



IN EVERY Receipt that calls for baking powder use the "Royal." It will make the food lighter, sweeter, of finer flavor, more digestible and wholesome.

"We recommend the Royal Baking Powder as superior to all others."—United Cooks and Pastry Cooks' Association of the United States.



WEIGHT OF BIRDS' HEARTS.

They Are Heavier in Proportion Than Those of Animals.

Most people will be surprised to learn that the hearts of birds are far heavier proportionately than the hearts of animals, including man, but a little explanation will show that this is quite natural. The more the body works the greater the demand upon the heart, upon which falls the duty of driving the blood through the body; hence the heart develops and becomes heavier. Every body knows that birds are among the most active and hard working of living creatures. The swallow can overtake an express train. The falcon will carry a load weighing three pounds in the air without hindrance to its power of flight or its speed. In short, they have a tremendous capacity for work.

The celebrated ornithologist, Marcy, states that a sea gull weighing 1 1/2 pounds is capable of performing in one second work equivalent to raising a weight of nine pounds one yard high. A man weighing 130 pounds, to be equal to the sea gull, would have to lift 780 pounds one yard high in one second. If a man becomes an athlete or carries heavy loads, his heart grows proportionately. No wonder, therefore, that the hearts of our active feathered friends are strikingly heavy as compared with the bulk of their bodies.

The average weight of the human heart in normal circumstances is five-one-hundredths of the total weight of the body. Dr. Carl Parrot has lately weighed the hearts of various animals and birds and has found the averages to be as follows, the figures representing the one-thousandth parts of the total weight: Pig, 4.52; ox, 4.59; sheep, 6.01; horse, 6.31. The domestic animals thus come fairly close to man. The wild roebuck has an exceedingly heavy heart—11.5.

Most birds are a long way ahead of animals. The carrier pigeon comes out at 12.25; the common sparrow, 16.22; the hobby, an extremely active species of falcon, 16.95; and the song sparrow, 25. The heart of the last named is thus five times heavier than that of man in comparison with the total weight.—Pittsburg Times.

Many hundreds of manuscripts have been recovered at Pompeii. They were charred rolls, but by the exercise of patience and ingenuity some have been unrolled and read. Nothing of importance has been discovered in their contents.

Carnivorous animals seldom produce more than two young at a birth.

WE GIVE AWAY

A Sample Package (4 to 7 doses) of

Dr. Pierce's Pleasant Pellets

To any one sending name and address to us on a postal card.

ONCE USED THEY ARE ALWAYS IN FAVOR.

Hence, our object in sending them out broadcast.

ON TRIAL.

They absolutely cure **SICK HEADACHE**, Biliousness, Constipation, Coated Tongue, Poor Appetite, Dyspepsia and kindred derangements of the Stomach, Liver and Bowels.

Don't accept some substitute said to be "just as good."

The substitute costs the dealer less.

It costs you ABOUT the same.

HIS profit is in the "just as good."

WHERE IS YOURS?

Address for FREE SAMPLE, World's Dispensary Medical Association, No. 663 Main St., BUFFALO, N. Y.

It is a rare disease, however, and difficult to speak of. It is also a great deal of trouble. It is caused by the use of **Dr. Williams' Pink Pills** for Pale People. The pills are made of the most pure and healthful ingredients, and they are the only pills that will cure this disease. They are the only pills that will cure this disease. They are the only pills that will cure this disease.

CATARRH

ELY'S CREAM BALM Opens and cleanses the Nasal Passages, Allays Pain and Inflammation, Relieves the Sore, Protects the Membrane from colds, restores the Senses of Taste and Smell. The Balm is quickly absorbed and gives relief at once.

Use this Balm applied to each nostril, and it will be absorbed. Price, 50 cents at Druggists' or by mail. ELY BROTHERS, 56 Warren Street, New York.

WOMEN'S CURE FOR COLIC Cures Wind, Flatulency, Bloating, Stomach Pain, Headache, etc. Price, 50 cents at Druggists' or by mail. ELY BROTHERS, 56 Warren Street, New York.

