

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Dr. J. C. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Dr. J. C. Fletcher

The Kind You Have Always Bought In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY.

HIGH BLOOD PRESSURE.

It Causes Hardening of the Arteries and Other Grave Troubles.

Physicians have always studied the pulse, because it gives valuable information concerning the body's condition of health or disease. But it is only recently that they have begun to use the term "blood pressure" frequently and to regard the amount of that pressure as of great importance. That is because they now have instruments for accurately measuring the pressure, which previously they could only estimate by feeling the pulse.

Blood pressure or the degree of tension of the blood current within the arteries is chiefly significant because a permanent increase in it is quite sure to be followed in time by hardening of the arteries and by the degeneration or disease of important organs, especially the kidneys.

The blood pressure is increased by a number of causes that increase the force of the heart beat or that contract the smaller blood vessels. Any excitement—anger, joy, fear, "nervousness"—raises it temporarily. But that is of little importance unless the emotion is frequently repeated or unless the person already has diseased arteries. The blood pressure that is permanently high is more serious. That comes from long continued mental excitement, such as worry, business anxiety or political strife or from the action of certain poisons that are formed in the system and not properly excreted.

These poisons come from the waste products of digestion, especially in large meat eaters. They raise the blood pressure by causing the smaller arteries to contract.

In small amounts these poisons are excreted at once, but in persons who eat large quantities of meat, especially of beef and mutton—poultry and fish are less harmful—they are sometimes formed in amounts so large that the kidneys cannot dispose of them promptly. When this happens, especially if it occurs in a person who is under a constant mental strain, like the politician, the financier or the chronic worrier, there is grave danger of a permanently high blood pressure and, following that, of hardening of the arteries and of kidney disease, mental disturbance or apoplexy.

If you must worry be a vegetarian; if you must eat meat do so only once a day or, better still, every other day. —Youth's Companion.

King of Flowers.

On the score of age alone the peony should command the interest of all flower lovers. It has a history which began many hundreds of years ago. The tree peony, *Paeonia moutan*, is a native of China. This peony, more than any other flower, has been the glory and pride of the Chinese for nearly 1,500 years and has been a subject for their painters and a theme for their poets. In China for more than 1,000 years a record has been kept of the percentage of seedlings of this peony and their characteristics. Its great beauty and fragrance made it centuries ago the favorite flower of China's emperors, and it was called Hwa Wang—king of flowers—Suburban Life.

WASTE WOOD BEING USED TO ADVANTAGE

Waste wood in the manufacture of school desks is now being used for the backs of cheap brushes, according to the statement of the forest reserve.

A large manufacturer of school desks in Michigan had a considerable amount of waste material in sizes which were

to short to enter into the manufacture of the smallest desks, and could not be utilized further with his machinery or in his line of work. This material was all hard maple in pieces an inch thick, a foot or so long, and about three inches wide; for a long time it had been consigned to the waste pile and sold as fire wood. This waste amounted to from one thousand to fifteen hundred board feet each day. A nearby manufacturer was using practically this quantity of maple, which he was sawing up into small pieces for making the backs of cheap brushes.

Members of the forest service, investigating methods of eliminating the factory waste, conceived the idea that the blocks used by the brush factory could be readily secured from the waste of the school desk manufacturer, and on this basis got the two together. Arrangements were made so that the brush manufacturer now places orders with the other firm for its raw material and what was formerly waste is now a source of profit.

THREE WOMEN TESTIFY

To the Merit of Lydia E. Pinkham's Vegetable Compound during Change of Life.

Streator, Ill.—"I shall always praise Lydia E. Pinkham's Vegetable Compound wherever I go. It has done me so much good at Change of Life, and it has also helped my daughter. It is one of the grandest medicines for women that can be bought. I shall try to induce others to try it."—Mrs. J. H. CAMPBELL, 203 N. Second St., W. S., Streator, Illinois.

Philadelphia, Pa.—"It was at the 'Change of Life' that I turned to Lydia E. Pinkham's Vegetable Compound, using it as a tonic to build up my system, with beneficial results."—Mrs. SARA HAYWARD, 1825 W. Venango St., (Tioga) Phila., Pa.

