

Does Your Baking Powder Contain Alum?

Prof. Geo. F. Barker, M. D., University of Penn.: "All the constituents of alum remain (from alum baking powders) in the bread, and the alum itself is reproduced to all intents and purposes when the bread is dissolved by the gastric juice in the process of digestion. I regard the use of alum as highly injurious."

Dr. Alonzo Clark: "A substance (alum) which can derange the stomach should not be tolerated in baking powder."

Prof. W. G. Tucker, New York State Chemist: "I believe it (alum) to be decidedly injurious when used as a constituent of food articles."

Prof. S. W. Johnson, Yale College: "I regard their (alum and soluble alumina salts) introduction into baking powders as most dangerous to health."

In view of such testimony as this, every care must be exercised by the housewife to exclude the over and over condemned cheap, alum baking powders from the food.

Baking powders made from cream of tartar, which is highly refined grape acid, are promotive of health, and more efficient. No other kind should be used in leavening food. Royal Baking Powder is the highest example of a pure cream of tartar powder.

ROYAL BAKING POWDER CO., NEW YORK.

The Advantage of One Eye.

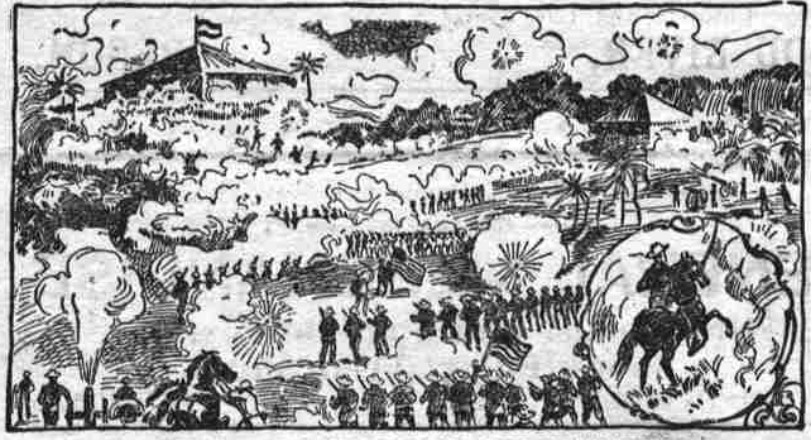
During the late Spanish-American war a certain old colonel who had lost an eye at the battle of Gettysburg was very indignant because he was put aside as physically incapacitated, when he applied for admission to one of the New York volunteer regiments. Filled with wrath and chagrin the colonel journeyed to Washington, bent on having a personal interview with the president. He succeeded in gaining an audience, and the president, after listening to his plea, said, kindly: "But, my good Col. J., you have only one eye!" "Just so, sir," was the prompt rejoinder, "but can't you see the great advantage of my having only one eye? When I aim my gun I shan't have to close the other!" He fought at Santiago. — Youth's Companion.

Trip to Portland.

Now that the heat and dust of summer are past and gone, there is real pleasure in travel, and no trip can give more pleasure or profit than a trip to Portland to attend the Oregon Industrial Exposition, which runs in Portland from September 23 to October 23. All the railroad and steamboat lines are giving specially low excursion rates, and the fair is well worth visiting.

The least troublesome and most profitable animal to raise in this country is the sheep.

GEN. JOE WHEELER PRAISES PERUNA, The Great Catarrh Cure.



JOE WHEELER'S CHARGE AT SAN JUAN HILL.

Major-General Joseph Wheeler, commanding the cavalry forces in front of Santiago and the author of "The Santiago Campaign," in speaking of the great catarrh remedy, Pe-runa, says: "I join with Senators Sullivan, Roach and McEnery in their good opinion of Pe-runa. It is recommended to me by those who have used it as an excellent tonic and particularly effective as a cure for catarrh."

United States Senator McEnery. Hon. S. D. McEnery, United States Senator from Louisiana, says the following in regard to Pe-runa: "Pe-runa is an excellent tonic. I have used it sufficiently to say that I believe it to be all that you claim for it.—S. D. McEnery, New Orleans, Louisiana."

The microbes that cause chills and fever and malaria enter the system through mucous membranes made porous by catarrh. Pe-runa heals the mucous membranes and prevents the entrance of malarial germs, thus preventing and curing these affections.

The extreme point of Land's End.

