

## Nasty Taste in Your Mouth

tongue coated—eyes feel heavy—you're down-hearted and blue—no energy—restless—can't settle down to work or anything else.

**You're Constipated**

You may not know it but you are. Often people are constipated and don't know it. You're not entirely free from constipation unless there is a thorough cleansing of the system every day. Every particle of Nature's poison must be eliminated.

You can prove the fact that constipation is responsible for your ailments—take an NR tablet to-night and you'll feel better in the morning. Two nights treatment and you'll be as fit as a fiddle.

**Nature's Remedy**  
REG. U.S. PAT. OFFICE  
**NR-TABLETS-NR**

Get a 25c Box

**Better Than Pills For Liver Ills**

THE A. H. LEWIS MEDICINE CO.,  
St. Louis, Mo.

For Sale by Capital Drug Co., Z. T. Riggs, Salem, Oregon.

## Portland Business College

"THE SCHOOL OF QUALITY"

Tenth and Morrison, Portland, Oregon A. P. Armstrong, LL.E., Principal

We occupy two floors 65 by 100 feet, have a \$20,000 equipment, employ a large faculty, give individual instruction, receive more calls for office help than we can meet. Our school admittedly leads all others in quality of instruction. It pays to attend such an institution.

Said a Business Man: "Keep hammering away everlastingly on thorough work. It will win out in the end." Said an Educator: "The quality of instruction given in your school makes it the standard of its kind in the Northwest."

Open all the year. Students admitted at any time. Catalogue free.

References: Any bank, any newspaper, any business man in Portland.



## Dr. Stone's Drug Store

The only cash drug store in Oregon, owns no one, and no one owns it. Carries large stock; its shelves, counters and show cases are loaded with drugs, medicines, notions, toilet articles, wines and liquors of all kinds for medicinal purposes. Dr. Stone is a regular graduate in medicine, and has had many years of experience in the practice. Consultations are free. Prescriptions are free, and only regular prices for medicine. Dr. Stone can be found at his drug store, Salem, Or., from 6 in the morning until 9 at night.

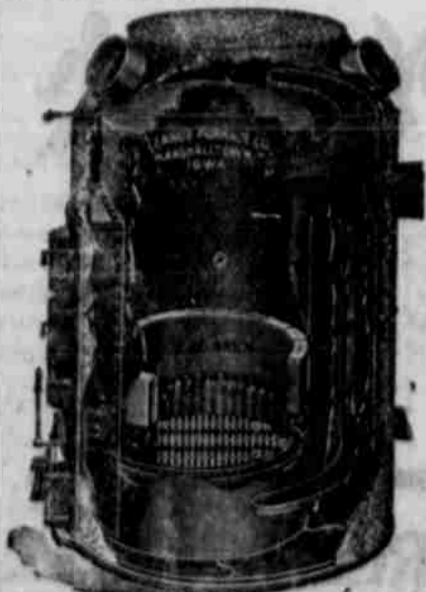


THE BEST ROAST THE FAMILY EVER HAD

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. G. CROSS,  
Phone 291,  
370 State St.

## TORRORD ZONE FURNACE



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

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

## Suggestions for Our Dressy Better Halves

It is the easiest thing in the world to fall into the mistake of thinking that any fur is becoming to any woman. Nothing should be selected with greater care than the fur. For instance, a sallow-skinned, dark eyed, dark haired woman will look the very worst in seal skin. She should wear the lighter shades of mink, red fox, yellow fox and silver grey fox.

Red haired blondes can wear seal skin, but the genuine brunette with dark hair and eyes may wear golden and light brown shades, such as mink martin, brown or yellow fox and chinchilla.

Soft suede kid belts will probably never go out of style, and those for early fall can be found in a large variety of shades. Among them are browns, from chamoise color to golden, plenty of blues, red to crimson, greens in all tones and many in heliotrope.

Opera length silk gloves will again be largely worn this winter with short sleeved frocks for every occasion save the most formal. Many of the afternoon costumes are shown with the long tight fitting sleeves. Silk gloves are very popular also for wear when a muff is carried. They do not sweat the hand as a kid glove does.

