

# Spokane Falls Review.

VOL. II. SPOKANE FALLS, SPOKANE COUNTY, W. T., SATURDAY, MARCH 21, 1885. NO. 45

**JOB PRINTING**  
—Of every description, from a—  
Visiting Card  
—To a—  
Full Sheet Poster  
DATED AT  
**ADVERTISING**  
Made known on Application.

### PROFESSIONAL CARDS.

**J. J. BROWNE,**  
Attorney at Law.  
Will practice in the Courts of Washington and Idaho. Special attention given to land and mining business.  
OFFICE: 4 and 4 1/2, Jamieson's Block.

**B. R. WESTFALL, M. D.**  
Homoeopathic Physician.  
OFFICE: Jamieson's Block, Riverside Ave., over Hamilton's. Residences, Cor. Monroe and Broadway, North side, over New Bridge. See special attention given to diseases of women and children, and nasal catarrh and skin diseases.  
Office hours from 10 to 12 A. M. and from 2 to 4 P. M.

**DAVIDSON SCOTT, A. M. M. D.**  
(FURNER OF OREGON, CALIFORNIA, IOWA.)  
PHYSICIAN AND SURGEON.  
OFFICE: Over the Postoffice, Rooms 1 and 2, East Main Street, Cor. Bernard.

**W. T. STOLL,**  
Attorney at Law.  
Will practice in all Courts of Washington and Idaho, and before the U. S. Land Office, County Public and Commissioner of Deeds for Idaho. OFFICE: Union Block, SPOKANE FALLS, W. T.

**B. WINKLEY, J. S. TAYLOR,**  
Attorneys and Counselors-at-Law,  
SPOKANE FALLS, WASH. TER.  
SPECIAL attention given to collection of accounts, Real Estate transactions and Land Office business. Office in the  
**MONEY TO LOAN.**

**J. KENNEDY STOUT,**  
Attorney and Counselor at Law,  
Practices in all Courts of Washington and Idaho, and before the U. S. Land Office, County Public and Commissioner of Deeds for Idaho. OFFICE: Union Block, SPOKANE FALLS, W. T.

**MILLARD T. HARTSON,**  
Attorney and Counselor-at-Law,  
CITY ATTORNEY.  
Notary Public. Practices in all the courts of the Territory. Prompt attention to collections and to interests of non-resident owners of real estate. Special attention given to the U. S. Land Office especially. Law office: OFFICE: Union Block, SPOKANE FALLS, W. T.

**HOOPER & ALLEN,**  
ATTORNEYS-AT-LAW,  
Will practice in all the courts of the Territory, and in the U. S. Land Office especially. Law office: OFFICE: Union Block, SPOKANE FALLS, W. T.

**W. ABBOTT LEWIS,**  
ATTORNEY-AT-LAW,  
OFFICE EAST SIDE OF HOWARD ST.

**Mark W. Musgrove,**  
ATTORNEY-AT-LAW,  
LEWIS, IDAHO.  
Will practice in the courts of Idaho and Washington.

**E. L. BURGONE,**  
Attorney at Law and Notary Public,  
Special attention given to Government Land Office business, and all business before the U. S. Land Office. (Kangaroo Donations.) OFFICE: Wash. Ter.

**NASH & KINNAIRD,**  
Attorneys and Counselors at Law,  
Will practice in the courts of Washington and Idaho Territories, and U. S. Land Office.

**ISAAC S. DALY,**  
ATTORNEY AND  
COUNSELOR AT LAW,  
Notary Public.  
Coeur d'Alene, . . . Idaho.

**C. G. BRADBROW,**  
ATTORNEY AT LAW,  
Will practice in the Territorial and Federal Courts, will attend to all business pertaining to Land Disputes, and all business before the U. S. Land Office, and all business before the U. S. Supreme Court and Washington, D. C.

**J. M. MORGAN,**  
PHYSICIAN AND SURGEON,  
Office corner of Mill and Main streets, Spokane Falls, Washington Territory.

**DR. G. S. ALLISON,**  
OFFICE: On Howard street, (opposite) in First National Bank Building, Spokane Falls, W. T.  
Office hours: From 10 to 12 A. M. and from 2 to 4 P. M.

**C. S. PENFIELD, M. D.**  
Eclectic and Homoeopathic  
PHYSICIAN AND SURGEON.  
OFFICE: Day and Night, Cannon's Block, Spokane Falls, W. T. Residence, East Riverside Avenue.

**H. M. SHINN,**  
OPERATIVE AND MECHANICAL  
DENTIST.  
ANESTHETIC GIVEN FOR THE PAINLESS EXTRACTION OF TEETH.  
All work first class. Charges reasonable. Office, West side of Howard, between Main and Riverside Avenue.

