

Do You Enjoy Your Meals? THEY WILL

One of the Most Important Questions to Consider in the Search for Happiness and Health.

The burning question, to you, is, "Are you getting out of life all the pleasure and the health you are entitled to?" If not, why not?

No matter whether every organ and member of your body is in a sound state of health and strength, if your stomach is in any way disordered, you are not going to be "yourself." You are going to be a worried, out-of-sorts, nervous or sullen individual, whose actions will reflect your condition inside, and people will naturally avoid you.

The world wants to smile and be cheerful, and unless you are cheerful and smile, at least, occasionally, you will have few friends, fewer opportunities, no success, and you will go down in defeat—defeated by dyspepsia and a bad stomach.

A good and thorough digestion has a quick, wonderful reaction upon the brain. You must have noticed it many times, for the brain and stomach are so intimately connected as a needle and its thread, one can hardly be used to advantage without the other. If your stomach is slow and lazy in digesting your food, it will produce at once a slow, lazy and cloudy influence upon your brain. Mark it! If your stomach has absolutely quit work, and fermentation is poisoning your vitals as a result, surely your brain is going to be sluggish and correspondingly depressed. No one need tell you that.

But why continue to suffer all the miseries and torments that a disordered stomach brings you?

If your stomach can not digest your food, what will? Where's the relief? Where's the cure?

Stuart's Dyspepsia Tablets are the relief and the cure. Why? Because, as all stomach troubles arise from indigestion and because one ingredient of Stuart's Dyspepsia Tablets is able to thoroughly and completely digest 3,000 grains of any kind of food, doesn't it stand to reason that these little Dyspepsia Tablets are going to digest all the food and whatever food you put into your stomach? Science nowadays can digest food without having to use the stomach for it. And Stuart's Dyspepsia Tablets are the result of this scientific discovery. They digest and digest thoroughly and well, anything and everything you eat.

So, if your stomach refuses to work or can't work, and you suffer from eruptions, bloat, brash, fermentation, biliousness, sour stomach, heartburn, irritation, indigestion, or dyspepsia of whatever form, just take one or two of Stuart's Dyspepsia Tablets, and see the difference. It doesn't cost you much to prove it. Then you can eat all you want, what you want, whenever you want, if you use these tablets, and you can look the whole world in the face with a beaming eye and you will have a cheerful spirit, a pleasant face, a vigorous body and a clear mind and memory and everything will look and taste delicious to you. That's life.

Get a package of Stuart's Dyspepsia Tablets at any drug store on earth for 50 cents a package. Send us your name and address today and we will at once send you by mail a sample package free. Address F. A. Stuart Co., 150 Stuart Bldg., Marshall, Mich.

Resigned His Leadership.
Meeker—Just one year ago today I led my wife to the altar.
Bleeker—You did, eh.
Meeker—Yes; and right there and then my leadership ended.—Chicago News.

How's This?
We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

Walding, Kinnan & Marvin, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all druggists.

Take Hall's Family Pills for constipation.

A discriminating mind isn't an advantage when you have hash for breakfast.

PLAY EUGENE

The Salem high school basketball teams left this morning for Eugene where they will play this evening. Both the boys' and girls' teams are making this trip to play the Eugene high school. This is the second game of the Western State league and the local teams will give the southerners a hard fight.

The high school does not feel very confident over the boys' game as three of the first team men will in all probability be out of this contest. Perry Jones, the husky guard, has been laid up all week with a sprained ankle, while Minton, the other guard, and Kay at center, have been on the sick list. Mills, Utter and Brooks, three strong players will probably take their places. The team will be composed of Roberts (capt.), Farmer, Mills, Utter and Brooks.

The girls' team is strong this year and a victory is looked for in the reports that will come in tonight. They defeated Eugene high last year and expect to do the same again. The team will be taken from Misses Bella Ackerman, Lena Girardin, Lizzie Rudolph, Frances Pohle, Alsen Hawley, Miss Keefer Marguerite Ostrander. Miss Tuttle, one of the high school instructors accompanied the girls as chaperon and Ross McIntire went along as referee for both games.

