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.

His Mother's Pudding

A man who did not keep in mind that in boyhood he ate his food with a better sauce than any cook ever invented was in the habit-a habit said to be common-of mak-ing his wife uncomfortable by a too frequent reference to his mother's wonderful culinary skill.

Once, however, he was put to silence for a few days at least. "John," said his wife, "I wish you would tell me just how your mother made her plum pudding. Then perhaps I could suit

you." "Why, she took some raisins and stirred 'em up with pudding and baked it. That's

all. "But, John, real plum pudding is

boiled. "Oh, of course. Mother always boiled it after she baked it."-Boston Transcript.

Sarcasm.

Lucy (the artistic)-Music is rather a selfish pursuit. It's so tiresome to have to listen to some one else's playing. Now art is different

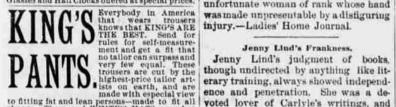
Mand (the cynical)-Entirely! It's au perfectly delightful to have to look at some one else's drawings.-Munsey's Weekly



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atches

forrison streets, Portland, Or., be-ps the largest stock, buys cheaper, does therefore sell cheaper. Field Hall Clocks offered at special prices.



THE CABIN ON THE CLAIM. Lonely, you say, with mighty arch Of sky so grandly bending? By bright hued clouds and glittering stars A tender message sending?

Joyless? When ont of crimson cloud The sunrise pours its glory. Morn after morn repeating well Aurora's cheerful story?

Peaceless? When night with noiscless feet. From fields of herbs and flowers, Sweet odors in her mantle dark Bears to this cot of ours?

Like faintest sounds of distant exer Pounding some castle hoary, We hear the great world's roar and fret And trace het changeful story.

▲s far away white gleaning sail, Turning a bend of river, ▲ noble deed with radiant flash Makes every heartstring quiver.

So, thankful, where the kindly stars Spangle the blue with beauty, We look and breathe the fervent wish

That all may do their duty. -Boston Transcript.

Gloves at Afternoon Teas

Gloves, the crowning finish of a well dressed woman's costume in public, have

been of late years greatly misused in American society. One sees them worn at tea tables by the woman elected to represent the hostess in pouring tea, and even at dinner tables, where the wearers have been known to sit through many courses with their right hands bared, the hand of the right glove little one. tucked under the wrist, and the entire left glove kept on. From time immemo-rial the habitual dinner goers of good society have removed both gloves imme-

diately after taking their places at the table, and have resumed them upon returning to the drawing room, or after using the finger bowls, and before arising from the feast. Any departure from accepted custom that has only eccentricity or a desire for

innovation to recommend it should be avoided; hence there seems no cause for taking up the carious fashion just mentioned, probably set in a beedless moment by some leader of vogue or by an unfortunate woman of rank whose hand

SWAM AWAY WITHOUT ITS HEART. WHY YOUR BABY CRIES.

with an ax.

The story, as he tells it, is as follows:

briskly away until it disappeared.

cut it up?"

saw.-Mobile Register.

it as plain as could be. The other shark sank like a shot; this one swam straight

away, as naturally as any fish." "Was the fish apparently dead when you

"Yes. It did not make a single move all

the time I was cutting it. The way that dissected fish did beats anything I ever

The Perfect Dancer,

training and plunge into the exaltation of the dance with the spontaneity of one who

was created a dancer by nature. About the talent of the real dancer there

of the melody, to give form and color to the composer's fantasies, richer and more beautiful than any he had ever dreamed of.

