WOMAN AT FORTY

IMPORTANCE OF PRESERVING THE HEALTH AT THAT TIME

Proof of One Case in Which a Weak Nervous and Discouraged Woman Was Marvelously Helped by the Tonic Treatment

Women approach their fortieth year with worry and uncertainty,for the manner in which they pass that crisis determines the health of their after life. During this important time in the life of a woman, her whole aim should be to build up and strengthen her system to meet the unusual demands upon it. Devotion to family should not lead to neglect of self but hard work and household cares and worries should be avoided as far as possible. Whether she is able to do this or not, no woman should fail to take the tonic treatment if she is entering the critical period in a weak, run-down and nervous condition. A tonic medicine is one that builds up the blood and, for this purpose, the experience of thousands of women has shown that Dr. Williams' Pink Pills have no equal.

Mrs. Martha Dennis, of 823 West Cedar street, Kalamazoo, Mich., is one who owes her health to this treatment. She says:

"I suffered for a year with weakness, enduring pains which almost made me frantic. My kidneys were weak, I had pains in my loins and back and could hardly stoop over or lift anything. My liver was torpid and my complexion and the whites of my eyes yellow. I had palpitation of the heart, my limbs ached and I had severe headaches. I was troubled with chills, followed by fevers, and would have to go to bed. I could not rest at night and was unable to remember anything. I was weak, irritable, nervous and discouraged.

"After several months of suffering I was advised by a friend to try Dr. Williams' Pink Pills and the benefit I received from the first few boxes was remarkable. I was cured much sooner than I hoped and have been in good health ever since."

Drowsiness, a feeling of heaviness pain in the front of the head, nausea and even vomiting, dizziness, faintness, hot flashes followed by chills and profuse perspiration are some of the signs that indicate the need of tonic treatment as the change approaches. If this is your condition you should not wait another day before giving Dr. Williams' Pink Pills a trial. The best proof of their merit is what they have actually done for others. Our booklet "Plain Talks to Women" gives proof of the help given in many such cases, and much other valuable information for suffering women.

Dr. Williams Pink Pills are sold by all druggists, or sent by mail, postpaid, on receipt of price, 50 cents per box; six boxes for $2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

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:

Light bay horse, 10 years old, white spot in forehead, left hind foot white, weight about 850 pounds.

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, March 12, 1908. 3-12-3t

PERFECT PRINTING PLATES
IN ONE OR MANY COLORS
LARGEST FACILITIES IN THE WEST FOR THE PRODUCTION OF HIGH GRADE WORK
RATES AS LOW AS EASTERN HOUSES
HICKS-CHATTEN ENGRAVING CO.
PORTLAND, ORE.

HOLLISTER'S
Rocky Mountain Tea Nuggets
A Busy Medicine for Busy People.
Brings Golden Health and Energy Vim.
A specific for Constipation, Indigestion, Liver and Kidney Troubles, Pimples, Eczema, Impure Blood, Bad Breath, Sluggish Bowels, Headache and Backache. 35c Rocky Mountain Tea in tablet form, 35 cents a box. Genuine made by Hollister Drug Company, Madison, Wis.
GOLDEN NUGGETS FOR SALLOW PEOPLE

BUSINESS HOPE LIES ON TAFT

Banker Hellman Gives Reasons Why War Secretary Should Be President.

(Los Angeles Times.)

Isaiah W. Hellman, the controlling mind in a string of banks covering the Pacific coast, and too well known to Los Angeles people to need an introduction, is here for a few days from San Francisco looking after his many interests. He was found at the Farmers' and Merchants' National bank immersed up to his eyes in business affairs, but not too busy to gives the Times a little interview, especially interesting for the reason that it touches the national politics of the day. Mr. Hellman's close connection with great business interests all over the United States gives particular importance to his views:

Asked about business conditions, Mr. Hellman said: "Oh, San Francisco is doing pretty well, and you know conditions here in Los Angeles better than I do. Judging by my own affairs here, everything in your city is turning a very bright side to us these spring days. I think business depression here will be very short lived and will not very greatly affect any legitimate interest.

"But the more interesting point is the shape that politics are taking. There is only one thing for those who have an intimate interest in business in any way, and that one thing is to see that nothing comes in the way of the nomination and election of William H. Taft. If we don't get Taft there is very great danger that Bryan may at last break into the Presidency. And you know how great a calamity I think that would be. Mr. Taft has been tried in many very important places, and to use a boys' phrase, he has 'made good' in every place he has ever filled. He is a statesman profoundly versed in statecraft. From his experience in judicial positions he has cultivated a thoroughly judicial mind. He sees things with remarkable clearness, and fortunately for the country, his views are always in the right direction. In executive positions the secretary of war has also had abundant and varied experiences and his administration has been conspicuously successful as his career upon the bench.

