

### 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 ferments 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.

### OREGON FIR IS SUPREME.

Spuds for Dredge Are Largest Timber Seen on Isthmus.

Advices from Panama say: The anchor timber or spuds that have arrived at La Boca for use on the new dipper dredge will be the largest timber that have ever reached the Isthmus. They came from Portland, Oregon, and are of the finest Oregon fir. One of them is 8x9 inches by 62 feet, another is 12x36 inches by 60 feet and the third 36x36 inches by 60 feet. These spuds will be used to keep the dredges in their proper positions while at work, and will be raised and lowered by steam. There is no timber of these dimensions to be obtained on the eastern coast of the United States. The spuds, which were brought here from the states on the Isthmus which recently arrived at Colon instead of being single timbers, were each composed of four timbers bolted together.

### A True Statement.

The two hundred and sixty-third anniversary of the birth of William Penn, the founder of Philadelphia, was celebrated recently by the Friends societies in various parts of the country. It is fitting and proper that the youth be told of the life of the illustrious Quaker statesman who was known in his time as the advocate of peace and who proved that the pen is mightier than the sword.

The life of William Penn teaches one of the grandest lessons in human history. He found the Indians noble and friendly instead of wild savages as they were pictured by other colonists who relied upon powder and shot instead of love and justice in acquiring territory from the natives. The youth who adopts the rules of Penn as his guide in the affairs of life, may not reach the millionaire class, but he will make a record for honesty and integrity and justice to all that will place him in the front rank as a good citizen.—The Dallas Chronicle.

## G. E. DOTY HELD TO GRAND JURY

Was Bound Over Saturday With Bonds Fixed At \$250

Charles E. Doty, who was recently arrested charged with enticing 14-year-old Agnes Davis away from her home near Tillamook, was given a preliminary hearing Saturday afternoon before Justice Webster, and was bound over to appear in the circuit court with bonds fixed at \$250. Doty is a farmer who resides near the Davis home in Tillamook county and in the fishing season runs a fish wagon from the coast to the valley towns. It was on one of these fishing trips on which he passed by the Davis home, that he met pretty little Miss Agnes Davis, a girl who although probably not as stylish as the typical city lass had all the alluring charms necessary to cause her neighbor to lose his heart. Mr. Doty had only one house keeper and there was plenty of work that needed to be done on the farm and the result was that Agnes after a short acquaintance went to the Doty home to assist in doing the house work.

She was young and unaccustomed to being away from home for any great time, and soon became anxious to again see her father and mother and her two sisters. She was therefore taken back to her home, where she remained some time visiting her people. One day she heard that her neighbor friend whom she had learned to admire was to make a fishing trip by her home and would remain over night at a neighbor's near the Davis ranch. Agnes and her elder sister happened to visit this neighbor the same evening that Mr. Doty arrived and as he was going right by their house the next morning the two girls remained until the morrow and returned to their home on the fish wagon.

Agnes was then anxious to return to the Doty ranch and as her parents, who thought that Doty was married, were willing she climbed on the wagon and was soon on the way as she thought to her former abode. Instead of driving to his place, Mr. Doty drove to Independence where he told Agnes that she was the only girl for him and asked her to become his wife. They came to Salem and on September 17 were married at the Wilson house by Rev. W. H. Selleck of the First M. E. church of this city. When Agnes' father, C. E. Davis, learned of the courtship and marriage, he swore out a warrant for the arrest of the man who had won his daughter's love. The papers were served upon Mr. Doty in Kalama, Washington, recently, where he had taken his young bride.

Mrs. Doty appeared at the preliminary hearing in a red silk gown and becoming head dress, and blushing testified that she loved her husband and that she left home with her own free will. Her parents she said were always kind to her and she admitted that the paper which she presented to the clerk and to the minister who performed the marriage ceremony was forged. Walter Keyes represented the state in the prosecution of Doty, while Attorney P. H. D'Arcy conducted the defense. In summing up his side of the case, Mr. D'Arcy asked the court to consider well what his decision would mean. Saying that the case was one of the most pathetic which had come to his attention in the history of his practice. If the man was convicted and sent to the penitentiary it would mean that his youthful bride might be an outcast and a wanderer with her family disgraced, while if the couple were permitted to continue to be husband and wife as both wished they would probably be happy.

### BETTER THAN A GOLD MINE

Yield of One Apple Tree in Grande Ronde Valley Brings \$64.40.

