

Highest of all in Leavening Power.—Latest U. S. Gov't Report.

Wheat Flour

ABSOLUTELY PURE

PACIFIC A MODERN OCEAN.

SWEET PEAS.

When sunset clouds are leaved with rose, Down garden paths my lady goes, To pluck the pink sweet peas, Her hand eyes show she loves them much, As does her tender finger touch, As airy as the breeze.

She leans and lingers over them, I watch them kiss her garment's hem— Her fingers, very true, Whenever they see her radiant face They seem to see some glances of grace As studies of the sun.

How may I win her dear regard— A task which swains have found so hard That all, forgoth, despair? I'll try if there is any spell In wearing on my coat the seal, A sweet pea boutonniere.

—Clinton Scott in Ladies' Home Journal.

The Cultivation of Beauty.

Beauty is not altogether an accident. It may be cultivated. We have been cultivating it, more or less unconsciously and by a variety of methods, this long time past. In comparison with any earlier age ours may be fairly described as a hygienic one. Now, the relations between hygiene (the science of healthy living) and physical beauty need not, I think, be greatly insisted upon. Let us step into the school-room. Beauty of the higher order is very closely allied to intelligence. It is not too much wanting in earlier feminine portraiture because education has made us conscious of that defect. We begin to feel that it is a mere exquisite make-up, that he himself is scarcely to be recognized as that shows no trace of mind. We begin to perceive that it is a mere exquisite make-up. But the higher kind of beauty is becoming more and more general among women because we are becoming more careful of their mental training. The wealthy tradesman who is wise sends his girls to be gently and politely taught. The result is that the beauty of the present is more closely allied to intelligence than that of the past. Physical beauty may be made in the school-room. Then let us turn to the play-grounds. Here we find that the girls who so varied in their pastimes as they are to-day. They are good at the art, they are good cyclists, they are not easily beaten in the tennis court, they are good swimmers at the wicket. Athletics make for physical beauty in an almost incalculable degree. There is more beauty now than ever before, and two of the reasons for it are, first, these things are done in the open air, and secondly, these things are done in the open air, and secondly, these things are done in the open air.

EL VAQUERO.

"Ave Maria," a herder said, One day in the light of Santa Fe, Where ground and blanket were his bed, And all around his cattle lay.

"Ave Maria, full of grace"— How strangely follow me the words, In such a wild and lonely place, Beneath the stars, among the herds.

"Santa Maria, Mother of God"— Angel-like lessons came to take The words in his hand, and he spoke To younder sky while yet he spoke.

"Pray for us sinners now," said he, With earnest hope to be forgiven, While distant hills all seemed to be In some faint form the plains of heaven.

"Pray for us in the hour of death," And softly still the murmuring came, Until at last the living breath, Caved with the sweet and holy name.

"Ave Maria," no more he said, That night of sleep he never had, When morning came a herder dead, When found there where his cattle lay.

—C. G. Barrett.

UNDER A CLOUD.

I was stopping at Lakeland when I met Dr. Leonard and in response to his invitations spent many pleasant hours in his cozy bachelor apartments. One evening after returning from a patient and seating himself before the fire to the enjoyment of a last cigar before retiring for the night he told me the following story:

A few years ago I left the care of my patients in the hands of a brother physician and went down to my old home in the western part of New York to settle up the remainder of the business connected with my father's estate. It proved much more troublesome than I expected and detained me in the old place for several weeks. During that time I was a guest at a farmhouse at the edge of the village, where an old friend of the family resided.

According to the custom of the country all the attaches of the farm were counted as members of the household and dined together at a large table. It was my early harvest time and the family was increased by a number of temporary farm help who were hired for the busy part of the season. Among them was a young fellow about twenty, of fair complexion, broad intelligent brow, but of a cast of countenance expressive of deep melancholy.

The men were a jovial set and filled in the bits of leisure at mealtime and during the day's work was over in recounting their numerous experiences. This man, however, was out of the ordinary, but sat silently apart in a dark portion of the room until time for retiring. I inquired who he was, and was told that his name was Elsie, and that he was a farmer who had come to the place to work and was doing very well. He did not understand him, but hoped that he could be hired for the next season.

I became deeply interested in this Elsie, and resolved to make a study of his character, and if possible, win him over to a more cheerful and contented life. I found him whenever we met on various points concerning his work, but although I received courteous answers, was wholly unable to get him into conversation. He seemed to be a very reserved man, and I noticed the restive, nervous energy which he worked as, if only the most laborious effort kept down an inward demon of thought.

