THE SAN FRANCISCO BOARD of HEALTH.

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 make a purer or stronger Baking Powder than the Royal.

> JOS. R. DAVIDSON, M. D. HENRY M. FISKE, M. D. CHAS. MCQUESTEN, M. D. T. J. LETOURNEX, M. D. Members San Francisco Board of Health.

> > vigor of her body.

national legislature.

a good time.-Harper's Weekly.

Why Foam Is White.

ner. Flink Plunk on Reformation. "Reformation, deah breddern, doan consist in gittin' up in chu'ch on Sunday mawnin' and yellin' 'Praise de Lawd' and den tu'nin roun' and goin' chicken steilin' Sonday night. In conjunxment wid dis I wish ter state dat a full breed banty subject for the social philosopher. She goster wus extracted from my coop is' must seek her comrades, for example, not sounday ebenis', an' ef he ain't seet back so much among those whom she likes as see ob de leadin' reformationists of dis yar flock 'll git into trouble shuaa.''-New York she must devote herself to amusement

In public house signs three seems to play an important part, such signs as born, not made, the members of the se-"Three Bells," "Three Jolly Sailors." "Three Bears," etc., being often used



CABII U 130 Front Street. light, produce upon our eyes the impres-Partland, Or. sion of white.



ready been worn and will not answer for this particular event," she returned. asked. "Oh, perhaps a hundred and fifty," said Lena carelessly, with as little idea of the value of money as an unfledged

The Pleasures of Aristocracy. There is a painful seriousness about

bird. Her father groaned and said somethe pleasures of the American aristocrat thing about "foolish extravagance;" then that makes her (for it is generally the drawing out his pocketbook slowly woman who rules in these matters) a counted out the required sum and laid most interesting-nay, entertainingit on the table. "How much do you want, Bertha," he

asked, turning toward her. "I don't think I want any, papa. have a pretty dress, which will answer very nicely," she replied. with all the ardor of her soul and all the

THE OLD DRESS.

trance of Mr. Gregory, who looked

"Papal" cried Lona, the elder damph-

ter, "see our invitations to Mrs. Lang-

don's great ball," showing him the cards

she held in her hand. "And there is the

loveliest silk at Stewart's that I want to

wear. Can I go and order it tomorrow?"

she pleaded, laying her white hand,

flashing with jewels, on his arm, and

"Haven't you any dresses to wear?" he

"A-plenty of old ones, which have al-

"How much will it cost?" Mr. Gregory

her twin daughters into society.

be a very magnificent affair.

harassed and weary

looking up into his face.

asked somewhat mosdily.

'You're a sensible girl, and the man that gets you for a wife will have some In the countries where an aristocrat is one to help him keep his head above water," said Mr. Gregory, as he left the lect body have certain public and useful functions, and the world is interested in

"What is the trouble with papa? What their play because that is part of the does make him talk so delefully when he is asked for a little money?" said Lena. "Any one would think he was a poor man.

"It is one of his money nervous spells he is always so afraid his business affairs won't come out just so straight; then it is economy and retrenchment, or everything will drift to bankruptcy. That is the way business men always their coteries than to win a seat in the talk till it has become quite an old story with me," said Mrs. Gregory, drawing a They take themselves very seriously, breath of rellef. and they are partly right. At all events

"I don't think papa is trying to frightthey do the rest of the world very little en ne at all," said Bertha. "I think his harm, and occasionally, no doubt, have business does really perplex him. I've noticed for a week that he looked paie and careworn and he said but little. 1 asked him yesterday if he was not well, The question as to why all foam is and he said there were anxieties preying white is not an easy one to understand.

apon his mind." but the fact is that foam is always white. "Was that the reason you didn't want whatever may be the color of the beva new ball dress?" asked Lena. erage itself. The froth produced on a "Yes, I'd rather wear an old one than bottle of the blackest ink is white, and

place papa to the expense of a a new one would be perfectly so were it not tinged now, while money is so hard to raise," to a certain extent by particles of the replied Bertha. beverage which the bubbles hold in me-"Really, Miss Bertha, you are becomchanical suspension. As to the cause of ing quite learned in financial affairs. 1 this whiteness, it is sufficient to say that should think papa would give you the it is due to the large number of reflecting position of private counselor in his surfaces formed by the foam, for it is these surfaces which, by reflecting the counting room. With your wise brain to aid him, he might sail through sens of trouble, dry shod," said Lena with

\$67CGATE If we remember that all bodies owe "Pray inform us how you came to be had made a mistake, and an angry their colors to the rays of light, which know so much about monetary affairs frown clouded her face as Bertha dethey cannot absorb, and all bodies which my daughter," said Mrs. Gregory. "I heard papa and Mr. Ainsley talking

tiemin Lona was bending all her energies to insnare and bring to her feet before the present season closed.

