

CONSTIPATION

You have tried all kinds of pills, waters and cathartics for Constipation and Liver Troubles. Now get the REAL CURE, Take NR Tablets and see how much better they are. See the difference in results. Their action is never attended by that all-gone-like sensation—they make you feel better, and they brace you up and put new life in you, make you feel stronger and better, because they are made to regulate the entire digestive system. One dose will convince you. Get a 25c Box.

BETTER THAN PILLS FOR LIVER ILLS.
E. A. H. Lewis Medicine Co., St. Louis, Mo.



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

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

AN APPRECIATION FROM SOUTHERN OREGON

(Medford Daily Tribune, Oct. 28.)

Colonel E. Hofer, known as the greatest booster in the state of Oregon, owner of The Capital Journal, published at Salem, president of the Willamette Valley Development league, and who is probably the best known private citizen in the northwest, spent Wednesday in Medford, arriving Tuesday evening from Ashland, where he went in the interests of the state normal at that place. Colonel Hofer has a great gift of enthusing people on various matters tending to improve the state, and whatever he takes hold of he stays with until it turns out a success.

Colonel Hofer has much of a complimentary nature to say regarding Medford and the Rogue River valley and spoke of many changes that had taken place in this section since his visit here some five years ago. In speaking of the Tribune, he said:

"You have without doubt the finest edited paper in the state of Oregon. Not so large as some, but, however, it is quality before quantity in newspapers as well as in other matters, that count. I have been reading the paper for some months and have learned to single it out of

COUNTY JUDGE STEWART FOR SILETZ EXTENSION

(Lincoln County Leader, Oct. 23.)

In his "The Time and the Opportunity" article in another column Mr. Stewart hits the nail on the head when he advises our people to get busy and help themselves. This railroad is needed and is sure to come, but the sooner it is built the sooner our county will forge ahead as it should. We need that Salem-Falls City road. It is but a short distance to Salem by that route—about the same distance from Toledo to Salem as it is to Corvallis. With that road we would be about the same distance from Salem as is Astoria. Then we would get a large share of the summer visitors that go to Seaside. It is hard to estimate the value of the lumbering and other industries that would open up in this county when this railroad is built. Let us all get busy like we did with the shipyard and build or see that this road is built.


The Time and The Opportunity.

There comes a time in the history of every town and community when "Time" and "Opportunity" combine for the advancement and welfare of such place. It is then that if a wide and wise public spirit exists in such community that advantage is taken of time and opportunity and all the results of successful endeavor are garnered by the

BAD BLOOD

"Before I began using Cascarets, I had a bad complexion, pimples on my face, and my food was not digested as it should have been. Now I am entirely well, and the pimples have all disappeared from my face. I can truthfully say that Cascarets are just as advertised; I have taken only two boxes of them."

Clarence R. Griffin, Sheridan, Ind.



Cascarets
CANDY CATHARTIC
THEY WORK WHILE YOU SLEEP

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sickens, Weakens or Irritates, the Bowels. Stereotype Sold to Italy. The genuine tablet stamped C. O. D. Guaranteed to cure or your money back.

Stereotype Remedy Co., Chicago or N. Y. See ANNUAL SALE, TEN MILLION BOXES

things: That if the people of Toledo and Siletz sit still and make no effort to help themselves on this matter that the next ten years will see this project no further ahead than at present; while I am as firmly convinced that if an energetic effort would be made that a railroad to Siletz would be an assured fact inside of two years. I am aware that some effort toward a road to Siletz has been made by a local firm, but that seems to have developed into merely a timber speculation proposition, and should be considered on that basis only as long as it tends to retard the country.

It is time to awake and to help ourselves. From Toledo to the west end of Salem and Falls City railroad is only a distance of about 35 miles. The nine miles from Toledo to Siletz would be a legitimate link in this road. Let us make the supreme effort of our lives to secure this road. It means millions of dollars in improvements in Lincoln county. It means mills and factories; it means the development of a fine agricultural region, and it further means the opening to manufacture of the finest and largest belt of fir and cedar timber on the coast today. To sit still is to rust out, and to see the more wideawake communities take advantage of these opportunities that we let go by.

Now is the time and here is the opportunity. Shall we profit by them or sit idle and lose all?

J. F. STEWART.

COFFEE

A middling steak and first-rate coffee are better than middling coffee and first-rate steak. Consider the cost.

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

THE SATURDAY JOURNAL IS A GREAT BIG BOOSTER NUMBER. GET BEHIND THE BOOSTER WAGON AND HELP PUSH.

Had a Close Call.