He continually wore a look of depression, and sometimes in the dim light of the corner where he sat he would look at me and I fancied I perceived that his eyes and a look of agony on his face, but he said nothing. I began to think that he was one of those ingenious beings upon whose minds every detail of the great company which he father founded. She was well posted, too, on what other railroads are doing, and she is so keen in her judgment that she has made a great fortune for herself by his investments.

Miss Garrett is a most entertaining talker. Her voice is soft and low. She has a quite unusual characteristic, and this is not surprising, too, for she has been in contact with a constant traveler the world over, and she has learned to talk to men in a business way. She spends her time systematically. To business she devotes a large share to society very little, but she is a very good hostess, and she has a very large fortune, perhaps \$30,000,000—and increasing yearly. She will soon be one of the richest women in the world. To see her on the street no one would believe she was worth \$1,000,000. For several years she has lived in the city of New York, and she is a very successful business woman.

There is a little bit of natural history which must be remembered about monkeys. All the monkeys of the old world have some kind of a thumb. As Mr. St. George Mivart, a great zoologist writes, "Any old world monkey with a rudimentary thumb (that is, a thumb even if it is imperfect) is entitled in that respect to an American monkey." In fact the American monkey has no thumb at all. Nature compensates in a measure for this defect in our new world monkey by giving him a wonderful tail. This American monkey tail is prehensile. It is an important part of the purpose of a fifth limb. A South American monkey gives his tail a single hither-and-thither of a tree, and there he hangs quite comfortably, independently of hands or feet.

—Harper's Young People.

Curiosities About Ireland's Emblem.

The shamrock, Ireland's floral emblem, is a trefoil or three leaf plant resembling our white clover, but of the same genus of grasses. While St. Patrick was preaching to the heathen in Ireland, he used the shamrock to explain the "trinity in unity." At last he picked a trefoil (shamrock) and said, "It is not as possible for the Father, Son and Holy Ghost to be one as it is for these three leaves to grow upon a single stalk." The heathen were convinced and soon afterward adopted the shamrock as their national emblem.—Philadelphia Press.

Dealing With An Honest Man.

"Here's your fare," said a gentleman to a Finnish peasant who had driven him for three hours through the woods, and he handed him four shillings.

"No, sir, that's double my fare," he replied, returning half the money.

And when he was told he might keep it for his honesty he slightly nodded his thanks with the dignity of one of nature's gentlemen.—"Russian Characteristics."

No Advice About Kissing.

A prominent publication, in which a department is given to answering questions sent by letter, has been obliged to request young women not to send inquiries concerning when, where and whom to kiss. "Any girl needing advice on this subject," writes the editor, "is sure to be guided by any advice of ours."

Parish Gossip.

Mr. Croaker—And does the Rev. Dr. Sweetmouth believe in practicing what he preaches?

Mrs. Gaddy—Yes, surely. I've even heard that he practices it before a looking glass.—Scraper's Magazine.

Season of Marriage in China.

The Chinese believe there is a season for everything, and in accordance with this belief, they think the peach petals during the season when the peach petals burst from the calyx—is the most auspicious season for forming matrimonial alliances.—Philadelphia Press.

Of the species of martens which is distinguished as the Russian sable the darkest skins command \$100 each. Inferior skins of the same animal fetch as little as from \$1 to \$2.The skeleton of the "wrist lizard" discovered in Alaska weighs 2,600 pounds. This is the second of the species so far known to science. It had both legs and wings.

A MYSTIC NUMBER AMONG THE JEWS.

The nations of antiquity placed great faith in the mystical powers of numbers. Among the Hebrews "7" was the national number, in whose ecstatic effluence they had great confidence. We find it constantly recurring in Holy Script.—Philadelphia Times.

Too Much Trouble.

Blingo—I guess I'll wear that Ascot tie of mine to-day, don't you think so?

Mrs. Blingo—Oh, I wouldn't, dear. Why not wear your club tie?

Blingo—I would have to change my shirt then.—Clothing and Furnisher.

THE FOUNTAIN HEAD OF STRENGTH.

