

### Are You Troubled?

Those who suffer with distress after eating, loss of appetite, biliousness, nausea, flatulence, and other derangements of the digestive organs, should use the best means to get the stomach well and strong. Probably no other remedy will restore you to health so surely and so naturally as

## BEECHAM'S PILLS

Beecham's Pills immediately relieve acute dyspepsia, and are equally beneficial in chronic cases of indigestion and stomach weakness. They gently stimulate the digestive organs and have a wholesome effect upon the liver and bowels, cleansing and toning the entire digestive tract. Beecham's Pills relieve the weakened organs, establish healthy conditions, improve the general health, create appetite and

### Strengthen the Digestion

In boxes with full directions, 10c. and 25c.

#### THE BREADFRUIT TREE

Many Ways in Which This Strange Asiatic Plant is Utilized.

The breadfruit tree is a native of southern Asia, the south Pacific islands and the Indian archipelago. In appearance it resembles somewhat the wild chestnut. It grows to the height of 40 or 50 feet and has dark green leaves, many of them two feet in length, which are deeply divided into pointed lobes.

Hidden among the great leaves the breadfruit grows. It is a sorosis, is nearly spherical, often weighs four or more pounds and has a thick yellow rind. This fruit is the chief food of the south sea islanders. They seldom eat a meal without it. The edible part lies between the rind and the core and when fully ripe is yellow and juicy. It is better for fruit before it has fully matured, and the natives gather it while the pulp is white.

Before it is ready for table use it must be roasted, when it looks like wheaten bread and is both palatable and nutritious. Usually the fruit is cut into three or four slices and roasted or baked in an oven.

Frequently the people of a village join in making a huge oven, in which several hundred breadfruits may be baked at one time. Thus they are all supplied with bread without its costing them much labor. Prepared in this way, the bread will keep for weeks.

The breadfruit is in season eight months of the year. When the season finally draws to a close, the last fruits are gathered and made into a sour paste called "mahel." This paste will keep good for months and is made into balls, wrapped in leaves and baked, just as needed.

Bread is not the only product of the breadfruit tree. From it cement, cloth, tinder and lumber are also obtained. A glutinous, milk juice comes from the trunk of the tree, which makes an excellent cement when boiled with coconut oil. From the fibrous inner bark a kind of coarse cloth is made, and the big leaves make good towels. The lumber is used for building houses and many other purposes. Besides all this, the dried blossoms are used as tinder when fires are kindled.

#### IT'S YOUR KIDNEYS

Don't Mistake the Cause of Your Troubles—A Salem Citizen Shows How to Cure Them.

Many people never suspect their kidneys. If suffering from a lame, weak or aching back they think that it is only muscular weakness; when urinary trouble sets in they think it will soon correct itself. And so it is with all the other symptoms of kidney disorders. That is just where the danger lies. You must cure these troubles or they may lead to diabetes or Bright's disease. The best remedy to use is Doan's Kidney Pills. It cures all ills which are caused by weak or diseased kidneys. Salem people testify to permanent cures.

W. C. Johnston, gardener, of 1022 Mill St., Salem, Or., says: "I had the grip a year ago this September and I believe it left me with kidney troubles. At any rate I suffered with pain in the small of my back and aching at night. In the morning when I arose, I felt lame and sore and tired very easily and often felt languid. Occasionally, there were attacks of headaches and dizzy spells and often there were specks before my eyes. The kidney secretions were irregular and unnatural in appearance. The relief I obtained from Doan's Kidney Pills was very great. I felt better after taking the first box and I now feel in better health than for a long time. Every kidney sufferer should use Doan's Kidney Pills."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

#### TYPHOID TURNS HAIR RED

Connecticut Man Has Peculiar Result of Serious Illness.

Following his recovery from an attack of typhoid fever, Calvin Myers of Dover, Conn., 28 years old, is flaunting a crop of vivid red hair, where once raven locks adorned his head, says a news item.

Myers recovered two weeks ago from a long siege of typhoid, in which he was close to death for a time. Soon his hair, remarkably black, began to show tinges of red. Now it is brilliant red, and seems to assume a more vivid hue each day. Physicians who have examined Myers admit the change baffles them and that they are at a loss to explain the hirsute modifications in connection with the attack of typhoid fever.

#### \$100 Reward \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. Cheney & Co., Toledo, O.

Sold by all druggists, 75c. Take Hall's Family Pills for constipation.

#### Meant Well.

Elderly Coquette—I don't like this furniture. It isn't suitable for my style.

Dealer—What do you say to something antique?—Meggendorfer Blaetor.