WELL-KNOWN PEOPLE

PROMINENT PERSONAGES FROM FAR AND NEAR.

People Who Have Gained Distinction in Their Particular Spheres in Life, Both in This Country and Abroad—Lieutenant-General Schofield.

The bill passed by congress for the benefit of General Schofield and which revives the grade of lieutenant-general of the army, was signed by President Cleveland on February 5th. General



CATARRH OF STOMACH

INTERESTING FACTS ABOUT THIS PECULIAR DISEASE.

A Well-Known St. Louis Man Relates His Experience and Tells How He Succeeded in Getting Relief.

From St. Louis, Mo., (Chronicle). "No one knows except myself the amount of suffering I endured for upwards of four years, from what I was told was catarrh of the stomach." The speaker was Mr. J. P. Fox, one of the best known professional swimmers in St. Louis, now at Prof. Clark's Natatorium, 19th and Pine. Prof. Fox's occupation necessitated his being in the water several hours every day. He contracted a severe cold which he neglected, then another and another and finally he broke down, the effect of these colds seemed to debilitate and finally disease his stomach, and he had such symptoms as—stinging pains in his head, an inflammation of the membranes of the throat and air passages, which filled with a slimy substance, his appetite failed him, he became gaunt and thin and excessively nervous—all of which denoted Catarrh of the stomach. An attack of vertigo one day rendered him unconscious for half an hour after which he was confined to the house and scarcely able to walk across the room. He was sleepless, had violent pains and indigestion of the worst kind. Mr. Fox said to our reporter:

"Often I would be seized with a feeling of suffocation. This went on until one day a friend insisted that I try Dr. Williams' Pink Pills for Pale People, and he read to me a paper wherein several cures of cases similar to mine were reported. I determined to give them a trial. My mother threw the doctor's medicine away, and actually before I had taken half of the contents of the first box I began to feel a marked improvement. I began to sleep well, with my returning appetite I began to take a better view of life, the gnawing sensations in my stomach disappeared, I ceased to belch up gas and had no feelings of vomiting after eating, the soreness in my throat went away, and, well, within a month, I ventured out of the house. I kept on with the pills, and well you see me now. I feel as well as ever I did and I don't suppose there is a sounder man physically than myself in the country. I am in and out of the water three and four times a day, giving swimming lessons, and I certainly attribute my present good health to Dr. Williams' Pink Pills. You can use my name if you want to, and I shall be pleased to tell of the great benefits I have derived from the use of the pills at any time."

Dr. Williams' Pink Pills for Pale People are now manufactured by the Dr. Williams' Medicine Company, Schenectady, N. Y., and are sold in boxes (never in loose form by the dozen or hundred, and the public are cautioned against numerous imitations sold in this shape) at 50 cents a box, or six boxes for \$2.50, and may be had of all druggists, or direct by mail from Dr. Williams' Medicine Company.

He Won't Be Expelled.

Mouley Mike—By all the saints, has yer lost yer mind? Wat you carryin that saw for?

Ragged Robert—It's all right. I stop at houses an offer to saw wood fer me dinner.

"You'll be expelled from the Travelin Gentlemen's union."

"No, I won't. After dinner I tell 'em I can't work till I file me saw. They lend me a file an tell me to go way off where they won't hear me file. Most any saloon will give a drink for a good file."—New York Weekly.

Forgetting One's Children.

"I left my children standing there, exactly there!" It was in one of the stores in Temple place, and the mother who had lost her two little girls pointed with absolute decision to the place where she was certain she had told them to wait for her while she went to another counter to look at a bargain. A small commotion of inquiry and search at once buzzed through the store. Presently one of the head men stopped to the door and looked up and down the street. He saw if the lost children had strayed out of doors.

In front of another store a few doors up the street a small crowd was collecting about two little girls who were asking piteously for their mother. They were still standing in the doorway of the store exactly where she had left them when she went away down to the other to look up a bargain. And when she was brought into her own she "remembered that she had forgotten" where it was she had left them, and added, "I declare, I don't see how I came to do such a thing!"—Boston Transcript.

Fishing by Electricity.

