SHORT TALKS BY L. T. COOPER.

ALL WORN OUT.

This is the time of year for the "all worn out" feeling. You hear it everywhere. "I'm all worn out." Did you ever stop to think what it means? Well, it means just this; 'my liver is dull and not working properly, my stomach is taking too much food which it isn't digesting properly, I'm all clogged up from being indoors with so little fresh air all winter long, and my body is full of impurities. In consequence I'm dull, half feverish and tired all the time.' That is what 'all worn out' really means. Take a tablespoonful of Cooper's New Discovery three times a day for two weeks and the 'all worn out' feeling will certainly leave.

MR. JOHN BURGER.

Mr. Burger was 'all worn out' once. "For some weeks I suffered from an affection of the stomach that seemed to wear me out completely. My system was run down, my bowels constipated, I had dull headaches and although I was not sick enough to go to bed I did not have ambition to stir around. I read of Cooper's New Discovery and began using it. I am glad to say that two bottles put me on my feet and relieved every symptom of my trouble. It is one of the best system tonics I have ever heard of." John Burger, 1119 Hopkins St., Cincinnati, O.

We sell the famous Cooper remedies.

J. C. PERRY

THE MARKETS.

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.

Eggs—14.
Hens—10c; young chickens, 11c.
Ducks—10c; geese, 8c; turkeys, 13@16c.
Butter—24c; fat, 22½c.
Local wheat—80c.
Oats—43c.
Barley—$21.
Flour—Hard wheat, $5.00; valley $4.85.
Mill feed—Bran, $19.50; shorts, $21.
Hay—Cheat and clover, $8.50@$8 per ton; timothy, $11@$12 per ton
Onions—$2.00 per cwt; potatoes, 60c per cwt.
Hops—Choice, 10@11c; prime to choice, 8@9c; medium to prime, 6½c.
Chittim bark—5½@6c.

Tropical Fruits.

Bananas—$6.75.
Oranges—$3@$4.
Lemons—$5.75.

Retail Market.

Oats—$30; wheat, 90c per bu.; rolled barley, $27.
Eggs—18c per doz.
Apples—$3.00.
Butter—Country, 20@25c; creamery, 30c.
Flour—Valley, $1.15@$1.20 per sack; hard wheat, $1.35@$1.40.
Bran—65c per sack; $21 per ton.
Hay—Timothy, 75c per cwt.; cheat, 55c; clover, 50c per cwt.; shorts, 95c per cwt.

Livestock.

Hogs—Fat, 6½c.
Cattle—1100@1200 lb steers, 4c.
Lighter steers—3½@3¾c.
Cows and heifers—900@1000 lb, 3½@4c.
Stock hogs—6@6½c.
Lambs—4½@5c.
Veal—Dressed, 5@7c.

PORTLAND MARKET.

Wheat—Club 86@87; valley 85c; blue stem, 88@90c.
Oats—Choice white, $28.50.
Millstuff—Bran, $17.
Hay—Timothy, $16@$18; alfalfa $12.
Vetch—$8.50.
Poultry—Hens, 14, mixed chickens, 13½c; dressed chickens, 14½@15c; turkeys, live, 13@14c; ducks, young, 14@15c; pigeons, $1@$1.25.
Pork—Best, $6.50@$6.75.
Lambs—$5.75@$6.
Veal—Dressed, 5@6c.
Mutton—6@7c.
Hops—9@10½c lb, according to quality.
Wool—Valley, coarse to medium, 13@18c; eastern Oregon, 13@18c.

ANTARCTIC EXPLORATION SCHEMES

Someone is bound to reach one or the other pole of the earth if the present zeal for polar enterprise continues. The widest attention seems now to be fixed on the Antarctic regions, and for the first time we hear of expeditions whose main purpose will be to reach the south pole. Some explorers who have lived and worked in the Antarctic now believe that it will be easier to reach the south than the north pole.

They say that sledge parties bound for the north pole are beset with enormous difficulties, because the frozen sea that surrounds the pole abuts on great land masses far to the north, and the sea ice in its movements is crushed against the coasts, with the result that the ice, even far fram the land, is shattered and piled up by tremendous pressure, so that it is almost impracticable for sledges.

