

THEORIES ABOUT FOOD,
Also a Few Facts on the Same
Subject.

Restaurants may be found in the large cities where no meat pastry or coffee is served and the food cranks in his glory, and arguments and theories galore advanced to prove that meat was never intended for human stomachs, and almost make us believe that our sturdy ancestors who lived four score years in robust health on roast beef, pork and mutton must have been grossly ignorant of the laws of health.

As compared with grains and vegetables, meat furnishes the most nutriment in a highly concentrated form and is digested and assimilated more quickly than vegetables and grains.

As compared with grains and vegeta-

Dr. Julius Pennington on this subject says: Nervous persons people run down in health and of low vitality should eat meat and plenty of it. If the digestion is too feeble at first it may be easily corrected by the regular use of Stuart's Dyspepsia Tablets after each meal. Two of these excellent tablets taken after

inner will digest several thousand grains of meat eggs or other animal food than the stomach will digest of the same weight of vegetable food. The stomach may be no trouble will be experienced if a regular practice is made of using Stuart's Dyspepsia Tablets to cause they supply the pepsin acids and diastase necessary for perfect digestion and every form of indigestion will be overcome by their use.

That large class of people who find the stomach is the cause of their dyspepsia should eat plenty of meat and insure its proper digestion by the daily use of a safe, harmless digestive medicine. Keep in mind that the natural composition of the natural digestive principles pepsin diastase, trypsin acids and salts, which actually perform the work of digestion in the stomach, is the medicine masquerading under the name of dyspepsia cures are useless for indigestion as they have absolutely no effect upon the actual cause of the trouble.

Dyspepsia in all its many forms is simply a failure of the stomach to

stomach, food and the tendency to vomit are the chief symptoms. The cure of dyspepsia is to make daily use at meal time of a preparation like Stuart's Dyspepsia Tablets, which is endorsed by the medical profession and known to contain active digestive agents.

All druggists sell Stuart's Dyspepsia Tablets at 50c. per unit treatment.

friends of the Americans now in the islands indicate undue alarm, which is not borne out by the information received by the bureau of insular affairs. Cable inquiry was made of Gov. Taft as to the actual conditions at this time. In a cablegram received today Gov. Taft states that the cholera has practically disappeared from the island of Luzon, and that in Manila the disease has been confined to a few cases of a day during the last ten days. In all twenty provinces are now

The mortality, which in the beginning reached 90 per cent, has been greatly reduced and is now below 50 per cent. The commissioner of public health for the archipelago states that Cebu has already been declared a clean port and that Manila will be so declared on Nov. 1.

TABLES FOR SALT LAKE CITY PRECINCT	
William F. Hills.	Constable.
Brigham Y. Golding.	
Henry O. Olson.	
Constables for County Precincts.	
CRS.	Constable.
Samuel Nowell	Districts.
Thomas H. Woodbury.	64, 54
CREEK.	
Albert Capson.	55
CREEK.	
56 57 58	

Samuel Husman	60, 61, 62
David Lunn.	
Henry M. Saville.	
AY.	
Joseph C. Smith.	59, 60, 61
Frederick Peterson.	
Oscar Boden.	
NWOOD.	
Hyrum Nielson.	62
Jacob Christensen.	
DELL. (No report.	63, 64
EER.	
W. C. Wootten.	65
N.	

Foster Greenwood.	66
Charles F. Cole.	
Y.	
Lars A. Lundgren.	67, 68
Abel Johnson.	
TE.	
William J. Despain.	69
OOD. (No report).	70
ENT.	
Fred A. Olson.	71
Frederick A. Olsen,	
PER.	
Elias J. Day.	72
Andrew J. Day.	