San Francisco, Cal.—"I have taken Lydia E. Pinkham's Vegetable Compound for many years whenever I would feel bad. I have gone through the Change of Life without any troubles and thank the Compound for it. I recommend it to young girls and to women of all ages."—Mrs. C. BARRIE, 3062 25th St., San Francisco, Cal.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

DEATH NOTICES.

HUFFMAN. At Jefferson, Oregon, October 23, 1913, Addie B. Huffman, wife of Edward J. Huffman, and only daughter of Mr. and Mrs. D. H. Looney. She had been ill for over a year and had suffered greatly, being confined to an invalid chair. She was of sunny disposition, and always looked forward to being well and active again.

Addie will be missed greatly and is mourned by all her friends. She was married to Edward Huffman September 2, 1903, Rev. P. S. Knight officiating.

The funeral was from her father's home in Jefferson, Rev. P. S. Knight conducting the services, and the interment was in the Looney cemetery, where her mother also is buried.

Mrs. Huffman was a great sufferer during her long illness but clung to the hope of soon being well again. She was very fond of her home and very happy in her home life. In spite of all that loving hearts and tender care could do for her, she faded away, like the flowers and leaves of autumn.

"In the damp, green earth we laid her, And sighed that one so lovely Should have a life so brief."

All dead men are honest—so far as we know.

FIVE MINUTE CURE IF STOMACH IS BAD

When "Pape's Diapepsin" Reaches Stomach All Indigestion, Gas and Sourness Disappears.

You don't want a slow remedy when your stomach is bad—or an uncertain one—or a harmful one—your stomach is too valuable; you mustn't injure it with drastic drugs.

Pape's Diapepsin is noted for its speed in giving relief; its harmlessness; its certain unfailing action in regulating sick, sour, gassy stomachs. Its millions of cures in indigestion, dyspepsia, gastritis and other stomach trouble has made it famous the world over.

Keep this perfect stomach doctor in your home—keep it handy—get a large 50-cent case from many drug stores and then if any one should eat something which doesn't agree with them; if what they eat lays like lead, ferments and sours and forms gas; causes headache, dizziness and nausea; eructations of acid and undigested food—remember as soon as Pape's Diapepsin comes in contact with the stomach all such distress vanishes. Its promptness, certainty and ease in overcoming the worst stomach disorders is a revelation to those who try it.

MARKETS.

PORTLAND MARKETS.

Grain, Flour, Feed, Etc. Wheat—Track prices: New Club, 77c; new Bluestem, 88c; new Fortyfold, 78c; new Red Russian, 76c; Fife, 79c; Valley, 79c. Millstuffs—Bran, \$22.00 per ton; shorts, \$24; middlings, \$31. Flour—Patents, \$4.70 per barrel; straights, \$4.10; exports, \$3.85@4.65; valley, \$4.70; graham, \$4.60; whole wheat, \$4.80. Corn—Whole, \$37; cracked, \$38 per ton.

Hay—Fancy Idaho timothy, \$17@18; fancy eastern Oregon timothy, \$15@16; timothy and clover, \$14@15; timothy and alfalfa, \$13@15; clover, \$3.50@10; oats and vetch, \$10@11; cheat, 10@11; valley grain hay, \$10@11.

Oats—No. 1, white, \$25@25.50 per ton. Barley—Feed, \$24@25 per ton; brewing, nominal; rolled, \$27@28.

Groceries, Dried Fruits, Etc. Dried Fruits—Apples, 10c per lb.; currants, 10c; apricots, 12@14c; peaches, 8@11c; prunes, Italian, 8@10c; silver, 18c; figs, white and black, 6 1/2@7 1/2c; raisins, loose Muscatel, 6 1/4@7 1/2c; bleached Thompson, 11 1/2c; unbleached Sultanias, 8 1/2c; seeded, 7 1/2@8 1/2c.

