THE SAN FRANCISCO BOARD OF HEALTH URGES THE USE OF THE

## Royal Baking Powder.

The magnificent tribute of the San Francisco Board of Health to the great purity and wholesomeness of the Royal Baking Powder greatly disturbs the manufacturers of the lower grade powders. Their envious publications, however, cannot break the force of this unsolicited and unbiassed, high medical endorsement. Attached is a certified copy of their original report, with the signatures of the members of the Board in

We, the members of The Board of Health of the City and County of San Francisco, cordially approve and recommend the Royal Baking Powder. It is absolutely pure and healthful, composed of the best ingredients of the highest strength and character.

In our judgment it is impossible to make a purer or stronger Baking Powder than the "Royal."

Jos. B. Davidson M.D. Uhor Medicalen M.D. Henry ille, Fiske, mo

A cough, cold or sore throat requires immediate attention, as neglect results in some incurable lung disease or chronic throat trouble. "Brown's Bronchial Troches" will invariably give relief.

When "loves flies out the window" it ally out of the dining room window.

A GOOD PLACE FOR BOYS,
Hoitt's School, near Millbrae, San Mateo
county, Cal., in charge of ex-State Superintendent Ira G. Hoitt and wife, is undoubtedly one of the best schools for Boys
on the Pacific Coast.

Se Enameline Stove Polish: no dust, no smell

## 15 Minutes.

severely with face

neuralgia, but in 15 minutes after applica-

ST. JACOBS OIL was asleep; have not been troubled with it since. No return since

F. B. ADAMS, Perry, Mo.

"ALL RIGHT! ST. JACOBS OIL DID IT."

German

write me. PHILIP L. SCHENCK, P. shadows to hinder the process. O. Box 45, April 25, 1890. No man And all the storms that have beaten of these conductors would walk out could ask a more honorable, busi-

There a positive remody for the above disease; by its sethousands of cases of the worst kind and of long stading have been cured. Indeed so strong is my faith its efficacy, that I will send Two norTLES FREE, with a VALUABLE TREATISE on this disease to any suffices who will send me their Express and P. O. address. T. A. Blocum, M. C., 183 Penri St., N. Y.

INDIAN DEPREDATION ON PATENTS
HOMESTEAD POSTAL

he"EXAMINER" BUREAU of CLAIM!

San Francisco Examiner. you have a claim of any description whatsoe against the United States Government and wish it speedily adjudicated, address

OHN WEDDERBURN Manager, Washington, D. (



N. P. N. U. No. 442 -8, F. N. U. No. 519 blocks. - Chicago Times.

CONSUMPTION "

Our Puritan ancestors were strongly inclined to refer every occurrence to an overruling providence. They were not wrong in theory, but the practice of calling in frequent special interpositions rather confused the idea of beneficent natural law. The old view is diligently for the past few years to brought out in a story told of John Eliot, the apostle to the Indians. He was as ready to do his white neighbors a good turn as to labor for the spiritual hours, ran against a snag a few days welfare of the savages. Indeed, he was thought by some to be too gen-

His salary was often distributed for received that before another pay day arrived his own family were straitened for the comforts of life. One day the parish treasurer, when called upon by a handkerchief, and tied the ends of grindstone throws off water." the handkerchief in as many hard knots

The good man received his handkerchief and took leave of the treasurer. He immediately went to the house of thought of that," said Joe, and dea sick and necessitous family. On en- parted without another word.-Lewtering he gave them his blessing, and iston Journal. told them that God had sent them

The sufferers, with tears of gratitude, impatient at the perplexity and delay, saying with a trembling accent, "Here, my dear, take it: I believe the Lord designs it all for you."--Youth's Com-

A Solemn Thought.