The success which attended the use of the electric light in fishing off the California coast has led to the devising of various improved apparatus for that purpose. One of these consists of a large iron frame interlaced with netting, which can be opened and closed at the will of the operator. An electric light incased in a lantern is lowered into the net, the electricity being furnished by a motor in the bow of the boat. As the boat moves along the network is thrown open, and the bright light of the lamp, which is seen at a great distance in the clear water, arouses the curiosity of the fish, which readily swim into the trap. This is the modern variant of the old method of destroying fish from a canoe by torchlight.—Exchange.

WOMEN'S GIFTS TO COLLEGES.

What Massachusetts Women Have Done For Educational Institutions.

Those who inspect the statistical charts and the bound volume of historical and educational monographs contributed by the women of Massachusetts to the Chicago fair will gain a new idea of what women have done for the cause of higher education. The facts contained will be a revelation to most people, who have only an inadequate idea of what women have accomplished in this way. One of the most extraordinary showings is the table containing a list of the sums of money given to Massachusetts colleges by women. It is as follows:

Harvard university	\$1,201,528 98
Institute of Technology	250,250 00
Boston university	122,571 00
Williams college	102,266 01
Amherst college	79,000 00
Smith college	41 00
Harvard annex	10,000 00
Mount Holyoke college	94,520 00
Tufts college	105,750 00
Wellesley college	271,000 00
Combined gifts of Mr. and Mrs. Durant	271,000 00

Here is a total of \$2,328,078 18, a magnificent sum, and larger by many thousands than the total gifts made to all the colleges in some of the older states. The Harvard university received more than half of this amount, and yet that institution has only recently admitted young women to its courses and even now does not give them the same advantages as young men. To President Eliot's request that women contribute \$500,000 to endow the woman's annex of Harvard university it might be pertinent to ask why it would not be right to use for this purpose a part of the \$1,200,000 given by women in past years to the funds of the university. The scholarships, the botanic garden, the divinity school, the library and the departments that have been enriched by this bounty of women show how well they can discriminate in their gifts.

This does not include all, however, that women have done for education in Massachusetts. Public libraries have received gifts amounting to \$681,106, and public and industrial schools have been given \$129,000. Another way in which education has been aided by women is by gifts to the free kindergartens, which have received \$344,579. Even this does not cover all the money women have given to aid others in getting an education, many being too modest to allow the amount of their gifts to be known, but it is enough to show how strong an interest women have taken in colleges and education. This interest is not of recent origin either. As early as 1664 Bridget Wynns gave Harvard college \$4, and in 1718 Mrs. Hutchinson gave the same institution \$10. These sums look small beside the recent bequests to Harvard of \$250,000 by Mrs. Elizabeth Fogg, and \$100,000 by Mrs. Ellen Gurney. But it is the spirit and the ability and not the size of the donation that measure the value of the gift.

It is a long call from the earliest of these expressions of woman's interest in education to the present time, when colleges are opening their doors to female students and placing them on the same level with male students. All have not done this, but some have, and others will be compelled to follow. The results of college training for women have more than justified the efforts made and swept away most of the prejudice that once existed against the higher intellectual training of women. The New York Sun not long ago gave the following illustration of what a college bred woman can do:

"One college woman in New York, wife of a busy physician, does all her husband's reading for him both of current literature and medical publications. With the trained intelligence peculiar to the thoroughly educated woman she grasps the salient points of the articles, and in a few words gives them to him at dinner or in the afternoon drive."

With such proof of how a college bred woman can enter into an intelligent partnership with her husband and the proofs given in the exhibit at Chicago of the liberality of women toward colleges there will be a general agreement that the day has passed when the demand for equal facilities for the higher education of women can be brushed aside as unworthy of notice.—Philadelphia Press.

Thunderstorm Zones.

This subject has been somewhat closely studied by Professor Klossovsky, director of the observatory at Odessa, who has published a paper on the annual distribution of thunderstorms over the globe.

