

ONLY ONE WAY TO RETAIN GOOD HEALTH, SAYS COOPER

T. Cooper's theory regarding human stomach is rapidly becoming a topic of universal discussion. Cooper claims that the human stomach has become chronically deranged under modern conditions, and that sickness is the result.

In a recent interview while inquiring his medicine in a leading city, Mr. Cooper said: "There is only one way, in my opinion, to maintain general health, and that is by giving up the digestive organs. The majority of Americans to have weak, flabby, extended stomachs. This has been caused by many generations of overfeeding and lack of exercise until today the entire civilized world is affected. This is the true cause of most of the ill health of today. Little can be done to relieve it. The stomach is once more brought back to normal conditions. I am successful because my preparation puts the stomach in sound condition, and I maintain this in the

only way to secure general and permanent health."

Among many prominent people who have recently become converted to Cooper's theory is Mr. E. M. Howey, of 47 1/2 De Russey street, Binghamton, N. Y., who says: "I had stomach trouble for about six years. After eating I would become bloated and have a distressed feeling for several hours. This would be accompanied by heartburn, and I reached the point where I could not enjoy my meals at all.

"I tried different remedies in an effort to find relief, but without success. After taking three bottles of Cooper's New Discovery I am entirely cured. My stomach does not bother me in the least, and I can eat anything I like. I can cheerfully recommend Mr. Cooper's medicine to anyone afflicted with stomach complaints."

Mr. Cooper's medicines are making a remarkable record. We sell them.

J. C. Perry.

golden rule of a seat for every fare. If you tilt the "Merry Widow" over one ear, beware of low signs and awnings. Never try to keep a hat in the closet. Hang it under the bed or on the billiard table.

The alarming extent to which standing capacity on Belle Isle will be reduced by reason of the vogue of this hat is now in process of computation. That the decrease in the carrying capacity of the ferries in consequence of its vogue will result in frantic D. B. I. and W. demands for increased fares to the island is the gloomy conviction of the council committee on ordinances.—Detroit Free Press.

THE TARIFF ON WOOD PULP.

A Statement by Herman Ridder, President of the American Newspaper Publishers' Association.

Of the three potent agencies for the advancement of general education and culture among a civilized people, the press, the pulpit and the stage, the first named has in this country by far surpassed in extent and influence the two others. Upon one of the indispensable and most expensive materials used in the composition of a newspaper, print paper, an import duty is being levied which is iniquitous and oppressive, while at the same time the cost of the domestic manufacture of paper is greatly increased through the operation of the duty on wood pulp. Is there any necessity for these taxes? Can they be reasonably justified? They are simply a present of the American paper makers have by lamentations, pretenses and other means less fair than foul obtained from the government. At whose expense? Solaly at the expense of the most unprotected among all manufacturing industries in the United States—the printing and publishing industry, more especially the newspapers.

When the paper manufacturers got together for the purpose of bettering their conditions they accomplished the first step through the Dingley tariff, which put a minimum duty of six dollars per ton on news print paper valued at not above two cents per pound, and \$8 per ton on paper valued above two cents per pound, and raised the duty on wood pulp from \$1.20 to \$1.67 per ton. The next step, although encountering many delays was finally consummated by creating a combination to exhaust the surplus stock of paper, to cause a paper famine and to raise prices. From thirty-five dollars per ton in 1906, the price has been raised to forty dollars in 1907, and to fifty dollars in the present year, being an increase of twenty-five to forty per cent respectively. The pretext put forward by the manufacturers for their advance in prices is the increased cost of wood and labor. Now let us look into that a little closer. Government records show that paper mills in the United States and Canada are making paper at a cost of less than twenty-eight dollars per ton at the mill, and that American mills can and do make paper more cheaply than Canadian mills by reason of a better supply of skilled labor, cheaper coal and an adequate home market for their product, also lower ocean rates and lower marine insurance on their exports. Furthermore, it is a fact that Canadian paper manufacturers after paying the duty have profitably undersold American manufacturers in the American market and that American paper makers have with profit disposed of their product abroad in competition with Canada, Great Britain, Norway and Germany at prices considerably below those maintained in the American market.

MOTHER'S GUIDE



When a young girl's thoughts become sluggish; when she has headaches, dizziness, faintness, and exhibits an abnormal disposition to sleep; dislikes the society of other girls; then the mother should come to her aid promptly, for she possesses information of vital importance to the young daughter.

At such a time the greatest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the coming change, and has helped to bring three generations safely from girlhood to womanhood. Read what

LYDIA E. PINKHAM'S VEGETABLE COMPOUND has accomplished for Miss Olson.

Miss Ellen M. Olson, of 417 North East Street, Kewanee, Ill., in a letter to Mrs. Pinkham says:

"Lydia E. Pinkham's Vegetable Compound cured me of backache, headache, and established my periods after the best physicians in Kewanee had failed to help me, saying that an operation was necessary."

