

## Weak Hearts

Upon the heart action depends not only health, but life. Over-work, worry, great mental effort, sickness, or any unusual strain upon the nervous system, affects the heart, by increasing its labors. In this hustling age it is not surprising that one person in four has a weak heart. Dr. Miles' Heart Cure strengthens the heart nerves and muscles and restores healthy activity.

"I wrote the Miles Medical Co., asking advice as I was suffering with heart trouble and had been for two years. I had pain in my heart, back and left side, and had not been able to draw a deep breath for two years. Any little exertion would cause palpitation, and I could not lie on my left side, without suffering. They advised Dr. Miles' Heart Cure and Nervine, which I took with the result that I am in better health than I ever was before, having gained 14 pounds since I commenced taking it. I took about thirteen bottles of the two medicines and haven't been troubled one bit with my heart since. I recommend it to every one suffering as I did."

MRS. LILLIE THOMAS, Upper Sandusky, Onto.  
Dr. Miles' Heart Cure is sold by your druggist, who will guarantee that the first bottle will benefit. If it fails he will refund your money.  
Miles Medical Co., Elkhart, Ind.

## IDAHO A PICK-UP

NAME

Means Nothing But She Is "Gem of the Mountains" Still

The name of the state of Idaho, Washington's sister state, was chosen in Walla Walla in 1861, according to recent information. This report says that the supposed meaning "Gem of the Mountains," is rather far fetched and has no authority. Con Doty, of Bayhorse, Idaho, is the man who claims to know of the naming of the great state, and his version is:

"In 1861 President Lincoln appointed a man named Fitch captain over an immigrant train. The train started from St. Paul, Minn., and was bound for Walla Walla via the northern route (Mullan road). At this time the Indians were restless and weak or small parties were forbidden to travel until a certain number of wagons were in a train; then a captain had to be elected before the train was allowed to move. Captain Fitch had a little daughter named Ida. Ida's mother was dead. Little Ida accompanied her father to Walla Walla. Captain Fitch did not like to have Ida out of his sight very much, so when Fitch would lose sight of Ida, he would call 'Ida, Ida,' Ida would answer by saying 'Ho.' In a short time the train people gave to Ida the name of 'Idaho.' The name pleased Captain Fitch. After the train reached Walla Walla Captain Fitch and Ida returned to St. Paul.

"Afterwards Captain Fitch went to Washington city. When congress created the territory of Idaho, Captain Fitch suggested the name of 'Idaho' for the new territory. The same was accepted and little Ida Fitch was immortalized. "At one time I was personally acquainted with Captain Fitch and little Ida, but at this writing cannot recall the captain's first name. This statement is authentic and can be relied upon. I can find no authority that the word 'Idaho' signifies mountain gem or the gem of the mountains."

### Idaho, and Indian Names.

The question of how Idaho got its name, and what it means is again being agitated. A statement in another Column taken from an Eastern Oregon exchange, says it was simply a "catch" name. Some year or two ago the "Poet of the Sierras," our "ongest" Joaquin Miller was responsible for the story that while he was in the Snake river country in the remote long ago. A squaw camped near Miller's crowd, desiring the presence of a beautiful Indian maiden, such as exist in stories and poetic imaginations, said maiden being the daughter of the squaw as aforesaid, called "Idah-ho," the accent on the "dah" and the "a" sounded as it is in axle-grease. Joaquin says the name sounded good to him, but, he failed to say whether it was the girl's name, an expression such as "you come in here and wash the dishes," or words to that effect, or just what it was the gray poet forgot to tell. But then that is the imaginative, poetical side of it. The story about its being named in Walla Walla, after little Ida Fitch seems much more reasonable. However, it is the part of unwisdom to examine too closely into the meaning of Indian names anyway. Alabama for instance, is translated in our school geographies as meaning "here we rest," which will have to pass muster for lack of a more liberal translation. "Nampa" is another Indian name that requires no translation, and perhaps it is well enough to let Idaho "go as she lays" without inquiring into the spirit that moved those who named her, or "what she is in English." Let her go with the unknown and travel as she should, hand-in-hand with Oregon, the whereof whenceness and why, of which no man knoweth.

Mother—Is rather extravagant to eat butter with you marmalade, Small Daughter—Oh, no, because, don't you see, the one piece of bread does for both.—Exchange.

### A Fortunate Texan.

Mr. E. W. Goodloe, of 197 St. Louis St., Dallas, Tex. says: "In the past year I have become acquainted with Dr. King's New Life Pills, and no laxative I ever before tried so effectually disposes of malaria and biliousness." They don't grind nor gripe. 25c at J. C. Perry's drug store.