**GEO. W. LIBBY, M. D.,**  
PHYSICIAN AND SURGEON.  
OFFICE: West side Howard street, between Main and Riverside Avenue.

**MILLER & HALL,**  
Civil Engineers  
AND  
SURVEYORS.  
Office: East side of Spokane Falls, W. T. General Engineering—Town Sites—Subdivisions.

**HORSE SHOEING!**  
Carter Brothers announce that hereafter they will do horse-shoeing for \$4.00 a span and warrant satisfaction.

## CROWDED IN FRONT!

Crowded in Rear!  
Crowded on Sides!  
Crowded Up Stairs!  
WITH ALL KINDS OF  
**GENERAL MERCHANDISE!**  
And Crowded to Build our Brick Store.

## CROWD OUR GOODS OUT,

As we have concluded to build a BRICK this spring on the same premises which our business is now conducted, therefore we must dispose of all our goods on hand, as we don't propose to move our present stock into our new brick. We have carefully weighed this subject: MONEY IS SCARCE. We thoroughly understand the situation. Do you purchase for CASH? To any person that is prepared to pay cash for their goods we want to address a few words. Do you want to buy Clothing, Dry Goods, Groceries, Boots and Shoes, at less price than you will pay to any other merchant in the Territory, do you prefer to pay the old price that you have paid for years? Consider the fact that we want to realize, and offer you goods you need at less than they cost other merchants. This is a business MORE than its value in goods. It is very easy for you to find out whether the statement is true or not. Hundreds of people are proving it every day, and as amazed at what they see. We have had the dividing line between bar gains and low prices. Three months from now you need not expect to get the same prices, as it is idle to suppose that any house can keep on 17 or 18 cent dollars for an article and selling it for nine. We mean exactly what we say: We build up our business by MARKING DOWN PRICES.

## M. Kaminsky & Son CHENEY, W. T.

Wholesale depot for OREGON MACHINE DRIED APPLES. Special offers to Merchants. Branch Store—Gervais, Oregon.

## JUST RECEIVED!

A car-load of Canned Goods,  
A car-load of Sugar,  
A car-load of oil.

## BOX ELDER SEED FOR TREE CULTURE CLAIMS NOW ON HAND.

CALL AND GET PRICES.

## W. L. BEAN, WHOLESALE AND RETAIL, GROCER, UNION BLOCK, SPOKANE FALLS, W. T.

## L. ZIEGLER & SON, Wholesale and Retail Dealers In

## Heavy and Shelf Hardware,

Stoves, Ranges, and Tinware. Hardware, Nail, Iron and Steel.

## A FULL LINE OF CHARTER OAK

Cook Stoves, Heating Stoves, RANGES, and Parlor Stoves.



## At NEWPORT & HOLLEY'S Hardware, Stove and Tinware Dealers,

Corner Main and Howard Streets, SPOKANE FALLS.

## HARRY C. HAYWARD, —DEALER IN— Arms and Ammunition,

And Every Description of Sporting Goods,  
FISHING TACKLE,  
Imported and Domestic Cigars and Tobaccos,  
STATIONERY AND BLANK BOOKS,  
MOORE'S NEW BRICK BLOCK, HOWARD STREET

BECAUSE THE REVIEW objects to a few Cheneyites having free access to the funds in the county treasury, and further, because this paper had the temerity to take sides against those who personally abuse two of the members of the board of commissioners, a hornet's nest is stirred up at the county seat and the fellow who uses ink on the *Sentinel* lets go his great guns, and as the smoke clears off he looks out to see the REVIEW dismantled and a wreck. The calibre of the ordinance and the character of the gunner prevents any such disaster, however, and the unfortunate REVIEW that has drawn upon itself such an onslaught, will continue to come out occasionally, as usual. Terms, \$3.00 per year, in advance. Job work solicited.

THE REVIEW devotes about four columns of its last issue to the abuse, vilification and depreciation of every citizen within or connected with Cheney.—*Sentinel*.  
Fortunately for the REVIEW it has a number of subscribers at Cheney who will vouch for the correctness of the above statement. No attack was made upon the people of Cheney. We spoke plainly regarding a "ring" that is known to exist in that place, and the great bulk of the residents of our neighboring town are insulted by their own organ when it so boldly charges that they are all in the same boat. The *Sentinel* goes further than the REVIEW ever has or ever will. We know that there are good men in the honorable and upright people residing at the county seat, and have never included them among the few who have tried to rule the county affairs with an iron hand. We protest against the *Sentinel* attacking, in this indirect way, all classes in its own talk.

