

The Lunch Counter

Is the Cause of Dyspepsia and Indigestion, Catarrh of the Stomach and Heart Disease.

Mine-Tenths of Those Who Eat There Bolt Down Their Food.

The next time you eat at a lunchcounter just you watch the people op-Look down the whole line and notice how they bolt down their food, washing it down with hot coffee or cold water. First, they take a large bite then a drink, a bite and a drink, nurrying through their meal in five or ten minutes.

health.

Don't give up in despair, but get right and all things will come your way and fortune will again smile upon you.

You can purchase Stuart's Dyspepsia Tablets anywhere on earth. They have

and pepper to boil it. When boiled for 10 minutes it is ready to be drained of the liquid. Then it should either be chopped or passed through a coarse

Vegetables are still quite plentiful in the flocal retail markets despite the fact that this is well into the wintry season. Some few of the summer varieties are missing from the displays but taken as a whole your table can be quite well supplied from the markets at this time.

Supplies of spinach are limited but some of the larger markets have some. Try this in preparing !::

To four quarks of the evegetable provide one tablespoon of cream, an ounce of butter, three or four eggs, a teaspoon of lemon juice, a grain of exyense, a tablespoon of salt and pepper to suit.

Now soak the spinach thoroughly, washing it in several waters, then pick the 'stalks off. When washed it should be placed into a dry saucepan and after sprinkling it with salt, place it on the range. Enough liquor will be drawn from the spinach by the salt.

Under the Oregon state game laws it is unlawful to sell most wild birds but geese and snipe can still be secured. Both of these are now in the market. Snipe are selling at 50c each, or \$1 a pair. This is the way to prepare the snipe:

pare the snipe:

First get your snipe, two ounces of butter, one teaspoon of sait and another of pepper. Pluck the birds and after singeing them, they should be drawn. Season with pepper and sait by rubbing inside; rub over the breast of each bird a part of the butter, and broil over an open fire for 20 minutes. The livers should now be bolled for a few minutes; latter pounded in a mortar or chopper fine. Spread this paste over two silces of toast. Place the toast on a platter, serving the birds from this platter.

Tukeys are quite scarce in the mar-Tukeys are quite scarce in the markets, the demand for them during Thanksgiving week being the largest in the instory of Portland. Prices are therefore higher and today a good, dressed bird cannot be obtained under 25c a pound.

Chickens are plentiful, however, but are not cheaper. In the retail markets they are selling at 17 and 18c a pound.

then a drink, a bite and in five or ten ing through their meal in the pound.

All the through their meal in five or ten ing through their meal in the year selling at 17 and 18c a pound to a secure strictly fresh local eggs are to scarce. The price at retail ranges from 45c to 50c a dozen. Eastern eggs are the store of such good quality that they can scarcely be told quality that they can scarcely be told quality that they can scarcely be told quality.

The dyspeptic is usually grouchy and the markets and it's a fact that both are of better quality than usual.

Figs and dates are now quite plentified the markets and it's a fact that both are of better quality than usual. The property consists of a 25-foot lot occupied by a two-story frame residence. It it situated on the west side of Quimby street, between Twenty-first and Twenty-second streets, and was sold for \$4.500.

Henry P. Works has purchased the handsome new residence occupies a quarter-block, and sold for \$4.500.

Henry P. Works has purchased the handsome new residence occupies a quar

sible to man; while ill-health handicaps him.

The dyspeptic is usually grouchy and cannot meet his fellow-man in the proper spirit to win his confidence and esteem. Many a fine proposition has falled because a dyspeptic was back of it.

Your brain does not work right where dyspeptic conditions prevail, neither does any organ of the body.

Get your digestive apparatus in perfect condition first and all will go well with you.

Take Stuart's Dyspepsia Tablets until you care yourself of indigestion, catarrh of the stomach and dyspepsia, and your heart, liver, brain and all the organs of the body will perform their functions properly and you will be in sound health.

Sold for \$4.500.

Henry P. Works has purchased the handsome new residence of Paul t. Beckman at Laurelwood. The residence occupies a quarter-block, and sold for \$2.350.

