

THE CAPITAL JOURNAL

E. HOFER, Editor and Proprietor. R. M. HOFER, Manager

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



Subscription Rates: Daily, by Carrier, per year \$4.00; Daily, by Mail, per year \$3.00; Weekly, by Mail, per year \$1.00

THE PRICE OF GETTING OFFICE.

An old friend takes the trouble to tell the editor of The Capital Journal something.

He says the editor of this paper could be governor or congressman, if it were not for his standing for the liquor traffic.

Opposing prohibition does not mean standing for the traffic. It is probably useless to discuss this matter with our old friend, and we cannot agree with him in his assumption as to our chances of holding office.

No outspoken, positive man can easily get or keep office. The fact is the price of office depends on the willingness of the candidate to straddle what he calls the liquor question, and any other red-hot, live-wire question.

The editor of this paper, when he became a candidate for the nomination for governor was advised to go slow in discussing prohibition.

A manager offered to land him the nomination if he would dodge.

He was told by wise and practical politicians, men who make a study of getting and holding office, that if he would keep still he could be elected.

Yet it was the live, red-hot issue in Oregon.

Successful politicians told him to stand in with the churches, and tip it off to the saloons that after he was once in office he would stand pat with them.

Now, as a matter of fact and practical and actual experience, that is exactly what is done to get office, and everybody knows it, and it will continue to be done.

When the last primary was held the prohibition amendment to the constitution was up for adoption, and everybody had to take one side or the other—except office seekers—wasn't that funny.

Of course, the office chasers kept a deep, profound silence. That is considered legitimate and is generally practiced, and the man who does not do it cannot expect to get office in competition with men who do.

Take Congressman Hawley—when he was nominated two liberals ran against him, and he had only a small minority, and was not a majority nominee, and was elected by only a small vote.

Since then he has very skilfully dodged the issue, and kept in with both sides, and his managers have always solicited the saloon vote.

On the question of shutting liquors out of the dry states and dry cities he voted against such a law, or with the whiskey element that our friends accuse us of favoring.

Congressman Hawley has always skilfully dodged the issue. The editor of this paper believes until men are educated beyond the point where they want whiskey, beer and wines they will have them.

The editor believes farther that unless there is a very strong preponderance of public sentiment against the use of liquors, they will be used and laws to the contrary cannot be enforced.

In his joint debate with Rev. Wilson the editor repeatedly asked the minister if he believed in the use of alcoholic liquors as medicine, and he said he did.

Then when these same fellows go into politics they conceal their views just as Congressman Hawley does, and try to get the votes of those they would brand as criminals.

But that is the condition of politics, and that is the price a man has to pay who wants public office.

He must conceal his views and deceive people in order to get their votes.

Deception wins not more than honesty in the long run, and there are men who prefer their own self-respect as private citizens to any office.

That is the science called practical politics, and is the price for getting and holding office.

CHOICE FOR PRESIDENT

- Mark cross between number and name of candidate. 1. (....) William Howard Taft, Republican. 2. (....) Theodore Roosevelt, Republican. 3. (....) Robert M. LaFollette, Insurgent. 4. (....)

FOR THE DEMOCRATS

- 1. (....) Woodrow Wilson. 2. (....) Judson Harmon. 3. (....) Champ Clark. 4. (....)

Mrs. A. R. Tabor of Crider, Mo., had been troubled with sick headache for about five years, when she began taking Chamberlain's Tablets. She has taken two bottles of them and they have cured her. Sick headache is caused by a disordered stomach, for which these tablets are especially intended. Try them, get well and stay well. Sold by all dealers.

ASTHMA CATARRH CURED

Expert Medical Scientists Announce Startling Results Obtained By Sempine

New York:—Thousands are taking advantage of the generous offer made by the Woodworth Co., 1161 Broadway, New York City, requesting an experimental package of Sempine, the great discovery of Asthma, Hay Fever, Bronchitis and Catarrh, which is mailed free of charge to all who write for it. It is curing thousands of the most stubborn cases. It makes no difference how long you have climatic conditions are where you live, Sempine will cure you. If you have experimented with other treatments and have failed to find a cure, do not be discouraged but send for a trial of this wonderful truly meritorious remedy which is a scientific compound discovered by a professor of Yonkers University, and is recommended by thousands.

