Bartender Shoots Belgian Cook in North End Resort.

QUARREL PRECEDES

Louis Blanchette Confesses to Pulling Gun on Cesar Bourgeois When Latter Threatens to "Get Him" and to Firing Shot.

Ceser Bourgeois, a Belgian cook 25 years old, was shot by Louis Blanchette, a bartended, at 2:15 o'clock Saturday night in the Monte Carlo Saloon, Fourth and Couch streets, and died later. Blanchette was arrested a few moments later by Detectives Show, Coleman and Tichenor, He confessed, and is held on the charge of confessed and is held on the charge of

while epithets. To protect himself Blan-chette, who is 52 years old, whipped out a revolver from a drawer behind the bar. The maneuver angered Bourgeois and he repeated his threats. Without further parley Blanchette reached over the bar and fired one shot point blank. The and ared one shot point blank. The bullet entered the lower portion of the Belgian's neck just above the right clavicle. Bourgools threw up his hands and recled from the front door. He staggered to the Donavan Cafe, a Belgian resort at 271 Couch street, four doors from the Monte Carlo. Entering the Donavan Cafe, Bourgeois staggered toward the bar and cried out in broken English;

"I'm shot-somebody shot me!"

Does Not Rouse From Stupor.

Before he sank to the floor, Fernand Van Orshevon, the bartender, caught him in his arms. With the assistance of Felix Wanet and Leon Detervemit, the bartender carried his countryman to a rear room. There, although stimulants were given, Bourgeois became uncon-scious. He could not be aroused from

the stuper to make a statement.

The Red Cross auto-ambulance arrived in less than 15 minutes after Bourgeois entered the Donavan resort, but within a few blocks of St. Vincent's Hospital Bourgeois died in the ambulance. The body was taken to the County Morgue and turned over to Coroner Norden.

The direct motive for the crims was learned from Blanchette in jail.

Murderer Charges Robbery.

"He used to come into my saloon and ask me for drinks when he was 'broke," said Blanchette. "I used to give him a drink once in awhile. The fellow used drink once in awhile. The fellow used to work for me in the saloon. Two weeks ago he quit. A few days ago a couple of thousand dollars was stolen from my saloon. I am sure Bourgeois took it. When he came into my saloon and asked me for a drink last night I refused to give him any without payment. We had an argument and I guess I called him a thief. He got mad and called me all kinds of bad names. He shook his fist kinds of bad names. He shook his fist at me and said he would get me. He is a young man and I am over 52. He could harm me. When he said 'I will get you,' the second time, I was standing behind the bar. He was across the bar and was coming behind. Then I shot

Blanchette has been a resident of Portland for E years. Most of this time has been spent as a barkeeper in the North End. When he learned in the City Jail that Bourgeois was dead, he appeared somewhat agitated, but manifested no deep synthes.

Bourgeois came to Portland two months ago from Seattle, where he had been employed for several months pre-vious as a cook in the Seattle Hotel. Two weeks ago he secured employment in a French restaurant conducted by John Loiacepo, at 55% North Fourth street. He left his place of employment a few moments before he received his mortal wound. Nothing is known of his anteredents.

MOUNT PELEE IS ACTIVE

Vincent, are reported active.

A message from Fort de France, Martinique, says an earthquake shock was felt, but no damage was done. Nothing has been heard from St. Vincent since early today. Considerable anxiety is felt here about Kingston, Jamaica, which was partly destroyed by an earthquake a few years ago.

FIGHT ICE 30 HOURS; SAVED Four Victims of McKinley Bridge

Wreck Escape From Death. ST. LOUIS, Jan. 2. Four men who went down in the collapse of the cen-er span of McKinley bridge Saturday

afternoon were rescued late last night. They were exhausted after a 30-hour battle with death on the ice floes. They clung to a piledriver scow after the crash, and had drifted 10 miles south of the city when the scow sank at noon today.

They saved a ladder from the scow, and with this made their way toward shore. A heavy fog prevented their being seen, but their cries for help were heard and their rescue followed.

AUTOMOBILE MIX-UP.

As Usual, the Chauffeur Is Held Up to Blame.

