

BACKACHE AND DESPONDENCY

Both symptoms of organic degeneration, and nature's warning to men of a trouble which will soon be later declared itself.

How often do we hear women say, "I feel as though my back would break." Yet they continue to drag along and suffer with aches in the back, pain low down in the side, dragging sensations, nervousness and no ambition.

They do not realize that the back is the main-spring of woman's organism, and quickly indicates by aching and diseased condition of the feminine organs or kidneys, and that aches and pains will continue until the cause is removed.

Lydia E. Pinkham's Vegetable Compound

Made from native roots and herbs has been for many years the most successful remedy in such cases. No other medicine has such a record of cures of feminine ills.

Miss Lena Nagel, of 117 Morgan St., Buffalo, N. Y., writes:—"I was completely worn out and on the verge of nervous prostration. My back ached all the time. I had dreadful periods of pain, was subject to fits of crying and extreme nervousness, and was always weak and tired. Lydia E. Pinkham's Vegetable Compound completely cured me."

Lydia E. Pinkham's Vegetable Compound cures Female Complaints, such as Backache, Falling and Displacements, and all Organic Diseases, dissolves and expels Tumors at an early stage. It strengthens and cures the Stomach, Cures Headache and Indigestion and invigorates the whole feminine system.

Mrs. Pinkham's Standing Invitation to Women

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, Lynn, Mass. Her advice is free.



MISS LENA NAGEL

Disadvantages of School.

Have you taken your son to school without asking permission?"

Her (a grocer)—But they were carrying on my business, and they teaching him that there are 16 in a pound.—Transatlantic

DANGER IN DELAY.

Many Diseases Are Too Dangerous for Salem People to Neglect.

A great danger of kidney disease is that they get a firm hold on the sufferer recognizes them as is gradually undermined. Backache, headache, nervousness, soreness, lumbago, urinary troubles, dropsy, diabetes and Bright's disease follow in merciless succession. Don't neglect your kidneys.

The kidneys with the certain safe remedy, Doan's Kidney Pills, which has cured people right in Salem.

W. Brown, of 374 Summer St., Dr. Or., says: "Three years of bright work in a sulphuric factory when it was necessary to perform repairs in poisonous gases and often compelled to work in cramped position and sometimes wet the skin, if not the cause of my trouble, at least helped to develop those organs. I suffered from weakness and soreness across the middle of my back and about two months ago when suffering in this way my attention was called to Doan's Kidney Pills and I sent to Dr. Or.'s drug store and procured a box. After taking this remedy, backache and soreness across the middle disappeared, as also other marked symptoms of kidney trouble. Doan's Kidney Pills are worthy of the confidence of any man annoyed with backache or kidney complaint."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, N. Y., sole agents for the United States. Remember the name—Doan's—and no other.

Very Near It. Benham—You ought to have married a fool.

Mrs. Benham—I did the best I could. I married a fool. —Chicago Daily News.

Stop Grumbling. You suffer from Rheumatism or for Ballard's Snow Liniment bring quick relief. It is a sure cure for Sprains, Rheumatism, Contused Muscles and all pains—and the reach of all. Price 25c. \$1.00. C. R. Smith, Tenaha, Tenn., writes: "I have used Ballard's Snow Liniment in my family for years and have found it a fine remedy for all pains and aches. I recommend it for pains in the chest."

by D. J. Fry.

Not So Much. Up to our house," said Tommyaddy, "we've got a baby that just is the other night."

Oh," retorted little Elsie, disdainfully, "that isn't anything stylish. You're common things. Our washwoman got one."—Philadelphia

Stitches, pimples, flesh worms, and heads, are unsightly and debase the impure blood. Hollister's Castoria Tea will drive them away, trying people clear to the top floor of health and happiness. 25 cents. or Tablets. For sale at Dr. Or.'s store.

Foundation of Japan.

