

GOING EAST

TRAVEL IS GENUINE PLEASURE ON
Baltimore & Ohio R. R.
ROYAL BLUE TRAINS
 —BETWEEN—
Chicago and New York
 via WASHINGTON, D. C.

Finest and Fastest series of trains in the world. Palatial Coaches, Pullman Buffet Parlor and Drawing Room Cars.
The Finest Dining Car Service in the World.
 Is operated by the Baltimore & Ohio Railroad.
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Famous Trains

The Southwest Limited Kansas City to Chicago, The Overland Limited to Chicago via Omaha, The Pioneer Limited St. Paul to Chicago, run via
Chicago, Milwaukee & St. Paul Railway

Each route offers numerous attractions. The principal thing to insure a quick, comfortable trip east is to see that your tickets read via the Chicago, Milwaukee & St. Paul Railway.

H. S. ROWE, General Agent. 134 Third Street, Portland

Steamer "SUE H. ELMORE"

Leaves Astoria Every Wednesday Returning Saturday
 The Largest, Stanchest, Steadiest and most Seaworthy vessel ever on this route. Best of Table and State Room Accommodations. Will make round trip every five days between

ASTORIA AND TILLAMOOK

Connecting at Astoria with the Oregon Railway & Navigation Co. and Astoria & Columbia River R. R. for Portland, San Francisco and all points East. For freight and passenger rates apply to

Samuel Elmore & Co., Gen'l Agts., Astoria, Ore.
 OR TO
 A. & C. R. R. Portland, Oregon
 Pacific Navigation Company, Tillamook, Oregon
 O. R. & N. Company, Portland, Oregon

You Can Be Cured.

No. 11 Cedar Terrace, Hor. Springs, Ark., April 25, 1904.

When I was first married I found that my strength and health were gradually diminishing. I became nervous and irritable, and was in bed a week and sometimes ten days of every month, and had intense bearing down pains. My husband had the best physician for me and I used his medicine for nearly four months, but I gradually grew worse, had less strength, and finally, I was unable to leave my bed at all.

A friend who was calling on me brought me a bottle of Wine of Cardui and was so loud in its praise that I told her that I would take it to please her.

I was surprised and pleased that before I had used the bottle I really felt better, so I kept on using it. Slight bottles brought back my lost health and strength, and I have not had a sick day in six months.

WINE OF CARDUI

Mrs. Finnegan had little hope of relief because she knew that every time she had those spells of menstrual suffering with attendant bearing down pains she was weaker. And every month the pain was growing more severe.

But Mrs. Finnegan was cured by Wine of Cardui. She is now so well that there are few women who would not be glad to have the health she has. And any woman who has those dreaded bearing down pains can have the same relief.

You can be free from menstrual irregularities if you take this pure vegetable wine. Why don't you take it when you see what it has done for others? Secure a bottle of Wine of Cardui today.

Your druggist has \$1.00 bottles.

THE ASSOCIATED CHEMISTS, TREASURERS, ST. ANDREW'S SOCIETY.

Proposals for Fresh Beef and Mutton:
 Barracks, Wash., Oct. 1, 1904—
 Office Chief Commissary, Vancouver
 Sealed proposals for furnishing and delivering fresh beef and mutton for six months beginning January 1, 1905, will be received here and at offices of Commissaries at Fort Stevens, Ore., Boise Barracks, Idaho; Forts Casey, Columbia, Flagler, Walla Walla, Ward, Wright, Worden, Lawton and Vancouver Barracks, Wash., until 10 a. m., November 1, 1904. Envelopes containing proposals should be indorsed "Proposals for Fresh Beef and Mutton," and addressed to commissary of post, to be supplied, or to Major George B. Davis, Chief Comy.

Office Constructing Quartermaster, Astoria, Ore., September 24, 1904—
 Sealed proposals, in triplicate, will be received at this office until 10 o'clock a. m., October 15, 1904, and then opened, for clearing, grubbing and grading of timber land on Military Reservation of Fort Stevens, Oregon. United States reserves the right to reject any or all proposals. Plat of area of work can be seen and specifications obtained at this office. Envelopes should be marked "Proposals for Clearing and Grading" and addressed Captain Goodale, Quartermaster, Astoria, Ore.

SONG TO THE FAIR.

What to Do if You Desire Practical Information.

If you contemplate visiting the St. Louis Exposition, to secure reliable information as to railroad service, the lowest rates and the best routes. Also as to the local conditions in St. Louis, hotels, etc., etc.

If you will write the undersigned, stating what information you desire the same will be promptly furnished. If we do not have it on hand, will secure it for you if possible and without any expense to you. Address
B. H. TRUMBULL,
 Portland, Ore.

A. & C. R. R. TIME CARD.

EFFECTIVE SEPT. 4, 1904.

Leave	PORTLAND	Arrive
8:00 a.m.	Portland Union	11:10 a.m.
7:00 p.m.	depot for Astoria	9:40 p.m.
Leave	ASTORIA	Arrive
7:45 a.m.	for Portland and way points	11:30 a.m.
6:10 p.m.		10:30 p.m.
SEASIDE DIVISION		
Leave	ASTORIA	Arrive
11:35 a.m.	for Seaside Direct	5:20 p.m.
Leave	ASTORIA	Arrive
8:15 a.m.	for Warrenton, Hammond, Ft. Stevens, Seaside	*10:45 a.m.
5:50 p.m.		7:40 a.m.
Leave	SEASIDE	Arrive
4:30 p.m.	for Astoria Direct	12:30 p.m.
Leave	SEASIDE	Arrive
6:15 a.m.	for Warrenton Ft. Stevens, Hammond, Astoria	9:25 a.m.
9:30 a.m.		7:20 p.m.