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.

Notice.

To improve a portion of N. Cottage street, D street and Seventh street in the city of Salem.

Notice is hereby given that at the regular meeting of the common council of the city of Salem, Oregon, held April 20, 1908, a resolution was adopted to improve North Cottage street in the city of Salem, Oregon, between the north line of North Mill Creek and the south line of D street, D street in the city of Salem, Oregon, between the west line of North Cottage street and the east line of Seventh street; Seventh street in the city of Salem, between the north line of D street and the south line of the Fair Ground Road, in the following manner:

By establishing a permanent grade on said streets between said points.

Said improvement shall include intersections and be continuous, extending from the north line of North Mill creek to the south line of Fair Grounds Road, and said streets along the center thereof for a width of 16 feet shall be excavated to a depth of 10 inches below the grade of said streets, and when so excavated, shall be filled with clean creek or river gravel, so the surface of said improvement shall be level with the grade of said street. Said dirt so excavated shall be used in making a uniform grade so said street for full width will have proper drainage.

The cost of said improvement shall be assessed on abutting and adjacent property, as provided in the charter of said city.

Remonstrances against the above improvement may be filed within 20 days from the date of the first publication of this notice.

By order common council, W. A. Moore, recorder.

Date of first publication of this notice, April 22, 1908. 4-22-108

PILE CURE FREE

Trial Package of Wonderful Pyramid Cure Sent to All Who Send Name and Address.

There are hundreds of cases of piles which have lasted for 20 and 30 years and have been cured in a few days or weeks with the marvelous Pyramid Pile Cure.

Pile sufferers in the past have looked upon an operation as the only relief. But operations rarely cure, and often lead to fearful results.

The Pyramid Pile Cure cures. It relieves the swelling, stops the congestion, heals the ulcers and fissures and the piles disappear. There is no form of piles which this remedy is not made to cure.

The Pyramid Pile Cure can be used at home. There is no loss of time or detention from business. There is no case of piles so severe that the Pyramid Pile Cure will not bring relief.

We make no charge for a trial package of Pyramid Pile Cure. This the inflamed membrane and start you on your way to a cure. After you have used the sample go to the druggist for a 50-cent box of the remedy. Write today. The sample costs you nothing. Pyramid Drug Co., 143 Pyramid Bldg., Marshall, Mich.

NOTICE

For the Construction of a Sidewalk on South Thirteenth Street.

Notice is hereby given that at the regular meeting of the common council, held April 20, 1908, said common council adopted a resolution for the construction of a new wooden sidewalk on South Thirteenth street, in front of lot 12 in block 17, in Yew Park Annex to the city of Salem, Oregon, the same being the property of John S. Pratt. Said sidewalk to be constructed in accordance with said resolution now on file in the office of the city recorder of Salem, Oregon.

In case said sidewalk is not built in accordance with said resolution by May 30, 1908, the city of Salem will proceed to construct the same and assess the cost thereof against said real premises and declare the same to be a lien upon said property as in the charter of said city and in ordinance No. 452, provided.

By order common council, W. A. MOORES, Recorder.

Date of first publication of this notice the 21st day of April, 1908. 4-21-108.

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 Principal Cities of the Middle West the Rates will be as follows:

FROM CHICAGO	TO SALEM	FROM COUNCIL BLUFFS	TO SALEM
.....
ST. LOUIS	OMAHA
.....	ST. PAUL
KANSAS CITY

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.

LOCAL BASEBALL BY JOCK

The Fairmount club will take a trip to Albany on Sunday next and their luck with the ball team of that city. Albany is a long way from being slow in the baseball world, and will no doubt give the Salem lads a run for their money.

Manion, the big fellow who held the right garden for Salem in last Sunday's game between the Fairmounts and East Portland in Portland, showed the real goods in the line of batting and fielding, and should be a good help to the Cherry team should they see fit to sign up. Manion is thoroughly capable of filling several infield positions as well as outfield, and his work with the bat is exceptionally good.

The Woodburn Tri-City club have had a new twirler by the name of Walsh, and it is understood that he is just about the candy at tossing the ball. It is a well-founded fact that ball players are sensitive regarding the weather, and as Manion is now on his way from a very warm climate south, he will no doubt meet with no little trouble becoming acquainted with the prevailing weather in Oregon at present.

Heber Gardner, of East Portland, the Salem lads right and left in the first two innings in the five inning bout, but was unable to keep pace and went up in the heaven in the fourth canto. Gardner is all around good baseball player, a first class pitcher, and his work of late is commendable.

Another man in the box for East Portland the first game on Monday last, was there with the Salem lads and had been blessed with the backing of the Salem bunch. He had not prospered so well as he would have.

