

LEADING HOTELS

LEADING HOTELS



HOTEL PORTLAND.

COST \$1,000,000.

The Portland

H. G. BOWERS, Manager.

American Plan, \$3 Per Day and Upward.

HEADQUARTERS FOR TOURISTS AND COMMERCIAL TRAVELERS.

Portland, Oregon.

Telephone 95-B P. O. Box 551

The Grand Pacific Hotel

CHAS. A. SCHRAGE, Proprietor.

Handsomely Appointed and First Class in Every Particular.

Corner Railroad St. and Higgins Ave. MISSOULA, MONT.

EUROPEAN.

The Halliday Hotel

R. C. HALLIDAY, Proprietor.

Cor. Sprague and Stevens SPOKANE, WASH.

Rainier Grand Hotel

Refitted Refurnished

Under New Management

Strictly First-Class

European Plan

Cafe in Connection

WILSON & WHITE CO., Props.

CHAS. PERRY, Manager

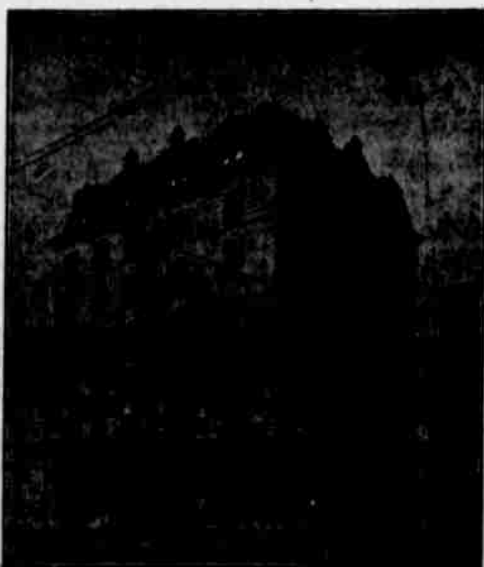
Seattle Wash.

The Victoria Hotel

SPOKANE, WASH.

First-Class in All Its Departments. Headquarters for Tourists and Commercial Travelers

When in Spokane Don't Fail to Stop at the Victoria



THE VICTORIA HOTEL

Best furnished house in Southern Oregon

New Depot Hotel

A. H. PRACHT, Proprietor.

All Trains stop 30 Minutes For Meals.

ASHLAND, OREGON

The New Bannock Hotel

NORMAN & ARMSTRONG, Props.

Headquarters for Commercial Men

American Plan. Rooms with Bath, Hot and Cold Running Water and Telephone in Each Room.

RATES \$2.00 to \$4.00 PER DAY

Pocatello - Idaho



The Spalding

Leading Hotel of the LAKE SUPERIOR REGION

Enlarged and Improved

American Plan, \$2.50 and Up European Plan \$1.00 and Up

Finest Cafe in Northwest DULUTH, MINN



HOTEL WHITMAN

UNDER NEW MANAGEMENT

A Home for the Traveling Men Strictly First Class. American Plan

Electric lighted. Steam heated. Good Sample Rooms in Connection.

J. C. BROWN, Manager.

COLFAX, WASHINGTON

ROBERT A. PRESTON

PRESCRIPTION DRUGGIST

Cor. 2nd and Thurman Sts.

Phone Main 1610 PORTLAND, OREGON

First National Bank of Rock Springs

ROCK SPRINGS, WYOMING

CAPITAL and SURPLUS, \$100,000

EVERY ATTENTION GIVEN TO BUSINESS ENTRUSTED TO US

THE STAR

F. H. KRAMER, Proprietor

Wines, Liquors and Cigars

KRAMER'S HOUSE

First-Class Furnished Rooms from \$2.00 to \$5.00 per week

S. W. Cor. Fifth and Burnside Sts. PORTLAND, OR

Columbia Ice & Fuel Co.