Children Cry FOR FLETCHER'S CASTORIA

FOUR PER CENT INTEREST

On idle funds is a good deal better than nothing.

The money you have on hand awaiting investment will earn four per cent interest, computed on the minimum monthly balance if deposited in our Savings Department

CAPITAL NATIONAL BANK

SAVINGS DEPARTMENT J. H. Albert, R. M. Croisan, Pres. Vice-Pres. Jos. H. Albert, Cashier.

Years of Suffering

Catarrh and Blood Disease—Doctors Failed to Cure.

Miss Mabel F. Dawkins, 1214 Lafayette St., Fort Wayne, Ind., writes: "For three years I was troubled with catarrh and blood disease. I tried several doctors and a dozen different remedies, but none of them did me any good. A friend told me of Hood's Sarsaparilla. I took two bottles of this medicine and was as well and strong as ever. I feel like a different person and recommend Hood's to any one suffering from catarrh."

Get it today in usual liquid form or chocolate tablets called Sarsatabs.

THE ROUND-UP

Pendleton poultry show Monday.

Oregon City makes war on slaughter houses.

Clackamas county poultry show February 2-3.

Seed potatoes are in demand at higher prices.

Asby and Roberts take Huffman house, Eugene.

The Oregon City commission charter board is at work.

Geo. T. Cochran, of La Grande, will run for congress.

Oregon Electric will begin work on Eugene streets at once.

State Christian Endeavor convention at Salem, Feb. 9-11.

J. W. Baringer is moving house in Eugene with traction engine.

Eugene councilmen and city officials may all ride on passes.

Klamath Falls will build a boulevard around Lake Euwaunucke.

Baker City merchants want to shut out the transient dealer.

U. S. engineers are blowing snags out of the river above Corvallis.

Senator Sinnott, of The Dalles, may enter the race for congressman.

Paul Wessinger, of Portland, will build a fine hotel at Oregon City.

A Foots creek boat, trailing a wagon, picked up a \$30.18 gold nugget.

Pendleton will buy the site and the Round-up committee will erect a pavilion.

The Agricultural college has bought a site for the School of Mines building.

Chief Forester of the Whitman reserve, will protect the Baker City water supply.

The Rogue River fruit and produce association shows good returns for the members.

Adolph Michaels, of Baker City, is believed to have been murdered in San Francisco.

Six more men have been sent to the honor convicts' road camp in Jackson county.

Josephine county has abolished the road tax, and will build roads from the county fund.

At Fountains & Elsewhere

Ask for "HORLICK'S" The Original and Genuine MALTED MILK The Food-drink for All Ages. At restaurants, hotels, and fountains. Delicious, invigorating and sustaining. Keep it on your sideboard at home. Don't travel without it. A quick lunch prepared in a minute. Take no imitation. Just say "HORLICK'S" Not in Any Milk Trust



We Value Small Accounts

MEAN of limited means should have an account with this strong bank. We are not too large to give the small customer our best attention and are seeking his business.

United States National Bank SALEM

FACTS ABOUT BREATHING

Madame QuiVilla will be glad to answer any questions pertaining to womanly beauty. Personal replies will be given if a stamped and self-addressed envelope is enclosed.

It is a curious fact that so many people will know the truth of a theory, yet go on practicing a fault throughout their whole lives. Nineteenths of humanity breathe as little air as if it were the costliest, instead of the freest thing in life, and actually shun fresh air as if they thought it poison.

Pure, fresh air is the source of all life and strength. The want of it stagnate the blood and every one knows that to rebreathe the air just expelled is to swallow so much deadly poison. Women stay in their houses so much that the blood becomes starved for oxygen. Their complexions become sallow and brown looking, the eyes blurred and the brain dulled, and their very souls become stifled for the want of fresh air.

The so-called normal breathing has always been a grave error. Normal breathing only half fills the lungs, neither does it give them the necessary exercise required for their development nor does it supply the blood with sufficient oxygen to purify it.