Did you ever stop and think while reading the morning paper that the next day's issue might contain your obituary? A cheerful thought, but the suddenness of death might well set us all thinking. Our tenure of life Two bottles of German Syrup is about as frail as the hold of an apple cured me of Hemorrhage of the on the bough when the wind is blow-Lungs when other remedies failed. ing. There is no use getting frightened day," remarked the general manager am a married man and, thirty-six about it, either. If the apple is going years of age, and live with my wife to fall, pray heaven it may be ripe and our old idols. In my day the conand two little girls at Durham, Mo. sound to the very core; that is all that ductor was the great man on the rail-I have stated this brief and plain so is essential. There has been lots of that all may understand. My case was a bad one, and I shall be glad sweethearted and mellow if we have ductor on the road looked down upon was a bad one, and I shall be glad sweethearted and mellow if we have to tell anyone about it who will not willfully interposed our own me because I had only been a master

> us, and the gales that have rocked us, of the office, glance at the train and and the very frosts that have nipped us now and then have been pursuing hold. All the small boys locked upon that strange alchemic process whereby juices are made sweet and fiber soft- the height of human greatness, and ened and enriched if we have but the ladies brought him bouquets of been content to grow the way fate the finest flowers.-Locomotive Enchose to have us grow. Then what gineer. matter what hour the swift breeze comes that detaches us from the bough? Only a puff, a fall and a silence, and then -?-Chicago Her-

Poison in a Cup of Tea. A few figures will show how much poison the tea drinker is taking in. Strong tea contains 6 per cent. of theine, which is about three and threefifths grains to a drain. A teaspoon- officers and men of the local and ful of tea is a dram, and hence ac- auxiliary forces-a total that is of cording to the old rule of a teaspoon- about 814,000 officers and men. The ful to the cup there would be three war footing is 2,220,798 combatants, and three-fifths grains of theine in a officers and men. - Chicago Tribune. single cup of strong tea. Seven grains will kill a cat, so it would only take two and a half cups to make a fatal dose for a cat.-Dr. J. H. Kellogg's few weeks before his marriage dis-

Bricks of Sand.

Something new in the way of brick making has sprung up at St. Joseph. be made of them. The expert imme-Mich., where the sand of the beach by a chemical process is being turned into the finest size and water. They had, brick. They are represented to be superior to pressed brick, and large ed as paste from time immemorial, so quantities are being put into fine resilit was an agreeable surprise. This dences and the fronts of business fairylike story is founded on facts.

THE ESCURIAL

Some of the Wonders of the Great Palace

The Escurial, the palace of the Spanish kings, has been termed the eighth wonder of the world. Situated twenty-five miles to the northwest of Madrid, and near the top of a mountain, it has a commanding position and may be seen for many miles in every direction. Begun by Philip II in 1563, it was finished in 1586 at an estimated cost exceeding \$50,000,000. It was built to fulfill a vow made by Philip II that if successful in battle with the French he would erect the most magnificent monastery in the

The battle of St. Quentin was fought on Aug. 10, 1557, the feast of St. Lawrence, and the monastery buildings commenced in fulfillment of the vow took, in honor of St. Lawrence, the form of a gridiron, as on this implement the saint is reported to have suffered martyrdom. Seventeen ranges of buildings, crossing each other at right angles, form the ribs of the gridiron, while a quadrangular structure, completely inclosing the interior buildings, forms the outer portion, and a wing 470 feet long is the handle

The size of the building is enormous, being 740 feet from north to south and 580 from east to west; the square towers at each corner are 200 feet high. Within this monstrous structure are contained the king's palace, a cathedral, a monastery of 200 cells, two colleges, three chapter houses, three library buildings, five large halls, six dormitories, three hospitals, three libraries and nearly 3,000 other rooms. It is entered by fourteen great gates and lighted by 1,110 outer and 1,578 inner windows.

The great church is an imitation of St. Peter's at Rome, and some idea of the structure of which it is a part may be gained from the information that the church is 364 feet long, 230 across the transepts; the dome is 330 feet high; there are forty chapels in its interior, and the grand altar is 90 feet high and 50 wide. Underneath the altar is a burial vault, where all the kings of Spain since Charles V have been laid. Built in the time of Spain's glory, the Escurial remains the most striking monument of Spanish wealth and power. -St. Louis Globe Democrat.

Spoiled His Calculations.