Mrs. Langdon had sent out cards of Clars was an intimate friend of both the girls, and so was invited up stairs invitation to her "dear 500" friends for a to see the dresses, which had just been grand ball at her elegant residence on Fifth avenue in honor of the entrance of sent home. Their beauty she warmly expatiated on, but Lena would not allow her to leave noil she hal told her of Bertha's wonderful fit of economy, They had just been graduated at some fashionable "finishing off" establishment, and their debut was intended to and laughingly said she should certainly take her own opera glasses with her to Mrs. Gregory, husband and daughters. the ball, that she might descry some interesting, poor young gentleman, with were on the invited list. As the former and two latter sat in their parlor lookwhom she knew her sister must have a ing at the elegant cards, with the interrecret understanding, and for whose benesting subject under deep discussion effit she was carrying out this whim of they were broken in upon by the en-

prodeuce. The combined entreaties of all the trio could not induce Mr. Gregory to accompany them to Mrs. Langdon's. He might, by rubbing against each other, ended a headache and fatigue. This was a cover to the real reason. His business affairs were daily becoming more entangled by means of several heavy Satinges of parties owing him to a great extent, and all he could see before him was ruin and disgrace; but he would keep his forebodings to himself until after the fete was over, when, if he found no means of estricating himself, he and select acquaintance. He wants a would make a clean breast of the whole place at which he may meet a friend-he thing to them.

Hugh Ainsley was quite attentive to Miss Lena that night, who looked very gards as his superiors in many things, queenly in the gay throng, and his attentions were received with deep satitfaction to herself. Nor was the less interested Bertha, who had laid no siege to what he is there for .- New York Times. him, overlooked.

He inquired at once where her father was, as he had not seen him there. To her reply that he had resisted all entreaty to come, from great fatigue, he uttered a prolonged "Ah!" and fell into a reveria.

Hugh was thinking of the vague report he had heard in Wall street Bits. that morning, that the commercial house of Gregory & Co. was fast tottering toward bankruptcy.

The next morning at an early hour Hugh called at Mr. Gregory's counting house and offered him loans to any amount to help him through the financial crisis that was upon him. Gregory had done the same Mr.

As Clara and Hugh sat at dinner the severe attack of rheumatian, indigestion or biliousness, but four or five doses of likaspanna Pitts always cure me. When next day after the ball discussing the costumes brought out there, she related ver my children have been sick with scar-et fever, measles, acid stomach, disordered what Lena had told her of Bertha's streak of economy. cestion or cost veness, a few do

"Is that so, Claraf" he asked, "Was she as self encrificing as that? But she

looked as sweet as a rose bud in her dress, if it had been worn three times." Then he told her in confidence of the state of Mr. Gregory's affairs, and the reason which had probably deterred Bertha from outlay for a new dress. "Sha is a noble girl, Clara, and I'm afraid we couldn't number many like her among that gay assembly at Mrs. Langdon's. Surely 'all is not gold that glitters.

A week after this the footman at the Gregorys brought up a card to the parfor "Miss Bertha, and the gentleman is waiting below in the drawing room." Bertha glanced at the card and saw "Hugh Ainsley" inscribed thereon. "Did you say this was for me, John?"

she asked, thinking it might have been Intended for Lona. "Yes, ma'am. He said 'Miss Bertha." replied the servant.

Lens pouted at this. She had thought scended to the drawing room.

Why a Man Joins a Club. Within a few years the craze for clubs

has extended to all classes of society and he's sexes until almost every man and in the community is a member of some club, and many ladies have their clubs at which to meet their friends and talk over the fashions or more serious matters. When the craze took the people they seemed to think it was something in the way of enjoyment which they had overlooked, while business men found in it a new and quick ony of cominunication with customers and a continuance of business through the evening as well as during the hours of davlight. The club served also to the men of business as a means of acquaintance with men whom they might not otherwise meet without considerable difficulty, and who serve each other's purposes or profit.

