

FOOD POISONS

90 Per Cent of All Diseases the Result of Undigestive Putrefying Foods.

Men of affairs, women of society and children with active brains are too often sedentary in their habits, giving little time to exercise. To this evil is added that of high and irregular living—as a result, the stomach cannot stand the demands made upon it. The abused and overtaxed stomach does not properly do the work of digestion, food taken in fragments and the poison permeates the whole system. The body loses in weight and becomes a prey for the attack of whatever disease it may encounter.

Did it ever occur to you how busy that stomach of yours is? It only holds three pints, but in one year you force it to take in 2400 pounds of material, digest it and prepare it for assimilation into the blood. No wonder it rebels when overworked. We crowd it with steaks and pastry, irritate its juices with spices and acids, and expect the stomach to do its work. It can't do it.

All over the inner layer of the stomach are glands which secrete the juices necessary to digestion. The entrance of food into the stomach is the signal for these glands to do their work. The more the food and the more indigestible, the greater the demand upon them and upon the muscles of the wall adjoining.

Think of the tons of high-seasoned game, sweetmeats and appetizers crammed into this little four-ounce mill, and then wonder, if you will, why you are dizzy or nauseated or constipated. Don't blame your stomach or curse your fate that you should be born so unfortunate. Blame yourself and apply the remedy.

First, get a small package of Stuart's Dyspepsia Tablets, taking one after each meal and at bed time. They are not a medicine, but a digestive. Your stomach is worn out and needs help, not medicine. Stuart's Dyspepsia Tablets will do the work that the stomach fails to do. There's enough power in one grain of Stuart's Dyspepsia Tablets to digest 3000 grains of ordinary food, so you needn't fear that anything you eat will remain in your stomach undigested.

Stuart's Dyspepsia Tablets will rout the poison because they remove the cause—food fermentation. They are nature's own cure for dyspepsia. The host of troubles dyspepsia is father of cannot be numbered for a healthy stomach is the source of all health.

Seize your opportunity before worse conditions confront you. Send today for a free trial package of Stuart's Dyspepsia Tablets. They will bring your stomach relief. F. A. Stuart Co., 150 Stuart Bldg., Marshall, Mich.

The 50 cent size for sale at your druggist's.

Balaklava Anniversary.

London, Oct. 25.—Twenty-eight survivors of the charge of the Light Brigade, immortalized by Tennyson's poem, joined today in celebrating the anniversary of that famous encounter. The event was rendered notable by the collection of a fund for the benefit of the survivors, nearly all of whom are poor.

It was on October 25, 1854, just 53 years ago, that Lord Lucan, commanding the British cavalry at Balaklava, through a misconception of the orders of the commander in chief, Lord Raglan, directed Lord Cardigan to make the historic charge. With a battery in front and one on each side, 670 horsemen hewed their way past the guns and routed the Russian cavalry. Of the 670 only 2198—“all that was left of them”—rode back to the British lines. Twenty-eight of these 198 are still living, and the British public has been called upon to express at this late date the appreciation of the heroic action of the aged veterans by providing for their last days.

Ashore Near Coos Bay.

Marshfield, Or., Oct. 25.—The four-masted schooner Novelty, bound from San Pedro to Coos Bay, went ashore Wednesday afternoon during a dense fog, about 15 miles north of the Coos Bay bar. The crew all got ashore in safety, but the vessel will probably be a total wreck, as there is quite a heavy sea running, and it is impossible for the tugs to render her any assistance. The Novelty belonged to the Simpson Lumber Company, and had no freight aboard.

Westgate Appointed.

Washington, Oct. 25.—The commissioner of the general land office has notified George A. Westgate, of Portland, that he has been commissioned to be surveyor-general of Oregon, vice John D. Daly, deceased. A blank bond has been transmitted to Mr. Westgate to be executed by him, and upon approval of the same by the department of the interior Westgate will be directed to assume the duties of the office of surveyor-general.