Uncle Joe Holden, the astronomer of Otisfield, who has been laboring establish the idea that the earth doesn't move, but the sun passes around the earth once in twenty-four ago which bids fair to completely upset his whole theory.

of the commonly accepted notions of the relief of his needy neighbors so astronomy in a village grocery store. soon after the period at which it was "Why, only look at it," said he, "if the earth is 8,000 miles in diameter and moves at the rate of twenty-five miles per minute, the sling of it would throw everything off from the Mr. Eliot for the salary due, put it into face of the earth, the same as the

"Well," suggested the village doubtas he could, in order to prevent the er, "how about the sun, which is 92,pastor's giving away the money before 000,000 miles from the earth, and what must be the effect of his velocity in passing around the earth each day at such a distance?" "I never

Chinese Headgear. In China the display and variety welcomed their pious benefactor, who, of headgear are something marvelwith moistened eyes, began to untile ous. The higher classes wear on the knots in his handkerchief. After nearly all occasions a globular affair many efforts to get at his money, and made of fine straw or split bamboo. covered with yellow netting or silk. he gave the handkerchief and all the On top is the button set in gold, money to the mother of the family, either red, blue or crystal, according to the rank of the wearer. From the base of the button a red silk fringe, from their barbaric splendor, these mandarin hats are light, cool and very comfortable. -Hatter and Fur-

The Decline of the Conductor.

"The leveling tendencies of our with a sigh, "are breaking down all mechanic before. The way that some signal the engineer was a sight to be the conducter as one having reached

The Russian standing army consists of 410,952 infantry, 84,926 cavairy, 67,976 artillery, 19,325 engineers and 35,180 ordnance, a total of 619,-178 enlisted men and 28,000 officers. The Cossack strength in peace, besides the Cossacks in the above total, is 19,448. There are 72,634 officers and men of the reserve and 105,000

Dudley's Lucky Find.

According to gossip, Lord Dudley a covered a quantity of reputed paste diamonds in a neglected corner. Admiring the graceful designs he took them to the jeweler to see what might diately pronounced them real stones of WHY HE LAUGHED

On the day after we tunneled out of the Confederate stockade at Salisbury, N. C., and while each man had taken his own direction, I came upon a colored man in the woods skirting a field. He was digging roots to make himself a tonic, and I broke newspaper men to investigate and rechim so suddenly that there was no time to dodge. He was kneeling down, with a parcel of roots beside him, and he looked at me for a minute and then asked:

"When did you all git out of dat

"Yesterday," I replied, seeing that he had at once discovered my iden-

'An whar yo' all gwine to now!" "I'm going to try and get to the Yankee lines

He began to grin, then he broke into a chuckle; then the chuckle became a laugh and he rolled on the ground. I thought him demented and was about to move away, when he sat up and said

"I jess laffed an couldn't help it." "I don't see anything very funny

"But yo' hain't an ole nigger, yo' see. Hit's powerful funny an I'ze got to laff some mo'.

He indulged in another fit of laughing and rolling, and when he had recovered from it he took a seat on a log and said:

"Bout fo' months ago de missus she calls me up one day an looks at me a long time an den says:

"'Moses, I has a dream las' nite. I dreams dat one o' dem Yankee prisoners got out o' dat pen at Salisbury an dat yo' was hidin him in de woods back yere. Ize gwine to hev yer whipped for dat, Moses.' "Did she?"

"She had me led up an whipped, sah, an I dun didn't git ober smartin fur two weeks. One mawnin bout two months ago she calls me up agin

"'Yo' boy Moses, look me in de eye! I has a dream agin las' nite. I dreams dat one o'dem Yankee prisoners got out o' dat pen at Salisbury, an dat yo' was hidin him in de tobacker house. Dat's anoder whippin fur yo', Moses.'

"And you got it again?"

"Jess laid it onto me de powerfullest sort, an dat smart didn't dun ge away fur eber so long. 'Bout fo weeks ago de missus dun called me at me a long time, an den says:

"See yere, Moses. I has anoder dream 'bout yo'. Last nite I dreams dat one o' dem Yankee prisoners dun got out o' dat pen down to Salisbury, While expatiating upon the folly an yo' was dun hidin him in de bresh ober by de swamp. I can't put up wid dat, Moses, an Ize gwine to hev yo' whipped mighty hard for it." "And she actually had you whipped

> "My back hain't dun got well yet, sah, but-yo! yo! yo!-Ize dun got to-can't help it"-

