

Good Blood

Good blood, good health; bad blood, bad health; there you have it. Why not help nature just a little and change the bad to the good? Bad blood to good blood; poor blood to rich blood! Ask your doctor how this applies to Ayer's Sarsaparilla, and how it applies to you! Could anything be more fair?

We have no secrets! We publish the formulas of all our medicines.

Made by the J. C. Ayer Co., Lowell, Mass. Also Manufacturers of

AYER'S HAIR VIGOR—For the hair. AYER'S PILLS—For constipation. AYER'S CHERRY PECTORAL—For coughs. AYER'S SAGUO CURE—For malaria and ague.

RUSHING WORK ON RAILROAD

The Seward Weekly Gateway, of Seward, Alaska, gives the following account of the work on the Alaska Central railway which is now being rushed into the interior of the territory:

Tunnel work on the Alaska Central is now the important feature of construction operations, although extensive rock work is proceeding in several places, chiefly on Turnagain Arm. Boring is now in progress on five tunnels and preliminary work is proceeding at the portals of the other two.

The construction department is anxious to push work on the tunnels to a conclusion by the earliest possible date as the task is slow of accomplishment at best, for the obvious reason that it can not be subdivided and operations conducted in a score of places at once, like grading in the open. The best that can be done is to bore on both ends of each tunnel simultaneously.

The first tunnel on mile 49 is being bored by the railroad company and drills driven by a steam compressor are persistently pounding away the rock face at the farther end. Work at the portal of the nearer end has been abandoned because of the deep snow.

A slide nearly buried it two months ago. It was found impossible to make satisfactory progress on a cut and fill near by because a gang of men had to be employed all the time in shoveling snow away from the fill to make room for the gravel taken from the cut. As the sun can dispose of the snow much more cheaply a few weeks later it was decided to let nature take its course and the men were sent to the tunnels and to Turnagain Arm.

Rich & Harris have 250 men employed upon the six tunnels for which they hold the contract. This force is scattered over a distance of 6,000 feet on miles 52 and 53, the contract including short spaces of open work between the tunnels and the approaches to the first and last. The six tunnels aggregate about 4,000 feet in length.

Boring is in progress on four of the tunnels embraced in the Rich & Harris contract and work on the portals or approaches of the other two is also under way. One air compressor has been driving drills for two months and another and larger one has just been set up. In a short time the drills will be cutting 12 faces simultaneously.

Gives Health, Vigor and Tone.
Herbina is a boon for sufferers from anemia. By its use the blood is quickly regenerated and the color becomes normal. The drooping strength is revived. The languor is diminished. Health, vigor and tone predominate. New life and happy activity result. Mrs. Belle H. Shriell, Middleborough, Ill., writes: I have been troubled with liver complaint and poor blood, and have found nothing to benefit me like Herbina. I hope never to be without it. I have wished that I had known of it in my husband's life time. 50c. For sale by D. J. Fry.

To Receive Commander Eva Booth.
New Orleans, March 23.—There is considerable stir among local Salvation Army members over the arrival of Commander Eva Booth, who is expected here today and who will be the principal speaker at a large mass meeting at the Old Fellows' hall tonight.

Nervous Women

Their Sufferings Are Usually Due to Female Disorders Perhaps Unsuspected

A MEDICINE THAT CURES



Mrs. M. E. Shotwell

Can we dispute the well-known fact that American women are nervous?

How often do we hear the expression, "I am so nervous, I am so nervous, it seems as if I should fly," or, "Don't speak to me." Little things annoy you and make you irritable; you can't sleep, you are unable to quietly and calmly perform your daily tasks or care for your children.

The relation of the nerves and generative organs in woman is so close that nine-tenths of the nervous prostration, nervous debility, the blues, sleeplessness and nervous irritability arise from some derangement of the organism which makes her a woman. Fits of depression or restlessness and irritability; spirits easily affected, so that one minute she laughs, the next minute weeps; pain in the abdominal region and between the shoulders; loss of voice; nervous dyspepsia; a tendency to cry at the least provocation—all these point to nervous prostration.

Nothing will relieve this distressing condition and prevent months of prostration and suffering so surely as Lydia E. Pinkham's Vegetable Compound.

Mrs. M. E. Shotwell, of 103 Flatbush Avenue, Brooklyn, N. Y., writes:

"I cannot express the wonderful relief I have experienced by taking Lydia E. Pinkham's Vegetable Compound. I suffered for a long time with nervous prostration, backache, headache, loss of appetite. I could not sleep and would walk the floor almost every night."

