

**Advertising Rates.**

LEGAL ADVERTISEMENTS:  
 First insertion, per line ..... \$ 10  
 Each subsequent insertion, line ..... 5  
 Business and professional cards,  
 1 month ..... 1 00  
 Homestead Notices ..... 5 00  
 Timber Claims ..... 10 00  
 Losses, per line each insertion ..... 5  
 Display advertisement, an inch,  
 1 month ..... 50  
 All Resolutions of Condolence and  
 Lodge Notices, 5c. per line.  
 Cards of Thanks, 5c. per line.  
 Notices, Lost, Strayed or Stolen, etc.,  
 minimum rate, 25c. not exceeding five  
 lines.

**The Tillamook Headlight.**  
 Fred C. Baker, Publisher.

**On To Tillamook.**

Some years ago, President A. B. Hammond, of the Astoria & Columbia River Railroad Company, made the deliberate statement, in this city, that "that railway line would be the first to enter the Tillamook county," and the news of the hour is in direct conformity with that declaration.

It is good news for Tillamook county, and as good for Astoria. It means a vast deal for the state and all its northwestern communities, since it will open up to quick communication limitless resources hitherto submerged and unapproachable. There is a virgin world of magnificent timber involved in the exploitation of that section, aside from the establishment of daily markets for the cultivated staples and products of the immense farm districts of Tillamook and its intervening country.

Now that the assurance has gone forth in this behalf, we, of Clatsop, with a warm Tillamookian leaning and purpose, hope the inauguration of the extension of the "A. & C." will not be deferred until the encouraging prospect is once again lost in the maze of time, inertia and silence. We hope the world of this capable man will be fortified and proven by the early commencement of the work, and that the dawn of the new year will see the venture so far along as to preclude another instant of doubt or forboding.

It is an initiative carrying huge possibilities with it, and the period of disappointment has been so long drawn out that the first tangible sign of the reality will be hailed with genuine and unalloyed satisfaction, not only here, but in Tillamook county, where the hunger and thirst for the lively touch of intercommunication with the outer world is intense.

Mr. Hammond has said the word, and that word should mean much and does mean much, the only thing now wanting is the outward and visible sign of the actual launching of the scheme. Hello, Tillamook!—Astorian.

**Diet in Summer.**

There is no established code in the matter of diet that is of universal application, says the Baltimore American. After all is said that is to be said concerning the relative values of foods in starches, proteids and albuminoids, the fact remains that the individual appetite constitutes the final court of appeal, which frequently sets aside the demonstrations of the chemical analysis as of little account. The appetite, like the lover's fancy, arrives at conclusions without wasting any time in hunting for reasons. The chemists tell us that peaches and strawberries are mostly water, and that the white potato is almost entirely starch, and possesses a very low food value, but yet the average human appetite holds in quite high esteem those low grade foods.

The appetite is generally a true monitor in food selection, but man, like the lower animals, will sometimes overfeed when the viands are tempting. The summer time in particular is a season when there should be some extra care in the matter of diet. It is an open question whether the human race, upon the average, consumes too much food or too little. There is one set of theorists that contends that the average of mankind is overfed, and another set that, with equal positiveness asserts that the average man is underfed. The truth, probably, as usual, lies somewhere near the middle—the average man most likely gets about enough to eat. But the question of diet, as has been before suggested can not be considered upon the average. Each individual must solve for himself the problem of whether he is eating too much or too little, and he must determine for himself whether it is best for him to avoid foods that are rich in proteids, and depend upon a diet that is chiefly vegetarian.

If we believe all that the vegetarians tell us concerning the extra work forced upon the digestive apparatus by a meat diet, how an excess of fermentation is usually produced, toxins and an excess of urates engendered, there would be a greater slump in the demand for meat. But the vegetarians have not the argument all to themselves. Many high authorities stand for the doctrine that the health and vigor of the human race depends largely upon a meat diet. It is not necessary for the individual to ally himself with either school of the food theorists, but he had certainly best be a little careful during the hot summer days, both as to his proteids and his starches, and as to the tiring cucumber, which is in staly water, but which is none the less sometimes perniciously

active. Finally, the very best advice which can be given is that every one should know himself in the matter of foods, and should use ordinary common sense precaution in selecting. The individual himself is the only one entirely competent to construct a diet code for himself. But it is well that he should have a code and stick to it.—Butchers' and Packers' Gazette.

