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are made with Royal Baking Powder, and are the most appetizing, healthful and nutritious of foods.

Hot biscuit made with impure and adulterated baking powder are neither appetizing nor wholesome.

It all depends upon the baking powder.

Take every care to have your biscuit made with Royal, which is a pure cream of tartar baking powder, if you would avoid indigestion.

ROYAL BAKING POWDER CO., NEW YORK.

SPAIN'S LITTLE HELL

Beautiful Island that Is a Terrible Prison Colony.

Spain's rule, no matter where it has been exercised, has always been marked by atrocities that would not be countenanced by any civilized nation. Now that Cuba and the Philippines have been taken from her she is forced to confine her cruelties to the few small islands that are left.

One of these, Fernando Po, an island lying off the coast of the Dutch Kameeruns, just where the west coast of Africa stopping in its eastward curve turns to the south again, seems to have been made the object of all the cruelties of which Spain is a past master.

This island is one of the most beautiful, and at the same time one of the most unhealthy, in the world. Therefore, it has been chosen by Spain as a fit place to send her exiled political prisoners.

When, not very long ago, the Spanish ship Larache was reported at the Canaries bound for Fernando Po with 300 Filipino prisoners on board, those who knew of the horrors of the island shuddered at the thought of the imprisonment and the almost certain death which they would be forced to undergo.

While Spain was fighting the insurgents in Cuba and the Philippines she sent a batch of 271 Cubans and Filipinos to Fernando Po. In the course of the last two years, of this 271 have died, forty-six have been pardoned, and thirty-seven still remain prisoners on the island.

Of these survivors fifteen are fed by the Government, receiving two cups of rice and a little meat each day. The others have to get their food the best way they can.

The 300 Filipinos who have now been added to the island convicts had been prisoners in Spain, or in some of the islands belonging to her near her coast before they were sent out to "Spain's Little Hell." They were evidently sent to Fernando Po with the idea that in that far-off place they would be so lost to the world that no questions would be asked as to what had become of them.

At Fernando Po the convicts are huddled together in a miserable mass, men, women and children being thrown together indiscriminately, without food, without water, without any ventilation and with nothing but misery and squalor staring them in the face. It is small wonder that so many of them are taken with the fever and die. The wonder is that any of them escape.

Spain keeps a force of soldiers on the island, recruiting partly from Spanish prisons. They are of the same class as the guerrillas whose bloody work in Cuba brought disgrace on the Spanish name.—Philadelphia Press.

Style of Address.

With regard to the style which should be adopted in addressing married women, a controversy has arisen in Germany. There are, in the language of the Fatherland, four names whereby that class may be designated—gemahlin (consort), gattin (spouse), frau (lady), and web (wife). To save the not infrequent disputes and heartburnings which arise from impertinence and ignorance in the use of any of these terms, it is now proposed that one shall be officially allotted to each of the recognized gradations of the "scale social." In this manner, a general's wife shall be known as his "consort," she of an official of the next lower grade shall be that happy person's "spouse," the middle-class partner becomes her husband's "lady," and the workman's helpmate is simply his "wife."

Ants Eat the Paper Money.

Paper money cannot be used in the Philippines. The islands are infested with ants, which eat almost everything, and are particularly fond of paper. In a recent shipment of money for the troops was \$1,000,000 in paper money of small denominations, and preparations were being made to send more paper in the next shipment, when a warning was given that hereafter nothing but gold and silver coin must be sent to the islands.

The Boy's Revenge.

"Oh, George! Who opened the canary's cage?"
"I did. You told me a little bird was a whispering to you when I was naughty, so I knew it must be him, as there was no other little bird about. So I opened the cage, and the cat's eaten him. That's what he's got for telling on me."

How She Received Him.

HARRY—I suppose your wife received you with open arms last night, even if you were rather late?

DICK—Well, not exactly; but she had her hands open. I remember that distinctly, with the fingers spread apart and crooked.

A Tobacco Rope.

If all the tobacco smoked in the British empire last year were rolled into a rope an inch in diameter it would form a snakelike roll, which, following the line of the equator, would go thirty times around the earth.

A Hot-Day Wish.

