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Very fine Manzanilla olives stuffed with olives.
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 Heinz's Chille Sauce. Heinz's India Relish.
 Something new and very fine.
 Heinz's Pure Malt Vinegar. Put up in quart bottles at

A. V. ALLEN

Where they keep good things to eat.

SAVE MT. RAINIER

(Continued from page 3)

the busy routine of mercantile life, Paradise Park is happily named. The diversity of the landscape, the solemnity of the silent forests, the prodigality and wonderful coloring of the floral display, the foaming water of the streams that rush down the valleys and plunge over the cliffs in many picturesque falls, with the mighty white dome of Rainier towering majestically over all and clasping with icy fingers of its glaciers the green slopes below, all combine to make this mountain park a region of irresistible charm.

"This appreciation is not confined to persons of our own nationality or race. Foreign world-travelers, lovers of the grandly picturesque, unite in highest admiration of the Rainier region.

"Hon. James Bryce, the well-known publicist and a member of the English Alpine Club, and Professor Karl Zittel, of Munich, a geologist familiar with all the aspects of Europe, several years ago in a joint letter suggesting in advance of National action that the Mt. Rainier region should be reserved as a national park, wrote as follows:

"The scenery of Mount Rainier is of rare and varied beauty. The peak itself is as noble a mountain as we have ever seen in its lines and structure. The glaciers which descend from its snow-fields present all the characteristic features of those in the Alps, and though less extensive than the ice-streams of the Mont Blanc or Monte Rosa groups, are in their crevasses and seracs equally striking and equally worthy of close study. We have seen nothing more beautiful in Switzerland or Tyrol, in Norway or in the Pyrenees than the Carbon River glacier and the great Payallup glaciers; indeed, the ice in the latter is unusually pure and the crevasses unusually fine. The combination of ice scenery with woodland scenery of the grandest type is to be found nowhere in the Old World, unless it be in the Himalayas, and so far as we know, nowhere else on the American Continent."

"Our committee has few recommendations to present as to means to be taken to conserve the existing natural features, an example of what might be done to prevent a deterioration in the sylvan beauty of the park the following seems worthy of mention:

"The growth of the sub-alpine fir (*Abies lasiocarpa*) and alpine hemlock (*Tsuga mertensiana*) around Mt. Rainier, which forms the extreme limit of tree-growth, is dying rapidly. Besides being objects of beauty these trees have a second very practical value as a means of conserving the water supply by retarding the melting snow in the spring and summer months.

"So far as a cursory observation would permit, it is evident that the cause of the death of these trees is not fire, but either a fungus or an insect disease, or both. It is therefore recommended that the United States Department of Agriculture send an expert to the park to determine definitely the cause of the death of this valuable timber, and take measures to prevent future damage, if possible.

"Too much emphasis cannot be placed on the importance of the means of access to the various regions of this great park with their varied features of interest, and in particular on the desirability of

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If you see a woman or a man with luxuriant glossy hair, you may be sure neither has dandruff to amount to anything. In nearly every case where women and men have thin brittle hair, they owe it to dandruff. There are hundreds of preparations that "claim" to cure dandruff, but not one but Newbro's Herpicide tells you that dandruff is the result of a germ burrowing into the scalp, and that permanent cure of dandruff and its consequent falling and baldness, can only be had by killing the germ; and there is no other preparation that will destroy that germ but Newbro's Herpicide. "Destroy the cause, and you remove the effect." Sold by leading druggists. Send 10c. in stamps for sample to The Herpicide Co., Detroit, Mich.

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a carefully considered system of roads and trails connecting these regions with each other.

"It is earnestly advocated that the government road, so finely planned and located, from the mineral springs of the Nisqually (locally called "Longmire's Springs") to the upper reaches of Paradise Park, be completed at the very earliest possible date. By its visitors could reach the park in their own conveyances without the expense, inconvenience, and annoyance of packing their outfits and supplies, which now deters many from enjoying this magnificent region.

"Paradise Park on the southerly slope of the great mountain is at present the one readily accessible region of this great reservation, and there are only two passable trails by which to reach it. The 'old trail' from the unfinished government road up the north side of the Nisqually River is in good condition, and passes up a beautiful scenic canyon through wooded flats beside the tossing river until the terminal face of the Nisqually Glacier is reached. From this point pedestrians can ascend the steep sides of the canyon to the park proper. This trail well serves the public as it is, and will do so until the fine government road replaces it. In addition to this 'old trail' is the one used at present chiefly to reach Paradise Park, which leaves the government road near the end of the partly completed four-mile stretch, and, crossing the Nisqually once and the Paradise River twice, enters the park near Camp of the Clouds.