John W. Fink has sold to Edward Carlisle a house and lot in Rochelle addition. Consideration \$2,050.

Mix in suitable bowl, two breakfast cone and a half of suet, chopped finely, two of dates chopped roughly and is half cup of sugar. Add a liberal pinch of the stomach and dyspepsia, and your heart, liver, brain and all the organs of the body will perform their functions properly and you will be in sound health.

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Joseph J. Greene has purchased a building site at the corner of Brainard street and Missouri avenue, Upper Albina. The property belonged to Frank Geordan and was sold for \$1,300.

Arthur C. Oberlin has secured a quarter-block dwelling site in Oak park addition to St. Johns. The property addition to St. Johns. The property showly and the street and missouri avenue, Upper Albina. The property belonged to Frank Bowl, cook by steaming from 3 to 6 hours. Serve hot with cream or other steam of the body and the street

20-year case, 16 size watch, Eigin or Waltham movement, \$9.75, at Metzger's, 342 Washington street.

Tablets anywhere on earth. They have become a family necessity everywhere. They are 50 cents per package.

Send us your name and address today and we will at once send you by mail a sample package free. Address F. A. Stuart Co., 150 Stuart bldg., Marshall. Michigan.

Get=Rich=Quick

Wallingford said:

"It always helps some to remember that in this big

United States people have been saving up money

for years, just waiting for me to come and get it."

"I've never taken a fall out of the insurance game,

and it sounds good. Ten cents seems like a piker

game, but when we've got 250,000 members, that

The conclusion is a live-wire story of credulous savers

and an unscrupulous spender; it is the second story in MR. GEORGE RANDOLPH CHESTER'S

Get-Rich-Quick series; it is called

Profitable Benevolence

and it appears in the Christmas Number of

trifling ante amounts to \$25,000 a month."

Which led to this reflection:

Why Suffer?

If you suffer pain from any cause, Dr. Miles' Anti-Pain Pills will relieve it -and leave no bad aftereffects. That's the impor-tant thing. Neither do they create a habit. More often the attacks become less frequent, or disappear altogether. Dr. Miles' Anti-Pain Pills have no other effect except to relieve pain and quiet nervous irritation.

OUS ITTITATION.

"We are never without Dr. Miles" Anti-Pain Pills. My husband and son, aged 15 were always subject to sick headache until we began using these Pills, and they have broken them up entirely. Don't think they have had to use them for six months. I recommend them to every one. A few weeks age I heard an old lady friend was sick. I went to see her. She was down with LaGrippe, and nearly orasy with awful backache. I gave her one of the Auti-Pain Pills and left another for her to take in a short time. They helped her right away, and she says she will never be without them again. Last winter my husband was taken with pluerisy on both sides, and I know he would have died if it hadn't been for the Pills. In less than half an hour he was sweating, and went to bed and slept."

MICS. G. H. WEBB. Austinburg, Ohlo.

Your druggist sells Dr. Miles' Anti-

Your druggist sells Dr. Miles' Anti-Pain Pills, and we authorize him to return the price of first package (only) if it falls to benefit you. Miles Medical Co., Elkhart, Ind

RESIDENCE BUYING **CONTINUES ACTIVE**

Homes in Various Parts of

Henry Weimant has purchased a half lot and small cottage on Beach street, between Hendricks and Mallory streets, from John Ross. Consideration \$900.

A healthy man is a king in his own right; an unhealthy man is an unhappy slave. Burdock Blood Bitters builds up sound health-keeps you well.

Fine Seth Thomas clocks at Metz-ger's, 342 Washington street.