LIVELY DAY AT ELKHORN

Henry Johns Goes Insane and Runs Camp With a Shotgun

A dispatch from Albany last night says: Believing himself to be the sole surviving American Indian, Henry Johns, a wealthy white rancher, residing three miles south of Salem, yesterday morning drove the entire male population of the logging camp at Elkhorn into the woods, and created terror among the residents of that place by repeatedly emptying the contents of a shotgun into the brush where the frightened men were hiding. No one was injured.

For nearly two hours yesterday morning Jones bombarded the woods around the logging camp, and only when his supply of ammunition failed was he captured by a posse. He is violently insane. Constable Anderson, of Gates, arrived in Albany last night with the maniac and put him in the county jail. Sheriff Culver, of Marion county, arrived here this noon and took Johns to Salem, where he will be committed to the asylum.

According to Constable Anderson, Johns arrived in Elkhorn, a small logging camp a few miles north of Gates, last Tuesday from Salem, and immediately caused alarm by announcing that he had been sent as the “messenger of Jesus Christ,” with orders to kill some woman. Going to the home of H. J. Smith, a former assessor of Marion county, who resides at Elkhorn, Johns summoned Mrs. Smith to the door, and then, without the slightest warning, struck her in the face, knocking her down. Johns then turned away and began cursing himself for striking a woman. At the time there were no men around, and before any one could be summoned the demented man had disappeared.

He was not seen again until yesterday morning, when he reappeared armed with a shotgun and commenced firing at every man he saw. But for the poor marksmanship exercised, it is said that many persons would have been hurt. The few men in the camp and most of the women fled to the woods, according to Constable Anderson, and remained there until the crazed man's ammunition was exhausted.

In the county jail last night the demented man refused to answer any questions, except to assert that he was an Indian chief, and that all the other members of his race had been killed by the “palefaces.” Jones has a family living on a ranch near Salem. So far as known here the man has never before shown signs of insanity. He refuses to touch either food or water.

Looking Ahead.

“Dear Robert, I intend to share all your cares.”
“But, my pet, I have no cares.”
“I mean after we are married.”—New Jersey Mail.

The One Thing Attachable.

A Kansas City man recently wrote to a lawyer in another town of the state, asking for information touching the standing of a person there who had owed the Kansas City individual a considerable sum of money for a long time.

“What property has he that I could attach?” was one of the questions asked.

The lawyer's reply was to the point. “The person to whom you refer,” he wrote, “died a year ago. He has left nothing subject to attachment except a widow.”—Harper's Weekly.

Cures Woman's Weaknesses.

We refer to that boon to weak, nervous, suffering women known as Dr. Pierce's Favorite Prescription.

Dr. John Fyfe one of the Editorial Staff of THE ELECTRIC MEDICAL REVIEW says of Unicorn root (*Halenia dioica*) which is one of the chief ingredients of the “Favorite Prescription”:

“A remedy which invariably acts as a uterine invigorator... makes for normal activity of the entire reproductive system.” He continues: “In *Halenia* we have a medicine which more fully answers the above purposes than any other drug with which I am acquainted. In the treatment of diseases peculiar to women it is seldom that a case is met which does not present some indication for this remedial agent.” Dr. Fyfe further says: “The following are among the leading indications for *Halenia* (Unicorn root). Pain or aching in the back, with leucorrhoea; atonic (weak) condition of the reproductive organs of women, mental depression and irritability, associated with chronic diseases of the reproductive organs of women; constant sensation of heat in the region of the kidneys; menorrhagia (flooding), due to a weakened condition of the reproductive system; amenorrhoea (suppressed or absent monthly periods), which, from or accompanying an abnormal condition of the digestive organs and a general (thin blood) habit; dragging sensations in the extreme lower part of the abdomen.”

If more or less of the above symptoms are present, or if you are a woman who can get better than any other medicine, Dr. Pierce's Favorite Prescription, one of the leading ingredients of which is Unicorn root, or *Halenia*, and the medicinal properties of which is most faithful represents.

Of Golden Seal root, another prominent ingredient of “Favorite Prescription,” Prof. Finley Klingwood, M. D., of Bennett Medical College, Chicago, says:

“It is an important remedy in disorders of the womb. In all catarrhal conditions and general catarrhs it is useful.”

