

The New Bread.

ROYAL fermented bread, made without yeast, avoiding the decomposition produced in the flour by yeast or other baking powder; peptic, palatable and most healthful; may be eaten warm and fresh without discomfort, which is not true of bread made in any other way.

Can be made only with Royal Baking Powder.

Receipt for Making One Loaf.

ONE quart flour, 1 teaspoonful salt, half a teaspoonful sugar, a heaping teaspoonful Royal Baking Powder, half medium-sized cold boiled potato, and water. Sift together thoroughly flour, salt, sugar, and baking powder; rub in the potato; add sufficient water to mix smoothly and rapidly into a stiff batter, about as soft as for pound-cake; about a pint of water to a quart of flour will be required—

more or less according to the brand and quality of the flour used. Do not make a stiff dough, like yeast bread. Pour the batter into a greased pan, 4 1/2 x 8 inches, and a 4-inch deep, filling about half full. The loaf will rise to fill the pan when baked. Bake in very hot oven 45 minutes, placing paper over first 15 minutes baking, to prevent crusting too soon on top. Bake at once. Don't mix with milk.

Note.—It is necessary to follow, precisely, the above directions, even to the size of the pan. Observe that water should never be added until the powder has been thoroughly mixed with the flour in a dry state. Perfect success can be had only with the Royal Baking Powder, because it is the only powder in which the ingredients are prepared so as to give that continuous action necessary to raise the larger loaf.

The nutty flavor noticeable in this bread is due to the fact that no acid except that derived from the grape is used in the Royal Baking Powder. Address ROYAL BAKING POWDER CO., 100 Wall Street, N. Y., for all further information.

A very good imitation of ground glass is produced by dissolving three tablespoonfuls of Epsom salts in a pint of warm water and applying it to the glass with a common paint brush. This answers admirably when a sort of screen is wanted. The solution must be applied to the side of the glass which is not exposed to the weather.

Within the Antarctic circle there has never been found a flowering plant. In the Arctic regions there are 702 different species of flowers. Fifty of this number are really polar flowers of varied colors; the remainder are almost colorless, being mainly of a yellowish blue.

MERCURIAL

Mr. J. C. Jones, of Fulton, Ark., says of S.S.S. "About ten years ago I contracted a severe case of blood poisoning. Leading physicians prescribed medicine after medicine, which I took without any result. I then tried mercurial and potash remedies, with unsatisfactory results."

RHEUMATISM

Successful results, but which brought on an attack of rheumatism, confinement that made my life one of agony. After suffering four years I gave up all remedies and commenced using S.S.S. After taking several bottles, I was entirely cured and able to resume work.

S.S.S. is the greatest medicine for blood poisoning to-day on the market.

It's Just as Easy

To grow Choice Flowers as it is to grow common ones if you START RIGHT.

THE TIMOTHY HOPKINS COLLECTION OF SEEDS PEAS
Comprising 21 Distinct Varieties. A Large Packet of Seeds of each for \$1.00, or a Packet of Seeds of the same varieties mixed for only 10 cents.

2 Roses \$1.00
12 Carnations \$1.00
12 Pelargoniums \$1.00
12 Chrysanthemums \$1.00

Flower or SEEDS (your own or our selection)
FOR ONE DOLLAR.

SHERWOOD HALL NURSERY CO.
S. W. Cor. Sanson & Clay Sts., - - San Francisco, Cal.

Looking Better

feeling better—better in every way. There's more consolation in that than well people stop to ponder. To get back flesh and spirits is everything.

Scott's Emulsion

of pure Cod Liver Oil with Hypophosphites is prescribed by leading physicians everywhere for ailments that are causing rapid loss of flesh and vital strength.

Scott's Emulsion will do more than to stop a lingering Cough—it fortifies the system against all coughs and colds.

THE CORK FACED HORSE COLLAR

Prevents the horse from having a sore or galled neck. Cool and elastic, requiring no sweat. The cork face is made of the finest material. It does not have to be sewed on. It is made of one piece of material.

DR. GUNN'S LIVER PILLS

FOR A MILD PHYSIC

ONE PILL FOR A DOSE.

A movement of the bowels each day is necessary for health. These pills supply what the system lacks in a mild and pleasant way. They are made of the finest material. They are made of one piece of material.

A SUSPICIOUS PERSON

DON'T CARRY BUNDLES ON A NEW YORK STREET AT NIGHT.