The conditions seem to be different in the Antarctic. The British expedition under Capt. Scott made no greater discovery than the vast plain of ice covering the sea, whose northern edge is the great barrier, first seen by Ross. How far this ice sheet spreads away to the south and east of Victoria Land is still a matter of surmise. Wherever seen it presents a practically level, plainlike surface, except where it is lifted into pressure ridges by collision with ice moving off the land. Scott made it his highway through four degrees of the latitude to 82 deg. 17 min., where the same level surface continued to the horizon.

This immense area of flat ice has inspired the idea that specially constructed automobiles may be used to advantage on that surface. The level ice is known to extend east and west between Victoria Land and King Edward VII Land. Henry K. Arctowski, who is planning to lead the next Belgian expedition south, says he wishes to use automobiles on this ice to see how far it extends toward the pole. If a continuous coast line is found between Edward VII Land and Victoria Land there must be an immense gulf separating them. If, however, the two coasts are prolonged without joining, there must exist a wide arm of the sea separating the Antarctic lands into two hemispheres.

There is no proof yet that the level ice of these waters may not extend to the pole, or so far toward it as to greatly lessen the difficulty of reaching the goal.

Dr. F. A. Cook of Brooklyn also hopes before many months to be testing on this ice the automobile he has made, and perhaps he will be the first in the field.

Lieutenant Schackleton of the Discovery expedition expects to leave England for his old stamping ground in October, carrying not only an automobile, but also several Siberian ponies. He hopes to get much further south on the level ice than Scott was able to attain with his defective equipment.

Dr. Charcot's next expedition has the endorsement of the French Academy of Sciences, and a vessel will be specially built for him. Next year he will go to the east side of Graham Land to study the rich deposits of fossils reported by the Swedish expedition and will then transfer his party to the west coast. The extent of this land south of South America is not known but Dr. Charcot will solve the problem if he can, or, at least, he hopes to add a large mileage of the new coast line to the charts.—New York Sun.

There Are Few

People who know how to take care of themselves—the majority do not. The liver is a most important organ in the body. Herbine will keep it in condition. V. C. Simpkins, Alba, Texas, writes: "I have used Herbine for Shills and Fever and find it the best medicine I ever used. I would not be without it. It is as goood for children as it is for grown-up people and I recommend it. It is fine for La Grippe." Sold by D. J. Fry.

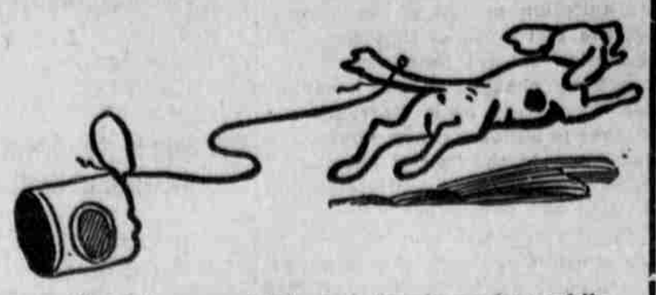
Poker Version of It.

Mrs. Taylor—What is the saying about the watchod pot, Bob? A watched pot—

Mr. Taylor (absently)—A watched pot is seldom shy.—Puck.

For stomach troubles, biliousness and constipation try Chamberlain's Stomach and Liver Tablets. Many remarkable cures have been effected by them. Price 25 cents. Samples free. For sale by Dr. Stone's drug store.

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. *Cottolene* 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 *Cottolene* 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 *Cottolene* for shortening and frying. You owe it to yourself and family, as a careful housewife, to give *Cottolene* 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—*Cottolene* 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

In the Jury Room.

The second day drew to its clase with the twelfth juryman still unconvinced. "Well, gentlemen," said the court officer, entering quietly, "shall I as usual order twelve dinners?" "Make it," said the foreman "eleven dinners and a bale of hay." —Philadelphia Inquirer.

Notice to Contractors.

