

SHORT TALKS BY L. T. COOPER. LACK OF ENERGY.

No man or woman can be successful or happy if they lack energy. If they get up in the morning dreading the day...

Take two bottles of Cooper's New Discovery. It will get the stomach in shape. See if energy and ambition don't come back before the two bottles are gone.

This letter is from a man who tried it: "After suffering for some time from stomach trouble, loss of appetite, headaches and a kind of 'all tuckered out' feeling I decided to try Cooper's New Discovery."

It is estimated that nearly half a million bottles of the famous Cooper medicines were sold during Mr. Cooper's recent demonstration in Chicago. We are agents.

J. C. PERRY

SUSTAIN A SQUARE CAMPAIGN

Journal Gaining Large Lists of Readers By Fighting Grafts

The Capital Journal never had as fine a support from the general public as it is receiving at present for its general anti-graft campaign.

- W. F. Rosewell, 871 E. 12 St. N. W. D. Pettigill, R. 3, Salem. John Mumm, R. 5, Salem. Geo. Weeks, R. 8, Salem. B. F. Jones, Independence. F. L. Davidson, Sr., Sheridan, Or. Ferguson, Z. K., Compton, Calif. M. Goodel, Stayton. G. B. Trask, Stayton. J. A. Siddall, R. No. 6. Hoefler & Zorn, Aurora. W. E. Anderson, Salem. W. M. McIntyre, Portland. M. Ponter, Portland. Mrs. Wm. Steel, Turner. W. H. Berry, Turner. Jno. Wadkins, Turner. I. L. Robertson, Turner. I. H. Small, Turner. E. C. Baker, Turner. Frank Leslie, Stayton. B. B. Buck, Stayton. L. D. Gibson, R. No. 1. G. A. Nye, Salem. J. T. Adams, Salem. W. T. Riches, Turner. H. B. Arnold, East Aurora, Ill. John Baumann, Neligh, Neb. E. G. Miller, Stayton. Geo. Ruef, Independence. Geo. W. Eyre, Salem. C. M. Sullivan, Mt. Tabor, Ore. W. H. Rogers, R. D., Silverton. P. M. Peterson, Salem. J. S. Moyer, Salem. Muggie Whitlock, Salem. E. G. White, Salem. Alfred Hayball, Salem. F. G. Meyers, Salem. S. P. Cracken, Skeena River, B. C. John Haines, Watova, Okla. C. I. Wacker, R. No. 9. J. Colvin, Turner. L. H. Turner, Turner. J. A. Houston, Salem. C. T. Doty, Salem. J. D. McClain, R. No. 5, Salem. A. S. Hedrick, Salem. D. H. Ferrell, Salem. D. M. Estes, Salem.

MORE ABOUT SCABBY SHEEP. Commissioner Stensloff Says 70 Per Cent of Lane County Sheep Have Scab.

State Commissioner Stensloff, in an interview, gives some interesting facts, concerning the sheep industry in Oregon. He said: "There are, in round numbers, over 1,300,000 head of sheep in Oregon east of the Cascade mountains, and over 276,000 in the counties comprising the first district, in western Oregon."

The June Magazines.

McClure's contains more important and entertaining reading than one could expect to find in three numbers of any magazine. Ellen Terry contributes her charming and fascinating "Memoirs of My Childhood" that give stories of her wonderful girlhood, and her debut, and pictures of the actors and the English stage of fifty years ago.

The Bohemian.

The Bohemian has a list of short stories—seventeen of them—of the unusual and clever kind that we have come to expect from this magazine. Two that will attract special attention are "Miss Dessar Receives," a story of a woman raffles, and "The Strength of Weaklings," a pathetic narrative full of struggle, hope and justified confidence on the part of two loyal women.

The Outing.