Cincinnati Times-Star. One of Billy Muldoon's physical cul-ture experts at his White Plains sana-torium is a large, rugged person named Dick Jared. Mr. Jared was crossing Broadway the other day when an auto-Broadway the other day when an automobile whizzed by so near him that his
hat was blown off. Before picking it
up, he shouted offensive comment to
the chauffeur. The chauffeur, who
was about the size of a large pianomover, turned the car around and came
back. He put his head on one side in
a cute listening attitude. "You meanin" me by what you're saying?" he
asked.

Mr. Jared said, insultingly, that he was. The chauffeur dismounted from the car and came at Mr. Jared, and mouncing on the way that he planned to "learn these fresh guys to keep offen the street and out of folks" way."

And then Mr. Jared hit him. The chauffour was fast and husky, but Jared was faster and huskier. When

he gripped the chauffeur, he proceeded to mess up the nice new automobile with him. As all this happened at Twenty-eighth street, a crowd the size of a Hearst mass meeting collected at once. A policeman ran up. "What's the matter here?" he demanded.

A score of earnest voices answered him, "One of them fresh chauffeurs hit a man," said they. The policeman burlled his way through the throng and tore Jared and his shricking victim spart. "You will go around running men down, will you?" he roared, hurling Jared into the gutter. "I oughter bounce a club offen your nut, you big mutt."

"Lynch him," shrieked the crowd, ex-citedly. "Hang the big stiff." They all pressed around the cop and Jared. "Lookit the man he run down." Everyone looked at the bleeding hauffeur, whose goggles and other eenery had been torn from him by the scenery had been torn from him by the outraged Jared. Every one said it was a dirty shame the way these chauffeurs behaved. Runners for several shyster lawyers pressed their cards upon the chauffeur. "We can git you big damages, pal," they said appealingly. "Where was you when the car hit you?"

Jared and the chauffeur looked at each other, and, both being game men, they grinned. Jared got into the car and the chauffeur started it up. They announced with joint inspiration that it was all a joke. "And I guess it is on me," said the copper, shooing the crowd away.

GAYNOR IS INAUGURATED

NEW YORK'S MAYOR DISAP-POINTS POLITICIANS.

Selections for Big Offices Not Announced-Judge Proves Fast Handshaker.

NEW YORK, Jan. 2-(Special.)— William J. Gaynor became Mayor of New York with the arrival of the New Year, and was installed formally in his office in the City Hall at noon Saturday office in the City Hall at noon Saturday by George B. McClellan. At the same time William A. Prendergast took of-fice as Controller, John Purroy Mitchell became president of the Board of Aldermen and the new fusion presidents of the boroughs were installed. The political crowd which thronged the City Hall, eager for the first news of Mayor Gaynor's appointments, was

NEWSPAPER REPORTERS.

disappointed. The new chief executive decided not to announce his selections for the big offices.

A Little Complimentary Publicity Properly Placed.

Newark (N. J.) News. Judge Gaynor, Mayor-elect of New York, testifies to the high character of the newspaper reporters who were assigned to follow him during the exciting campaign. He says: "Not a confidence was broken, nor a mean thing done. I was told that I ought to have a manager and turn you over to him, but I knew it was not necessary. I was once one of you." If Mr. Bannard should be asked to say something on the subject he would say the same

It is very seldom that the reporter comes in for the recognition which is his due. No squarer worker will be found in any field of occupation, and found in any field of occupation, and no man freer from the taint of prejudice. In a great majority of instances where men condemn him, he has been the intended victim of their deceit, of cunning or stupidity. The men highest in public life, who necessarily live on terms of intimacy with him, invariably testify to his worthiness and his reliability. More than that, they testify to his consideration practiced without their request and because they know of the slip they have unintenknow of the slip they have uninten-

It is not our intention to place a halo about the head of the reporter. He would be the last to wear it contentedly. It is just as well to remember, however, that met on equal ground he is faithful to his job, his editor and

BURGLAR CAUGHT IN ACT Police Believe Prisoner to Have Been Just Entering Residence.

Rumors of Eruptions and Quakes

Cause Fear for Kingston.

St. Thomas, D. W. I., Jan. 2.—Cable advices received here report a violent earthquake in the French Island of Martinique and the British Island of St. Vincent early today.

Mount Pelec, a volcano on the Island of Martinique, and La Souffriere, in St. Vincent, are reported active.