Calvin, the umpire who handed the decisions for the Salem-East Portland game last Sunday, may have been a brother of John Salts, the well-known actor, but it is hardly possible that he could have been related to any baseball father. He appears as though "Casey" might have one of those streaks of hitting hits, as that long man has.

during the last two games played by the Salem aggregation, succeeded in outbattling the bunch.

West and Miller were the main hitters of the Fairmounts last Sunday in their game against the Brunns' Beavers of Portland. Out of the fifteen hits made by Fairmounts, West was credited with four and Miller with four. West getting four hits in four times at bat.

A Twenty-year Sentence.

"I have just completed a twenty year health sentence, imposed by Bucklen's Arnica Salve, which cured me of bleeding piles just twenty years ago," writes O. S. Woollever, of LeRaysville, N. Y. Bucklen's Arnica Salve heals the worst sores, boils, burns, wounds and cuts in the shortest time. 25c at J. C. Perry's drug store.

"Merry Widow" Head Gear.

Through information obtained by the society department and measurements taken by the mechanical department, we are enabled to give reliable information as to the "Merry Widow" sailor hat. In dimensions it is a compromise between a family umbrella and the top of a bass drum. In displacement, as expressed in tonnage, it rivals the ante-bellum hoop skirts.

If the wearer is out with her best beau or one of his alternates, the rim of the hat can be relied upon to mangle his ear or rake the skin off his neck even if the edge has to saw its way through a stiff linen collar. If he attempts any oscillatory salutations it is unquestionable that he will get a gouged eye or have the bridge of his nose unroofed.

If the sidewalk is narrow the wearer of the hat and the escort must proceed single file, unless he is of sawed-off stature and she a statuesque creature of such attitude that he can walk under the protrusion of the obtrusive brim. If a stiff breeze strikes the hat suddenly the one safe plan is to loosen the guy ropes and let the sailor sail.

Do not attempt to enter the door of the average elevator or of the average closed cab. One is sure to get stuck or to wreck the hardware. Make a side dip when crowding into a street car and make an accommodating crook of your arm while depending on your individual sirap. If others crowded into the aisle resent the wounds and bruises you distribute, say something sweet about the

CASTORIA

For Infants and Children.

The Kind You Have Always Bought Bears the Signature of

Chas. H. Fletcher

of

In Use For Over Thirty Years

CASTORIA

900 DROPS

ALCOHOL 3 PER CENT.

A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN

Promotes Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Fac-Simile Signature of *Chas. H. Fletcher* NEW YORK.

At 6 months old 35 Doses—35 CENTS

Guaranteed under the Food and Drug Act.

Exact Copy of Wrapper.

CASTORIA.

The Kind You Have Always Bought

Be sure the Signature is *Chas. H. Fletcher*

Southern Pacific R. R. Time Card

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. 2—

Leave 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.

Arrives at Albany 11:58 a. m.

Freight.

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

No. 226—11:28 a. m., way freight

No. 222—5:00 P. M. Portland Fast

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

WM. McMURRAY,

Gen. Pass. Agt., Portland, Oregon.

Jno. M. Scott, Asst. G. P. A.

LOW RATES EAST.

Will Be Made This Season by the SOUTHERN PACIFIC (LINES IN OREGON)

From Salem, Ore.

AS FOLLOWS:

BOTH WAYS ONE WAY

TO	THROUGH	VIA
	PORTLAND	CALIFORNIA
Chicago	\$74.15	\$87.50
St. Louis	\$69.15	\$82.50
St. Paul	\$61.65	\$81.75
Omaha	\$61.65	\$75.00
Kansas City	\$61.65	\$75.00

TICKETS WILL BE ON SALE

May 4, 18

June 5, 6, 19, 20

July 6, 7, 22, 23

August 6, 7, 21, 22

Good for return in 90 days with stopover privileges at pleasure within limits

REMEMBER THE DATES

For any further information call on agents.

WM. McMURRAY, General Passenger Agent, PORTLAND, OREGON.

Oregon Electric Railway Company

TIME CARD Leaving Salem.

Portland and intermediate stations, local 6:15 a. m.

Portland and intermediate stations, local 8:05 a. m.

West Woodburn, Wilsonville, Tualatin, Portland, limited 9:30 a. m.

Portland and intermediate stations, local 11:03 a. m.

Portland and intermediate stations, local 2:30 p. m.

West Woodburn, Wilsonville, Tualatin, Portland, limited 4:02 p. m.

Portland and intermediate stations, local 5:35 p. m.

Arriving Salem.

Portland and intermediate stations, local 8:35 a. m.

Portland and intermediate stations, local 10:45 a. m.

Portland, Tualatin, Wilsonville, West Woodburn, limited 11:15 a. m.

Portland and intermediate stations, local 1:25 p. m.

Portland and intermediate stations, local 4:50 p. m.

Portland, Tualatin, Wilsonville, West Woodburn, limited 5:47 p. m.

Portland and intermediate stations, local 7:50 p. m.