Prof. John M. Scudder, M. D., late of Cincinnati, says of Golden Seal root:

“In relation to its general effects on the system, there is no medicine in use about which there is such general unanimity of opinion. It is universally regarded as the tonic useful in all debilitated states.”

Prof. R. Bartholow, M. D., of Jefferson Medical College, says of Golden Seal:

“It is valuable in uterine hemorrhage, menorrhagia (flooding) and congestive dysmenorrhoea (painful menstruation).”

Dr. Pierce's Favorite Prescription faithfully represents all the above named ingredients and cures the diseases for which they are recommended.

THIS IS FOR SCIATIC SUFFERERS

A Case of Ten Years' Standing Cured by Dr. Williams' Pink Pills, the Remedy That Has a Great Record of Success.

If you have sciatica, or sciatic rheumatism, and the treatment you have taken proved of no benefit, it is time that you tried the remedy that has cured so many stubborn cases—Dr. Williams' Pink Pills.

The most recent proof of the success of this remedy in such cases is the statement of Mrs. Mary Heckert, of Whiteville, Fulton Co., Ohio.

“I suffered from sciatic rheumatism for twenty years,” she says, “before I found in Dr. Williams' Pink Pills a remedy that cured me. The disease in my case was probably inherited as my father had it for years. The pains were sharp and shooting and extended all through my legs from my hips down, torturing me so that I could not help crying out. They were worse at night and many times it was necessary to inject morphine to relieve me. Every year I had to pass through a spell of intense suffering. I would then be practically helpless as I could not move my legs. My kidneys were weak and I had dull headaches. I became nervous, weak and debilitated and lost in flesh.”

“For ten years I tried many different doctors but was never cured. I was discouraged and had given up all hope of a cure, when I happened to read about Dr. Williams' Pink Pills. I took several boxes and felt so much better that I continued their use for some time and was cured. I have never had a return of the sciatica and have been healthy ever since.”

Dr. Williams' Pink Pills make rich, red blood, enabling it to carry life and strength to the weak nerves and other tissues of the body. They are a specific for such diseases as anaemia, rheumatism, the after-effects of the grip and fevers, and for such nervous diseases as dizziness, sick headaches, neuralgia, and have accomplished miraculous results even in partial paralysis and locomotor ataxia.

Dr. Williams' Pink Pills are sold by all druggists, or direct by mail, postpaid, on receipt of price, 50 cents per box; six boxes for \$2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

HOPS FOR LONDON.

Two Hundred Bales Bought at Aurora for English Market.

Aurora, Or., Oct. 25.—Henry L. Bents, of this city, this week bought for direct shipment to London 122 bales of hops from O. Koehler, 43 bales from Fred Bents and 45 bales from Charles Kuenstring and 47 bales from Chas. Kuenstring and 47 bales from Fred Stute, at prices ranging from 8 to 9 cents.

How to Cure a Cold.

The question of how to cure a cold without unnecessary loss of time in which we are all more or less interested, for the quicker a cold is gotten rid of the less danger of pneumonia and other serious diseases. Mr. B. W. L. Hall of Waverly, Va., has used Chamberlain's Cough Remedy for years and says: “I firmly believe Chamberlain's Cough Remedy to be absolutely the best preparation on the market for colds. I have recommended it to my friends and they all agree with me.” For sale at Dr. Stone's drug store.

Colonist Rates in Effect Until October 31.

The extremely low rates from all Eastern points to Oregon are still in effect until October 31. Any one wishing to take advantage of the low rates can save time and money by calling on our local agent, O. L. Darling, and secure prepaid orders on any agent in the United States.

From Missouri river common points, \$25.00.

From St. Louis, \$30.00.

From Chicago, \$33.00.

From Washington, D. C., \$48.25.

WM. McMURRAY, 10-17-1st G. P. A. S. P. Co.

WINDOW GLASS

Complete assortment of sizes. Plate, corrugated and picture glass, single and double strength. Reglazing done to order.