Sealed bids will be received by the Board of Trustees of the Oregon Institute for the Blind at the office of the Governor, Salem, Oregon, until 1:30 o'clock Wednesday, June 19, 1907, for furnishing material and labor in constructing an industrial building and performing other work in accordance with the plans and specifications which may be seen in the office of F. A. Legg, architect, room 6, Murphy building.

A certified check in the sum of ten (10 per cent) per cent of bid drawn to the order of F. W. Benson, secretary of state, must be enclosed with each bid; the same to be forfeited to the State of Oregon in case the lowest or accepted bidder fails to qualify with acceptable bond in the full sum of the contract price within ten days (10) after the work is awarded.

By order of the Board of Trustees.

G. W. JONES, Superintendent.

6-10-3t

O C. T. Co.

STEAMERS

POMONA AND OREGONA LEAVE FOR PORTLAND DAILY, EXCEPT SUNDAY AND WEDNESDAY, AT 6 A. M. FOR CORVALLIS TUESDAY AND SATURDAY ABOUT 6 P. M.

P. M. BALDWIN, Agt.

Hall's Ferry

In now open and ready for business. Road excellent on both sides of river. A. D. PETTYJOHN, Proprietor

5-10-1m-d

WILLAMETTE FRUIT AND PRODUCE CO.

Wholesale dealers and commission merchants. Cash paid for Butter, Eggs, Poultry, etc. W. E. Cummings and C. A. Witcraft, Cottle block, Salem, Or.; J. C. Stapleton, 86 Union Avenue, Portland

Reopened June 15

AFTER TWO MONTHS

Superior Restaurant

153 High Street, Upstairs.

First-class in all appointments. A place for ladies and gentlemen to get all kinds of Chinese dishes and the famous Li Hung Chung Chop Suey and Yakama.

WUEY SEN YOW & CO., Props.

Putting In Modern Plumbing

In new houses and buildings, as well as refitting old houses, keeps us pretty busy in the spring, when building is at flood tide. Our facilities are always equal to the occasion, and we would invite builders and contractors to get estimates from us on plumbing, gas fitting, steam fitting and roofing before going elsewhere, as we do expert work at reasonable prices.

A. L. FRASER

258 State Street.

Phone 135.

MEALS 15c AT THE Salem Restaurant

339 COURT STREET.

Call and try them. Meals 15c. Board per week $2.75, also furnished rooms very reasonable.

BUTTERNUT BREAD

It is worth more than any other bread, yet the price is no higher For sale at your grocer's.

CALIFORNIA BAKERY.

Thomas & Cooley, Props.

HOLLISTER'S **Rocky Mountain Tea Nuggets**

A Busy Medicine for Busy People.

Brings Golden Health and Renewed Vigor.

A specific for Constipation, Indigestion, Liver and Kidney Troubles, Pimples, Eczema, Impure Blood, Bad Breath, Sluggish Bowels, Headache and Backache. It's Rocky Mountain Tea in tablet form, 35 cents a box. Genuine made by HOLLISTER DRUG COMPANY, Madison, Wis.

GOLDEN NUGGETS FOR SALLOW PEOPLE

MADAME DEAN'S FRENCH FEMALE PILLS.

A Safe, Certain Relief for Suppressed Menstruation. NEVER KNOWN TO FAIL. Safe! Sure! Speedy! Satisfaction Guaranteed or Money Refunded. Sent prepaid for $1.00 per box. Will send them on trial, to be paid for when relieved. Sample Free. If your druggist does not have them send your orders to the UNITED MEDICAL CO., BOX 74, LANCASTER, PA.

Sold in Salem by Dr. S. C. Stone

CHICHESTER'S PILLS

THE DIAMOND BRAND.

Ladies! Ask your Druggist for Chi-ches-ter's Diamond Brand Pills in Red and Gold metallic boxes, sealed with Blue Ribbon. Take no other. Buy of your Druggist. Ask for CHI-CHES-TER'S DIAMOND BRAND PILLS, for 25 years known as Best, Safest, Always Reliable.

