

HEALTHFUL FOODS.

Fruits and Vegetables Better Than Medicine For Many Diseases.

Celery is invaluable as a food for those suffering from any form of rheumatism, for diseases of nerves and nervous dyspepsia.

Lettuce relieves those suffering from insomnia.

Water-cress is a remedy for scurvy.

Peanuts alleviate indigestion. They are especially recommended for corpulent diabetics. Peanuts are made into a wholesome and nutritious soup, are browned and used as coffee, are eaten as a relish simply baked or are prepared and served as salted almonds.

Onions are almost the best nerve known. No medicine is so useful in cases of nervous prostration, and there is nothing else that will so quickly relieve and tone up a worn-out system.

Onions are useful in all cases of coughs, cold and influenza, in consumption, insomnia, hydrophobia, scurvy, gravel and kindred liver complaints. Eaten every other day they soon have a clearing and whitening effect on the complexion.

Asparagus is used to induce perspiration.

Carrots are good for nervous disorders and for scurvy.

Honey is wholesome, strengthening, cleansing, healing and nourishing.

Fresh ripe fruits are excellent for purifying the blood and toning up the system. As specific remedies, oranges are aperient. Sour oranges are highly recommended for rheumatism.

Cranberries for erysipelas are used externally as well as internally.

Lemons are excellent for feverish thirst in sickness, for biliousness, low fevers, rheumatism, coughs, colds, liver complaint, etc.

Blackberries as a tonic. Useful in all forms of diarrhea.

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 is indicated.

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 internally.

Apples are useful in nervous dyspepsia; they are nutritious, medicinal and vitalizing; they aid 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 wholesome form.

The Gas Trust's Death Knell.

A Chicago chemist is experimenting with water and announces that he has discovered a method by which he can decompose it into its constituents at practically no cost. He says he is now perfecting his process. If he can do what he claims, the elements composing water will make light and heat many, many times cheaper than at present and may doom the gas trust.

Eating Matches.

The natives of Alaska have eating matches, at which great numbers of the villagers compete. The man who eats the most is considered the finest man.

Live Pearls.

It is said that the live lustrous pearl never dies.

Rubber Plants.

Rubber plants are said to be greatly benefited by an occasional dose of castor oil. It should be poured into a little trench around the stem and then covered with earth.

Ancient Cross.

An ancient stone cross is still preserved in England, near Mitchell Troy, which dates back to early Saxon times. The general lines are obviously of Saxon design, as are the quaint bosses used in the ornamentation. Its exact utility is in doubt, but it is supposed to have marked the meeting place of early Saxon tribes.

Burning Chimneys.

To extinguish a chimney on fire take a large handful of sulphur and throw it into the fire. When the sulphurous fumes ascend they will at once put out the fire.

San Francisco Harbor.

San Francisco may claim to have the most capacious natural harbor and also the safest. Port Phillip bay, the chief harbor of Victoria, Australia, is larger than the bay of San Francisco, but its very breadth leaves it exposed to storms from certain quarters.

Profit In Snake Farming.

Snakes in Australia are now being systematically reared for the sake of their skins, which have a considerable commercial value in London, Paris and New York.

Pen Stammering.

Dr. Berillon of Paris gives the name of "pen stammering" to a difficulty in writing that is analogous to hesitancy in speech. The pen stammerer is unable to write even a single letter of a word if any one is looking at him. Distant kinsmen possibly of the persons thus troubled may be those who cannot form letters without extending the tongue.

African Peanuts.

The largest peanut fields in the world are supposed to be in Guitana, on the north coast of Africa. There they are grown by hundreds of tons. The quality is inferior, however, and the bulk is shipped to Marseilles, France.

Colors and Sunshine.

A French authority had two theories—one of ordinary glass the

other painted black—placed in the sun. In the white glass the mercury rose to 144. Under the black paint it went up to 157 in the same position. The inference is that people who wear black coats are warmer in the sunshine than those who dress in white.

Baluchistan Tobacco.

The tobacco grown in Baluchistan is exceedingly strong and cannot be smoked by any but the most vigorous white men. The natives do not appear to be in any way affected by it.