His observations show that a high temperature, a certain degree of humidity and a considerable amount of rainfall are the chief agents favoring the developments of thunderstorms. A colored map which accompanies Professor Klossovsky's paper shows the existence of a zone of electric activity of great intensity on both sides of the equator, and this is also the zone of greatest rainfall. The zone is divided into three sections, the first embracing Asia and Oceania, the second China and the Smolts into New Guinea. Over this zone the yearly average of thunderstorms is 90 to 100. The second zone starts from the west coast of Africa between 5 and 10 degrees north latitude and 5 degrees to 10 degrees south latitude, while the third zone comprises the tropical regions of America between 20 degrees and 32 degrees north latitude, where the mean annual number of storms exceeds 100.

To the north of this zone, which is termed the electric equator, the storms decrease in number until the deserts of Africa, Egypt, Persia and central Asia are reached, where the rainfall is scanty and thunderstorms rare. To the north of the zone of deserts, especially over the continents of Europe and Asia, the electric activity is somewhat increased. The data collected from the high latitudes of the southern hemisphere refer principally to the Falkland islands, where the average number of storms is only four.

She Belongs to the Past.

The recent election of Miss Emily Louise Gerry of this city as regent of the Society of the Daughters of the Revolution makes an interesting point of connection between the present and the past in American history.

Miss Gerry's father, Elbridge Gerry, was a signer of the Declaration of Independence, a member of the committee which framed the constitution of the United States and vice president of the United States in Madison's administration. He was born 150 years ago a subject of King George II, and his daughter at the age of 92 years is a citizen of what is now the oldest republic on the face of the earth. She is the last living child of a signer of the Declaration of Independence.—New Haven News.

Why the Fight Was Put Off.

"We always have fought at this season," said the Mussulmans and Hindoos of Lucknow in 1857 to the then acting Resident Major Hayes, "and we cannot help fighting." "But I shall fire at you both if you do." "Then we will postpone the fight for this year." They did, and it has not been fought ever since.—London Spectator.

THE POPULIST.

Why shouldn't there be a third party?

It is true they disturb the smooth running of the regular organizations and sometimes overturn elections, but what is popular is founded on merit: As for instance, among all the remedies used for sprains and bruises, St. Jacobs Oil is the most popular because it is known to be the best; hence it is the Populist of the medical world. The more it cures so promptly and surely. There is no crippling from sprain here, this old remedy is used. It imparts new life and strength and the pain vanishes. Truly it is a Populist.

THE WOMEN'S CONGRESS.

In mute astonishment we bend. With all our male inferior race, Before the ladies who attend. In great Chicago, wondrous place! Who scoffed before are now become Discreetly still, profoundly dumb.

Seven days they met and then dispersed, With nothing further to be done, Pleasantly seated, and first. They've wholly settled, one by one. In comprehensive view they saw Philosophy and civil law.

They spoke of schools, of charity, And science found its proper part. Religion and philanthropy. Were joined with literature and art. No theme too great, and none too small. They simply finished one and all.

O politicians most effete, Who so unceasingly debate, These ladies in a week could treat The past and future of the state. Philosophers, who trawl pursue, A week sufficed to deal with you!

So, acting on this noble plan, Henceforth be government resigned— To way and alter as she can. To be a woman's independent mind. On every point prepared to speak And pass her judgment—in a week!

An Eager and Nipping Wind. A continuous down pour of rain, indelible weather, generally in winter and spring, are unfavorable to all classes of invalids. But warm and activity infused into the circulation counteracts these influences and interpose a defense against them. Hostetter's Stomach Bitters, most thorough and effective of stomachics and tonics, not only enriches the blood, but accelerates its circulation. For a chill, or preliminary symptoms of rheumatism and kidney complaint, particularly prevalent at the season, it is the best possible remedy. It is also invaluable for dyspepsia, liver complaint, constipation and nervousness. Never set out on a winter or journey without it. Elderly persons and the delicate and convalescent are especially aided by it.

"Do you go to church to hear the sermon of the music, Maude?" "I go for the music," said Maude.

EXPOSURE TO CHANGES OF TEMPERATURE. Public men are constantly liable to danger arising from sudden changes of temperature; sometimes from heat to cold, sometimes the reverse.

