

MAY SURPRISE SOME DYSPEPTICS

LEARN THAT OVER-DRUG-
GING OFTEN DELAYS A CURE.

per Diet. Plenty of Time for Eat-
ing and Rest Will Cure Most
Cases Unless the Blood Sup-
ply is Deficient.

The adage, "One man's meat is
another man's poison," is scientific-
ally true and to a certain extent dys-
pepsia should allow their desires to
dictate their diet, always omitting ar-
tificially added condiments. Medi-
cine holds true with drugs. Medi-
cine that will relieve one case of in-
digestion will aggravate another.

Drugs play very little part in the
treatment of dyspepsia. From
the articles easily digested the
doctor selects those that most ap-
peal to the appetite, avoids hasty
eating and rests after each meal by
lying down for a time if circum-
stances permit. Then, unless the
supply of blood to the stomach is
deficient, nature works the cure.

The importance of healthy, well-
circulated blood is shown by the fact
that the stomach demands about nine
times more blood during diges-
tion than when it is empty.

Healthy blood is nec-
essary to the normal activity of the
stomach and when it is lacking noth-
ing will more promptly restore the
condition than building up the blood,
and weakness, gas on the
stomach, sour risings in the throat,
flatness and shortness of breath
appearing in cases of dyspepsia
point to a deficiency in the blood.

Such a case was that of Miss
Margaret Reilly, of No. 55 Thirty-
ninth street, Milwaukee, Wis.
"I had a weak stomach for a num-
ber of years," she says, "and al-
though I was careful in what I ate, it
was growing weaker. I suffered
severe pain if I ate a hearty meal,
I formed on my stomach and it
made me to be dizzy. My stomach
was generally sour. I was short of
breath, had a sallow complexion and
I felt all the time. At times I
was confined to bed for a day or so,
I was treated by a doctor at An-
n Arbor, Minn., and for a time I thought
was helping me, but when I stop-
ping taking his medicine I became
worse again. After I had been sick
a year I began to use Dr. Williams'
Pink Pills. I gave them a
trial, for I soon saw they were
helping me, and was cured. I am in
health now and can eat heartily
and commend Dr. Williams' Pink Pills."

Among many people who are suf-
fering from indigestion are suffering
necessarily. They can be cured.
The first step is to send to the Dr.
Williams Medicine Company, Schen-
ectady, N. Y., for a copy of their diet
book, "What to Eat and How to
Cook." It is free on request.

Dr. Williams' Pink Pills are sold
at 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, Schen-
ectady, N. Y.

L. D. RATLIFF,
Salem, Oct. 22.

THE OPEN FORUM

Leavitt's Lecture.

Editor of The Journal:

At the Unitarian church, this city,
Wednesday evening Rev. Mr. Leavitt
of California, of Unitarian fame, de-
livered a lecture on "The Sign of the
Times." The lecture was interest-
ing, though not startling. The
speaker gave as one of the "signs"
that the educational and scientific
movement is away from the churches.
But this is not new or strange. It
always has been so. The church
with a creed to defend, is naturally
and necessarily suspicious of advanc-
ing thought. Jesus gave a new in-
terpretation to religion, and so, was
repudiated by his church. Luther
had to get out. Wesley's followers
had to go themselves. The Meth-
odist church had to split on slavery
lines. The pope recently issued a
bull against 65 propositions of mod-
ern thought. That is church history
in all the centuries. "You cannot
put new wine in old bottles," said a
great and wise teacher.

Mr. Leavitt gave as another "sign"
that the present moral movement is
away from the church,—while the
church is concerned with non-essen-
tials, the people are awakening to de-
mand righteousness in all public and
business life; and politics is taking
on the form of an appeal to moral
sentiment. But on this proposition
the speaker did not make good,—
unless he is willing to admit that the
general awakening to righteousness
is identical with the great labor
movement of the world. This move-
ment, it must be conceded, is largely
independent of the churches, though
many ministers and a multitude of
laymen are associated with it. But
the awakening indicated by the
speaker is as much in the church as
out of it.