The Actual Experience of a Man Who Was Branded in the Police Records of the City as a Suspicious Character—No Appeal for a Victim.

In a down town restaurant the other day I met a friend not unknown in the literary world. He was taking luncheon. His air, however, was so perturbed and his mind so gloomy that in pausing at his table I said: "What's the matter?" "Don't suppose I've got any more friends," he said laconically. "I'm a suspicious person." "A suspicious person," I echoed. "Of what are you suspected?" "Sit down and I'll tell you all about it," he replied.

"The evening I had nominated my beverage I listened to a remarkable tale of woe from my friend, and I can assure the reader that it is true in every essential feature. "Last night," began my friend, "I was down town very late. As I was leaving the end of the bridge I stopped in at an open all night drug store, where during the day I had left a package containing a pair of trousers which my tailor had just pressed and renovated. "With this bundle under my arm I took a train on the Sixth avenue elevated, and got off at Eighth street. The cars were so warm I had thrown my overcoat over my arm, and in leaving the station I did not stop to put it on, as I live very near University place. When within half a block of my home I began to rain, but I did not stop to put up my umbrella, having my coat and umbrella under my left arm. I just made a run for it.

"I had run perhaps thirty yards when I felt a heavy hand on my shoulder, and a gruff voice said in my ear, 'Hold on there; what are you running for?' "I looked up and saw a big policeman standing over me. I was so surprised that all I could say was: 'I am running to get out of the rain. Didn't think I was running to catch a train at this time of the night, did you?' "Don't get fresh, young fellow," persisted the policeman, "but just tell me where you got them clothes."

"Well," I replied, still so astonished I could hardly collect my wits, "the overcoat is mine and the pair of trousers in the bundle were just sent from the tailor's this afternoon, and I am bringing them home."

"Oh, say, now that wasn't do," was the blucost's reply. "I'm on to you and your game. You'll have to come to the station with me. See?" "But listen, I'm so and so, and I haven't done anything," I vainly expostulated, giving my name and occupation.

"Well, you do as you please," said the fellow insolently. "We are right opposite the house now," I replied meekly. "Oh, we are," we'll said the policeman with a sneer. "Well, let's see you open the door."

"But I don't go in this door," I explained. "I go in the one on the side. I have no key to this door." "Just what I thought," said the policeman. "We'll have no more monkeying, so you just come along with me."

How Fishes Breathe.

A gentleman who found small fishes dead wrote to Nature to ask: "How is it with the fish in countries like Siberia? Do they desert those parts of the rivers which are frozen over, or are the currents more rapid so as to break the atmosphere and bring from unfrozen parts, or is in some glacial streams, are fish altogether absent?"

Any one who has caught fish through ice three feet thick on Maine ponds will understand that fish live very comfortably so long as any part of the pond remains liquid. The waters of Siberia are likely to be abundantly stocked with fish, which will be found in the best condition when their house is sealed with frost.

It is not necessary to suppose that air is carried under the ice from open places in the brooks. There is air enough in the water at all times to answer the purposes of the fish. The presence of the air is best discovered by allowing water slowly to be come warm in a vessel of tin or iron. The air, which is held in the water very much as water is held in a sponge, is expanded by the heat, and may be seen gathering in small bubbles attached to the surface of the vessel. This must be a matter of common observation.

It is this air that supplies the fishes with breath. It may be thought by some persons that fishes breathe water, for the writer has heard this statement made; but such a view is not correct. The fish has the power to draw in water and get the needed oxygen from that source.

As he is constituted he needs very little air. He is furnished with but little blood, and this is sufficiently oxidized by coming in contact with air in the water forced through the gills, which are his breathing apparatus.

The effect of the air is seen when the fish is taken from the water. The gills suddenly reddish. This is due to the rapid oxidation of the blood. The fish is killed by the excess of air. In the water he gets only the proportion that he needs. Altogether the fish is very comfortable under the ice during our hard winter.

Propulsion of Trains by Compressed Air.

An ingenious method of utilizing gravity in descending grades has been worked out by an Italian engineer. The engine is running down a grade, and the train up a grade, is propelled by the air from the engine. The accumulators are constructed for a pressure of 150 pounds, and the mechanism designed for the alternate compression and utilization of the air compresses three cylinders, two of each of equal capacity, and the third of smaller size. These three cylinders are connected to one of the two coupled axles carrying the load by means of the usual crossheads and connecting rods.