"I had three doctors and got no better, and life was a burden. I was advised to try Lydia E. Pinkham's Vegetable Compound, and it has worked wonders for me."

"I am a well woman, my nervousness is all gone and my friends say I look ten years younger."

Will not the volumes of letters from women made strong by Lydia E. Pinkham's Vegetable Compound convince all women of its virtues? Surely you cannot wish to remain sick, weak and discouraged, exhausted each day, when you can be as easily cured as other women.

A Lively Tumble
With an old enemy of the race, Constipation, often ends in Appendicitis. To avoid all serious trouble with Stomach, Liver and Bowels, take Dr. King's New Life Pills. They perfectly regulate these organs without pain or discomfort. 25c at J. C. Perry's drug store, Salem, Oregon.

Central Illinois School Teachers.
Galesburg, Ill., March 23.—The twenty-second annual meeting of the Central Illinois Teachers' association opened here this morning. President L. H. Griffith of Danville, Ill., opened the meeting and delivered his annual address. Dr. J. W. Redway of New York delivered an address on "Essentials in Geography." There will be another session this evening and the closing session tomorrow forenoon. Among the prominent speakers on the program are Dr. C. W. Thompson, president of the Ohio State university, Columbus, O.; Dr. J. W. Redway, Superintendent L. D. Harvey, Menominee, Mich., and Miss Segullier, Indianapolis.

Honored by the Delta Upsilon Club.
New York, March 23.—The Delta Upsilon club of New York will give its annual dinner at the Hotel Savoy this evening, and District Attorney Jerome and Charles E. Hughes, counsel for the Armstrong insurance investigation committee, will be the guests of honor of the evening. Mr. Jerome is an alumnus of the Amherst chapter of the fraternity and Mr. Hughes of the Brown chapter. Starr J. Murphy of this city will preside at the banquet.

To Mobilize for Summer Manoeuvres.
Washington, March 23.—In the summer manoeuvres, which are to involve the mobilization of all infantry, cavalry and field artillery troops at some seven camps, there will be a large assemblage of troops of Plattsburg barracks, New York, embracing the troops which are on duty at Madison barracks, Fort Ontario, New York; Fort Niagara, N. Y.; Fort Jay, N. Y.; Fort Ethan Allen, Vt.; Fort Adams, R. I.; Fort Wood, N. Y., and Washington barracks, D. C.

Have you pains in the back, inflammation of any kind, rheumatism, fainting spells, Rocky Mountain Tea makes you well and keeps you well. 35 cents. Dr. Stone's Drug Store.

ANNOUNCEMENTS OF CANDIDATES Before the Direct Primary, April 20

POLITICAL COLUMN

Announcements of candidates for office will be published in this column at reasonable rates for men of all parties.

FOR GOVERNOR.
Republicans of Oregon are hereby informed that I am a candidate for the nomination of governor at the primaries to be held April 20th.
JAMES WITTHYCOMBE.

FOR SECRETARY OF STATE.
I hereby announce myself a candidate for the office of secretary of state, and ask the support of all Republicans.
P. T. WRIGHTMAN.

FOR STATE TREASURER.
The undersigned announces himself as a candidate for the office of state treasurer, subject to the decision of the Republican voters at the forthcoming primaries.
J. H. AITKEN.

FOR STATE PRINTER.
The undersigned announces himself as a Republican candidate for re-nomination for state printer, subject to the decision of the Republican voters at the primary election April 20.
Now serving first term. The same courtesy that has been accorded to state officers generally, that of a re-nomination, would be greatly appreciated.
J. R. WHITNEY.
Albany, Oregon.

FOR SUPERINTENDENT OF PUBLIC INSTRUCTION.
I hereby announce myself as a candidate for re-nomination for the office of Superintendent of Public Instruction, and solicit the support of all Republicans at the primaries April 20th.
J. H. ACKERMAN.

FOR ATTORNEY-GENERAL.
The undersigned hereby announces himself as a candidate for re-election to the office of attorney-general, subject to the approval of Republican voters at the primaries.
A. M. CRAWFORD.

FOR STATE SENATOR.
I hereby announce myself as a candidate for state senator of this district, subject to the nomination at the hands of the Republican voters of Marion county at the forthcoming primary election.
ALEX. LA FOLLETT.

FOR JOINT SENATOR.
The undersigned would respectfully announce himself as a Republican candidate for joint senator from the Linn-Marion senatorial district, subject to the direct primary nominating law.
FRANK J. MILLER,
Albany, Oregon.