Vermis in the Earth.

A teaspoonful of mustard in a gallon of water will destroy vermin in the earth.

Rubies.

In the examination of rubies by the Burmese artificial light is not used, the merchants holding that full sunlight alone can bring out the color and brilliancy of the gems. Sales must therefore take place between 9 a. m. and 3 p. m., and the sky must be clear.

A Knife Blade.

A knife blade passes through seven stages in its evolution. After it is first rough forged by the blacksmith it must be shaped, hardened, tempered, ground, polished and fitted with a handle.

The Cuckoo.

The cuckoo does more service than it is usually credited with, for it keeps down the millions of caterpillars which work havoc among the crops. Out of every 100 caterpillars of a certain kind which come into existence round about its temporary abode ninety-nine are devoured by this bird.

Swimming on the Back.

Swimming on the back in sea water, says a doctor, is the most beneficial form of bathing. Swimming on the side is at times injurious to the muscles of the abdomen.

The Matchless Beauty.

Her mamma tried to make the match; she thought it her plain duty. But soon she found her daughter was a matchless kind of beauty.

Fearful Odds Against Him.

Bedridden, alone and destitute. Such in brief was the condition of an old soldier by name of J. J. Havens, Versailles, O. For years he was troubled with kidney disease and neither doctors nor medicines gave him relief. At length he tried Electric Bitter. It put him on his feet in short order and now he testifies: "I'm on the road to complete recovery." Best on earth for liver and kidney troubles and all forms of stomach and bowel complaints. Only 50c. Guaranteed by Chas. Rogers, druggist.

A VITAL QUESTION ANSWERED

Menu Saturday

Men are led by trifles.—Napoleon.

BREAKFAST.
Oranges.
Dates and Cereal.
Rice and Meat Balls.
Cream Toast. Coffee.

DINNER.
Chicken Soup.
French Lamb Chops.
Spaghetti au Gratin.
Peas. Potatoes.
Cottage Cheese Salad.
Orange Ice. Tea.

SUPPER.
Scalloped Tomatoes.
Omelet.
Preserves.
Tea.

COTTAGE CHEESE SALAD.—Mix into one pint of freshly made cottage cheese one tablespoonful of green onion tops chopped finely, one tablespoonful of butter melted, one teaspoonful of salt and one-eighth teaspoonful of white pepper. Now add one-fourth cupful of sweet cream to moisten, then form into small egg shapes or balls; lay on a bed of crisp watercress; dust with one tablespoonful of very finely chopped parsley.

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Miscellaneous Advertisements

WANTED—Immediately, one or two housekeeping rooms. Address, F. S. care Astorian.

WANTED—A steady woman to cook. Hedrick's Theater.

FOR SALE—At Gaston's feed stable, one Landis harness machine, one 20-horse motor, one starter box, 35 feet 8-inch leather belting, 30 feet 4 play 8-inch rubber belting, 1 pair butcher's wall scales, 1000 grain sacks; one Smith-Premier typewriter.

JAPANESE GOODS.

New stock of fancy goods just arrived at Yokohama Bazaar. Call and see the latest novelties from Japan.

BEST 15-CENT MEAL.

You can always find the best 15-cent meal in the city at the Rising Sun restaurant, No. 612 Commercial street

First-class meal for 15c; nice cake, coffee, pie, or doughnuts, 5c. U. S. restaurant, 434 Bond street.

Wanted—At Gaston's feed stable, hides, wool, furs, sacks, rubber, metals, etc.

WOOD. WOOD. WOOD.

Cord wood, mill wood, box wood, any kind of wood at lowest prices. Kelly, the transfer man. Phone 2211 Black, Barn on Twelfth, opposite opera house.

PIANO TUNER.

For good, reliable piano work see your local tuner, Th. Fredrickson. 2071 Bond street. Phone Red 2074.

Lump Coal—Large Lumps—Ring up S. Elmore & Co., Main 1961, and order a ton of Ladysmith coal. They deliver it. Select lump coal.

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