

The New Bread.

ROYAL unfermented bread, made without yeast, avoiding the decomposition produced in the flour by yeast or other baking powder; peptic, palatable and most healthful; may be eaten warm and fresh without discomfort, which is not true of bread made in any other way.

Can be made only with Royal Baking Powder.

Receipt for Making One Loaf.

ONE quart flour, 1 teaspoonful salt, half a teaspoonful sugar, 2 heaping teaspoonfuls Royal Baking Powder, half medium-sized cold boiled potato, and water. Sift together thoroughly flour, salt, sugar, and baking powder; rub in the potato; add sufficient water to mix smoothly and rapidly into a stiff batter, about as soft as for pound-cake; about a pint of water to a quart of flour will be required—

more or less according to the brand and quality of the flour used. Do not make a stiff dough, like yeast bread. Pour the batter into a greased pan, 4 1/2 x 8 inches, and 4 inches deep, filling about half full. The loaf will rise to fill the pan when baked. Bake in very hot oven 45 minutes, placing paper over first 15 minutes baking, to prevent crusting too soon on top. Bake at once. Don't mix with milk.

NOTE.—It is necessary to follow, precisely, the above directions, even to the size of the pan. Observe that water should never be added until the powder has been thoroughly mixed with the flour in a dry state. Perfect success can be had only with the Royal Baking Powder, because it is the only powder in which the ingredients are prepared so as to give that continuous action necessary to raise the larger loaf. The nutty flavor noticeable in this bread is due to the fact that no acid except that derived from the grape is used in the Royal Baking Powder. Address: ROYAL BAKING POWDER CO., 106 Wall Street, N. Y., for all further information.

Nearly a Century a Nun.

Convent life seems favorable to longevity, judging from the case of an Armenian nun just dead in a Jerusalem religious house at the age of 115 years. She entered the convent when a girl of seventeen and had never crossed the threshold since.

Minnie Hauk's husband, Count Ernest de Hesse Wartegg, is a writer and scientist of more than ordinary ability and reputation. He has traveled extensively in North and South America and in Europe and Africa, and belongs to many scientific societies in Europe and this country.

High Heeled Shoes.

The streets of the old city of Venice were often extremely thick with mud, in spite of the great sewers which dated from the Tenth century. Even now, with but 60,000 or 70,000 inhabitants, the thoroughfares between the Piazza and the Rialto are sometimes sufficiently bad. We are writing of the time when the population was nearly five times what it now is, and when Venetian trade was at its zenith. Well, to combat this mud, the ladies took to high heeled shoes.

As the mud grew worse the heels became taller and taller until at length they were half a yard high and as difficult to control as a pair of stilts without handles. The consequence was that a lady in full dress, obliged to walk but a few yards, had to be supported on both sides. This was a task for the black pages, or for the lovers, who had now become a very conventional part of Venetian society.—National Review.

Cures for Nervousness.

In connection with the water and air cures for nervous patients certain respiratory and muscular exercises are advantages, and may, in certain advanced stages of the disease, be applied passively by massage and similar operations. Among other things gardening and other occupations in the open air are of great benefit. Unhappily, in the large cities, where the majority of the patients live, there are only a few so fortunately situated as to be able to enjoy such employment to any considerable extent. Those who are able to go clear into the country and work in the fields and woods in the sweat of their brows will perhaps, if they are prudent and other conditions are favorable, effect a happy cure of their nervous disorders.—Dr. Bilsinger in Popular Science Monthly.

Melody and Music.

Melody was the beginning and ever will be the essence of music through all ages. The Greeks based their melody on the tetrachord system, which they may have copied from the natural melody in human speech. Gregorian chants, Protestant hymn tunes, many national melodies and other musical themes are based on natural melody in human speech.—Exchange.

Looking Better

feeling better—better in every way. There's more consolation in that than well people stop to ponder. To get back flesh and spirits is every thing.

Scott's Emulsion

of pure Cod Liver Oil with Hypophosphites is prescribed by leading physicians everywhere for ailments that are causing r. pid loss of flesh and vital strength.

Scott's Emulsion will do more than to stop a lingering Cough—it fortifies the system AGAINST coughs and colds.

Prepared by Scott & Borne, N. Y. All druggists.

A JUVENILE HORDE.

NEW YORK YOUNGSTERS SEE A THEATRICAL PERFORMANCE.

Six Thousand Street Urchins Swarm Into a Metropolitan Playhouse and Make Away with Everything Portable Within Reach—A Pandemonium.

