First Rule of Health

Ask your doctor, "What is the first great rule of health?" Nine doctors out of ten will quickly reply, "Keep the bowels regular." While you are about it, ask him another question, "What do you think of Ayer's Pills for constipation?" We are willing to trust him. Are you?

We have no secrets! We publish the formulas of all our preparations. J. C. Ayer Co., Lowell, Mass.

the Far West to the Far East. ...ouver, B. C., is a pleasant, ...wake city. Its streets are ... and its buildings modern. ...was the first time I ever landed ...ouver, and as I had a few ...to spare I started out to see ...city. The first man I met was a ...Englishman and I inquired of ...the way to a certain street. He ...ed you will find here no names ...the streets on corner posts, so ...need not look up for informa... but the people here have the ...ful habit of cutting the names ...the streets on the pavement at ...crossings. So you better walk ...with your eyes to the ground ...you cannot miss them." Then ...walked with me two or three ...instructing me on the habits ...the people.

...the Ulete Empress line of steam... ...owned by the Canadian Pacific ...way whose twin-screw vessels ...said to be the finest on the Pa... ocean, start from this point and ...claimed their route to Yoko... ...Kobe, Nagasaki and Hong ...make the trip to these places ...five to ten days less time than ...others. The distance from Van... ...to Yokohama is 4283 miles; ...Kong, 6371; to San Fran... 1133 miles. The country ...from Vancouver towards the ...river contains some nice little ...and are well adopted to the ...of fruit and all kinds of vege... ...The scenery along this route ...quite varied and instructing, and ...told that there is no better ...fishing in America than along ...streams and around the lakes of ...region. There are also many ...along the line and plenty ...timber to keep them cutting for ...to come. On the Fraser river ...we strike the town of West... ...—a very important place, ...it is headquarters for the salmon ...industry. It has also a ...of large sawmills, the prod... ...which is shipped to China, ...America and Australia. Here ...are located the Provincial asy... ...and penitentiary, but not liking ...surroundings of the place we ...on as rapidly as the train will ...at. At Hammond, the bank ...Fraser is reached and for 130 ...we run along this mightly old ...If some points on this river ...a glimpse of Mount Baker in ...state which reaches an ...of 14,000 feet. We pass ...prosperous looking towns ...to reach the Cascades, such as Nicomen, Harrison's Mills, Agassix, Ruby Creek, Hope and Yale. The whole country appears to be prosperous, and any one with half an eye can see that British Columbia isa country of great resources and is destined to be the greatest possession of the Dominion of Canada. Interesting as the country is to me I long to get a sight of the Rockies with its towering peaks and its deep canyons.

J. H. F.

Quebec, Canada.

Lame Back.

This is an ailment for which Chamberlain's Pain Balm has proven especially valuable. In almost every instance it affords prompt and permanent relief. Mr. Luke LaGrange of Orange, Mich., says of it: "After using a plaster and other remedies for three weeks for a bad lame back, I purchased a bottle of Chamberlain's Pain Balm, and two applications effected a cure." For sale at Dr. Stone's drug store.

Committed to Asylum.

Frank Mitchell after an examination before Judge Scott yesterday was adjudged insane and committed to the asylum.

Mitchell was brought in from the Swegle farm last night by Sheriff Culver and Deputy Minto upon a complaint sworn out by George Swegle, who resides four miles east on the Pratum road. Mitchell has been engaged in picking hops for Mr. Swegle and yesterday began to show unmistakable signs of insanity by flourishing a razor and threatening his fellow workers. He was taken to the asylum this afternoon.

Had Tetter for Thirty Years.

I have suffered with tetter for 30 years and have tried almost countless remedies with little, if any relief. Three boxes of Chamberlain's Salve cured me. It was a torture. It breaks out a little sometimes, but nothing to what it used to do.—D. H. Beach, Midland City, Ala. Chamberlain's Salve is for sale at Dr. Stone's drug store.

Demand for Parcels Post.

John Wanamaker, as postmaster general, tried to arrange for the parcels post in America.

