

SOME GOOD HINTS
TO THE SLEEPLESS

Many find themselves unable to sleep until the whole household is accounted for and the house locked for the night, until certain news is received, and the like. The same tendency postpones sleep till all affairs are straightened out in the mind, as well as in reality. A little reflection shows how indefinite must be the postponement of sleep under such conditions.

No training is more important for the victim of compulsive tendencies than the practice of trusting something to luck and to the morrow, and reconciling himself to the fact that at no time, in this world, will all things be finally adjusted to his satisfaction.

Next comes the insistent desire to sleep in a certain bed, with a certain degree of light or darkness, heat or cold, air or absence of air. This is in line with the desire to eat certain foods only, at a certain table and at a certain time. The man who loses his appetite if dinner is half an hour late is unable to sleep again if once waked up. This individual must say to himself, "Any one can stand what he likes; it takes a philosopher to stand what he does not like," and try at being a philosopher instead of a sensitive plant.

Inability to sleep while certain noises are continued must be similarly combated. If one goes from place to place in search of the quiet spot for sleep, he may finally find quiet itself oppressive, or worse yet, may be kept awake by hearing his own circulation, from which escape is out of the question.

He who finds himself persistently out of joint with his surroundings will do well to ponder the language of the Chinese philosopher:

"The legs of the stork are long, the legs of the duck are short; you cannot make the legs of the stork short, neither can you make the legs of the duck long. Why worry?"—George Lincoln Walton, M. D., in Lippincott's.

CANDIDATES CARDS

For Representative.

I hereby announce myself as a candidate for the Republican nomination for Representative at the primaries, April 17.

HAL D. PATTON.

I hereby announce myself as a candidate for nomination at the Republican primaries for county superintendent of schools.

WALTER M. SMITH.

I hereby announce myself as a candidate for nomination at the Republican primaries for commissioner.

B. E. ROBERTSON,
Turner, Oregon.

I desire to place my name before the Republican primaries for a re-nomination for County recorder.

D. G. DRAGER.

I wish to announce to my friends that I am a candidate for county treasurer, subject to the Republican primaries.

JOSEPH MOORE.

THE
O. K. Store

GROCERIES THAT SPEAK

for themselves, as ours do need little praising. We might well be pardoned for being enthusiastic about them. But all we say is

GIVE US A TRIAL ORDER.

Once you do that we will not have to coax you for a second. Our Groceries will speak for themselves on your table. You'll be sorry you hadn't commenced trading here before.

A. A. ENGLEBART,

Twelfth Street near Woolen Mill
Phone 122.READY TAILORED CLOTHES
FOR WELL DRESSED
MEN.

The Racco System
PRICE RANGE
\$20 TO \$40

Notice.

Notice is hereby given to all parties holding school bonds Nos. 1, 2, 3, 4, 5, 6, 7, 8, 9 and 10, of school district No. 4, of Douglas county, State of Oregon, to present the same at the banking house of the New York Trust Company, 26 Broad street, New York City, N. Y., for payment, as interest will cease there on after the first day of March, 1908.

Dated at Roseburg, Oregon, this 31st day of January, 1908.
J. E. SAWYERS,
County Treasurer of Douglas County,
Oregon. 1-31-1mo

CASTORIA
For Infants and Children.

The Kind You Have Always Bought

Bears the
Signature of *Charles H. Fletcher*

SOUTHERN PACIFIC CO.

Time Card No. 52 Effective Sunday
December 29th, 12:01 A. M.
Toward Portland Passenger.

No. 16.—5:53 A. M. Oregon Express
No. 18.—8:40 A. M. Cottage Grove
Passenger.

No. 12.—2:45 P. M. Roseburg Passenger.

No. 14.—9:13 P. M. Portland Express.

Toward Portland Freight.

No. 222.—5:00 P. M. Portland Fast
Freight.

No. 226.—10:40 a. m., way freight
arrives.

No. 226.—11:28 a. m., way freight
departs.

Toward San Francisco Passenger.

No. 11.—11:03 A. M. Roseburg Passenger.

No. 17.—6:45 P. M. Cottage Grove
Passenger.

No. 15.—9:56 P. M. California Express.

No. 13.—2:01 A. M. San Francisco
Express.

Toward San Francisco Freight.

No. 221.—2:43 A. M. Portland Fast
Freight.

No. 225.—11:28 A. M. Way-Freight

TIME TABLE

CORVALLIS & EASTERN R. R.

Trains from and to Yaquina.

No. 1—
Arrives at Corvallis 11:00 a. m.
Arrives at Albany 5:55 p. m.
Leaves Yaquina 6:45 a. m.
Arrives at Albany 11:58 a. m.

No. 2—
Leaves Albany 12:35 p. m.
Arrives at Yaquina 6:15 p. m.

Trains to and from Detroit.