Fully 6,000 shouting, screaming, chattering, cheering youngsters attended the performance of "The Scout" given for poor children at Niblo's, and outdid the Indians as regards noise and drowned the reports of the pistols with their enthusiastic yells.

Such an audience has never before been inside the walls of a playhouse. There were boys there with dirty faces, and boys whose natural color did not give one an opportunity to see if they were dirty or not. Little girls were there, too, some white and a few black, and they took as much delight in the performance and made as much noise as the boys.

The doors of the theater were besieged as early as 7:30 o'clock, and by 8:30 there was a tremendous jam about the Broadway and Crosby street entrances. Once the doors were opened there was no use trying to collect tickets. The boys simply swept everything before them. In an incredibly short time every seat contained at least two occupants, and every available place from which the stage could be seen was occupied.

The boys hung on the posts like monkeys, occupied the stairs, stood on the radiators, and if it wasn't for the ten big policemen who were there to preserve order there is no knowing what they would have done. The youngsters talked to each other from all parts of the house. "Hay, Yaller!" shouted one archer across the gallery. "Did you see me brudder?" "Naw," came the answer. "Hully Mo!" shouted back the first speaker, "me madder will slaughter me." "Hi, Red," shouted another youngster, "where's Mike?" "Oh, he's down in the parkay eating oats," came the answer.

It was 10 o'clock when Congressman Timothy J. Campbell came before the curtain and addressed the boys. At length he tried to tell the boys to be good citizens, but they heard him not, and he concluded in pantomime.

One little girl wearing a big red hat occupied a chair all by herself in the orchestra. "Take off your hat, Mag!" shouted the little one behind her, but she paid no attention, and in an instant that hat was sailing down the aisle. When she got it back it was in ribbons, and to quiet her cries a policeman lifted her into a box, where she spent most of her time sticking her tongue out at the other girls.

How the boys cheered when the curtain went up! They applauded Dr. Carver like mad, and when he threw the villain in the big tank they yelled furiously. The comic Irishman and the darky pleased them immensely, and they marveled at Dr. Carver's aim when he broke all the bottles in the saloon with rifle balls.

The actors soon discovered that it was useless to talk, as they couldn't be heard, and they went on a great part of the time in pantomime. No villain was ever more heartily disliked than Cherokee Jake, played by Mr. Sommerfield. One boy in the gallery threw a half eaten apple at him, and an Indian picked it up and finished it. In the fourth act cries came from all parts of the house to throw Jake into the river. There was tumultuous applause when the horse fell through the bridge, and there was more when the play was over. It took just seven minutes for the house to empty, and it seemed a miracle that no one was hurt. Had one boy stumbled while coming down the gallery staircase the result would have been appalling.

After the house was emptied Manager Comstock went in and viewed the wreck. Every other row had a broken seat, and in one place an entire row was demolished. The urchins broke open the opera glass machines and carted off the glasses, and in some cases took the machines and all.

"Well," said Mr. Comstock, "they had a good time, and I don't care as long as they left the four walls and didn't get hurt."—New York Herald.

Disease of the Hat.

A London correspondent complains that he cannot take his walks abroad with his head uncovered without being exposed to gibes and flouts and sneers and treated as a lunatic. "And yet," he asks, "who but the latter would suffer by the almost complete disease of the hat? The advantages would be many. We should entirely avoid baldness (which our hats induce); our heads would be as cool as our faces (which we never think of covering, though they are less protected with hair than our heads); we should save our money and a great deal of trouble. In this climate we need not be afraid of sunstrokes, and we should avoid colds in the head. It is a mistake to suppose that either chimney pot hats or bowlers shade the eyes. They do not do so any more than women's bonnets."

Alphabet Suppers. "Alphabet suppers" are getting to be quite a craze in some parts of the country. The young people of church societies arrange for an evening lunch, the name of every article of which begins with the same letter. Each member is instructed to provide a portion of the feast, and forfeit is levied against delinquents. A "B" supper, for instance, would include bread, beans, butter, banana, beef, brick cheese (by an elastic construction of the rule), bologna, etc.—Exchange.

their Weight in Halfpence. It is said that a tradesman was lately residing in London who had disposed of eleven daughters in marriage, and as a forfeit for each he had given their weight in halfpence. It is suggested that they were rather bulky, as the lightest of them weighed fifty pounds, two shillings and eightpence.—London Tit-Bits.

The New Bread.