SOLD BY DRUGGISTS EVERYWHERE

ROLLS OF THE CRISP KIND—

where are they? You want them not only for breakfast, but for lunch and dinner, with your soup. But where are they to be had? Answer easy: At Ullom's bakery. Cakes, pies and pastry, too.

HARPER WHISKY

The Aristocrat among the Whiskies of the Old School Without a Peer

For sale by

AUG. SCHREIBER, Salem.

Send the Family Washing To Us

and you'll never bother with having it done at home again. Time was when every family could not afford to send the washing to a laundry but times have changed—so, too, have the methods and prices. Today you can better afford to send the family washing here than not to Ask about our prices on family washing, rough dry, or finished.

The Salem Steam Laundry

Phone 25. 136-166 S. Liberty St

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. YANNKE, Prop 247 and 249 High Street.

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Senator Jonathan Bourne, Jr., Portland.
Representative W. C. Hawley, Salem.
Representative W. R. Ellis, Pendleton.

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Governor, George E. Chamberlain.
Sêretary of State, Frank W. Benson.
State Treasurer, George A. Steele.
Superintendent of Public Instruction, J. H. Ackerman.
Attorney General, A. M. Crawford.
State Printer, W. S. Duniway.
State Labor Commissioner, O. P. Hoff.

Supreme Court.

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Associate Justice, Frank A. Moore.
Associate Justice, Robert Eakin.
Commissioners, W. T. Slater, W. R. King.
Clerk, J. J. Murphy.
Reporter, R. G. Morrow.
Bailiff, P. H. Raymond.
Circuit Judges, Geo. H. Burnett, Salem; William Galloway, McMinnville.
District Attorney, John H. McNary, Salem.

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J. W. Baker, Game and Forestry warden, Cottage Grove.
Robt. C. Yenny, State Health Officer, Portland.
J. H. Lewis, State Engineer, Salem.
E. Gillingham, State Librarian, Salem.
H. G. Van Dusen, State Fish Commissioner, Astoria.
Chas. V. Galloway, State Land Agent, Salem.
W. W. Elder, Commander Soldiers' Home, Roseburg.

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R. D. Allen, Clerk of Courts.
W. J. Culver, Sheriff.
W. Y. Richardson, Treasurer.
E. T. Moores, Superintendent of Schools.
F. J. Rice, Assessor.
B. B. Herrick, Jr., Surveyor.
J. C. Needham, W. H. Goulet, Commissioners.
A. M. Clough, Coroner.
D. G. Drager, Recorder.

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Geo. F. Rodgers, Mayor.
W. A. Moores, Recorder and Police Judge.
D. W. Gibson, Marshal and Chief of Police.
Frank Meredith, City Treasurer.
A. O. Condit, City Attorney.
Jas. W. Martin, Street Commissioner.
Mark Savage, Chief Fire Department.
W. C. Smith, Health Officer.

City Standing Committee.

Ways and Means—Jacob, Waldo, Churchill.
Ordinances — Greenbaum, Low, Goode.
Accounts and Current Expenses—Churchill, Radcliff, Bayne.
Streets—Downing, Stockton, Stolz.
Public Buildings—Stockton, Stolz, Gesner.
Sewerage, Stolz, Jacob, Low.
Plumbing—Fraser, Downing, Gesner.
Fire and Water—Low, Radcliff, Goode.
Bridges—Gesner, Churchill, Fraser.
Health and Police—Haas, Jacob Waldo.
Lights—Goode, Haas, Greenbaum.
Printing—Radcliff, Haas, Fraser.
Public Parks—Bayne, Greenbaum, Stockton.

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W. H. Byrd, Chairman.
A. A. Lee, H. C. Epley, E. M. Croisan, Directors.
H. A. Johnson, Jr., Clerk.
J. M. Powers, City Supt. Schools.

Salem Fence Wire

Headquarters for Woven Wire Fencing.

Netting, Pickets, Gates, Shingles, P. & B. Ready Roofing, Screen Doors and Adjustible Window Screens

All at lowest prices.

Walter Morley

250 Court St. Salem, Ore

SALEM WATER COMPANY

OFFICE CITY HALL.

For water service apply at office. Bills payable monthly in advance.