

The Blood Is the Life

Modern Medical Science Returns to the Ancient Scriptural Truth
NEW BLOOD MEANS NEW LIFE

This Season of the Year the Blood Needs Revitalizing to Put Vigor into the Muscles, Strengthen the Nerves, Tone Up the Stomach and Clear the Brain

The most time-honored custom of taking a tonic in the winter is based upon good, hard sense. During the long months of winter people spend their time in heated rooms, takes less than their usual amount of exercise and eat but little of the fresh vegetables and fruit and a great deal of heavy, heating, condimental food. Perhaps grip has been the stubborn after-effects. The results is that the warm days of spring, which awakens all nature and renewed life, find them sluggish and languid, unable to attack their tasks with vigor, sometimes with headaches and disturbances of the stomach and bowels. The remedy for this condition is a tonic that vitalizes the blood and imparts strength and vigor to every weakened part of the body.

Give Oxygen to the Blood.
 Williams' Pink Pills are the only tonic because they act directly on the blood. They supply to it its life-giving qualities by assisting it to absorb oxygen, the great purveyor of all organic life. In this the blood becomes rich, red and nourishes the various organs and stimulates them to activity in performing their duties in a normal way—and this means health.

Under the tonic effect of these pills the color and energy and ambience sharper, the pale cheeks take a healthy color and energy and ambience are restored. Unless this is the languor of the springtime, a threatening decline in the summer, disinclination to activity becomes more marked, anaemia often develops and the coming of another winter finds the patient equipped physically to meet its rigors.

Judged by Results.
 The best way to judge the value of any remedy is by results and every unbiased statement of a cure by Dr. Williams' Pink Pills may be relied upon as absolutely as though you talked with the person giving it. We obtained the facts at first hand. Statement is paid for, directly or indirectly. Gratitude for relief obtained is the sole motive that inspired the following authentic testimonies.

Give Strength and Health.
 Dr. J. G. Haver, of 95 Willow St., Salem, Mass., is one who knows the value of the tonic effects of Dr.

Williams' Pink Pills. He says: "I suffered from general debility and indigestion. My sleep was restless on account of terrible pains in the small of my back. I couldn't concentrate my mind on my work, and the attempt to do so completely exhausted me. After trying several medicines without help, I read of Dr. Williams' Pink Pills and gave them a trial. They made me feel much better and I have never had a return of my former sickness and cheerfully recommend Dr. Williams' Pink Pills as an excellent nerve and blood tonic."

Pink Pills Built Her Up.
 Mrs. Jennie Cowan, of 718 N. Henry street, West Bay City, Mich., says: "I was completely run down and was so weak I could hardly stand, my cheeks had no color and I felt faint. My heart would flutter and it was difficult for me to breathe at times. Neuralgia settled in the back of my head and stomach and I suffered from rheumatism in my shoulder. I became no better until a friend told me how she had been cured by Dr. Williams' Pink Pills and I decided to try them. I soon felt better and continued using them until I was entirely cured. They built me up again to perfect health."

Gained Weight and Strength.
 Mrs. Sarah Ramsey, of 1008 St. John street, Litchfield, Ill., says: "My blood seemed to be in a very poor condition and my hands and feet were like ice. I seemed to be growing weaker and weaker and could not get around to do my work in the house. I was extremely nervous and the least excitement would bring on a dizzy spell. My head ached a great deal and sometimes the pain went all through my body. I seemed to get no better until I began taking Dr. Williams' Pink Pills. Then I soon felt better and gained in weight and strength. Now I am a well woman in every way."

Write for Further Proof.
 All who consider trying Dr. Williams' Pink Pills are invited to write, stating their trouble, and be furnished with proof of what the remedy has accomplished in similar cases. It is not necessary to enclose stamp for reply.

Dr. Williams' Pink Pills are sold by all druggists, or will be sent, post-paid, on receipt of price, 50 cents per box, six boxes for \$2.50, by Dr. Williams Medicine Co., Schenectady, N. Y.

