

# THE CAPITAL JOURNAL

E. HOFER, Editor and Proprietor

Independent Newspaper Devoted to American Principles and the Progress and Development of All Oregon.

Published Every Evening Except Sunday, Salem, Ore.

### SUBSCRIPTION RATES.

(Invariably in Advance.)  
Daily, by carrier, per year.....\$6.00 Per month.....50c  
Daily, by mail, per year.....4.00 Per month.....35c  
Weekly, by mail, per year.....7.00 Six months.....50c



## ADVISE ABOUT EATING

### Dr. Wiley Says Eat What You Want, But in Summer Don't Eat So Much.

Washington, July 23.—"Eat anything that you ordinarily eat, but do not eat so much of it. Don't take up any vegetarian or other fads during hot weather."

These are the two most important rules laid down by Dr. Harvey W. Wiley, chief of the bureau of chemistry, for table use in hot weather.

"I would add to those," continued the famous food expert, "advice against the frequent use of ice water when you are warm. You have heard the old adage—

"Full many a man, both young and old

Has gone to his sarcophagus,  
By pouring water ice cold  
Adown his hot asophagus."

"Well, there is more truth than poetry in that rhyme. The soft drink habit is to be deplored also. In our investigations of soda fountain drinks we find that more than 100 beverages sold over the counter to the public contain caffeine. If our children are to be allowed to take caffeine into their systems, it is best that they should get it at home in the form of tea or coffee. But thousands of parents, who would not think of allowing their little boys and girls to have tea or coffee, will give them money every day, and several times a day in hot weather, to run to the soda fountain at the corner drug store, where they become not eat so much of it. Don't take up

"I consider the washing of fruits and vegetables, especially those that are to be eaten raw, of the greatest importance at all times of the year, and especially during the summer. Every head of lettuce, every radish, every apple and pear and berry that we buy at the market carries in from the field millions upon millions of microbes upon its surface. All truck vegetables that have been fertilized with stable cleanings are especially dangerous. If I had my way about it, manure should never be used for fertilizing any vegetables except the grains and cereals, which are harvested far above the ground. The green apple, which has come into unenviable notoriety because of the colic it is supposed to give the youngster who eats it, is really not as guilty as generally believed. The microbes on the skin of the apple, in all probability, cause the trouble. The chances are that not more than one boy in a hundred who eats green apples ever gets the colic, anyway. I think it is largely a myth.

"As the human frame does not need so much fuel to maintain heat during the summer time as during the colder months, it is only reasonable to reduce the amount of food taken into the stomach. I have no use for a vegetarian, fruitarian and other fads. The human system was built for a mixed diet."

The Journal Saturday will be another fine booster edition. Get your ad into that paper for it is read for two days.

### BASEBALL SUMMARY

**National League.**  
Philadelphia-Cincinnati, rain.  
Boston 0; Pittsburg 9.  
New York 1; Chicago 3.  
Brooklyn 1; Louis, rain.

**American League.**  
Cleveland 0; New York 1.  
St. Louis 5; Washington 1.  
Detroit 6; Boston 0.  
Chicago 4; Philadelphia 3.

**Pacific Coast League.**  
Portland 1; Los Angeles 0 (ten innings).  
Oakland 1; San Francisco 2.  
Sacramento 4; Verson 3.

**Northwest League.**  
Spokane 6; Portland 4.  
Aberdeen 3; Seattle 5.  
Vancouver 2; Tacoma 3.

### Notice to Contractors.

Notice is hereby given that sealed bids will be opened at a meeting of the common council of Salem, Oregon, to be held on the 26th day of July, 1909, for the improvement of Kearney street with gravel, between the east line of Commercial street and the west line of High street, in accordance with the plans and specifications adopted by the common council for said improvement, and now on file in the office of the city recorder. Bids will be received on proposals submitted by the city attorney, and must be in accordance with the specifications.

Date of the first publication of this notice the 20th day of July, 1909.  
By order of the common council.  
W. A. MOORES,  
City Recorder.

### Children Cry FOR FLETCHER'S CASTORIA

### WOULD YOU BECOME WELL-TO-DO?

The surest way is to begin now and save regularly a part of your earnings.  
The best way to save is to open a savings account with us.

