

# SCHOOL GIRLS



Most of our ambitious young American girls work too hard at school.

Many teachers have little or no judgment about pushing a child beyond her endurance. They ought to know that girls especially have a danger period. Often, too often, utter physical collapse is the result, and it takes years and years to recover lost vitality.

Many a young girl has been helped over this critical period, and been prepared for a healthy womanhood by **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**. Miss Elsie L. Hook, of Chelsea, Vt., writes to Mrs. Pinkham:

"I am only sixteen years old, but I want to tell you that Lydia E. Pinkham's Vegetable Compound and your advice cured me of a nervous condition after everything else had failed, and I want to thank you for it."

### 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.

### ASHLAND STATE NORMAL SCHOOL HAS OPENED

Largest Attendance and New and Better Instructors.

The state normal school at Ashland, began the new year Monday, September 14, with a new administrative head and new instructors in several departments. The attendance at the opening week is the largest in the history of the school.

Harry M. Shafer, the new president of the school, is a native of Illinois. He attended the Illinois normal university, at Normal, Ill., and graduated from Eureka college, Eureka, Ill., receiving the degree of B. S. and M. S. Later he received from Harvard the degree of A. B. and A. M. He then attended teachers' college, Columbia university, New York city, in connection with the work there making a study of normal schools and their administration. He visited many normal schools and investigated in detail their theory and practice.

Before going to Harvard, he taught some years in the public schools of Illinois, beginning in a country school and finishing in a city superintendency. After leaving teachers' college, he became head of the department of education and director of the training school at the state normal school, at San Diego, Cal. Here he established the department of education and developed it to a high state of efficiency.

At San Diego he resigned to accept the presidency of the state normal school at Cheney, Wash., a position in which he was recommended by Dean James H. Russell of teachers' college. He remained at Cheney five years, during which time the attendance, the number in the faculty and the number of buildings were doubled. The amount of appropriations received from the legislature was nearly quadrupled.

Three years he was a member of the executive committee of the Washington Educational association, and was one of the three men who in one year increased the membership of that association from 200 to 2500. At present he is president of the County Superintendents' Normal School section of that association. Other new members of the faculty this year are:

Raymond W. Pence, instructor in English, who is a graduate of the Ohio state university, having received the degree of A. B. and A. M. at that institution. He taught some years in high schools in Ohio and Indiana. Last year he had charge

### A HUMAN ENGINE.

Without good fuel the 20th Century Limited would travel little faster than a common yard engine. It takes good fuel to develop power, endurance and speed. Every ambitious man is anxious to push forward, to get ahead, yet many are "coasting up" on food prepared with lard, regardless of the fact that lard is indigestible and really clogs up the system. Just as poor coal clogs the grate with clinkers, don't eat lard-caked food; eat food prepared with **COTTLENS**, a vegetable oil cooking fat, so pure, wholesome and easily digested that physicians recommend it even for invalids. **"COTTLENS"** shortens your food, "softens your life" and you will travel further, swifter and easier on it than on food prepared from the fat of the hog.

of Latin classes in the state normal school at Cheney, Wash. He had been elected to apportion in Bethany college, West Virginia, but resigned to accept at Ashland, because he prefers the coast.

Blanche E. Stedman, supervisor of music, drawing and geography, is a native of Montana and a graduate of the state normal at Plymouth, N. H. She taught some years in the schools at Helena, Mont., and was five years supervisor in the state normal school of New Hampshire. Miss Stedman is a specialist in geography and psychology, having devoted much time to specialization along these lines. She will have charge of the girls' dormitory.

Elizabeth R. Grenier is a graduate of the Calumet, Mich., high school and of the state normal college at Ypsilanti, Mich. The past seven years she has taught in the schools of Michigan, nearly the entire time in one position. Her specialties are language, literature, and history, which she will supervise in the training school.

E. M. Cunningham prepared for his life work at the University of Minnesota. After graduation from that institution he came to the state of Washington, where he was teacher and high school principal a number of years. His work is biology and physiology.

Old members of the faculty who are continuing their work at the normal this year are: W. T. Van Soren, mathematics; Armlide Doughly, history and economics; W. L. Mellinger, mathematics; A. C. Joy, pedagogy, physics and drawing; H. H. Wagarin, manual training and physical culture; Emma B. Wickersham, principal of training school; Katherine E. Sloan, primary critic teacher; Esther C. Slishy, vocal music; Susana T. Nell, instrumental music.

Clyde A. Payne, of the chair of sciences, has been granted a year's leave of absence by the board of regents; as has also Ida M. Case, teacher of English and German, who is studying abroad.—Ex.

### TAME DEER RUNS WITH BAND OF MOHAIR GOATS

Levi Herren has a band of mohair goats and about a year ago he put a young fawn deer among them, and it has grown up and is now a fine large doe. It shows up with the band of goats right along, and Mr. Herren is very anxious that none of the hunters mistake it for a wild deer when his goats are scouring over the hills about the reform school. When he sheared his goats the deer was captured by the shearer but was found very short of mohair.

### CHURCH IS DEDICATED

Archbishop Christie, Assisted by Others, Takes Part in Services.