The big Blue Pearmain apple tree on J. B. Stoddard's fruit farm was relieved of its burden yesterday and yielded its owner 46 boxes of prime apples which will bring the neat

That our American forests abound in plants which possess the most valuable medicinal virtues is abundantly attested by scores of the most eminent medical writers and teachers. Even the untutored Indians had discovered the usefulness of many native plants before the advent of the white race. This information, imparted freely to the whites, led the latter to continue investigations until today we have a rich assortment of most valuable American medicinal roots.

Dr. Pierce believes that our American forests abound in most valuable medicinal roots for the cure of most obstinate and fatal diseases. If we could properly investigate them and in possession of this conviction, be pointed with pride to the almost marvelous cures effected by his "Golden Medical Discovery," which has proven itself to be the most efficient stomach, tonic, liver invigorator, heart tonic and regulator and blood cleanser known to medical science. Dyspepsia, or indigestion, torpid liver, functional and even valvular and other affections of the heart yield to its curative action. The reason why it cures these and many other affections, is clearly shown in a little book of extracts from the standard medical works which is mailed free to any address by Dr. E. V. Pierce, of Buffalo, N. Y., to all sending request for the same.

Not less marvelous, in the unparalleled cures it is constantly making of woman's many peculiar affections, weaknesses and distressing derangements, is Dr. Pierce's Favorite Prescription, as is amply attested by thousands of unqualified testimonials contributed by grateful patients who have been cured by it of catarrhal pelvic drainage, painful periods, irregularities, prolapsus and other displacements caused by weakness, ulceration of uterus and kindred affections, often after many other advertised medicines, and physicians had failed.

Both the above mentioned medicines are wholly made up from the glyceric extracts of native medicinal roots. The processes employed in their manufacture were original with Dr. Pierce, and they are carried on by skilled chemists and pharmacists with the aid of apparatus and appliances specially designed and built for this purpose. Both medicines are entirely free from alcohol and all other harmful, habit-forming drugs. A full list of their ingredients is printed on each bottle wrapper.

sum of \$1.40 a box, of \$64.40, says the La Grande Morning Star. This is not bad for one tree and Mr. Stoddard has many, while not quite so large, that are equally as heavily laden. It took Morace Wallmer, perhaps the most expert apple picker in the valley, just four hours to do the job. This tree is 35 year old and has been a steady producer. It is without doubt the largest tree in the valley and the quantity and quality of the yield goes to prove that, contrary to the habits of apple trees in most climates, here age neither affects the bearing nor the excellency of the fruit.

### Hard Times in Kansas.

The old days of grasshoppers and drouth are almost forgotten in the prosperous Kansas of today; although a citizen of Codell, Earl Shamburg, has not yet forgotten a hard time he encountered. He says: "I was worn out and discouraged by coughing night and day, and could find no relief till I tried Dr. King's New Discovery. It took less than one bottle to completely cure me." The safest and most reliable cough and cold cure and lung and throat healer ever discovered. Guaranteed by J. C. Perry's drug store, 50c and \$1.00 Trial bottle free.

### Is It True?

About the most intense and surprising statement that has been recorded within a few years by any man of note is that coming from the mouth of Dr. Emil Hirsch of Chicago, in which he says that America has a condition similar to that in Russia, and that we are threatened with a long and bloody revolution. He says that unless law is supreme, the nation will go down as did Rome. To quote: "The moral progress of the world is not in one straight upward course. Just as the human life runs with its illnesses and slipping backward, so the moral growth of the world goes on with its high peaks and its low plains. Our President is not exaggerating when he sounds a warning which to us indicates that the world and nation has had a moral backsliding."

"Among those who, consciously or unconsciously, have succeeded in making themselves powerful, there is too much of a feeling that they are superior to the law and that it is merely to hold in check the weak. Among this nation there is too much of a worship of wealth and prosperity. We are too inclined to estimate success in dollars.

"Such was the situation in ancient Rome, more powerful than are these with wealth. The senate was filled with puppets and gold unlocked every door. Rome fell. Hands are mightier than dollars and can tear down any bulwark that wealth can build. We have envied pitted against self idolatry and if a conflict comes envy will win and America will be in a condition worse than Russia and the bloodiest revolution of history will sweep the country."

### Quinsey, Sprains and Swellings Cured.

"I November, 1901, I caught cold and had the quinsey. My throat was swollen so I could hardly breathe. I applied Chamberlain's Pain Balm and it gave me relief in a short time. In two days I was all right," says Mrs. L. Cousins, Otterburn, Mich. Chamberlain's Pain Balm is a liniment and is especially valuable for sprains and swellings. For sale at Dr. Stone's drug store.

