NORTH SIDE NEWS

Miss I. M. Williamson, of Ilwaco, is the accredited representative of The Astorian and will take care of all items of news, orders for subscriptions and all kinds of printing

J. B. Babler, left Monday for South Rogers, by the Clatsop Mill Co., of Bend, for a short business visit in that Astoria, was towed away, Sunday.

ing old friends and acquaintances.

home in Astoria, the latter part of last for J. A. Howerton. week after a few very busy days, spent | Harry W. Nott, who was confined

Glendale, Oregon, after a few days to be again at his place of business. spent in Ilwaco, with his father and

J. W. Scaborg left Monday for a dealers here. business trip to Portland Oregon.

stand will at once begin work on the serious. electric light plant of the Ilwaco Mill Mr. Green of Seaview, is having the the busy holiday season.

ternoon on the launch Hulda I, from ture. a several days business trip spent in Word was received the first of this Astoria, and at up river points.

to Portland and Vancouver.

cently from Geo. L. Colwell and C. F. noon in Chinook.

How Nature Adapts Food to Man and Man to Food.

GREAT VALUE OF CEREALS.

Why People Can Eat Bread at Every Meal Without Getting Tired of It. The Fruits of the Burning Tropics and the Fats of the Frozen Arctio.

Modern science has shown that nature provides food for mankind with marvelous care and foresight. The human system requires a certain amount of proteid daily to replace wormout muscle and tissue. Fish and meat supply this in large quantities. In hot climates, however, these spoil so quickly that their use is limited. Nature, as if to compensate for this, has given to certain tropical fruits a much larger quantity of proteid than northern fruits contain. Thus government analysis shows that figs have five units or calories to the ounce, dates two and fivetenths and bananas one and five-tenths. Apples have five-tenths, peaches ninetenths and pears seven-tenths. Probably the figs and dates tested had lost part of their moisture, and some allowance should be made for this.

The Arab can, therefore, maintain his vigor on a diet chiefly plucked from trees. Henry M. Stanley and his white ns subsisted almost entirely banana flour for two years in the African jungle. Their freedom from disease was in part attributed to the wholesomeness of this diet. The dried banana contains 20 per cent of proteid, about double that of ordinary wheat

At the opening of the mango season in Jamaica many of the natives practically live on this fruit for two or three weeks. They fairly revel in it. An Englishman who was familiar with the science of diet could not understand how they could not only maintain their bealth on this fare, but actually grow sleek and fat. He knew that an effort to live on the fruits of The back aches at night, preventing Gold Fillings\$1.50 up his native country would result in weakness, sickness and eventual death. Chemical analysis showed, however, that the mango centained enough proteld to supply the bodily needs.

adapting food to man's uses, she has kidneys. been equally so in adapting man to his food. You may have wondered why people can eat bread at every meal without tiring of it. The difficulty of eating one quail a day for thirty days is well known. Even such delicacies as Nature sends men a never falling appetite for cereals because they are altogether the most valuable of foods. They contain a considerable amount of proteid, their salts are of importance small bulk.

Thus wheat flour, cornmeal, oatmenl (dry) and rice (dry) have more than 100 units to the ounce. Baked potatoes have 32.7 units, cabbage has 9.2, spinach 7, asparagus 6.5, apples 18.4, strawberries 11.4, spring chicken 19.5 and They entirely cured me and I am now tenderioln of beef brolled 5.9. If a man in good health." tried to get even half of his nutrition from the coarse vegetables, which have a considerable indigestible residue, he would have to eat pounds of them daily, and his stomach would be sadly overburdened. Nature gives us the desire for a varied diet, and science shows that this is altogether the best

In the arctic regions there is little vegetation. Man must live almost

A scow, carrying 40 tons of coal ar-Mrs. Chas. Burch, of Nahcotta, rived Sunday, and was landed on the Wash, was in Ilwaco Monday visit- beach, where it was in easy access of the teams, 30 tons are for the Ilwaco Geo. L. Colwell returned to his Public School and the remainder is

to his bed for several days last week Ben Wise, returned Monday to is rapidly recovering and is now able

Mr. Fraser, a travelling salesman brother. He expects to be gone about from Portland, was in Hwaco Tuesday soliciting orders among the grocery

Geo. Koford, who has charge of the I. G. Heller, an electrician, arrived engine in the Ilwaco Mill, is at presthe first of the week and we under- "at quite fil, but his case is not thoug t

and Lumber Co., and will furnish building belonging to Wm. Black, on lights to the places of business during Main Street remodeled, and some necessary repairs made, preparatory W. A. Fowler returned Saturday af- to opening up a saloon, in the near fu-

week that Mrs. Nick Hansen of Chi-Mr. and Mrs. E. T. Hawkins, re-nook, died Monday, in one of the turned Saturday from a few days trip Portland hospitals, from an operation imade recently; we understand the fu-The large raft of logs purchased re- neral will be held Wednesday after-

which are the chief components or the foods of vegetable origin and supply the fuel needed by the body. The polar animais have fut in abundance, but residents of the temperate and torrid zones can eat it only in limited quantitles. To them the mere thought of chewing chunks of grease is nause-

ating.