"In 1897 there used to be a good trail branching off from this trail just before the second crossing of the Paradise River, above Narada Falls, and leading up the side and along the crest of Mazama Ridge, one of the most striking scenic view-points in the park, to a point just above Sluiskin Falls. This trail, ending at a fine camping-spot on high ground near four or five small lakes, has been allowed to get into bad condition. It should be put in a good repair, and this could be done with very little labor.

"A trail should early be constructed to Indian Henry's hunting-grounds from the north side of the Nisqually Glacier in Paradise Park. This at first might be for pedestrians only, later to be perfected for saddle and pack horses.

"The two trails suggested—that from Paradise River to the head of Mazama Ridge near Sluiskin Falls, and the one from the Nisqually Glacier to Indian Henry's hunting-grounds—might be the first of a system to circuit the mountain, and when constructed would render accessible the finest portions of the Mt. Rainier National Park adjacent to the approach by way of Ashford and the valley of the Nisqually River.

"As bearing on the development of a system of roads and trails making the entire circuit of Mt. Rainier, we incorporate with our report the following testimony of a member of our committee well versed in woodcraft and most competent to speak upon this subject: Mr. Alden Sampson writes as follows:

"With another member of our party this summer I made the circuit of the peak. We traveled with pack-animals and made our journey in a leisurely way, stopping as the view tempted us, or where feed, not a too frequent circumstance, was to be found. We left Longmire's Springs after the departure of the Sierra Club from that encampment, and went by the way of Bear Prairie down the Skate Creek Trail, being obliged in one afternoon to ford that stream, a rocky and at times (for horses) somewhat disagreeable river-bed, no less than thirty-eight times. At present the alleged trail is but a poor affair, shifting about from bank to bank of the stream wherever foothold offers; in one section, on a steep hill-side, it can hardly be called a trail at all, being quite impassable for laden pack-animals coming from the Cowlitz River. A trail laid out intelligently here in conformity with the broad characteristics of the valley is much to be desired.

"Following up the Cowlitz River we forded at the mouth of Muddy Fork, followed up the Carlton Trail to Fish Lake at the summit, thence along the crest of the Cascades by the old Kllickitat Trail, which commands superb views of Mt. Rainier from the east, the finest

of all views to be obtained of that mountain. From the mining settlement of Gold Hill we continued our course through Bear Gap, down Silver Creek to the East Fork of White River, and up that to Glacier Basin, thence around the lower end of the Winthrop Glacier, and around the Carbon Glacier. Looking up from the trail across the moraine here, we could see the edge of Spray Park above us, only two or three miles distant, yet to reach it we were destined to travel nearly, if not quite, forty miles, descending the Carbon River to Fairfax, and thence ascending the Mowich River Trail to the lake below the park, where we left our horses. Going through Kopouen on our return, we completed the circuit of the peak, an excursion which had afforded many and assorted experiences of discomfort soon to be forgotten and of delight to be long treasured."

"It is obvious that this strikingly fine excursion should be rendered feasible for all who would enjoy the park in a large way.

"At present there are no trails by which the twelve or twenty glaciers, according as great or lesser bodies of ice are enumerated, may be visited in succession. In order to reach them long roundabout journeys have to be taken through the woods, where there is no feed for horses, and forced marches are often required to arrive at places suitable for the stock at night, and in some instances grain must be carried for their sustenance, since in the woods there is too often nothing whatever for horses to eat. Trails should be opened from one glacier to another, and permits granted to the proper persons to provide houses of entertainment at suitable places for travelers. At present accommodation of this sort is offered at Reese's Camp in Paradise Park only.

"The glaciers are of commanding interest, and are destined within a few years to be visited by great numbers of people from all over the country. Trails opening these to view could easily be constructed at a title of the cost of the government road from Longmire's Springs to Paradise Park. Trails of this nature would give views of mountain scenery unique in this country to such as are not afraid of an excursion in the saddle, and would be a boon to travelers greatly to be desired.

"In laying out such trails advantage would naturally be taken of the meadows which are found in many places near the foot of the glaciers, so that proper feed would be afforded to stock. By the creation of these trails the great opportunity for the enjoyment of scenery on this grandest of American mountains would be for the first time placed within the reach of all.

"There are few private holdings in the park—but one to the knowledge of the committee. This one, however, contains the fine mineral springs near the Nisqually River. This holding or claim should be extinguished at the earliest possible date by purchase or condemnation proceedings and a good hotel erected here, either by the government or by such lease as would provide adequate and suitable accommodations for the public. This claim and its crude betterments, if bought at a fair compensation, would cost but little, and thus could the way be opened for proper treatment of this gateway to the finest scenic regions of this grand National Park."

Dangers of a Cold and How to Avoid Them.

More fatalities have their origin in or result from a cold than from any other cause. This fact alone should make people more careful as there is no danger whatever from a cold when it is properly treated in the beginning. For many years Chamberlain's Cough Remedy has been recognized as the most prompt and effectual medicine in use for this disease. It acts on nature's plan, loosens the cough, relieves the lungs, opens the secretions and aids nature in restoring the system to a healthy condition. Sold by Frank Hart, and leading druggists.