The gift has come to her from what un-known sources, through what unimagined

EMINENT PHYSICIANS DIFFER RE-

GARDING THE CAUSE. Imbecilie Bables Never Cry-Tearful Infuence of Pins, Colle, Hunger and

Thirst-Effect of Mourning Attire on Young Bables-Regular Habits. Although all babies are not crybabies,

all babies cry. Crying and babies go together just as ham and eggs do, liver and bacon, hooks and eyes, shoes and stockings, bread and butter. The angelic baby whose wings de crease as his legs increase is the only animal that wastes his vitality in promiscuous yelling. And yet there is philosophy in the

tuneless music of infancy not generally understood by the world at large. Although involuntary, a well organized haby will show as much intelligence in his crying as his parents may in thinking. Being the anchor of its mother, no one should know more about the subject than mothers, but unfortunately no medical or

professional women with children could be induced to express an opinion as to why a baby cries. Of the fifteen women doctors seen only

three had babies of their own, one had an urgent case to attend and begged to be ex-cused, the other was in a hurry to catch a train, and the third remarked, with masculine emphasis, that she had no time to bother with reporters.

The following opinions, most cheerfully expressed by some of the representative members of the New York Medical society, will be read with both interest and pleas ure by every mother and lover of a baby. SUFFERING OFTEN THE CAUSE

Dr. Janeway-Bables crying are bables speaking. It is their protest against pain, ill usage or neglect. But one mother knows more about the causes than 40,000

doctors Dr. J. W. Dowling-A baby does not ery simlessly. If there is a pin in his flesh, if his stomach is full of wind, if he has indigestion, cold feet or a headache he will cry long and loud. He will cry, too, if he is hungry, thirsty, sleepy, angry, hot or cold. The colicky cry is loud, emphatic and imring to it that calls for immediate and remedial attention.

When the brain is affected the cry is sharp and shrill, amounting to a shriek at times, and is indicative of intense and unbearable pain. A cry of this sort is pos-itively agonizing to the listeners, for there is no mistaking the pain felt by the little

Then there is the teething cry—a pitiful, incessant, unremitting little whine that is at times incisive and petulant, and accompanied by restlessness and ill temper. The hungry cry is a bawl, vehement, eager, ur

gent and impatient. The slzepy cry is something of a wall, but not tearful as a rule. The child is fre-quently sweet tempered, though indiffer ent, generally nervous and heavy eyed. The vicious cry, caused by restraint or dis

appointment, is noisy, clamorous, lusty and rebellious; there is more volume of voice than tears, the quality and size of The talent is inborn, not to be acquired. the tone depending upon the anger of the People are born dancers, as they are born singers and mesmerists. Training is nec-essary to strengthen and make flexible the It is a good test of the condition of the

respiratory organs, and can be maintained for hours by a strong, healthy child. If it has inherited the willful, domineering traits of a parent or grandparent, it may throw itself on the floor, kick, scream and roll about for variety and keep up the howi until the opponent yields or it has exhaust ed its lung power. Thousands of times pins are the cause of

infantile outbursts No baby will cry if it is well and happy Crying is a demonstra-tion of suffering, discomfort, neglect or hereditary viciousness.

HUNGER, THINST AND FEAR. Dr. Sumner A. Mason—A baby does most of his crying because he is hungry. The cry of thirst, while not frequent, is invariably taken for grief, anger or sleepiness and the mother spends hours patting and rocking the youngster, when a tablespoon ful of cold water would make him perfect ly happy. Aside from the cry caused by hunger, thirst and teething, there are al

most as many other cries as there are in fantile disorders. For instance, there is the expiratory moan in pneumonia, and the husky cry hat fol the e ughing, there is the

strength to produce sound.

animal a baby of average intelligence will cry A black dog, black cat or a horse will

produce more disturbance in the mind of

a baby than a white kitten, canary bird or

a white rabbit. Children are visibly at

tracted by any bright object, they never

ing to go to a relative in dark clothes would not hesitate if the suit were changed

to a light color, with a white, red or blue

A Grammatical Proposal.

necktie .- New York World

Reason for Thinking So.