THE Cheney *Sentinel* man works himself into a delirium because the REVIEW has seen fit to take sides with Messrs. Piper and Anderson, two of our county commissioners. As far as "defending" these gentlemen are concerned, we would be reluctant to the duty of a public journal if we should remain silent and quiescent while they were being shamefully abused for performing the duties of their office to the best interests of the entire county. Both gentlemen are highly honored and respected in the communities where they reside. One lives in the northern and the other in the southern part of the county. Neither one nor the other is directly interested any more in Spokane Falls than Cheney. They follow the dictates of their conscience, in the capacity of officials, and the wishes of their constituents. The wise place with the *Sentinel* is that Cheney does not own these two men, body and soul, and that they are constituted of such material that they cannot be coaxed by bribes, nor forced by threats. Thank fortune that we have sturdy yeomen in the county who are not ready to nimbly respond to the beck and call of a few individuals who have bossed so long that they seem to think that they have a deed in fee simple upon the county. All honor to those commissioners who can create such consternation in the county seat camp.

A Visitor.  
We had a brief call Monday from an old time Illinoisan in the person of V. C. Elliott, Esq., now of Denver, Colorado. Like a great many others from the prairie state Mr. E. drifted out west, and became interested in mining operations. He is one of the syndicate of Denver gentlemen who are interested in the mica mines at Mica Peak, a few miles east of this city, and has been superintending the work on the claims all winter. He was on his way to Denver when he called on us, but will return to take charge of the company's property in the spring. The mica mines are reported as being very promising. Some six claims are now worked. So far the true vein has not been uncovered, but Mr. Elliott feels satisfied that it will be reached some time this spring. Blocks weighing one hundred pounds have been taken out but somewhat shattered. This indicates the existence of a large and valuable ledge somewhere near the points worked. The mica has been sent east for tests and has been pronounced of No. 1 grade. The gentleman is satisfied that the company has an enormous fortune in the mine, although it will require time and a large outlay of money to get the mines in steady operation. Speaking of Spokane Falls Mr. Elliott grows enthusiastic. He was surprised at its beauty, its substantial growth, its metropolitan air, and expressed himself as believing the day would come when it would rank as a second Denver. He remarked that its situation, with so many diversified interests tributary to it, was bound to make it a large place. He considered that Spokane Falls had the most promising future before it of any town on the Pacific coast, and expressed his intention to invest in property here, just on the strength of the outlook.

With all due respect for Mr. Brock, who is a good citizen and a gentleman we have the highest respect for, we are greatly surprised at the failure of the people of the first ward to return Mr. Havermale to the city council. It is not a reflection on other men who have served in a similar capacity, to say that Mr. Havermale is one of the best posted councilmen and one of the most active workers that has ever been in the board.

### Exchange of Courtesies.

Dr. Piper is the spectre that haunts the Cheney papers.  
The Cheney *Sentinel* man was his paralytic head in a fury of rage and gobs after "him" in the *Sentinel's* customary gentlemanly (?) style. Some one ought to hit him on the coat tails with a stacking of mush and jar up his brains.  
The *Sentinel* shows its animosity to the balance of the county by denouncing the purchase of bridges across the Hangman and Spokane rivers. Why, my dear friend, more vehicles cross those bridges every day than are seen in Cheney during an entire week. The travel demanded from-bridges. The commissioners furnished them; and when you say that there are no roads leading to either of those bridges you display an ignorance of county roads that would disgrace any school boy in the county.

The *Sentinel* shows its usual sense of justice and right by dragging in the name of A. M. Cannon in a discussion of a question in which he, nor no other private individual in this city, has anything to do with. Mr. Cannon is an honorable, fair-minded gentleman, and a good citizen for the county. When the time comes for him to act in the Almsward matter he will do so, and without the advice of Cheney people.

The *Sentinel* regrets that the \$8000 Almsward bond was not in the county treasury. It is a mistake for the public that it was not. That much money would have been a strong temptation for the powers to have resisted.  
The *Sentinel* makes a job at us for saying a good word for the county commissioners, and at once flies off in a tangent on the Almsward racket, acts of the old board, and other things having no connection with the present board.

The *Sentinel* charges us with sullying forth with venom. We have not been in his company for some time.  
The *Sentinel* calls Cheney a stumbling block for Spokane Falls. That is monumental cheek. Cheney is to Spokane Falls as the tallow dip to the electric light; as a flea is to an elephant; as a hitching post to the Washington monument. Stumbling block? Why, it is no more in the way of the Falls than a straw in the path of an alpine glacier.

The *Tribune* has put us on horseback with L. Ziegler, Esq. We are at a loss to understand just what our neighbor means by the assertion, but we are pleased to be in such good company while doing the equestrian act.  
Don't be too sure that the county seat has been permanently axed at Cheney, Mr. Tribune. The people are tired of the ways that are dark and tricks that are vain at the present county seat, and feel as though a change would be for the public good.

