

Noah was the founder of indigestion--He forgot to leave the pigs ashore

People in consequence have ever since been victims of lard-cooked food and indigestion. Lard soaked food is not fit for human stomachs because lard is made from greasy, indigestible hog fat, and is bound, sooner or later, to make trouble for your inner machinery.

Cottolene is the only rational, national shortening. It is a pure, vegetable product, and its source (the cotton fields of the Sunny South) is in striking contrast to the source of lard (the pig-sty.)

Cottolene makes food that any stomach can digest—palatable, nutritious and healthful. If American housewives but knew the superiority of *Cottolene* over lard, both from a practical and health standpoint, lard would never again enter any well-regulated kitchen.

COTTOLENE is Guaranteed Your grocer is hereby authorized to refund your money in case you are not pleased, after having given *Cottolene* a fair test.

Never Sold in Bulk *Cottolene* is packed in pails with an airtight top to keep it clean, fresh and whole, and prevent it from catching dust and absorbing disagreeable odors, such as fish, oil, etc.

Cook Book Free For a 2c stamp, to pay postage, we will mail you our new "PURE FOOD COOK BOOK" edited and compiled by Mrs. Mary J. Lincoln, the famous Food Expert, and containing nearly 300 valuable recipes.



Made only by THE N. K. FAIRBANK COMPANY, Chicago

"Nature's Gift from the Sunny South"

YE LIBERTY

FIRST CLASS ATTRACTION

The "Ye Liberty" continues to give refined and first-class shows. The only place in the city to see Pictures That Talk, Sing and Dance. Illustrated songs full of melody; animated pictures that do not hurt your eyes. Our house is thoroughly ventilated, equipped with comfortable seats and ample entrances and exits. Change program every Monday, Wednesday and Friday.

Souvenir Matinees Every Saturday for Ladies and Children

ADMISSION 10 CENTS

SEATS FREE

Mt. Angel College

MT. ANGEL, ORE.

In charge of the Benedictine Fathers. Boarding school for young men and boys. Term opens September 8. Board, tuition and laundry, \$210 per year. Preparatory, Commercial, Scientific and Classical Courses. Write for catalogue.

THE LENOX

Portland's new and most modern furnished hotel, Third and Main streets, fronting on the beautiful City Plaza and adjacent to business center. Free bus to and from trains. Up-to-date grill. Excellent cuisine. Telephone in every room. Private baths.

European Plan, \$1 to \$2.50 Per Day
American Plan, \$2.50 to \$4 Per Day
O. H. SPENCER, Manager

Wallert & Hentschel

Successors to E. Eckerlin
"The Elite" Hotel and Cafe
146 and 148 Commercial Street
Meals 4 A. M. to Midnight. Excellent Merchants' Lunch, 25c. Sunday Family Dinners and Banquets a Specialty.



Capital Business College

Prepare young people for bookkeepers, stenographers and general office work. The development of the Northwest is a splendid opening for thousands in the next few years. Prepare now. Send for catalogue.
W. L. STALEY, PRINCIPAL
SALEM, OREGON



THE BEST ROAST THE FAMILY EVER HAD

Can be obtained from our prime tender and juicy beef, mutton or pork. All our meats are selected from the choicest, and prepared for the table to suit the demands of the fastidious. Our prices are lower for quality than you can find at any place in Salem.

E. C. CROSS,
Phone 291, 370 State St.

ARE YOU SICK?

Do You Wish to Get Cured?

After you have tried the other doctors, come and see the old reliable Chinese doctor. He guarantees to cure after everything else has failed.

Dr. Kum has lived over 20 years in Salem, and has cured a great many of Salem's well-known men and women, and has scores of testimonials from thankful patients whom he has cured in the past. He guarantees to cure where the knife seems the last resort. He treats all chronic and nervous diseases, catarrh, asthma, lung and throat troubles, stomach, liver, kidney and heart trouble, rheumatism, gall stones, tape worms, lost vitality, general debility, rupture and all kinds of female complaints. Examination and consultation free. If you cannot call write for symptom blank to the Dr. Kum Bow Wo Drug Co., 167 South High street, Salem, Oregon.