Mr. Cortelyou, in the same office, moved indirectly to the same end, proposing to consolidate the third and fourth classes of mail matter and provide for a gradual increase of the weight limit with reduction of the rates of postage.

The public desires a parcels-post system of course. The express companies do not desire such a system, and up to the moment they have been too strong for both the people and the administration. Postmaster General Meyer's announcement of his plans for an early extension of the parcels-mail service is to be regarded with interest and hope.

Four pounds is the present mail limit of weight in the United States. Mr. Meyer suggests an increase to eight or 10 pounds. This is progress in modernaton. The limit in Great Britain is 11 pounds, being held down by railway influence in parliament. France carries parcels up to 22 pounds and Germany stops at 110 pounds, packages to that weight being transportable between the home country, Austria and Switzerland.

When it comes to the question of rates liberaly also balances for the old world. To carry a four-pound package anywhere within its limits the United States charges 64 cents. Great Britain will carry a parcel to Shanghai by way of Egypt, the Suez canal, India and Hongkong for 12 cents a pound. And anywhere in the United Kingdom parcels travel at rates from 1½ cents for one pound to 25 cents for 11 pounds.

In Germany, Switzerland, France, England, all about Europe, the tourist may send and receive promptly by post his laundry and small luggage; the people may effect their minor transfers of commodities safely and quickly and cheaply by mail. In a long list of world powers the United States alone, greatest and richest of all, suffers its public to pay in annoyances of uncertain service and excessive rates for the maintenance of private monopolies in the parcels traffic.

Success—and greater breadth—to the fresh reformatory ideas of Postmaster General Meyer.—New York World.

The old remedies are the best. Hickory Bark Cough Remedy has been in use for over one hundred years by the old Dutch Dunkards of Pennsylvania, and is still in use by all the old families of Western Pennsylvania. Is absolutely pure; made from the bark of the white or shellbark hickory tree. The bark is shipped from the east, and manufactured in Salem, Ore., For sale by all dealers everywhere.

Difficult.

A teacher in a certain eastern school asked her class to draw a picture of that which they wished to be when they grew up. The pupils went diligently to work with papers and pencil, some drawing pictures of soldiers, policemen, fine ladies, etc. They all worked hard but one little girl, who sat quietly holding her pad and pencil in hand.

The teacher, observing her, asked: "Don't you know what you want to be when you grow up, Anna?"

"Yes, I know," replied the little girl. "I know I want to be married: but I don't know how to draw it."—Harper's Weekly.

Acute Rheumatism.

Deep tearing or wrenching pains, occasioned by getting wet through: worse when at rest, or on first moving the limbs and in cold or damp weather, is cured quickly by Ballard's Snow Liniment. Oscar Oleson Gibson City, Ill., writes, Feb. 16, '02. "A year ago I was troubled with a pain in my back. It soon got so bad I could not bend over. One bottle of Ballard's Snow Liniment cured me." Sold by D. J. Fry.

The Taming of the Shrew.

In Persia a wealthy man will often have a friend of whose society he is fond living in the house with him. Abdullah was such a friend to Aly Khan, a very wealthy and influential merchant of Ispahan, who was delighted with his charm and cleverness, and so pleased with his services that he thought he would make a very good son-in-law, and suggested him as such to his beautiful daughter. She was very overbearing and bad-tempered, but, thinking that Abdullah was very good looking, she agreed to it. They were married. Soon his friends came to congratulate him, among them Housseyn, who was known to have a very overbearing and bad-tempered wife. He said, "I congratulate you on your marriage,' 'and then he asked the bridegroom. "Are you really happy with a woman who is known to have such a bad temper?" "I assure you that she is perfectly charming, and that I am perfectly happy." "May I ask how you manage it?"

"Certainly," answered Abdullah. "On the night of the marriage, I went into her apartments in full uniform with my sword on. She did not take any notice of me, but put on a supercilious air and made a parade of stroking her cat. I quietly picked up her cat and cut off his head with my sword—took the head in one hand, the body in the other and threw them out of the window. My wife was amazed, but did not show it. After a few seconds she broke into a smile and has been a most submissive and charming wife ever since."

