FRUIT AS A DIGESTIVE AID.

Pineapples Are Especially Beneficial for Persons Afflicted with Dyspepsia.

The partaking of a slice of pineapple after a meal is quite in accordance with physiological indications, since, though it may not be generally known, fresh pineapple juice contains a remarkably active digestive principle similar to pepsin. This principle has been termed "bromelin," and so powerful is its action upon proteids that it will digest as much as 1,000 times its weight within a few hours. Its digestive activity varies in accordance with the kind of proteid to which it is subjected. Fibrin disappears entirely after a time, says a medical authority.

With the congulated albumin of eggs the digestive process is slow, while the albumin of meat its action seems first to produce a pulpy gelatinous mass which, however, completely dissolves after a short time. When a slice of fresh pineapple is placed upon a raw beefsteak the surface of the steak becomes gradually gelatinous owing to the digestive action of the enzyme of the juice. Of course, it is well known that digestive agents exist also in other fruits, but as it is considered that an average-sized pineapple will yield nearly two pints of juice it will be seen that the digestive action of the whole fruit must be enormous. The activity of this peculiar digestive agent is destroyed in the cooked pineapple, but unless the pineapple is preserved by heat there is no reason why the canned fruit should not retain the digestive power.

The active digestive principle may be obtained from the juice by dissolving a large quantity of common salt in it, when a precipitate is obtained possessing the remarkable digestive powers just described. Unlike pepsin, the digestive principle of the pineapple will operate in an acid, neutral, or even alkaline medium, according to the kind of proteid to which it is presented. It may, therefore, be assumed that the pineapple enzyme would not only aid the work of digestion in the stomach, but would continue that action in the intestinal tract. Pineapple, it may be added, contains much indigestible matter of the nature of woody fiber, but it is quite possible that the decidedly digestive properties of the juice compensate for this fact.

SOME GREAT SEA DISASTERS

Many Big Naval Vessels Have Gone Down with Their Hundreds of Men on Board.

Loss of the Russian flagship Petropavlovsk at Port Arthur, with Admiral Makaroff and an estimated strength of nearly 800 officers and men, while a severe blow to Russian prestige in the far east, is one of those catastrophies in naval warfare, says the Chicago News, to which an actual combatant is always liable, though happily their occurrence is not common. In 1759, when "Hawke did bang Monsieur Conflans" at Quiberon bay, Sir Edward Hawke ordered his pilot to lay the Royal George, of 100 guns, alongside the Soleil Royal, the French admiral's flagship. Before this could be done another French ship, La Superbe, of 70 guns, gallantly interposed, and, receiving her opponent's broadside, went down into the deep with her colors flying and 650 souls on board. Her revenge, however, came on August 28, 1782, when the Royal George sunk at harbor off Spithead in a squall.

During a great storm in 1703 12 men of war went down off the British coast with 1,800 men. Many lives were lost when the British warship Ajax took fire in 1807. The British warship Captain turned over in the Bay of Biscay in 1870, about 500 lives being lost. When the Sultan, the sister ship of the Captain, was fitting out at Portsmouth a grim humorist, prophesying her possible fate (happily he proved to be wrong), chalked on her side: "Will leave on Thursday with mails for the Captain."

The fate of the Italian warship Re d'Italia at the battle of Lissa, the one great fight that has as yet taken place between armored hostile fleets in European waters, should be mentioned. It was on July 20, 1866, that the Austrian Admiral Tegethoff fought Persano's fleet and the flagship Ferdinand Max sent her opponent down with 600 men on board, the Italian ironclad Palestro also blowing up, about a score of lives only being saved.

Fearful loss of life was occasioned by the ramming of the British warship Victoria in maneuvers by the Camperdown (1893), when over 350 officers and men, including Admiral Tryon, were drowned.

WANTED

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A GREAT record of cures, unequalled in medical history, proves Hood's Sarsaparilla possesses merit unknown to any other MEDICINE.

The manufacturing of marine chronometers in this country is confined to four firms, three of which are located in New York, and probably the whole output for a year amounts to 250 or even fewer. As with other articles, the price of chronometers varies according to quality and workmanship. The cheapest cost about $200 each, while the United States government, which naturally buys the best, pays sometimes as much as $375.

The movements of chronometers are usually imported "blank" from England—that is, only the plates and wheels are brought over. The manufacturer here provides the balance, springs, pivots, jewels and other parts needed to complete the whole, together with the brass-bound box in which the clock is placed. Being set in gimbals within the box, the chronometer will remain in a horizontal position when the vessel rolls or pitches, and by this means the poise of the balance is not disturbed.

