ASTORIA, OREGON, SATURDAY, SEPTEMBER 10, 1904.

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Tomatoes are a powerful aperient for the liver, a sovereign remedy for dyspepsia and indigestion. Tomatoes are invaluable in all conditions of the system in which the use of calomel

Figs are aperient and wholesome. They are said to be valuable as food for those suffering from cancer, they are used externally as well as inter-

Apples are useful in nervous dysnepsia; they are nutritious, medicinal and vitalizing; they add acidity of the stomach and are valuable in rheumatism, insomnia and liver troubles. An apple contains as much nutriment as a potato in a pleasanter and more

Charles L. Seabury, who was at the boat from foundering, and a policeman in a row boat rescued Seabury. The accident was caused by the steer-

Was Perfectly Baid When He Started

Eutte, Montana, bought a bottle of New-bro's Herpicide, April 6, '99, and began to use it for entire baldness. The hair fol-Leles in his scalp were not dead and in 1) days he had hair all over his head. On July 2 he writes, "and today my hair is as thick and luxurtant as any one could wish." Newbro's Herpicide works on on old principle and with a new discovery-destroy the cause and you recom that causes dandruff, falling hair,