It is a striking fact that in many cases the names of our most remarkable clubs are misnomers, misleading to the uninitiated, and the real objects of the gathering a mystery to the members. A man joins a club for reasons of his own. which are enjoyment, seclusion from the outer world, independence, conviviality wants the tone of the club and the privilege of rubbing against whom he reparticularly business and wealth-and he doesn't care about the objects of the organization if there be any other than

Statistics of Church Livings. There are at present 1,074 Church of England livings with an annual income of less than £100; 1,817 of a value of from £100 to £150 a year; 2,274 between £150 and £200 a year; 4,355 between £200 and £300 a year, and 4,105 over £300 a year.-London Tit-

"If you are in doubt," says Talleyrand "whether to write a letter or not-don't! And the advice applies to many doubts in life basides that of letter writing.-Bulwer.

MEALTH IN OLD AGE.

Mr. W. H. Toles To Prevent Illness There is Nothing Equal to Hood's Sarsaparilla.

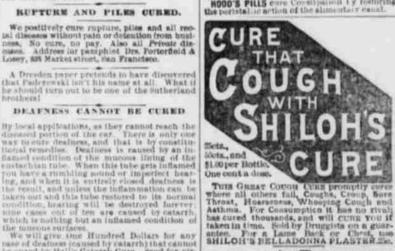
"In my opinion, one of the greatest mistake

people make is to lock the door after the herei stolen, or in other words, to wait until the Edward Collinson, Queens, N. Y., says: "I commenced using BRANDERTH'S PILLS are sick in bed before they do snything for th pearbody. No ther my wife nor myself were over fifty-five years ago. I first bought real sick; I attended to my business, and m deed years before for Hugh's father, them in London, and have continued using wile to her household duties datly. But we had and he (Hugh) kindly pressed the them since I came to this country in 1836. dull, heavy heidaches, and allithe over exertion favor back upon him, which was ac-cepted with tears of gratitude in the eyes of the panic stricken merchant. As Cora and Hund hat at dinner the aparilla. I took one, and my wife nearly all of the other two, and the result was perfectly safe-helory. The effect was inset magic, and I believe flood a farmaparilla saved us a severe technism and a big dector's bill. If people would cally re-member that 'an onnee of prevention is worth a



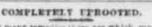
world of cure," there would be less sufficient in the world. My advice to all units of the finite well is take Hood's Sarary and a second line to three tions, and you, will a sold and happy "W. IL Tokes, 145 17th Street, San Francisco, Cal. De Shrewde-I named six straight winners esterday, Softmark (excitediy)-How'd you to 11? De Shrewde (calmiy)-Walted until after he names were over.

HODO'S PILLS core Constitution i y restori



e museus surfaces. We will give this Hundred Dollars for any

e cured by Hall's Catarrh Cure. Send for cir-ulars, iree. F. J. CHENEY & CO., Toledo, O.



first many remotion there are which marsty • Without upropring disease, with easing modelines which at all of an analytic of the set of the sile of an analytic of the set of the sile of all way the set of the set of the set of the one based of the set fitters in the one based of the set fitters in make for the set of the set fitters in make for the set of the set of the fitters in make for the set of the set of the fitters in make for the set of the set of the fitters in make for the set of Dic. unquestionally is using a solu-ter. The same holds good of indices, kidner, comparing, others, and defailing By the interest when many temesion tail 27.00-22 sters they

The victors of the bent pin knows well when THE GERMEN for breakfast.

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FOOT AND BRANCH, the point in your blood, however it may have come or whatever shape it may be taking, is cleared away by Dr. Pierce's Golden Medical Dis-oury. It's a renearly that rouses every organ into healthful action, purifies and enriches the blood, and through it cleanses and lavigorates the whole system. Enlartheum, Tet-ter, Economa, Errysipelas, Bolls, Car-bancies, Enlarged Glands, and the worst Berofulons Sores and Swell-ings, are perfectly and permanently cured by it.

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consei, it is quarvanteed, as no other blood medicine is. If it ever fails

cured by It.