We know that the people of Cheney are satisfied with the present county seat, but the *Tribune* is exceedingly wise in modifying the expression that only "nearly all" the farmers feel the same way. Fortunately the farmer of Spokane county is an intellectual individual, singly and collectively, and when the question of the location of the county seat is again put, and the vote they will show their freedom of opinion by voting it away from Cheney. They cannot be coerced nor cajoled into following the few moss backs who have the idea that they carry the vote of Spokane county in their pockets.

Tobacco Seeds.  
When Mr. Paul Strobach, Sr., arrived in this city from Washington he brought along a lot of seeds, all of which have been distributed where they would do the most good. The gentleman has just received from the agricultural department a quantity of tobacco seed, and invites farmers desiring to make the experiment of growing tobacco in the territory to call upon him, or write, not to be forgotten, and a proposal to be made as to how to proceed, free of charge. The department says of the different kinds: "Gen. Grant," as it is named, is the earliest in cultivation, produces immense foliage of a fine texture, small veins, and very elastic. Ripens as far north as Minnesota. "The White Stem Orinoco, a yellow variety cultivated in the tobacco belt of Virginia and North Carolina." The *Vuelta Ajo* and *True Havana*, both imported. The subject of tobacco culture in eastern Washington is being generally discussed, and its climate and character of the soil is such as will produce a fine grade of the "weed." It is to be hoped that some of our farmers will take advantage of this liberal offer of Mr. Strobach's, and give the seed a thorough test.

A Get One.  
When one makes an error in geographical location, it is generally a good one; that is, about as bad as it is possible to make. A few days since we had occasion to say that the county seat of Kootenai county, Idaho, was to be moved from Rathdrum to Coeur d'Alene City. However, we did not say Kootenai, but substituted Shoshone. We have to thank the *Murray Sun*, published at the Shoshone county seat, for calling our attention to a mistake we had carelessly overlooked.

E. J. Brickell and wife arrived in our city Sunday from a trip to New Orleans.

### Financial Statement.

The impression has gone out among our residents that a heavy shortage existed in the funds collected for the purpose of grading certain streets in the city, and it is used to create dissensions among the people. Last spring the new council inaugurated a wholesale system of street improvements. The work was necessary and clamorously demanded by a majority of the taxpayers on said highways. An engineer was employed, an estimate of the cost made and contracts let for the work. That the grading wonderfully improved the appearance of the city no one can deny and but few people found fault with the expense. The assessments as levied were collected, with the exception of nearly two thousand dollars. Out of this system of internal improvements grew the rumors that money had been appropriated by one of the city officials, Chas. Crellen, then acting as city clerk. From this report grew other rumors more sweeping and without a shadow of foundation, that the funds of the city were being appropriated. These rumors have never taken the shape of specific charges, and in fact have not directly been applied to one person beyond the party named, but have been used in a general way. There are narrow minded men everywhere that have such a poor opinion of mankind, outside of beyond their own selves, that they look upon others with suspicion and doubt that any one can be honest in office, and it is a safe presumption that the current of hints and whispers of suspicion owe their source from such an origin. That all such unwarranted and baseless reports are without an iota of foundation there can be no doubt in the minds of fair thinking men, and it is useless and unnecessary to pay any attention to such silly nonsense. As to the shortage in the street fund we will have a few words to say, however, as supplemental to the official report of the street commissioner, a gentleman methodical in his business and one who has the confidence of everybody. By that report it will be seen that the amount of the assessment figures up to the large sum of \$10,241.79, of which amount there is only a total shortage of seventy-three dollars and thirty-one cents. We do not emphasize these figures to excuse even so small a delinquency, but to show that in the handling of so large an amount, coming in small sums from many individuals, that a mistake could easily be made to that extent. The presumption, however, is that the clerk then in office appropriated the \$73.31, and all things considered, and weighing the rumors that have grown out of the matter, it is a source of surprise that the sum was not ten times as great. This resume is taken from the itemized report of the street commissioner, carefully overhauled and examined by the street committee, and we consider that our people have reasons to congratulate themselves instead of finding fault. The following is the report:

The following statement as compiled from the reports on file in the street commissioner's office for the city of Spokane Falls pertaining to the grading of Front street, Main street, Post street, Mill street, Riverside Avenue are as follows, to-wit:

Engineer's estimate.....	\$10,215.00
Total tax paid.....	\$9,282.45
Delinquent.....	\$1,949.34
(Total.....	\$10,231.79
Shortage.....	\$73.31

WM. KOHLHAUFF, Street Comm'r.  
J. W. FORANER, Chairman  
Street Committee.