It is evident that, if considerations of healthfulness in food and convenience in housekeeping are to govern, the use of yeast in bread-making must become a thing of the past. It is an established fact that yeast produces the gas which raises the bread, not from itself, but by fermenting some of the most nutritious elements of the flour. The gas is the product of the decomposition of yeast. The loss of these properties is what makes fresh yeast bread unwholesome. The use of the Royal Baking Powder instead of yeast is found to make a finer, lighter bread, devoid of all dyspeptic qualities. The same gas—carbonic—is produced as where yeast is used, but it is evolved from the baking powder itself and not from the flour. None of the elements of the flour is impaired, thereby preserving the nutritive values of the bread, which is made more wholesome and actually anti-dyspeptic. The greater convenience where a batch of the finest bread can be made and baked in less than an hour with no danger of a sour or heavy loaf must be appreciated by every one.

A receipt for this bread is given elsewhere in this paper. The best breadmakers after the old-fashioned way will be particularly interested in trying this. To every reader who will write the result of her bread-making from this receipt to the Royal Baking Powder Co., 106 Wall Street, New York, that company will send in return, free of charge, a most practical and useful cook book, containing one thousand receipts for all kinds of baking, cooking, etc. Mention this paper.

Valpeun, who was the son of a farmer, and whose early education had been entirely neglected, had to study his own language besides Latin, Greek, history, geography, physics, chemistry, botany and other preliminary subjects during his first year of medical study, and successfully passed examinations in them all.

American Lard is Cheaper. American lard is being sold in the City of Mexico as fast as received at a wholesale price of twenty-five cents per pound, while the native lard is held at twenty-six cents a pound.

A sportsman found in the wilds of Lane county, Or., the other day, a valise containing a lot of watch chains and other jewelry supposed to be the discarded loot of a burglar.

There are fifty-one living cardinals, all except ten of whom were appointed by the present pope.

A Rochester woman has trained crickets that sing in the ruffles of her dress sleeve.

PREVENTING FUTURE MISERY.

If there is, in this vale of tears, a more prolific source of misery than the rheumatic twinge, we have yet to hear of it. People are born with a tendency to rheumatism, just as they are with a tendency to consumption or scrofula. Slight causes may develop this. As soon as the agonizing complaint manifests itself, recourse should be had to Hostetter's Stomach Bitters, which checks the progress of an attack, restores the equilibrium of the system. This system of medicine is exactly what physicians who have employed it for years and who have seen it cure the most obstinate cases of rheumatism, indigestion, kidney troubles, nervousness and loss of appetite and flesh. After a writing, whether followed by a cold or not, the Bitters is a preventive of the initial attack of rheumatism.

She—Do you think it possible for a man to love two women at once? He—Yes, fifty at once, if they were all like you.

RUPTURE AND PILES CURED.

We positively cure rupture, piles and all rheumatic diseases without pain or distortion of business. No cure, no pay. Also all Private Diseases. Address for pamphlet, Dr. Forrester & Loney, 838 Market Street, San Francisco.

The situation at Washington is a struggle between the ax and the "ex."

BEWARE OF OINTMENTS FOR CATARRH THAT CONTAIN MERCURY.

As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, O., by F. J. Cheney & Co. Testimonials free.

Sold by druggists; price, 75 cents per bottle.

Pfunder's Oregon Blood Purifier is the best remedy for cleansing your system.

NOTHING LIKE IT.

40 YEARS OF PAIN CURED. THE CASE.

N. ALBANY ST., ITHACA, N. Y., Dec. 19, 1887.

For over 40 years I have been a victim of rheumatism. I was persuaded to try St. Jacobs Oil. I have used two bottles, and a man more free from rheumatism never walked our streets. My limbs that were once stiff and lame are now as light and limber as in my youth.

JOS. EDELL.

AFTER FIVE YEARS.

ITHACA, N. Y., July 5, 1887.

Suffered many years—injury to hip resulting in rheumatism, muscular weakness and contracted cords. Two bottles of St. Jacobs Oil relieved me so that I now walk about and attend to daily duties at 62.

I heartily endorse it.

JOS. EDELL.

"German Syrup"

Justice of the Peace, George Wilkinson, of Lowville, Murray Co., Minn., makes a deposition concerning a severe cold. Listen to it. "In the Spring of 1888, through exposure I contracted a very severe cold that settled on my lungs. This was accompanied by excessive night sweats. One bottle of Boschee's German Syrup broke up the cold, night sweats, and all left me in a good, healthy condition. I can give German Syrup my most earnest commendation."

CAUTION.

Imitations have been put upon the market so closely resembling ALLCOCK'S POROUS PLASTERS in general appearance as to be well calculated to deceive. It is, however, in general appearance only that they compare with ALLCOCK'S, for they are worse than worthless, inasmuch as they contain deleterious ingredients which are apt to cause serious injury. Remember that ALLCOCK'S are the only genuine porous plasters—the best external remedy ever produced; and when purchasing plasters do not only ask for, but see that you get ALLCOCK'S POROUS PLASTERS.

