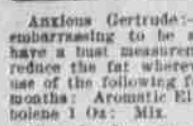


The Doctor's Answers On Health and Beauty Questions

By Dr. Theodore Beck

The questions answered below are general in character; the symptoms of diseases are given and answers will apply to any case of similar nature.



Anxious Gertrude—It must indeed be embarrassing to be short of stature and have a bust measurement of 46. You can reduce the fat wherever prominent by the use of the following for a period of several months.

she did. They will improve your general health, your complexion and your thin, watery blood. Obtain any well stocked drugist.

Mrs. Elizabeth—If you have pain and ache in the back and dull pain in right side accompanied by shortness of breath, burning and swelling feet and ankles you are suffering from disordered kidneys and liver.

Polkman—Being compelled to spend your time at work your feet in position for the suffering with sore, tired, aching, sweaty or calloused feet. This makes the quickest relief, and will soon correct bad odor and other foot troubles.

For the liver and constipation have this: Aromatic Fluid of Cascara Comp. Compound Cardui 1 Oz., Fluid Extract Mandrake 1 dram, Aromatic Syrup Rhubarb 4 Ounces.

Wm. H.—You ask for "the best food purgative." The blood may be impure from many varied sources, and requires different medicines and combinations of medicines.

For all those with "weak lungs," especially those who have had pneumonia, Eckman's Alternative is the appropriate remedy.

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\$1,250,000 TO EXPLOIT THE GREAT NOTRWEST

SOUTHERN PACIFIC TO EXPEND VAST SUM TO PEOPLE THE EMPIRE OF THE WEST—UNAWED BY FINANCIAL PESSIMISTS AND UNSCARED BY THE RAPID MAUNDERINGS AND PREDICTIONS OF THE SEERS WHO STIR THE WITCHES' CALDBON OF PANIC, AND WITH A KNOWLEDGE OF THE WEALTH OF THE WEST, WISE RAILROAD MANAGERS BACK THEIR KNOWLEDGE AND FAITH WITH COIN.

One and a quarter million dollars for advertising and the resources of 10,000 miles of railroad in one year is the answer of the directors of the Union Pacific and Southern Pacific systems to the calamity howler.

Land Beckons to Men. Land beckons to the men of the cities and the more populous communities, who long with all their hearts for a bit of land to call their own.

The passenger representatives of the Union and Southern Pacific systems and the Oregon Short Line met in Chicago yesterday afternoon and decided upon the expenditure of \$1,250,000 in advertising the facilities offered by these railroad systems and the industrial opportunities offered by the communities and country they serve during the present year.

This million and a quarter dollars which will be expended by the Union Pacific and Southern Pacific systems during the present year will be charged to "advertising" on the books, but the purpose for which this huge sum is to be used is the peopling of the Empire of the West—the filling up of the fertile lands of Colorado, Wyoming, Utah, Oregon, California, Idaho, Washington, Nevada and Montana.

Management is Alert. No hesitating note, this, no croaking voice of the pessimist who has been so largely in evidence during the past few years of railroad inquiry and railroad legislation, but the healthy, stimulating and vigorous expression of a strong, courageous management, unafraid and alert.

growth. Herpicide keeps my hair very glossy. Sold by leading druggists. Send 10 cents in stamps for sample to The Herpicide Co., Detroit, Mich. One dollar bottles guaranteed.—J. C. Perry, Druggist.

RICKARD MADE GOOD CLEAN-UP

SHOWS THAT THE JOHNSON-JEFFRIES FIGHT NETTED THE PROMOTERS AND PICTURE OWNERS \$365,000, AND PICTURES STILL BRING IN GOOD REVENUE.

New York, Feb. 21.—With a big bundle of the "long green" tucked away down in his "jeans," the profits of the Jeffries-Johnson fight, Tex Rickard, the Nepada mining and sporting man, is today aboard a vessel bound for the Argentine Republic, where he is going into the cattle business.

Manila Opens Carnival. Manila, Feb. 21.—With thousands of visitors present from Hong Kong, Yokohama, Kobe and other points present, Manila's annual carnival opened today.

HONOLULU TO HAVE GREAT CELEBRATION. Honolulu, Feb. 21.—As a curtain-raiser for Wednesday's annual Washington's birthday floral carnival, a great mask ball will be held here tonight on Alaska wharf, under the management of the Hawaiian Elks.

A COLD WAVE SWEEPS OVER THE SOUTH. New Orleans, La., Feb. 21.—Although predictions were for warmer weather, no end of the cold snap, which for three days has held the Gulf states in its grip, was in sight today, and it is believed that the damage to crops would total many thousands of dollars.

ROSY AS A GIRL. Summit, N. C.—In a letter received from this place, Mr. J. W. Church, the notary public, says: "My wife had been ailing for nearly 12 years, from female ailments, and at times, was unable to leave the house. She suffered agony with her side and back. We tried physicians for years, without relief. After these treatments all failed, she took Cardui, and gained in weight at once. Now she is red and rosy as a school girl."

Thirty Years Together. Thirty years of association—think of it. How the merit of a good thing stands out in that time—or the worthlessness of a bad one. So there's no guesswork in this evidence of Thos. Ariss, Concord, Michigan, who writes: "I have used Dr. King's New Discovery for 30 years, and it's the best cough and cold cure I ever used."

Accused of Stealing. E. E. Chamberlain, of Clinton, Me., boldly accuses Bucklen's Arnica Salve of stealing—the sting from burns or scalds—the pain from sores of all kinds—the distress from boils or piles. "It robs cuts, corns, bruises, sprains and injuries of their terror," he says, "as a healing remedy its equal don't exist."

