

Thousands Have Kidney

Trouble and Never Suspect It.
Prevalency of Kidney Disease.
Most people do not realize the alarming increase and remarkable prevalence 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 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.

WATER WAYS ARE COMING

Washington, March 5.—To those who view with awe the record-breaking run of the United States battleship fleet around the Horn, it might be a surprise to examine the record of some of the fleet of commerce that plies the waters of the Great Lakes. According to figures compiled here, many of these lake steamers have traveled in their trips to and from more miles than will the war vessels now steaming on their lengthy voyage.

steam H. H. Rogers, of the United States steel corporation's fleet of ore carriers. In 235 days of service this vessel carried 323,567 gross tons of iron ore on her 29 trips, traveling approximately 44,000 miles in doing so. This mileage is equivalent to three runs like that of the battleships' cruise from Chesapeake bay to Frisco.

The activity of the county's inland fleet and its growth has been going forward steadily of late years. This growth will be accelerated as soon as the government undertakes a well defined policy of waterways development. The National Rivers and Harbors congress is working persistently toward this goal, which is of the most vital interest to every part of the country, whether near inland streams or on the seaboard, or far moved from either.

When the government undertakes the expenditure of \$50,000,000 a year on this development of waterways, the river fleets that will spring up will act as feeders for the lake craft and obtain business from them in return. The result will be a sharp reduction in the toll the American people are forced to pay in the guise of freight charges, a closer relationship between the markets and the producing centers of the country and a consequent bracing up of internal commerce.

Already the effects of this movement toward water transportation are beginning to show themselves. Larger vessels are being constructed for the lake trade, more money is being put into docks and loading and unloading apparatus, and greater attention is being given to dredging work in harbors and channels.

One remarkable feature of the Rogers' record is the fact that in each of its numerous trips between Lake Superior and Lake Erie it was compelled to traverse 100 miles of channel and canals. Although it is a 600-foot steamer it did not meet a single mishap in the interlake traffic. Its captain took it through the tortuous locks without so much as scratching its paint.

This performance is the best answer to those who protest that the navigation of the rivers by steamers of any size is an impossible feat. There are many who claim that vessels of a size large enough to make them of any value at all cannot be

operated on the inland streams, no matter how elaborately those streams are developed. The record of the steamer Rogers is sufficient illustration of the sophistry of their contention. Although a lake steamer of great tonnage, yet it traversed last season in its twenty-nine trips exactly 4640 miles of channels and canals without an accident.

National Charities Conference.
Governor Chamberlain yesterday appointed the following committee to attend the national conference of Charities and Correction to be held at Richmond, Virginia, May 6 to 13: Mrs. Millie R. Trumbull, Charles H. Gam, Thomas N. Strong, Rev. E. P. Murphy, Benjamin F. Gardener and Hon. C. U. Gantenbein all of Portland; Rev. E. W. St. Pierre, Rev. A. Moore, N. H. Hooney, C. W. James and Frank A. Curtis of Salem; Mrs. Turner Oliver of La Grande, and S. L. Kline of Corvallis.

The conference will be a meeting to discuss the criminal and the best way of dealing with him. The organization being made up of those interested in prisons, reform schools, founding asylums and like institutions.

Erected a Fine Monument.
Mrs. Fred West has had a fine monument erected over the graves of her parents, Charles J. Mulkey and Teresa Mulkey. They are buried at the Lewisburg cemetery, in Polk county. The monument was of the celebrated granite bronze manufacture for which T. B. Wait is sole agent.

Mrs. S. Girard and daughter, Agnes, has been called to be at the bedside of Mrs. Girard's mother who is dangerously ill.

TEA
The cost of good tea is so very little: only a third of a cent a cup! a cent-and-a-half or two cents for the family breakfast!

Your grocer returns your money if you don't like Schilling's Best: we pay him.

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Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Read What They Say.