The remedy for the evil is in conscientious breathing, exercising the lungs by slow, deep, and thorough movements. Every man, woman and child should, both night and morning, give a few minutes' attention to breathing exercises in the freshest air. It is impossible to take a cold while breathing deeply. The blood is too active to feel any chill.

One of the best exercises now given is this: Bring the arms out straight forward, touching tips of fingers. Inhale slowly and deeply, counting eight and at the same time bring the arms back level with the shoulders and letting them fall, exhaling forcibly. Alternate the fall

of the arms with forcible and slow exhalations. A splendid vigorous exercise is done by placing the palms of the hands on the chest, inhale till the chest and diaphragm seem full, then hold the breath, vigorously pat the chest counting eight, then exhale forcibly.

The counting should be as positive and regular as the beat of a heavy hammer. The standing position you should take at all times, for exercise or otherwise I will state in these few words and I will ask you to repeat them every time you stand. Lift the chest and throw out the calves of your legs. This throws the whole body into position and will give you what the straight front corset is trying to force upon you.

Thirteen hundred years before Christ the people of India practiced full, deep breathing at regular intervals, daily, using it as a healing remedy for disease. And it was no secret to the old Greek and Roman physicians, who also prescribed lung gymnastics to effect cures. The Brachmuns and Yogis have always understood the value of deep breathing and it is by means of a seemingly mysterious power of storing the breath, laying up a reserve of oxygen and either that the Yogis are enabled to exhibit their marvellous feats.

I have said before that foul air alone can induce colds, fevers, and the most insidious diseases, and that in combination with improper food, causes a great part of human suffering. Every adult needs 2,000 cubic feet of fresh air per hour. Less than this involves a rebreathing of the poisonous emanations thrown off through the lungs and body.

Yours for charming womanhood, MADAME QUIVILLA, 614 Oregonian Building, Portland, Ore.

FACE PAINT TABOOED REMOVE SKIN INSTEAD

"A few years ago only one class of women painted their faces," says Dolly Madison in Chicago News. "It was a sign of social ostracism and was tabooed in refined circles. The custom has become so universal we must admit it is to be deplored and to be shelved as soon as possible."

FREE TEXT BOOKS FOR STATE PRISON

Discussing the need of free text books at the state prison, Secretary Hofer of the Salem Board of Trade says:

"The response to the recent request in your columns for books for the night school at the Oregon state prison has been very good. Scores of old school books have been brought in from different portions of the city, and have been sent out to the prison. In some instances as high as one hundred books have been sent in by one family. But more books are still needed. They can be left at the Board of Trade rooms and will be sent from there to the prison authorities. Packages of old magazines are also very acceptable. Remember that these school books are wanted for all grades from the primary to higher courses. The work is being conducted three nights in the week, and is meeting with great success. There is no fund available for books, and the volunteer teachers are even paying their own car fares."

"It is hoped that in time a good practical school system will be provided for this institution, and in the meantime the good people of Salem and all parts of the state should gladly contribute their old unused text books."

Charles Durham, Lovington, Ill., has succeeded in finding a positive cure for bed wetting. "My little boy wet the bed every night clear thru on the floor. I tried several kinds of kidney medicine and I was in the drug store looking for something different to help him when I heard of Foley Kidney Pills. After he had taken them two days we could see a change and when he had taken two-thirds of a bottle he was cured. That is about six weeks ago and he has not wet in bed since." Red Cross Pharmacy (H. Jerman).

If you want anything, say so in the Journal, and get it.

What Makes a Woman?

One hundred and twenty pounds, more or less, of bone and muscle, don't make a woman. It's a good foundation. Put into it health and strength and she may rule a kingdom. But that's just what Electric Bitters give her. Thousands bless them for overcoming fainting and dizzy spells and for dispelling weakness, nervousness, headache and "Electric Bitters have done me a world of good," writes Eliza Pool, Depeu, Okla. "and I thank you, with all my heart, for making such a good medicine." Only 50c. Guaranteed by J. C. Perry

A HAPPY HOME IN REACH OF ALL Joy AND SICKNESS DON'T CHUM TO BE HAPPY KEEP WELL USE ONLY DR. KING'S NEW DISCOVERY TO CURE COUGHS AND COLDS WHOOPING COUGH AND ALL DISEASES OF THROAT AND LUNGS Price 50c and \$1.00

North Liberty streets—Services, 11 a. m. and 7:30 p. m. Sunday school, 9:45 a. m. B. Y. P. U., 6:30 p. m. The pastor will preach in the morning on "A Slumbering Church and a Wide-Awake World." Anthem, "Even Me," Warren; bass solo and quartet; solo, "Hear Me, O Lord"; Wooler; Miss Bushnell; anthem in evening, "No Shadows Yonder," from the Holy City (Gaul); Prof. Rose and wife will render special music.