I want no bonds at 'steep per cent,
I want no lands of broad extent,
Nor palace grand nor rich pagoda,
But I want ten barrels of ice cream soda.
—L. A. W. Bulletin.

Curious Custom.

In China guests at dinners run around between the courses. This is supposed to keep the digestion in good condition, but the hustling American needs something else, and there is nothing better than Hostetter's Stomach Bitters. If a man or woman is suffering with constipation, indigestion or any stomach trouble, it's their fault if they don't get well.

The coal production of the United States is at present nearly five times as great as in 1870.

"A Gentle Wind of Western Birth"

Tells no sweeter story to humanity than the announcement that the health-giver and health-bringer, Hood's Sarsaparilla, tells of the birth of an era of good health. It is the one reliable specific for the cure of all blood, stomach and liver troubles.

Hood's Sarsaparilla Never Disappoints

Clerks in Havana receive from \$35 to \$65 per month, according to their value, those speaking English command the best wages. A suit of clothes costs from \$25 to \$50; a dress suit anywhere from \$60 to \$100.

Nineteen women brave the dangers of wilds and forests as trappers and guides.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for FREE \$2.00 trial bottle and treatise. DR. R. H. KLINE, Ltd., 936 Arch street, Philadelphia, Pa.

More newspapers are printed in the United States than in England, France and Germany combined.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

The soil of Haiti is so rich that two crops of coffee, cocoa, ginger and henepin are raised yearly.

A ton of oil has been obtained from the tongue of a single whale.

Remember that you can buy Jesse Moore A. A. Whiskey for the same price that is paid for ordinary whiskey. For sale by all first-class dealers and druggists.

In ten years the production of steam engines in Germany has been more than doubled.

WANTED—Men and women everywhere to distribute samples and advertise California Orange Syrup \$2 per day and expenses paid; cash every week; particulars for 2-cent stamp, CALIFORNIA ORANGE SYRUP CO., San Francisco, Cal.

Berlin has followed the example of London in forbidding cabmen to use certain streets unless they have a passenger.

Piso's Cure for Consumption has been a family medicine with us since 1865.—J. R. Madison, 2409 42d Ave., Chicago, Ill.

The value of diamonds mined in Cape Colony in 1898 was \$17,751,940.84, and the net profit thereon was \$8,651,639.37.

Educate Your Bowels.

Your bowels can be trained as well as your muscles or your brain. Cascarets Candy Cathartic train your bowels to do right. All druggists, 10c, 25c, 50c.

Japan has considerably more than half as many inhabitants as the United States, though our country is 22 times its area.

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, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists, price 75c. per bottle. Hall's Family Pills are the best.

A gigantic scheme is on foot to buy up the vast timber and mineral lands throughout West Virginia and Eastern Tennessee, and build railroads to all the principal points to open them to trade.

INSOMNIA

"I have been using CASCARETS for Insomnia, with which I have been afflicted for over twenty years, and I can say that Cascarets have given me more relief than any other remedy I have ever tried. I shall certainly recommend them to my friends as being all they are represented." THOS. GILLAND, Elgin, Ill.



Pleasant, Palatable, Potent, Taste Good. Do Good. Never Sicken, Weaken, or Grip. 10c, 25c, 50c. CURE CONSTIPATION. Sterling Remedy Company, Chicago, Montreal, New York, 216

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HOITT'S SCHOOL.

Menlo Park, San Mateo Co., Cal., accredited at the Universities. Location, climate, and careful attention to Mental, Moral and Physical training, places Hoitt's among the foremost Schools for Boys on the Coast.—S. F. Chronicle. Will re-open in the new building August 15th, (9th year.) Ira G. Hoitt, Ph. D., Principal.

Woman's Long Suit.

"Man was made to mourn," mused the old man with long white whiskers, "but women seem to have taken the job away from him! By Hokey, but they do enjoy a funeral!"—Kansas City Independent.

Tacoma will probably pave nearly a mile and a half of streets this summer with fir blocks.

Miss Brandon is still, at the age of 62, as industrious as ever.

According to Lurmann, carborundum (silicium carbide) can be employed as a substitute for ferric silicium in the production of steel, considerable quantities of carborundum being already used for that purpose.