### The Committee of Fifteen.

At the caucus held in the First ward last week was sprung a proposition that had created a vast amount of comment on the streets and given no little dissatisfaction. We refer to the appointment of a committee of fifteen to represent the ward in a city convention, and a proposition that the committee should be requested to follow the same system, making a convention to consist of 60 delegates. Now the delegate system is not a bad one in some cases, but there are instances where it could be readily handled by a combination of men. Say, for instance, if there was an organization formed for the purpose of manipulating a local election, its existence was not known to the majority of the public; here is easy it would be to so appoint that committee that a working majority could handle the convention just as they might see fit. It is plainly to be seen that in such a case no one but those that the organization had decided upon could be nominated for office. We do not say that such a result would follow in this city, but should the other wards follow the example set by the First there is nothing to prevent such a plan from being carried out. The fault found with the appointment of the committee in the First ward is, that no such proposal was stated in the call for the caucus, and a small minority of the voters in the ward arranged a programme that the balance of the residents are expected to accept without a murmur. Had due public notice been given that the purpose of the convention should consist of any given number of delegates from each ward, then the citizens could have made their arrangements accordingly. By

### WAR ON THE LITTLE SPOKANE.

Andy O'Conner's Excellent Experience With Two Indians.  
Andy O'Conner arrived in the city Saturday from the Little Dalles, where he had taken a load of freight, and gives us the particulars of a battle he had with a couple of Indians at Peavine Jimmy's station, on the Little Spokane, while on his way home, in which all three of the participants came in for a share of the honors of a lively conflict. In some manner one of the wheels of the wagon Andy was driving had given out and the wagon box was held in place by a long pole, that, after a manner, answered the purpose of the dislocated wheel. When within a mile and a half or two miles from the Little Spokane, two Indians came out on the road and demanded a ride. Mr. O'Conner pointed out the crippled condition of the vehicle and informed them that he could not carry an extra load. One of the men was a half-breed who could talk good English and he intimated in language more forcible than elegant that they would ride anyway. The spokesman attempted to climb into the rear of the wagon when Andy stepped back, holding the lines in his left hand, and picking up a spoke shoved the intruder off. The Indians made no further attempts to force themselves as passengers, but sullenly followed behind. When Andy reached Peavine Jimmy's place, where he was to put up for the night, he stopped in front of the stable, and as he was unitching his team the two Indians came up. The half-breed once struck Andy with his fist. Our townsman is not a pugilist, but he is a good chunk of a man, and an awkward hand in a rough-and-tumble scarp, and not relishing the familiarity of his assailant he returned the blow. It only required a moment or two to develop the fact that Andy was the better man, and as he was busily engaged in polishing off his assailant the second Indian struck Andy a vicious blow with a murderous looking knife. His aim being impaired the movements of the belligerents the point struck Andy on the top of the head, making an ugly gash, and causing the blood to flow profusely. Leaving the half-breed, O'Conner jumped at the Indian knocking him down. He proceeded to use his heavy hob-nail boots on both the men and beat them up terribly. The half-breed was the first to recover and as he left the scene, he stated that he intended to get his gun and kill O'Conner. The people at the house, who had been frightened nearly out of their wits by the struggle that they would not take part in, did all in their power for O'Conner, who was completely exhausted by loss of blood. The point of the knife had glanced from the skull, ripping up the scalp, leaving a frightful looking wound. The cut was seared with a hot iron to check the flow of blood, a primitive heroic, yet effective mode of treatment. Later in the evening four Indians, two of whom were the parties punished, were seen prowling about the premises armed with guns. In the morning, very early, the Indians were still in sight, showing that they had been watching all night. It was evident that if Mr. O'Conner attempted to drive his team to the city he would be waylaid and shot. A teamer who arrived during the night offered to drive the team in. Late in the morning the Indians again called on Peavine Jimmy, inquiring for the bad white man. Jimmy told them that he had gone to the city. They openly avowed their intention of killing him on sight. Andy was up stairs and overheard the conversation, which did not increase his cheerfulness a particle. About 10 o'clock Charley Wilson came along in a spring wagon horseward bound, and Andy took passage with him, reaching the city during the afternoon. Mr. O'Conner is in good condition considering the severe tussle he passed through, his wound healing rapidly. It will be some time before he takes another trip north, and when he does he will go prepared and be on the lookout for trouble.

—One of the neatest pieces of decorative work ever done in this city is that just completed by Langshore & McLellan in the California lounge bar and billiard room. It proves them to be master hands with the paint brush and as paper hangings. We congratulate landlord Gray upon the elegant appearance of his place.