SMILES

Among persons to apply for a job doing chores is the Hon. Wm. Anderson, of Gravel Island. The U. S. senate would probably not confirm him.

There seems to be a great deal of bitterness and hard feeling over filling a little office like district attorney.

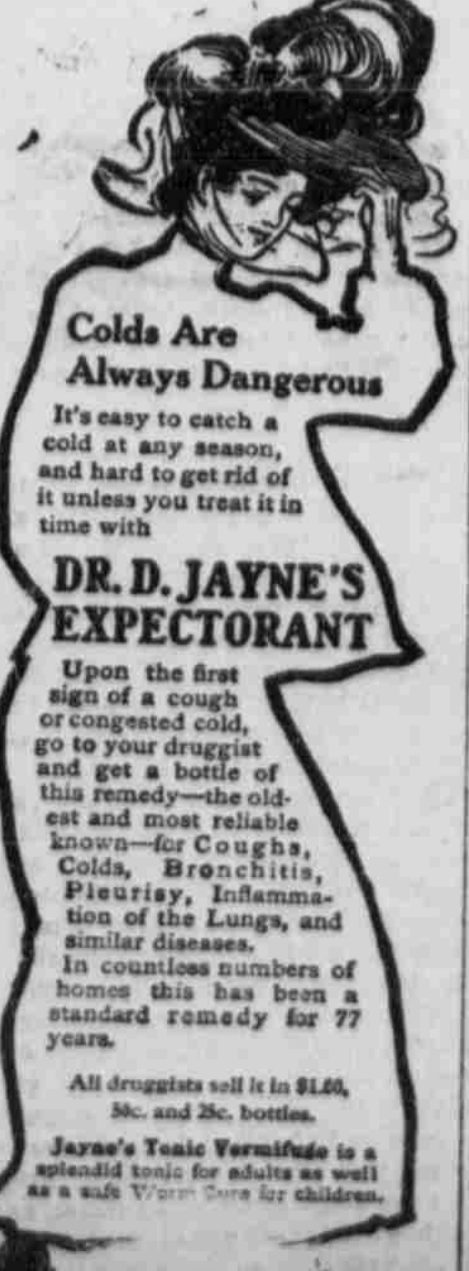
If the gentleman whose umbrella we unconsciously traded for will call he can get that wooden-handled affair with "D. M." cut in the end of it, as the one he got for it is much better. He had no broken ribs when he got it. Later—We are satisfied with the trade. It is better than we thought at first. Latest—Mistake; we found ours at home, and he can call and get his.

The seed catalogues are in bloom. There is still some mud for the aldermen to throw at each other, if they want to engage in that.

If the city were able to afford it we would say, build some more wooden bridges.

They ought to wait until the first cars are operated into the city before commencing to hammer the Oregon Electric.

An Ohio man offers to take Harry Thaw's place for \$3,000,000. This includes anything from the electric chair to an acquittal. Is he wise, or otherwise?



Colds Are Always Dangerous
It's easy to catch a cold at any season, and hard to get rid of it unless you treat it in time with

DR. D. JAYNE'S EXPECTORANT

Upon the first sign of a cough or congested cold, go to your druggist and get a bottle of this remedy—the oldest and most reliable known—for Coughs, Colds, Bronchitis, Pleurisy, Inflammation of the Lungs, and similar diseases. In countless numbers of homes this has been a standard remedy for 77 years.

All druggists sell it in \$1.00, 50c. and 25c. bottles.

Jayne's Tonic Vermifuge is a splendid tonic for adults as well as a safe Worm Cure for children.

When you buy Lard you get more than you bargain for—It's heavier in your stomach than on the scales

Lard is a foe to digestion. If you had the stomach of an ostrich you could hardly withstand the ravages of lard-soaked pastry. You have probably found this out and already given up the eating of pastry. 'Tis wholly unnecessary! Anyone can eat and digest food cooked with COTTOLENE, the perfect shortening. It is a pure vegetable product, made from the best beef suet and choicest vegetable oil.