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HERO OF VALENCIA

Joe Cigalos one of the World's Greatest Heroes.

THOUGHT ONLY OF OTHERS

Cigalos Daringly Attempts to Swim Ashore from Valencia With a Line—Remained in Water an Hour and Then Returned to Ship.

SEATTLE, Jan. 28.—Among the many deeds of individual heroism performed by sailors and passengers on the wrecked steamer Valencia none shine brighter through the gloom of the awful tragedy than the wonderful swim of Joe Cigalos. He is a simple, unassuming fireman, a man of medium stature and slight build, but with a heart strong and brave. When first drawn on board the Topeka, shivering and shaking and almost fainting from exhaustion he forced the cup of reviving liquor from his lips and weakly murmured, "Give it to them," pointing to his unconscious comrades. And it was not until they had been dosed with the stimulant that he would touch a drop.

Just an ordinary-appearing fireman is Joe Cigalos. His black mustache hides a firm mouth, and beneath his dark skin, tanned with wind and weather, flows the blood of the ancient Spartans. For Cigalos is a Greek, born and bred. It was the memory of his early days in far away sunny Greece and the strain of the stern blood of his ancestors that changed Joe Cigalos the fireman to Joe Cigalos the hero, and it was the wonderful physique inherited from his illustrious race that enabled him to successfully battle with the terrible surf and escape alive.

Tried to Shoot Lines Ashore.

When daylight broke and the gray light revealed the true position of the ship an effort was made to shoot lines ashore. One after another the ropes were sent, and although they reached the cliff, there was no chance of their remaining unless human hands could fasten them to some solid substance. It was obvious that some one must reach the rocks, clamber up steep cliffs and make the line fast to the trees on top. The undertaking was almost beyond the power of mortal, and even the bravest shrank from an attempt which appeared to be little less than actual suicide. In the shallow water the breakers ran fifty and sixty feet high and dashed against the sharp rocks with the speed of an express train. Their foaming crests swirled and swept and roared towards the cliff, catching any stray piece of driftwood, and twirling it like a straw. That any mortal could live in such a sea was beyond belief. Calmly the Greek surveyed the troubled waters, and his mind went back across the centuries to the time when the little band of Greeks charged the Persian hosts and in the face of what appeared to be suicide succeeded in gaining a victory which has rung down the ages.

Plunged Into the Billows.

With a glance at the little group of men who watched him and a last wave of the hand the Greek plunged into the crest of a mighty comber as it shot by and in an instant was lost to view. The line attached to his waist ran out with remarkable velocity, and all who were not engaged in paying out watched the efforts of the daring man. Men and women alike forgot for the instant their own peril in watching the struggles of the swimmer. Now he would appear on the long slope of a rushing breaker, now be covered by tons of water sweeping toward the rocks; now caught in the deadly undertow and drawn back into the seething breakers and now lost to view till those on board gave him up for lost. But he was up in a minute and fighting bravely. For fully twenty minutes the struggle was kept up, until those on board saw that the man was weakening from the unequal fight and drew him back to the vessel. Although unsuccessful in accomplishing his purpose, he set an example of heroism which did much to allay the fears of the men on board.

The day 4-8-gght

Cured Lumbago. A. B. Canmas, Chicago, writes March 4, 1903, "Having been troubled with Lumbago, at different times and tried one physician after another then different ointments and liniments, gave it up altogether. So I tried once more, and got a bottle of Ballard's Snow Liniment, which gave me almost instant relief. I can cheerfully recommend it, and will add my name to your list of sufferers." Sold by Hart's drug store.

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2-NIGHTS-2, COMMENCING FRIDAY, FEB. 2 MATINEE SATURDAY 2:15 P. M.

THE ROSCIAN COMIC OPERA COMPANY.

Friday Evening—Sousa's El Capitan

Saturday Matinee

GILBERT AND SULLIVAN'S "THE MIKADO."

SATURDAY EVENING—

BALFE'S BALLAD OPERA, "THE BOHEMIAN GIRL." "THEN YOU'LL REMEMBER ME," "I DREAMT I DWELT IN MARBLE HALLS," "THEN YOU'LL REMEMBER ME," "THE FAIR LAND OF POLAND," "THE HEART BOWED DOWN."

Evening Prices—Reserved Seats, \$1.00; Gallery, 50 cents.

Matinee Prices—Adults, 50 cents; Children, 25 cents.

On account of the heavy expense of this engagement the free list will be entirely suspended with the exception of the Press. Reserved Seat Sale Opens Thursday Morning, 9 a. m., at Hooper's Candy Store. Curtain, 8:20; Carriages, 10:45.