Henry Thorne, Traveling Secretary of the Y. M. C. A., writes from Exeter Hall, Strand, London, February 24, 1888: "I desire to bear my testimony to the value of ALCOCK'S PAIN EXPELLER. I have used it for pains in the back and side arising from rheumatism and other causes never without deriving benefit from their application. They are easily applied and very comforting. Those engaged as I am in public work which involves exposure to sudden changes of temperature, will do well to keep a supply of ALCOCK'S PAIN EXPELLER in their portmanteaus." BRANDRETH'S PILLS act upon the whole system.

He (a humorist)—"I'll send you one of my pills or a valentine. Still—But I want a couple of valentines."

\$100 REWARD \$100. The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by rebuilding the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer one Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address, F. J. CHENEY & Co., Toledo, O. Sold by Druggists, 75c.

NEW WAY EAST—NO DUST. G. East from Portland, Pendleton, Walla Walla via O. R. & N. to Spokane and Great Northern Railway to Montana, Lakotas, St. Paul, Minneapolis, Chicago, Omaha, St. Louis, East and South. Rock ballast track; fine scenery; new equipment; Great Northern Palace sleepers and Dining; Family Tourist Cars; Buffet Library Cars. Write C. C. Donovan, General Agent, Portland, Oregon, or F. L. Whitney, G. P. & T. A., St. Paul, Minn. for printed matter and information about rates, routes, etc.

PIANOS—Hudson—Chickering—Fischer. Low prices; easy terms. For sale by WILKEY & ALLEN CO., the oldest and largest music store, 211 First St., Portland.

TRY GERMEA for breakfast. Use Enameline Store Polish; no dust, no smell.

SYRUP OF FIGS



ONE ENJOYS Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, head-aches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most popular remedy known.

Syrup of Figs is for sale in 50c and \$1 bottles for all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Do not accept any substitute. CALIFORNIA FIG SYRUP CO. SAN FRANCISCO, CAL. LOUISVILLE, KY. NEW YORK, N.Y.

March April May

Are the Best Months in Which to Purify Your Blood

Hood's Sarsaparilla

Which Purifies, Vitalizes and Enriches the Blood.

At this season everyone should take a good spring medicine. Your blood must be purified or you will be neglecting your health. There is a cry from Nature for help, and unless there is prompt and satisfactory response you will be liable to serious illness. This demand can only be met by the purifying, enriching and

Blood-Vitalizing elements to be found in Hood's Sarsaparilla. "My mother-in-law, Mrs. Elizabeth Wolfe, at the age of 72 years, was attacked with a violent form of salt rheum; it spread all over her body, and her hands and limbs were dreadful to look at. At the same time, my little daughter Clara, who was just one year old, was attacked by a similar disease, like scrofula. It appeared in

un'er each side of her neck; had the attendance of the family physician and other doctors for a long time, but seemed to grow worse. I read of many people cured of scrofula by Hood's Sarsaparilla. As soon as we gave Hood's Sarsaparilla to Clara, she began to get better, and before the first bottle was gone, the sores entirely healed up and there has never been any sign of the disease since. She is a

HOOD'S AND ONLY HOOD'S

KARL'S GLOVER ROOT PURIFIER OF THE BLOOD. CURES CONSTIPATION, INDIGESTION, DIZZINESS, ERUPTIONS OF THE SKIN, BEAUTIFIES COMPLEXION. \$1.00 FOR A CASE. IT WILL NOT CURE AN ANGRY LAXATIVE AND NERVE TONIC. Sold by Druggists or sent by mail, 25c, 50c, and \$1.00 per package. Samples free.

W. L. DOUGLAS \$3 SHOE. THE BEST. 117 THE KING. J. S. CORDVAN, FRENCH CHAMBERLAIN. \$3.99 POLICE, 5 SOLES. \$2.99 WORKINGMEN'S. EXTRA FINE. \$2.99 BOYS' SCHOOL SHOES. LADIES'. \$3.99. BEST GINGOLA. W. L. DOUGLAS. SEND FOR CATALOGUE. Over One Million People wear the W. L. Douglas \$3 & \$4 Shoes. All our shoes are equally satisfactory. They give the best value for the money. They are custom made in style and fit. The wearing qualities are unsurpassed. The prices are uniform, stamped on sole. From 1 to 25 saved over other makes. If your dealer cannot supply you, write.