When ascending a grade these cylinders work as a compound motor, and during the descent they act as a pump, and compress the air into the accumulators according to a regulated pressure. The committee appointed to report on this system are of opinion that its use is at present best with certain limitations, dependent mainly on local conditions, such as grades, curves, and the like. It is found, however, that the system would be most advantageous in the operation of mountain railways, and in gradients where long tunnels, where ventilation is deficient, and where it is especially desirable to avoid the presence of smoke and gases.—New York Commercial Advertiser.

Tennyson and Sightseers.

Though Farrington, in Freshwater, was Tennyson's favorite home, Aldworth, in Haslemere, became by far the most interesting of his summer residences—circumstances meaning in this case tourists and Saturday to Monday cheap trippers. Tennyson used to say that he was literally driven from the Isle of Wight by the summer visitors. Not content with invading the home of Farrington, these enthusiastic but not considerate sightseers would go the steps of the object of their admiration whenever he took his walks abroad. Twenty years ago he purchased the place at Aldworth, and made it his summer retreat. The house was designed by James Haslemere, and was a masterpiece of the architect of the Nineteenth Century Review, is a professional architect.

Every year in May, since 1872, Tennyson has gone to Aldworth, returning to Freshwater in October, when the trippers cease from troubling him, and the "Ary is at rest. Tennyson's summer residence, therefore, is a summer holiday resort that was almost morbid in its intensity. Perhaps this grew by what it fed on, perhaps a part of it—a small part of it—was affection, for Tennyson was a hero worshiper, and as far as himself was concerned, was not indifferent to the world's applause.—Cor. Boston Herald.

The New Bread.

It is evident that, if considerations of healthfulness in food and convenience in housekeeping are to govern, the use of yeast in bread-making will become a thing of the past. It is an established fact that yeast produces the gas which raises the bread, not from itself, but by fermenting or rotting some of the most nutritious elements of the flour. The gas is the product of the decomposed elements. The loss of these properties is what makes fresh yeast bread unwholesome. The use of the Royal Baking Powder instead of yeast is found to make a finer, lighter bread, devoid of all dyspeptic qualities. The same gas—carbonic—is produced, where yeast is used, but not from the flour. None of the elements of the flour is impaired, thereby preserving the nutritive values of the bread, which is made more wholesome and actually anti-dyspeptic. The greater convenience where a batch of the finest bread can be made and baked in less than an hour, and in a variety of colors, is being daily shown that for purity and germinating power the Sherwood Hall Baking Powder is far ahead of any other to be had. The Timothy Hopkins collection of Sweet Peas has become famous all over the world; and as for the Chrysanthemum, the Queen of Autumn, the varieties raised at Sherwood Hall far surpass in fineness of texture, size of bloom, brilliancy and variety of coloring the products of even sunny Japan, its native place. California is the best state for sweet-peas, and the Sherwood Hall Nursery Co. already stands first in the state.

TAT GRAMA for breakfast.

See Rhamelline Store Polish; no dust, no smell.

Hood's Cures Sharp Pains

Short Breath, Heart Trouble, Rheumatism.

After a great many vicissitudes he resolutely came to the conclusion that it was his name which was his bad luck. He resolved to try the effect of a change, and with the permission of the legislature he simply reversed his name. For the sake of illustration, supposing it was Abel Smith, he obtained the legal right to change it to Smith Abel. The effect of the change was most surprising. The hitherto elusive success waded the new name assiduously. Enterprises that had fallen flat before became popular and prosperous. Old debts were speedily paid and a new bank account grew to very lengthy proportions. The gentleman very richly rewarded and his name is now on the list of the solid men of New York.—New York Times.

PREVENTING FUTURE MISERY.

If there is, in this vale of tears, a more prolific source of misery than the whole system have yet to hear of, it is the one which is a tendency to rheumatism, just as they are to consumption or to Bright's disease may die on the spot. As soon as the slightest complaint manifests its presence should be had to Hood's Sarsaparilla, which checks its further progress and banishes the rheumatic poison from the system. This statement is fully and amply substantiated by the fact that Hood's Sarsaparilla is the most successful remedy for rheumatism.

CAUTION.

When a woman is trying to write a letter on a self-acting typewriter, much may be said on both sides.

REPAIRS AND FILES CURED.