The lecturer quoted favorably Rev.
Edward Hale to the effect that nine-
tenths of the people are Unitarian in
faith. But it should be remembered
that Mr. Hale is a Bostonian, and
the provincialism of the average Bos-
tonian blinds his eyes to the fact
that there is a big world outside.

Among those forces and persons
who would "Get something for noth-
ing," Mr. Leavitt named the Social-
ist. But upon this point the speak-
er needs enlightenment. For the
whole Socialist movement is against
that very thing. The Socialists would
give to every worker the value of his
toll, leaving nothing for the man who
does not render service.

L. D. RATLIFF.

Salem, Oct. 22.

THE MARKETS

SAN FRANCISCO MARKETS.

San Francisco, Oct. 23.—Wheat
No. 1 California club, per cental
\$1.67 1/2 @ 1.70; California white
milling, \$1.75 @ 1.80; northern,
bluestem, \$1.72 1/2 @ 1.77 1/2; off
grades wheat, \$1.50 @ 1.60; Reds,
\$1.62 1/2 @ 1.67 1/2.

Barley—Feed barley, \$1.30 @
1.35; common to fair, \$1.25 @ 1.40;
brewing at San Francisco nominal at
\$1.45 @ 1.55; Chevalier, \$1.50 @
1.60, according to quality.

Eggs—Per dozen, California fresh,
including cases, extras, 52c; firsts,
47c; seconds, 27c; thirds, 23c;
Eastern selected, 26c; firsts, 25c;
seconds, 22 1/2c; storage, California
extra, 31c; firsts, 28c; Eastern stor-
age, extras, 26c; firsts, 24c.

Butter—Per pound, California ex-
tras, 31c; firsts, 28c; seconds,
23c; thirds, 20c; Eastern extras,
27c; ladies, extras, 22c; firsts, 21c;
pickled, No. 1, 23 1/2c; storage, Cali-
fornia extras, 26 1/2c.

New cheese—Per pound, Califor-
nia flats fancy, 12 1/2c; firsts 12c;
seconds, 9 1/2c; California Young
America fancy, 14 1/2c; firsts, 13c;
Eastern New York Cheddars fanc.,
16 1/2c; Oregon flats, fancy, 13c; do.
Young America fancy, 14 1/2c; Cali-
fornia storage, fancy, flats, 12c.

Potatoes—Per cental, River whites
(sacks) fancy, 70 @ 80c; poor, 50 @
65; Salinas Burbanks, \$1.25 @
1.55; Oregon Burbanks, \$1.25 @
1.35; Early Rose, 75 @ 85c; sweet
potatoes to the trade, sacks, \$1.35
crates, \$1.50.

Onions—Per sack, Yellow, 65 @
70c; Brown Australian, 65c.

Oranges—Per box, Valencias,
\$2 @ 3.50.

PORTLAND MARKETS

Grain, Flour Feed, Etc.
Portland, Or., Oct. 23.—Barley,
feed, \$26 @ 27 per ton; rolled \$27.50
@ 28.50; brewing \$26.50.

Oats—No. 1 white, \$31 @ 31.50
per ton; gray, \$30 @ 30.50.

Wheat—Club, 89c per bush-
el; forty-fold, 90c; Tarkey red, 92c;
Fife, 89c; blue stem, 93 @ 94c; Val-
ley, 90c; Red Russian, 86c.

Millstuffs—Bran, \$26.50 per ton;
middlings, \$33; shorts, country
\$31; city, \$30; U. S. mill chop, \$22

Hay—Timothy, Willamette valley
\$14 per ton; Willamette valley, ordi-
nary, \$11; eastern Oregon, \$16.50;
@ 17.50; mixed, \$13; clover, \$9; al-
falfa, \$14; alfalfa meal, \$19.