### Alfalfa's Great Value.

One acre of clover is worth three acres of timothy, and one acre of alfalfa is worth three times as much as clover, for the protein contained. To test this statement, Professor Hall compared the protein contents. There are 2.8 pounds protein in 100

# TIMELY ADVICE

Unless all conditions fall there is going to be a scarcity of fuel at Salem this winter as has not been known before. Wood is high already and is going much higher still. Last August we urged consumers of fuel to order their winter supply of coal. All who did buy then saved considerable money. We have just been notified by the mine that coal has advanced one dollar per ton, and that another advance may be expected shortly. We therefore advise folks to order their coal.

### At One. Coal Is Cheaper Than Wood

One ton of coal will do you more good than two cords of wood. From now on cord wood will cost you between seven and eight dollars per cord, if not more, when ready to burn. If ordered before November 15 your coal will cost you ten dollars per ton for nut coal and twelve dollars per ton for lump coal. All orders must be accompanied by cash.

Our coal is very nice soft coal which burns to clean white ashes, and does not soot.

## Voget Lumber and Fuel Company

Phone 198 Salem, Ore.

pounds timothy hay; in 20 hundred pounds or one ton, there is 56 pounds and in one and a half tons (a fair yield per acre 34 pounds per ton.

Red clover hay has 6.8 pounds protein per 100 pounds, 136 pounds per ton and 272 pounds in two tons (a fair yield per acre).

Alfalfa has eleven pounds protein in 100 pounds of hay, 220 pounds in one ton and 1100 pounds protein in one acre of five tons. There is a little more than four times as much protein as in one acre of clover.

The one acre of alfalfa is worth nine acres of timothy, considering the protein alone.—Hoard's Dairyman.

### Afflicted with Sore Eyes for 33 Years

I have been afflicted with sore eyes for 33 years. Thirteen years ago I became totally blind and was blind for six years. My eyes were badly inflamed. One of my neighbors insisted upon my trying Chamberlain's Salve and gave me half a box of it. To my surprise it healed my eyes and my sight came back to me.—P. C. Earle, Cynthia, Ky. Chamberlain's Salve is for sale at Dr. Stone's drug store.

### Learn What Food Is Best.

In our ignorance of what the various tissues of the body require for doing their work we crowd the system with a great mass of unnecessary food, only an infinitesimal part of which can possibly be of use in strengthening us for our occupation. There are about a dozen different kinds of tissue cells in the body, each one requiring a special food, and those which are especially active in our line of work require a much larger amount of food particularly adapted to their use than the other tissues, which are almost wholly inactive in our vocation.

Thousands of men are forcing their brains to do work by stimulants which only exhaust and do not nourish, and then they wonder that they have nervous breakdown or paresis. Other thousands, in their ignorance of scientific feeding, force their brains to do work every bit of which is abnormal, because they do not have sufficient nourishment. An active brain worker requires a great deal of albuminous foods, foods which contain phosphorus—like fish, oysters and other kinds of shell fish, and eggs. Meat is distinctly muscle food. It is suitable only for those who do physical work.

The locomotive engineer studies fuels. He does not throw all sorts of combustible things into his fire-box, just because they are combustible. He finds out the best kind of fuel for his engine, that which will give him the greatest possible amount of combustion with the least waste. He makes a profession of his business, and studies the requirements of his engine. But most people seem to think that they can run the most complicated machinery in the world—the great human engine—without any special study. The result is that we use all sorts of fuel without references to the particular work we are doing.—O. S. Marden in Success Magazine.

### To Pump a Great Sea Dry.

Little Holland, with its 5,000,000 people living safely behind their wave-washed dykes, is about to make a new conquest from its old enemy, the ocean. Already Dutch engineers have begun the tremendous task which will result in turning the Zuyder Zee into 1400 square miles of dry land. Where of old the great Dutch war fleets gathered, where now 4000 fishermen sink their nets, there will rise happy villages, broad pastures, poplar-bordered roads and sleepy canals—new farms and homes for 50,000 Dutchmen.

The task to be undertaken is a tremendous one. It will cost nearly \$76,000,000. In return the government expects to secure annual rentals of more than \$5,000,000 from those who occupy and till the hard-won ground. The Zuyder Zee has occupied a most prominent place in Dutch history. On its shores are the ancient

towns of Medemblik, Hoorn, Harderwyck, Norden and Enkhuizen, under whose walls the Dutch fleets used to lie at anchor in the days when Holland disputed with Eugani the supremacy of the seas.