DICK KIRK'S HUNTING TRIP

While in Salem during the state fair a party of friends were discussing the merits of various towns in the valley and when the phenomenal growth of Eugene was mentioned there were many skeptical glances passed. R. A. Kirk (better known as Dick) said he was thinking of paying a visit to that town and would like also to take a hunting and fishing trip up the McKenzie at it had become so famous in the last few years. As a hunt had been planned by some of the Eugene members of the party, he was asked to go along and you may be sure the invitation was eagerly accepted.

We left Salem Saturday evening and on our way up he said he could hardly believe that so large a crowd as 3000 had been to the train to hear Deb, the Socialist candidate for President, speak. He had read of it in the different papers, he said. It was explained to him as being a case of circumstances. On that date the merchants were giving what was called "Expansion Day" and needles, thread and buttons were placed on the bargain counters so that it would enable Eugene citizens to expand and keep pace with the enlargement and growth of our wonderful city and that the crowd was simply an overflow from Bill Waddle's dining room in the Gross hotel. Of course you all know him, he is that big good natured internal revenue collector. He was in here with the Hampton boys and when he "blewup" he swore us all to secrecy but I had my legs crossed and it didn't stick with me. It ran about like this: One morning he said he would go down on the sand bar and catch a few grasshoppers as he thought he would go fishing that afternoon. In about an hour J. W. rushed into camp hatless and breathless and when he got his wind, he says give me my 30-30 my long pistol grip, arm yourself to the teeth and come on; a bear says he, and it is as big as a cow or it wouldn't make such a track. We finally arrived on the spot and he says there it is, Art Belknap says go it "Tip." That's his famous hunting dog. Tip smelt of the tracks, looked at the puffing Hobbs and then laid down. The dog is scared boys, said Hobbs, but follow me and I will put a finish to him. They took a big circle around the island and finally wound up where they had started, do you get next. Hobbs had crawled around until he had discovered his own tracks where he had been crawling after the "hoppers." If you are a little dry or need a two for 5 just mention bear to this mighty collector.

Belknap says we fellows up here get ours sometimes too. Says he, just mark this one. "O'Leary was packing Walker and Hardy into their rendezvous when one of his boys, (I think it was No. 10, he has 15 boys) and says he can keep track of them with numbers better than any other way; says he, dad, there comes a deer over yonder hill. Dad gets his fowling piece and empties it twice, 14 shots in all, and it goes out of sight behind a log. O—thinking it dropped, says it's a shame to shoot up a deer like that, I know I hit it at least 13 times. At this juncture up trots his pack burrow "Jimmie." "I'll be darned," says J. V., "as Jimmie is got lonesome at home and had followed them in." "It's the best shooting I ever done," says J. V., "as Jimmie is worth at least 60 bucks if he's worth a cent."

We caught a great many fish on our trip but had no luck with the deer. On Wednesday we started for home and when we reached civilization we heard of some cards that were in circulation which the boys up there called "calamity howlers." They say they were by a bunch of fellows trying to elect old panicky "Free Silver Bill." It's by a Democratic deal and if they win out they are to cut the card high man gets the P. O. and the next will take the job of mayor and the low man will remain a "non-partisan booster." The boys up there are pretty sore about these "booster cards" as they didn't really know what was in them.

One of Al Montgomery's neighbors lost a calf one day by poisoning and they found where it had tried to eat one of these cards with the result just mentioned. Then they collected a few of the cards to test them, they put them into a vat and boiled them and put one of Montgomery's goats into it that had the mange and it cured it immediately. The boys say that if they will just send up a few more of those cards it will save them their "sheep dip" bill this fall.

I suppose about half of the readers of these few lines will believe what is told and there are others that would believe twice as much, it even

or 4 deer and their fawns had been coming up the trail and hearing him calling had turned from the trail and in doing so had to jump a log. As old hunters know when a deer jumps he always flips his tail and it was this that made Dick believe it was some women trying to flirt with him. "Ain't that awful," says Dick. "Yes," says I, "awful funny."

Arriving at camp he guessed he would lay down as he felt kind of queer. I started dinner and cooked up some fine hot cakes. We had a can of maple syrup in camp and for convenience we kept what we had for table use in a bottle. Having only one table we also had our "veterinary kit" containing castor oil, turpentine, vaseline, bandages, syrup of figs, etc., etc., on our eating table. The "hots" being ready Dick ate first, one eating while the other cooked so as to keep them warm and was about through when he called to me asking if there was any more of that syrup, saying it tasted good but different from what he had usually got. I went to get more what do you think I discovered, Dick had eaten that dollar bottle of syrup of figs on his cakes, and it is needless to say that he wasn't looking for any flirtation the next morning.