"How much commission do you people A Mobile Doctor Tells a Most Remarkget from the collar and cuff factories! asked an indignant patron of a laundry the other day. "What do you mean?" asked the proprietor in a concilitary tone. able Story of a Dissepted Shark. Dr. Rhett Goode, the well known surgeon of this city, tells a story which is certainly "Mean just what I say," was the response one of the most remarkable ever recorded It is a fish story, but a true one. "Of course, people in your business are not helping the collar and cuff factories for nothing, and without the destructive power The doctor, with Messrs, W. H. Barney E. O. Zadek and W. C. Gellibrand, was the guest of Captain J. W. Black, manager of of your acids and your mangles they would not have one-tenth of the trade they now the Sullivan Timber company, on an ex-cursion down the day. The party reached enjoy. Come, now, tell me what your com-mission is for destroying collars and cuffs Fort Morgan early in the morning, and spent the day in fishing, enjoying excellent sport. Mr. Barney brought two shark lines and cast them early in the day, but not until afternoon, when the party was at and I will pay you my proportion of it if you will let up on my linen." The hann-dryman forced a smile and endeavored to treat the questson as a joke. "I am not joking," persisted the customer; "you have smashed fifty collars and nearly as many dinner, did he get a bite. Then the fisher-men pulled in two moderate sized sharks, pairs of enfis of mine all to pieces in three months, and that is no joke. I buy the one about five feet long and the other about seven feet long. When the fish, after

best of linen goods and you invariably ruin each article at the second wash. considerable excitement, were pulled up on the wharf they were given their quietus "Now, of course there must be a motive Some time after it was suggested that in that. I believe that you chaps are in Some time after it was suggested that Dr. Goode open the sharks and recover whatever gold watches, finger rings, etc., their stomachs should be found to contain. league with the manufacturers of collars and cuffs, and I propose to erganize a laun-dry syndicate and start a lot of fair and

square laundries, unless you let me into your scheme." The laundryman then be-The doctor opened the seven footer, and then plied the knife on the smaller shark. came serious, and carnestly protested that be was not in collusion with any collar and cuff factories. The frayed and broken con-"I made a straight incision and opened the body of the shark. I took out the dition of his patron's linen he attributed entirely to 'an occasional accident.'"-New York Times. stomach, the alimentary canal and the in-testines, and, having examined the stomach, threw those organs over into the water. Having a curlosity to see how

Peruvian Wool Fabrics.

large a heart such a fish has I cut into the Peruvian woolen fabrics were of three kinds-a coarse woolen cloth, which they called avasca, which formed the raiment of diaphragm and extracted the heart. This organ, I found, was about the size of an egg, rather small, I thought, for so large a fish. The curious thing about it was that called avasca, which formed the raiment of the common people; a finer variety, called compi, worn by the captains and officials, and still another, also called compi, but of much finer quality, reserved for the use of persons of royal blood. Specimens of this cloth, still preserved, reveal a fineness of taylors and an exercisity finish which it continued to pulsate after I had taken it from the fish. It beat regularly for a minute or more, lying there in my hand. When it stopped beating I pricked it with the knife, and it again pulsated for a short time. It was perfectly empty of blood. "Meantime the pilot and others pitched texture and an exquisite finish which modern ingenuity rarely equals. Both sides of these cloths were woven alike. The delinew of the transmission of the second se the seven foot shark off the wharf, and it sank to the bottom. We could see it plaindelicacy of the texture gave it the luster of silk, while the brilliancy of the dyes em ly through the clear water. They then took the smaller shark, all of whose inployed excited the envy and admiration of the European artisan. ternal organs I had removed, and whose The Peruvians made also shawls, robes heart I held in my hand, and threw it into the water. You can judge of our surprise

carpets, coverlets and hangings in to see that shark swish its tail around and flap its fins from side to side, and then swim varieties of patterns. They knew how to produce an article of great strength and durability by mixing the hair of animals with the fleece of their liamas.-S. N. D. "It went with the current?" "Yes, but it was swimming. We all saw North in Popular Science Monthly.

Progressing.

A copy of the "Official Portfolio of the World's Columbian Exposition," descriptive of Buildings and grounds, beautimily filus-trated, in water color effocts, will be sent only address upon receipt of loc. In postage stamps by THE CHARLES A. VOULLER CO., BALTINORE, MD. "This is a magnificent place, sir. Why, ten years ago I came here with nothing but the clothes on my back."