The most westerly point of England, has been described as resembling the head of an alligator descending into the sea. A natural tunnel runs right through it, and is about 60 feet high. Why it succeeds. There is nothing remarkable about the grand success that attends the Oregon Industrial Exposition at Portland, for it is backed up by the enterprising business men of Portland, who spare no expense to make the great fair a splendid success. The men who conduct it are: H. C. Breeden, president; I. N. Fleischner, vice-president; R. J. Holmes, treasurer; W. S. Struble, secretary; E. C. Masten, assistant secretary; H. E. Dosch, auditor; George L. Baker, superintendent; P. J. Marshall, Ben Selling, H. L. Pittock, D. Solis Cohen, C. B. Williams, Dan McAllen, A. B. Steinbach, J. E. Thielsen, D. M. Dunne, R. C. Judson, L. M. Spiegl, Sig. Seibel, H. D. Harned, B. S. Payne, General O. Sumner, Col. I. N. Day, George Fuller, Captain E. S. Edwards.

If a child needs nourishment

of the simplest forms in which it can be taken is by the raw whites of eggs. These are nutritious and easily digested. The white is broken into a jar with what milk is desired and the two shaken thoroughly together. A pinch of salt may be added before drinking, if preferred.

A small's pace was carefully observed

in Florence, Italy. Several of the molluscs were placed between two points ten feet apart, and started. It was ascertained that the fastest snail in the race traveled at the rate of a mile in 14 days.

For the Children.

The management of the Oregon Industrial Exposition at Portland has provided well for the children, whom we have with us always, and whose lives should be brightened. The feature of the fair that gives them the most enjoyment is the big steam merry-go-round. They never tire of it, and as they demount from their prancing steeds they are always happy and ready for another ride.

Improved Train Equipment.

The O. R. & N. and Oregon Short Line have added a buffet, smoking and library car to their Portland-Chicago through train, and a dining car service has been inaugurated. The train is equipped with the latest chair cars, day coaches and luxurious first-class and ordinary sleepers. Direct connection made at Granger with Union Pacific, and at Ogden with Rio Grande line, from all points in Oregon, Washington and Idaho to all Eastern cities. For information, rates, etc., call on any O. R. & N. agent, or address W. H. Hurlburt, General Passenger Agent, Portland.

War Museum.

It is worth a trip to Portland to see the war museum at the exposition there. Captain E. S. Edwards took his coat right off and went to work, and has gotten together the largest collection of war weapons ever seen in the Northwest. Most of them were captured in the Philippines by the Oregon volunteers. The museum is the carrying out of an idea suggested and followed up by Dan McAllen, one of Portland's most enterprising business men, and it is all for the benefit of the monument fund.

Paris is to have a 850-foot bore.

Poor Facilities for Coaling.

Army officers in the Philippines who have charge of the troop transports complain of the lack of coaling facilities and the annoyances which surround the replenishing of the fuel supply of such ships. They write the war department that the present method involves great delay, troops being compelled to await transports, which make long trips to the coal pile and back.

The distance required to go for fuel is 70 miles, and the period taken for this errand is from 10 to 20 days. Sometimes, it is said, a transport is some long enough while taking on coal to make a trip from Manila to San Francisco. It is probable there will be an official inquiry into the system, and some arrangements made by which the transports can be coaled with greater facility.

Port Patrick is the nearest place

on the coast of Scotland to that of Ireland, the channel being only 21 miles across—about the same distance as that which separates Dover from Calais. It has the reputation of being the traditional point at which St. Patrick landed from Ireland.

The first Australian newspaper, the Sydney Gazette, was published March 6, 1803, 15 years after the rise of the colony. The delay was caused through there being no printers among the convicts, who represented every profession, including the legal. The plant was brought out in the first fleet, but it could not be used until the authorities caught a compositor.

Will Run Automobile Line.

Unable to obtain an electric railway or to induce the Big Four Railroad company to improve the service north of Wabash, Ind., the citizens of North Manchester have taken briskly in hand the matter of buying an automobile to run between Wabash and that place, 14 miles. There is a great deal of travel to Wabash, the county seat, from that portion of the county, but the Big Four does not run its trains to accommodate it. Negotiations are now on for a horseless carriage with which it is proposed to make three or four round trips a day, carrying passengers for 75 cents both ways. If the project succeeds the carriage will be put on this fall and will be the first application of the automobile.

Irony.

"Did I ever notice a man from St. Louis?" inquired the janitor philosopher. "Will, if ye didn't it's worth yer while. Up th' boulevard he struts wid hid lilevated. Suddintly thors a big commotion an' he's lifted off his fate by an automobile. He picks himself up, goes home an' fills his friends th' horseless carriages as Chicago are run by jackasses; but thot th' jackasses are inside. Oh, he's a bitter lobster!" —Chicago Evening News.