Ice and Fuel Delivered to Any Part of the City

Factory and Office

FOOT OF HARRISON STREET

Phone Main 809

PORTLAND OREGON

Jack Unger's Liquor Store

Jesse Moore Whiskey Imported and Domestic Wines Families Supplied

Phone Main 1614

370 Washington St. PORTLAND, ORE.

Willhoit Springs Mineral Water

F. W. McLERAN, Sole Bottler and Proprietor

Cures Dyspepsia, Stomach, Liver, Kidney and Bladder troubles; also Jaundice, Gravel, Rheumatism, Nervousness and Stricture. Willhoit Mineral Water Salts is the water in condensed form for travelers' use. Water bottled at the springs with its own gas; no recharging.

Office and Laboratory

Willhoit, Clackamas Co., Oregon

LEADING HOTELS

The Grandon

The only First-Class American Plan Hotel in Helena.

Rates from \$3 to \$5



FIRST-CLASS FIREPROOF \$3.00 PER DAY

BOLLINGER HOTEL

European Plan

Lewiston Idaho

Best Hotel in Northern Idaho

The HELENA

HENRY A. MEYER, Prop.

The only First-Class European Hotel in Helena

Rates \$1 to \$2.50



Poorly Nourished Children.

Malnutrition in children, which, of course, is to be considered a condition rather than a disease, may usually be traced to one of three causes. Occasionally, although rarely, it is an inherited tendency. The children of feeble parents may inherit a general weakness of constitution, and exhibit that weakness chiefly in their digestive processes. But sometimes this inheritance is only apparent, since a nervous and unstable mother may react on her children for ill, even if they do not inherit her tendencies, by excesses and uncertainty in her system of bringing up.

Another and very frequent cause of malnutrition in the young is improper feeding. In babies it often results from some error in starting the diet, especially in artificially fed infants. If the digestion of a very young baby is allowed to get out of order, it is sometimes a long time righting itself, and all this time the child's general nutrition is necessarily suffering.

With older children a poor and insufficient diet will naturally result in weak and anemic states. Just as it will in older persons, but it is generally the opposite mistake that is made. An overfed child will suffer from poor nourishment quite as much and often more than an underfed one.

The danger is not so much from an occasional overbearing meal, although that is a great mistake. An indiscretion that results in an acute attack of indigestion meets with the punishment that fits the crime: the offending matters are carried off from the system, and the transaction is closed, to say nothing of the fact that a salutary lesson has been given, which the parents may remember next green-apple season if the boy forgets. But the danger of malnutrition lies in the constant giving of a little more food than the system needs, causing fermentation, restlessness and discomfort, and resulting in such a lowering of the general condition that actual slow starvation may result, because the child is unable to digest enough food to feed it.

A third cause of malnutrition in children, and one which is to be looked for chiefly among the poorer people and in tenements, is a want of proper ventilation. Rooms are too hot and too crowded, or too cold and too crowded, windows are seldom or never opened, and plumbing is often defective. If the children of this class did not spend most of their time on the streets their mortality would be much higher; and even as it is, any epidemic finds its greater number of victims among them.—Youths' Companion.

SILVER MINES.

The Way Nature Forms These Deposits of Precious Metal.

The process by which nature forms her silver mines is very interesting. It must be remembered that the earth's crust is full of water, which percolates everywhere through the rocks, making solutions of elements obtained from them. These solutions take up small particles of precious metal which they find here and there.

Sometimes the solutions in question are hot, the water having got so far down as to be set boiling by the internal heat of the globe. Then they rush upward, picking up the bits of metal as they go. Naturally heat assists the performance of this operation.

Now and then the streams thus formed, perpetually flowing hither and thither below the ground, pass through cracks or cavities in the rocks, where they deposit their loads of silver. This is kept up for a great length of time—perhaps thousands of years—until the pocket is filled up.

Crannies permeating the stony mass in every direction may become filled with the precious metal or occasionally a chamber may be stored full of it as if 1,000,000 hands were fetching the treasures from all sides and hiding away a mine for some lucky prospector to discover in another age.