Housseyn went straight home and put on his uniform and went into the harem. The domestic pet came to greet him; he seized it with the hand that was accustomed to pet it, drew his sword and with a single blow decapitated it. At the same moment he received a blow in the face delivered by his shrewish wife and before he recovered from his astonishment a second and a third. "I can see to whom you have been talking," the lady hissed, "but you are too late; it was on the first day that you ought to have done this."

A Parable.

Man that is born of his parents is of few days and full of microbes. He goeth to school when a youngster and gets the seat of his pants paddled for something he didn't do until he is sick at heart. He groweth up like a weed in the back yarl and soon reaches the age when he is composed largely of feet, freckles and an appetite for pie. About the time he gets too long for short trousers and not long enough for long ones he goeth blithly to college and learneth how to monkey with a three-dolar mandolin and play whiskey poker. He cometh home a bigger fool than ever and marrieth a sweet young thing whose pa is supp sed to be wealthy, but whom he subsequently ascertaineth couldn't buy the prize rooster at the county fair. He worrieth along from year to year, gradually acquiring offsprings, until his house resembles a Sunday school class just before Christmas. He fretteth through the day and lieth awake nights trying to figure out how to keep himself and his dependent population out of the poor house. Efforts are rewarded by having his daughters run away and get married and bring him home a nice son-in-law every few days to feast at his board. His sons grow up and call him governor, and set him back a five-spot every day or two. About the time he has acquired enough lucre to make it worth while to quarrel over he contracts a cold, and is hurried away before he has time to have a talk with his family. His sons blow in his estate on bad whiskey and plug hats, and his wife puts the finishing touches to his career by marrying the hired man.—Swiped.

An Ounce of Prevention

Is worth a pound of cure. There are many poor sufferers, consumptives who are hopeless of getting well—who, if they had taken care of themselves, would now be well. A cough is the foundation of consumption. Ballard's Horehound Syrup will cure that cough. Mrs. S—, Great Falls, Montana, writes: "I have used Ballard's Horehound Syrup in my family for years—my children never suffer with coughs." Sold by D. J. Fry.

Who So Brave?

"Oh! George," sighed the romantic girl, "I wish you were like the old-time knights; I wish you'd do something brave to show your love for me."

"What?" cried her finance, "haven't I agreed to marry you and me only getting $18 a week?"—Philadelphia Press.

STONE'S HEAVE DROPS.

Greatest known remedy for heaves. Price $1. To express offices away from Salem I pay 25 cents on express charges.

For sale by all druggists.

Highland, Oregon, Oct. 31, 1902.—This is to certify that I gave my mare one bottle of "Stone's Heave Drops" and cured her of heaves. This was last winter and she has not been afflicted since.—G. Wallace.

Dr. S. C. STONE, Salem, Ore.

AILING WOMEN

How Many Perfectly Well Women Do You Know?

MISS GRACE E. MILLER — MRS. W. S. FORD

"I am not feeling very well," "I am so nervous it seems as though I should fly." "My back aches as though it would break."

How often do you hear these significant expressions from women friends. More than likely you speak the same words yourself, and there is a cause.

More than thirty years ago Lydia E. Pinkham of Lynn, Mass. discovered the source of nearly all the suffering endured by her sex. "Woman's Ills," these two words are full of more misery to women than any other two words that can be found in the English language. Sudden fainting, depression of spirits, reluctance to go anywhere, backaches, headaches, nervousness, sleeplessness, bearing-down sensations, displacements and irregularities are the bane of woman's existence.

The same woman who discovered the cause of all this misery also discovered a remedy. **Lydia E. Pinkham's Vegetable Compound** made from native roots and herbs holds the record for a greater number of absolute cures of female ills than any other one remedy the world has ever known and it is the greatest blessing which ever came into the lives of suffering women.