A message from Fort de France, Martinique, says an earthquake shock was felt, but no damage was done. Nothing has been heard from St. Vincent since early today. Considerable anxiety is Lawrence Farrell was locked up at

investigated, and he will be asked to account for his actions during the last few days. After his arrest Farrel de-clared he was waiting near the house where he was first seen to keep an appointment with a young lady.

MRS. STEELE GETS DECREE Daughter of Bret Harte Separates

From Denver Financier.

BOULDER, Colo., Jan. 2.—Jessame Harte Sicele, daughter of Bret Harte, to-day was granted a divorce from Henry Milford Steele, formerly prominent in Denver financial circles. Mrs. Steele was given the right to assume her maiden

mame.

The suit for divorce was instituted in this city last Spring by Steele himself. He charged his wife with descriton. Counter accusations of extreme crueity were tiled by Mrs. Steele and Judge Ingram sustained the allegations of this cross complaint. Mrs. Steele's evidence was presented in a deposition made at Yonkers, N. Y.

Our Lost Individuality.

Loren H. B. Knox. in the Atlantic, Individuality, in the sense of a man's distinct personality, in the material domain is becoming an increasingly rary phenomenon. We are forced to a common standard. Even those of us who have not material objectives cannot be nonconformers. For the few are power-less to escape the brand of 80 millions. We are accinitized into account of the contract iess to escape the brand of so millions. We are socialized into an average. This brand of the multitude is a mental trademark. There can be little deviation from its grading. Our effort in competing for success over the same long, difficult, foreordained courses gives us all a similar mental casts. Prosperous times, with their elation, "hard times," with their despair, equally engrave the mark of tribe. Extinguishment of individuality is the tendency of our business system as surely as it is that of the German army system. In our world of affairs, intellectual individuality, if such it may be called, is shown in the degree, not the differentiation, of our mental powers. The best fitted win distinction, but they are only large specimens of the same mental species.

L. G. Hager, Seattle Cartoonist, Weds Miss Dearborn.

WIFE HAS HUGE FORTUNE

Many Guests Attend Reception Following Marriage of Daughter of Pioneer Financier of Puget Sound Metropolis.

SEATTLE, Wash, Jan. 2—(Special.)
—Luther George Hager, a member of
the Post-Intelligencer staff, employed
as cortoonist, last night was married to
Miss Beatrice Holbrook Dearborn,
heiress in her own right to a fortune
estimated at \$500,000.

Miss Dearborn is the only child of
one of the builders of Seattle, the late
Henry Holbrook Dearborn, whose name
is linked with the development of Seattle's business and manufacturing
districts. The officiating clergyman
was Rev. J. M. Dean, pastor of Tabernacle Baptist Church, and the reception
following was attended by four-score
guests.

guests.

In the early days of the Northern Pacific, when Jay Cook was engaged in floating that corporation, Mr. Dearborn, through his friendship for Cook, became interested in the enterprise, and this led to his making a trip to the Pacific Coast in 1870, before the new tronscontinental system was completed,

Ten years later, after he had become the financial intimate of the leaders in Wall street in New York, Mr. Dearborn came to Seattle to make his home, and here he invested a considerable fortune in tideland properties and business real

Mr. Hager is the son of Dr. J. R. Hager, of Seattle, who is a member of the art department of the Times.

DOGS KILLED; WILL WED

BRIDE - TO - BE CHLOROFORMS PETS ON WEDDING EVE.

Rich Pittsburg Woman Slays Valuable Canines Which Once Estranged Former Flance.

Pittsburg—That sie chloroformed all of her valuable dogs—\$5000 worth—as one of her wedding preparations, was said here of Mrs. Carrie Hays Dilworth, who was married in New York to the Rev. Samuel Craig, of Ebensburg, Pa. Among the dogs killed were some blue ribbon win-ners of years ago

ners of years ago.

Whother the minister-husband of the rich Pittsburg woman had also objected to dogs, as did George Griscom, of Pittsburg, to whom she was once engaged. is not known, but shortly before closing her house here Mrs. Dilworth announced that she had lost a good husband once through her dogs and would never permit dogs to interfere with her happiness

It is recalled how the beautiful Miss Hays four years ago was holding her wedding rehearsal the night before she was to be married to Griscom and how

was to be married to Griscom and how some trouble over dogs occurred and the wedding was called off. Later she married George Dilworth.