When you buy lard you have no protection as to quality—you simply know you are getting LARD—never mind the grade, it's just L-A-R-D. On the other hand, every pail of COTTOLENE is in uniform—the product is guaranteed. You take no chances whatever.

In the face of these facts just ask yourself if you can afford to use hog lard when you can get pure, healthful, nutritious COTTOLENE.



Cottolene is Guaranteed We hereby authorize your grocer to refund your money in case you're not pleased after having given COTTOLENE a fair test.

Never Sold in Bulk COTTOLENE is packed in pails with a patent air-tight top, to keep it clean, fresh and wholesome; also to prevent it from absorbing the disagreeable odors of the grocery, such as fish, oil, etc.

Cook Book Free We shall be glad to send any housewife, for a two-cent stamp, our new "PURE FOOD COOK BOOK," edited and compiled by Mrs. Mary J. Lincoln, author of the famous "Boston Cook Book." Address

THE N. K. FAIRBANK COMPANY, CHICAGO

Nature's Gift from the Sunny South

SPLENDID PERFORMANCE

Harry A. Van's Bijou Stock Company the Best Ever Seen in Salem—At the Klinger Grand.

The proprietor of the Klinger Grand kept his word with the public when he told them that they are the best stock company traveling—and the rounds of applause certainly bore out his words.

The clever acting of Clarence M. Love as Captain Warner in Court-martial was fully appreciated.

Harry Cornell as Rev. Van Dyke Brown, made a decided hit.

Geo. S. Shaw, "comedian" as the tramp, could not be improved upon. Miss Eleanor Carlton, Miss Austa Pierce, Miss Bessie Canwright, as well as Mr. J. Conway and Mr. Chic Kehoe deserve much praise as their work being of high class order. We are glad the company will remain indefinitely.

IF YOU KNOW.

The merits of the Texas Wonder, you would never suffer from kidney, bladder or rheumatic trouble. \$1 bottle, two months' treatment, sold by S. C. Stone drug store, or by mail. Testimonials with each bottle.

SENATOR BOOTH IN EXCITING COYOTE CHASE

One of the most exciting coyote chases that ever occurred in Douglas county was reported to the Review today by Ed Singleton of Wilbur. The principals in the chase were Mr. Singleton and Hon. R. A. Booth of Eugene, a pack of hounds that thoroughly understood their business, and as large a coyote as ever devoured a sheep. The varmint was "jumped" Monday afternoon at Edenbower. Hotly pursued by the hounds—and men—Mr. Coyote raced down through the Curry place and then swam the South Umpqua river. Without stopping to shake the water from his shaggy coat the coyote kept on running, running, running, until he came to the barn on Jeff Williams' place at Looking Glass, 12 miles from Edenbower, where he turned at bay against the yelping hounds that had kept relentlessly upon his track, leaving Mr. Booth and Mr. Singleton at the river. Exhausted by his long run the battle was brief, and the varmint soon succumbed to the attack of the dogs.—Roseburg Review.

A Poor Scholar.

The other day a professor leaving the university was approached by a seedy individual, who pathetically asked:

"Won't you help a poor scholar with a dime?"

The coin bestowed, the learned man said:

"You tell me you are a poor scholar?"

"Sure," answered the other. "I never went to school in me life. So long."—Exchange.

Charged to Him.

"Dear," began Mrs. Spenders, cooingly, "would you consider opals unlucky?"

"I would," replied her husband, shrewdly, "if I got a bill for some and had to pay it."

"Ah! I'm so glad I ordered the diamond earrings instead."—Philadelphia Press.

New Lodge of Odd Fellows.

A lodge of Odd Fellows is to be instituted at Waltherville Thursday. They have about 25 enthusiastic members to start with, and there are more who are expected to join later. The lodge at Springfield will do the initiatory work, and a number of members of Spencer Butte lodge will go up also to enjoy the occasion. W. M. Green has been appointed deputy grand master for the purpose of instituting the lodge.—Eugene Register.

Why Suffer From Rheumatism?