Additional train leaves Astoria daily at 11:30 a. m. for all points on Ft. Stevens branch, arriving Ft. Stevens 12:30 p. m., returning, leaves Ft. Stevens at 2:00 p. m., arriving Astoria 2:45 p. m.

* Sunday only.

All trains make close connections at Goble with all Northern Pacific trains to and from the East and Sound points.

J. C. MAYO,
 General Freight and passenger Agent.

Scott's Santal-Pepsin Capsules

A POSITIVE CURE

For Inflammation or Catarrh of the Bladder and Diseased Kidneys. No cure no pay. Cures quickly and Permanently the worst cases of Gonorrhoea and Gleet, no matter of how long standing. Absolutely harmless. Sold by druggists. Price \$1.50, or by mail, postpaid, \$1.00, 2 boxes, \$2.50.

THE SANTAL-PEPSIN CO., BELLPORTAINE, QUEBEC.

Sold by Chas. Rogers, 426 Commercial

NEW ZEALAND FIRE INSURANCE COMPANY
 Of New Zealand
 W. P. THOMAS, Mgr., San Francisco.

UNLIMITED LIABILITY OF SHAREHOLDERS

Has been Underwriting on the Pacific Coast for twenty-five years.

ELMORE & CO., Sole Agents
 Astoria, Oregon.

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 cross 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 cystitis 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.

Venomous Reptiles.
 A majority of the venomous reptiles with which the world is infested are wholly or partially deaf, while their sight is often defective. To this is probably due the immunity of man from the attack of these creatures, for men hear and see the serpents before they are heard or seen.

PROMPT RELIEF

From the effects of over-eating is assured by taking a dose of Hostetter's Stomach Bitters. Pains in the stomach, heartburn, belching and nausea quickly vanish before it and furthermore, when it is taken regularly always cures indigestion, dyspepsia, constipation, torpid liver, inactive kidneys, nervousness, insomnia and malaria, fever and ague. We urge you to give it a trial. For sale by all Druggists and Dealers.

HOSTETTER'S STOMACH BITTERS.

Proposals for Potatoes and Onions.
 Office chief commissary, Vancouver Barracks, Wash., Oct. 10, 1904.—Sealed proposals for furnishing and delivering potatoes & onions for six months beginning November 1, 1904, will be received here and at offices of commissaries at Forts Columbia, Walla Walla, Ward, Worden, and Stevens, Oregon, until 10:30 o'clock a. m., October 20, 1904, and then opened. Information furnished on application. Envelopes containing proposals should be indorsed "Proposals for potatoes and onions" and addressed to commissary of post to be supplied or to Maj. George B. Davis, Chief Comy.

CAMPAIGN TRAIN IS COSTLY.

Enormous Expense of Touring the Country by Train.

The cost of campaigning by special train is not small. A completely comfortable campaign train must have a private car for the use of the man who is doing the brunt of the work and his secretaries and assistant speakers. Then there must be another car for the reporters of the press associations, the reporters of the particular newspapers of the states through which the train is passing and for the campaign committees of the state. There must be a dining car. Man may live by tinned goods alone for a day or two, but a buffet car trip of more than two days is simply murderous. The Pullman company charges from \$30 to \$50 a day for the use of its cars. Most railroads will attach a special car to a regular train, provided seventeen full fares are paid; most railroads charge \$1 a mile for running a special train. The commissary department costs \$150, more or less, a day. Speakers who are not candidates receive from \$25 to \$100 a day for their services. Frequently the entire company of passengers goes to a hotel in a city where there is an overnight stop; in some cases the national committee pays the landlord, at other times the bill is paid by the state or the city committee. But it is perfectly clear that whatever else campaigning by special train may accomplish, it keeps money moving.

TWO KILLED BY BEAR.

Yellowstone Park Animal Attacks Father and Son.

Cody, Wyo., Oct. 8.—Information has reached here that James Wilson and a nephew, both from Pennsylvania, who were traveling in Yellowstone park, came suddenly upon a bear in the timbered part of the park, which attacked them. The boy was crushed to death and Wilson was so badly injured that he died shortly after being rescued by other travelers. The bear was supposed to be one of the number of tame animals kept in the park and the boy fired a shot at it. The animal became infuriated and attacked the boy, killing him. Wilson went to his nephew's rescue and was himself fatally hurt.

GENERAL MA'S MOTIONS.

The Russians Are Watching Them With Some Anxiety.

An interesting phase of the situation in the far east is the attitude of the Chinese in the struggle between the Russians and the Japanese. The government of Kuang Hsu has professed a desire to remain strictly neutral in this struggle, but the sympathies of the Chinese are clearly with Japan. Chinese hostility to the Russians has been shown in many ways. The latter have had considerable occasion to watch the movements of the Chinese General Ma. A short time ago it was reported that he was advancing to the frontier with 25,000 Mongolians. The Russians are apprehensive that he will aid the Japanese.

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. Herillon 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 Guinea, 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.

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