

Your grocer will grind it-better if ground at home-not too fine.

A Reliable Remedy CATARRH Y-FEVER Ely's Cream Balm is quickly absorbed. Gives Relief at Once. It cleanses, soothes, AELY heals and protects

the discused membrane resulting from Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts. at Druggists or by mail. Liquid Cream Balm for use in atomizers 75 cts. Ely Brothers, 56 Warren Street, New York.





### (Cottage Grove Leader.)

A branch of the Deutschen Sprechen Verein, which organization has twenty-seven vereins in the state of Oregon with a membership of over 18,000, was instituted in Cottage Grove last night by the Rev. Z. Hopf of Salem, H. Venske was elected president; B. Lurch vice-president; John Graber, secretary, and A. Hamloth schatzmeister. Another meeting will be held next Sunday afternoon for the purpose of admitting other members, and to further perflect the organization. The primary object of the Duct

schen Sprechen Verein is the banding together of German-Americans to perpetuate the mother tongue in conversation and song, and for social intercouse. There is also a personal liberty feature. The organization has headquarters in Portland.

Accompanying Rev. Hopf to Cottage Grove were F. W. Heyser, Aug. Kehrberger, W. Hamburg and A. W. Anderagg all of Salem. These gen-tlemen formed a quartet and rendered a number of songs during the evening, which were greatly appreciated. Those signing the constitu-tion were: H. Venske, John Graher, Chas. Fahremald, A. E. Ham-loth, R. Gerisch, Don Bluer, L. Kempff, Geo. Atkinson, John H. Bartels, G. Graber, H. C. Madsen, B. Lurch, Lew A. Cates, Miss Anna Rhode, Mrs E. Fahremald, Robert-ina Anlauf, Eleza Bluer, E. Born, Lena Hamloth.



#### Turner, Or., Dec. 20, 1909. Ed. Journal:

At the county road meeting of the 16th and 17th there were various ideas on the plan of road construction. Also on ways and means of

the various road districts, was the is essential to construct large bone, final point to be settled. That the heavy muscle, strong nerves, a wellcounty court could see their way to expend the four-mills levy that was plenty of sound, healthy flesh, pro-ordered at said road meeting in a ducing broad shoulders and a goodly ordered at said road meeting in a way that would be satisfactory to all height and general development. parts of the county. The one great question with the court is a uniform

basis or plan of work. I have a few suggestions to make

that I think are worth considering. Now I shall speak for the county as a whole: First, say we have four mills, or any amount the county may Then those road districts that make a special levy to grade-rock, both coarse and fine rock, and finish their roads as far as the money will sides you may be saved many a or feel rheumatism pains, don't con-ro. Put in cement tiling for small doctor's bill. Put in cement tiling for small creeks and water outlets, the tiling to be paid for by said road district. the county crushing the rock and rolling same out of the county fund. taxes are levied, and no rock is accessible at the present time, uses all the money, the same as in districts In considering making your own where no levy is made by the district, namely: Make all grades on road with dirt only. Put in cement tiling or drainage, and be sure not to make the road bed to wide but what there will center of said road. Then on all tarrh Cure is taken internally, and court ordered the King road drag to surfaces. Hall's Catarrh Cure is not be used the following winter. Call at my shop and see the lights when even the road gets small tracks from the travel on it. So the water country for years and is a regular stands, use the drag, then in a short time again. If much travel use it again. Keep it up all winter. One drag can be used on two miles of road very conveniently. When spring comes you will be surprised indeed to see what good roads you have had sults in curing Catarrh. Send for all winter, solid roads, no ruts, mud testimonials free. F. J. Cheney & boles etc. and at a minimum cost Co., Props., Toledo, O. Sold by drugholes, etc, and at a minimum cost also

THE INDIGESTION OF CHRISTMAS **GROWING CHILDREN** Weak, Sickly and Emancipateo Boys and Girls Usually Victims of Chronic Dyspepsia.

DAILY CAPITAL SOURNAL, BALEM, ORIGON, WEDNESDAY, DECEMBER 29, 1909

During the developmental, or growing period of life, the stomach is under greater strain than in any

other epoch, for the reason that bodily growth is rapid in children, and the system requires a considernew tissue—a much greater amount than after full growth has been attained.