It takes about three months to manufacture a chronometer and another three months to adjust it, though makers declare that the timepiece should not be sent to sea for two years after completion, as the delicate mechanism must be tested in various ways to obtain a perfect regulation. This adjustment, as the regulation is called, is something that requires the utmost skill and really is the most important feature of the maker's art. Sudden changes of temperature, humidity and electric currents will affect the speed, balance and hairspring, and therefore all the running parts must be so compensated and regulated that whatever contingency may arise there will still be the steadiness which allows no capricious variations. Old-fashioned chronometers were built to run eight days without winding, but these have been superseded by the 56-hour timepiece. Fifty years ago the chronometer was brought to its present state of perfection, and since that time, despite modern ingenuity, makers have found no reason to make any alteration in the principal parts of its mechanism.

A KISS WITH EVERY MEAL.

Paris Restaurant Adopts Unique Method of Drawing Patrons—Has Pretty Cashier.

London.—In many of the European cafes of the cheaper order it is the invariable custom to print the daily menu on the napkin provided for the guest, so that when the latter desires to study the bill of fare he has to raise his serviette from his knee in order to do so.

But perhaps the most extraordinary custom in connection with restaurant life is that which obtains in a certain little cafe in the suburbs of Paris, where every customer whose bill amounts to one shilling or over is entitled to receive a kiss from the very attractive young lady who acts as cashier to the establishment.

So used has the damsel become to the osculatory routine that she goes through it without the slightest reluctance, looking upon it purely as a matter of business, and it is reported that the proprietor of the restaurant is more than satisfied with the result of his curious device for attracting patrons.

Another enterprising restaurateur has instituted the practice of making a present of a box of Havana cigars every New Year's day to those patrons who have been pretty regular in their attendance at his establishment during the preceding year.

OLD WOMAN IS "FLAGMAN."

Widow of 67 Takes Place of Husband at Railroad Crossing in Adrian, Mich.

Adrian, Mich.—The young woman who lingers in the lap of luxury should come to Adrian and witness the work of the energetic Mrs. M. L. Karnes, who is "flagman" for the Detroit Southern railway in the heart of this city, where the tracks cross Maumee street. She is a perfect picture of the old-style mother; equal to all emergencies, and never lets trifles bother her.

Her husband died December 14 last, and for a year before that was sick, so the care of the household, besides the work of attending to the crossing, fell upon her. She never shirked, and so carefully was her work done that after his death the company gave the husband's position to the widow. There were about a dozen men who applied for the position, but the company preferred the woman.

She lives over the station, keeps track of the crossing, is handy about the office, and does the checking in and out of baggage. It keeps her pretty busy, but she has time to keep up her reading of the daily papers and can converse on almost any up-to-date subject from an intelligent standpoint. Although 67 years of age, she can read without glasses, but has to use them by lamplight.

ASKS GOOD BOAR AND SOW

Request from Man Who Hears Uncle Sam Is Giving Away Hogs for a Couple.

Washington.—"I understand the department of agriculture is giving away Berkshire hogs," writes a constituent to Senator Berry, of Arkansas. "I wish you would step over there and pick out a good boar and sow and send them to me."

In the same mail the senator received a letter from a sweet singer of Arkansas who has just written two songs, one of them entitled: "Why, Oh Why?" and the other "Peace, Oh Peace." "Why, Oh Why?" was presented to the senator as a gift.

"Submit 'Peace, Oh Peace,' to the president," said the senator's correspondent. "If he approves it I will have it published and you can make ten per cent. of the profits."

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Trespass Notice.

Notice is hereby given to all whom it may concern, not to enter upon, or trespass in any manner upon the Star Ranch, situated at Langlois, Curry County, Oregon, for the purpose of hunting with guns or dogs, or otherwise trespa in any manner.

Any person or persons so entering upon said premises without my consent will be prosecuted to the full extent of the law.

FRANDS THOMSEN.

TIMBER LAND, ACT JUNE 3, 1878.—
Notice for Publication.

United States Land Office,
Roseburg, Oregon, April 9th, 1908.

Notice is hereby given that in compliance with the provisions of the Act of Congress of June 3, 1878, entitled "An act for the sale of Timber Lands in the States of California, Oregon, Nevada, and Washington Territory," as extended to all the Public Land States by act of August 4, 1892,

THADDEUS GREEN

of Port Orford, County of Curry, State of Oregon, has this day filed in this office his sworn statement No. 9601, for the purchase of the SE¼ NW¼ & Lots 1 & 2 of Section No. 11, in Township No. 33 South, Range No. 15 West, and will offer proof to show that the land sought is more valuable for its timber or stone than for agricultural purposes, and to establish his claim to said land before J. H. Upton, U. S. Commissioner at Langlois, Oregon, on Thursday, the 3rd day of September, 1908.

