

WHEELER

Situated at the Head of Deep Water, on NEHALEM BAY

The LOGICAL and GEOGRAPHICAL LOCATION of a CITY of DESTINY. Manufacturing and Shipping Facilities by Water and Rail. Pay Roll Already Established. Salmon Cannery Will Pay to Fishermen Over \$30,000.00 This Year. Lumber and Logging Industry Amounts to Over \$70,000.00 Per Annum. The Largest Body of Standing Timber in the World Will Be Manufactured at Wheeler.

Keep Your Eye on WHEELER Watch This Space for ANNOUNCEMENTS

WHEELER lots are now being offered to purchasers on Easy Payments. A very little down on a contract and a very small monthly payment will secure you a safe investment in what is to become one of the leading Manufacturing Towns of the Coast. The lots are now offered very cheap. A magnificent view of Nehalem Bay and the Pacific Ocean can be had from the town of WHEELER.

WHEELER will be shown you by Responsible Agents. In the near future this office will give you an Excursion to WHEELER in, a SPECIAL CAR over the P. R. & N. Railroad so that you can see the property and make your selection of lots. If you are interested, desire further information as to price of lots, terms, etc. call in and have a talk with us. Also let us take you as one of our guests on this SPECIAL EXCURSION that we are now arranging.

Watson & Stephens - Tillamook Representatives Call at This Office for a Talk

TO AID OF COUNTRY PRESS.

Super Holds Forth at Length Merits of State Papers.

The State Editorial Association in session recently the Journal came forward with praise for the papers on and giving the seeker of an awful slap on

more assistance through press of the country would be. The Journal's editor-

up-state newspaper men session in Portland.

asked of them and little. The man who wants publicity and gives nothing advertising besieges all, but none more than late publications.

are the local real estate refuse to advertise, but names to appear in any of a sale. There is the man who never spends a publicity, but wants a of a newly arranged show.

There is the doctor who unprofessional to adver- rises a fuse if his name of the account of an ac-

of them, the mail dumps quantities of matter with that it be given space charge and marked copy

airs, county fairs, expositions San Francisco, expositions, Lewis and Clark fairs at live-stock shows every church fairs, school fairs, by other known organiza-

as its big event, does its advertising on bill boards, and otherwise, expecting paper man to provide its free of charge.

papers, big and little, like horses, have been ridden to. Though their space is their trade, their only means of true, they are expected to here and bestow it there, money, without price and hope or promise of reward.

are expected to boost the com- to promote development, but free favors to all, and all around handy servant public, with never a thought near people that employes be paid, that white paper

and printing machinery cannot be bought with wind.

The up-state newspaper is worthy of its hire. Most of them are ahead of their communities in progress and appointments. All of them are outspoken and courageous exponents of truth, righteousness and public welfare. There is a leadership and a service that every community should appreciate, and generously reward."

The mayor of Wichita, Kan., has been recalled from office because of a popular notion that his policy was increasing the price of water. This is entirely logical in a prohibition state.

The harvester trust is to reorganize itself in conformity with the law of reason as interpreted by the Supreme Court. The first step in that way may have been taken when it refused to contribute \$10,000 to a fund to "put Loirmer over."

The old saying about officeholders that "few die and none resign" tells of a rule which, like others, is proved by its exceptions. A Seventh-Day Adventist has just resigned a good job in the Internal Revenue Department to save himself from working on Saturday.

The women of Houston, Tex., have declared a boycott on sugar until prices are reduced. If this boycott should spread over the country, the drop in the price of sugar would be so sudden that even the most expert financial editors and market reporters would have to ask for time in which to explain it as due to some other cause than the real one.

Contrary to the belief of many Americans, the high cost of living is felt in other countries besides ours. It has caused demonstrations in Vienna which called out the military, and which compelled the government to proclaim martial law for the first time since 1849. Riots for the same cause have recently taken place in France, Spain and Italy. Political leaders in Germany say that the burdens of the average man in that country are becoming unbearable and they predict uprisings which may recall the insurrections of 1848. Belgium and England have recently had strikes by the people that the cost of existence was making life intolerable.

CHEESE INSTEAD OF MEAT.

The Change is Gaining--Recent Government Investigations.

It is a singular and timely paradox that those who do not wish a substitute for meat need one, while the fortunate few, who might eat meat at every meal, are drinking buttermilk or chewing nuts. This phase of the food question may not be supreme at present, but it is certainly of general interest.

In connection with it we note the conclusion reached by Mr. C. F. Langworthy, the government expert in charge of nutritive investigations. Mr. Langworthy is quite satisfied about the main point. He dismisses with kindly consideration the pretensions of fish, milk, mushrooms, nut products, dried beans and other legumes, and declares with a refreshing finality what is the one and only worthy substitute for meat. That, in a word, is cheese.

Now, there are two classes of cheeses--those of a wild flavor, and those seasoned or ripened to a high flavor. It is the former or mild flavored cheeses--the ordinary or cream kind of this country, similar to the English cheddar, the Swiss Gruyere, or the Edam--which is to be esteemed as a fair substitute for meat. The government experiments have demonstrated that on an average over 95 per cent of the fat and over 90 per cent of the energy is available for the body. These figures are practically the same as obtained with meat. For the sake of such considerations as ease of preparation and relative economy, a patriotic youth was found who lived for over two years on a diet of cheese, bread and fruit.

Of course, there is really nothing startling in this. Some of the hardest laboring men of Europe live substantially on cheese; the pioneer farmers of the United States found a common lunch of crackers and cheese wholesome and satisfactory. At this point it is pertinent to note the results of the experiments made with cottage cheese at the Minnesota Experiment Station: "It is one of the most economical foods that can be used. At 2 cents per quart for skim milk and 35 cents per quart for cream, cottage cheese compares favorably with meats at 11 cents per pound."