When we recollect that the stomach is the grand laborer and the food so transformed into the secretions which furnish vigor to the system, and that the food so transformed into the secretions which furnish vigor to the system, it is essential to keep this important supplying machine in order and to restore it to activity when it becomes inactive. This is the object of the Food and Strength, a safe, healthy, and strengthening food, promoting the action of the liver and bowels, and giving the system a healthy and vigorous condition. It is a safe and healthy food, promoting the action of the liver and bowels, and giving the system a healthy and vigorous condition. It is a safe and healthy food, promoting the action of the liver and bowels, and giving the system a healthy and vigorous condition.

SAFE, SURE AND SPEEDY.

No external remedy ever devised has so fully and unquestionably met these three prime conditions as successfully as Dr. F. J. Cheney's Food and Strength. They are safe because they contain no deleterious drugs and are manufactured upon scientific principles of medicine. They are sure because nothing goes into them except ingredients which are exactly adapted to the purpose which a plaster is required. They are speedy in their action because their medicinal properties are directly to the relief of the system and restoring the natural and healthy performance of the functions of the stomach and bowels. Ask for Dr. F. J. Cheney's Food and Strength, and do not be induced to accept a substitute.

DR. F. J. CHENEY'S PILLS are safe and sure.

It is said good whisky can be bought in East London for 12s. 6d. per gallon, but that's all moonshine.

DRAPERS CANNOT BE CURED.

By local applications, as they cannot reach the diseased portion of the ear. There is only one remedy in the world for this disease, and that is Dr. F. J. Cheney's Food and Strength. It is a safe and healthy food, promoting the action of the liver and bowels, and giving the system a healthy and vigorous condition. It is a safe and healthy food, promoting the action of the liver and bowels, and giving the system a healthy and vigorous condition.

Weak and Poor.

In flesh, had enough all the time, and sometimes I could not lie down for I was so distressed, I consulted several physicians, but they all told me to get on my feet, and I could not live in the world. My husband was in the last stages of consumption, and I was in the last stages of consumption, and I was in the last stages of consumption.

Hood's Sarsaparilla Cures.

Health ever there I began with it, and an old man told me to get on my feet, and I could not live in the world. My husband was in the last stages of consumption, and I was in the last stages of consumption, and I was in the last stages of consumption.

Colben's Baking Powder.

When in Portland be sure to take in the greatest novelty at the Exposition. We shall bake biscuits and cake every afternoon and evening on our pretty Jewell Gas Stove. Everybody cordially invited to have a biscuit with us and see the wonderful merits of Golden West Baking Powder proved by actual work.

CLOSSET & DEVERS,

PORTLAND, OR.

Driving the Brain.

While we drive the brain we must build up the body. Exercise, pure air—foods that are healthy flesh—refreshing sleep—such are the methods. When loss of flesh, strength and nerve become apparent your physician will doubtless tell you that the quickest builder of all three is

Scott's Emulsion

of Cod Liver Oil, which not only creates flesh and in itself, but stimulates the appetite for other foods.

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The Best Waterproof Coat in the World!

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AND—

CONSTIPATION.

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—A SPECIFIC FOR—

Serofula, Rheumatism, Salt Rheum, Neuralgia

And All Other Blood and Skin Diseases.

It is a positive cure for all those painful, delicate complaints and complicated troubles which are so prevalent for the stomach, bowels, and liver. It is a positive cure for all those painful, delicate complaints and complicated troubles which are so prevalent for the stomach, bowels, and liver. It is a positive cure for all those painful, delicate complaints and complicated troubles which are so prevalent for the stomach, bowels, and liver.

"August Flower"

I have been troubled with dyspepsia, but after a fair trial of August Flower, am freed from the vexatious trouble.—J. B. Young, Daughters College, Harrodsburg, Ky. I had headache one year steady. One bottle of August Flower cured me. It was positively worth one hundred dollars to me.—J. W. Smith, P. M. and Gen. Merchant, Townsend, Ont. I have used it myself for constipation and dyspepsia and it cured me. It is the best seller I ever handled.—C. Rugh, Druggist, Mechanicsburg, Pa.

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APRIL, 1890. JOHNSON, 28-31—I can state with pleasure that by the use of MOORE'S REVISED REMEDY my husband was relieved from an old case of RHEUMATISM which my younger boy cured in only 10 days. Yours in gratitude, MATHIAS when the best doctor could get him no good. T. W. STEELE

SOLD BY YOUR DRUGGIST.