Though Mr. Cleveland is occasionally suggested for third term, no Democrat has proposed that Mr. Parker make another reach for a first term.

Russia will make another big mistake if it punishes its fighting generals and admirals for the faults of the grand dukes and the imperial system.

Germany is said to have reduced its consumption of meat. Some of the German sausages have been considered dreams, but the question now is: Are they inspected?

The 9-foot Russian giant was locked up for a time in a police cell for drawing a crowd on the streets. It is a good advertisement. Sarah Bernhardt has neglected the bastilles.

A French physician has invented an instrument known as the dolorimeter, by means of which doctors may calculate accurately the suffering of a patient who is in pain, in pounds or grams.

A southern paper asks why that region has failed to go extensively into raising the best cantaloupes for the northern markets. It is a well-timed inquiry. A cantaloupe just right is recognized as a joy forever.

The big \$100,000 16-inch gun, with a range of 21 miles, which was made by this government, has been discarded, it having been found that, with the power of smokeless powder now in use, it would not stand the strain of fire and consequently would be more dangerous to those who fired it than to the enemy.

A new treatment for lockjaw has been used successfully in two cases at the Pennsylvania hospital, Philadelphia. It is simply a more rational use of the tetanus antitoxin. Heretofore it has been the practice to make the injection in the spiral cord, without regard to the locality of the infection. Now the plan is to inject into a nerve close to the point of infection.

A noted German physician, Dr. Bergman, who presided at the meeting of the Berlin medical association Thursday, agreed with others present that the clinical diagnosis of appendicitis seldom permitted an accurate judgment of the case, and serious doubt of the value of operations was expressed. Prof. Orth said that in 10 per cent of his cases the appendix did not confirm the diagnosis, and in another 10 per cent there was no disease whatsoever, while he knew of many serious cases which had been cured without operating.

It is at last definitely settled that the six new battle ships decided upon by the French government to rival the Dreadnaught, are to have a permanent protection of a special kind against torpedoes. M. Bertin, chief construction engineer to the French fleet, has made the announcement to the academy of sciences. The protection is to consist of internal armorplating inside the vessel at a certain depth below the water line. But nothing very heroic is claimed for the system. The most expected is that a battle ship even badly hit by a torpedo can be kept afloat.

The recent flights of Horace Wild in an airship of his devising over the city of Chicago is believed to have made a new record for distance and control. On his first flight he traveled eleven miles, most of the way about 1500 feet above ground, but when nearly in the heart of the city his power gave out, and after dodging steeples and smokestacks, he finally came down, unharmed, on the roof of a flat building. There he repaired his machine and continued his journey, a distance of five miles further, without mishap. Then he went a third time out over the lake a considerable distance and returned.

According to official statistics 150,000 persons die of tuberculosis in France each year. This is thirty-nine out of a thousand. Prof. Albert Robin has deduced that the disease decreases almost in proportion to the density of population. The campaign against the "white plague" in France now has assumed such national importance that the Paris academy of medicine recommends that all doctors handling such cases should indicate to those surrounding the patient and to the patient himself the measures to take to prevent infection.

Fish, alive and kicking, may now be received at any distance from the waters in which they are captured, says the Literary Digest, thanks to a German scientist, Dr. Eugene Erlwein, of Berlin. In his laboratory a method has been found to keep live fish indefinitely in cases lined with a thick layer of damp cloth and supplied with a current of pure oxygen. Dr. Erlwein has now patented a special fish car for use on railroads employing this principle, but with a slight variation. The fish are kept in a little water, into which pure oxygen is constantly injected.

