

CONSTIPATION. It is called the "Father of Diseases." It is caused by a Torpid Liver, and is generally accompanied with LOSS OF APPETITE, SICK HEADACHE, BAD BREATH, etc.

It is a mild laxative and a tonic to the digestive organs. By taking Simmons Liver Regulator you promote digestion, bring on a regular habit of body and prevent Biliousness and Indigestion.

OCCIDENTAL NEWS. It is proposed by an irrigation company to reclaim a large area of the Mojave Desert in the vicinity of Daguerre Park, near the Mojave river.

Women belonging to a Baltimore cooking school have offered to train in the culinary science 100 girls attending the grammar schools of the city without charge, hoping thereby to demonstrate to employers the value of their education.

At Spokane Judge Moore has appointed E. E. Houghton, Mr. C. H. Hinton, executors of the estate of the late Mrs. Jennie F. Cannon. No bond was required, and the executors under the will so act as trustees.

EDUCATIONAL ITEMS. Cornell has 517 free scholarships, which aggregate \$150,000. Italy in 1887 had 70,507 schools, 85,400 teachers and 3,071,000 attendance.

The Eighty-fourth Parallel of the Pole Reached. Senator Dolph believes that silver may be maintained, but not by the Sherman law or free coinage.

FROM WASHINGTON CITY. Senator Dolph believes that silver may be maintained, but not by the Sherman law or free coinage.

FOREIGN FLASHES. Novel Method to Secure the Payment of Taxes. Rouen Cathedral in Danger. Canal du Midi to be Extended—Flow of Bar Silver to India—Postal Service by Camels.

Portland Market. Highest of all in Leavening Power.—Latest U. S. Gov't Report. Drilling the sick birds is often more than the value of the flock, and as roop cannot well be treated on the whole.

Large Number of Deaths Caused by the Recent Storm Below New Orleans, Louisiana. The new public building at Omaha will be built of granite.

Spain has excepted from quarantine all Russian war ships touching at Cadiz, unless there is disease aboard.

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Dr. Price's Cream Baking Powder. All Other Baking Powders Leave traces of Ammonia, Alum, Alkali or Acid in the Food. It is the only Baking Powder that is free from any taint of adulteration or defect.