In the adult, all that is required s a sufficient quantity of food to rebuild the worn-out old tissues, but in children, an extra amount of well-digested nutritious food is necessary to build up strong muscle, bone, cartilage, teeth, nerve, blood and brain.

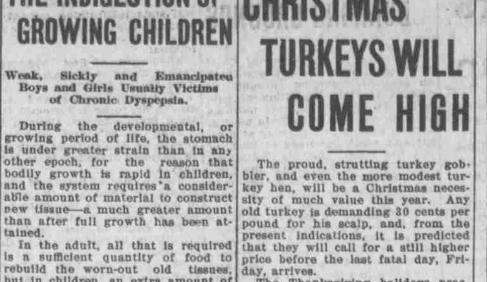
Well-fed children with strong digestions, invariably grow to be are sickly, nervous, peevish, irrita-ble, and continually "tired-out," are nearly always victims of indigestion, and never atttain their full growth, or an average amount of strength. unless the stomach weakness is cured before reaching adult life. During the adolescent, or formative period of life, parents should

make every effort to build up their children, so that good health, a strong constitution, and an abundance of vim, vigor, vitality and energy may be an inheritance in later years. Too often the mistake is made of attempting to build up the bodies of weak, sickly children by dosing them with nerve and blood tonics, or the emulsion of cod liver oil, which tend to upset the stomach and thus make matters WOTEE.

STUART'S DYSPEPSIA TABLETS will build up and strengthen weak, sickly, under-developed and slow-

growing children, by digesting their food thoroughly and assisting in its absorption and assimilation. They digest food of every kind very completely, including the vitalizing albumen of eggs, the fibrin of meats, the casein of milk and cheese, and the carbo-hydrates of bread, rice, poraising funds for same. But of all tatoes, etc., so that the system is these to meet the present "needs" of supplied with all the material which developed brain, rich, red blood, and

If you desine to have your chil dren grow up big, strong, healthy and powerful in mind and body, see that their digestion is kept strong and efficient, and if found weak, give them Stuart's Dyspepcia Tablets after each meal, in order that they Uncontrollable urination (espec-may get the full benefit of the food ially at night), smarting, discolored they eat, and you will be rewarded



They are a standing -

The Thanksgiving holidays practically consumed all the most available turkeys, although there are yet many of them alive in this vicinity.

The farmers and other people who make a business of raising turkeys are not anxious to dispose of their stock of fowls, and the local markets large, powerful, healthy men and stock of fowls, and the local markets women, with sound minds and are negotiating with farmers in the sound bodies; while children who outlying districts for turkeys. Thanksgiving turkeys demanded 25 cents per pound, or five cents lower than the present market quotations. Geese and ducks seem to be the popular fowl for Christmas feasts, and Salem dealers in poultry are disposing of many of them. Geese sell for 22 cents, while chickens are quoted at 25 cents. Ducks are on a par with geese.

Up to the present time the demand for turkeys and other Christmas dinner eatables, in the way of fowl, has not been very persistent, and the general concensus of opinion is the general concensus of opinion is that the Salem public will adopt the old-style of "cheeken" pie, rather than invest in the dear old turkeys. In any event, the local Christmas enthusiasts are making grand prap-aration for celebrating the Yuletide

event, and there will be many mouth-watering repasts served, both in the homes of the rich and the poor.

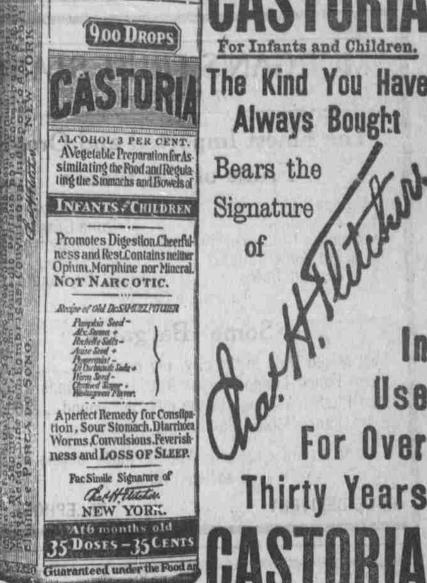
**BAD KIDNEYS CAUSE** OF BLADDER MISERY

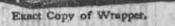
No man or woman here whose kidneys are out-of-order, or who suffors from backache or bladder misery, can afford to leave Pape's Dluretic untried.