(Brownsville Times.) The new Catholic church, formerly the M. E. church, South, was dedicated Sunday with imposing ceremonies. The interior of the building had been repaired and refurnished and presented a pleasing sight. Archbishop Christie, of Portland, officiated at the dedication services, which began at 11:30 a. m. and continued till noon. He was assisted by Father Lane, of Albany, and Father Mc Gee, of Roseburg. The attendance during the service was very large, many persons being present from Albany and other places.

### A Traveling Man's Experience.

"I must tell you my experience on an east bound O. R. & N. R. train from Pendleton to La Grande, Or.," writes Sam A. Garber, a well known traveling man. "I was in the smoking department with some other traveling men when one of them went out into the coach and came back and said, 'There is a woman sick unto death in the car. I at once got up and went out, found her very ill with cramp colic; her hands and arms were drawn up so you could not straighten them, and while a deathlike look on her face. Two or three ladies were working with her and giving her whiskey. I went to my suit case and got my bottle of Chamberlain's Colic, Cholera and Diarrhoea Remedy. I never travel without it, ran to the water tank, put a double dose of it in the glass, poured some water into it and stirred it with a pencil; then I had quite a time to get the ladies to let me give it to her, but I succeeded. I could at once see the effect and I worked with her, rubbing her hands, and in 20 minutes I gave her another dose. By this time we were almost into La Grande, where I was to leave the train. I gave the bottle to the husband to be used in case another dose should be needed, but by the time the train ran into La Grande she was all right, and I received the thanks of every passenger in the car.' For sale by Dr. Stone's drug store.

### ODD FELLOWS TEMPLE

Corner Stone Will Be Laid Next Thursday Evening.

With ceremonies appropriate to the occasion the members of Calapooia Lodge No. 42, I. O. O. F., at Brownsville, will lay the corner stone of their handsome new temple on the corner of Main street and Spaulding avenue next Thursday evening. The ceremonies will begin at 7:30 o'clock taking place at the south end of the proposed structure. A cordial invitation is extended to Odd Fellows in the valley towns to be present.

New Corporations. Mammoth Oil & Gas company, principal office, Union; capital stock, \$1,000,000; incorporator, James H. Hutchinson; W. B. Butterfield and James Webb.

# Business, Pleasure

or anything that excites and exhausts the brain nerves, causes headache.

Some persons cannot even attend church, theaters, ride on cars, or on the water, or go where there is the least excitement without an attack. Dr. Miles' Anti-Pain Pills, taken as directed will stop the pain. To avoid suffering take one as soon as you feel an attack coming on. Your druggist can tell you of many who would not be without them.

"I have been troubled with severe headaches for many years. I began to use Dr. Miles' Anti-Pain Pills. It is the only remedy that has given me or my family any relief. I do not now have such spells, because when I feel one coming on I immediately take one of the tablets, never more than one is required, they are so effective, and I appreciate them so thoroughly I always have them with me. My wife and family always use them, cannot do without them." S. S. GARDNER, Danversville, Wis. Dr. Miles' Anti-Pain Pills are sold by your druggist, who will guarantee that the first package will benefit. If it fails, he will return your money. 25 doses, 25 cents. Never sold in bulk. Miles Medical Co., Elkhart, Ind.

Some persons only talk; others think.

Kodol will, in a very short time, enable the stomach to do the work it should do, and the work it should do is to digest all the food you eat. It makes the stomach sweet and it is pleasant to take. It is sold here by all druggists.

Disaster has followed everybody connected with the Harry Thaw tragedy.

DeWitt's Kidney and Bladder Pills are for weak back, backache, rheumatic pains, inflammation of the bladder and all other annoyances due to weak kidneys. They are sold by all druggists.

Good state fair weather after all, a big item.

### TEA

Linger longer over it; let it be steaming hot from the earthen pot; and the loveliest woman pour it.

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

Will the gamblers down Hughes? No.

It is better to cure the little cough than to take chances of consumption. The best cough cure is Kemp's Balsam. Druggists sell it at 25c and 50c a bottle.

Is it your acts or only their results which causes you worry?

Kemp's Balsam is a safe cough cure, for it contains nothing that can harm you. It is the best cough cure, but costs no more than any other kind. All druggists sell it.

It is more difficult to keep friends than to make them.

When the doctor is called he asks: "How are the bowels?" They are generally wrong. His visit might have been saved by a timely dose of Lane's Family Medicine.

Add to courtesy and kindness a little love, and you will do well.

### A Burglar in Town

His name is "bad cough." He doesn't care for gold or silver but he will steal your health away. If he appears in your house arrest him at once with Ballard's Horehound Syrup. It may mean consumption if you don't. A cure for all coughs, colds and chest troubles. Price 25c, 50c and \$1.00 per bottle. Sold by all dealers.

Prepare for a rainy day before the clouds begin to gather.

# DYSPEPSIA

"Having taken your wonderful 'Cascarets' for three months and being entirely cured of stomach and dyspepsia, I think a word of praise is due to 'Cascarets' for their wonderful combination. I have taken numerous other similar preparations, but without avail and I find that 'Cascarets' relieve me in a day. Give all the others I have taken a trial in a year." James G. Quinn, 225 Mercer St., Jersey City, N. J.