Don't try to endure, but cure the cause of all your suffering. Lydia E. Pinkham's Vegetable Compound at once removes such troubles. The following letters prove this:

Mrs. W. S. Ford of 1938 Lansdowne St., Baltimore, Md. writes:

Dear Mrs. Pinkham:—

"For four years my life was a misery to me. I suffered from irregularities, suppression, terrible dragging sensations and extreme nervousness. I had given up all hope of ever being well again when Lydia E. Pinkham's Vegetable Compound was recommended. It cured my weakness and made me well and strong."

Miss Grace E. Miller, of 1213 Michigan St., Buffalo, N. Y. writes:

Dear Mrs. Pinkham:—

"I was in a very bad condition of health generally; irritable, cross, backache and suffered from a feminine weakness. Lydia E. Pinkham's Vegetable Compound, cured me after all other medicines had failed."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Ford and Miss Miller it will do for other women in like condition. Every suffering woman in the United States is asked to accept the following invitation. It is free, will bring you health and may save your life.

Mrs. Pinkham's Invitation to Women.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. From the symptoms given, the trouble may be located and the quickest and surest way of recovery advised. Out of her vast volume of experience in treating female ills Mrs. Pinkham probably has the very knowledge that will help your case. Her advice is free and always helpful.

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-Lack. Made by Acme White Lead & Color Works, Detroit, Michigan.

GEO. B. JACOB

FRONT AND PINE STREETS, NORTH SALEM. PHONE 464.

NEWPORT

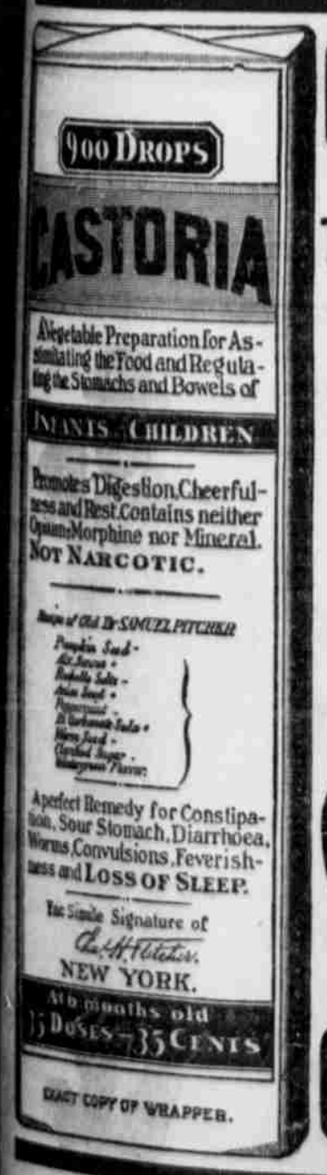
The Ideal Pacific Coast Resort on YAQUINA BAY

Comfortably and quickly reached from SALEM via Southern Pacific to Albany, thence Corvallis & Eastern Railroad.

Round trip rates from SALEM, $5.000 for season tickets, good for return until October 31st, and $3.00 for three day tickets, good going Saturdays and returning Monday following date of sale—all tickets honored for going or return trip from Albany on Corvallis & Eastern "every Sunday" excursion train leaving Albany 7:30 A. M. and returning leave Newport 5:30 P. M.

For further information call on ticket agent Southern Pacific, Salem, Corvallis & Eastern, Albany, or

GEO. F. NEVINS,
General Passenger Agent, Corvallis & Eastern Railroad, Albany, Or.



CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

USE Allen's SELF RISING B. B. B. Flour

For Boston Brown Bread, Griddle Cakes, Muffins and Plum Pudding.

ALLEN'S B. B. B. FLOUR CO., INC., SAN Jose, Cal.

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.

SALEM BRICK YARD

A. A. BURTON. Prop.

Brick always on hand, in car lots or otherwise. Pressed brick made to order. Yard on State street, south of pentitentiary. -7-1-tf.

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.

R. H. Baker

Successor to Whey Sen Yow Co., Prop

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 PEOP...