FOR STATE SENATOR.
I hereby announce myself as a candidate for the nomination for state senator for this district, subject to the decision of the Republican voters at the coming primary election.
J. N. SMITH.

FOR REPRESENTATIVE.
The undersigned hereby announces himself a candidate for representative for Marion county, on the Republican ticket, subject to the choice of Republican voters at the primaries.
LLOYD T. REYNOLDS.

FOR REPRESENTATIVE.
I hereby announce my candidacy for the nomination as representative on the Republican ticket.
JAMES McCOWN,
Noble, Ore.

FOR COUNTY CLERK.
The undersigned hereby announces himself a candidate for county clerk of Marion county, and asks the votes of Republicans for that position, at the forthcoming primaries.
R. D. ALLEN

FOR COUNTY CLERK.
The undersigned will be a candidate for County Clerk of Marion county at the Republican primaries April 20.
ROBT. A. CROSSAN.

FOR COUNTY TREASURER.
I hereby announce myself a candidate for the office of county treasurer, and ask the support of all Republicans.
J. N. WITZELL.

FOR REPRESENTATIVE.
I wish to announce my candidacy for the Republican nomination from Marion county, at the primary election April 20th.
GEO. P. RODGERS.

FOR REPRESENTATIVE.
To Republican voters: If elected before, I shall support the Republican choice for United States senator, and favor indirect taxation; fewer schools, and an economical business session.
ED. T. JUDG.

FOR STATE SENATOR.
The Undersigned is a Republican candidate for state senator, subject to the primary election, April 20th.
WM. H. HOBBS,
Stayton, Ore.

FOR COUNTY RECORDER.
I hereby announce myself as a candidate for the office of county recorder and solicit the support of Republican voters for that nomination at the forthcoming primary election.
W. I. JONES.

FOR COUNTY TREASURER.
I hereby announce myself as a candidate for re-election to the office of county treasurer, subject to nomination by the Republicans of Marion county at the forthcoming primaries.
W. Y. RICHARDSON.

FOR JUSTICE OF THE PEACE.
The undersigned is a candidate for Justice of the peace for Salem precincts, subject to Republican primaries.
P. N. LATHROP,
Salem No. 1.

FOR JUSTICE OF THE PEACE.
I desire the nomination of the Republican party for the office of Justice of the peace of Salem district.
A. E. M'INTIRE.

Excursions Every Hour.
In order to give the people of Salem an opportunity to see the beautiful country south of Salem, and to see the development being made by the company, the Citizens' Light & Traction Company will run excursion cars to the rock quarry, south of Odd Fellows' cemetery, leaving the Willamette hotel on even hours. Enjoy a pleasant ride and see for yourself.

Notice

We have some farms to rent, choice ranches to sell on installment plan. Also houses and lots. If you have property to sell or rent call and see us. If you want to buy any kind of property or want a loan on real estate or other work of any kind. If you want help or want work of any kind call and register your wants in our employment agency.
We have 52 acres of fine land southeast of depot to rent or sell in tracts of 5 or 10 acres, with payments of \$5 or \$10 down and \$5 per month until paid out—6 per cent interest semi-annually.

R. R. RYAN & Co.

To Fence Buyers

No doubt you want the heaviest and best fence you can buy for your money. We have it, and can prove it to your satisfaction if you will investigate. Our fences are larger than ever and are increasing constantly. Lowest price on Field and Lawn and Poultry Fences, Barb Wire Gate Posts and P. & B. ready roofing.
WALTER MORLEY,
250 Court St., Salem, Or.

HOTEL OREGON

Corner of Seventh and Stark Streets, Portland, Oregon.
The new and modern hotel of the city caters particularly to residents of Salem and other Oregon cities. European plan. Free bus. Rates \$1.00 per day and upward. Handsomest grill in the West, and prices as low as in places less attractive. Daily Capital Journal on file.
WRIGHT-DICKERSON HOTEL CO.
Steamers Pomona and Altona leave for Portland Monday, Wednesday and Friday, at 10 a. m. Tuesday, Thursday and Saturday at 9 a. m. Leave for Corvallis Tuesday, Thursday and Saturday about 6:30 p. m. For Albert daily except Sunday about 6:30 p. m.

M. P. Baldwin, Agt

Campaign Rates

To new subscribers to the Daily and Weekly Capital Journal.

Help sustain Republican National Policies and elect the ticket in Oregon by circulating the Journal.

Daily Journal 4 mos. on trial \$1.00.
Weekly " 4 mos. on trial 25c.

One copy free to person getting up the club.

HOFER BROS.