He went off into another "spell," lasting a couple of minutes, and when giving me but a year to live. My sufhe had recovered I said: "I can't see anything in this to

tickle you so." "Dat's 'cause yo' hain't me," he replied as he wiped his eyes. "Dis did so, and was surprised and rejoiced mawnin missus dun called me up to find that it was working a radical mawnin missus dun called me up

agin. She was looking mighty pleased, an bimeby she said: " 'Moses, I has anoder dream 'bout yo' las' nite. I dreamed dat one o' dem Yankee prisoners got outer dat pen down to Salisbury, an dat yo' found him in de woods an brung him right up yere to me. Yere's a nice piece of bacon to pay fur dat, Moses,

any mo'.' "

an yo' hain't gwine to be whipped

like an epaulet, falls over all the sur-tickles me? Missus had fo' dreams, face of the globe. From the back of an I got three whippin's befo' yo' dun the button, held by a simple contriv- cum, an now Ize gwine to hide yo' ance in gold and jade, projects a under de stuff in de shuckhouse till thick bar of peacock's feathers. Apart dey git fru huntin an den go to glory long wid yo'."-New York World.

Dr. Gatling was at the Ebbitt House the other day. "Yes, I'm the cause of the Gatling gun," he said with a smile. "I invented it. I look on it as one of the great philanthropic works of the age. Saved no end of lives, my gun has. How? By scaring people. Its mere presence has kept down more tumult and riot, and without even parading the streets with it, than anything else I know of. I've letters to show to that effect. People who don't stop to think might carry an idea 'round with 'em that I'm a bloodyminded man. Not much. I'm for peace every time. So's my gun."-Washington Cor. Kansas City The Air in a Room.

In a room the air arranges itself according to its temperature. The hottest lies along, the ceiling, the coolest along the floor. The hottest is the newest and purest. The coolest is the oldest, and therefore the foulest. The air is gradually cooling from contact with the walls and windows. When hot air enters a room it rises at once to the ceiling and spreads across it. If there is an escape there, an open window or ventilator, it goes out, leaving the cooler foul air almost undisturbed. From this we see that a window slightly open at the top may cool a room, but not purify it.—New York Journal.

Little Dot (gazing out of the win-

dow)-I've stood here an watched an watched over an over again, an I never saw a letter go over those telegraph wires yet. Little Dick-No, an you never will, goosey. Those is 'lectric light wires. The greatest cold on record was at

Jakontask, Siberia, Jan. 25, 1829, when tested spirits thermometers ran down to 73 degs. below the zero point FINDING THE PROOF.

FINANCIER.

Could Be Produced.

"It is all very well," said a prominent California street financier to a wellpeople, but the proofs you bring are not definite enough and are too far away from home. Why don't you produce some San Francisco proofs? Simply because you cannot do it."

The above conversation occurred in the

court of the Palace Hotel. "I will wager you the best dinner you can order," said the editor, "that within a week I can produce confirmatory evi-dence right here in San Francisco that

every assertion we have made concerning this investigation is true."
The results of the editorial work are given herewith:

Mr. William Giselman, a well-known attorney and manager of the Hasting's Trust, was found at his office in the Phelan Building. When asked if he had been benefited by the use of War-ner's Safe Cure he cheerfully and enthusiastically told what the remedy had done for him.

"I had possessed strong prejudice against patert medicines," he said, "but four years ago when I was suffering from a severe attack of congestion of the kidneys and liver, I was persuaded to try Warner's Safe Cure. I was surprised at the almost immediate benefit I derived from it and I have been an enthusiastic friend of the medicine ever since. I have recommended it to a great many friends, not only in this city but in Sac-ramento and in Solano and Napa counties, and always with the best results

following its use."
Dr. M. M. Gibson is the pastor of the United Presbyterian Church. Some years ago, while traveling in Europe, he contracted renal calculus, or stone in the kidneys. He tried various remedies but got no permanent relief. Speaking of the way he finally became cured, the

"Having heard of Warner's Safe Cure I wrote to the proprietors at Rochester, New York, and they, through profes-sional courtesy, sent me a half dozen bottles. I took the medicine according to the directions and was speedily re-stored to health. Since then I have had no return of the trouble from which I suffered so intensely. I have heard many people tell of the benefits derived from people tell of the benefits derived from the use of this great remedy. Only the other day I was talking to Mr. Seabury, the druggist, opposite the Baldwin, on Market street. He was decrying patent medicines, when I said: 'How about Warner's?' He replied: 'That remedy is not properly classed as a patent medi-cine. It was originally a physiciar's It was originally a physician's