First Presbyterian. Church street, between Chemeketa and Center streets. Rev. H. T. Babcock, pastor. Sunday school at 10 a. m. Morning services at 11 o'clock. Evening service at 7:30 o'clock. All are cordially invited to attend these services.

Jason Lee Memorial M. E. Corner of North Winter and Jefferson streets. W. C. Stewart, pastor. Sunday school at 10 a. m. W. Roberts, superintendent. Epworth League at 7 p. m. All are cordially invited to attend these services.

First Congregational. Corner Liberty and Center streets. Perry Frederick Schrock, minister—Bible school, 10 a. m. Morning worship, 11 a. m. Christian Endeavor, 6:30 p. m. Evening worship, 7:30 p. m. Subject of morning sermon, "The Essential Thing for an Effective Church." Subject of evening sermon, "Two Ideas of God and Man."

Unitarian. Corner of Chemeketa and Cottage streets. J. A. Cruzan, pastor. Sunday school at 10 o'clock, with a familiar talk to adults on "How We Got Our Bible." There was a large attendance last Sunday to hear the initial talk on "How All Bibles Grew." Mr. Cruzan will give a brief resume of that talk, and take as the subject of his second conversation "The Six Important Periods in Jewish History." Public worship at 11 o'clock, with sermon by the pastor on "Borrowing Trouble." No evening service.

United Evangelical. Cottage street, near Center. G. L. Lovell, pastor. Divine worship and preaching at 11 a. m. and 8 p. m.; Sunday school at 10 a. m.; Christian Endeavor at 7 p. m.; W. A. Baker, leader; prayer meeting at 8 o'clock on Thursday evening.

German Baptist Church. Corner North Cottage and D streets. G. Schunke, pastor—Sunday services, 10:00, Sunday school; 11:00, preaching service; 7:00 p. m., young people's meeting; Wednesday, 7:45 p. m., prayer meeting. All German speaking people heartily welcome to all services.

East State Street Lutheran Church. Rev. P. H. Schmidt, Pastor. Sunday school 9:30 a. m. Sermon 10:00 a. m. English services 7:30 p. m. every 1st and 3rd Sunday of month. Everybody invited to attend.

First Christian. Corner of High and Center streets. D. Errett, pastor. Preaching hours 11 a. m. and 8 p. m. Bible school at 9:45 a. m., Dr. H. C. Epley, superintendent. Christian Endeavor at 6:45 p. m., Miss Ida Marshall, president. Special music morning and evening. The public cordially invited and welcome.

Central Congregational. Corner of Seventeenth and Ferry streets. Rev. O. A. Stillman, pastor. Sunday school at 10 a. m. Morning sermon at 11 a. m. Endeavor at 3 p. m. Y. P. S. C. E. at 7 p. m. Evening sermon at 8 p. m. Prayer meeting Thursday evening at 7:30 o'clock.

Friends. Corner Highland avenue and Elm street. N. Blanche Ford, pastor. Sunday school at 10 a. m. Meeting at 3 p. m. Y. P. S. C. E. at 7 p. m. Evening service at 8 o'clock. Prayer meeting Thursday evening at 8 o'clock. Prayer meeting in South Sa-

lem Wednesday at 8 p. m. All are cordially invited.

TURN THE SEARCHLIGHT OF INVESTIGATION on our Furniture. Nothing has been left undone to make the display attractive, and better yet, the different pieces and sets substantial and of full value at the prices asked. We have a nice assortment of Dressers that we are closing out at a very cheap price. After getting prices come in and see what we can save you.

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