LAUGHS AT FOREIGN INVASION

How the Militia of the Different States Is Growing Strong

Washington, April 5.—Given a scant three years of preparation, the United States will be in a position to laugh at foreign invasion, at least so far as the manning of its coast fortifications is concerned. General Murray, chief of artillery, is astounded at the enthusiasm with which his invitation, extended to the militia of the seaboard state, to learn the secrets of the big guns, has been accepted. The governor of California has just notified the war department that the militia will join heartily in joint drills with the regulars, and has asked that provision be made for the participation of all of the 52 militia infantry companies in the state. This has been both enjoyable and embarrassing surprise to the department, for it had been proposed to entertain only 37 companies at the outside, disposing of them among Fort Rosecrans, Fort Winfield Scott and Fort Baker. The militia of the other Pacific states have accepted with equal alacrity the opportunity to learn the operation of the big guns, while on the Atlantic coast the same spirit is shown. Even little Rhode Island will turn out its full fighting force to learn the intricacies of the coast defense. In fact, the war department seems to be thriving in this age of commercialism, for the war department is advised of the formation of rifle clubs throughout the country. The spirit even has spread to the gentler sex, and the high schools girls of this city have formed an organization for rifle practice. It is probable that before the summer is over they will be able to fire the light 22 calibre flobert without shutting both eyes.

Word of the unusual activity among steambot men on the Mississippi, Missouri and Ohio rivers has reached here. It would appear as a result of the passage of the big rivers and harbors bill and the appointment by President Roosevelt of the inland waterways commission, that the prosperous age of river traffic is to be revived. Not alone will the streams of the interior feel this change, but the big navigable rivers of the coast also will be benefited. The great decline in steambotting is outlined in figures submitted by the Merchant's Exchange of St. Louis. In 1887 it appears that 2361 boats and 1272 barges arrived there, while last year only 1069 boats, the majority of which were small steamers, touched at that city. The freight shipped from St. Louis was in 1887 totaled 637,000 tons, while in 1906 the amount of freight shipped was only 89,000 tons. According to students of the question, this falling off was not due any more to the fierce competition of the railroads than it was to the failure of the government to take proper care of the streams and see to the navigability. Just at the present time, when all transportation lines are paralyzed with a great congestion of freight, the gov-

The Tale of a Pail



Women are creatures of habit. They form the habit of doing a certain thing and often continue it after improvements have been made. Take shortening for instance. The old-time way was to purchase bulk lard, in a barrel or tub, which the grocer uncovered as soon as received, leaving it open to dirt, dust and flies, exposing it in some cases to the sun with the possibility of its becoming rancid, and permitting it to be placed where it would be likely to absorb the odor of cod-fish, soap or kerosene oil. This is an old-fashioned, out-of-date method of buying shortening, but many people still continue it. We wonder why? Probably, just a matter of habit.

There is a better way. Cottole is not only superior to lard as a shortening, from the fact

that it is a vegetable, and cleanly product, while lard is made from greasy, indigestible hog-fat, but Cottole reaches the consumer in the same condition it was on the day we manufactured it.

If cleanliness, healthfulness, economy and superiority count for anything there is no excuse for any housewife in the land using other than Cottole for shortening and frying. You owe it to yourself and family, as a careful housewife, to give Cottole a test, and verify the claims we make for it.

Any one who expects to live his allotted three score years and ten cannot afford to experiment with lard cooked food. It is a foe to good digestion and a healthful condition of the stomach—Cottole is the only satisfactory and perfect shortening.

COTTOLENE was granted a GRAND PRIZE (highest possible award) over all other cooking fats at the recent Louisiana Purchase Exposition, and food cooked with COTTOLENE another GRAND PRIZE.

"Home Helps" a book of 300 choice recipes, edited by Mrs. Rorer, is yours for a 2 cent stamp, if you address The N. K. Fairbank Company, Chicago.

A NEW FEATURE—The patent air-tight top on this pail is for the purpose of keeping COTTOLENE clean, fresh and wholesome; it also prevents it from absorbing all disagreeable odors of the grocery, such as fish, oil, etc.



Nature's Gift from the Sunny South.

State News

The Dalles will be doing business with business men from all over the country this summer. Following closely the announcement that Portland and Salem representative commercial men will visit that city comes the news that a delegation of Omaha's prominent citizens will spend a short time in our city on the evening of June 8th. They are coming in their special train 29 strong, and their itinerary includes Baker City, La Grande, Pendleton, Umatilla, The Dalles, Hood River and Portland.