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"German Syrup I am a farmer at Edom, Texas. I miles of the north pole.-Entomological

have used German Syrup for six News. years successfully for Sore Throat, Coughs, Colds, Hoarseness, Pains in Chest and Lungs and Spitting-up of Blood. I have tried many kinds of Cough Syrups in my time, but let me say to anyone wanting such a medicine-German Syrup is the best. We are subject to so many sudden changes from cold to hot, damp weather here, but in families where German Syrup is used there is little trouble from colds. John F. Jones. 2

FUCIELING FILLIS known by another the international line perspiration, dense international MANDER STATE AND A STATE OF A HAVE on the center of the head. YOU TILLO AT ONCE 20 DR. ED-SAN-80'S FILE REMEDY, Which and drawity on parts atlanted, attente import, allowithing atlanted permanentations, Providential Parts Wishel, Dr. Smather, Treventights, Pa GOT PILES to \$250.00 can be made monthly Mon."

B. F. JORNAUS & Co., RETEMOND, VA.

other evening, and he said it was almost an impossibility to get any money at all now," said Bertha. "Well, you are a little goose; if you the froth a white appearance. It is for will go to the grandest ball of the season the same reason that any very fine powin an old madeover ball dress, and be der appears white, even the blackest

marble, when ground to dust, losing the victory which may, perhaps, be won

A Faithful Eskime Dog.

crossing the surface of the great Lake

Biamna in a "poorga" (a rather exagger-

ated species of blizzard).-A. B. Schanz

Thought Himself Qualified.

Auburn barber shop about the compara-

tive honesty of the French and English

laboring man. One of the disputants

man. An interested listener thought he

prefaced his remarks thus: "Now, I sup-

pose I'm part French myself. My father

and mother were both French."-Bangor

Bees in the Far North.

Very Thorough.

thorough housekeeper?

in Milwankee Sentinel.

Commercial.

over a certain attractive gentleman of our mutual acquaintance by your elder Fidelity is the chief virtue of the Essister's more stylish toilet, you will rekimo dog. One of my leaders when gret your decision in favor of Mme erippled by starvation and overwork had Noah's antediluvian costume," said Lena te be abandoned because he refused to be carried on the sied. I left him beenceringly.

"I'm perfectly indifferent to the praise hind feeling as if I were tearing myself or contempt of the fashionable world. my earthly lot. Bertha, you are the away from a dear friend, but before we for there is neither heart nor sincerity in chosen one, and my heart's best and purcontinued our way I gave him the last it. And concerning the gentleman of fish we had, depriving ourselves of that whom you so strangely hint, if his heart much food. Three days afterward, is only susceptible to the influence of while we were encamping at the Eskimo costly apparel, he can pay court to it as village of Kahonak, the dog reached us, long as he wishes without once exciting having followed our trail with bleeding my jealonsy, as I want no dry goods blushes. feet and emaciated body for eighty-five worshiper for my future liege lord. So. miles, forty-five of which consisted of

ma chere sister, you have the field open and clear to yourself. "March on, march on, ye brave, to vic-

tory or death!" sang Bertha, jubilantly waving her handkerchief at Lena, who was picking up her money from the "Yes," and their engagement was an table where her father had laid it and nounced to the gay world. humming a gay opera sir.

A contest arose Saturday night in an "Bertha, what dress have you to wear? You haven't any that you've not already worn two or three times at least, and I was a Frenchman, who eloquently exdesire my daughters to make as elegant tolled the merits of the French laboring an appearance to any of their friends on this occasion," said Mrs. Gregory. would take part in the discussion, and

As Mrs. Gregory was a particular friend of Mrs. Langdon, she felt in duty bound to honor, as much as possible, the advent of her daugnters to the fashionable world; and the attire of her own daughters on this occasion was an important consideration.