Charles H. Burns of West Chester, Pa., has a pet crow which has developed a liking for strong drink, and as its owner is a prohibitionist, there is probably trouble in store for the bird, which fell from grace recently. It was "Borrowed" from the Burns place of business, taken to a hotel and led upon morsels of crackers well soaked on whiskey. It was not long until the bird accrued a fine specimen of "jag" and did all sorts of things. Then it was returned to the owner by messenger. Thinking it was in need of a drink, he placed it beside a pan of water, but the bird promptly had a fit. It recovered from this and is none the worse for its experience with the boys.

The fact that English newspapers are frequently discussing the best way of abolishing trusts and combinations in trade would be a little puzzling to the unwary who have been led into the delusion that tariffs are the parents of trusts, if they could see them. England, under free trade, finds that discrimination of public offices and private corporations are the roots, of the evil with her, as they are everywhere. If she has fewer and smaller trusts than are found here, it is only because the volume of her internal commerce is less and time and labor-saving machinery has not been carried to nearly that point of production they have with us. England will solve her trust problems. And so shall we.

To a man up a tree it looks as though A. B. Hammond is in possession of the golden key of the lower Columbia situation as between Hill and Harriman. One of these men must acquire the Astoria & Columbia River Railroad if this section is to be exploited by either, or both. That is unequivocally the trenchant fact of the hour. And Astoria need not worry much as to who shall get it. In either event it brings this city in direct trans continental touch with the country, and upon a basis that will bring the correlative advantages of rates; the one thing so essential here. So, however, the issue may fall, this place is bound to figure with a plenitude of profit. Astoria cannot be affected; she holds the old, original key of the maritime business puzzle of the northwest, rusty as it may be, whosever holds the subsidiary keys.—Astorian.

**The End of the World**  
 of troubles that robbed E. H. Wolfe, of Bear Grove, Ia., of all usefulness, came when he began taking Electric Bitters. He writes: "Two years ago kidney trouble caused me great suffering, which I would never have survived had I not taken Electric Bitters. They also cured me of General Debility." Sure cure for all Stomach, Liver and Kidney complaints, Blood diseases, Headache, Dizziness and Weakness or bodily decline. Price 50c. Guaranteed by Chas. I. Clough, Drug Store.

**Is Disease a Crime?**

Not very long ago, a popular magazine published an editorial article in which the writer asserted, in substance, that all disease should be regarded as criminal. Certain it is, that much of the sickness and suffering of mankind is due to the violation of certain of Nature's laws. But to say that all sickness should be regarded as criminal, must appeal to every reasonable individual as radically wrong.

It would be harsh, unsympathetic, cruel, yes criminal, to condemn the poor, weak, over-worked housewife who sinks under the heavy load of household cares and burdens, and suffers from weaknesses, various displacements of pelvic organs and other derangements peculiar to her sex.

Frequent bearing of children, with its exacting demands upon the system, coupled with the care, worry and labor of rearing a large family, is often the cause of weaknesses, derangements and debility which are aggravated by the many household cares and the hard, never-ending work which the mother is called upon to perform. Dr. Pierce, the maker of that world-famed remedy for woman's peculiar weaknesses and ailments—Dr. Pierce's Favorite Prescription—says that one of the greatest obstacles to the cure of this class of maladies is the fact that the poor, over-worked housewife can not get the needed rest from her many household cares and labor to enable her to secure from the use of his "Prescription" its full benefits. It is a matter of frequent experience, he says, in his extensive practice in these cases, to meet with those in which their treatment fails by reason of the patient's inability to abstain from hard work to enable her to get the full benefit of the medicine. As much as possible, therefore, of any kind should be avoided. As much as possible, therefore, of any kind should be avoided. As much as possible, therefore, of any kind should be avoided.

Dr. Pierce's Medical Adviser is sent free on receipt of stamps to pay expense of mailing only. Sent to Dr. R. V. Pierce, Buffalo, N. Y., 21 one-cent stamps for paper-covered, or 31 stamps for cloth-bound.

If sick consult the Doctor, free of charge by letter. All such communications are held sacredly confidential.

Dr. Pierce's Pleasant Pellets invigorate and regulate stomach, liver and bowels.

**Buy on Credit!**  
 this \$60 Machine for \$25

It is a high-arm, drop head, ball bearing, lock-stitch, double feed, self-threading shuttle; has automatic bobbin winder and other latest improvements. This is the ANTI-TWIST MACHINE. It is the same machine agents are asking you \$60 for. All attachments go with each machine. Sold for only \$25 each and \$1 monthly.