There is nearly \$13,000,000 in the

United States treasury, the proceeds of sales of cotton which fell into the federal hands during the civil war. This money belongs to the owners of the cotton or their heirs, if they can prove their claims.

There are about 500 species of humming birds, all natives of America, and most of them confined to Central and South America.

The secretary of the Massachusetts board of health has issued the statement that codfish is as nutritious as sirloin steak or oleomargarine.

"The Prudent Man Setteth His House in Order."

Your human tenement should be given even more careful attention than the house you live in. Set it in order by thoroughly renovating your whole system, through blood made pure by taking Hood's Sarsaparilla. Then every organ will act normally and profitably.

A "HOT" COLD BANQUET.

Some Inside Information from a Waiter From the Bowery Who Helped to Serve It.

One of the waiters at a popular local restaurant is a bird of passage from the Bowery and was a member of the small army that served the famous "Dollar Dinner" in New York last April. A good many stories have been told of that memorable event, but none of them surpass his own in point of picturesque and inside detail. "It was the funniest push I was ever in in my life," he says, confidentially. "The kitchen was so small they had to cook everything on the outside, and when it got there it was dead cold. The second course was haddock, and each fish came served in a linen bag, so we could put 'em in tubs of hot water and warm 'em up—see? Well, some of the boys got rattled and served 'em beef and omelette, with eggs over th' outside. Say, you'd of died laughing seeing them. 'Well, fellers tryin' to carve their fish. 'This is the toughest auld haddock I ever tackled in my life,' says he. In the kitchen there was a riot all night long. It was so small the waiters couldn't reach the dishes-up and they got to scrapping for front places in the line. One man was knocked stiff with a turkey, and when they picked him up I thought he was dead. I did on the level. But it wasn't blood. It was only cranberry sauce. Another turkey fell into the salad and one of the cooks put a can of ice cream in the oven, thinking it was brown gravy for the beef. That's on the square—just as I'm telling you! But the worst of all was when we came to the wine. It was 'Merican champagne in half pints, without ice, and all the kicking and hollerin'! One fresh get told me it was the only thing he had had that night that was good and warm, and he hardly said it when a waiter that was a little jagged accidentally poured about a quart of boiling coffee down the back of his neck. Say, you ought of heard him cuss. Between you and me, a good many waiters got to hitting the wine, and they found one of 'em with 15 empty bottles in his pants leg. That's honest. I saw it myself. It was the hottest banquet I was ever at."—N. O. Times-Democrat.

TREMENDOUS EXPANSION.

The Volume of Business Is Still Growing in All Lines.

R. G. Dun & Co.'s weekly review says: September is the 12th consecutive month in which the volume of business, both at New York and outside of New York, has been greater than the same month of any previous year. In the 12 months, payments through clearing houses have been \$89,600,000,000, against \$61,900,000,000, in 12 months ending with September, 1892, an increase of \$28,400,000,000, over 46 per cent.

When the tremendous expansion began, men called it replenishment of long-depleted stocks, then for a time it was called a crazy outburst of speculation, and when demands still expanded, some permanent increase of business was recognized as a result of increased population, earning better wages. But the demand still grows, now ranging about 60 per cent greater than in 1892, while population, according to treasury estimates, is 16 per cent greater, and wages equal, if not over 10 per cent greater. A reconstruction of business and industries, of producing and transporting forces, is in progress throughout the land, with results which none can now measure.

The wool market is active, with a general advance, aggregating about 50 per cent on washed fleece combing, the entire list quoted by Coates Bros. probably averages about 25 per cent higher.

Cotton opened the crop year at 6.25 cents and has risen to 6.87, although about a quarter more has come into sight than last year from the greatest crop on record, and stocks here and abroad commercial and bill, are 658,000 bales greater than a year ago.

Corn is unchanged in price, and still in large foreign demand, exports having been in four weeks 12,155,904 bushels, against 8,133,641 last year.

PACIFIC COAST TRADE.