Deal for The Doves. Cascarets CANDY CATHARTIC. THEY WORK WHILE YOU SLEEP. Pleasant, Palatable, Pure, Taste Good, No Harm, No Black, No Stomach or Griping, No Pain, No Discomfort, No Laxative, No Vomiting, No Nausea, No Weakness, No Loss of Appetite, No Loss of Sleep, No Loss of Time, No Loss of Money. Sold by all Druggists. Price 25c per box. Wholesale, 10c per box. Shipping Remedy Co., Chicago, N. Y. 52 ANNUAL SALE, TEN MILLION BOXES

## TO THE RACES

# ROUND TRIP \$2.00

## FROM SALEM to PORTLAND VIA OREGON ELECTRIC RAILWAY

FOR

# PACIFIC NATIONAL FAIR AND LIVESTOCK SHOW

TO BE HELD AT

## PORTLAND, OR.--Sept. 21-26, 1908

Commencing Tuesday, September 21, and continuing until Saturday, September 26, inclusive, train No. 8, leaving Salem at 9:05 a. m., daily, will carry additional equipment, and will be run in two or more sections if necessary to accommodate the travel, also a special train will leave Portland at 8 o'clock p. m. on each of these days running through to Salem. For further particulars apply to

**C. E. ALBIN, Agent, Salem, Phone 392**  
**GEO. F. NEVINS, Traffic Manager, Portland, Ore.**

### LIGHT SAFETY, CONVENIENCE

#### ALL ABOUT THE HOUSE

If it's wired rightly for electrical appliances. We will arrange for the current, put in the appliances—light, telephone, burglar alarms, call bells, motors for sewing machines, fans, etc.—at great advantage to you, slight profit to ourselves. Question us about electrical goods as much as you like.

**HYDE BROS. ELECTRICAL CO.**  
 134 N. Liberty St. Phone 451

## Little German Shoe Store

Received a new line of dress shoes, good fitters

Loggers' Shoes, High Tops, and Solid Fall Working Shoes

**JACOB VOGT, 345 State Street**

### THE DANCE MUSIC OF THE EDISON PHONOGRAPH

is irresistible. Its selections are clear, distinct, tuneful and in perfect time. It offers the most fascinating waltzes and spirited two-steps of the world's great composers as well as the popular dance music of the hour. It is a military band or a symphony orchestra at will, affording a delightful and widely varied programme without expense or attention.

**H. F. SAVAGE,**  
 247 Commercial Street.

### We Launder Ladies' Shirt Waists and White Skirts Just Right.

We guarantee to. All of our shirtwaists are carefully washed with a special neutral soap, starched just where they should be starched and ironed by experts who have made shirtwaist ironing a special study. We are pleasing the most careful dressers in the city with our shirtwaist work and are sure we can please you. May we have a trial.

**SALEM LAUNDRY COMPANY**  
 Tel. 25 136-164 S. Liberty St.

### READY TAILORED CLOTHES FOR WELL DRESSED MEN.

# The Raccoon System

PRICE RANGE \$20 TO \$40

### RESOLUTION.

Be it resolved by the Common Council of the City of Salem, Oregon:

That the city recorder be and he hereby directed to publish for 10 days in a daily newspaper, published in the city of Salem, Oregon, the following notice:

Notice.

The common council of the city of Salem, Oregon, proposes to change the established grade on High street in said city, between the north line of Marlon street and a point 350 feet north from the south boundary line of Division streets, in accordance with a report made from the survey of J. B. Perroit, now on file in the office of the city recorder.

By order of the common council:  
**W. A. MOORES,**  
 Recorder.  
 9-10-11td

### HOTELS AND RESTAURANTS

## White House Restaurant

For a Regular

# 25c Dinner at 20c

They can't be beat

**McGilchrist & Son**  
 Proprietors.

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# MEALS 15c

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

AT THE

## Salem Restaurant

330 COURT STREET.

## HOTEL OREGON

Corner Seventh and Stark St.

Portland's New and Modern Hotel. Rates \$1 per day and up. European plan. Free Bus.

**WRIGHT-DICKINSON HOTEL CO.**  
 Proprietors

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G. F. MASON BOX CO.  
 247 Miller St., South Salem, manufacturer of all kinds of boxes, crates and fruit dryer accessories. Phone 308.

## Salem Fence Works

Headquarters for Woven Wire Fencing.

Poultry Netting, Pickets, Gates, Malthoid Roofing, P. & D. Ready Roofing, Screen Doors and Adjustable Window Screens.

**CHAS. D. MULLIGAN**  
 Successor  
 WALTER MORLEY.  
 250 Court St. Salem, Ore.

## TORRID ZONE FUNARCE

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

**A. L. FRASER**  
 258 STATE STREET.  
 Estimates furnished on request

## CIGARS and TOBACCOS

I have selected the best brands of Cigars and Tobacco consistent with the trade. Can supply you with what you wish with satisfaction. Also carry a complete line of soft drinks.

**E. CASS, Prop.**  
 Front Street, opposite the Reception, Newport, Oregon.