After taking several doses, all pains in the back, sides or loins. rheumatic twinges, nervousness, headache, sleeplessness, inflamed or swollen eyelids, dizziness, tired or worn-out feeling and other symptoms of clogged, sluggish kidneys simply vanish.

water and all bladder misery ends. The moment you suspect the slightest kidney or bladder disorder, inue to be seraon







#### PAGE SEVEN

light, or cooking, why not const the F. P. Gas Machine and bers Light.

Will sell and install th' and guarantee it to give cent more light for the . ( me than electricity or city gas. figure with you, estimates furnished. and stoves in operation.

I also carry PYRO DENATURED ALCOHOL utilities. Safe, economical, odoriess,

258 State St. Phone 185



Headquarters for Woven Wire Fencing, Hop wire, Barb Wire, Poultry Netting, Shingles, Malthold Roofing, P. & B. Ready Roofing.

CHAS. D. MULLIGAN Phone 121 250 Court St.

**Gold Dust Flour** Made by the SYDNEY POWER COMPANY, Sydney, Oregon. Made for Family Use. Ask your grocer for it. Bran and Shorts always on hand.

P. B. WALLACE, Agt.



Should the present county court adopt a plan of this kind and put it in force this spring they would have gone a long way in solving this great question. It is all practical under our present laws and conditions. Every district can build permanent roads, according to their means and materials at hand.

Now, in conclusion, we will soon have electric lines through the county, by some stone quarry, then rock can be put in those districts that need it, at a very small cost.

Very respectfully C. H. TAYLOR,

#### Who Switched the Bottles?

The next time Sheriff Minto, Billy Esch, Waters and the rest of the gang who live in a wet town, substitute a bottle of typhoid fever for an equal amount of good wine which one of our prohi citizens had bought to bring home to his wife (?) it is going to make trouble, and lots of it. Fair warning!-Jefferson Review.

Coughs that are tight, or tickling. get quick and certain help from Dr. Shoop's Cough Remedy. On this account druggists everywhere are favoring Dr. Shoop's Cough Remedy. The ender leaves of a harmless lung-healing mountainous shrub give to Dr. Shoop's Cough Remedy its curative properties. Those leaves have the power to calm the most distressing Cough, and to soothe, and heal the most sensitive bronchial membrane. Mothers should, for safety's sake, always demand Dr. Shoop's. It can perfect freedom be given to the youngest babes. Test it with even once yourself, and see! Sold by Capital Drug Store.

Stuart's Dyspepsia Tablets are for but get a fifty-gent treatment of sale by all druggists, price fifty Pape's Diuretic from your druggist cents. A free sample will be sent and start taking as directed, with you, if your name and address is the knowledge that there is no other Then in districts where special forwarded to the F. A. Stuart Company, 150 Stuart Bldg., Marshall, Michigan.

Catarrh Cannot Be Cured.

With local applications, as they can- tributing its cleansing, healing and not rea the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you 'must be a good slope each way from the take internal remedies. Hall's Ca- ize it. dirt roads of this kind the county acts directly on the blood and mucous Diuretic means clean, healthy, aca quack medicine. It was prescribed by one of the best physicians in this prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful regists, price, 75c. Take Hall's Family Pills for constipation.

River Going Down.

As the result of the cold weather which prevails now to the comfortably knowledge of Salem people, the ley, Polk. Willamette river at this point is receding rapidly. The old stream stands today at six feet above low water mark, but within a few days, should the present cold snap continue, the water will be down three or four feet.

For that Duli Feeling After Eating I have used Chamberlain's Stom-ach and liver tablets for some time, preme. Infallible for Piles. Only and can testify that they have done 25c at J. C. Perry. me more good than any tablets ] have ever used. My trouble was a heavy dull feeling after eating .-David Freeman, Kempt, Nova Scotia. These tablets strengthen the stomach and improve the digestion. They also regulate the liver and bowels. They are far superior to pills but Wyoming." a breezy, idealic comedy cost no more. Get a free sample at drama of the Northwest, which will They are far superior to pills but all good drug stores and see what a splendid medicine it is.

## Try a Journal Want ad.

Foley's Honey and Tar is the best and safest cough remedy for children. At the first symptoms of a cold, give as directed, and ward off danger of croup, bronchitis, sore throat, cold in the head, and stuffy breathing. brings comfort and ease to the little Contains no opiates or other harmful drugs. Keep always on hand, and refuse substitutes. J. C. Perry.