Portland Market.
Wheat—Walla Walla, 59@60c; Valley, 59@60c; Bluestem, 61@62c per bushel.
Flour—Best grades, \$3.25; Graham, \$3.40; superfine, \$2.15 per barrel.
Oats—Choice white, 84@85c; choice gray, 82@84c per bushel.
Barley—Feed barley, \$15@16c; brewing, \$17.50 per ton.
Milletstuffs—Bran, \$17 per ton; middlings, \$22; shorts, \$18; chop, \$16 per ton.
Hay—Timothy, \$8@9.25; clover, \$8@8.80; Oregon wild hay, \$6 per ton.
Butter—Fancy creamery, 45@47c; seconds, 35@40c; dairy, 30@35c; store, 22c@27c.
Eggs—20c per dozen.
Cheese—Oregon full cream, 18c; Young America, 14c; new cheese 10c per pound.
Poultry—Chickens, mixed, \$3.50@4.00 per dozen; hens, \$4.00; springs, \$3.00@3.50; geese, \$6.50@8 for old; \$4.50@6.50 for young; ducks, \$4.50@5.50 per dozen; turkeys, live, 12c@14c per pound.
Potatoes—50@65c per sack; sweets, 2@2 3/4c per pound.
Vegetables—Beets, \$1; turnips, 90c; per sack; garlic, 7c per pound; cauliflower, 75c per dozen; parsnips, \$1; beans, 2@6c; celery, 70@75c per dozen; cucumbers, 50c per box; peas, 3@4c per pound; tomatoes, 25c per box; green corn, 12c@15c per dozen.
Hops—11@12c; 1897 crop, 4@6c.
Wool—Valley, 12@13c per pound; Eastern Oregon, 8@10c; mohair, 27@30c per pound.
Mutton—Gross, best sheep, wethers and ewes, 3c; dressed mutton, 6c@7c per pound; lambs, 7c per pound.
Hogs—Gross, choice heavy, \$5.00; light and feeders, \$4.50; dressed, \$6.00@7.00 per 100 pounds.
Beef—Gross, top steers, \$3.50@4.00; cows, \$3.00@3.50; dressed beef, 6@7c per pound.
Veal—Large, 6c@7c; small, 8c@9c per pound.

Seattle Market.
Onions, new, \$1.25@1.50 per sack.
Potatoes, new, 75c@80c.
Beets, per sack, \$1.10.
Turnips, per sack, 75c.
Carrots, per sack, 90c.
Parsnips, per sack, 90c.
Cauliflower, 75c per dozen.
Cabbage, native and California, \$1@1.25 per 100 pounds.
Peaches, 65@80c.
Apples, \$1.25@1.50 per box.
Pears, \$1.00@1.25 per box.
Prunes, 60c per box.
Watermelons, \$1.50.
Cantaloupes, 50@75c.
Butter—Creamery, 27c per pound; dairy, 17@22c; ranch, 12c@17c per pound.
Eggs—27c.
Cheese—Native, 13@14c.
Poultry—15c; dressed, 16c.
Hay—Puguet Sound timothy, \$7@9; choice Eastern Washington timothy, \$14.00.
Corn—Whole, \$28.50; cracked, \$28; feed meal, \$23.
Barley—Rolled or ground, per ton, \$21; whole, \$22.
Flour—Patent, per barrel, \$8.50; blended straight, \$3.25; California, \$3.25; buckwheat flour, \$3.50; Graham, per barrel, \$8.50; whole wheat flour, \$3.00; rye flour, \$3.75.
Milletstuffs—Bran, per ton, \$18.00; shorts, per ton, \$16.00.
Feed—Chopped feed, \$20.50 per ton; middlings, per ton, \$22; oil cake meal, per ton, \$35.00.

San Francisco Market.

Wool—Spring—Nevada, 12@14c per pound; Eastern Oregon, 10@14c; Valley, 17@19c; Northern, 8@10c.
Hops—1899 crop, 10@12 1/2c per pound.
Onions—Yellow, 75@85c per sack.
Butter—Fancy creamery 26@28c; do seconds, 23@25c; fancy dairy, 21@23c; do store, 18@20c per pound.
Eggs—Store, 21@25c; fancy ranch, \$2@33c.
Milletstuffs—Middlings, \$17.50@19.50; bran, \$16@17.
Hay—Wheat \$9@9.25; wheat and oat \$6.50@8.00; best barley \$5.00@7.00; alfalfa, \$5.00@6.75 per ton; straw, 20@30c per bale.
Potatoes—Early Rose, 40@50c; Oregon Burbanks, \$1.25@1.50; river Burbanks, 40@65c; Salinas Burbanks, 90c@1.10 per sack.
Citrus Fruit—Oranges, Valencia, \$2.75@3.25; Mexican limes, \$4.00@5.00; California lemons 75c@1.50; do choice \$1.50@2.00.

