

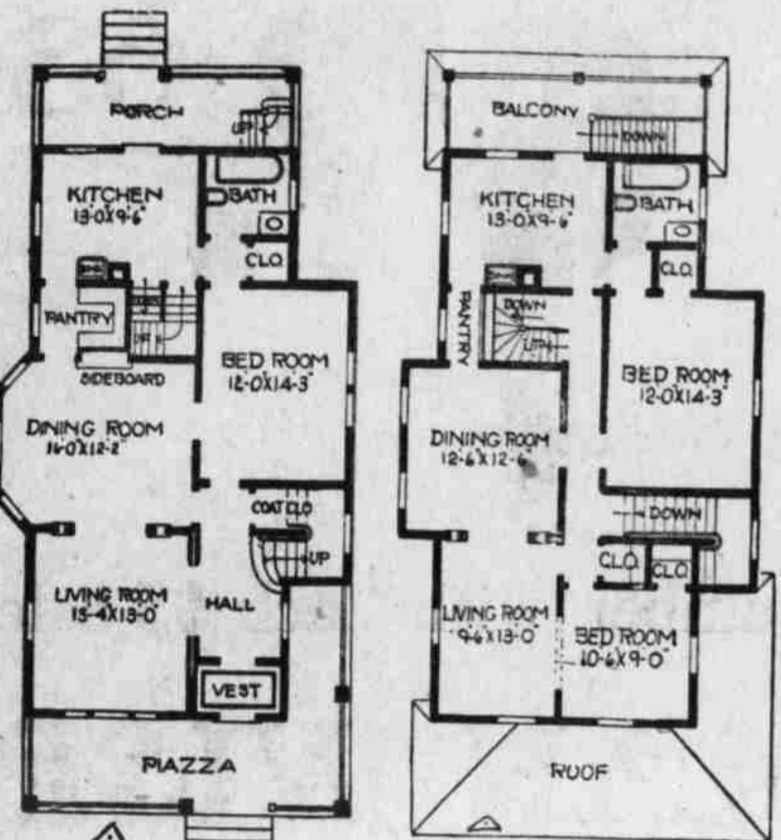
Double Dwelling.

Two Family House Which Should Make a Good Investment—Cost \$3,500.

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PERSPECTIVE VIEW.



FIRST FLOOR PLAN.

SECOND FLOOR PLAN.

Here is a double house which should be a good investment for a man with small means. By living in one part of it and renting the other the owner would be able to finance its construction very easily.

GLENN L. SAXTON.

Eugene W. Presbrey's dramatization of Sir Gilbert Parker's powerful novel, "The Right of Way," which made such a distinct success last season with Guy Standing and Theodore Roberts as Charley Steele and Joe Portugais respectively, will resume its tour in September under Klaw & Erlanger's direction.

feel the curious traits of the picturesque and human Canadian riverman of the north. There is no escaping the grip of Charley Steele or Joe Portugais. It is as compelling as the eternal question, "Who Knows?"

If you will make inquiry it will be a revelation to you how many succumb to kidney or bladder troubles in one form or another. If the patient is not beyond medical aid, Foley's Kidney Cure will cure. It never disappoints.

June Official Tide Tables

Compiled by the U. S. Government for Astoria and Vicinity.

Table with columns for High Water and Low Water, and sub-columns for A.M. and P.M. times in h.m. and ft. for the month of June 1908.

FOOD THAT MAY KILL

Meals Taken Under Certain Conditions Are Dangerous.

THEY SIMPLY BREED POISON.

One Should Never Eat When Hurried, Excited, Angry, Anxious, Grieved, Worried or Shocked, For at Those Times Digestion Cannot Take Place.

A wise man has said, "Circulation follows attention." That is, whenever there is need for the activity of any function the organ which performs that function receives an increased flow of blood.

It is out of the blood that these digestive organs manufacture their various fluids by which each organ accomplishes its special part in the work of digestion; so when an increased quantity of blood is poured into them each organ begins at once to make large quantities of its peculiar fluid.

The salivary glands are in the mouth, under the tongue mostly, and when a greatly increased quantity of blood is sent to them they at once elaborate and pour out into the mouth a portion of their contents; so the hungry man who smells the odor of cooking food waters at the mouth. Thus the mind governs the body.

Now, the action of the glands of the mouth which produce saliva is exactly like the action of the glands elsewhere in the body which produce gastric juice, pancreatic juice, bile and other fluids, through the associated action of which the process of digestion is carried on. When the hungry man smells the aroma of food there is a rush of blood to all the digestive organs, mouth, stomach, small intestine and liver. As a result of this increase of circulation there is suddenly poured out more digestive fluid, not only saliva, but the others as well. The gastric juice begins to flow, the pancreas and liver get ready, and the entire digestive system is prepared and able to take care of any food which is reasonable in kind and quantity.