SAVINGS DEPARTMENT  
Capital National Bank

### WRIGHTS TO FLY ONE AT A TIME

(United Press Lensed Wire.)  
Washington, July 23.—While the Wright brothers were preparing today for further flights in the governmental tests of their aeroplane, Orville Wright disclosed the reason why he and his brother, Wilbur, never made an ascension together.

"We do not think it wise for us both to fly at the same time," said Orville Wright. The brothers fear that should an accident happen both might be killed, and the secrets of their successful aerial navigation might be lost to the world.

Early today the Wrights awaited a more favorable wind than yesterday to carry them over the circular course.

The names of several army officers were mentioned, and from the list one will be selected to accompany Orville Wright on the flight.

### CANARY BIRD IS A QUADRUPED

(United Press Lensed Wire.)  
Oakland, Cal., July 23.—One canary with enough pidal extremities to supply two of its species is the center of interest here today.

The freak songster has crossed the great divide, but its tiny, downy corpse is on exhibition at the chamber of commerce.

Mrs. A. M. Thompson, of Irvington, found the four-legged bird beneath its nest, the mother canary having evidently become "peevish" at the physical peculiarities of her offspring and pushed it overboard.

### RED BLUFF HAS A CLOSE CALL FROM FIRE

(United Press Lensed Wire.)  
Red Bluff, Cal., July 23.—The Harnden family narrowly escaped death early today when fire destroyed the bakery over which they lived. The bakery, Robinson's saloon and Lehman's confectionery store were burned. The total damage is estimated at \$10,000.

The fire, which originated in the Harnden bakery, was in the heart of the town, and for a time the entire business district was in danger of destruction.

## SYSTEM CAUSED SUICIDE

### Refused Permission to Marry, He Took Pistol Route Out of Trouble.

New York, July 23.—Dr. Rudolph Menn of Chicago is anxiously awaiting the arrival of the steamship Koenig Albert, which was expected to pass quarantine early today, the vessel having on board his daughter Olga, who was reported by ship's wireless yesterday to be on the verge of collapse following the suicide of Baron Oscar Rothschild, who blew out his brains in Hamburg two weeks ago.

Young Rothschild impetuously wooed and won the fair daughter of the Chicago physician. Their romance proceeded along smoothly toward a happy ending until the assent of the Rothschild family to the match was sought. Then came opposition. The money kings refused to allow the youth to wed outside of the Rothschild family, in pursuance of their unalterable rule, which has broken several Rothschild hearts.

The youth faced penury, ostracization, and to a certain extent, the hounding of his wealthy kinsmen. Balked of his happiness, Baron Oscar ended all with a bullet and left the girl and her mother alone in the German city.

The tragedy proved too much for the girl and she broke down. The mother and daughter boarded a steamer for home and Dr. Menn journeyed here to meet them. Yesterday evening he received a wireless message saying that his daughter was in a critical state from collapse and that fears were felt that she would lose her reason.

Friends say the match would have been an ideal one and that the Menns are peers of the Rothschilds socially and morally. Young Rothschild was a scion of the Austrian branch of the family.

## SMALL BOY DITCHED TRAIN

### Berwin Carson Escapes From His Mother Long Enough to Stir Up Trouble.

(United Press Lensed Wire.)  
Redding, Cal., July 23.—Berwin Carson, four and a half years of age, bears the distinction of being the youngest train wrecker ever caught in the United States.

Berwin got onto a "lay" late yesterday afternoon and did his job in a workmanlike manner. As a result traffic on the main line of the Southern Pacific at this point was delayed for eight hours, passengers swore and conductors fretted, while a wrecking crew hurried from Dunsmuir to undo the damage. Berwin escaped from his mama yesterday and started on a personally conducted tour of investigation in the direction of the railroad yards. A well-oiled derailing switch easily swung open beneath his baby arms, and the huge locomotive of a long freight train that was pulling out of the yards, quietly slipped from the rail, pushed its forward trucks over the main line tracks and stuck. Berwin's mamma arrived at this junction, and hustled the small boy out of the danger zone, away from the vengeance of the vociferating crews of the stalled trains.

Salem's building boom will reach the one thousand houses mark this year.