When a woman is trying to write a letter on a half sheet of paper, much may be said on both sides.

"Bosch's Bronchial Troches" are of great service in subduing hoarseness. Sold only in boxes.

Daughter—Our lovenan is dead, papa. Father—What an awful change it will be for him!

A NOTABLE ANNIVERSARY.

April 1st, 1885, was the first birthday anniversary of the Sherwood Hall Nursery Co., of San Francisco and Menlo Park. To those who know what an important factor this Company has become it seems hardly possible that its enviable position has been attained in one short year. The success of this Company means a great deal besides a profitable business. The gentleman who founded the enterprise began with a determination to demonstrate that for the propagation and cultivation of trees, plants, seeds and bulbs the State of California had such advantages of soil and climate that she could stand pre-eminence. At Menlo, with which no spot in the state can compare in adaptability for this purpose, it is being daily shown that for purity and retaining power the Sherwood Hall Nursery Company's seeds are far ahead of any others to be had. The Timothy Hopkins collection of Sweet Peas has become famous all over the world; and as for the Chrysanthemum, the Queen of Autumn, the varieties raised at Sherwood Hall for superiority in fineness of texture, size of bloom, brilliancy and variety of coloring the products of this nursery are the best in the world. California is the best State for seed-raising, and the Sherwood Hall Nursery Co. already stands first in the State.

THE GEMMA for breakfast.

Use Emaline Stove Polish: no dust, no smell.

A TIRED WOMAN.

just as much as a sick and ailing one, needs Dr. Pierce's Favorite Prescription. That builds up, strengthens, and invigorates the entire female system. It regulates and promotes all the proper functions of womanhood, improves digestion, enriches the blood, dispels aches and pains, melancholy and nervousness, brings refreshing sleep, and restores health and strength.

It's a powerful restorative tonic and soothing nerve, made especially for woman's needs, and the only guaranteed remedy for woman's weaknesses and ailments. In all "female complaints" and irregularities, if it ever fails to benefit or cure, you have your money back.

A great many medicines "relieve" Catarrh in the Head. That means that it is driven from the head into the throat and lungs. But, by its mild, soothing, cleansing and healing properties, Dr. Sago's Catarrh Remedy perfectly and permanently cures.

CURE THAT COUGHS WITH SHILOH'S CURE

Shilo's Catarrh Remedy. Have you Catarrh? This remedy is guaranteed to cure you. Price, 50c. Injector free.

SILVERWARE

Best makes. A. FELDENHEIMER, First and Morrison, Portland.

IMPERIAL & BOSTON NORTH PACIFIC CYCLE CO.

Don't mark by not riding the right bicycle. Write for Agency. Send for our Catalogue—Tells you all about it.

THE CORK FACED HORSE COLLAR

Prevents the horse from having a sore or galled neck. Cool, elastic, requiring no sweat cloth. Ask your local saddlery shop for it, if they do not have it, send your order to: MAIN & WINCHESTER, 214, 216, 218 and 220 Battery Street, San Francisco, California. Send your address for descriptive circular.

"DON'T BORROW TROUBLE" BUY SAPOLIO

'TIS CHEAPER IN THE END. RHEUMATISM CURED BY THE USE OF Moore's Revealed Remedy.

Simonds Crescent Ground Cross Cuts.

And All kinds of MILL SAWS. Also Saw Repairing. SIMONDS SAW CO., 75 Front Street, Portland, Or.

Hood's Cures Sharp Pains

Short Breath, Heart Trouble, Rheumatism.



Mrs. L. M. Payne, Eagle Creek, Oregon.

"I have lived here in Oregon for the past twenty years, and most of the time have been a very great sufferer from inflammatory rheumatism. I have also had what the doctor called heart disease, with shortness of breath and sharp pains in the left side. I decided to take Hood's Sarsaparilla, and before I had finished three bottles I was in better health than I had been for years. I do not have any pain now, sleep well, and to-day no woman of my age

Enjoy Better Health

than I. At home on the ranch I not only attend to my family household, but last summer I cared for and milked four cows. I do not feel that I can say half enough in praise of

Hood's Sarsaparilla

Mrs. L. M. PAYNE, Eagle Creek, Oregon.

Hood's Pills are prompt and efficient, yet easy in action. Sold by all druggists. 25c.

FISHING TACKLE

Rods, Reels, Lines, Hooks, Leaders, Etc., of the Finest Quality.