The point of greatest importance in all this is that these fluids are poured out only when the mental condition is right—when there is in the mind a desire for food. If there should be any feeling of disinclination for food, if there should be even an indifference to food, the food taken under such circumstances would not and could not be properly digested.

If there is in the mind any feeling other than desire for food, if just previous to eating or while eating anything should occur to disturb or distract the mind, then there would be immediate derangement of the circulation. Under these circumstances the blood would be withdrawn from the digestive organs and the elaboration of the fluids of digestion would cease. Then, of course, the body would be in no condition to receive or digest food.

Suppose that our friend returning from his long walk greeted at the door by the odors of fragrant viands a few moments later is handed a telegram informing him of the sudden death of his only son in a distant city. What happens then? At once there is a profound change in the circulation. The blood which a moment previously was massed at the stomach and other organs of digestion, all ready to take care of the meal, is at once switched off to the brain. The man flushes and then pales. His muscles lose their power. He drops into a chair. Perhaps he weeps. Hunger? It is the last thing in his thoughts. "I cannot eat!" he cries. "Oh, my son, my son!"

And the same perversion of the circulation occurs in anger, anxiety, worry, jealousy, haste, excitement or any other state of mental pain or inquietude. All these conditions simply put the digestive organs for the time "out of business." Food taken under such conditions cannot possibly be digested. Instead it will ferment, putrefy in the system and will be the cause of discomfort, of disturbed function, of disease, perhaps of death.

Does this seem extreme? Let me tell you a story. A great, strong, big breasted, energetic man comes in from a day's fishing. He is delightfully tired, "hungry as a bear." At the hotel he finds waiting for him a telegram. bad news. He says, "I can't eat." His friends persuade him. He eats a hearty meal. In two hours he is dead. It is a true story. I know of a score of such cases.

And from all this what can we learn? We can learn this: We must not eat when we are hurried, excited, angry, grieved, anxious, worried or shocked, for food at such times will do us no harm—will perhaps send us with indolent promptitude to that bourne from which no traveler returns. Food taken under such conditions will not digest, but will promptly begin to decompose, forming poisons that will produce any one or more of a numberless multitude of symptoms, ranging from simple headache to death from heart failure.—W. R. C. Latson, M. D., in New York Tribune.

Subscribe for the Morning Astorian,

CLASSIFIED ADVERTISEMENTS

HELP WANTED

WANTED—A BOY TO LEARN the printing business. Enquire at Astorian office.

GIRL WANTED—A GOOD GIRL for general housework. Inquire of Mrs. R. B. Dyer, 493 Fifteenth st. 9-11

WANTED—Experienced woman or girl to take care of baby. Apply this office.

\$200 STARTS A FINE LOCAL business, daily profits \$5 to \$10; particulars free; write today. B. F. Loos Co., Des Moines, Ia.

FOR SALE

FOR SALE—20 AUTOMATIC nickel in the slot weighing scales, 1 electric nickel in the slot piano, set up and in operation in different saloons in the city; price \$200 cash; will bring in over \$100 a month. Address "B." Astorian. 6-4-11.

FOR SALE—NEW PAIR PAINTER'S falls for sale cheap. Apply W. H. Corbell, Seaside, Oregon. 6-11-08.

FIRST-CLASS DENSMORE TYPE-writer, at half price; also light driving team, buggy and harness; together or separately. C. E. Barney, with Warren Packing Co., Astoria.

TEAM FOR SALE.

TEAM OF HEAVY DRAFT horses, grey, weight 1300 pounds each. For price and particulars inquire of the Ilwaco Livery Stable. 6-11-08.

MISCELLANEOUS.

WANTED—BETWEEN JUNE 1ST and 15th, a furnished house for the summer; good, careful tenant. Address H. G. Smith, care Warren Packing Co., city.

YOUNG MAN WHO HAS LEARNED bookkeeping and stenography, desires position in a store or office to work up; speaks Norwegian and Swedish. Apply "G." Astorian. 6-12-11.

WANTED—SMALL FURNISHED house centrally located or rooms for light housekeeping with modern conveniences, "T." Astorian. 6-10-5.

WANTED—TO BUY A HORSE; weight about 1250 pounds; not over 8 years old; must be good driver and gentle, also city broke. Address Astorian office. 6-9-11.

FOR SALE—REAL ESTATE.

FOR SALE—LOCKSLEY HALL Hotel, Seaside, Or.; this beautiful spot under the pines and overlooking the ocean is for sale; best money-making property in the West; over 100 rooms; modern in every way. For particulars apply to Mrs. L. A. Carlisle on premises.

FOR RENT.

FOR RENT—A LARGE SUNNY front room, bath, phone, electric light and gas. Address 450 Exchange street, cor. Tenth. 6-6-08.