Every February 11 is celebrated in Japan the great annual festival of Kigenetsu, the anniversary of the foundation of the empire by the first emperor, Jimmu-tenno, B. C. 600. The Japanese reckon their present era as from this date, and it was on February 11, 1889, that Mutsuhito, the one hundred and twenty-first of the dynasty, promulgated the present constitution of the empire of Japan, the fundamental principle of which is clearly stated in its first article, "The empire of Japan shall be reigned over and governed by a line of emperors unbroken from ages eternal." The organization of a parliament took place in 1890, which in the Japanese reckoning would be 2550 from Jimmu's setting up his capital at Kashihara, in the province of Yamato, which is regarded by Japanese historians as the beginning of the empire.

Good Words for Chamberlain's Cough Remedy.

People everywhere take pleasure in testifying to the good qualities of Chamberlain's Cough Remedy. Mrs. Edward Phillips of Barclay, Md., writes: "I wish to tell you that I can recommend Chamberlain's Cough Remedy. My little girl, Catherine, who is two years old, has been taking this remedy whenever she has had a cold since she was two months old. About a month ago I contracted a dreadful cold myself, but I took Chamberlain's Cough Remedy and was soon as well as ever." This remedy is for sale by Dr. Stone's drug store.

Oil and Gas.

Boring operations have begun on oil fields on both sides of Snake river, between Payette and Ontario for both oil and gas. Minneapolis men are behind the deal with funds available for exhaustive tests, long continued if necessary. One Ontario residence is now supplied with natural gas for heating and lighting purposes, and hundreds of feet of gas are going to waste every day from lack of system to preserve the flow. —Sherman Observer.

Relief From Rheumatic Pains.

"I suffered with rheumatism for over two years," says Mr. Rolland Curry, a patrolman, of Key West, Fla. "Sometimes it settled in my knees and lamed me so I could hardly walk, at other times it would be in my feet and hands so I was incapacitated for duty. One night when I was in severe pain and lame from it my wife went to the drug store here and came back with a bottle of Chamberlain's Pain Balm. I was rubbed with it and found the pain had nearly gone during the night. I kept on using it for a little more than two weeks and found it drove the rheumatism away. I have not had any trouble from that disease for over three months." For sale by Dr. Stone's drug store.

Vanity.

"Wag," said Farmer Korntop, "thar ain't nothin' that Kube Molanders loves more'n newspaper notoriety."

"Wat's he bin a-doin' now?" asked his wife.

"Paintin' his barn agin an' thar ain't no occasion fur it, 'cept tew get his name in the paper."—Philadelphia Press.

CASTORIA.

The Kind You Have Always Bought

Be sure the Signature

Chas. H. Pritchard

SLEEPING OUT OF DOORS IN ALL KINDS OF WEATHER

(Correspondent of the Sacramento Bee.)

We were trout fishing some years ago near the head of the Yuba river. We had just finished making our bed of tamarack boughs, when one of the party, who was unpacking the provisions, sat down on a norr by log, and commenced reading from a piece of magazine rolled around a tomato can, remarking as he read: "What do you think of this? A windowless house—and in the midst of a heavy German winter—the snow flakes drifting in at the window openings; the temperature around zero; the tenants of the house consumptives, and being cured of their disease by this very fresh air treatment."

By the campfire that night we discussed out-of-door sleeping in its different phases—and one member of the party resolved that, if consumptives could so live in the depths of a Thurgian winter, healthy people could sleep out of doors in a Sacramento December.

This was the genesis of what finally evolved into our present out-of-door bedroom; something I am eager to tell about, for I feel that the good that has come from ours, and those patterned after it, to one, two, ten, twenty people—can and ought to be enjoyed by hundreds—and thousands.

We have slept in ours every night in the year—summer—winter—north winds—rainy weather—fogs that would make the bedding quite wet—even in the cold weather of last winter, when we had the trace of snow.

The essentials are:

First—Walls and roof of screening; galvanized in the most economical.

Second—Roller curtains of canvas. These can be made by some tent and awning maker. They can be lowered to shut out rain or wind from one side.