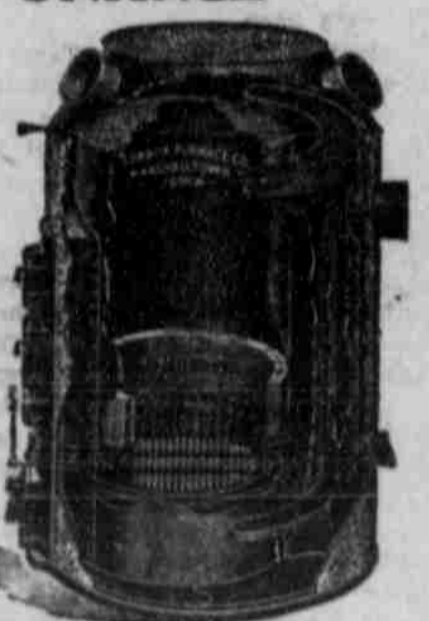
Miss Lillian Ross, 530 East 84th Street, New York, writes: "Lydia E. Pinkham's Vegetable Compound overcame irregularities, periodic suffering, and nervous headaches, after everything else had failed to help me, and I feel it a duty to let others know of it." Katharine Craig, 2255 Lafayette St., Denver, Col., writes: "Thanks to Lydia E. Pinkham's Vegetable Compound I am well, after suffering for months from nervous prostration." Miss Marie Stoltzman, of Laurel, Ia., writes: "I was in a run-down condition and suffered from oppression, indigestion, and poor circulation. Lydia E. Pinkham's Vegetable Compound made me well and strong." Miss Ellen M. Olson, of 417 N. East St., Kansas, Mo., writes: "Lydia E. Pinkham's Vegetable Compound cured me of backache, side ache, and established my periods, after the best local doctors had failed to help me."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

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The above cut represents brick lined Torrid Zone Furnace. Guaranteed gas, smoke and dust proof. Economical and durable.

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If you feed Coulon's Improved Mash Egg Food

Your hens will be cackling over fresh laid eggs, three times as many as they would lay without this food. You will help yourselves and help us if you do your buying in our line from us.

Good literature on poultry raising free.

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151 HIGH ST. Phone 123.

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Never chip, crack, tarula, moss or corrode. The only kind that never need cleaning. For the truth of the above see them in all the Salem and many of the county 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 1254, Salem, Or. T. B. WAIT.

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COLONIST RATES from all parts of the United States and Canada to all parts of Oregon and the Northwest will be put into effect by

THE OREGON RAILROAD & NAVIGATION CO.
—and—
SOUTHERN PACIFIC COMPANY
(Lines in Oregon)

DAILY DURING MARCH AND APRIL, 1908.
From the Principal Cities of the Middle West the Rates will be as follows:

FROM CHICAGO	TO SALEM	FROM COUNCIL BLUFFS	TO SALEM
ST. LOUIS	\$38	OMAHA	\$30
KANSAS CITY	\$30	ST. PAUL	\$30

Corresponding Rates from all other Eastern points. Stopovers at pleasure at all points in Oregon.

The Colonist Rate is the greatest of all homebuilders. Oregon has unlimited resources and needs more people who desire homes and larger opportunities.

Oregon people can accomplish splendid results by heralding this opportunity to all the world. Send Oregon literature giving good reliable information about the state, far and wide. Call on the above railroads for it if necessary.

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WM. McMURRAY,
General Passenger Agent, Portland, Oregon.

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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.



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In one of our rigs just as much you owned it. More, in fact, you will have all the pleasure of a private stable. You are limited in your choice of a horse either. Our livery service can supply anything you require, from a runabout to a coach and team. Can we serve you?
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Is Self-rising. It makes Genuine Brown Bread, Toothsome Quick Biscuit, and a GLORIOUS BOILED PUDDING.
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For the comfort of the folks at home. Bundle up the family washing and phone No. 25 early Monday for us to send a wagon for the clothes. We will save you money, worry and discomfort, and save the clothes, as well. They will come back to you fresh, crisp and clean.
WE DO IT RIGHT
The Salem Steam Laundry
THE LAUNDRY THAT KNOWS HOW

LIME AND SULPHUR SPRAY
DEPENDABLE BRAND
Manufactured by Gideon Stolz Company, Cor. Mill and Summer St. SALEM, OREGON
We guarantee this spray to be a strictly pure lime and sulphur solution, test 29 to 31 Baume.
For sale by FLETCHER & BYRD, D. A. WHITE & SONS, TILLSON & CO., R. D. GILBERT & CO. AND AT FACTORY.
Price \$8.50 per barrel; \$1.50 credit for barrel, if returned.

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We are manufacturing forty-two Standard Tints and colors of Oregon Mineral Paint Ground in Oil and Guaranteed Strictly Pure, Durable and Satisfactory in every particular.

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THESE PAINTS are used by the State on Public Institutions on their Merit and have stood the severest tests that can be applied.

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