THE H. T. HUDSON ARMS CO.,

93 First St., Portland, Or.

Send for catalogue.

HAVE YOU GOT PILES

FITCH'S PILLS known by everyone like peppermint, cause intense itching when worn. This form and BLENDING BLENDING OR FROTHING PILLS YIELD AT ONCE TO DR. BO-SAN-KO'S PILE REMEDY, which acts directly on parts affected, absorbs tumors, always relieving, effecting a permanent cure. Price 25c. Druggists or mail, Dr. Fitch, Philadelphia, Pa.

MANN'S BONE CUTTER

Will cut dry or green Bones, Meat, Gristle and all Green Cut BONES will double the number of eggs—will make them more fertile—will carry the hens safely through the molting period and put them in condition to lay when eggs command the highest price and will develop your chicks faster than any other food.

Feed Green Bones and use Green-Cut to kill the lice, and you will make fifty per cent more profit. Send for Catalogue and prices.

PITALUMA INCUBATOR COMPANY, PITALUMA, CAL.

INVALID FOODS.

Rolling Chairs, Reclining Chairs, Back Rests, Commodes. Send for Catalogue. W. A. SCHROCK, 21 New Montgomery St. S. F.

FRAZER AXLE GREASE

Best in the World! Get the Genuine! Sold Everywhere! FRANK WOOLSEY, Agent, Portland, Or.

YOUNG MEN! The Specific A. No. 1.

Cure, without fail, all cases of Gonorrhoea and Syphilis, no matter of how long standing. Prevents stricture, if being so treated. Cure when everything else has failed. Sold by all Druggists. Manufacturers: The A. B. Medical Co., San Jose, Cal. Price, 50c. per bottle.

OPHIUM

Morphine Habit Cured in 10 to 20 days. No pay till cured. DR. J. STEPHEN, Lebanon, Ohio.

MERCURIAL

Mr. J. C. Jones, of Fulton, Ark., says of S.S.S. "About ten years ago I contracted a severe case of blood poisoning. Leading physicians prescribed medicine after medicine, which I took without any relief. I also tried mercurial and potash remedies, with unsuccessful results, but which brought on an attack of mercurial rheumatism that made my life one of agony. After suffering four years I gave up all remedies and commenced using S. S. S. After taking several bottles, I was entirely cured and able to resume work."

RHEUMATISM

S.S.S. is the greatest medicine for blood poisoning to-day on the market.

Treatise on Blood and Skin Diseases mailed free. SWIFT SPECIFIC CO., Atlanta, Ga.

It's Just as Easy

To grow Choice Flowers as it is to grow common ones if you START RIGHT.

Either one of the following collections is a garden in itself, and your garden is not complete without them. They are all beautiful and fashionable flowers and the plants are all strong, healthy and productive, and sent, postage free, for the price named.

THE TIMOTHY HOPKINS COLLECTION OF SWEET PEAS

Comprising 21 Distinct Varieties. A Large Packet of Seeds each for \$1.50, or a Packet of Seeds of the same varieties sized for only 10 cents.

12 Roses \$1.00
12 Carnations \$1.00
12 Pelargoniums \$1.00
12 Chrysanthemums \$1.00

Flower or SEEDS (Your Choice Varieties of Either Vegetable or Fruit) for ONE DOLLAR.

SHERWOOD HALL NURSERY CO.

S. W. Cor. Sansome & Clay Sts., - - San Francisco, Cal.

EVERY MAN KNOWS

Steinbach & Co.,

One-Price Clothiers,

Cor. First and Morrison, Portland, Or.

AN UNLAUNDERED WHITE SHIRT

FROM US will cost you 43 CENTS and it's postage. Compare our 43-cent shirt with any you have bought where you have been trading. It is extra full cut, made of Williamsburg soft-finished muslin. Has a three-ply set on linen bound, double cuff and collar bands, reinforced back opening, lockstitch-sewed and felled seams, well finished button-holes and eyelets. It is a shirt made to fit and wear. It will show you what value for your money you can get at the right place. Send size of collar worn. Our Spring Catalogue has 100 pages of such values. It is sent free on request.

OLDS & KING, Portland, Oregon.

DR. GUNN'S IMPROVED LIVER PILLS

A MILD PHYSIC

ONE PILL FOR A DOSE.

A movement of the bowels each day is necessary for health. These pills supply what the system lacks to make it regular. They ease Headache, bring the system into the Compliment better than any other pills do. To convince you of their merits we will send you a full box for 50 cents. Write for it. Send no money.

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