A Reliable Remedy FOR CATARRH. Ely's Cream Balm is quickly absorbed. Gives relief at once. It cleanses, soothes, heals and protects the diseased 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 form Balm for use in 40-minute 75 cts. J. C. Brothers, 56 Warren Street, New York.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of J. C. Watson. In Use For Over Thirty Years CASTORIA. 900 DROPS. ALCOHOL 3 PER CENT. A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN. Promotes Digestion, Cholesterol and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC. Recipe of old Dr. J. C. Watson. Perfect Remedy for Constipation, Sour Stomach, Diarrhea, Worms, Convulsions, Feverishness and LOSS OF SLEEP. Pac-Simile Signature of J. C. Watson, NEW YORK. At 6 months old 35 Doses - 35 CENTS. Guaranteed under the Food and Drug Act. Exact Copy of Wrapper. THE GENTIAN COMPANY, NEW YORK CITY.

FAIR GROUND FEED AND GROCERY. 5 gal. best Kerosene.....70c. Salem flour, Best, sk.....\$1.25. Hard wheat, Best Imperial \$1.35. 17 1/2 lbs. best gran. Sugar \$1.00. 3 cans Alaska Salmon.....25c. 3 cans choice Columbus Tomatoes.....25c. 3 cans extra Sugar Corn.....25c. Extra Sugar Peas, can.....10c. 3 cans Condensed Milk.....25c. 3 cans String Beans.....25c. 2 cans table Peaches.....25c. Wisconsin Cream Cheese, lb.....20c. 6 lbs. whole grain Japan Rice.....25c. 3 lbs. extra choice Dried Peaches.....25c. 5 lbs. white Beans (large or small).....25c. Choice Bacon, per lb.....18c. Sugar Cured P. N. Hams.....15c. All best government inspected Oregon Meat. All goods promptly delivered. R. N. MORRIS Phone 1497.

THE BEST STRONGEST AND MOST DURABLE SEWER PIPE MANUFACTURED IS OUR MACHINE CEMENT MADE GLAZED SEWER PIPE. It will pay you to investigate before placing your order for Sewer Connections. Salem Sewer Pipe Co. 265 LIBERTY STREET. Salem's most popular restaurant THE WHITE HOUSE. We cater to the public who demand a good meal for a small price. Wm. McGilchrist & Sons. Gold Dust Flour. Made by the SYDNEY POWER COMPANY, Sydney, Oregon. Made for Family Use. Ask your grocer for it. Best and shortest always on hand. P. B. WALLACE, Agt.

The Bosom Sets Flat. The stud button holes exactly meet, the neck band does not bind on your neck; button holes exactly meet buttons, no binding front, in fact a perfect fit if we launder your shirts. It is done with our new STEAM PRESSES, which do not rub or burn the fibre, but MOULD the cuffs, neck band and bosom to a PERFECT SHAPE. Try the new work. Visitors welcome. Salem Steam Laundry 180-166 South Liberty Street Phone 180

Consumption Often Develops From Pneumonia

Consumption readily attacks those who have had pneumonia. Many sufferers from tuberculosis give a history of having had pneumonia. The lungs thus weakened are more easily attacked by the germs that cause consumption.



LOW ONE-WAY FARES To Oregon Electric Ry. Points

Table with 2 columns: City and Fare. Chicago \$33.00, Cincinnati 37.50, Milwaukee 31.50, St. Louis 32.00, New York 50.00. St. Paul \$25.00, Kansas City 25.00, Omaha 25.00, Des Moines 27.85, Indianapolis 35.65.

SUFFRAGETTES SWARM IN LEGISLATIVE HALLS

Albany, N. Y., Feb. 21.—Members of the legislature today are seeking excuses that will permit them to escape the onslaught of suffragettes, which began today.

NEW YORK CENTRAL ALONE AFFECTED

Kansas City, Mo., Feb. 21.—President Franklin of the International Brotherhood of Boilermakers, said today that the New York Central was the only railroad affected by the boilermakers' strike.

NOTICE

The beautiful fixtures—all sanitary and strictly up-to-date. Improved sanitary plumbing in homes has lowered the death rate materially in the last few years, and those who appreciate health do not fail to have their plumbing refitted with open fixtures of all kinds.

GRABER BROS.

141 S. Liberty. Phone 550

YOU CHOOSE THE CUT

And we'll do the rest. We want to suggest an idea that may not have occurred to you. It is that the cheap cuts of choice meats are far better than the best cuts of poor meat.

E. C. CROSS & SON

Phone 1880

EXTENDING THE SILVERTON LOGGING ROAD

IT WILL EVENTUALLY BECOME A PART OF THE SALEM, FALLS CITY & WESTERN WITH WESTERN TERMINUS AT SILETZ.

A. J. Fisher returned to his work on the extension of the Silverton Lumber company's logging road this morning. With County Surveyor B. B. Herrick, he has been working there for the past eighteen months.

SOFT, GLOSSY HAIR

It Can Only Be Had Where There Is No Dandruff. Any man or woman who wants soft, glossy hair must be free of dandruff, which causes falling hair.

COLONIST FARES

From the Middle and Eastern portions of the United States and Canada to Oregon, Washington and all the Northwest will prevail DAILY MARCH 10th TO APRIL 10th over the SOUTHERN PACIFIC LINES IN OREGON

Table with 2 columns: City and Fare. Chicago \$33.00, St. Louis 32.00, Omaha 25.00, Kansas City 25.00, St. Paul 25.00.

Let the WORLD Know Of our vast resources and splendid opportunities for Home Building. Call on the undersigned for good instructive printed matter to send East, or give him the addresses of those to whom you would like to have such matter sent. W. M. McMURRAY General Passenger Agent Portland Oregon 2-20-eod-11