Harrisburg Bulletin: U. S. Gleason, of Hubbard, was here Sunday last on a short business visit. While here he arranged to enter into partnership with R. C. Roberts in the jewelry business, and it is their intention to establish a store in Junction City in the near future. Mr. Roberts contemplates some very good improvements in the arrangement of his store, and we have no hesitancy in saying that the new firm will meet with splendid success.

Gymnastics alone can never give that elasticity, ease and graceful figure which comes by taking Hollister's Rocky Mountain Tea. 35 cents, Tea or Tablets. For sale at Dr. Stone store.

ernment has taken up vigorously the development of waterways. That this policy may not die aborning, the National Rivers and Harbors Congress is seeking to stimulate interest throughout the United States in the entire subject. It was due largely to the efforts of this organization that the record-breaking bill was passed at the last session for the betterment of rivers and harbors.

A national university as the agency through which better commercial and diplomatic relations may be established with South American countries, is the plea of Hon. John Barrett, director of the bureau of American republics, who urges the establishment of such an institution here. In a public statement this week he declared it was essential that such a university be established, for the reason that every South American republic maintains a national institution of such character, and could not understand why the United States should be so far behind in educational matters. The effect on Latin-American thinkers, men of affairs, and leaders in the business world, Mr. Barrett says, is decidedly prejudicial to close relations with this country. He endorsed heartily the movement of George Washington university to fill this niche, to which it was pledged in the last will of the first president of the United States. Mr. Barrett advanced a unique plan for making such a university thoroughly national in character; he would have the different states subscribe, either through their legislatures or by the popular subscription, to a general endowment fund. In this way every state in the union would have a direct interest in a university, to which the graduates of their state universities could come for graduate work or to pursue studies in special branches of science or the arts. For the same reason scholars from Latin-America and throughout the world would be attracted here, with the ultimate result that both political and trade relations would be bettered in every way.

Consul General Rodgers at Shanghai has just cabled the state department "hat in his opinion the food supplies now on their way to relieve Chinese famine sufferers will be sufficient to meet the needs of the people. He says, however, that about \$50,000 in gold will be required to relieve further suffering once the food stuffs are distributed. The United States these days is showing to the world that it is a nation of open-handed generosity, and now that it has relieved the suffering of the starving Celestials it is probable that money and supplies will be poured out on behalf of the 30,000,000 peasants who are facing death in its most awful form in the famine-swept provinces of Russia. The Russian famine relief committee, which is organized at 125 East 15th, New York, is taking charge of the funds contributed by generous Americans and is seeing to it that these funds reach the suffering peasants without

passing over the itching palms of any of the Russian petty officials. President Roosevelt has subscribed to the fund and in a letter has urged the American people to be generous. When it is known that \$5 will save a human life until the next harvest, these is little reason to doubt that the response from the country will be all that could be desired.

Filipino students in this country, according to word received by the war department, are exceeding all expectations. The department has been advised that Miguel Nictao, a student at the state normal school at Normal, Ill., has won the right to represent the state of Illinois in an interstate oratorical debate to be held soon at Emporia, Kas. He defeated all contestants for the honor to be the Illinois representative, these contestants representing the leading debaters from all the normal schools in Illinois. He now has won the right to contest with the debaters of Wisconsin, Iowa, Kansas and Missouri. At the normal school in DeKalb, Ill., the young Filipinos recently organized a football team, which defeated the faculty team. There's 182 Filipino students attending school in America as the wards of the Philippine government, a majority of them being scattered among state institutions in the middle west.

J. C. Dickover has opened a wholesale powder house at Albany.

The Cause of Many Sudden Deaths.

There is a disease prevailing in this country most dangerous because so deceptive. Many sudden deaths are caused by it—heart disease, pneumonia, heart failure or apoplexy are often the result of kidney disease. If kidney trouble is allowed to advance the kidney-poisoned blood will attack the vital organs, causing catarrh of the bladder, or the kidneys themselves break down and waste away cell by cell. Bladder troubles almost always result from a derangement of the kidneys and a cure is obtained quickest by a proper treatment of the kidneys. If you are feeling badly you can make no mistake by taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy. It corrects inability to hold urine and scalding pain in passing it, and overcomes that unpleasant necessity of being compelled to go often through the day, and to get up many times during the night. The mild and extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases.