The children of the frozen north. however, are endowed not only with the ability to eat and to digest large quantities of fat, but with a keen appetite for it. One who is sensitive to such impressions must turn away when he sees the natives of southern Alaska, the Thinkits, swallowing seni oll flavored by salmon berries with the gusto of a boy over ice cream. The Eskimos, farther north, will eat blubber, slightly cooked in the flames, to an indefinite number of pounds.-New York Tribune.

Her Object Attained. "Forgive me, my dear," said the gossip humbly, "but I thoughtlessly mentioned to Mrs. Brown the things that you told me in strict confidence." "There is nothing to forgive," replied the wise woman pleasantly. "It was for that very purpose that I told them

Getting Even. "You are half an hour late this morning," said a schoolmaster to a

to you in strict confidence."-Chicago

"Yes, sir," replied the boy, who had been "kept in" the day before. "It was late yesterday when I got home!" -London Tit-Bits.

We give altogether too little impor tance to what we say to others and too much to what they say to us .- Elliot.

HANDICAPPED

This is the Case With Many Astoria People.

Too many Astoria citizens are handicapped with a bad back. The unceasing pain causes constant misery, making work a burden and stooping or lifting an impossibility. within reason. ments may give relief but cannot reach the cause. To eliminate the If nature has been thus kind in pains and aches you must cure the

> Doan's Kidney Pills cure sick kidyou doubt Astoria evidence?

Wm. Joyce, 412 Duane St., Astoria, Ore., says: "At the time I began asparagus and strawberries cause an Doan's Kidney Pills, I was enduring aversion when served too frequently, a great deal of suffering. The secretions from my kidneys were so frequent as to cause me a great deal of annoyance and as a result of not getting my proper rest at night, I would to the organism, they are readily di. farise in the morning tired and weak. gested when properly cooked, and they The slightest exertion caused severe furnish a great deal of nourishment in pains through my back and hips and though I tried liniments and plasters. I did not receive relief. At last my attention was drawn to Doan's Kidney Pills and I procured a box at Chas. Rogers & Son's drug store. in good health."

> For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name-Doan's-and taffe no other.

JACKSON, Miss., Dec. 9. -What is believed to be the oldest baseball wholly on animal foods. Fish and in the world will be shipped to Garmeat would not suffice, because they ry Hermann, chairman of the Nacontain only proteids. These would re- tional Commission, by Ed. Laughlin. place wornout muscle and tiasne, but It was used Nov. 8, 1865, in a game could not be burned in the body to played at Williamsport, Pa., for the generate heat and energy. Fats, how ever, consist of carbon and hydrogen, to 35 in favor of Williamsport. state championship, which ended 61

More people are taking Foley's Kidney Remedy every year. It is considered to be the most effective remedy for kidney and bladder troubles that medical science can devise. Foley's Kidney Remedy corrects irregularities, builds up worn out tissues and restores lost vitality. It will make you feel well and look well. T. F. Laurin, Owl Drug Store.



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are increased by beautiful surroundings. New and artistically designed

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will make your rooms look bright your house in real holiday trim.

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Silver Filling50c to \$1.00 Enamel Filling\$1.50

A written guarantee of 10 years Doan's Kidney Pills cure sick kid-neys and cure them permanently. Can attendance. Swedish and Finn interpreter. Office hours: 8:30 a. m. to 6 p. m.; Sunday: 10 a. m. to 12 m.

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My stock of men's and boy's shoes is unsurpassed for quality. Close buying and low expenses enable me to sell the best qualities at lowest prices.

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FOR SALE-MISCELLANEOUS

FOR SALE-A 1-2 AND 1-32 K. diamond, set in ring. This office. asi TWO FINE HOUNDS: MALE and female; six months old; \$50. Address 814 Grand avenue.

AUCTION SALE-50 HORSES-Warrenton, Oregon, Dec. 17, 1908. 20 head good work and brood mares, weighing from 1200 to 1600 lbs.: some matched teams; 20 head twoand attractive. If you are going to year-olds and yearlings; 10 head to any re-papering you should have sucking colts. The young stock it done immediately and thus put nearly all sired by fine Clydesdale and Percheron stallions, and out of trial. good large mares. All valley stock, gentle and in good condition. Sale CIVIL SERVICE MEN WANTED will commence promptly at I o'clock

WANTED-MISCELLANEOUS.

WANTED-BOARD AND ROOM in private family by two young men; close in to business center. Address D. C. Astorian office.

CITY REAL ESTATE.