Marie Weldon, fashion editor of the New York Times, has this to say about the glove:

"For evening wear there is no doubt that the elbow and short sleeves will prevail as usual, and therefore long gloves of 12, 16 or 20 button length will be worn. In purchasing silk gloves for evening wear, the long lengths should always be selected, as when properly worn, they go with the elbow short sleeve."

Buckles for hat trimming are only a little smaller than the gigantic roses which are now so popular. Some measure fully nine inches on each side. The roses are in dark tones shading through deep rich greens, reds, etc.

New York women, and in fact, women all over the country are buying silk underwear in self-defense against the laundries, which ruin dainty muslin lingerie. The advantage of the Italian silk is, that it may be washed at home, and in those houses where no laundress is employed, the usual maid of all work can easily wash the silk underwear with success.

The laundries in many big cities have such a press of work, that they cannot give the fine pieces any care in handling. The women are retreating by equipping themselves with the silk. This seems at first an expensive method of self-defense, but it is not when the extraordinary strength and wearing qualities of the Italian silks are considered.

One of the most recent novelties in jewelry is the heavy sterling silver hat pin of Japanese hand-work. Japanese designs are seen universally in much of the popular jewelry.

**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.

The O. A. C. freshman have been ordered not to wear a stiff hat during their freshmen year. College students don't have much regard for human liberty.

**\$100.00 Reward.** would gladly be paid for a cure by many people who are crippled with rheumatism, yet if they only knew it, they can be cured by a few bottles of Ballard's Snow Liniment, and the price is only 25c, 50c and \$1.00 per bottle. Sold by all dealers.

**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought  
Bears the Signature of *Wm. D. Little*

**CASTORIA**  
For Infants and Children.  
The Kind You Have Always Bought  
Bears the Signature of *Wm. D. Little*

# BOSTON BROWN FLOUR BREAD

Thousands of people are growing healthier and stronger by using Allen's Boston Brown Bread Flour. It is self-rising; it is a pure food. Ask your grocer for it.

Have you ever used Allen's 3-B's Self-Rising Pan Cake Flour? It is made with pure Cream of Tartar, Soda and salt, and the most healthful cereals. Have them for breakfast. You can digest hot cakes made with this pure food flour. It is different from the Brown Bread Flour. Ask your grocer for it.

Allen's B. B. B. Flour Co., San Jose, Cal.

## RAILROAD TIME TABLES

CORVALLIS & EASTERN R. R. TIME TABLE.

ALBANY AND YAQUINA TRAINS.

No. 2 Daily Ex. Sun.	STATIONS	No. 1 Daily Ex. Sun.
a. m. 7:35	Albany	p. m. 7:15
8:35	Corvallis	6:35
8:53	Philomath	6:02
9:22	Wrens	5:32
9:50	Blodgett	5:07
10:10	Summit	4:50
10:32	Nashville	4:22
11:39	Chitwood	3:23
12:03	Elk City	3:02
12:39	Toledo	2:31
1:15	Yaquina	2:00

Albany-Corvallis-Philomath.

No. 10 (daily)—

Leaves Albany.....7:50 p. m.

Leaves Corvallis.....8:30 p. m.

No. 8 (daily)—

Leaves Albany.....12:35 p. m.

Leaves Corvallis.....1:35 p. m.

Arrives Philomath.....1:53 p. m.

No. 6 (daily)—

Leaves Albany.....8:30 a. m.

Leaves Corvallis.....10:10 a. m.

Arrives Philomath.....10:30 a. m.

No. 2 (daily except Sun.)—

Leaves Albany.....7:35 a. m.

Leaves Corvallis.....8:35 a. m.

Arrives Philomath.....8:53 a. m.

No. 1 (daily except Sun.)—

Leaves Philomath.....6:02 a. m.

Arrives Corvallis.....6:35 a. m.

Arrives Albany.....7:15 a. m.

No. 5 (daily)—

Leaves Corvallis.....6:30 a. m.

Arrives Albany.....7:10 a. m.

No. 7 (daily)—

Leaves Philomath.....10:45 p. m.

Arrives Corvallis.....11:15 a. m.

Arrives Albany.....11:53 a. m.

No. 9—

Leaves Philomath.....2:00 p. m.

Arrives Corvallis.....5:00 p. m.