Miss Caroline L. Hunts meets any likely objection that may be raised

as to the tame monotony of a cheese diet. The fundamental methods of cooking cheese are not at all many, but they embrace a large number of palatable dishes. There is a sauce of a custard-like consistency; there is the dish "au gratin"; there is the cheese straw, also the cheese patty, the cheese omelet. No mention is made of the noble Welsh rabbit, as such; though the vague and inferior article "toasted cheese" is given a cordial approval. Miss Hunt has succeeded in evolving a dish of cheese which costs 18 cents and is good--we trust--for six persons, and which contains almost exactly the same amount of protein and fuel value as a pound of meat and a pound of potatoes, a dish of which would cost 22 cents, and, in Miss Hunt's own words, "would serve fewer people than the cheese dish."

It may seem a trifling investigation, this, but it is not so. It is a plain question of how fond one may be of cheese. A few dauntless appetites have mastered a quail a day for a month. Mr. Fletcher says he could eat nuts forever. We now have on record an American youth, still living, who ate cheese steadily for two years. It all depends. Which does one prefer, at equal price, the steak or its substitute, the Welsh rabbit?--From the Philadelphia Press.

Averts Awful Tragedy.

Timely advice given Mrs. C. Wiloughby, of Marengo, Wis., (R. No. 1) prevented a dreadful tragedy and saved two lives. Doctors had said her frightful cough was a "consumption" cough and could do little to help her. After many remedies failed, her aunt urged her to take Dr. King's New Discovery. "I have been using it for some time," she wrote "and the awful cough has almost gone. It also saved my little boy when taken with a severe bronchial trouble." This matchless medicine has no equal for throat and lung troubles. Price 35c and \$1.00. Trial bottle free. Guaranteed by Chas. I. Clougn.

Lame back is one of the most common forms of muscular rheumatism. A few applications of Chamberlain's Liniment will give relief. For sale by Lamar's Drug Store.

Don't trifle with a cold is good advice for imprudent men and women. It may be vital in case of a child. There is nothing better than Chamberlain's Cough Remedy for coughs and colds in children. It is safe and sure. For sale by Lamar's Drug Store.

Walking in Chicago.

The marquis of Queensberry, heir of that one of immortal fame who made the Queensberry rules for boxing, has been to Chicago. He writes back to an English publication that the people in Chicago walk too slowly. He says that in the Strand or Regent street, anywhere in London, folks set a faster pace and follow it more closely.

True enough. The English always have been rapid walkers. They go with a stride and a swing, and it was with no intention of imitating them that the Chicago bulge of a generation ago made its appearance in Chicago streets. Chicago had hard work to do, and was doing it in ways to compel the admiration of a world, although in the doing it fell into a style of walking which never bore the least resemblance to English. The Chicago walk became sui generis. Nothing like it could be met anywhere. Chicago was "out for the stuff" and got it.

It is possible that having accumulated enough of "the stuff" to moderate its pace, Chicago, like New York, is now affecting English ways. If so, of course, again like New York, and like imitators everywhere, it is overdoing the thing. One of the best of Hoyt's jingles ran:

It's English, yes it's English, so they say.

It's English as we see it every day. If they'd see it in the Strand.

They could never understand, But it's English as we see it on Broadway.

We trust that Chicago will never reach the point of being satirized in such fashion. Let her keep to her old pace, which was never much too fast for our American climate, and, if she must be English, stop butting and take on the stride. But why affect foreignisms? We can rely upon that great Chicagoan "Bathhouse" Coughlin, to resent these invasions of foreign notions, for he it was who, when his opponent was caught in a Turkish bathroom, denounced him as a traitor. "Fellow-citizens," said he in a great crowd of First Warders, "a man who can't get clean with an American bath ain't a clean enough man to represent you."

The Star has a drama and comedy reel every night.

In the raging dictionary war between two esteemed contemporaries it is possible that the respective merits of the works were well expressed by the Irishman who, on hearing of a dictionary said: "I don't know Dick Sheenary, but I'll bet he ain't as good as Dick Tater."

"For me it is a great disappointment," said President Taft at Battle Creek, Mich., when the news of the Canadian election was announced to him. "I had hoped that it would be put through to prove the correctness of my judgment that it would be a good thing for both countries. It takes two to make a bargain, and if Canada declines we can still go on doing business at the old stand." Then, referring to the saying that only a fool prophesies, he wanted to register the following prophecy: "That before the next general election the effect of reciprocity, so far as the farmer is concerned, will be so slight that it will form no part at all in the issue in discussion."

For his part, he wished he might have the privilege of tearing down every custom house on the Canadian border to give the two countries free trade.

Whether it be woman's rights or a woman's Wright, two concurrent events conspire to prove that woman reigns supreme. Two or three days ago it was announced that John L. Sullivan, champion of champions, had put himself in the hands of his friends as a candidate for Congress to represent his district. His platform was announced briefly in three words: "The square deal." This is no meaningless, perfunctory expression when it rumbles out of that chest, and we were congratulating ourselves upon the prospect of at last getting a man in our public life whose whole career personifies it, when Mrs. John L. Sullivan, suddenly stepping into the ring, countermands the programme, and lays down the law that, for her husband, "the post of honor is the private station." The lady is wise. She has reformed her husband. Since his marriage, several years ago, he has looked not upon the glass when it is red from inner light. He has at last done what he had often tried in vain to do before, and "cut out the booze." Mrs. Sullivan doubtless thinks that it will be easier for him to keep it cut out at home than it would be in Congress. And who knows, knowing Congress will question her wisdom?