Do you know that rheumatic pains can be relieved? If you doubt this just try one application of Chamberlain's Pain Balm. It will make rest and sleep possible, and that certainly means a great deal to any one afflicted with rheumatism. For sale

Notice.

By mutual consent, the firm of Skalfie & Emmett have dissolved partnership, H. P. Chase taking Mr. Emmett's interest, which will be conducted under the old firm name of Chase & Skalfie. We will be found doing business at the same old place, 101 Front street. All persons knowing themselves indebted to the firm of Skalfie & Emmett please call and settle.

Too Much Face.

You feel as if you had one face too many when you have Neuralgia. Don't you? Save the face, you may not; but get rid of the neuralgia by applying Ballard's Snow Liniment. Finest thing in the world for rheumatism, neuralgia, burns, cuts, scalds lame back and pains. Sold by D. J. Fry.

Inexpressible.

Doctor—Let me see your tongue. Patient—Oh, doctor, no tongue can tell how sick I feel.—Lippincott's.

Thousands Have Kidney Trouble and Never Suspect it.

Prevalency of Kidney Disease. Most people do not realize the alarming increase and remarkable prevalency of kidney disease. While kidney disorders are the most common diseases that prevail, they are almost the last recognized by patient and physicians, who content themselves with doctoring the effects, while the original disease undermines the system.

What To Do.
There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfills every wish in curing rheumatism, pain in the back, kidneys, liver, bladder and every part of the urinary passage. It corrects inability to hold water and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in fifty-cent and one-dollar sizes.
You may have a sample bottle and a book that tells all about it, both sent free by mail. Address Dr. Kilmer & Co., Binghamton, N. Y.—When writing mention this paper and don't make any mistake, but remember the name, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y.

New Notaries.

C. B. Lafollett, Harrison Allen, Portland; C. W. Brown, Coburg; Ben F. Evans, North Powder; C. E. Gorbett, Colton; D. W. McPeck, Rickreall; F. M. Gill, Estacada, R. R. No. 1; N. A. Davis, Milton.

Rank Foolishness.

"When attacked by a cough or a cold, or when your throat is sore, it is rank foolishness to take any other medicine than Dr. King's New Discovery," says C. O. Eldridge, of Empire, Ga. "I have used New Discovery seven years and I know it is the best remedy on earth for coughs and colds croup, and all throat and lung troubles. My children are subject to croup, but New Discovery quickly cures every attack." Known the world over as the king of throat and lung remedies. Sold under guarantee at J. C. Perry's drug store, 50c and \$1.00. Trial bottle free.

Purchased Fine Instrument.

Louis Stringer, an enterprising young business man of this city, yesterday purchased the monster double B bass formerly owned by John Steelhammer of Woodburn. The instrument is valued at \$300 and is probably the largest horn ever owned by a Salemite if not by an Oregonian. Mr. Stringer is determined to master his new charge and will doubtless be a valuable acquisition to the music circles of the city.

A Higher Health Level.

"I have reached a higher health level since I began using Dr. King's New Life Pills," writes Jacob Springer, of West Franklin, Maine. "They keep my stomach, liver and bowels working just right." If these pills disappoint you on trial, money will be refunded at J. C. Perry's drug store; 25c.

Helping Her.

"You loved her very much?"
"So much that when her first husband died I married her that I might share her grief and so lessen it."
"And how did it work?"
"Fine! I'm sorrier now for his death than she is."—Houston Post.

Caught in the Rain.

then a cold and a cough—let it run on—get pneumonia or consumption that's all. No matter how you get your cough, don't neglect it—take Ballard's Horhound Syrup and you'll be over it in no time. The sure cure for coughs, colds, bronchitis and all pulmonary diseases in young and old. Sold by D. J. Fry.

Estray Notice.

