Salem February
3, 1907.
Toward Portland.
No. 16—5:23 a. m., Oregon Ex-
press.
No. 18—8:30 a. m., Cottage Grove
Passenger.
No. 12—2:45 p. m., Shasta Ex-
press.
No. 14—9:28 p. m., Portland Ex-
press.
No. 223—Arrive 11:03 a. m., de-
part 11:38, Portland fast freight.
No. 226—Arrive 10:40, depart
11:28, way freight.
Toward San Francisco.
No. 11—11:18 a. m., Shasta Ex-
press.
No. 17—6:32 p. m., Cottage Grove
Passenger.
No. 15—9:56 p. m., California Ex-
press.
No. 13—1:31 a. m., San Francisco
Express.
No. 221—2:33 a. m., Portland
fast freight.
No. 225—Arrive 11:55 a. m.,
depart at 12:25, way freight.

THE SENSIBLE SHOE FOR LADIES

Dr. Reed's Cushion Sole Shoes

WE ARE SOLE AGENTS FOR THIS CELEBRATED SHOE IN SALEM,
AND WE HAVE A BIG STOCK IN HAND RIGHT FROM THE FAC-
TORY, HENCE CAN SAVE YOU MONEY.

WHY THEY ARE BETTER !

A THICK CUSHION OF FELT COVERED BY SOFT LEATHER MAKES
A SOFT, LUXURIOUS RESTING PLACE FOR THE FOOT. THE SHOES
ARE WELL MADE, BUT ANY DAMPNES THAT MIGHT PENETRATE
IS ABSORBED BY THE FELT, LEAVING THE FOOT WARM AND COM-
FORTABLE. BESIDES THE CUSHION SOLE ACTS AS A SPRING,
GIVING ELASTICITY TO THE STEP, AND AVOIDING HEAVY JAH ON
THE SPINE. IT IS THE ONLY HEALTHY AND COMFORTABLE SHOE

.....CALL AND SEE THEM.....

E. L. IRVIN & CO.

Practical Shoemen.

Expert Repairing Our Specialty.