FOR SALE-BUSINESS BLOCK; the Waldorf, Kinney and Gribler, corner Eigth and Astor, two lots, 100x110; house 100x110, 40 rooms up A hotel where the North- stairs; 1 hall 40x100. J. F. Nowlen. west people will find a hearty 473 Commercial

FOR SALE-ONE LOT, SALOON ers' Association will be held at the on Astor street; cozy corner; saloon fixtures; 7 furnished rooms; price, \$8500. J. F. Nowlen, 473 11 o'clock a. m. Geo. H. George, Commercial. 10-4-tf

FOR SALE-ONE HOUSE, TWO story, \$5250; one house, one-story, \$2250, or both for \$7000; property adjoins SE, cor, 34th and Franklin. Apply to J. F. Nowlen.

J. F. NOWLEN, REAL ESTATE and Employment Office, 473 Comnercial St., Phone ---. Have fine list of Astoria and country property. All clases of labor furnished.

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FOR SALE-RANCH AT SVENsen, 25 acres; 8-room house; good Portland, Ore. barn and out buildings and orchard; partially improved; \$3000. Apply J. F. Nowlen. 25.34

FOR SALE-1571 ACRES LAND. section 4, township 5, range 6, on Nehalem River, two and one-half million feet of timber, 35 acres cultivated; price \$6000. J. F. Nowlen. 473 Commercial street. 10-4-tf

SMITH'S POINT-1 HOTEL, 3 story; cost \$2000 to build; 3 lots, cost \$1500; brick foundation; cement walks all round; yard filled with fruit and ornamental trees; 5 good milk cows, 2 heifers; price, \$3500; half cash; half time. J. F. NOWLEN.

473 Commercial St. Astoria, Or.

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BATHS-TURKISH AND RUSsian, at the natatorium of George Hill, 217 Astor St.; rational prices; absolute cleanliness; private rooms; separate service for ladies; rheumaperfect success.

NURSES.

PRACTICAL NURSE, EXTENsive experience, will take charge of most any kind of nursing; confinement cases preferred; terms reasonable, Mrs. Chas. Lind, 408 35th street. Astoria:

AUCTION AND COMMISSION

pairing, upholstering, carpet laying, etc.; just opened up in Welch Block, Fifteenth street, between Commercial and Bond. Give me a

CIVIL SERVICE-We want young men who wish to enter the U. S. aminations. Write at once for "Civil cal draftsmen and mechanical engiton St., Portland, Ore.

MISCELLANEOUS.

Notice.

The annual meeting of the stock-10-4-tf holders of the Columbia River Packoffice of the Association at Astoria, Ore. On Monday, December 14th, at Secretary.

ELECTRICIANS WANTED.

ELECTRICAL WORKERS WANTwell-paid position as an electrician, ner Tenth and Duane streets. or electric railway, lighting, or dynamo station foreman or superintendent, or telephone manager. We can teach you by mail, in your spare qualification needed is ability to read sen, the "Chinee." and write and the determination to succeed. Write today, stating the his to his disadvantage, subject which interests you. International Correspondent Schools, H. cash price for second-hand and new Harris, Representative, 425 Wash-

CARD WRITERS WANTED.

window trimmers wanted - Every retail store in the country uses showcard writers and window trimmers. The demand for men skilled in these professions is enormous. We teach both show-card writing and window trimming by mail. Write now, stating whether interested in both subiects, or which one. International Correspondent School, H. Harris, Representative, 425 Washington St. Portland, Ore.

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RIS, colored face and scalp BOOKKEEPERS WANTED-This is an age of business, and there is accordingly a great call for bookn s proved and up-to-date systems at a low cost, by mail. Write today for "Commercial Circular." International Correspondent Schools, H. Harris, Representative, 425 Washington St.,

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U. S. RESTAURANT, 434 BOND street. Coffee with pie or cake, 10 cents; first-class meals, 15 cents.

TOKIO RESTAURANT, 351 Bond street, opposite Ross, Higgins & Co.; coffee with pie or cake, 10 cents; Heating Contractor, Tinner first-class meals; regular meals 15

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YOUNG MEN WANTED WHO desire to earn better salaries and do more congenial work. If able to write, and ambitious to succeed, we can qualify you for a position as mechanical, electrical, steam, civil or mining engineer, architect, etc., etc., Write at once, stating position wanted. International Correspondence Schools, 425 Washington St., tism and skin diseases treated with Portland, Ore., H. Harris, Represen- All Work Guaranteed. 126 Eighth 10-25-tf tative.

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STENOGRAPHERS AND TYPEwriters wanted-There is a steady demand everywhere for stenographers and typewriters. Stenography is many times a short cut to high Smith's Special confidential positions. We teach stenography and typewriting thoroughly and practically by mail in your spare time and at low cost. Write today for "Commercial Circular." International Correspondent Schools, H. Harris, Representative, 425 Washington St., Portland, Ore.

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AD WRITERS WANTED-There HOT OR COLD are many positions open for ad writers and advertising managers. Salaries run as high as \$16,000 a year. We can teach you advertising in your spare time and at a low cost. MARTIN OLSEN, AUCTION AND tion to succeed are all you need. Commission House. Furniture re- Write today for "Two Hundred Million Dollar Advertising Booklet," which gives full particulars. International Correspondent Schools, H. Harris, Representative, 425 Washington street, Portland, Ore.

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