"I'm going to have Mms. Leicester Lieutenant Peary, the arctic explorer, saw bumblebees as far north as latitude make over my blue gros grain silk, and you know she is a noted genius for re-\$1 degs. 37 mins. in Greenland, and stated that bluebottle flies were as comnewing worn ball dresses; but if, after it mon that far north as they are in Philais done, it looks antediluvian and smells delphia around a butcher shop. The latmusty, Fil do penance by staying at itude mentioned is within about 580 home," said Bertha. Lena purchased the new dress and had

it made up without regard to expense. · Bertha's dress came from the mantaumaker's hands as beautiful as it could

Mother-Is your Uncle John's wife a he, and none would ever have suspected it had already been thrice worn unless Small Son (just back from a visit)-I she had been seen with it on. It harguess so. I was just as uncomfortable monized admirably with her hair, blond with her as I am with you .- Good News. inplexion, forming a vivid contrast to Perseverance, dear my lord, keeps Lens's more brilliant style of personal

honor bright. To have none is to hang attrac eness and bright, orange colored quite out of fashion, like a rusty nail in monumental mockery.-Shakespeare.

The day previous to the ball Chara Ainsley called, a sister of Hugh Ainsley, Black haired and extremely light who was the fixed, central star around haired men seldom become bald at t which the feminine liminaries had amearly age. When they do it is generally bitiously beamed for the last two seasons, each fondly hoping to be the finally

favored one. A blind mendicant in London wears But to the secret chagrin of each, he this inscription around his neck: "Don't be ashamed to give only a penny. I can't still maintained the same quist courtlinessent manners toward them all. He which received \$20,000 salvage. For two seemed quite as indifferent to their heart or three year afterward all the taveras affairs as he would have been to the along the southern coast of Long Island

Whenever a bird goes to fly it looks N. P. N. U. No. 495-6. F. N. U. No. \$73 up, but some man shut their eyes when-ever they take an important step.

Was it me you wished to see, Mr about business when he was here the Ainsley?" she asked after saluting him. "It was you yourself. Why? permit me to inquire?

"I thought it might be one of John's blunders, and that sister Lona was the one desired," said Bertha.

"No, Miss Bertha; it is you with whom ridicaled by all the elite, you can do so I have special business," he said, at the A few hundred dollars can't make much same time watching the sudden enlargedifference anyway. And when you see ment of her blue eyes when he said busi Des/

ALLY ALLANSY ST., ITHACA, N. Y., Dec. 19, 1881. For over 40 years I have been a victim of rheu-matism. I was "For several years, Miss Bertha, I've been searching in the circle of my acquaintance for a noble, truehearted woman to ask to become my wife. I have just been fortunate enough to find her, and have now come to ask her if she will bear my name and share with me persuaded to try St. Jacobs Oil. I have used two bottles, and a man est affection I lay at your feet. Will you answer me 'Yes?'

"Give me time to think, please; it is so sudden," she stammered, covering her face with her hands to conceal her

"You shall have three whole months to consider the subject; then I shall demand an unconditional answer." said Hugh, drawing the hands from her face and pressing them to his lips. In three months Bertha decided to say

nounced to the gay world. Another three months and the gay world was invited to their public wed-

ding in church. After much coaxing Lena was prevailed upon to be Bertha's bridesmaid, but it was a bitter disappointment to stand in that place, instead of next to the groom.

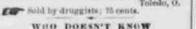
In after years she learned that Bertha's "old ball dress" had turned the scale in favor of her and won Hugh Ainsley. He reasoned that the daughter who good health. would sacrifice her own desires for the sake of lessening the burden weighing upon the shoulders of her father could not fail to make a true wife.-Buffalo News.

A Daring Gunner.

My battery participated in the battle of Pea Ridge on March 6, 7 and 8, 1862. Thomas Davis, a private, acting as No. 4 at one of the guns, leaped upon his gun, and stretching himself out at full length amid a perfect storm of shell and shrapnel and musicet balls shouted to the enemy, who were in line of battle a short distance away, "Send one of your men over, and I will fight him single handed and settle this picnic." He remained there shouting till the battery was ordered to fall back for ammunition. Davis never received a scratch .- L. J. White in New York Press.

Disabled with a Carge of Brandy.

In 1880 the bark Rosina, with a cargo of fine French brandy from Charente, France, for this port, ran ashore in a gale off the southern coast of Long Island. The crew threw overboard a portion of her cargo in an attempt to lighten the ship, but she was finally hanled off by a wrecking company, gyramids of Egypt. This was the gen- sold fine French brandy at ten cents per glass.-New York Svening Sun.



WHO DORSN'T KNOW Mervill, the Planeer Bicycle Deg'er of th He is reliable. Write fom - Portland, O

THE CASE.

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and nerve.





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