Leaves Corvallis 1:40 p. m.

No. 3—
Leaves Albany 7:30 a. m.

A. M.—6:00, 7:05, 8:05, 10:05.

No. 4—
Leaves Detroit 1:00 p. m.

follows, commencing Jan. 16, 1908—
Trains for Corvallis.

No. 8—
Leaves Albany 7:55 a. m.

Arrives at Corvallis 8:35 a. m.

No. 10—
Leaves Albany 3:55 p. m.

Arrives at Corvallis 4:35 p. m.

No. 6—
Leaves Albany 7:45 p. m.

Arrives at Corvallis 8:25 p. m.

Trains for Albany.

No. 5—
Leaves Corvallis 6:30 a. m.

Arrives at Albany 7:10 a. m.

No. 9—
Leaves Corvallis 2:15 p. m.

Arrives at Albany 2:55 p. m.

No. 7—
Leaves Corvallis 6:00 p. m.

Arrives at Albany 6:40 p. m.

No. 11 (Sunday only)—
Leaves Corvallis 11:15 a. m.

Arrives at Albany 11:58 a. m.

No. 12 (Sunday only)—
Leaves Albany 12:35 p. m.

Arrives at Corvallis 1:18 p. m.

For further information apply to
WM. McMURRAY,
Gen. Pass. Agt., Portland, Oregon.
Jno. M. Scott, Asst. G. P. A.

O. C. T. Co

Steamers Pomona and Oregon leave for Portland Monday, Wednesday and Friday at 10 a. m. and Tuesday, Thursday and Saturday at 6 a. m. For Corvallis, Tuesday, Thursday and Saturday about 6 p. m. M. P. Baldwin, agent. Offices and dock at foot of Trade street.

M. P. BALDWIN, Agent.

The
White House Restaurant

For a Regular

25c Dinner at 20c

They can't be beat

McGilchrist & Son

Proprietors.

330 COURT STREET.

Call and try them. Meals
15c. Board per week \$2.75.
also furnished rooms very
reasonable.

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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.

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148 Commercial St.

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.

Barnett's Restaurant and
Lunch Counter

In Bush bank block—remodeled
and first-class service. Meals and
lunches in best styles. Ladies and
family trade solicited.

Salem Fence Works

Headquarters for Woven Wire

Fencing.

Netting, Pickets, Gates, Maithold
Roofing, P. & B. Ready Roofing
All at lowest prices.

CHAS. D. MULLIGAN

Successor

WALTER MORLEY.

350 Court St. Salem, Ore.

Huie Wing Sang Co.

Removal Sale

We are selling out all goods
at cost price. Move and sell
store building and all the
goods. Everything must go.

346 Court Street, Salem, Or.

For Sale
Or Trade

For Salem city property,

250 acres, half in cultivation,

balance timber and fine past-

ure; will divide into 120 and

130 acres, ideal dairy farms,

\$45 per acre. See us for im-

proved fruit lands. We have

some special bargains.

Ireland Investment Co.

JAMES IRELAND, Manager

Office Phone Maine 334.

Residence Phone 369.

135 S. Commercial St.
Salem, Oregon.

THE CLASSIFIED

FOR SALE

For Sale—8½ acres two miles south
of Salem, on Liberty road; chick-
en wire fence all around place;
new house and furniture; new out-
buildings; three dozen chickens.
G. W. Flesher, Salem, route No.
3. 2-6-2wk*

For Sale—34 acres adjoining state
fair grounds, 10 acres east and 24
acres west of the fair grounds road.
Can be sold separately or in bulk.
Good improvements and all kinds
of fruits. A bargain for the right
party. Call on S. S. Cole, 570 Lib-
erty street, Salem. 1-18-1m*

Wood For Sale—Dry cord wood;
first, and some second, growth fir.
All orders delivered. Prices rea-
sonably. L. M. Van Cleave at
Fairgrounds Wood Yard. Phone
Main 1497. 1-16-1mo*

Peach Seed for Sale.—We will have
a carload of California seedling
peach seed for sale at Salem, and
would contract with purchasers to
grow up peaches and peaches for
fall delivery, 1909. For informa-
tion address Chico Nursery Co.,
Chico, California. 1-27-tf

For Sale—Fine big White Leghorn
breeding eggs, price 50c per dozen.
Eugene W. H. Timm, 20th and
Trade Sts. 2-10-14t*

For Sale—Seven-room house and lot,
modern, excepting heat. Price
\$1700, also ¼ block, good loca-
tion. Price \$1900. Latham Land
Company, over Portland General
Electric Company. 2-8-tf

For Sale—Five acres of cleared
land, within one mile of Salem.
Also five acres partly covered
with timber. Phone Farmer 93.
2-12-3t

FOR RENT.

For Rent—Rooms with or without
board by the day, week or month.
Mrs. W. R. Speece, 486 South
Commercial St. 2-10-6t*

BUTTERNUT BREAD.