We positively cure rickets, piles and all rheumatic diseases without pain or detention from business. No cure, no pay. Write for particulars. Address for pamphlet Dr. Porterfield & Co., 520 Market Street, San Francisco.

BEWARE OF QUININES FOR CATARRH THAT CONTAIN MERCURY.

As mercury will surely destroy the sense of smell and give the user a whooping cough, when it enters the system, it is a most dangerous remedy. Such articles should never be used except on prescriptions from reliable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hood's Catarrh Cure, containing no mercury, is taken in capsules, acting directly upon the blood and mucous surfaces of the system. It is the only Catarrh Cure that cures the system. It is sold by Dr. J. C. Cheney & Co., Testimonials free. Sold by druggists; price, 75 cents per bottle.

Pruders' Oregon Blood Purifier

is the best remedy for cleansing your system.

NOTHING LIKE IT.

40 YEARS OF PAIN CURED. THE CASE. N. ALBANY ST., ITHACA, N. Y., Dec. 19, 1887. For over 40 years I have been a victim of rheumatism. I was persuaded to try St. Jacobs Oil. I have used two bottles, and a man more free from rheumatism never walked our streets. My limbs that were once stiff and lame are now as light and limber as in my youth. JOS. EISELL.

A NOTABLE ANNIVERSARY.

April 1st, 1888, was the first birthday anniversary of the Sherwood Hall Nursery Co., of San Francisco and Menlo Park. To those who know what an important factor this Company has become it seems hardly possible that its enviable position has been attained in one short year. The success of this Company means a great deal besides a profitable business. The gentleman who founded the enterprise began with a determination to cultivate trees, plants, seeds and bulbs of the State of California had such advantages of soil and climate that she could stand pre-eminence. At Menlo, with which no spot in the state can compare in adaptability for this purpose, it is being daily shown that for purity and germinating power the Sherwood Hall Nursery Company's seeds are far ahead of any others to be had. The Timothy Hopkins collection of Sweet Peas has become famous all over the world; and as for the Chrysanthemum, the Queen of Autumn, the varieties raised at Sherwood Hall far surpass in fineness of texture, size of bloom, brilliancy and variety of coloring the products of even sunny Japan, its native place. California is the best state for sweet-peas, and the Sherwood Hall Nursery Co. already stands first in the state.

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A TIRE WOMAN.

As sick as such a word, Dr. J. C. Jones, of Fulton, Ark., says of S.S.S. "About ten years ago I contracted a severe case of blood poisoning. Leading physicians prescribed medicine after medicine, which I took without any result. I then tried mercurial and potash remedies, with unsatisfactory results."

It is a powerful restorative tonic and soothing nerve, made especially for women's needs, and the only guaranteed remedy for women's weakness and ailments. In all women's complaints and irregularities, if it ever fails to benefit or cure, you have your money back.

A great many medicines "relieve" Catarrh in the Head. That means that it's driven from the head into the throat and lungs. But, by its mild, soothing, cleansing and healing properties, Dr. Sage's Catarrh Remedy perfectly and permanently cures.

EVERY MAN KNOWS A. B. Steinhilber & Co., One-Price Clothiers, Cor. First and Morrison, Portland, Or.

Silverware

First and Morrison, Portland, Or.

FISHING TACKLE

First and Morrison, Portland, Or.

THE H. T. HUDSON ARMS CO.,

93 First St., Portland, Or.

Imperial & York NORTH PACIFIC CYCLE CO.

BIKES OF EVERY DESCRIPTION. MARQUAN BUILDING - PORTLAND OREGON.

MAN'S BONE CUTTER

Will cut Dry or Green Bones. Double the number of eggs. Will carry the hens safely through the molting season and put them in condition to lay when eggs command the highest price. Will break the necks of chickens faster than any other food.

INVALID GOODS.

W. A. SCHROEDER, 27 New Montgomery St., S. F.

FRAZER AXLE GREASE

Best in the World! Get the Genuine! Sold Everywhere. FRANK WODESEY, Agent, Portland, Or.

OPIUM

Morphine Habit Cured in 10 Days. Dr. J. C. Jones, of Fulton, Ark., says of S.S.S. "About ten years ago I contracted a severe case of blood poisoning. Leading physicians prescribed medicine after medicine, which I took without any result. I then tried mercurial and potash remedies, with unsatisfactory results."