John Hughes Co

Phone 99. 465 to 474 State street, Salem, Oregon.

THE OUTING MAGAZINE

NOVEMBER

YOUR PROBLEM

You say, Reader, that you cannot travel—you are harnessed too tightly to the treadmill. You long to follow strange trails into the vast spaces of the world; to meet the turbaned Turk; to chat with the picturesque French peasant, with his background of two thousand years; to live for a time the red-blooded life of the western plains; to voyage down mighty rivers and climb great mountains; to have fellowship with the sterling men who are turning the vast virgin resources of this continent into the terms of human wealth.

OUR SOLUTION

Join a little excursion we have planned for you especially: fare 25c; outfit for the journey—a leisure hour, a comfortable chair beside a study lamp. Conveyance—THE OUTING MAGAZINE for NOVEMBER. All the spell of the world is there for you, wrought by great writers and skilled artists. A few of its features are:

THE SPANISH BANDIT AND THE MOTOR CAR, BY LOUISE CLOSSER HALE; illustrated by Walter Hale. It will make romantic Spain your own.

AN INTIMATE EXCURSION, by FRANK PRESBREY. It takes you in an automobile along the old Normandy roads of France. Its photographs of human scenes are real life.

ROUND-UP DAYS, by STEWART EDWARD WHITE. A reproduction of the old resourceful times of the cattle ranges.

THE SHIPWRECKED PARENT, by RALPH D. PAINE. A funny tale of the South Seas.

THE AUTOMOBILE INDUSTRY IN AMERICA, by DAVID T. WELLS. A summing up of, and an appreciative account of the clever men who have built one of America's greatest industries.

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The Capital Journal's

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SATURDAY October 26th

A Money Saver for Subscribers

REGULAR PRICE OF DAILY CAPITAL JOURNAL BY CARRIER	\$6.00
PRICE OF DAILY BY CARRIER ONE YEAR ON BARGAIN DAY	\$5.00
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PRICE OF DAILY ONE YEAR ON BARGAIN DAY, MAIL OR SPECIAL	\$3.00
REGULAR PRICE OF WEEKLY CAPITAL JOURNAL ONE YEAR	\$1.00
PRICE OF WEEKLY JOURNAL ONE YEAR ON BARGAIN DAY	75c

SAVE A GOOD LUMP OF MONEY BY COMING IN OR SENDING ON BARGAIN DAY.

TAKE ADVANTAGE OF THIS GREAT OFFER

OUR SPECIAL OFFER

JOURNAL SUBSCRIBERS WILL THIS YEAR BE GIVEN A SPECIAL BARGAIN DAY, AND IT HAS BEEN SET FOR SATURDAY, OCTOBER 26, ON THAT DATE YOU CAN GET THE DAILY JOURNAL FOR ONE YEAR, CASH IN ADVANCE, BY MAIL, FOR \$3. OR BY CARRIER FOR \$5. THIS IS A FLAT REDUCTION OF ONE DOLLAR, NOT ONLY FOR THE USE OF YOUR CASH, BUT TO SAVE US, AS WELL AS OUR SUBSCRIBERS THE TIME AND TROUBLE OF NUMEROUS PAYMENTS DURING THE YEAR. IT SAVES US WORK, AND IT SAVES THE SUBSCRIBERS CASH.

Remember the Date, Saturday, Oct 26

ALL WHO PAY UP ARREARAGES, IF THEY HAVE ANY, CAN ON THAT DATE, GET THE BENEFIT OF THE OFFER. EVEN IF YOUR SUBSCRIPTION IS PAID UP TO THE PRESENT TIME OR IN ADVANCE, YOU CAN GET THE BENEFIT OF AN ADDITIONAL YEAR ON THAT DATE. IF YOU CANNOT COME TO THE OFFICE ON THAT DATE, SEND THE MONEY IN SOONER AND THE CREDITS WILL BE MADE ON THAT DATE, OCTOBER 26TH.

Daily Capital Journal

SALEM, OREGON