"With Secretary Taft nominated by the Republican convention at Chicago next June, you will see an immediate improvement in business. The business men of the country will be inspired with most confident hope that the people will realize the importance of electing Mr. Taft. I myself have no doubt about his success before the people. Once elected, the assurance of such a man as President for four years will immediately restore confidence in every branch of business, and we shall see prosperity again prevail throughout the whole country."

NIGHTS OF UNREST

No Sleep, No Rest, No Peace for the Sufferer from Kidney Troubles.

No peace for the kidney sufferer—
Pain and distress from morn to night.
Get up with a lame back,
Twinges of backache bother you all day,
Dull aching breaks your rest at night,
Urinary disorders add to your misery.
Get at the cause—cure the kidneys.
Doan's Kidney Pills will work the cure.
They're for the kidneys only—
Have made great cures in Salem.

O. W. Vaughn, of 3 State St., Salem, Or., says: "Doan's Kidney Pills procured at Dr. Stone's drug store proved to be a reliable remedy for backache and all forms of kidney complaint. I obtained the best of results from their use, and a child in our family who had been afflicted with weakened kidneys and nocturnal trouble got entirely well in a short time through the use of Doan's Kidney Pills. This should commend the remedy to all parents who have children troubled in any way with kidney complaint."

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.

WHITE BRONZE MONUMENTS

Never chip, crack tarnish, 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 22 years. If you want the very best at living prices call on or address
458 Mill St. Phone 1284. Salem, Or.
T. B. WAIT.

TURN YOUR FACE INTO DOLLARS

Many a Man Has Failed Because His Face Was a Picture of Calamity.

It takes sunshine to produce a rose, a perfect rose. And so man, to be successful, must have sunshine inside. The life which has it not, which has no health and no happiness, is sour, surly, pessimistic, and a failure. The world already has too many vinegar faces that breathe ill-will and strife. The world wants joy, comfort, sunshine, and will cling to the man who has it, who radiates gladness and triumph wherever he is and under all circumstances.

Some people have a genius for seeking out the disagreeable, the crooked, the bad and the ugly. These are the destroyers; they travel in schools, they herd together for they love their kind, and the cheerful part of the world will have nothing to do with them.

And why is it that so many peddle disaster knowing at the same time that if they do, their lives will be ruined? Some people cannot help it, for pessimism usually comes from bodily disorders, and this cannot always be prevented. The stomach, for instance, is the most common cause of discontent, sour face, recklessness, disgust and lack of ambition. A bad stomach— there is the secret of many a failure. Anyone can have a good stomach, a strong stomach, a stomach that can take care of anything and everything that is put into it, no matter whether it is a very bad stomach now or not. Then why not have it?

Stuart's Dyspepsia Tablets do this very thing. One ingredient of these little tablets digests 3000 grains of food, and no matter how bad is your dyspepsia or indigestion, these tablets will digest everything in your stomach, thoroughly and completely, and better and quicker than a healthy stomach can do the same thing. Stuart's Dyspepsia Tablets will cure quickly loss of appetite, brash, irritation, burning sensations, nausea, heartburn ,eructations, loss of vim and spirit, bad memory, and dyspepsia and indigestion in their very worst forms.

No other little tablets in the world can do so much. You should carry Stuart's Dyspepsia Tablets around with you wherever you go and take them after meals. Then only will you realize what it is to enjoy a meal, and what perfect digestion means. Your whole body and your mind will feel the effects; your vim will increase, you will be more satisfied with what the world does, you will think happier and be happier and your face will be one of supreme contentment. That will bring success and then more success. Your face will bring you dollars. Try it. It will cost you just 50c for a package of these wonderful Stuart's Dyspepsia Tablets, at any drug store on earth.

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.

Strong and Healthy Poultry

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.

TILLSON & CO.
151 HIGH ST. Phone 139.

Bargains

Still closing out my old stock, especially ladies' and childrens' shoes and slippers.

Prices $2.25, $2.50, $2.75 and $3.00

Give me a call and see these bargains. Repairing neatly done.

Many Pairs Sold at Cost

Jacob Vogt
345 State St.

OREGON'S OPPORTUNITY

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 Pricipal Cities of the Middles West the Rates will Be as Follows:

FROM	TO SALEM	FROM	TO SALEM
CHICAGO	$38	COUNCIL BLUFFS	$30
ST. LOUIS	$35	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.