In a number which is filled with human interest articles, Outing is distinguished by three features which are worth more than passing notice. A series of five paintings by N. C. Wyeth are entitled "The Indian in his Solitude," and are powerful in their picturing of the loneliness of primitive man. The first installment of a serial that promises to make a name for itself is entitled "The Way of a Man," by Emerson Hough. The author of "The Mississippi Bubble" has grown in breadth of vision and in power of narration since he wrote that work and he appears in his matured strength in this story. A masterpiece of humor is written by Ralph D. Paine and is entitled "The Tales of a Collector of Whiskers," wherein the human whisker is discovered to possess musical qualities that make possible an orchestra of weird composition.

The American Magazine.

Any one of the four things in the American would have made the number a good one: Edwin Lefevre's character sketch of Harriman, Ellis Parker Butler's story of "Wetter New York in 1913," Ray Stannard Baker's account of "The Negro in Southern City Life," or Ida M. Tarbell's story of Grover Cleveland's great fight of 1887.

Bynner, Walter A. Frost, Frances Bert Dillingham, Cale Young Rice, and Walter Prichard Eaton. "The Interpreter" talks about socialism.

Silverton Items.

The grand ball given at the W. O. W. hall last Saturday evening was well attended. A nice time was had by all. Miss Flodene Wellborn visited at her home near Salem last Saturday and Sunday. Mrs. E. L. Smith made a trip to Portland last week. Mrs. Fannie Drake made a trip to Portland last Thursday. Mr. A. Mount of Washington passed through the city on his way to Chicago, last Friday.

There will be a reception given at the home of Mrs. Alice Burkhart next Tuesday evening, in honor of Miss Jennie's nineteenth birthday.

Mr. Dolph Kerr who has been absent from here for some time returned to the city last week. Miss Alta Schlador visited her sister, Mrs. Edgar Stahl, in Salem last week.

Mr. Guy Hirsh of Portland transacted business in the city last Thursday. Mr. Louis Johnson transacted business in Portland last Thursday. Thursday.

There will be an "old time ball" given at the W. O. W. hall next Saturday. All are cordially invited. Miss Bertha Allen, of Salem, visited Miss Lenore Down in this city last week.

Miss Louise Oswald of Mt. Angel made a business visit to this city last Monday. Mr. Robert Forbes visited in the city last Wednesday evening.

Mr. Frank Wray made a trip to Woodburn last Thursday. Mr. Albert J. Wyatt of Portland was in the city last Wednesday and Thursday.

Miss Erma Hall of Portland visited Silverton friends over Sunday. Prof. Parker of Portland made a trip to this city last week.

Mrs. Mabel Bixley of Portland visited at her home near the city last Sunday. Mr. Roscoe Anils made a trip to Woodburn last Sunday.

Misses Jennie Barkhurst and Jennie Cooley attended the ball game at Woodburn Sunday.

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.

Yaquina the Port.

If the business interests of Albany, Eugene, Salem, Independence, and Corvallis would unite and send their San Francisco freight through this harbor and have their merchandise come via the port of Yaquina they would reduce transportation to the minimum charge.

Thanks to the Interstate commerce laws and state railroad commissions common carriers can be made to receive and carry freight and their charges can be regulated.

Roseburg and contiguous territory will spend a million dollars to build an electric line to Coos bay, and it will be a good investment.

The cities first named and this bay country already have the facilities and are dullards if they don't use them.—Toledo Reporter.

It Heals Without A Scar. The great magnified, soothing and healing ointment—KING CACTUS OIL never leaves a scar. Prof. Dean's King Cactus Oil. Speedily cures cuts, sprains, bruises, old sores, swellings, frost bites, chapped hands, barbed wire cuts on animals, harness and saddle galls, mange, itch, and all hurts of man or beast.