It is worth more than any other
bread yet the price is no higher.
For sale at your grocers'.

CALIFORNIA BAKERY,

Thomas & Cooley, Props.

DRAYMEN.

Cummins Bros. Transfer Company—
All kinds of transfer work done.
Furniture and pianos boxed read-
y for shipment. Prompt service.
our motto. Stand and office
253 South Commercial street
Phone 210. Residence Phone 96

WANTED.

Wanted—If you want a marble or
granite monument we can save you
money. We don't pay big rent nor
city taxes—you get the benefit.
Come and get our prices, and be
convinced. Our shop is in City
View cemetery. Blasing Grantee
Co., J. D. Bohannon, manager.
1-13-

Wanted—First-class general black-
smith. Call at 16th and Market
streets, Salem. E. M. Thomas.
2-7-1wk*

PLUMBERS.

Theo. M. Barr—Plumbing, hot wa-
ter and steam heating and tin-
ning. 164 Commercial street. Phone
Main 192. 9-1-1y

M. J. Petzel—Plumbing, steam and
gas fitting. Successor to Knox &
Murphy, 226 Commercial street.
Phone Main 17.

LIVERY AND FEED STABLES.

Livery and Feed Stables—Old Post
office Stables, at 254 Ferry street
between Commercial and Front
streets. Telephone 188. Some of
the finest livers in the city can
be found here. Dick Westcott,
proprietor. 10-1-1yr

PROFESSIONAL.

G. V. Ellis, M. D.—Physician and
surgeon. Telephone 307. Main
Offices, 546 State street, opposite
court house, Salem, Or. Residence
Phone 312. Main. 8-13-1mo*

WHITE BRONZE MONUMENTS

Never chip, crack
tarnish, moss or
corrode. The only
kind that never
needs cleaning. For
the truth of the
above see them in
all the Salem and
many of the coun-
ty cemeteries;
some of them
have been there for 72 years. If
you want the very best at living
prices call on or address
458 Mill St. Phone 1234, Salem, Or.

T. B. WAIT.

MISCELLANEOUS.

Wanted, Information—Families hav-
ing soda cases and bottles, kegs or
jugs belonging to the Glendon Stola
Company, please call up phone 26,
or drop postal card, giving street
and number. 2-10-1w

Rogue River Orchard for Sale—

Clean. Profit-bearing; deep al-
luvial river bottom soil. Good
buildings. Sell entire or subdi-
visions. Good roads. Near good
8-month school. Good climate.
Ben A. Lowell, Woodville, Ore-
gon. 1-30-1m.

Will Call and Pay Cash—For men's
coat off clothing, broken watches
and jewelry. We clean and press.
High grade work. Phone 963.
Sigmund, 483 State. 1-25-4t.

H. S. Gile & Co.—Wholesale grocers
and commission merchants. We
are sole agents for Rex Spray. It
is absolutely uniform in strength. A
perfect chemical combination.
Costs a little more, but cheapest in
the end, strength and reliability
considered. 1-15-tf

Will the Party—Who borrowed a
Snell bicycle from The Journal
office about two weeks ago kindly
return same, as the owner needs
it. 1-10-tf

Voigt Lumber and Fuel Co.—Lum-
ber, shingles, building material,
wood and coal. Low prices and
prompt deliveries. One block east
of S. P. passenger depot. Phone
198. 7-2-tf

Butte & Wenderoth—Fine wines,
liquors and cigars. We handle
the celebrated Kellogg and Castle
whiskies. Cool and refreshing beer
constantly on draught. South
Commercial street. 9-3-1yr

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 & Co.

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Carpenters Union No. 1065—Local
Union No. 1065 of Carpenters and
Joiners of America meet every
Saturday evening at 7:30 p. m. in
Hearst hall, 420 State St. A. W.
Dennis, Rec. Sec.

Foresters of America—Court Sher-
wood Foresters, No. 19. Meets
Saturday night in Holman hall,
State street. Waldo Miller, C. R.;
J. C. Perry, financial secretary.

Central Lodge No. 18, K. of P.—
Castle Hall in Holman block, cor-
ner 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—Ore-
gon 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 Fri-
day night at 7:30 in Holman hall,
L. E. Pennell, C. C.; P. L. Frasier,
clerk.

Lincoln Annuity Union.—Sick, acci-
dent 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.
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SASH AND DOOR FACTORIES.

Frank M. Brown.—Manufacturer of
sash, doors, mouldings. All kinds
of house finish and hard wood
work. Front street, between State
and Court. Make all complaints
at the office.

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WONDERFUL CHINESE DOCTOR
Will treat you with Oriental herbs
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Dr. Kum is known everywhere in
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Dr. Kum makes a specialty of
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If you want some extra fine tea,
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