FOR RENT FURNISHED HOUSE-keeping and single rooms. Apply 677 Exchange street. 6-6-08.

HOUSE MOVERS.

FREDRICKSON BROS.—We make a specialty of house moving, carpenters, contractors, general jobbing; prompt attention to all orders. Corner Tenth and Duane streets.

PASTURAGE.

GOOD PASTURAGE FOR RENT, \$2.50 per month; horses called for. Inquire A. E. Kinney, Lewis and Clark. 6-9-08.

MISCELLANEOUS.

Smith's Special Delivery EXPRESS AND BAGGAGE Leave Orders at Star Cigar Store. Phone Black 2383 Res. Phone Red 2276.

Stand Corner 11th and Commercial.

MEN AND WOMEN. Use Big 44 for unnatural discharges, inflammation, irritations or ulcerations of mucous membranes. Painless, and not astringent or poisonous. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles \$2.75. Circular sent on request.

Advertisement for Smith's Special Delivery, including contact information and a small logo.

PROFESSIONAL CARDS.

ATTORNEYS-AT-LAW

CHARLES H. ABERCROMBIE Attorney-at-Law City Attorney Offices: City Hall

JOHN C. McCUE Attorney-at-Law Deputy District Attorney. Page Building Suite 4.

HOWARD M. BROWNELL Attorney-at-Law Office with Mr. J. A. Eakin, at 420 Commercial St., Astoria.

OSTEOPATHS

DR. RHODA C. HICKS Osteopath Office Mansell Bldg. Phone Black 2065 573 Commercial St., Astoria, Ore.

DENTISTS

DR. VAUGHAN Dentist Pythian Building, Astoria, Oregon

DR. W. C. LOGAN Dentist Commercial St. Shanahan Bldg.

BUSINESS DIRECTORY.

RESTAURANTS.

TOKIO RESTAURANT. 351 Bond Street. Opposite Ross, Higgins & Co. Coffee with Pie or Cake 10 Cts.

FIRST-CLASS MEALS Regular Meals 15 Cts. and Up.

U. S. RESTAURANT.

434 Bond Street. Coffee with Pie or Cake, 10 Cts. First-Class Meals, 15 Cts.

FISH MARKET.

Seattle Fish Market 77 Ninth St., near Bond Fresh and Salted Fish. Game and Poultry. Groceries, Produce and Fruit Imported and Domestic Goods. P. Bakotitch & Feo, Proprs. Phone Red 2183

Advertisement for Dr. Reed's Cushion Sole Shoes, featuring a large image of a shoe and text describing its benefits for corns.

Death on Corns Easiest thing you ever put on your feet. Sold by S. A. GIMRE Agents for the Douglas Shoe 543 Bond St., op. Ross, Higgins & Co.

HOT OR COLD Golden West Tea Just Right CLOSSET & DEVERS, PORTLAND, ORE.

JUST ARRIVED Gold Fish 25c and 35c Each Hildebrand & Gor Old Bee Hive Bldg.

Sheet Iron Worker ALL WORK GUARANTEED 425 Bond Street.

WINE AND LIQUORS. Eagle Concert Hall (320 Astor Street) Rooms for rent by the day, week, or month. Best rates in town. P. A. PETERSON, Prop.

DAIRIES. The Vermont Dairy I am prepared to furnish pure milk and cream. Satisfaction guaranteed. Phone 14 Farmers line. W. J. INGALLS.

UNDERTAKERS.

J. A. GILBAUGH & CO., Undertakers and Embalmers. Experienced Lady Assistant When Desired.



Calls Promptly Attended Day or Night. Tatton Bldg. 12th and Duane Sts ASTORIA, OREGON Phone Main 2111

TRANSPORTATION.

The "K" Line PASSENGERS FREIGHT



Steamer - Lurline

Night Boat for Portland and Way Landings. Leaves Astoria daily except Sunday at 7 p. m.

Leaves Portland Daily except Sunday at 7 a. m.

Quirk Service Excellent Meals Good Berths

Landing Astoria Flavel Wharf. Landing Portland Foot Taylor St.

J. J. DAY, Agent. Phone Main 2761.

MEDICAL.

Advertisement for Dr. C. Gee Wo, a Chinese doctor, with a portrait and text describing his medical expertise.

LAUNDRIES. Those Pleated Bosom Shirts The kind known by dressy men in the summer, are difficult articles to launder nicely. Unless you know just how to do it, the front pleats won't iron down smooth, and the shirt front will look mussed. Our New Press Ironer irons them without rolling or stretching. Try it. TROY LAUNDRY, Tenth and Duane. Phone Main 1991

PLUMBERS. JNO. A. MONTGOMERY PLUMBER Heating Contractor, Tinner -AND- Sheet Iron Worker ALL WORK GUARANTEED 425 Bond Street.

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