> Children Cry FOR FLETCHER'S CASTORIA

medicine, at any price, made any where else in the world, which is so harmless or will effect so thorough and prompt a cure.

This unusual preparation goes direct to the cause of trouble, disvitalizing influence directly upon the organs and glands affected and completes the cure before you real-

A few days' treatment of Pape's tive kidneys, bladder and urinary organs-and you feel fine.

Your physician, pharmacist, bank er or any mercantile agency will tell you that Pape, Thompson & Pape, of Cincinnati, is a large and responsible medicine concern, thoroughly worthy of your confidence

Accmept only Pape's Diuretic-fifty-cent treatment-from any drug store-anywhere in the world.

Are Now Notaries.

Notarial commissions have been issued to the following persons: Henry Epperson, Estacada; Aaron Frazier, Dufur; Anllur A. Murphy and Daniel E. Powers, Portland; D. Chesley Bonce, Taft; and J. E. Sib-

Could Not Be Better.

No one has ever made a salve, oint ment, lotion or balm to compare with Bucklen's Arnica Salve. It's the one perfect healer of Cuts, Corns, Burns, Bruises, Sores, Scalds, Bolls, Ulcers, cally for the erection of a high preme. Infallible for Piles. Only school in Stayton, to cost \$10,000, payments to be made by voting bonds against the district. This is

"In Wyoming" Not a Melodrama.

grade classes. Love, pathos, treachery and retribution, with a final happy out-come, are the main elements of "In How Bert R. Lean, of Cheny, Wash., was saved from a frightful appear at the Grand Opera House, Friday night, December 24. The story is one of absorbing interest, interpreted by a large first class company, and mounted with realistic stage settings and elaborate costumes. The play is in four acts, and comprises a bright sunny summer on a ranch near Casper, Wyoming. The play is free from exagger ated and impossible nonsense, such as abounds only too often in west ern plays. There is so much good in "In Wyoming" that on one wonders at the extraordinary success which the piece has enjoyed. It is all clean and wholesome. Its atmosphere is refreshing and there is



10 x x x 10 20 4

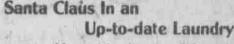


Wants a New School House.

overcrowded condition of the upper

A Thrilling Rescue.

A petition is being circulated lo-



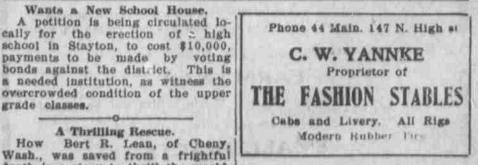
would revel in the snowflake color and ice-crystal finish of our fine laundry work, and only once a year does he see such exqu'site finish laid on colars, cuffs and shirts as he does when he visits the Salem Laundry Co. Our woolens are always delivered soft and sweet and full size as sent to us. A connoiseur on fine laundry work must always admire the beauty of that done at the

Salem Laundry Co. Phone 25. 286-206 S Liberty St.

# **New Line of Baby Shoes**

I have just received a new line of Baby Shoes in all colors. These will make nice Christimas presents. Warm feit Slippers for Ladies. Also Slippers for Men and Boys. A full line of fine Dress Shoes. Call in and see my line.

J. VOGT 115 Liberty St. Salem, Ore.



GREAT CH NESE DOLL IR L. M. HJM

has medicine which will cure an Then I went to Califor- known discase. Ine makes a specialty of and gu rantees to cure Catarra Asthma, Lung, Throat, Rhoumstism Debility, Stomach, Liver, Kidney troubles; also any blackened of swollen goreness, broken limbs, Smallpox, Epidemic; all kinds of Boils, Lost Manhcod, Female Weak ness, Hernis Troubles and Paralysis onsultation free. Care of Yick Sc Tong Co., Chinese drugs and herbs 158 High street, upstairs, Salem, Or.

death is a story to thrill the world. "A hard cold," he writes, "brought on a desperate lung trouble that baffled an expert doctor here. Then I paid \$10 to \$15 a visit to a lung specialist in Spokane, who did not help me. nia, but without benefit. At last i used Dr. King's New Discovery,

CASTORIA For Infan.s and Children. The Kind You Have Always Bought Bears the nothing suggestive in the story it unfolds. Seat sales start tomorrow Bignature of Chart of Pletch morning at 9 o'clock.