#### Chamberlain's Cough Remedy a Favorite.

"We prefer Chamberlain's Cough Remedy to any other for our children," says Mr. L. J. Woodbury of Twining, Mich. "It has also done the work for us in hard colds and croup, and we take pleasure in recommending it." For sale at Dr. Stone's drug store.

#### Where He Got It.

Mr. Hogan—Where did Ol' git th' black eye? Ol'm just ather bein' initiated.

Mr. Kelly—Into what society? Mr. Hogan—Into th' society av me mother-in-law.—Leslie's Weekly.

#### Baby Hands

will get into mischief—often it means a burn or cut or scald. Apply Ballard's Snow Lintiment just as soon as the accident happens, and the pain will be relieved while the wound will heal quickly and nicely. A sure cure for sprains, rheumatism and all pains. Price 25c, 50c and \$1.00 a bottle. Sold by all dealers.

#### Heavy-Weight.

"J'ever hear about dis Shakespeare? He was an actor." "Dat so? What weight championship did he win ter git on de stage?" Philadelphia Press.

#### For Rheumatic Sufferers.

The quick relief from pain afforded by applying Chamberlain's Pain Balm makes it a favorite with sufferers from rheumatism, sciatica, lame back, lumbago, and deep seated and muscular pains. For sale at Dr. Stone's drug store.

#### Sophistry.

"Dear, I only play poker for fun." "But you bet, don't you?" "Well, there wouldn't be any fun without a little betting."—Kansas City Journal.

#### To Cure Cold in One Day.

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature on each box. 25c.

#### Meaning of the Tied.

His Wife (during the spat)—I actually believe you married me simply because of my money. Her Husband—Well, my dear, a man usually has some excuse for doing a foolish thing.—Chicago News.

#### FORGOT HIS TRAP GUN

Sets Pitfall for Coyote and Gets Tangled in His Own Trap With Serious Effect.

Joe E. Lay, who resides on the old Musty ranch, Prairie creek, has been pestered, during the winter, with coyotes and finally decided that it would be dead easy to shoot them with a trap gun, says the Joseph Herald.

He drew the carcass of a horse into a field, put out some poison, then placed a cocked and loaded shotgun, with a string running from the trigger of the gun to a stake near the carcass and had the trap fixed in such a manner that anything touching the string would receive a good sized load of shot.

Monday morning bright and early, Joe went out to look at the carcass and found that some animal had been there. He moved around trying to locate the direction the animal had taken, when he touched the string and bang went the shotgun, part of the charge hitting him in the calf of the leg. He was brought to town and placed under the care of a physician, who extracted most of the shot. If complications do not set in Mr. Lay will be around in a few weeks.

#### TEA

The way to buy tea is in packages; somebody is responsible for it.

Your grocer returns your money if you don't like Silling's Tea; we pay him.

#### Different Zones.

While giving a geography lesson a teacher called upon a precocious youngster named Johnny to tell what he could about "zones." Johnny responded as follows: "There are two kinds of zones, masculine and feminine. The masculine zones are temperate and intemperate, while the feminine zones are both torrid and frigid."—Lippincott's.

## 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.



### Dr. Stone's Drug Store

The only cash drug store in Oregon, owes no one, and no one owes it; carries large stock; its shelves, counters and show cases are loaded with drugs, medicines, notions, toilet articles, wines and liquors of all kinds for medicinal purposes. Dr. Stone is a regular graduate in medicine, and has had many years of experience in the practice. Consultations are free, and only regular prices for medicine. Dr. Stone can be found at his drug store, Salem, Or., from 6 to the morning until 9 at night.

#### Tariff Not a Party Question.

A subscriber who is too level headed to deprive himself of all he finds to approve in a paper by stopping it because there is occasionally something of which he does not approve, writes Farm Stock and Home that he doesn't like "the Democratic leaning" of that paper, which is the name he gives to its attitude on the tariff. It surprises F. S. & H. that a man so level headed has not learned that tariff reform in the direction of lower schedules, reciprocity in foreign trade, etc., is no longer a partisan matter. One may now be a tariff reformer and be admitted to the sanctum sanctorum of the Republican lodge and ride the G. O. P. elephant; or may be a stand patter and be allowed to caress the Democratic donkey. The party collar one wears now does not indicate his tariff views. "The world she do move," brother.—Farm Stock and Home.

#### Keeping Open House.

Everybody is welcome when we feel good; and we feel that way only when our digestive organs are working properly. Dr. King's New Life Pills regulate the action of stomach, liver and bowels so perfectly one can't help feeling good when he uses these pills. 25c at J. C. Perry's drug store.