Robert J. Turner. (No Report).	73
FON.	74
James W. Danesi.	75
Frederick W. Webb.	
ORDAN.	
Gordon S. Beckettad.	76
Alfred Ehrngren.	
ORDAN.	
Alma Hogenson.	77
Alfred G. Soderberg.	
ORDAN.	
James Marsden.	78
William Harker.	
A.M.	
John L. Forbes.	\$0, \$1, \$2, \$0, \$2

Ray H. Hennen.	
A. M. Stringham.	
O. H. Green.	
David Reid.	83
(No report).	
E. R.	84
George H. Robinson.	86
Stewart T. Tanner.	
(No report).	86
R.	
James McOshis.	87, 88, 89
John Deering.	
POINT.	
Frank H. Rudy.	91

and for the County of Salt Lake,
 certify that the foregoing is a full, true
 and correct list of all the names of the
 candidates for office, duly nomi-
 nated at the Tuesday, November 4th,
 1908, election.

Witness my hand hereunto set my

official seal, this 25th day of

Charles James

County Clerk.

JUSTICES OF THE PEACE AND CONSTABLES FOR SALT LAKE CITY PRECINCT

	Districts.
Republican—P. W. Bishop, Democratic—John Gabbott.	54, 55
EAST MILL CREEK.	
Republican—George Christensen. Democratic—	55
MILL CREEK.	
Republican—John Rider. Democratic—Joseph A. Cornwall. Socialist—Isaac Maxwell.	56, 57, 58
MURRAY.	
Republican—Charles Holm. Democratic—D. A. McMillan. Socialist—Joseph Marriott.	59, 60, 61
BIG COTTONWOOD.	
Republican—David R. Brinton. Democratic—H. R. Stevenson.	62
SILVER MOUNTAIN DELL (No report).	
BUTLER.	
Republican—J. J. Harrop. Democratic—	65
UNION.	
Republican—William Panter. Democratic—Henry C. Monteer.	66
SANDY.	
Republican—William Burrows. Democratic—H. P. Johnson.	67, 68
GRANITE.	
Republican— Democratic—Alva John Butler.	69
LITTLE COTTONWOOD. (No report).	
CRESCENT.	
Republican—John T. Spencer. Democratic—William Fairbourne.	71
FREDERICK A. OLSEN. DRAPER.	
Republican—Elisha Brown. Democratic—James R. Ravlina.	73
BLUFF DALE.	
Republican— Democratic—George W. Bills.	73
HERRIMAN. (No Report).	
RIVERTON.	
Republican—Beth Pixon. Democratic—Charles E. Miller.	75
SOUTH JORDAN.	
Republican—Albert Mabey. Democratic—John W. Wheaton.	76
GORDON S. BECKETT, Adm.	

Democratic--Samuel G. Spencer.	WEST JORDAN.	Alma Hogsenson.	77, 78
Republican--Joseph J. Williams.		Alfred G. Soderberg.	
Democratic--Alma H. Rock.			
Republican--Archibald Frame.	NORTH JORDAN.	Jenna Marsden.	79
Democratic--Samuel Bringham.		William Barker.	
	BINGHAM.		
Republican--George E. Lee.		John L. Forbes.	80, 81, 82, 90, 92
Democratic--John A. Farrell.		Ray H. Henson.	
Socialist--Joseph Kauffman.		A. M. Stringham.	
	PLEASANT GREEN.		
Republican--Samuel G. Spencer.		David Held.	83
Democratic--			
	HUNTER. (No report).		84
	GRANGER.		
Republican--Manassah Smith.		George H. Robinson.	85
Democratic--Richard C. Wilkin.		Stewart T. Tanner.	86
	BRIGHTON. (No report).		
	SUGAR.		
Republican--Simon F. Mackie.		James McGhie.	87, 88, 89
Democratic--John Varley.		John Dearing.	
	NORTH POINT.		91
Republican--O. W. Rudy.		Frank H. Rudy.	
Democratic--			

STATE OF UTAH
 County of Salt Lake, ss.

I, John James, County Clerk in and for the County of Salt Lake, in the State of Utah, do hereby certify that the foregoing is a full, true and correct copy of the names of all candidates for office, duly nominated for the General Election, to be held on Tuesday, November 4th, 1902, as appears on file in my office.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed my official seal, this 25th day of October, A. D. 1902.

(Seal.) *John James*

County Clerk.