FARES CAN BE PREPAID

Here at home if desired. Any agent is authorized to accept the required deposit and telegraph ticket to any point. Call on local agent or address.

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

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 to 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 if you owned it. More,, in fact, for you will have all the pleasure and only a mere fraction of the expense of a private stable. You are not limited in your choice of a turnout, either. Our livery service can supply anything you require, from a runabout to a coach and team. How can we serve you?

FASHION STABLES,
C. W. Yannke, Prop.
131-137 N. High St. Phone Main 44

Allen's
BOSTON BROWN BREAD FLOUR
Is Self-rising. It makes Genuine Brown Bread, Toothsome Quick Biscuit, and a
GLORIOUS BOILED PUDDING
Sold by Al Grocers

HAVE AN EARNEST CARE

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 Sts
SALEM, OREGON PHONE MAIN 20.
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.

Southern Pacific R. R. Time C

Time Card No. 52 Effective Su... December 29th, 12.01 A. M.

Toward Portland Passenger.
No. 16.—5:53 A. M. Oregon Ex...
No. 18.—8:40 A. M. Cottage G... Passenger.
No. 12.—2:45 P. M. Roseburg ... senger.
No. 14.—9:13 P. M. Portland ... press.

Toward Portland Freight.
No. 222—5:00 P. M. Portland ... Freight.
No. 226—10:40 a. m., way fr... arrives.
No. 226—11:28 a. m., way fr... departs.

Toward San Francisco Passen...
No. 11.—11.03 A. M. Roseburg ... senger.
No. 17.—6:45 P. M. Cottage G... Passenger.
No. 15.—9:56 P. M. California ... press.
No. 13.—2:01 A. M. San Fra... Express.

Toward San Francisco Freigh...
No. 221.—2:43 A. M. Portland ... Freight.
No. 225—11:28 A. M. Way-Fr...

TIME TABLE
CORVALLIS & EASTERN R...
Trains from and to Yaquina
No. 1—
Arrives at Corvallis 11:00
Arrive. at Albany 5:55
Leaves Yaquina 6:45
Arrives at Albany 11:55
No. 2—
Leave Albany 12:35
Arrives at Yaquina 6:15
Trains to and from Detroit
Leaves Corvallis 1:40
No. 3—
Leaves Albany 7:30
A. M.—6:00, a7:05, 8:05, ...
No. 4—
Leaves Detroit 1:00
follows, commencing Jan. 16, ...
Trains for Corvallis.
No. 8—
Leaves Albany 7:55
Arrives at Corvallis 8:35
No. 10.—
Leaves Albany 3:55
Arrives at Corvallis ... 4:35
No. 6—
Leaves Albany 7:45
Arrives at Corvallis 8:25
Trains for Albany.
No. 5—
Leaves Corvallis 6:30
Arrives at Albany 7:10
No. 9—
Leaves Corvallis 2:15
Arrives at Albany 2:55
No. 7—
Leaves Corvallis 6:00
Arrives at Albany 6:40
No. 11 (Sunday only)—
Leaves Corvallis 11:15
Arrives at Albany 11:55
No. 12 (Sunday only)—
Leaves Albany 12:35
Arrives at Corvallis 1:15
For further information ap...
WM. McMURRAY,
Gen. Pass. Agt., Portland, O...
Jno. M. Scott, Asst. G. P. ...

Oregon Electric Railway Comp...

TIME CARD
Leaving Salem.
Portland and intermediate st... local 6:15
Portland and intermediate st... local 8:05
West Woodburn, Wilsonville, ... atin, Portland, limited 9:30
Portland and intermediate st... local 11:05
Portland and intermediate st... local 2:30
West Woodburn, Wilsonville, ... tin, Portland, limited 4:02
Portland and intermediate st... local 5:25
Arriving Salem.
Portland and intermediate st... local 8:35
Portland and intermediate st... local 10:45
Portland, Tualatin, Wilsonville, Woodburn, limited ..11:15
Portland and intermediate st... local 1:25
Portland and intermediate st... local 4:30
Portland, Tualatin, Wilsonville, Woodburn, limited ..5:47
Portland and intermediate st... local 7:50

O. C. T. C...

Steamers Pomona and ... leave for Portland Monday, ... day and Friday at 10 a. m. Tuesday, Thursday and Sa... 6 a. m. For Corvallis, ... Thursday and Saturday ... m. M. P. Baldwin, agent, ... and dock at foot of Trade ...
M. P. BALDWIN, A...

SALEM WATER COM...

OFFICE CITY HALL.
For water service apply at ...
Bills payable monthly in ...