Art Belknap came into camp that evening and had a good laugh at Dick's expense; he also put some oil on the troubled waters by telling Dick that he wasn't the only goat that happened in these woods. Says he, did you hear about J. Watermelon Hobbs and his bear. Of course you all know him, he is that big good natured internal revenue collector. He was in here with the Hampton boys and when he "blewup" he swore us all to secrecy but I had my legs crossed and it didn't stick with me. It ran about like this: One morning he said he would go down on the sand bar and catch a few grasshoppers as he thought he would go fishing that afternoon. In about an hour J. W. rushed into camp hatless and breathless and when he got his wind, he says give me my 30-30 my long pistol grip, arm yourself to the teeth and come on; a bear says he, and it is as big as a cow or it wouldn't make such a track. We finally arrived on the spot and he says there it is, Art Belknap says go it "Tip." That's his famous hunting dog. Tip smelt of the tracks, looked at the puffing Hobbs and then laid down. The dog is scared boys, said Hobbs, but follow me and I will put a finish to him. They took a big circle around the island and finally wound up where they had started, do you get next. Hobbs had crawled around until he had discovered his own tracks where he had been crawling after the "hoppers." If you are a little dry or need a two for 5 just mention bear to this mighty collector.

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CAUSE AND CURE OF NEURALGIA

A Discovery of Statistical Facts That Led to a New Treatment.

NERVE PAIN MEANS NERVE STARVATION

How Modern Methods Succeed in Disposing of the Cause of the Disease Instead of Treating the Symptoms.

Neuralgia means simply "nerve pain," so there may be great variation in the character and intensity of the pain and any nerve in the body may be affected.

There are a number of causes of neuralgia but the most common is a general run-down condition of the physical system. The discovery of this fact from reliable statistics led to the new treatment for neuralgia which consists in building up the general health by the tonic treatment and so disposing of the cause of the trouble.

Persons reduced by acute sickness, or by severe mental or physical strain or by loss of sleep are frequently victims of neuralgia and it is common in the case of those suffering from anaemia, or bloodlessness. This brings us very close to the actual cause of neuralgia while his nerve normal health carries to the nerves all of their nourishment, is unable to perform this duty satisfactorily when it is weak and impure. Build up the blood then, and the neuralgic pains will disappear as the nerves become better nourished. The tonic treatment with Dr. Williams' Pink Pills, a blood-making tonic, meets this condition most admirably as the cure of Mrs. Mary Burrows, of No. 109 Willis avenue, West, Detroit, Mich., proves.

"A few years ago," says Mrs. Burrows, "while in a run-down condition from overwork, I began to suffer with neuralgia. The pains were all over my body but principally in my limbs. As the disease became more pronounced I noticed that the muscles of my legs were becoming numb. After a time my left leg became so bad I could walk only a little ways, when I would have to stop and rub it before I had the use of it again. The skin was cold, I had headaches and dizzy spells. I could not sleep well and was troubled with melancholy.

"I consulted the best doctors and was in three hospitals in Montreal, where I was then living. After eight months in the hospitals I was as bad off as ever. I then tried several remedies and also massage with no better results. In a book left at my home I read that Dr. Williams' Pink Pills had cured many cases similar to mine and I commenced to take them. I began to have less pain and more use of my legs and grew more cheerful. I kept improving all of the time until cured and have never been seriously ill since. I always keep the pills in the house as a tonic medicine."

Further information about the use of Dr. Williams' Pink Pills in neuralgia and other diseases of the nerves is given in our booklet "Nervous Disorders." It is free upon request.

Dr. Williams' Pink Pills are sold by all druggists, or will be sent, post-paid, on receipt of price, 50 cents per box; six boxes for \$2.50, by the Dr. Williams Medicine Company, Schenectady, N. Y.

things up and makes our conscience feel like what the school maam says of the "board of directors." easy.

NEXT.

The above article was written by one of the best known baseball fans otherwise sporting man in the country, Mr. Jay McCormick, formerly of this city, but for the past few years a resident of Eugene.

Deafness Cannot Be Cured by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine causes out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free. F. J. CHENEY & CO., Toledo, O.

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

Cultivate bad habits and you'll reap miseries.