Mrs. Ada L. Croom, the widely known proprietor of the Croom hotel, Vaughn, Miss., says: "For several months I suffered with a severe cough, and consumption seemed to have its grip on me, when a friend recommended Dr. King's New Discovery. I began taking it, and three bottles affected a complete cure." The fame of this life saving cough and cold remedy, and lung and throat healer is world wide. Sold at J. C. Perry's drug store. 50c and \$1.00. Trial bottle free.

FRANTIC WOMEN



Organic disturbances of the feminine system act like a firebrand on the nerves of women, often driving them fairly frantic.

A nervous, irritable woman is a source of misery not only to herself, but to all those who come under her influence. That such conditions can be entirely overcome by taking

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

is proven by the following letters.

Mrs. Mary Wood, of Christiansa, Tenn., writes to Mrs. Pinkham: "I had the worst form of female troubles and my nerves were all torn to pieces; sometimes I suffered so much that it seemed as though I could not live. "I began to take Lydia E. Pinkham's Vegetable Compound and now I feel like a different person. Your medicine is worth its weight in gold, and I cannot say enough for your advice."

Mrs. Wallace Wilson, Thompsonville, Conn., writes to Mrs. Pinkham: "I was all run down, nervous, and could not rest nights. Doctors failed to help me. Lydia E. Pinkham's Vegetable Compound restored me to perfect health."

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, irregularities, periodic pains, backache. 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.

ADDITIONAL PERSONALS

Miss Jessie Rollins went to Portland yesterday afternoon to visit with friends and relatives for a few days.

Carl R. Clubine left for Portland yesterday where he will be employed in the grocery business hereafter.

Mrs. John Whalen has returned from Eugene where she visited her niece, Miss Harriett George, for a week.

Harry Anson, a prominent real estate dealer of Astoria, was in the city yesterday looking after business matters.

M. J. Kellog returned last night from a two weeks' business visit in Seattle and Tacoma.

Mr. and Mrs. George Fenton left for Oregon City yesterday afternoon to be gone for the remainder of the week visiting with friends and relatives.

Ralph Girard has returned to his home in this city after a successful hunting trip in the mountains near Roseburg.

Mrs. J. G. Crawford, of Albany, is visiting in this city the guest of Mr. and Mrs. Harry Crawford.

Slightly Colder With Snow.

When you see that kind of a weather forecast you know that rheumatism weather is at hand. Get ready for it now by getting a bottle of Ballard's Snow Lintment. Finest thing made for rheumatism, chilblains, frost bite, sore and stiff joints and muscles, all aches and pains. 25c, 50c and \$1.00 a bottle Sold by all dealers.

Salem Fence Works

Headquarters for Woven Wire Fencing.

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

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

Phone 44 Main 10 N. Hill St.

C. W. YANKE

Proprietor of

THE FASHION STABLES

Cabs and Livery, all Rigs Modern Rubber Tire.

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.

PERFECT PRINTING PLATES

"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, OREGON

SOLD BY DRUGGISTS EVERYWHERE



CHESTER'S PILLS

THE GREAT BRONCHITIS REMEDY



HICKORY BARK

Cough Remedy
ABSOLUTELY PURE

Coughs, Colds
CROUP

Whooping Cough
Hastings
Bronchitis
SORE THROAT
All of these of the
THROAT AND LUNGS

HICKORY BARK REMEDY CO.
212 N. 3rd St.
SALEM, OREGON, U. S. A.
Price, 25c per bottle

"The Pace That Kills"

The wear and tear of business and the every-day cares and worries fall upon the nerves, and bring disaster to the stomach and brain. Nervousness causes loss of sleep and draws heavily on the vital forces. Increase your nervous energy by using

BEECHAM'S PILLS

whenever the system is weakened by overwork or worry, and needs to be toned and strengthened. Beecham's Pills equalize the circulation, carry off the waste materials, help the stomach, and carry health to the nerve cells. They are quick to restore normal conditions, enable the brain to recover its poise and unflinchingly

Relieve Nerve Strain

Sold Everywhere. In boxes 10c. and 25c.

BUTTERNUT BREAD.
It is worth more than any other bread yet the price is no higher. For sale at your grocers.

CALIFORNIA BAKERY.
Thomas & Cooley, Props.

Now is the Time to visit California

When summer has passed in these northern states, the sun is only mild under the bright blue skies of Southern California. This is one of nature's happy provisions—eternal summer for those who cannot endure a more severe climate.

California has been called the "Mecca of the winter tourist" its hotels and stopping places are as varied as those of all well regulated cities. Visitors can always find suitable accommodations, congenial companions and varied, pleasing recreations.

SOUTHERN PACIFIC CO.

Will be glad to supply some very attractive literature, describing in detail the many delights of winter in California.