### SCALPINGS.

—The Poodle Dog has a tasty new sign over the front entrance.  
—District Attorney Hyde is back from his trip to Walla Walla.  
—Newspaper & H- they are putting up some handy camp stoves.  
—A committee is at work on plans for enlarging the Methodist church.  
—R. F. Shamer offers the N. P. hotel for rent. Good chance for an active man.  
—Howard street merchants are running up their awnings. Hope it won't drive away the pleasant weather.  
and Washington. Their arrival was unexpected. Mr. Brickell is arranging to make his permanent home in this city.  
—Any one desiring to rent a six-room house or small store cheap can secure the same by applying to Alex. Warner.  
—Parties desiring paper hanging done should call on Langshore & McLellan. See their card in another column.  
—In the first seven days of the month 153 emigrants left Spauk Falls for points west of Spokane Falls.—*Oregonian*.  
—We are informed that Sid Leininger has withdrawn from the race for marshal, as he has contemplated making a trip home in a few weeks.  
—A number of ladies in this city talk of joining their husbands in the Cour d'Alene mines in the spring and spending the summer in camp.  
—The weather during March has been the finest we have ever experienced. It even surpasses California weather at the same season of the year.  
—Matters pertaining to the spring election are growing red hot. Who will be elected is a conundrum that is beyond the power of any one to guess.  
—The N. P. livery stable is doing a rushing business feeding transient teams. From this crowd there every night it is evident that teaming is very brisk.  
—One year ago the First ward polled 49 votes, the Second 180, the Third 50 and the Fourth 91. At the ratio taken for delegates in the First ward the Fourth is entitled to 30.  
—Charley Cannon will keep a supply of vegetables in conjunction with his restaurant and will be prepared to fill all orders as soon as a fresh garden truck comes into market. Due notice will be given of the first supplies.  
—We are requested to state that many friends of H. E. Houghton will present his name before the city convention for city attorney. He is a ripe scholar and an experienced attorney, and would make a valuable public servant.  
—W. C. Gray is making a move that should be followed by others of our citizens. He is setting out trees all along in front of the California house. If others would follow this example, in a few years our streets would be handsomely shaded.  
—The residents of the first ward have taken a new departure by appointing a delegation of five to the public convention. If this scheme is followed out the convention will be composed of 60 citizens. Whether they will prove satisfactory remains to be seen.  
—Orchard & Sayre has just received a large new stock of saddle's hardware, harness, and all the goods usually carried specially. Do not fail to call on them for anything in the harness line as they are prepared to sell at prices to suit purchasers.  
—J. C. Hanna has been induced to present his name for the position of candidate for the office of city clerk. Mr. Hanna is a deserving gentleman, a popular citizen and excellently qualified to fill the requirements of the office. His announcement will be seen in another column.  
—On the head of announcements will be found the name of G. Simpson, Esq., our affable and popular express agent, who has been urged to run for city treasurer by his many friends. If G. B. is chosen he will make a good officer, and one in whom the public can put the most explicit trust.  
—Millard T. Hartson, who has creditably filled the office of city attorney during the past year, will be a candidate for re-election. Mr. Hartson is an energetic attorney, a popular gentleman and has done good service during his term of office. He enters the field with a large following.  
—Complaint reaches us that cows are permitted to roam at large in the southeastern part of the city, much to the danger of the life and limb of children. A cow with a young calf attacked a little child there a few days ago and had it not been for the timely interference of a young man, who happened to be near, the child would have been killed.  
—The one absorbing topic now in the spring election. It would seem that the destiny of the world hung trembling in the balance and the result of the Spokane Falls election would be required to relieve the strain. Everybody will be glad when the struggle is over with and times enterize the wounds and best burnings that are bound to be caused by the result.  
—Jos. Douglas has been solicited by a number of his friends in the third ward to present his name before the people as a candidate for city attorney, and, by the announcement made to-day, it will be seen that he has at last consented. Mr. Douglas has the weight of years of experience in the legal profession in his favor in the race for this important office. He has held the same position in larger cities and has given eminent satisfaction. His friends will work hard for his nomination and election.  
—Richard Strobach, brother of our well known fellow-townman, Paul J., and son of Mr. Paul Strobach, Sr., has been appointed to-day deputy clerk of the court of this county, in place of J. T. Lockhart. He gave bonds and qualified immediately and will proceed to Cheney without delay. Mr. Strobach is a bright, intelligent young man, and we congratulate him upon securing so important an office, which we are sure he will fill with credit and to the entire satisfaction of all concerned. This is not his first experience in court business, as he served as the chief deputy for his father while that gentleman was marshal of Alabama, over a period of two years, where and when he became pretty thoroughly initiated.

That Secret Convention.

Quite a hubbub was kicked up Thursday by the report circulated that a secret convention was held Wednesday night and a city ticket nominated. The objects and aims of the men who have found it necessary to band together clandestinely in order to accomplish a given purpose has been discussed, commented upon and exaggerated beyond measure.