Dodging Him.

Mr. Borem—I didn't see you last Sunday.

Miss Cutting—Oh, you must have if you saw me at all.

Mr. Borem—I—er—beg pardon; I don't understand.

Miss Cutting—I say if you saw me Sunday you must have seen me last, for I was careful to see you first.—Philadelphia Press.

Terribly Changed.

"As a youth he was as big-hearted and as generous as could be."

"I wonder what changed him?"

"Changed him?"

"Why, yes, changed him; he died worth \$2,000,000, didn't he?"—Houston Post.

To Keep Cork Down.

Cork, though the most buoyant substance, will not rise to the surface if sunk 200 feet below the ocean's surface, owing to the great pressure of the water. At any less depth it will work its way back to the surface.

They say that a woman is whatever age she looks. Well, here is a sign she is over forty: Her hat is always on crooked.

It takes a man with a cork leg to laugh at the man who wears a wig.

LEADING HOTELS

LEADING HOTELS

HOTEL PEDICORD

T. J. PEDICORD, Proprietor

Rates 50c, 75c, \$1, \$1.50

Rooms with Private Baths Both American and European Private Telephones in Rooms

First-Class Grill in Connection

209-219 Riverside Ave., SPOKANE, WASH.



RICHARDS HOTEL AND RESTAURANT

Phone Exchange 25

360-362 Alder St. PORTLAND, ORE.

THE ESMOND HOTEL

OSCAR ANDERSON, Manager

Rates: European Plan

80c, 75c, \$1.00, \$1.50, \$2.00 per day

Free Bus to and from all Trains

Front and Morrison Streets

PORTLAND OREGON

HOTEL EATON

Portland, Oregon

Tourists' and Commercial Men's Headquarters.

STRICTLY FIRST CLASS

Hot and Cold Water. Private Baths. Phone in Each Room.

All Outside Rooms.

Cor. West Park and Morrison Streets

PHONES: Hotel, M 2077; Bar, M 115

Golden West Hotel

AND BAR.

M. PETERSEN, Proprietor.

Everything New and Up-to-Date

Cor. Washington St. and First Ave.

SPOKANE, WASHINGTON

RIVERSIDE HOTEL

KILBURY & KILBURY, Proprietors

EUROPEAN PLAN

New House, 100 Rooms. Elegantly furnished. First-Class in all appointments. Hot and cold water in all rooms. Steam Heat. Free Baths. Electric Light. Rates 50c to \$2 per day. Cafe meals 25c. A la carte. Free bus.

212-220 Riverside Avenue

SPOKANE, WASH.

The Kenyon

Don Porter

Salt Lake City's NEW HOTEL

Salt Lake City Utah



The Tacoma

W. B. BLACKWELL, Prop.

One of the best hotels on the Pacific Coast

American Plan \$3.00 per Day and Upwards

TACOMA, WASH.

PHONE M 1334 NEW THEATER BLOCK

THE

Kenneth Hotel

SPOKANE, WASH.

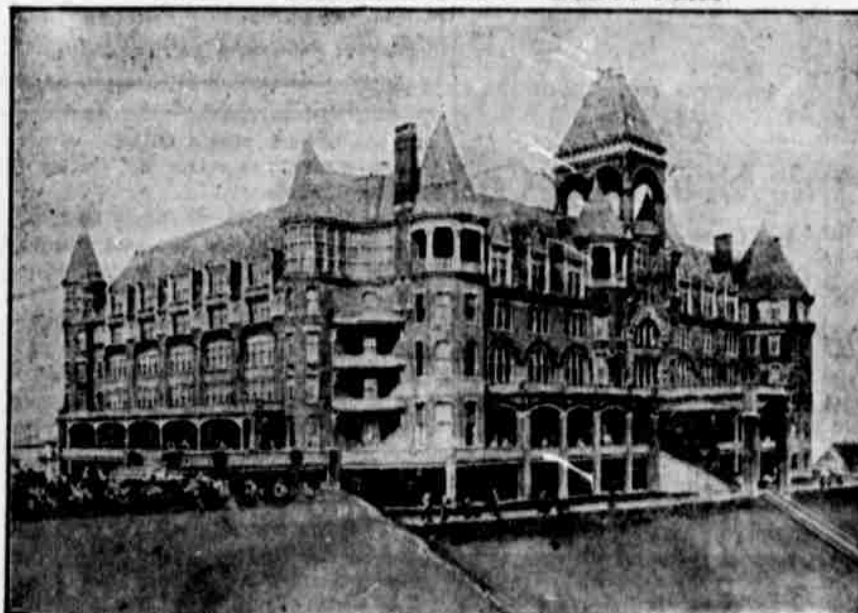
Newly furnished rooms. Steam heat. Hot and cold water. All first-class outside rooms.