Mr. J. J. Evans, the popular stationer at 406 California street, said:
"For years I had been troubled with

up to de big house agin. She looks rheumatism which seemed to settle in my shoulders, giving me most intense pain. I tried various remedies and doctors' prescriptions, but could get no permanent relief. A few bottles of Warner's Safe Cure perfectly restored me to health and I am no longer a sufferer from rheumatism."
Mr. C. W. Hopkins, with J. Houston

& Co., Market street, in reply to the inquiry of our reporter, said:
"In 1884 I was refused a policy in the Mutual Life Insurance Company of New York, on account of kidney trouble, which soon after became so severe that I was compelled to take to my bed. I em-ployed the best physicians who diag-nosed my trouble as a case of Bright's Disease and pronounced it incurable almost a skeleton. After spending over \$1300 in doctors' bills, without obtaining either health or encouragement, I was induced to try Warner's Safe Cure. I cure which has long since been effected.

As a result of the work of this great remedy, I to-day carry a policy in the above-mentioned Life Insurance Company and consider myself as healthy a man as can

be found in this particularly healthy country."
Dr. H. M. Fiske, whose office is in the Donohue Building, is one of the old-est and best known physicians in the city. In the course of conversation our my o' hain't gwine to be whipped ny mo'.'"

"Well?" I asked, as he rolled around gain.

"Why, sah, can't yo' dun see what ckles me? Missus had fo' dreams, "I have seen the formula published in the course of conversation our reporter frankly asked the Doctor if in his practice he had any experience with the use of Warner's Safe Cure. The physician answered the inquiry with more candor than most doctors would display when proprietary medicines are mentioned. He said:

"I have seen the formula published in

mentioned. He said:

"I have seen the formula published in
the Medical Journals and I should judge
that it had been prepared by some able
physician. I experimented with the
prescription by prescribing medicine
under similar formulæ and found that
they did much good. In one or two
cases after that where circumstances made it difficult for patients to reach me for treatment, I advised them to go and get Warner's Safe Cure. I do not care to say much about the remedy except that I have found it a very good preparation. One case in which I know its successful use was that of Bright's Disease in its earlier stages."

It is needless to say that these over whelming proofs convinced the financier, as they should any reasonable person, that the great preparation of which they speak has no equal for the serious troubles it is designed to cure. Its wonderful popularity is due wholly to its power and it stands, as it deserves to stand, above all other modern cures.— San Francisco Evening Post.

"Excuse me, madame; I am afraid I am very late." "Oh, my dear Herr von Fifferal, you are never too late."

IN THE NICK OF TIME.

The nick of time to stop the course of bladder and kidney complaints is when the organs concerned exhibit a tendency to grow inactive. The healthful impulse toward activity that they receive from Hostetter's Stomach Bitters rescues them from impending danger, and averts such dangerous maisteles as Bright's disease and diabetes. Singgishness of the kidneys increases a liability to chronic rheumatism.gout and dropsy, and since the blood is filtered by these organs in its passage through them, the operation of the Ritters serves a doubly happy purpose. The medand since the bood is litered by these organisms its passage through them, the operation of the Bitters serves a doubly happy purpose. The medicine acts without exciting, like the fiery stimulants of commerce. Malarial, dyspeptic, constituted and nervous invalids are thoroughly relieved by it. Since the advent of that shocking malady, is grippe, it has been widely demonstrating its usefulness as a curative and preventive of it.

Justice so often gets a black eye it is no wo der she keeps a bandage over them.

DEAFNESS CAN'T BE CURED

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness and that is by constitutional remedies. Deafness is caused by an indamed condition of the mucous lining of the custackian tube. When this tube gets inflamed you have a rumbiling sound or imperfect hearing, and when it is entirely closed deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by caterful, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of deafness (caused by catarful that we cannot cure by taking Hall's Catarri Care. Send for circulars, free.

F. J. CHENEY & O...
Toledo, O.

801d by druggists; 75c. Guard yourself for summer malaria, tired fee ng, by using now Oregon Blood Purifier.

Effects of Railway Whistles.