He names as witnesses:
C. A. Langlois, of Port Orford, Oregon.
H. W. Burnham of " "
E. L. White of " "
W. T White of " "

Any and all persons claiming adversely the above described lands are requested to file their claims in this office on or before said 3rd day of September, 1908.

BENJAMIN L EDDY, Register.

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GOLD BEACH, OREGON.
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Notice for Publication.

DEPARTMENT OF THE INTERIOR.
Land Office at Roseburg, Ore.,
April 21st, 1908.

Notice is hereby given that Cornelius Fielding of Port Orford, Oregon, has filed notice of his intention to make final commutation proof in support of his claim, viz: Homestead Entry No. 14329 made February 19, 1907, for Lots 3, 4, & E½ SW¼, Section 15, Township 32 South, Range 15 West, W. M., and that said proof will be made before J. H. Upton, U. S. Commissioner, at his office in Langlois, Oregon, on Monday July 20th, 1908.

He names the following witnesses to prove his continuous residence upon, and cultivation of, the land, viz:
E. B. Hall, of Port Orford, Oregon.
Cyrus Madden, of " "
Edward Picket, of " "
James Ellis, of " "

BENJAMIN L. EDDY, Register.

Notice of School Indemnity Selection.

UNITED STATES LAND OFFICE,
Roseburg, Oregon, June 26, 1908.

NOTICE is hereby given that the State of Oregon, on June 26, 1908, applied for the SE¼ NE¼ SE¼ of Sec. 11, NE¼ SE¼ of Sec. 2, and NE¼ NE¼ and SE¼ SE¼ of Sec. 13, Tp. 32 S., R. 14 W. of W. M., and filed in this office lists of school indemnity selections in which is selected said land; and that said lists are open to the public for inspection. Any and all persons claiming adversely the above described land or any legal subdivision thereof, or claiming the same under the mining laws, or desiring to show said land to be more valuable for mineral than for agricultural purposes, or to object to said selections for any lawful reason, should file their claims or their affidavits of protest or contest in this office.

I hereby designate the Port Orford Tribune, published at Port Orford, Oregon, as the newspaper in which the above notice is to be published.

J. M. LAWRENCE,
Receiver.

Trespass Notice.

Notice is hereby given to all persons whom it may concern, not to enter upon or trespass upon the premises of Eli Bagley, for the purpose of hunting or fishing with hook and line. Said premises are situated on Elk River, Curry County, Oregon, and described as follows. The West half of Section twenty seven, Township thirty two South, Range fifteen West.

Any person or persons so trespassing for the purpose of hunting, fishing, or traveling through in any shape form or manner, or tearing down fences, or leaving out side gates open, or molesting personal property, will be prosecuted to the full extent of the law.

Wm. R. Johnson,
Lessee of the above described premises

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Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin to-day to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets.—Beauty for ten cents. All drug Cats, satisfaction guaranteed. 10c 25c, 50c.

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Notice for Publication.

U. S. Land Office at Roseburg, Oregon,
June 22, 1908.

Notice is hereby given that
MINNIE BURNHAM,
of Port Orford, Oregon, who, on June 22, 1908, made Timber and Stone application, No. 10171, for W½ SW¼, Section 1, Township 32 S., Range 14 West, Willamette Meridian, has filed notice of intention to make final Proof, to establish claim to the land above described, before J. H. Upton, at Langlois, on the 1st day of October, 1908.

Claimant names as witnesses:
Harry W Burnham of Port Orford, Or.
Chester Langlois of " "
Thaddeus Green of " "
Ed Wells of Eckley "

BENJAMIN L EDDY, Register.

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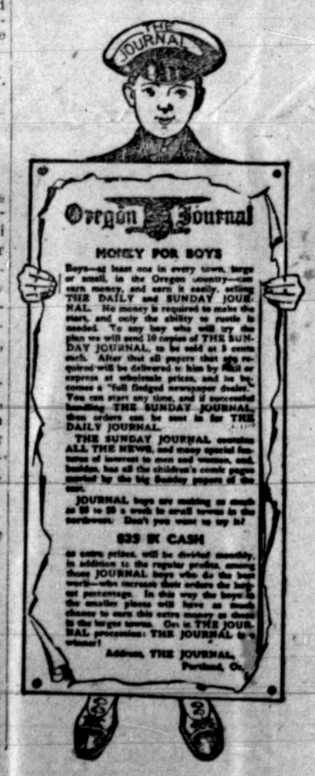
THE TELEGRAM,
PORTLAND, OR.

To Whom It May Concern.

The undersigned hereby give notice that they are the owners of the South half of Section 16, Township thirty three, South range fourteen West of Willamette meridian, Oregon. All parties are warned not to trespass upon or make any locations, either placer or quartz claims at their peril.

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