

dations. Will make round trip every five days between

In

Proposals for Fresh Beef and Mutton: Barracks, Wash., Oct. 1, 1904-Office Chief Commissary, Vancouver Scaled 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., nsomnia

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 "Proposa's for Cearing and Grading" and addiessed Captain Goodale, Quartermaster, Astoria, Ore.

GONG 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. Alec 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 [nally. secure it for you if possibl and without any expense to you. Address B. H. TRUMBULL. Portland, Ore

TIME CARD.

EFFECTIVE SEPT. 4, 1904.

PORTLAND

ASTORIA

way points

SEASIDE DIVISION

ASTORIA

11.35 a.m { for Seaside Direct } 5:20 p.m

Arrive

Arrive

Arrive

Praits and Vegetables Better Than Medicine For Many Discases. Celery is invaluable as a food for

those suffering from any form of rheumatism, for deceases of nerves and nervous dyspepsia. Lettuce relieves those suffering from

Water cress is a remedy for scurvy. Peanuts alleviate indigestion. They are especially recommended for corpulent diabetes. Peanuts are made into a wholesome and nutritious soup. are browned and used as coffee, are eaten as a relish simply baked or are papers of the states through which the prepared and served as salted ai- train is passing and for the campaign monds

Onions are almost the best nervine 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 wornout system. days is simply murderous. The Pull-Onions are useful in all cases of man company charges from \$30 to \$59 coughs, cold and influenza, in con- a day for the use of its cars. Most sumption, 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 dis-

orders and for scurvy. Honey is wholesome, strengthening, cleansing, healing and nourishing.

Fresh ripe fruits are excellent for purifying the blood and toning up the overnight stop; in some cases the nasystem. As specific remedies, oranges are aperient. Sour oranges are highty recommended for rheumatism.

Cranberries for erysipelas are used externally as well as internally. Lemons are excellent for feverish thirst in sickness, for billousness, 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 inter-

Apples are useful in nervous dyspepsia; they are nutritious, medicinal and vitalizing: they aid addity of the stomach and are valuable in rheumatism, insomnia and liver troubles. An apple contains as much nutriment as the park and the boy fired a shot at it. 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 comp ing water will make light and heat many, many times cheaper than at present and may doom the gas trust.

Venomous Reptiles.

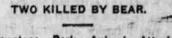
A majority of the venomous reptiles with which the world is infested are wholly or partially deaf, while their sight is often defective. To this is probably due the immunity of man have had considerable occasion to from the attack of these creatures, for watch the movements of the Chinese

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 newscommittees 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 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 \$199 a day for their services. Frequently the entire company of passengers goes to a hotel in a city where there is an tional 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.



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 weer 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 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

PAGE SEVEN.