The Importance of Regular Habits. The welfare of the body depends upon how regularly the stomach, liver, kidneys and bowels perform their respective duties. Carelessness or delay in attending to Nature's demands, brings on disorders which, sooner or later, have a bad effect on the general health. Sluggish bowels, inactive liver, retarded digestion are important matters calling for immediate attention. BEECHAM'S PILLS are a proven remedy. They possess corrective properties which act favorably upon the several organs and induce free and regular movements, so very essential to the bodily health. Do not fail to give instant attention to the calls of Nature. Neglect invites disease. Beecham's Pills are the old and reliable safeguard of health and can always be depended upon to Keep Stomach, Liver and Bowels in Good order. Boxes 10c and 25c, with full directions.

\$24,000-----\$44,000 Which Do You Prefer? The average man earns about \$1,100 a year. He works 40 years and earns a total of \$44,000 in a life time. The average day laborer gets \$2.00 a day or \$600 for a year of 300 days. He earns \$24,000 in a life time. The difference between \$44,000 and \$24,000 is \$20,000. This is the minimum value of a practical education in dollars and cents. The increased self-respect cannot be measured in money. Why not stop plugging away at a small salary when the International Correspondence Schools, of Scranton, Pa., can give you an education that will make a high-salaried man of you? No matter what line of work you care to follow, this great educational institution can prepare you in your spare time and at a small cost to secure a good paying position. Our local representative will show you how you can triple your earning capacity. Look him up today. He is R. G. HUNTER I. C. S. Representative Room 18 Main 451 Ladd & Bush Bldg., Salem, Ore.

Chartier Shorthand. This is a new system of shorthand writing that is being adopted by many of the leading business colleges of the country. It is claimed that it is the most wonderful educational discovery of modern times. In fact, the claims for it seem almost incredible. However, the Capital Business College believes in giving its pupils the best of everything to be had in its line of work, and in order that all in this vicinity who are in any way interested in shorthand may have an opportunity to investigate the merits of this new system, free classes will be conducted this week (beginning at 1:30 p. m. Tuesday). These classes will be in charge of Prof. L. C. Spencer of New Orleans, La., one of the authors of the system. They are for the purpose of demonstrating the possibilities of the system. If it has the merits claimed for it, its adoption will follow by the Capital Business College. These lessons are absolutely free, and everybody is welcome—stenographers as well as beginners. No one will be under any obligation to remain after the trial week. Tell your friends of this opportunity, and don't forget the time—Tuesday, May 28, 1:30 p. m. Place, Capital Business College. The writer saw this system demonstrated in Portland last week, where it has been adopted by two of the three leading business colleges, and he is frank to say that the results that seem to be obtained from it appear to be astonishing. W. I. STALEY, Principal.

BUILDING A HOUSE. We can supply you with the lumber you need at the price that will materially economize in the cost. Just come and see us and look over our yards. GOODALE LUMBER CO. Yards Near Post.

Land Plaster. A Delayed Carload. of the famous Oregon Land Plaster, the great fertilizer and land restorer. Cheaper and better than any kind of nature. Try it on your lawns and gardens and lawns. It is a great investment on your part. Special prices in large lots. TILLSON & CO. 151 High St.

NOTICE. The difference between our and those of other brands is the cause of the superiority of our use of pure materials—second grade flour or eggs or "made fillings"—everything fresh and sweet—and constant mixing and baking. CAPITAL BAKERY, C. ULLMAN, Prop.

Putting in Modern Plumbing. In new houses and buildings well as retrofitting old houses we are pretty busy in the spring when every family needs a new building is at flood tide. Our prices are always equal to the season, and we would have plumbers and contractors to get estimates fitting and roofing before you start where, as we do expert work at reasonable prices. A. L. FRASE. 238 State Street. Phone 133.

Send the Family Washing To. and you'll never bother with it done at home again. When every family needs a new family washing machine, you have the methods and you can better afford to buy a family washing machine. Ask about our prices. Allen's Steam Laundry. Phone 25. 105-106

USE SELF RISING B. B. B. Flour. Allen's. For Boston Brown Bread, Griddle Cakes, Muffins and Plum Pudding. ALLEN'S B. B. B. FLOUR CO., INC., SAN JOSE, CAL.