"And now?" "I've got another shirt."-Harper's Ba-LAT.

NERVOUS DYSPEPSIA.

Senator James F. Pierce of New York

ery much from an aggravated form of

nervous dyspepsia. I have resorted to va-rious remedial agents, deriving but little benefit. A few months since a friend of mine suggested the trial of AtLcock's PoRotes PLASTER. Following the sugges-tion. I have been using the same with the happiest effects. To those similarly af-flicted 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 is excellent. From the day I commenced their use have been slowly but surely improving, and am quite confident that by continuing I shall again be restored to my accustomed bealth." muscles of the body, as training is neces-sary to give the singer control of her great voice. But you can no more make a dancer by training than you can a prima donna. The raw material must be there, some times to let itself be shaped and subdued

"King writes me that he is doing some ver filliant work now." "Yes; he is writing add r a new slove polish." Impatiently, and, the beat of the music calling, to cast away the restrictions of

RUPTURE AND PILES CURED.

is something of mystery. A pulse beats in her feet that gives her a mystic grace awarded to no other. In the rise and fall of the music she finds woven paces that no other eye can see. With a weird intuition, incomprehensible to herself, she is able to interpret into movement the secret spirit

Throat diseases commence with a cough cold or sore throat. "Brown's Bronchia Troches" give immediate relief. Sold only in boxes. Price, 25 cents.

Playwright-What do you think of my play? Truthteiler-I beg pardon, but it is not calcu-lated to provoke thought.

PREVENTING FUTURE MISERY.

PREVENTING PUTURE MISERY. If there is, in this vale of tears, a more prolific more of misery than the rhoumatic twinge, we have yet to bear of it. People are born with a tendency to theumatian, just as the service may develop this. As soon as the agonizing complaint a anliests fiself, recourse should be had to Hoatetter assoma hilters, which ch cks its further invoate an banishes the r etimate provide the system. This statement tailies exactly with the time blood dispurent in their private practice. There is also the amplest pro-mestional and general testimony as to the efficacy of the Bitters for maintin, liver complaint, con-stipation, indigestion, kidney trouble, nervous-mes and loss of appetite and fiesh. After a wet-ting, where her followed by a cold or not, the Bit-ters is useful as a proventive of the initial ttack o, the matian. This is the way in. I write the second relies to the the second relies to the the second the

He-No, the boss doesn't pay me more than I'm worth. She-How in the world do you manage to live on it?

TRY GERMEA for breakfast.

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may make serious inflammation.

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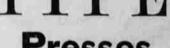
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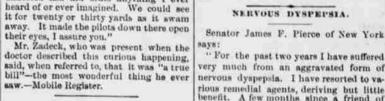
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Druggist, Mechanicsburg, Pa. TTCHING FILTS known by molature like perspiration, excess internet include when warm. This form and BLIND BLIND INCO or FROMADDING FILLS HAVE YOU GOT PLOT AT ONCE TO GOT PR. BO-SAN-KO'S PILE REMEDY, Which acts directly on parts allocated biorris tumors, alloy incling, allocated biorris tumors, alloy incling, allocated pilles

> PISO'S CURE FOR. Consumptives and people who have weak longs or Asth-ma should use Piso's Cure for Consumption. It has evered thousands. It has not injur-ed one. It is not had to take. It is the beat cough syrup. Sold sverywhere. 25c. CONSUMPTION

voted lover of Carlyle's writings, and the last book she read before her death was Mr. Norton's volume of the correspondence between Carlyle and Emerson. No doubt her admiration for the great denouncer of shams was largely due to the intense sincerity of her own

character, which made it impossible for her to tolerate even those slight deviations from strict truthfulness which are seldom taken seriously, but are looked upon as the accepted formula of society. "I am so glad to see you" would hardly have been her greeting to a visitor whose call was inconvenient or ill timed. But, on the other hand, her downrightness of speech had nothing in common with that of Mrs. Candour; it carried no discourtesy with it.-R. J. McNeill in Cen-

Mixed Relationship.

tury.