PRIVATE AND FREE BATHS

Entrance 18 Bernard St. Cor. Sprague, Bernard and Riverside. Opposite Depot

Spokane, Wash

THE WASHINGTON--SEATTLE



FIFTEEN REASONS WHY YOU SHOULD STOP AT THE WASHINGTON.

1st—It is the best hotel on the Coast.

2d—It costs no more than poorer hotels, as shown by rates below.

3d—New hotel, new furniture.

4th—Excellent service.

5th—The Washington, while in the center of the city, is on an elevation of 200 feet, which lifts you above the noise, dust and smoke of the street hotels.

6th—The hotel is situated in the center of 4 1/2 acres of beautiful grounds, with thousands of roses and other fragrant flowers to beautify the surroundings.

7th—Eight hundred feet of wide verandas surround the hotel, giving to the guest opportunities for rest and promenade not found elsewhere.

8th—The view from these spacious verandas cannot be described. Mountains, lakes, the Sound and the city itself form one magnificent panorama not found anywhere else on earth.

9th—The hotel lobby, parlors, Turkish room, etc., are exquisite, and form a continuation of comfort and luxury not often found in hotels.

10th—A Dutch grill has recently been added, where service may be had at all hours.

11th—The dining room cannot be excelled. Breakfast and lunch are served a la carte, at most reasonable prices, and a table d' hote dinner for \$1.00 is pronounced by all to be above criticism.

12th—Rates—Extremely reasonable. European plan—

Room, without bath, \$1.00 per day and upward.

Room, with bath, \$2.00 per day and upward.

upward. Bus service to and from all trains and boats, 25 cents.

Trunks, each way, 25 cents.

Carriage fare (private), 50 cents.

Special rates made to parties for one month or more.

13th—Being above the street and away from the noise, you will enjoy a night's rest better at the Washington than any other hotel in the city.

14th—Go to the Washington and if you are not satisfied that it surpasses all other hotels on the Pacific Coast for excellent service and reasonable prices, your bill will be nothing.

15th—Do not be deceived by believing that some other hotel in the city is as good as the Washington, for such is not the case. The Washington stands alone as the most charming and attractive hotel west of New York.

The following people have stopped at the Washington during the past year and have given unstated praise and declared that in many respects it excels any other hotel on the continent:

President Theodore Roosevelt, Wm. H. Moody, Secretary of the Navy; Gov. Odell, of New York; Baron Rothschild, Mr. Smith, of the DeBeers Diamond Mines, South Africa; Hon. Cornelius N. Bliss, Ex-Secretary of Interior; Hon. C. S. Mellen, President N. Y. & H. R. Ry.; Mrs. J. J. Hill, Louis Hill and J. N. Hill, of the Great Northern Ry.; Hon. Howard Elliott, President N. P. Ry.; Adeline Patti, E. H. Sothorn, Gov. Brady, of Alaska; Mrs. Nordica, Maud Adams, Nat Goodwin, Mrs. Fiske, all Raymond & Whitcomb tourists, Richard Mansfield and other celebrities of the commercial and professional world.