WORLD'S FAIR! HIGHEST AWARD! IMPERIAL GRANUM

THE GREAT MEDICAL FOOD. Has justly acquired the reputation of being The Savior for INVALIDS and The Aged. AN INCOMPARABLE ALIMENT FOR THE GROWTH AND PROTECTION OF INFANTS AND CHILDREN.

A superior nutritive in continued fevers, and a reliable remedial agent in all gastric and enteric diseases; often in instances of consultation over patients whose digestive organs were reduced to such a low and sensitive condition that the IMPERIAL GRANUM was the only nourishment the stomach would tolerate when LIFE seemed depending on its retention;—And as a FOOD it would be difficult to conceive of anything more palatable.

Sold by DRUGGISTS. Shipping Depot, JOHN CARLE & SONS, New York. RETAILERS: LEWIS & CLARK CO., Portland, Me.; BRANCH HOUSE, 211 1/2 Main St., Los Angeles.

DR. LIEBIG & CO. Special Dietetics for Chronic, Private and Wasting Diseases.

Dr. Liebig's Investigator the greatest remedy for mental weakness, loss of manhood and liver and diseases, chronic rheumatism and prepares all for marriage life's duties, pleasure and respectability; it is the best food for the weak and very desirable for the young. It is sold by all druggists and chemists. Write for list of testimonials. Address, F. J. CHENEY & Co., Toledo, O. Sold by Druggists, 75c.

WALTER BAKER & CO. The Largest Manufacturers of PURE, HIGH GRADE COCOAS AND CHOCOLATES.

On this Continent, have received the highest awards from the great Industrial and Food EXPOSITIONS in Europe and America. Utilize the Dutch Process, no Alkalies or other Chemicals or Lyes are used. Their delicious BREAKFAST COCOA is absolutely pure and strong, and contains the most nutriment.

AMERICAN TYPE FOUNDERS' CO. PALMER & REY BRANCH.

Method restored, Night Emissions, Weak memory, Atropy, Neuralgic Weakness, etc. Surely cured by POLLEN ACME NATURE'S REMEDY. Easy to carry in vest pocket. Price 50c. Sent in plain wrapper, or at all Druggists. BRANDEGE & CO., SEATTLE, WASH. P. O. BOX 2707. FULTON ST.

FRAZER AXLE GREASE BEST IN THE WORLD.

Its wearing qualities are unsurpassed, actually outlasting two boxes of any other brand. Free from animal oils. GET THE GENUINE. FOR SALE BY O. H. BROWN & CO., BRANCH HOUSE, 211 1/2 Main St., Los Angeles. and Dealers generally.

POLLEN ACME The most wonderful achievement in Medical Science. The only acknowledged remedy for all eye troubles. Cure guaranteed. For Sale by O. H. BROWN & CO., BRANCH HOUSE, 211 1/2 Main St., Los Angeles. N. P. N. U. No. 560—S. F. N. U. No. 603.

MALARIA! DO YOU FEEL BAD? DOES YOUR BACK ache? Does every step seem a burden? You need MOORE'S REVEALED REMEDY.

HOW TO SAVE MONEY. Buy your GROCERIES and PROVISIONS of us, and we will save you money. We handle the best goods and deliver free to trains or boats. We buy and sell for spot cash, and all goods cheaper than any other firm in the country. Send us your names and address, and we will mail you our new price list, which will be out soon. We offer to buy your home and address, and we will mail you our Dry Granulated Sugar in 100-lb. sacks for... \$1.75. Best coal oil per gallon... 12c. Best brand of flour per barrel... \$1.25. 25c. Best brand of rice per pound... 10c. Send as a list of what you need, and we will make you special prices. Address your orders to MARK L. COHN & CO., 148 Front Street, Portland, Or.