CLOSING OUT SALE

Of the JOHN DELLAR STORE, First and Yamhill

It is our intention to CLOSE OUT EVERY ARTICLE of WOMEN'S WEAR in the store. This was Mr. Dellar's first and only season in Ladies' Goods, so that every article is new and fresh this season-not an old item in the lot. COME AND BUY where you have the choice of NEW GOODS, at marvelously LOW PRICES:

Ladies' Dresses

JUST HALF-PRICE \$50 LADIES' \$25. \$45 LADIES' \$22 \$35 LADIES' \$17.50 DRESSES \$17.50 \$30 LADIES' \$15

Ladies' Suits

\$30 LADIES' \$19. \$25 LADIES' \$16. \$20 LADIES' **\$13** \$15 LADIES' \$ 9.85 Ladies' Tan Coats

\$30 TAN \$15.00 \$25 TAN \$12.50 \$20 TAN \$10.00

A Nice Line of Furs **EXACTLY HALF-PRICE**

IT WILL PAY YOU TO CALL AND EXAMINE WOMEN'S WEAR. EVERYTHING ONE THIRD TO ONE HALF LESS

MOYER FIRST & YAMHILL FORMERLY JOHN DELLAR'S

Into Old Man by Disease Which Will Forbid His Leaving Blackwell Island Prison Alive.

New York, Dec. 4 .- Abe Hummel, the lawyer, first nighter and at one time the best-known figure on Broadway, convicted of conspiracy in the Dodge-Morse divorce scandal, is dying in the Blackwell's island penitentiary.

He will not survive his term of imprisonment, which ends in March. He is in the grip of a fatal disease and his death may occur at any moment.

Dr. Phillip H. Matz, resident physician at the prison, said today:

"Hummel will not live to leave the penitentiary. He has been in bed for two months. He may live weeks or he may die at any moment, but there is no power known to medical science by which his life can be saved. He is suffering from intestinal nephritis, a kidney disease which has spread to his heart. It is in such an advanced stage that it is impossible even to check its ravages. It would not surprise any of the physicians who have visited Hummel to have him drop dead any day.

"He would not be recognized by the old friends who knew him when he was the dapper, smiling, alert lawyer on Broadway. He has shrunken terribly. He has lost 30 pounds in weight. His cheeks are thin and the loosened muscles sag. His eyes are lack-luster and there are great puffs under them. He is so weak that he cannot now stand alone." prisonment, which ends in March. He

Eummel's Offense.

Abe Hummel was convicted on December 20, 1905, of conspiring with his partner, Benjamin Steinhardt, and Charles F. Dodge to invalidate the marriage of Mrs. Dodge and Charles W. Morse, the banker and ice trust magnate. Dodge turned state's evidence, after being caught in Texas and brought back to New York.

District Attorney Jerome, in a denunciation of Hummel in open court, said:
"This man and his firm have been a menace to the community for 20 years." It was a noted and notable firm that the district attorney thus branded. William F. Howe was the senior partner, who died before disgrace came upon them. He was a famous criminal lawyer, cloquent, impressive, large and gen-

ner, who died before disgrace came upon them. He was a famous criminal lawyer, eloquent, impressive, large and generous. He was the court lawyer, the pleader of the firin. Hummel was the shrewd, crafty office man, who worked on the inside and prepared the cases in which they succeeded more often than they failed.

Every trick of the trade was known to him. Born in Bosten 58 years ago, educated in the New York public schools, he served as an office boy for Howe, and was admitted to the bar when he was 19 years old! He became a member of the firm in 1869, and his influence grew rapidly, so that long before the death of Howe, Hummel was the more widely known of the two. He was lavish with his money. His entertainment, at his home or along Broadway, according to the character of his guests, was sumptuous. He made an enormous income, and he spent a large part of it gratifying his love of please

ure. But even that money was well ADDICT IN DAV spent, from an advertising point of view, for it was from Broadway, in the lower walks of life, that Hummel drew his paying clientele. They were men and women with "pasts." They wanted divorces, or to be kept out of the clutches of the law, and to Hummel they went for the one thing or the other.

Model Prisoner.

Since his imprisonment, Hummel has been a model prisoner. He has complied with every prison rule. He wears the coarse prison garb of stripes the same as any other convict. The stories that he is dressed in soft, silken undergarments is not true. He is allowed Dapper Lawyer Transformed

Into Old Transformed

Unit of the last dressed in soft, silken undergarments is not true. He is allowed nothing that is withheld from any other prisoner, and he has asked for nothing. Hummel has completely lost his many prisoner, and he has asked for nothing.
Hummel has completely lost his appetite. The prison fare, which is all he can get, is not alluring to a man who has lived for years on the choicest delicacies obtainable. He is allowed milk, eggs and bread for breakfast, meat, vegetables, tea or coffee and pudding for dinner and a soup and vegetables for

supper.

