

Sturgeon Are Scarce.

The sturgeon, once so common, is a fish now rarely seen in the Portland markets. Although highly esteemed in some countries and finding a ready sale in the cities of the East, especially in a smoked condition, it never was much of a favorite here, being chiefly used by cheap hotels and restaurants, where it was served up under the name of "sea bass" or "fillet of sole."

A few years since parties came here and engaged in the business of shipping sturgeon East, and the fishermen went into the business of catching them wholesale, and soon the Columbia was strung with sturgeon lines as numerous as the streets of Portland are with electric wires, and hooks by the ton were set for the doomed sturgeon. Fish Commissioner James Crawford has stated that over 4,000,000 pounds of sturgeon was shipped from the Columbia river in 1892, and also that over 95,000 pounds of caviare, sturgeon eggs, was shipped the same year.

The number of sturgeon caught during the winter and spring of 1892-3 in the Columbia was over 10,000, more than 20 per cent of which were small fish. It is unnecessary to say that but few have been shipped since, but as it was not practicable to catch them all at once, there are still a few in the river, but it is seldom any find their way to this market.

Although there is no difficulty in procuring sturgeon eggs, and the method of propagating them artificially is well understood, no steps so far have been taken toward restocking the Columbia.

If the river were restocked and the fishing placed under some proper restrictions, it might again become a source of great profit to the fishermen. It might be a work of some difficulty to strip a female sturgeon of her eggs, but it would not be necessary to handle many of them, for the full-grown fish yield on an average of 10 gallons of eggs, which, at 168,000 eggs to the gallon, makes 1,680,000 eggs to the fish. A dozen or two fish would yield eggs enough to stock any river.

Just what legislation in regard to fish is coming before the legislature is not known, but fishermen should not forget to have something done to protect the steelhead salmon and the sturgeon, which are now in course of being exterminated at a rapid rate.

Mixed Diet A Necessity.

Mrs. S. R. Rorer, the famous instructor in the science of cooking and domestic economy generally, gives this advice concerning mixed diet: "As all things have been given us by Nature for some good purpose, I have always advocated a mixed diet. If Nature had intended us for meat eaters only we would have had meat teeth alone, but we have grinders for the masticating and the grinding of grain, which teaches us at once that a mixed diet is necessary."

"People are rather conservative in matters of change, especially regarding food, looking back upon

what their grandmothers did and upon what they lived, forgetting that their grandmothers were much more active in domestic duties than they are, and were obliged to take such food as they had at hand

"Bread was then the staff of life, and rightly, too. It was made from Nature's wheat, containing all the phosphates, the muscle-forming food, and heat and force necessary for feeding. Now, this wonderful grain, in our manner of preparation, has been robbed of the phosphates and a portion of its muscle food, and as the poorer classes depend more upon bread than the middle or upper classes, they have suffered most."

L. S. Logan, Frank Hoffman, the Sichel Cattle Company and others of Crook county have made a sale of cattle to Mr. Mellick, who purchased cattle in Prineville last summer. The prices paid are as follows: Three-year old steers, \$23; 2-year-old steers and cows with calves by their side, \$17.50; dry cows, \$14; 2-year old heifers, \$13; yearling steers, \$12; yearling heifers, \$9.

Deafness Cannot be Cured.

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube gets inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by catarrh, which is nothing but an inflamed condition of the mucous surfaces.

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