There is a family in the southern part of the county whose complicated rela-tionship beats anything upon record The family name is Runk. A few years ago the Runk family consisted of father and two grown sons. In the same neighborhood there lived a widow and her two comely daughters. The oldest one of the Runk boys married one of the widow's daughters. The young man's father married the other daughter. The mother one of the boys married the tire of looking at a bright light. flowers mother. The question that now both-please them, and they are drawn to people are the father is whether he is his moth-gayly or brightly dressed. A child refusers the father is whether he is his mother-in-law's father-in-law or his daughter-in-law's son-in-law, and, if both, which the most.—Mascoutah (Ills.) Cor Chicago Tribune.

Cheek. "Is the lady of the house in?" asked a

tramp of the servant, who rang the door bell of one of the stateliest mansions in Austin. "De lady of de house don't come to de

do' to talk wid de likes ob you." "Then," said the tramp, elevating the remnant of a hat with a grace Chesterfield might have envied, "tell the lady of the house a gentleman wishes to speak with her in the parlor."-Texas Siftings.

Something About Quail.

When food is scarce in their natural

She-I cannot. haunts quail will boldly appear among do-mestic fowls, hobsob and dine with them. He-Can you conjugate-She-Certainly. I love youthe two species treating each other like the long lost cousins that they are. It is

He-Stopi Can you form a conjunction? She-Just ask pa. He is not much of a grammarian, but I'll go and teach him his thought by some commentators that quali was the miraculous food supplied to the Israelites in the wilderness. If they also made togat out of the manna, this may help to account for their leisurely stay of Pa was an apt pupil, and in half an hour all the apparently insurmountable obsta-cles had been overcome.-New York Her-ald.

ou ever had money enough you would

He-Can you decline "love?"

lorty years.-Pittaburg Dispatch. Saved a Cool Thousand.

No Need to Interfere. Wife (proudly)-I saved you \$1,000 today. Husband-Saved \$1,000? We haven't that much to save. We haven't \$100 we can call our own. Hang me if we have Excited Lady-Why dou't you interfere stop that dog fight? Bystander-I was just a goin' to, mum;

but you kin calm y'r fears now. My dog is on top at last, mum.-Good News. over \$10, come to think. Wife-But you have always said that if

The Pleasures of Friendship. "So the marquis gave you those flowers.

Husband-Of course. "Well, for \$5 I bought a book showing how to build a \$10,000 house for \$9,000.--New York Weekly. "Yes; and oh, Maud, he actually said that life without me meant nothing." "Yes, dear; everybody says you are his at chance."-Life.

intricacies of heredity! Hundreds have come and gone, each adding his quota to this talent which breaks into actual life in broken cry in croup, bronchitis and pleur isy; the continuous cry of earache, the shrill cry, accompanied by a drawing up her. For a fleeting moment on the stage she seems to live in a world separate and spart, and to be inspired in her wild moveof the legs, in stomach ache, the scream ment by the same spirit that inspired Sa ing, and wriggling of the hips in intestinal lome when she danced off John the Bappain, irritability of the bladder, the whin ing cry of meningitis, when the baby fantist's head .- San Francisco Argonaut. cies a bright light, and there is the silent cry when the muscles of the face contract, but some mechanical obstruction of the air

A Petrified Salmon

Henry Benson, of Hayden Hill, Lassen county, Cal., has in his possession a speci-men of petrified salmon. The former fleshy parts resemble crystallized and variepassages occurs, and there is not enough Dr. J. Lewis Smith-The instant a child is born it cries. This is a providential exgated quartz, retaining in part the yellow ish color of the salmon, and what was formerly the skin of the lish is now a sort of porcelain as hard as pure white flint. pansion of the lungs and not, as many sup-pose, an indication of suffering or pain. If the babe does not cry, we slap it and chafe it nutil the cry that is to open the organs of respiration is heard. Well developed, well formed and healthy tables cry lustify thirth while the start of th The texture of the entire specimen is that of hardest quarts. It was found on a hill aide at about 1,500 feet altitude from the floor of "Big Valley," and was evidently petrified at the point where found. This would indicate that the saimon formerly inhabited the ancient rivers, the beds of at birth, while the weak child has a feeble little cry. For the first few months, vary ing with the bodily condition of the babe, the cry is tearless, and it is not till the sec ond year that the lachrymal or tear ducts which now form parts of the strata of the Sierra Nevada mountains, and in which an are fully developed After that there is a are fully developed After that there is a copious shedding, and a very slight cause will lead to crying. Children are not born without fear, and at sight of a strange person, object or an cient channels lie the rich deposits of Cali fornia's gold.