M. D. Wisdom, of the state fair board, is quite ill, but improving.

### Notice of Intention to Improve a Portion of Twelfth Street.

Notice is hereby given that the common council of the city of Salem, Oregon, deems it expedient to improve and proposes to improve at the expense of abutting and adjacent

## CAMPING AND OUTING GOODS NEW PRICE LIST

Children's Gingham Dresses.....	25c	Boys' Coat Sweaters.....	35c
Sunbonnets.....	10c	Boys' Waists.....	25c
Straw Hats.....	10c	Children's Rompers.....	35c
Pearl Buttons, doz.....	2 1/2c	Khaki Rompers.....	50c
Ladies Handkerchiefs.....	2 1/2c	Knaki 2-piece Suits, long pants suit.....	75c
Talcum Powder.....	5c	Children's Tennis Shoes, pr.....	50c
Tooth Brushes.....	5c	Ladies' Canvas Shoes, pair.....	75c

Good Apron Check Gingham, yard.....	6 1-4c
15c Heavy Linen Toweling, yard.....	10c
Men's Balbriggan Underwear, each.....	25c
Men's Stiff Bosom Shirts, each.....	25c

Ladies' Vests.....	10c	Shirt Waists from.....	35c up
White Duck, yard.....	10c	White or red Tablecloth, yd.....	25c
Garden Hats.....	25c	Ladies' heavy gray Hose, pr.....	12c
Best Calico, yard.....	5c	Turkish Towels, each.....	10c
Cotton Batts, roll.....	5c	Linen Toweling, yard.....	7 1/2c

\$3.00 Mohair Dress Skirts, each now.....	\$2.00
5.00 Dress Skirts, each now.....	\$3.00
New lot of Ladies' Sweater Coats, each.....	\$2.00
Boys' double seated and double knee Overalls, pair.....	50c
Men's Heavy Covert Overalls, pair.....	75c

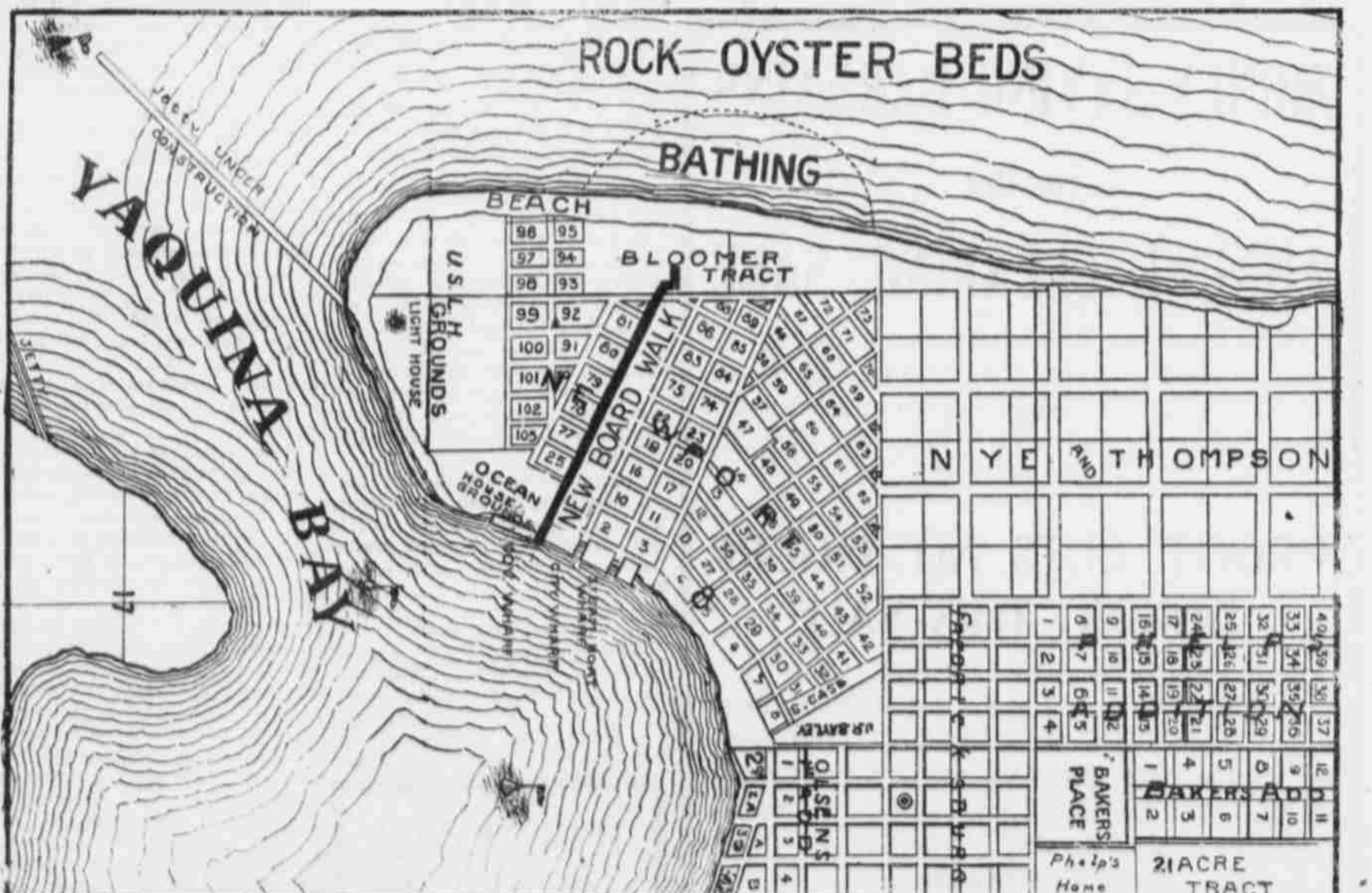
Comforters.....	Blankets.....	Duck.....	Covert Coats.....
Dusters.....	Duck Skirts.....	Drilling.....	Denims.....