The rate from Salem to Los Angeles and return is \$55. Limit six months, allowing stopovers in either direction. Similar excursion rates are in effect to all California points.

For full information, sleeping car reservations and tickets, call on, telephone or write agents, Salem, or

WM. M'URRAY, Gen. Pass. Agt.
Portland, Oregon.

Huie Wing Sang Co.

We make up all kinds of wrappers and white underwear, waists and gentlemen's and ladies' furnishing goods; all kinds of silks and dress goods; hose, suits, pants, overalls, blankets, neckwear, matting, chinaware, trunks, embroidery and lace, etc.

326 N. Commercial St. Salem, Or.

Gold Dust Flour

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

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

P. B. WALLACE, Agt.

Rocky Mountain Tea

A Bitter Medicine for Bony People. Brings Golden Health and Restful Vigor. A specific for Constipation, Indigestion, and Kidney Troubles, Pimples, Eczema, Lupus, Blood, Bad Breath, Stagnant Bowels, Headache and Backache. It's Rocky Mountain Tea in 1st form, 25 cents a box. Genuine made by Hockers Barco Company, Madison, Wis.

GOLDEN NUGGETS FOR SALLOW PEOPLE

RAILROAD TIME TABLE

CORVALLIS & EASTERN TIME TABLE

ALBANY AND YAQUINA	
No. 2	Daily
Ex. Sun.	STATIONS
a. m.	ly
7:35	Albany
8:35	Corvallis
8:53	Philomath
9:22	Wrens
9:50	Blodgett
10:10	Summit
10:32	Nashville
11:29	Chilwood
12:03	Elk City
12:39	Toledo
1:15 a. m.	Yaquina
Albany-Corvallis-Philomath	
No. 10 (daily)	Leaves Albany
Leaves Corvallis	7:54
Leaves Philomath	8:34
No. 8 (daily)	Leaves Albany
Leaves Corvallis	11:22
Leaves Philomath	12:02
Arrives Albany	1:32
No. 6 (daily)	Leaves Albany
Leaves Corvallis	8:20
Leaves Philomath	9:00
Arrives Albany	10:30
No. 2 (daily except Sun.)	Leaves Albany
Leaves Corvallis	7:32
Leaves Philomath	8:12
Arrives Albany	9:42
No. 1 (daily except Sun.)	Leaves Albany
Leaves Corvallis	6:22
Leaves Philomath	7:02
Arrives Albany	8:32
No. 5 (daily)	Leaves Albany
Leaves Corvallis	6:10
Leaves Philomath	6:50
Arrives Albany	8:20
No. 7 (daily)	Leaves Albany
Leaves Corvallis	10:40
Leaves Philomath	11:20
Arrives Albany	12:50
No. 9	Leaves Albany
Leaves Corvallis	1:40
Leaves Philomath	2:20
Arrives Albany	3:50
No change in service between Albany and Detroit.	

Oregon Electric Time Table

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

Local	8:40 a. m.	6:00 p. m.
Express	10:50 a. m.	9:00 p. m.
Local	1:25 p. m.	11:45 p. m.
Express	4:20 p. m.	1:45 a. m.
Local	5:45 p. m.	3:30 a. m.
Express	8:20 p. m.	6:00 a. m.

Time Card No. 54, Southern Pacific Co., Effective Sunday, Aug. 16, 1908.

Toward Portland, Passenger.	No. 16—5:13 a. m.—Oregon Express.
Toward Portland, Passenger.	No. 18—8:40 a. m.—Cottage Grove passenger.
Toward Portland, Passenger.	No. 12—2:45 p. m.—Roseburg passenger.
Toward Portland, Passenger.	No. 14—9:13 p. m.—Portland express.
Toward Portland, Freight.	No. 222—5:0 p. m.—Portland freight.
Toward Portland, Freight.	No. 226—10:40-11:25 a. m.—Portland freight.
Toward San Francisco, Passenger.	No. 11—11:03 a. m.—Roseburg passenger.
Toward San Francisco, Passenger.	No. 17—6:45 p. m.—Cottage Grove passenger.
Toward San Francisco, Passenger.	No. 15—9:56 p. m.—California express.
Toward San Francisco, Passenger.	No. 13—3:31 a. m.—San Francisco express.
Toward San Francisco, Freight.	No. 221—2:43 a. m.—Portland freight.
Toward San Francisco, Freight.	No. 225—11:28 a. m.—way freight.

O. C. T. Co.

Steamers Pomona and Oregon leave for Portland daily except Sunday at 6 a. m.

M. P. BALDWIN, Agent.

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

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

SALEM WATER COMPANY

OFFICE CITY HALL

For water service apply at office. Bills payable monthly in advance.