Some of the close friends of Mrs. Dilworth, hearing that she was to be married and live abroad for some years, had asked for some of her fine dogs. To this they received an evasive reply. Reading that she had been married in New York they inquired for their dogs only to find that they had all been chloroformed by their rich owner.

FIRE WIPES OUT HAMLET

Bayview, 15 Miles From Bellingham, Devastated-Every Store Burned.

BELLINGHAM, Wash., Jan. 2.-Meager reports from Bayview, on the coast, 15 miles south of this city, say the hamlet was practically wiped out by fire early this morning. Every business house in the town was destroyed. The telephone office was burned and there is no communication with the place. The town has a population of 400 and is at the head of Padilla Bay. It has no railway and is without scamer connection. The loss is estimated anywhere from \$75,000 to \$190,000.

DOROTHY TAFT IS FOUND

Misses Mother at Los Angeles Station and Returns Home.

LOS ANGELES, Jan. 2.—Dorothy Taft, the 12-year-old adopted daughter of Rev. S. H. Taft, a cousin of the President, whose failure to return home Friday after starting for Los Angeles led to the belief that she had been kidnaped, appeared at the Taft residence at Sawtelle Saturday.

The girl had missed her mother at the Arade station here vesterday and

the Arcade station here yesterday and proceeded home alone. There she found the house locked and went to the home of a playmate to pass the night.

IS MRS. COOK IN DETROIT? 'Explorer's" Wife Calls for Mail at Windsor Postoffice.

DETROIT, Mich., Jan. 2-It was rumored hast night that Mrs. Cook, wife of Dr. Frederick A. Cook, is in Detroit.

The report had its origin in Windsor, Canada, where it is said a thickly-velled woman called for mall addressed to Mrs. Dr. Frederick A. Cook. After receiving her mall she hastened to Detroit.

Canada, where it is said a thicklyvelled woman called for mail addressed
to Mrs. Dr. Frederick A. Cook. After receiving her mail she hastened to Detroit.
Postal authorities at Windsor say the
woman called about the time Dr. Cook
was reported to be in London, Ont.

STORY OF MODEL FARM

Striking Incident in Life of a Real
Agriculturist.

Rev. Josiah D. Detrich tells how his
little farm became famous. Some six
or seven years ago two men appeared,
unannounced, at the back porch of Mr.
Detrich's farmhouse. A washerwoman
who was at work there called up the
backstairs. "There are a couple of peddiers out here with packs on their
backs who want to see you." The
farmer came down at once and found
that one of the men was W. J. Spillman,
Agriculturist in Charge of Farm Management Investigations, Bureau
of Plant Industry, Department of Agriculture. The other "peddler" was his assistant. Their "packs" contained cameras and tripods, Mr. Spillman said

they had come to see the farm, but were in a hurry and could stay only until the next train. The three men started off at a quick pace to the dairy barn. Arrived there, the visitors could scarcely believe what they saw. "Does your barn always took like this?" asked Mr. Spillman. He was assured that it did. "Were your cows washed this morning?" "I never wash them." This was followed by further questions, and then the investigators got down to work. Instead of taking the next train for Washington, D. C., they stayed until 4 o'clock in the afternoon of the following day. They had remained in conversation with Mr. Detrich until midnight on the day of their arrival, and returned to the farm at 5 o'clock the next morning. The result of their visit was an article by Mr. Spillman which appeared in the Yearbook of the United States Department of Agriculture, 1902, under the litle of "A Model Farm." The demands for reprints of this were so numerous that in 1906 it was relasued in a sixteen-page pamphlet as Farmers' Bulletin No. 242. When every small farm in this country is managed as capably as this one, the United States will be able to sustain much more than twice'its present population. such more than twice its present popu-

VINEGAR FORBIO

INFANT INDUSTRY OF SALOON-KEEPER IS NIPPED.

Slops From Bar Drained Into Barrels in Basement, but Officers Stop Business.

SPOKANE, Wash., Jan. 2.—(Special.)—
Twenty-eight barrels of vinegar manufactured from the waste beer and "slops" from the Log Cabin Saloon have been condemned and poured into the sewer by order of Will H. Adams, Deputy State Dairy and Food Commissioner, acting under instructions from L. Davies, State Dairy and Food Commissioner. By this action an infant industry founded by the proprietor of the saloon to utilize the by-products of the institution has been nipped.