Swamp-Root is pleasant to take and is sold by all druggists in fifty-cent and one-dollar size bottles. You may have a sample bottle of this wonderful new discovery and a book that tells all about it, sent free by mail. Address, Dr. Kilmer & Co., Binghamton, N. Y. When writing mention reading this generous offer in this paper. Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

A SQUARE DEAL

AND A FAIR TRIAL OF OUR FARM IMPLEMENTS AND MACHINERY OF ALL KINDS. IF YOU ARE NOT SATISFIED WITH A FAIR TRIAL YOU NEED NOT BUY.
 I SELL TRACTION AND STATIONERY ENGINES, NICHOL'S AND SHEPARD'S RED RIVER SEPARATORS, HAY BALERS, STREET AND ROAD GRADING MACHINERY.
 WE HANDLE THE BYRD WAGONS, ENGER BUGGIES, HACKS AND CARRIAGES.
 WE ARE AGENTS FOR THE ADRIANCE, BUCKEYE MOWERS, CLIPPER PLOWS AND BLUE RIBBON CULTIVATORS, ALSO SOME SECOND HAND FARM IMPLEMENTS AND WAGONS VERY CHEAP.
 PAINTS, OILS AND VARNISHES AT WHOLESALE AND RETAIL. GLASS AND STAINS OF ALL KINDS, AND PAINTERS SUPPLIES.
 BUGGY TOPS, DASHBOARDS, WHIPS, ROBES, ETC.
 CORRESPONDENCE SOLICITED, CIRCULARS AND DESCRIPTIVE CATALOGUES FURNISHED ON APPLICATION.
GEO. B. JACOB, Prop.
 PHONE 464 MAIN COR. FRONT AND PINE STREETS

FURNITURE

Several Good Second Hand sets, Low Prices

HORSE

All round family driving horse for sale reasonable.

STOVES AND RANGES

New Lot of Second Hand Stoves and Ranges They Are All Bargains

J. N. SHANTZ.
 Court st., Salem.

BIG STOCK!

FANCY GOODS

AT BIG SALE

All kinds of Silks, Embroidery and Laces, all kinds of Dress Goods, Gents' and Ladies' Furnishing Goods, Suits, Coats, Pants and Shoes; all kinds of Underwear, Skirts, Blankets, Comforts, Hose; all kinds of Overalls, Shirts, Matting, Trunks. We make up a new line of Wrappers, Waists, Kimonos and White Underwear, Silk Garments.

Kimonos, 50c, 75c, 85c, \$1.00, \$1.25, \$1.50, \$2.50, \$3.50 to \$5.00	Silk and Fancy Waists, 50c, 75c, \$1.00, \$1.25, \$1.50, \$1.75, \$2.00, \$2.50, \$3.00, \$3.50, \$4.50
Wrappers, 75c, \$1.00, \$1.25, \$1.50, \$1.75, \$2.25, \$3.00, \$3.50 to \$4.50	Skirts \$1.00, \$1.25, \$1.50, \$1.75, \$3.00, \$2.50 to \$5.50
Lace, yard, 5c up to 35c and 55c	Night gowns 50c, 75c, \$1.00, \$1.25, \$1.50 to \$2.50
Embroidery, yard, 7c up to 50c	Drawers, pair, 25c, 35c, 50c, 75c, \$1.00, \$1.25 to \$2.00
Jose, 10c, 15c, 20c, 25c, 30c, 35c, and 50c a pair	Blankets 50c, 75c, \$1.00, \$1.25 to \$6.00
Silks, yard, 25c, 35c, 50c, 65c, 75c, 85c to \$1.50	Matting, yard, 18c, 20c, 22c 25c
Fancy Dress Goods, yard, 10c, 15c, 18c, 20c, 25c to 50c	

HUIE WING SANG CO.
 Chinese and Japanese Bazaar
 346 Court Street Salem, Oregon