New Patents.

The following "cash" patents have been received at the U. S. land office, and will be delivered to claimants upon surrender of the duplicate certificates of entry, viz:

- 724. Mary R. Hylce
725. Ruth Rose
819. Isom Isby
828. Francis M. Brown
825. James L. Bayley
875. Warren Wheeler
833. James Rock
865. Geo W. Diko
935. Alexander Siegel
1037. John Killingsworth
1071. Andrew J. Stevens
1077. Victor Dussert
1078. Bartholomew O'Brien
1084. Thomas Murphy
1083. Wm G. Pratt
1080. Lewis G. Cranford
1020. Valentin C. Stowe
1053. Alexander Donkoe
1005. John M. Morgan
1409. Leonard W. Armstrong
1177. Joseph Martin
1114. Henry C. Sessions
1121. Alfred Hughes
1122. Walter N. Bowen
1123. Isaac H. Hildner
1145. Edward Irvin
1142. James B. Flowering
1153. George W. Wells
1165. Caled N. Johnson
1171. Thomas Nicholls
1172. Rebecca J. Chase
1173. Joseph Martin
1178. Oliver Poone
1180. James Logan
1184. Martin D. Harpold
1187. John E. Woods
1188. William H. Franklin
1189. Robert J. Cameron
1200. John S. Taylor
1207. Henry K. Taylor
1206. Bryan Westcott
1207. Avery E. Davidson
1208. Nick Ney
1210. Andrew Warren
1213. Samuel L. Brockman
1215. Thos E. Watson
1220. Fletcher J. Long
1221. Fred R. Newnam
1223. Patrick M. Sheehan
1228. William Commusky
1229. Thos J. Hildner
1237. Luzanne L. Hill
1243. Daniel Sulder
1245. Ira W. Bowen
1246. John E. Johnson
1252. William Bussett
1258. Frank A. Caldwell
1259. George A. Miller
1260. John D. Sander
1272. Thomas W. Hewett
1260. Chas L. Hotaling
1310. Edward N. Beach
1318. Frank K. Harrison
1325. Milton Hamilton
1342. Riley D. Calavan
1355. Anthony T. Courtwright
1360. Dan C. Sander
1367. Donald M. Cloud
1390. Isaac Heknell
1718. Rowen L. Harding
1721. A. L. Broadwater.

Cocur d'Alene Items.

(From the Murray Sun.)

C. W. Skeels has sold a one-quarter interest in the Star claim at Ellensburg for \$2000.

A late arrival from Eagle says the once famous metropolis looks very forlorn, and that, singular as it may appear, there is a large amount of snow there yet on the level, estimated from one to two feet.

A miner from Ellensburg states last week from a claim below that town which averages 25 cents to the pan. A lot of the meeting being explained the following resolution was offered and carried unanimously, and approved:

Resolved, That this meeting will nominate for city councilmen only such men as will pledge themselves unalterably opposed to private individuals owning the water works of this city and who will endeavor with all their power and influence to have the said water works purchased, owned and maintained perpetually by the city of Spokane Falls.

Nominations then being in order, it was moved and carried that a majority of all the votes cast be required to elect the nominees.

Mr. Lyman Carter was nominated for the long term, and on motion the nominations were declared closed.

Mr. Samuel Wilson and Mr. H. E. Allen were placed in nomination for the short term.

Mr. G. B. Simpson and Mr. Jos. Allen were appointed tellers.

There being only one nominee for councilman for the long term, it was moved and carried that the secretary cast the vote of the meeting for Mr. Carter.

A ballot was then taken for the short term, with the following results: Wilson 16, Allen 6. Mr. Wilson was declared elected.

A committee of three, consisting of G. B. Simpson, L. Kelsey and Dr. Morgan, were appointed to call a ward meeting next year.

The Long Lost Found.

At the time of the Sprague house fire Gen. Curry was stopping at the hotel and in the office he had his old army saddle, that he had carefully preserved, a pair of high-top boots and other property in a sack. It was known that the sack had been taken from the hotel with other baggage, but was carried off. The general has been keeping a sharp lookout for the saddle, which, from private marks, he could pick out from among ten thousand, but all of his watchfulness resulted in naught until last Sunday.

While driving about the city with his wife, the general caught sight of his long lost saddle on the back of a horse hitched to the fence at the corner of Post street and Riverside avenue. He at once procured the services of Marshal Hyde, who watched until the owner of the horse appeared, when he arrested the man. The party lives in the country and was very much surprised at the turn affairs had taken. It was at once evident that he had stolen property and gave the name of the party from whom the saddle was purchased. He very readily gave bonds to appear and the case hangs until the man from whom the saddle was purchased returns from the mines. The thief may yet be traced up.