Back of the bar was a copper tank connected with tubs and barrels in the basement, which carried waste beer and froth from overflowing glasses into the basement receptacles. The officers observed that a customer who had ordered beer drank only two-thirds of his glass, and the barkeeper threw the rest into the tank, from which it drained into the "vinegar" barrels below. This stuff was being sold to customers.

An analysis of the vinegar, made by the State Chemist, Elton Fulner, of Pullman, showed it was far helow the standard. Deputy Adams declares that two men assisting in draining the casks were nearly overcome by the odors.

CHAMPION HERD IS SOLD

N. P. Clarke Transfers Prize Cattle to Eastern Fancier at High Price.

ST. CLOUD, Minn., Jan. 2.—(Special.) ST. CLOUD, Minn., Jan. 2.—(Special.)
—The "Meadow Farm" herd of full-blood shorthorns, one of the world's greatest aggregations of high grade cattle, has been sold here by N. P. Clarke, of this city, for an unannounced price to Archibald S. White, of New York, and Leslie Smith, of St. Cloud. The Northern Pacific Railway Company is now sending to this point a train of specially equipped palace stock cars for the conveyance of the entire herd to Mr. White's farm near Cincinnati, O.

The herd consists of 35 cows and six bulls, all of which have been raised on Clarke's farm, near here, under the constant direction of Mr. Smith for 16 years. Among the animals is Dorothea II, the champion shorthorn cow of the world, which carried off the grand champion-ship at the international exhibit in Chicago recently, and previous to that, at the American Royal Stock show at Kansas City. Another is Ringmaster, the best yearling show bull in America was

sas City. Another is Ringmaster, the best yearling show bull in America, who has won more triumphs, it is said, than

other animal of its age.
Smith says that the price paid for the herd was the largest, to his knowledge, ever paid per animal for any herd on the continent. He will con-tinue to have charge of the herd.

ONE-ARMED MAN RESCUES Drowning Skater Pulled Out of Wa-

ter by Cripple.

MIDDLETOWN, N. Y.—James Gill, who has but one arm, saved William Hanlon from drowning in the Walikili River, at Montgomery, in this country, Hanlon, a young man, was skating when the ice broke and he sank in deep witer. Hanlon could not save himself and when about to sink for the last time he was discovered by Gill, who pulled off his rubber boots and coat and plunged in. With great effort the one armed man escued Hanlon, who was in a serious condition but will recover.

TAWNEY CALLED TRAITOR

Application may be made for a Car-negle medal for Gill.

Rival for Congress Breaks Up Love-Feast With Denunciation.

OWATONNA, Minn., Jan. 2.—(Special.)
—At an intended love feast of the members of the Republican party of the First Congressional District here and during the presence of Governor Eberhart. Thomas Kelly, of Owatonna, announced candidate against Representative Tawney, broke up the peacefest by pulling a type-written history of Tawney's alleged actions in Congress and denouncing him as a traitor to his constituents in the First tions in Congress and denouncing him as a traitor to his constituents in the First

Tawney was silent, Arising later, he addressed the meeting on the efforts being made to remove the tax on oleomargarine.

Have You Noticed a Piano Certificate for \$30 Running in the Newspapers?

This Certificate May Be Redeemed at the Reed-French Piano Store, Sixth and Burnside, Any Time Before January 11

This certificate is issued by a big retail plane house of this city, and it is said to be worth \$30 in actual money when applied on purchase account of a piano. In any event we take them at their word, and if they can give an actual \$30 cash discount on the price of a piano, there is no reason in the world why Reed-French, the "maker of player" piano house, at Sixth and Burnside, cannot do the same thing.

We Take This Stand

No proposition in the piano trade can arise that Reed-French cannot and will not gladly, heartily, enthusiastically duplicate. They are doing it every day and then some. It is an unquestioned fact, and easily verified, that the Reed-French piano prices (and all of them in plain figures) are at least one hundred dollars less than the plain figure prices of any other piano store in Portland. The Reed-French "from maker to player" plan accounts for this great saving.

Referring Again to this \$30 Piano Certificate

Bring it to the Reed-French piano store, Sixth and Burnside, select the piano you want, or, better still, select the piano you prefer, first, and then present the certificate. This certificate is good in our cashier's hands for \$30 on purchase account of any piano you buy.