Arrives Albany.....6:40 p. m.

No change in service between Albany and Detroit.

Time Card No. 54, Southern Pacific

Co., Effective Sunday, Aug. 16, 1908.

Toward Portland, Passenger.

No. 16—5:13 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. 222—5:0 p. m.—Portland fast freight.

No. 226—10:40-11:28 a. m.—way freight.

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—3:31 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.

Oregon Electric Time Table.

Time of arrival and departure of cars at Salem is as follows, Portland and intermediate points:

Local	Express	Local	Express	Local	Express
8:40 a. m.	10:50 a. m.	1:25 p. m.	4:20 p. m.	6:45 p. m.	8:20 p. m.
6:00 a. m.	9:05 a. m.	11:05 a. m.	1:45 p. m.	3:25 p. m.	6:00 p. m.

Arrive

Leave

Local 8:40 a. m. 6:00 a. m.

Express 10:50 a. m. 9:05 a. m.

Local 1:25 p. m. 11:05 a. m.

Express 4:20 p. m. 1:45 p. m.

Local 6:45 p. m. 3:25 p. m.

Express 8:20 p. m. 6:00 p. m.

O. C. T. Co.

Steamers Pomona and Oregon

leave for Portland daily except Sunday at 6 a. m.

M. P. BALDWIN, Agent.

Great Chinese Doctor

L. M. HUM

Has medicine which will cure any

knowa disease. He makes a special-

ty of, and guarantees to cure Catarrh

Asthma, Lung, Throat, Rheumatism,

Debility, Stomach, Liver, Kidney

Troubles; also any blackened or

swollen soreness, broken limbs;

## Little German Shoe Store



## Shoe Store

Received a new line of dress shoes, good fitters

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

JACOB YOGT, 345 State Street

## HOTELS AND RESTAURANTS

### White House Restaurant

For a Regular

25c Dinner at 20c

They can't be beat

McGilchrist & Son  
Proprietors.

### MEALS 15c

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

AT THE  
**Salem Restaurant**  
339 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

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

### CHICHESTER'S PILLS

THE DIAMOND BRAND. Relief and cure for Constipation, Indigestion, Liver and Kidney Troubles, Pimples, Eczema, Impure Blood, Bad Breath, Bluish Bowels, Headaches and Backaches. It's Rocky Mountain Tea in tablet form. 25 cents a box. (Prescription made by HOLLISTER DRUG COMPANY, Madison, Wis.) GOLDEN NUGGETS FOR SALLOW PEOPLE. SOLD BY DRUGGISTS EVERYWHERE.

### Rocky Mountain Tea Nuggets

A Busy Medicine for Busy People. Brings Quicker Health and Increased Vigor. A Specific for Constipation, Indigestion, Liver and Kidney Troubles, Pimples, Eczema, Impure Blood, Bad Breath, Bluish Bowels, Headaches and Backaches. It's Rocky Mountain Tea in tablet form. 25 cents a box. (Prescription made by HOLLISTER DRUG COMPANY, Madison, Wis.) GOLDEN NUGGETS FOR SALLOW PEOPLE.

### MADAME DEAN'S FRENCH FEMALE

A Rare, Certain Remedy for Irregular Menstruation. NEVER KNOWS TO FAIL. (Beware of cheap imitations.) Sold by all druggists. Price, 75c per box. Will send three on trial, to be paid for when returned. Sample free. If your druggist does not have them send your orders to the UNITED MEDICAL CO., 627 74, LANSING, PA.

Sold in Salem by Dr. S. C. S.

### Gold Dust Flour

Made by THE SYDNEY POWER COMPANY, Sidney, Oregon. Made for family use.

Ask your grocer for it. Bran and shorts always on hand.

P. B. WALLACE, Agt.

### 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.  
24 & Alder, PORTLAND, ORE.

### HICKORY BARK Cough Remedy

ABSOLUTELY PURE  
SUGAR FREE  
Coughs, Colds  
CROUP

Whooping Cough  
Hiccups  
Bronchitis

SORE THROAT  
And of Diseases of the THROAT and LUNGS

Manufactured by  
HICKORY BARK REMEDY CO.  
Salem, Oregon, U. S. A.

Price, 10c per bottle