When Pain Racks the Body

Frank Long, who lives near Lennox, Mich., says: "I was taken with a pain in my back, and was obliged to take to my bed. The physician pronounced my case muscular rheumatism accompanied by lumbago. 'I gradually became worse, until I thought death would be welcome release. I was finally induced to try Dr. Williams' Pink Pills for Pale People, and after using five boxes, was entirely cured. 'I am confident that Dr. Williams' Pink Pills saved my life. I will gladly answer inquiries concerning my sickness and wonderful cure, provided stamp be enclosed for reply. —FRANK LONG."

Sworn to before me at Venice, Mich., this 13th day of April, 1898. G. B. GOLDMITH, Justice of the Peace. —From the Observer, Flashing, Mich.

Dr. Williams' Pink Pills for Pale People are never sold by the dozen or hundred, but always in packages. At all druggists, or direct from the Dr. Williams' Medicine Co., Schenectady, N. Y., 50 cents per box. 6 boxes \$2.50.

THE YOUTH'S COMPANION

The Fireside Friend in Half a Million Homes.

Special Subscription Offer for 1900.

Those who subscribe at once will receive the nine November and December issues of the Companion FREE, and then all the issues for the 52 weeks of the new year, until January 1, 1901. This offer includes the gift of the New Companion Calendar for 1900—the most beautiful one ever given to the friends of the Companion.

Cut out and send this slip with \$1.75, the price of your subscription to 1901. K 303

Send us your address on a Postal and we will mail you our Illustrated Announcement Number, containing a full prospectus of the Contributions and Contributions engaged for the new volume.

THE YOUTH'S COMPANION, Boston, Mass.

What He Had.

Guest—What have you got?
Waiter—I've got liver, calf's brains, pig's feet—
"I don't want a description of your physical peculiarities. What you have got to eat is what I want to know." —Boston Traveller.

Amateur Art.

In these days, when so many people have cameras, a great many good pictures are produced, and the amateur photographers of the world are now competing for cash prizes at the Oregon Industrial Exposition at Portland. Many good pictures are on exhibition.

FITS Permanently Cured.

No fits or nervousness. Nerve Restorer. Send for FREE BROTHERS' Great Cures for Epilepsy, Fits, Hysteria, St. Vitus' Dance and Insanity. Dr. J. H. KLINE, Ltd., 309 Arch Street, Philadelphia, Pa.

Anthracite coal on Bellingham bay

has been found to be big discovery.

Mothers will find Mrs. Winslow's Soothing Syrup

the best remedy to use for their children during the teething period.

Rochester marble cutters now enjoy

the eight-hour day.

Pine's Cure for Consumption

has been a God-send to me.—Win. B. McClellan, Chester, Florida, Sept. 17, 1895.

Cleveland high school teachers earn

\$800 a year.

There is more Catarrh in this section

of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly falling into this local trap, destroyed many a noble constitution. Dr. J. C. Kline's Catarrh Cure, however, has proven catarrh to be a constitutional disease, and therefore requires constitutional treatment. HALL'S CATARRH CURE, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c.

BUY THE GENUINE SYRUP OF FIGS

MANUFACTURED BY... CALIFORNIA FIG SYRUP CO. IF NOTE THE NAME.

MACHINERY. ALL KINDS

TATUM & BOWEN... 29 to 39 First Street PORTLAND, OR.

DR. MARTEL'S "Relief for Women"

Recently a ship of only 2,800 tons carried from Para, Brazil, to New York a cargo of rubber, which was insured for \$3,000,000.

DR. GUNN'S IMPROVED PILLS FOR THE LIVER

ONE FOR A DOSE. Cure Sick Headache and Dizziness, Remove Pimples and Purify the Blood, Aid Digestion and Prevent Biliousness. Do Not Grip or Sicken. To convince you, we will mail sample free, full box for 50c. DR. GUNN'S CO., Philadelphia, Kansas. Sold by Druggists.

CARTER'S INK

You deny yourself pleasure and comfort if you don't use it.

RELIEF FOR WOMAN

That tired, lagged, feeble feeling, the pains in the back and the chronic headache will disappear quickly if you take

Moore's Revealed Remedy

It is an ideal medicine for women, easy and pleasant to take. \$1.00 per bottle at your druggist's.

Rupture

treated scientifically by an expert. Consultation free. C. H. WOODMAN & CO., 109 Second St. Portland, Ore.

SURE CURE FOR PILES

DR. GUNN'S PILLS FOR THE LIVER

FRANK'S CURE FOR CONSUMPTION

FRANK'S CURE FOR CONSUMPTION