Coffee—Roasted in drums, 18@32c per lb. Nuts—Walnuts, 17 1/2@18c per lb.; Brazil nuts, 12 1/2c; filberts, 15c; almonds, 16@18c; pecans, 17c; coconuts, 80c@81.00 per dozen.

Salt—Granulated, \$14 per ton; half-ground, 100s, \$10.25 per ton; 50s, \$11 per ton. Beans—Small white, \$6.00; large white, \$4.75; Lima, \$6.20; pink, \$4.00; red Mexicans, 5c; bayou, \$4.40.

Rice—No. 1 Japan, 5@5 1/2c; cheaper grades, 4 1/2c; southern head, 5 1/2@6c. Honey—Choice, \$3.25@3.75 per case. Sugar—Dry granulated, \$5.35; fruit and berry, \$5.35; beet, \$5.15; Extra C, \$4.85; powdered, barrels, \$5.00; cubes, barrels, \$5.75.

Fruits and Vegetables. Apples—New, 60c@82.50 per box; apricots, 75c@81.25 per box; cantaloupes, \$1.25@1.50 per crate; peaches, 46@60c per box; watermelons, \$1.25 per cwt.; plums, 30@50c per box; pears, 75c@81.50 per box; grapes, 50c@81.15 per crate; casabas, \$1.75 per dozen.

Tropical Fruits—Oranges, Valencia, \$4; navels, \$4.50@5.50; Florida grapefruit, \$5.50@7; lemons, \$8.50@10 per box; pineapples, 7c per lb. Vegetables—Beans, 3@4c per lb.; cabbage, 1 1/2c per lb.; cauliflower, \$2 per crate; corn, 10@15c per doz.; cucumbers, 20@40c per box; eggplant, 5@7c per pound; head lettuce, 35@40c per dozen; peas, 5@7c per pound; pep-

NOVEMBER SALE

A Saving Event on Seasonable Merchandise

Coats--Suits--Dresses

Greatly Reduced

Suits-- Women's and Misses Suits at sacrifice prices.

Must make room for Holiday Goods. Materials of Serge, Ratines, Diagonals, and Novelty Suitings. Every suit guaranteed to give satisfaction.

\$19.75 to \$22.50 Special \$15.00
\$25.00 to \$27.50, Special \$19.75
\$35.00 to \$42.50, Special \$24.50



Coats--Every Coat in the house in this sale. All new Fall and Winter Models, in the best of materials. Special

\$10.00 \$12.50 \$15.00
\$19.75 \$24.50

Children's Coats Special \$2.62 \$3.98 \$5.75 \$6.98

Dresses--Cloth, Silk and Evening Dresses, every one reduced in price. All down to date styles and dresses you will like.

Special \$6.95 \$8.95 \$12.50
\$15.00 \$19.75 \$24.50

RICHARDSON'S SNOW WHITE LINENS---ALL AT REDUCED PRICES

QUALITY U.G. Shipley Company POPULAR PRICES
HERMANTHISE 1007Y STREET BETWEEN STATE & COURT

Dairy and Country Produce. Butter—Oregon creamery, solid pack, 30c per lb.; prints, box lots, 34c. Eggs—Oregon ranch, 40c@42c per doz. Cheese—Oregon Triplets, 16 1/2c; Dalsies, 17c; Young America, 18c. turkeys, live, 20c, dressed, 25c. Veal—Fancy, 13 1/2@16c per pound. Pork—Fancy, 12 1/2c per lb.

Why Drink Water When You Can Get Salem Beer?

The Most Popular Beverage on the Pacific Coast

Salem Bottled Beer is brewed in one of the most modern plants on the Pacific Coast. It is aged in steel glass-lined tanks. It is conveyed by modern pipe line system direct to the bottle house, bottled under pressure and never comes in contact with the air from the time it leaves the fermenting tank until the bottle is opened by the consumer. Therefore the consumer is absolutely assured a beer of ideal effervescence, snap and purity. A trial will surely convince you. Get it from your local dealer or send order to the

Salem Brewery Association

Salem, Oregon

MR. HENRY PECK AND HIS FAMILY AFFAIRS . . . By Gross

HENRY JR. SAYS