## ROSTEIN & GREENBAUM

240-246 Commercial St.

property, Twelfth street in said city, with Warren Brothers' special bitulithic pavement, from the north line of Court street to the south line of Ferry street, in said city, including intersections.  
Said portion of said street shall be improved by grading the roadway thereof; by establishing concrete curbs where not already established, and by paving said roadway in accordance with the plans and specifications adopted by the common council and on file in the office of the city recorder, and by doing all things required in said plans and specifications.  
Remonstrances may be filed against said improvement in the manner and within the time provided in the charter of said city.  
Date of the first publication of this notice July 13, 1909.  
By order of the common council.  
W. A. MOORES,  
City Recorder.  
7-13-11

### Children Cry FOR FLETCHER'S CASTORIA



## STUDY THE ABOVE MAP

**BLOOMER'S ADDITION** to the City of Newport, Oregon, is now on the market for the first time. The tract is located about half way between Nye Creek and Newport, and consists of some 30 lots, on the rising ground directly above the beach and a commands a view of the ocean or surf for miles north and south. To the north can be seen Jump Off Joe and the Yaquina Head Light. To the south the entrance to Yaquina Bay and the Lifesaving Station. The property is about a five-minute walk from the boat landing in Newport. It is reached by a new six-foot board walk, which runs in a straight line from the Ocean House Hotel in a northwest direction to the lots. This is now the most popular walk in Newport on account of its beautiful surroundings and magnificent view of the Pacific when the end is reached at **BLOOMER'S ADDITION**. Here before the observer the ocean and the beach stretch for miles and miles.

### A WORD ABOUT YAQUINA BAY

You could not find a more interesting location to spend your summer than around this beautiful bay, which is conceded by those who know, to be the most beautiful summer resort. NATURALLY, of any on the Pacific coast, barring none. Hunting and fishing are unexcelled, and the many places of interest close to Newport, such as the Lighthouse, Otter Rock, Seal Rocks, etc., make it an ideal place to own a summer home.

### NOW LOOK AT THE MAP

You will see that **BLOOMER'S ADDITION** is right on the ocean, and yet has the great advantage of being close to the bay and town, with no steep hills to climb to reach it. The beach in front of the property is good for bathing and the gathering of rock oysters. Mr. Bloomer has already built two beautiful cottages on these lots for his own personal use. Mr. Bloomer is a Seattle man, and intends to make this the most popular addition to Newport.

FOR SALE BY MEYER & BELLE, DERRY & WILLSON, H. A. JOHNSON, FERGUSON & FISHER, BECHTEL & MINTON  
For further information enquire at

## CAPITAL JOURNAL OFFICE