These ancient river hads as is well known, are found at various beights above **Hood's Cures** the sea level, and in some places but a few hundred feet below the crests of the h est ranges, and perhaps hundreds of feet below the present formation of the surfac of the earth, and running entirely inde pendent of any present formation. To de termine with certainty that this salmon in habited these ancient rivers would be an interesting fact, as it would fix at a much later date than is now generally supposed the geological period when, by mighty up beavals, these old river courses were changed and obliterated from the face of the earth, and gigantic mountains formed

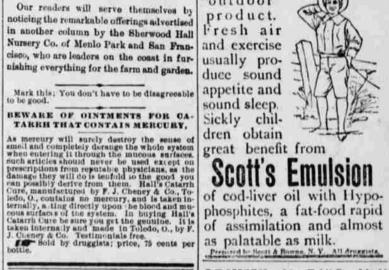
in their stead .- St. Louis Republic. Both were young and handsome. Both

had only recently graduated one from a female, and the other from a male institu-tion of learning. Both had been silent ad-A Parisian Writer. The woman's movement is making great strides in modern France, notwithstanding mirers for over a year. Both were inexthat a great deal of ridicule is cast upon perienced in the art of love making, which, it. Mme. Cheliga-Loevy, although not a Frenchwoman by birth, started the present movement, and she works unfeasingly although practiced by college students, is not taught in colleges. He wanted to pro-pose; she wanted him to do so. He did not know how to do it; she did not know how to ameliorate the lot of her poor sisters under the existing laws and regulations, She is the president of the International to teach him, but the conversation happened upon grammar-nouns and verbs, ste. He saw his opportunity. This is how he improved it, and how she snapped at it: Union of Women, which has its headquar ters in Paris. She lives with her husband who is an artist, in a flat in the old quarter of Paris,

The only daughter of a wealthy Polish Bobleman, she learned when a child to speak and write French fluently. At the age of sixteen she wrote and published her first novel. About ten years ago she settled in Paris, and while there met a married her husband, who shares all her ideas, moral, political and social. It was not until after the congress in 1889 that Mme. Cheliga-Loevy made up her mind to found the Union Universelle des Femmes, which won the approval of Simon and Renan. In connection with this association she started The Bulletin des Femmes, a tiny magazine devoted to all that con-

cerns women's work. She acts as correspondent of a number of foreign periodicals and has at times lec-tured. She claims absolute equality with men, neither more nor less, and is by con-

ction a socialist. Her mode of life makes it almost impossible for her to go much into society, but she is to be met occasionally in literary and political circles .- Chi-



Mr. C. B. Patrick Stockton, Cal.

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Quick Relief and Perfect Cure

教告報

"I was so badly afflicted with sciatic rheuma-tism that I could scarcely move. I used a great many remedies which did me no good. A friend presented me a bottle of Hood's Sarsaparilla, which I began to take. The relief was quick and two bottles cured me completely. I author. ize the use of my name and portrait in recom mending Rood's Sarasparilla, for I think it a very valuable medicine. I recommend it to all who may be afflicted with rheumatism or old

Hood's 🛲 Cures

fever sores, as I know of a lady in Oakland who has been cured of ulcers by this wonderful med. icine." C. B. PATRICE, No. 365 California St. Stockton, California. Get HOOD'S.

Hood's Pills act easily, yet promptly and smitherathy, on the liver and bowels. 25c. N. P. N. U. No. 489-8. F. N. U. No. 566