Write TODAY for free FURNITURE CATALOG showing elegant household goods we will ship (freight prepaid) on easy payments—our new CREDIT plan.

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**FRESH and CURED MEATS,  
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Over 30 Years experience in the Business

**HARNESS, COLLARS, SADDLES, &c.,**  
 Everything Needed in the Harness Line  
 you will find at

**W. A. WILLIAMS**  
 Up to date Harness Shop. The only complete shop of the kind in Tillamook county. I handle no shoddy goods, but my prices will compare with those that do.  
 Next door to TILLAMOOK COUNTY BANK. Local Phone.

The Best Hotel.

**THE ALLEN HOUSE,**  
 J. P. ALLEN, Proprietor.

Headquarters for Travelling Men.  
 Special Attention paid to Tourists.  
 A First Class Table. Comfortable Beds and Accommodation.

**Fir and Spruce Lumber.**  
 Spruce and Cedar Shingles.  
 Cheese and Butter Boxes a specialty.

Orders for Lumber promptly attended to.

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**Tillamook Iron Works**  
 General Machinists & Blacksmiths.

Boiler Work, Logger's Work and Heavy Forging.  
 Fine Machine Work a Specialty.

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Four Full Quarts, \$3.25. Four Full Quarts, \$3.25.

**M. JACOB & CO.**  
 Fine Whiskies,  
 Sweet Wines, Cordials,  
 BRANDIES AND CHAMPAGNES

404 Washington Street, Portland, Ore.

We will send you four full quarts of our fine Tillamook Rye or Bourbon Whiskies, packed in plain case, and charges by express prepaid. Price, \$3.25 for four full quarts.

We just want you to try it; open one or all of the bottles, and give it a good and fair trial, then if you find it not as represented, return package at our expense, and your money will be refunded to you.

Now you know that express charges cost money, so we could not afford to make such an offer if we didn't feel absolutely sure that our Tillamook Bourbon and Rye Whiskies would please you.

We can also offer you a fine line of old Port, Sherry, Angelica, Muscat, Catawba Wines at \$1.50 a gallon. Express and Freight charges prepaid; no charge for cooperage.

Some fine Rye and Bourbon Whiskies, Brandy, Cognac, Gin, Rum, White Rye, Malt Rye at \$3.00 a gallon. Freight and Express charges prepaid; no charge for cooperage.

Agents wanted in every city.

**M. JACOB & CO.,**  
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Centrally Located. Rates, \$1 Per Day

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The Best Hotel in the city. No Chinese Employed.

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 ATTORNEY-AT-LAW.  
 Complete set of Abstract Book-  
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 ATTORNEY-AT-LAW,  
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**CARL HABERLACH,**  
 ATTORNEY-AT-LAW,  
**Deutscher Advokat,**  
 Office across the street and north from  
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**T. H. GOYNE,**  
 ATTORNEY-AT-LAW.  
 Office: Opposite Court House,  
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**A. W. SEVERANCE,**  
 ATTORNEY-AT-LAW,  
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**F. R. BEALS,**  
 REAL ESTATE,  
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 Tillamook, Oregon.

**D. R. P. J. SHARP,**  
 RESIDENT DENTIST,  
 Office across the street from the  
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**T. SARCHET,**  
 The Fashionable Tailor.  
 Cleaning, Pressing and Repair-  
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 ness and Mining Law.  
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**LATIMER BROS.,**  
 BARBER AND HAIRDRESSER  
 SHAVING, HAIR CUTTING  
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 Electric Baths nicely fitted up. Good for  
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**KILL THE COUGH  
 AND CURE THE LUNGS**  
 WITH **Dr. King's  
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 FOR CONSUMPTION  
 CROUPS and  
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Surest and Quickest Cure for all  
 THROAT and LUNG TROUB-  
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 WATERPROOF OILED CLOTHING,  
 SLICKERS, POMMEL SLICKERS AND HATS.**

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 WE WON THE  
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