Third—In winter:

(a) A removable rainproof roof of the material that is used in making buggy tops.

(b) Paper blankets (cost 25 cents each in dozen lots, plus freight). They are placed between the folds of woolen blankets. They give warmth without unnecessary weight. The advantages are:

Complete rest. There is a rest that comes to the out-of-door sleeper that the in-door slumberer does not know. I will give only two illustrations. One woman said, after the first week out-of-doors:

"I have had in the last week, seven nights of sleep in which I did not awaken once. Before this, I did not know a complete night's rest for several years."

Another said: "Formerly it took me several hours to fall asleep. Now I am lost in deepest slumber in five minutes."

Second—The fact is that all night long only the purest and freshest air is being breathed. Even those who sleep with open windows will be surprised to find the difference out-of-door sleeping makes. It increases one's capacity for work—for the joy of living. One office man of my acquaintance who had been on the point of a nervous breakdown, and finding that the San Francisco disaster had brought him additional work and burdens, as an emergency matter tried the out-of-door bedroom, and to this he attributes the fact that, in spite of increased work—he has recovered and feels today physically perfect.

This article is written as a discharge of a civic duty—with the hope that many may be induced to enjoy the benefits of out-of-door sleeping. In Sacramento it is a possibility 300 days in the year. Anyone who has tried the experiment will never sleep in-doors again—in the summer months at least.

Beware of Ointments for Catarrh That Contain Mercury.

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescription from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonial free.

Sold by all druggists. Price, 75c per bottle. Take Hall's Family Pills for constipation.

CASTORIA.

The Kind You Have Always Bought

Be sure the Signature

Chas. H. Pritchard

Some attractive dishes are made with Lard. It's like serving indigestion with a sugar coating

How can you expect digestible food to be made from a product obtained from swine? It isn't reasonable to expect. And yet many people keep on using lard—an enemy of good digestion—through ignorance of something better. It doesn't pay. Your stomach is your best friend, and 'twill be a sorry day for you when it goes back on you.

Cottolene is the product which will set you right. It is the best and purest frying and shortening medium in

the world—far superior to lard or cooking butter.

Cottolene is a vegetable, not an animal product.

For your stomach's sake, use Cottolene for cooking. You'll never go back to lard. Cottolene is never sold in bulk—it comes only in sealed white tin pails with a red label and band. In the center of the label is our trade mark—a steer's head in cotton plant wreath.

Take no substitute.

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



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 Harritt & Lawrence.

The Fashion Stables

Formerly Simpson's Stables.

Up-to-date livery and cab line. Funeral turnouts a specialty. Tally-ho for picnics and excursions. Phone 44. CHAS. W. YANKEE, Prop. 247 and 249 High Street.



THE NEWEST SHAPES

FOR YOUNG LADIES—

We're talking about shoes now—are to be had here. Maybe we ought to say styles, for the young woman of today is athletic enough to look out for her own shape. For Fall and Winter wear, then, we will show any maiden a shoe to rival in daintiness her own foot, and it will be comfortable, too—even as to the price we'll ask.

JACOB VOGT

Opposite Patton's Book Store 345 State St. Salem, Oregon

Hall's Ferry

Is now open and ready for business. Road excellent on both sides of river. A. D. PETTYJOHN, 5-10-1m-4 Proprietor

MEALS 15c

AT THE

Salem

Restaurant

339 COURT STREET.

Call and try them. Meals 15c. Board per week \$3.75, also furnished rooms very reasonable.

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.

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We are showing the best values on the Pacific coast in the following goods:

Fine Silk, Wash Dress Goods, White Lawn and Dotted Swiss, Lawns in all different colors, Dimities, Challies, Pongees, Organdies, Crystalline and White Heavy Dress Linen, Domestic in all kinds, Ribbons, Lace, Embroideries, Purses, Belts, Backcombs, Handbags, Garters, Hose Supporters, Corsets and Hosiery, Long Gloves in all sizes, Trunks, Telescopes and Suit Cases, At a very low price.

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346 Court Street

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