A Word About Prices

It is an awful hard matter to advertise the price of a piano and make the price stand out as a real piano bargain. Some pianos are expensive at \$148 and others are cheap at \$400. If pianos were baking powder or yards of cloth or some other article anybody knew the usual price of, a discount under that price, however small, would become a bargain. But it is different with pianos. When you buy a piano you have to trust

Our president, Mr. Jesse French, has been making and selling pianos for over 50 years. A good many people must have confidence in him.

A good piano may be had for \$250 at \$6.00 a month; an artistic piano may be had for \$300 at \$7.00 a month. A celebrated make may be had for \$350 at \$8.00 a month. The \$30 certificate may be turned in as first payment on any piano we carry and subsequent payments made to begin any time during the month, as best suits you; but if you wish to pay some cash at the time you buy the piano we will give you an additional credit of two dollars on every one dollar you pay us up to \$30; in other words, turn in the certificate at \$30 and pay us \$30 cash and we give you a eredit of \$90 on purchase price. If you were to pay us \$10 cash and the \$30 certificate the credit would be \$50.

Store open evenings. Be sure and bring the certificate.

The Reed-French Piano Mfg. Co.

The Maker to Player Piano House

Sixth and Burnside

Nebraska Prohibition Believed Real Campaign Issue.

BRYAN OPPOSES LICENSE

Commoner Outspoken Against Intemperance and Saloon Influence in Politics-Big Fund Is Promised.

LINCOLN, Neb., Jan. 2—(Special.)— The "wet" forces of Lincoln are laying their plans for an active campaign look-ing to the re-establishment of saloons when the referendum is taken early to when the referendum is taken early in the Spring. Two years ago the license element won by a small majority, but the number of saloons was limited to 25 and the innovation of early closing was inaugurated. Last Spring the temper-ance men banished the drinking places by a substantial majority, and Lincoln became a "dry" town for the first time

became a "dry" town for the first time in its history. Men who favor a return to license Men who favor a return to license as-sert they see a good chance to win and most of those who were in the saloon business up to a year ago have not only retained their ownership in the fixtures they then used, but have in several in-stances kept their old locations, paying the rent and allowing the buildings to re-main unoccupied. If Lincoin again de-ciares against license the men who are organizing the campaign say they will organizing the campaign say they will abandon the field.

It is the belief of many that Lincotn

is to be made the battle ground in the initial struggle to make Nebraska a prohibition state, or at least to bring about the enactment of county option. The liquor interests are expected to bring a big campaign fund to town.

Since the November election there has been a util in the state company for been a lull in the state campaign for county option.

The temperance element is getting great deal of satisfaction out of whi it asserts is the conversion of W. J. Bryan to their side. Since county option has become the overshadowing issue in Nebraska politics, Mr. Bryan has shown an undentable leaning to the side of no

theater, and took about \$500 worth of silverware and wearing apparel.

The marauders even clipped the ostrich plumes from Mrs. Waiker's dress hat. The police were notified early this morning, but could find no clews to the burgiars. Entry was gained with the use of false keys.

A Wise Man Directs.

Atchison Globe.

Will Hayes recently attended a The figures for the Suez Canal traffic during the second quarter of 1909, being higher than for any similar quarter in previous years, seem to show a steady recovery from the recent widespread depression in trade.

Because: 1—The ONLY Water put up in STERILIZED

A Health-Guarantee to be Found in No Other Water,

2—The ONLY Water—Domestic or Foreign —which is NEVER put in a bottle that has been used before.

"The World's Best Table Water"

ONE DOSE ENDS INDIGESTION, GAS, HEARTBURN OR STOMACH HEADACHE

Bryan to their side. Since county option has become the overshadowing Issue in Nebraska politics, Mr. Bryan has shown an undeniable leaning to the side of no license and his newspaper in nearly every is it a good eat, then take Pape's Diapepsin license and his newspaper in nearly every is itsue is outspoken in denunciation of the evils of intemperance and so-called saloon interference in politics.

Burglars Make Big Haul.

Burglars entered the flat of D. W. Walker, in the Mourdant apartment-house. Eighteenth and Everetz streets, last night while the family were at the

Relief in Five Minutes Awaits Every
Man or Woman Who Suffers
From a Bad Stomach.

Why not get some now—this moment, and forever rid yourself of Stomach and forever rid yourself of Stomach for assimilation into the blood all your food the same as a sound healthy