#### Real Estate Transfers.

- J. H. Albert et ux to W. C. Hawley, lot 8, block 10, University addition, w. d. \$1500
- J. R. Coleman and wife to Wm. Brown, 8 1/2 acres, lot 25, Miller's Mill Creek Home Tract, q. c. d. 262
- J. F. Searls to Jas. Coleman, lot 25, being 8 1/2 acres, Miller's Mill Creek Home Tract, t. d. 5
- W. F. Schuller et ux to J. O. Elrod, 75 acres, t 10 s. r 3 w. w. d. 7500
- Aug. Will et al to A. F. Will, 74.59 acres, 4 s. r 1 w. q. c. d. 731
- D. B. Stewes et al to D. H. Dinsmore et ux, land in block, 22 Salem w. d. 4000
- Sanftman Lodge No. 25 F. and A. M. et al to Mrs. Lena Clark, south half block 15, Lone Oak cemetery 15
- W. F. Schuller et ux to J. O. Elrod, land in t 10 s. r 3 w. d. 1000
- W. F. Schuller et ux to J. O. Elrod, blocks 1, 2, 3 and 4, Smith & Allen's addition to Salem, 2700
- W. F. Schuller et ux to J. O. Elrod, 20 acres, t 1 s. r 3 w. w. d. 3000
- W. F. Schuller et ux to J. O. Elrod, 160 acres, t 1 s. r 3 w. d. 5000
- Willis Caldwell et ux to Frank Bakely, lot 8, block 4, Hollister's annex, w. d. 125
- J. C. and L. Sutton to L. V. Vogel, lot 12, block 15, Yew Park annex, w. d. 300
- Kwald Co. to T. M. McHugh, lot 20 and north half lot 21, Kwald fruit farms, w. d. 731

#### Suffering and Dollars Saved.

E. S. Loper, of Marilla, N. Y., says: "I am a carpenter and have had many severe cuts healed by Bucklen's Arnica Salve. It has saved me suffering and dollars. It is by far the best healing salve I have ever found." Heals burns, sores, ulcers, fever sores, eczema and piles; 25c at J. C. Perry, druggist.

#### The Lazy M. D.

Mrs. Harris—What be yore son doin' tew th' city? Mrs. Meadowgrass—He's studyin' for a doctor. Mrs. Harris—The idea! Is th' doctor tew lazy tew study for himself?—Chicago News.

## Comb Out?

Is your comb telling a story, the story of falling hair? Not a pleasant story, is it? It ends badly. The story we tell is pleasant—the story of Ayer's Hair Vigor. Promptly stops falling hair, destroys dandruff, keeps the scalp healthy. Does not color the hair.

Remember the name—Doan's—and take no other.

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

## GENUINE CASTORIA ALWAYS Bears the Signature of

*Chas. H. Fletcher*

## The Kind You Have Always Bought

In Use For Over 30 Years.

THE CASTORIA COMPANY, 77 NASSAU STREET, NEW YORK CITY.

## Are You Interested In Saving Your Money?

Of course you are. That's why we advertise. We carry one of the best stocks of wagons and implements in the city, and it is your interest as a money-saver to call and see our line—no matter whether you buy or not, we know that you know a bargain when you see it, and that you will be sure to tell others about them. We carry a complete line of wagons, buggies, farm implements, all kinds of farm and mill machinery, paints, oils and varnishes. First class blacksmithing and horse shoeing also done.

We take second-hand vehicles and machinery as part payment on all new cash orders.

Keep your money at home by buying what you need at home and at the same time see what you're getting.

## GEORGE B. JACOBS

R. F. D. 8 - - Salem, Or.



#### YOU'LL ENJOY A DRIVE

In one of our rigs just as much as you owned it. More, in fact, you will have all the pleasure of a private stable. You are limited in your choice of a turn either. Our livery service can supply anything you require, from runabout to a coach and team. Can we serve you?

FASHION STABLES, C. W. Yanke, Prop. 131-137 N. High St. Phone Main

## Allen's

## BOSTON BROWN BREAD FLOUR

Is Self-rising. It makes Genuine Brown Bread, Toothsome Quick Biscuit, and a

## GLORIOUS BOILED PUDDING

Sold by All Grocers



## SEND US YOUR LAUNDRY

Today we have every modern contrivance for turning out the very best laundry work, whether it be a delicate shirt waist, lace curtains, shirts or family washing. We're sure you'll be pleased with our work and our prices. Laundry that is done here is sweet, clean and pure, and you'll take great pleasure in wearing it. Three wagons for your convenience.

## The Salem Steam Laundry

126-146 Liberty Street.

Phone 25