Vegetables and Fruit.
Fresh fruit—Apples, new, 75 @
\$1.50 per box; peaches, 40 @ 60c per
box; pears, 75c @ 1.25 per box; plums
50 @ \$1.00 per box; grapes, 85 @
\$1.25 per crate; huckleberries, 9 @
10c, \$1.25 per crate; Concord 37 1/2
@ 40c per basket; ground cherries,
75c per box; cranberries, \$10 per bar-
rel; prunes, 2 @ 2 1/2c per pound.

Dairy and Country Produce.
Butter—City creamery, extra, 35
@ 36c per pound; fancy, 32 1/2 @ 35c;
store, 17 @ 20c.

Eggs—Oregon select, 37 1/2 @ 38c;
Eastern, 27 @ 32 1/2c per doz.

Poultry—Hens, 12 1/2 @ 13c; spring
12 1/2 @ 13c; ducks, old, 12 @ 12 1/2c;
young, 14 @ 15c; geese, old, 8 @ 9c;
young, 9 @ 10c; turkeys, old, 16 @ 17c,
large, 6 1/2c.

Cheese—Fancy cream twins, 15c
per pound; full cream triplets, 15c;
full cream young America, 16c.

Veal—Extra, 8 1/2 @ 9c per pound;
ordinary, 7 @ 7 1/2c; heavy, 5.

Pork—Fancy, 7 1/2c per pound;
large, 5 1/2 @ 6c.

Miscellany.
Hops—Oregon, 1908, 7 @ 8c per
lb., 1907, 3 @ 4c; 1906, 1 lb 1/2.

Wool—Eastern Oregon, average
best, 10 @ 14c per lb., according to
shrinkage; valley, 15 @ 16c.

Mohair—Choice, 18c per lb.
Hides—Dry hides, No. 1, 13 @ 15c
per lb.; dry kip, No. 1, 13c lb.; dry
calfskins, 16c lb.; salted hides, 6 1/2 @
8c lb.; salted calfskins, 12 @ 13c lb.;
green, 1c less.

SALEM MARKET.

Local Wholesale Market.
Eggs—33c.
Butter—Creamery 36c.
Hens—10c; young chickens, 11c.
Local wheat—86c.
Oats—42c.
Barley—\$24.50.
Flour—Hard wheat, \$5; valley,
\$4.25.

Hay—Cheat, \$11; clover, \$9 per
ton; timothy, \$12 @ 13.
Onions—\$1.25 cwt.
Hops—1907 crop, 5 @ 6c.
Cascara Bark—2 1/2 @ 3c.
Mohair—18c.

Retail Market.
Oats—\$1.45.
Wheat—\$1.05.
Eggs—35c.
Butter—Country, 30c; creamery,
40c.

Flour—Valley, \$1.25 per sack;
hard wheat, \$1.40 @ 1.45.
Bran—95c per sack, \$31 per ton;
shorts, \$1.35 per sack.

Livestock.
Stock hogs—\$4.50.
Steers—3 1/2 @ 4.
Veal—5 @ 7c.
Cows—\$3 @ 3.50.

Tropical Fruits.
Bananas—\$6.50.
Oranges—\$4.00.
Lemons—\$5.00.

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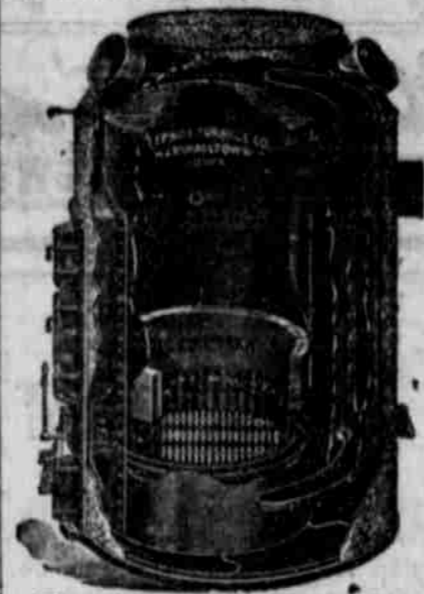
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At the Old Willamette Stables, 10 a. m.

Everybody come and make this great public sale a success.