Notice is hereby given that I have taken up and impounded the following described animal, found roaming at large in the city of Salem:
One bay 2-year-old colt; black points; no other marks or branding. The owner of said animal can have the same by proving property and paying the legal charges and expenses of taking up and keeping, etc., and in default thereof for five days I will proceed to sell said animal at public auction, as provided in ordinance No. 429 of the aforesaid city.
D. W. GIBSON,
City Marshal, Salem, Oregon, January 15, 1908. 1-15-31

The White House Restaurant
For a Regular
25c Dinner at 20c
They can't be beat
McGilchrist & Son
Proprietors.

Hotel St. Philip
Fourth and Fifth and Barnside Streets, Portland, Oregon.
New fireproof European Hotel. Steam heat. Modern conveniences. Rates \$1.00 per day and up. Union depot car will land you at the door.
H. PIERCE, Prop.

839 COURT STREET.
Call and try them. Meals 15c. Board per week \$1.75, also furnished rooms very reasonable.
AT THE
Salem Restaurant MEALS 15c

ELITE HOTEL
Restaurant and hotel, on European plan. Meals at all hours on short order. Regular dinner 25 cents. Thirty newly finished furnished rooms.
E. ECKERLEN, Prop.
148 Commercial St.

MARKET REPORTS

SALEM MARKET.

Local Wholesale Market.

Eggs—25c.
Butter—35c; fat 33c.
Hens—9½c; mixed chickens, 8½c.
Local wheat—80c.
Oats—35c.
Barley—\$24 @ \$25.
Flour—Hard wheat, \$500; valley, \$4.00.
Mill feed—Bran, \$25; shorts, \$26.50.
Hay—Cheat, \$14; clover, \$10 @ 12 per ton; timothy, \$13 @ \$15.
Onions—2¼c lb.
Hops—Old, 4 @ 6c; new, 7 @ 8c.
Chittim bark—4½ @ 5c.

Tropical Fruits.

Bananas—\$6.
Oranges—\$2.50 @ \$3.00.
Lemons—\$3.50 @ 4.50.

Retail Market.

Oats—White, \$28 per ton.
Wheat—\$1.00.
Rolled barley—\$30.
Eggs—30c.
Butter—Country, 35c; creamery, 40c.
Flour—Valley, \$1.20 per sack; hard wheat, \$1.40 @ \$1.50.
Bran—80c per sack; \$26 per ton; shorts, \$1.10 per sack.
Hay—Timothy, 85 @ 90c per cwt; cheat, 90c; clover, 75s per cwt; shorts, \$1.10 per sack.
Livestock.
Hogs—Fat, \$5.00.
Cattle—1100 @ 1200 lb steers, 3½c.
Lighter steers—3 @ 3½c.
Stock hogs—\$4.00.
Cows and heifers—900 @ 1000 lb, ½c @ 2½.
Sheep—3½c @ 4½.
Veal—Dressed, 5 @ 7c.
Portland Market.
Wh—at—Club, 85c; valley, 85c; blue stem, 87c.
Millstuff—Bran, \$23.
Hay—Timothy, valley, \$18 @ \$19; alfalfa, \$13.
Vetch—\$8.50.
Poultry—Hens, 12½c @ 13c; spring chickens, 12½c @ 13c; ducks, young, 13c @ 14; pigeons, \$1 @ 1.25.
Pork—Best, \$6 @ \$6.35.
Hops—1907, 7½ @ 10c; old, 4 @ 4½c lb.
Lamb—\$3.80 @ \$6.60.
Mutton—\$4.50 @ \$5.00.

No Difference.
No distinction is made as to the kind of Piles that Dr. Leonhardt's Hem-Roid cures.
The names Internal, External, Bleeding, Itching, Suppurating, etc., are simply names of the different stages through which every case will pass if it continues long enough.
Piles are caused by congestion or stagnation of blood in the lower bowel, and it takes an internal remedy to remove the cause.
Dr. Leonhardt's Hem-Roid is a tablet taken internally. It is a permanent cure. Money back if it fails. Price \$1.00 at druggists. Dr. Leonhardt Co., Niagara Falls, N. Y., Proprietors. Sold by Dr. B. C. Stone, Salem.

CASTORIA.
The Kind You Have Always Bought
Solely by J. C. H. Hatcher