— R. W. Forrest has always taken an active part in any enterprise that promised to benefit the city. He has lately been hard at work to secure a daily mail service between this place and Coeur d'Alene City. From letters recently received from the department, it is likely that his efforts in that direction will meet with success.

FOR SERVICES RENDERED.

Remarkable Bill Which a Young Physician Tendered a Fair Patient's Father.

A romantic little story reached the ears of a reporter for the Idaho-Oregon yesterday. It touches on stonks, pills and love. A certain charming young lady living in one of the southern suburbs was taken seriously ill a few weeks ago. Her parents, who are quite wealthy, employed the best medical talent obtainable, but the worthy disciples of medicine who examined her pronounced her case to be incurable, and said that she was beyond human aid. The parents were in despair. By some accident the father heard of a young doctor who had but very recently located in the village, and whose list of patients was not at all large, but who had ever given satisfaction when called upon. He was asked to see the sick girl. He called, looked at the patient steadily, then turned to the anxious parents and said, firmly and decisively:

"I can save your daughter!"

"Do you think so?" was the excited query.

"I know so" was the positive answer.

"Save my daughter and name your price for your services," exclaimed the loving father.

"Then I must have entire charge of the case," said the young doctor.

As the other doctors had given no encouragement whatever for her recovery, the father readily placed the case in the young physician's hands. He went to work patiently, earnestly; took entire charge of his fair patient; watched her day and night. In a few days she began to improve; two weeks found her out of danger; in three weeks she could sit up; in four weeks she was well and could take long drives with her devoted doctor. He had, indeed, redeemed his pledge—had saved her life.

One day after the complete recovery of the young lady was positively ascertained, the father called the young doctor into his library. Taking him by the hand, he said: "Young man, you have saved my daughter. I told you that if you did so you would be compensated. Whatever price you chose to fix upon my part of the agreement, as you have so nobly done your work."

"Do you really wish to pay me my own price?" asked the young doctor, anxiously.

"Indeed, I do, sir."

"Then I ask you to give your daughter to me in marriage," was the unexpected request.

The old gentleman was naturally a little astonished at the nature of the answer. He hesitated a moment, then launched a well A servant answered: "Toll Hattie to step here," was the command.

In a minute the daughter entered the room. The father and the young doctor stood facing one another.

"Hattie," said the old gentleman, "do you feel that you have fully recovered?"

"I am as well as ever, father."

"Do you imagine that your doctor is a man of whom you would wish to be saving your life?" was the sternly put question.

"No," said the girl, anxiously, "but I am sure he does not deserve anything reasonable."

"But I consider his charge extortionate," said the emphatic rejoinder.

"What is his fault? I feel that your doctor would not be unreasonable."

"Not unreasonable! Why, Hattie, he asks that I consent to his making you his wife, what have you to say to that?"

"Hattie blu-bled violently for a minute; her little foot played with the rug on the floor, then she looked up, and said to her father and next to the young doctor who had meantime uttered no word, she said:

"You say, father, when I was sick all the other doctors gave me up, and assured me nothing but death."

"Yes, my daughter."

"And doctor— took my case under his personal charge, and you would save me, and nurse me back to health and life?"

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

"Then, father, it strikes me that if I was a auditing committee and had to pass upon this bill, I'd argue that the one who brought me back from health to illness, and who would be justly paid for me, is the man who would save me, and nurse me back to health and life."

"Yes."

THE DIET MOST SUITABLE

For the Dyspeptic, the Diabetic, and the Corpulent.—Milk.

(Damon's Monthly.)

Dyspeptics should avoid anything which is indigestible, and anything which is not easily assimilated.

There are so many causes for and forms of dyspepsia, that it is impossible to prescribe a diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips, parsnips, peas, beans, very old cheese, sweet omelets, custards, jellies, starchy nuts, sweet sauces, wine and liquors. He may eat oysters, all kinds of fish, meat, poultry and game, soups without any starchy thickening, lettuce, cucumbers, water-cresses, dandelions, young onions, cold slaw, olives, cauliflower, spinach, cabbage, string beans, ripe fruit of all kinds without sugar cream, diet for all.

Nothing is more disagreeable or useless than to be cautioned against eating this or that, because your neighbor "so and so" can not eat such things. If we would all study the nature and digestion of food, and remember that air and exercise are as essential as food in promoting good health, we could easily decide upon the diet best suited to our individual needs.

The diabetic should abstain from sugar and anything which is converted into sugar in digestion, such as all starchy foods, fine wheat, flour, rice, macaroni, tapioca, liver, potatoes, beets, carrots, turnips