It seems peculiarly appropriate, now that Holland has turned from the ways of war to the paths of peace, that she should win in a great fight with the sea—a fight that has continued throughout hundreds of years—attaining victory only by ceaseless vigilance and fierce endeavor. And yet one cannot but experience a feeling of regret that those ancient cities which, though nations rose and fell, made good the circles of their battered ramparts, defying alike the power of the sea and the might of Spain, should become quiet inland towns, far removed from the roar of the breakers against the dykes.—Technical World.

Can you afford to trifle with so serious a matter as to neglect a bad cold or cough, when for a trifling amount you can secure a bottle of "Hickory Bark Cough Remedy," that is guaranteed to cure or money refunded. Price 25c, 50c and \$1.00 per bottle. For sale by dealers everywhere.

### To Make Pine Enduring.

The experiments in the treatment of loblolly pine fence posts, which the forest service conducted at Maplesville, Ala., in co-operation with J. A. Wilkinson, state commissioner of agriculture and industries, have just been completed. Arrangements have been made for setting the posts in an experimental line, so that an exact record of their durability can be obtained. To each post will be attached a zinc tag, stamped with a certain number, which will serve to identify it in the records kept by the forest service. Inspections of the experimental line will be made from time to time, so that the comparative durability afforded by the different methods of treatment can be accurately determined.

During the course of the investigation, experiments were also made with the treatment of sap pine shingles. In some cases coloring matter was added to the creosote. The process, therefore, not only increased the durability of the shingles, but gave them a lasting stain. As the coloring matter is actually injected into the wood, and not merely applied like paint to the surface, it may be reasonably expected that the color will be retained for a long term of years.

### A FATHER'S PEROGATIVE.

Spanked His Daughter Though She Was Thirty-Five.

A Daniel has come to judgment where he might least have been expected—in Pittsburg. The city of the big smoke has been famous, or infamous, heretofore for the persistent and flagrant scandals which it has produced in high society, making the place which was once left on the map because it was the American home of the Laird of Skibo, known far and wide as a sort of modern Sodom and Gomorrah. But it appears after all, that like Nazareth some good can come out of Pittsburg. A magistrate has just been found who combined legal acumen with good hard common sense. He has officially determined that a father has a right to spank his

grown up daughter, even when she confesses to 25 summers, and the matter of winters quiet.

It appears from the press that the aforesaid 35-year-old daughter had gone out surreptitiously an evening, and did not get ahead of the maternal mill. Her 65-year-old father was wailing in the dim light of dawn, an old-fashioned carpet slippers clutched tightly in his lap, laying his child over his lap in a cumbent position he proceeded to annex the slipper to that portion of anatomy which presented the target.

But the daughter was of a vengeful disposition. She did not forget that the deed hurt her more than it did her—only, course, in a different place. Her magistrate heard the complaint, however, he discharged the delinquent with his blessing, and to daughter probably said: "You sin no more." For children to obey their parents, after the paternal law, until they have gotten a paternal roof-tree. So long as you are content to remain separate from home, partaking of the family ridge, they must obey the regulations. Thus the father Daniel decides that America is the decision with compliance.—Baker City Democrat.

### The Texas Wonder.

Cures all kidney, bladder, rheumatic troubles; sold by druggists, or two months' trial sent by mail for \$1.00. Dr. E. W. 2926 Olive street, St. Louis, Mo. Send for testimonials. Sold by drug store.



### Call for Bids.

Notice is hereby given that undersigned will receive sealed bids at his office at the city hall in Salem, Oregon, up to 7 o'clock p. m. Monday, November 4, 1907, for improvement of a strip of land 30 feet wide in the center of Third street in the city of Salem, Oregon, from the west line of Church street to the west line of Twelfth street, said city according to plans and specifications in the office of said recorder of Salem, Oregon. A certified check of 10 per cent of the amount of the bid must accompany all bids.

Done at Salem, Oregon, this 28th day of October, 1907.

W. A. MOORE, Recorder of the City of Salem, Oregon.

### Colonist Rates in Effect Until October 31.

The extremely low rates on Eastern points to Oregon are in effect until October 31. Act wishing to take advantage of these rates can save time and money calling on our local agent, W. M. Darling, and secure prepaid tickets on any agent in the United States. From Missouri river points, \$25.00. From St. Louis, \$30.00. From Chicago, \$32.00. From Washington, D. C., \$40.00. W. M. DARLING, G. P. & S. 10-17-12

## HOSTETTER'S CELEBRATED STOMACH BITTERS



## WINDOW GLASS

Complete assortment of Plate, corrugated and picture glass, single and double strength. Inging done to order. John Hughes, Phone 23, 455 to 475 Main Street, Salem, Oregon.