## Nature's Sweet Restorer

The tired body and brain rest and recuperate during sleep. There is remarkable capacity for hard work so long as the sleeping hours are regular and the slumbers are not disturbed by bad dreams, stomach disorders or headache. When mental strain, nervous worry or over-fatigue causes sleeplessness, take

## Beecham's Pills

Half an hour before retiring, and natural sleep will soon come to your relief. These pills are purely vegetable and cure sleeplessness by regulating the important functions of the body. They contain no narcotic nor sedative. Their action is natural, pleasant and safe. As a tonic and restorative in all cases of overwork, brain-fag, nervousness and worry, they have no equal. Beecham's Pills equalize the circulation, carry the blood from the weary brain, rest the mind and

## Bring Balm Sleep

In Boxes 10c and 25c, with full directions.

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We have handled this line for over three years, and have built up a large trade on this particular line.

When in need of Children's Hose, give our Never-Wear-Out Hose a trial and you will buy no other. All sizes 15c a pair.

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We do not hesitate to claim that the value represented here are the greatest ever shown the trade.

When you see the handsome design, the size and the quality you cannot help seeing the truth of our claim.

Length Yds.	Width Ins.	Color	Price Pair
2 1/2	30	white	.45
2 1/2	36	white	.75
3	40	white	1.00
3	44	white	1.25
3 1/2	52	white	1.50
3 1/2	62	white	2.00
3 1/2	50	white	2.25
3	38	ecru	.95
3	41	ecru	1.00
3	46	ecru	1.25
3	53	ecru	1.35
3 1/2	56	ecru	1.50
3 1/2	62	ecru	2.25

### Parasols

We have a very neat line for you to choose from at reasonable prices.

Plain White Linen Cover, 75c.  
White Linen Cover, with deep Flowered Border, only \$1.35.  
Children's plain Blue, Pink, Red or White Parasols in two sizes, price 15c and 20c.

## Hardwood Floors IN CANS

Spread them on your old floors with a good brush, and have an up-to-date reception room, dining-room, hall or parlor. Natural wood finish, tough, elastic and durable.

## VARNO-LAC

Exactly imitate all fine woods, no matter how old the surface to be stained. The only article made that requires no skill to produce good results. Avoid disappointment by remembering to ask for Varno-Lac. Made by Acme White Lead & Color Works, Detroit, Michigan.

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For Sale—A good camp wagon and a single buggy harness. Apply to A. E. Strang, at Asylum. 6-27-3t

For Sale—New and second-hand furniture, kitchen utensils, bicycles, tents and camping outfits. We are money-savers for our customers. Conrad Dillman. 6-26-1m

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Why Pay Rent—When you can buy a nice home at 580 N. Liberty St., on terms to suit the purchaser. Address C. H. Burggraf, Albany, Ore. 6-17-tf.

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Salem Iron Works.—Founders, machinists and blacksmiths. Manufacturers of all kinds of sawmill machinery. Hop and fruit drying stoves, etc. Manufacturers of the Salem Iron Works Hop Press.

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Enlarged—Our meat market on East State street has been doubled in size and we are better prepared than ever to serve customers. Prompt service and the best of meats our motto. Call or phone 199. B. E. Edwards, Prop

We Are Cash Purchasers—Of poultry, eggs, and all kinds of farm produce. Berry crates made up in unlimited quantities. Capital Commission Co., 267 South Commercial street, Salem. Phone Main 179.

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Arthur Von Jessen—Teacher of piano; touch, technical, interpretation. Thorough preparatory course. Advanced students prepared for public appearance. Residence 655 Center St. Tel. Main 526. 2-28-tf.

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### FOR RENT

For Rent—Furnished and unfurnished rooms. Inquire at 790 N Commercial street. M. A. Dixon. 6-15-1w\*tf

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Central Lodge No. 18, K. of P.—Castle Hall in Holman block, corner State and Liberty streets. Tuesday of each week at 7:30 p. m. Oscar Johnson, C. C.; E. H. Anderson, K. of R. and S.

Modern Woodmen of America—Oregon Cedar Camp No. 5246. Meets every Thursday evening at 8 o'clock in Holman hall. W. W. Hill, V. C.; F. A. Turner, Clerk.

Woodmen of World—Meet every Friday night at 7:30, in Holman hall. J. A. Dickey, C. S.; P. L. Frasier, Clerk.

Lincoln Annuity Union—Sick, accident and pension insurance; \$2,000,000 pledged; every claim paid. Good agents wanted. J. H. C. Montgomery, supreme organizer, Box 432 Salem, Oregon. R. R. Ryan, secretary, 546 State street.

### WANTED.

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Men Wanted—For employment as mortormen and conductors. Applicants must be at least 5 feet, 7 inches in height, weight over 150 pounds, between 24 and 40 years of age, of good eyesight and hearing. Permanent employment; selection of runs. Wages 25c to 35c per hour. Application must be made in person to United Railroads of San Francisco, Turk and Fillmore streets, San Francisco, Cal. 6-27-6t

Wood Wanted—Twenty cords of oak and 20 cords of fir wood. Call at Journal office. Hofer Bros. 6-27-6t

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