The inability to eat has contributed to his weakness. He is now as helpless as a baby.

SENTENCED TO FIFTY YEARS FOR ROBBERY

(United Press Leased Wire.) San Francisco, Dec. 6 .- William Hogan, Thomas Conwell, William Mc-Laughlin and James Purcell were each sentenced to 50 years' imprisonment in the penitentiary vesterday. These four thugs were convicted of highway rob-hery. Two months ago they met George bery. Two months ago they met George Felphes, a waiter on the steamer So-noma, one night in the burnt district. He asked them to direct him to a ho-tel. Instead they struck him down with the butt end of a pistol and re-lieved him of \$15 in gold.

Eats Gas.

(United Press Leased Wire.)
Los Angeles, Cal. Dec. 6—Despondent
and feeling she had been cast aside by and reeling she had been cast aside by her husband for another woman. Mrs. Ida C. Wulst committed suicide last night by inhaling illuminating gas, Near the body were found the fragments of a note which she had written to her husband, who is the proprietor of a lithographing establishment.

Gold-headed canes at Metzger's

Fishermen in Crazy Skiff
Tossed About by Storm
Try to Make Shore.

Without food or drink for 72 consecutive hours and bearing evidence of having been buffeted by storm, Charles Losee and George Goff, amateur fishermen, arrived at their homes in Fort Hamilton, says the New York American. They told how a little boat in which they went adrift was passed by several fishing smacks, although the two endangered men signaled wildly for help.

Losee, who lives at Ninety-third

Losee, who lives at Ninety-third

Later another vessels a big fishing smack, hove in sight, and the cries were renewed, but again they were ignored. Several other vessels sailed past the seemingly doomed men and they abandoned hope.

Meanwhile the police had issued a general alarm for them and all the life-saving stations along the New Jersey coast were notified. Crews of outgoing fishing vessels were requested to keep a lookout for the missing pair, but no word was received from them until late yesterday. At 7 o'clock last night they appeared at their homes.

They had drifted into Point City cove, about eight miles from Atlantic Highlands, and had managed so as to maneuver the boat as to permit of landing. The two were bedraggied and haggard from exposure and lack of sustance. They won't go out in the skiff again.

help.
Losee, who lives at Ninety-third street and Fifth avenue, and Goff, who resides at Ninety-second street and Battery place, left Fort Hamilton Saturday morning in a skiff rigged with what seemed to be a stout sail. This skiff was known as a "hard luck" craft, for it had capsized twice last summer. But the men intended to go out beyond Sandy Hook to fish and ignored all superstition when they sailed away.

They had no trouble until they reached the Hook and there they bobbed around, getting many fish.

reached the Hook and there they bobbed around, getting many fish.

Early Saturday afternoon they started back for Fort Hamilton. As they got to the mouth of the Narrows the big storm of that night struck them. The sail of the skiff was rent as if it were tissue paper. The mast cracked were tissue paper. The mast cracked and fell overboard, tipping the vessel until the men believed they would be drowned. The storm not only destroyed drowned. The storm not only destroyed sail and mast, but even ripped the rudder loose, so that it was useless.

Losee and Goff were helpless. They had taken along only enough water and food to last until late in the afternoon and as the night wore on and the gale swept them hither and thither, in the cold and darkness, they began to suffer from thirst. from thirst.

As the morning broke the storm increased in fury and the fishermen had

no idea where they were. Rain descended in such volumes and was driven with such vapor-like clouds that they could not even see the shore.

A sailing vessel, struggling with the choppy sea, passed close to the skiff. Losee and Goff shouted wildly and waved piecer of the tattered sail. But the craft went jurching on her way, the captain paying no attention to the yells for kelp.

Passed by Other Vessels.



TORPID LIVER. They

SMALL PILL SMALL DOSE, SMALL PRICE



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One quarter off on Suits, Cravenettes and Overcoats; enough savings to buy your furnishings for the entire winter. Read these prices:

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Barr & Hoggatt

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