An eminent Glasgow aural surgeon, Dr. Thomas Barr, has communicated to the British Medical association some valuable data concerning the inturious effects of railway whistles upon the hearing. In railway whistles the arrangement for regulating the pressure of steam passing through from the boiler to the whistle is not usually sufficiently delicate. If the boiler should be under high pressure the whistle is very much louder and shriller than when it is under low pressure. So that when a passenger train is leaving a station for a long run, and having, therefore, its boiler under high pressure, the whistle is unnecessarily loud and shrill, just when those qualities are least re-

Dr. Barr urges upon the attention of the association the adoption of lower pitched whistles, with proper regulators, so as to lessen the present jarring of sensitive ears and nerves. The question of whether a whistle of lower pitch han that usually employed would be as efficient as an acoustic signal is said to have been solved by the introduction on a Scotch railway of a new form of whistle very much resembling an organ pipe. The steam is forced on the lower edge of a brass tube closed at the upper end, and the sonorous impulses are taken up by the current of air in the tube and immensely re-enforced. the pitch depending upon the length of the tube as well as upon the force of the blast. The sound resembles very much a steamboat whistle, being loud and much lower in pitch and, therefore, less painful to the ear than the ordinary railway whistle.-New York Commercial Advertiser.

Instead of increasing the weight of ocomotives to secure better traction, efforts are being made to use the electric current, as experiment has demon strated that the passage of a current through the driving wheels increases the traction far beyond what additional weight accomplishes.

NERVOUS DYSPERSIA.

Senator James F. Pierce of New York

very much from an aggravated form of nervous dyspepsia. I have resorted to vanervous dyspepsia. I have resorted to various remedial agents, deriving but little benefit. A few months since a friend of mine suggested the trial of Allcock's Poscos Plastens. Following the suggestion. I have been using the same with the happiest effects. To those similarly afflicted let me suggest the manner of their use. I place one over my stomach, one over the hepatic region and one on my back. The effect was excellent, and from the day I commenced their use I have been slowly but surely improving, and I am quite conbut surely improving, and I am quite confident that by their continuance, with careful regimen, I shall again be restored to my accustomed health."



Full of trouble —the ordinary pill. Trouble when you take it, and trouble when you've got it down. Plenty of unpleasant-ness, but mighty little good.

With Dr. Pierce's Pleasant Pellets,

there's no trouble. They're made to prevent it. They're the original little Liver Pills, tiny, sugarcoated, anti-bilious granules, purely vegetable, perfectly harmless, the smallest, easiest and best to take. They cleanse and regulate the whole system, in a natural and easy waymildly and gently, but thoroughly and effectively. One little Pellet for a laxative—three for a cathartic. Sick Headache, Bilious Headache, Constipation, Indigestion, Bilious Attacks, and all derangements of the liver, stomach and bowels are prevented, relieved and cured.

They're the cheapest pill you can buy, for they're guaranteed to give satisfaction, or your money is re-

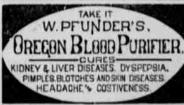
You pay only for the value re-ceived. Can you ask more?

Good advice to pipe smokers to try a pipe full of Mastiff Plug Cut. It's the favorite with all who delight in the subtle charms and fragrant aroma of a pure, mild-flavored, slowburning tobacco.

## SHILOH'S

This GREAT COUGH CURE, this success-ful CONSUMPTION CURE is sold by drug-gists on a positive guarantee, a test that no other Cure can stand successfully. If you have a COUGH, HOARSENESS or LA GRIPPE, it will cure you promptly. If your child has the CROUP or WHOOPING COUGH, use it quickly and relief is sure. If you fear CON-SUMPTION, don't wait until your case is hope-less, but take this Cure at once and receive imnediate help. Large bottles, 50c. and \$1.00. Travelera convenient pocket size 25c. your druggist for SHILOH'S CURE.

## CURE FITS!





Season for Trout Opens April 1st.

If You Are in Need of Trout Flies, 6et

Hudson's Cun Store.

93 FIRST ST., PORTLAND, OR. ar Send for illustrated catalogue MOUNTAIN BUDS TEA

Best Tea in the World for the Price.

Smith's . Cash . Store.





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Simonds Crescent Cround Cross Cuts. And All Kinds of MILL SAWS. Also Saw Repairing.