SHAKE INTO YOUR SHOES

Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, smarting, nervous feet and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease makes tight or new shoes feel easy. It is a certain cure for Ingrowing Nails, sweating, callous and hot, tired, aching feet. We have over 30,000 testimonials. Try it today. Sold by all druggists and shoe stores. By mail for 25c. in stamps. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Frank V. Balling, of Blue Island, Ill., was troubled with a stiffening of the ankle joint, and his physicians tried to ascertain the cause by subjecting the limb to the X-rays. The intense light caused the flesh to decompose, and three amputations of the leg were necessary. He sued his doctors, and the jury awarded him \$10,000.

Schilling's Best Tea

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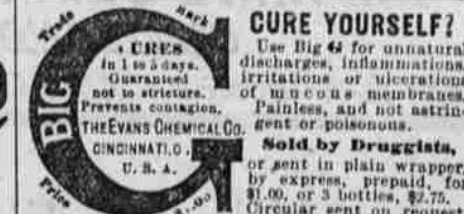
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ONE FOR A DOSE. Cure Sick Headache and Dyspepsia, Remove Pimples and Purify the Blood, Aid Digestion and Prevent Biliousness. Do not Grip or Sicken. To convince you, we will mail sample free, or full box for 25c. DR. BOSANKO CO., Philada., Penna. Sold by Druggists.



YOUNG MEN!

For Gonorrhea and Gleet get Pabst's Okay Specific. It is the ONLY medicine which will cure such and every case. NO CASE known it has ever failed to cure, no matter how serious or of how long standing. Results from its use will astonish you. It is absolutely safe, prevents stricture, and can be taken without inconvenience and detention from business. PRICE, \$3.00. For sale by all reliable druggists, or sent prepaid by express, plainly wrapped, on receipt of price, by PABST CHEMICAL CO., Chicago, Ill. Circular mailed on request.

N. P. N. U. NO. 28-'99.
When writing to advertisers please mention this paper.

At a spirited foot ball match near Glasgow the game became so exciting that several spectators leaped into the arena to take part. The police tried to restore peace, but were so determinedly opposed that 19 policemen were severely maimed and had to be sent to the hospital.

The smallest salary received by the head of a civilized government is that of the president of the Republic of Andorra, in the Pyrenees. His pay amounts to only \$15 a year. He is the chief magistrate of 12,000 people, and the territory he rules comprises an area of 150 square miles. The little state has been independent since the year 790.

Hawks have been seen to follow in the wake of moving railroad trains, to swoop down on small birds that were suddenly disturbed and frightened by the noise, and therefore for the moment were off their guard.

"Gelotherapeutics," says the New York Tribune, "is a name given to physicians who treat patients suffering from various diseases ranging from bronchitis to anaemia, by prescribing hearty laughter. A medical journal suggests that there is a great opening for physicians in studying various ways of exciting laughter, such as tickling, farcial comedies, puns, etc."

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remedy that gives health and happiness quickly, and pleasantly—one dollar per bottle at your druggist's.

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French Female Pills.

Praised by thousands of satisfied ladies as safe, always reliable and without an equal. Sold by all druggists in metal box. French Female Pills, White and Red. Take no other. French Drug Co., 351 & 353 Pearl St., New York City.

SURE CURE FOR PILES

ITCHING Piles produce moisture and cause itching. They are cured by Dr. Bosanko's Pile Remedy. It stops itching and bleeding. Absorbs tumors. See a druggist or sent by mail. Treatise free. Write about your case. DR. BOSANKO, Philada., Pa.

The consumption of coffee the world over is growing rapidly. The average annual consumption in the decade 1870 and 1880 was 792,000,000 pounds, in the next decade it was 1,320,000,000. Last year it was 1,580,000,000.

Russia has four universities at Khar'kov, Jureff, Warsaw and Helsingfors, each attended by more than 1,000 students. The university at Kief has 2,260 students, that at St. Petersburg 2,600 and that at Moscow 3,400.

Since 1883 military operations in the Soudan have cost the British government nearly \$40,000,000. The exact figures are as follows: For 1883 and 1884, £360,697; for 1884 and 1885, £2,382,569; for 1885 and 1886, £4,348,044; for 1896 and 1897, £798,802.

A correspondent of the London Academy writes that a bookseller in a large provincial city recently discovered an assistant arranging four new copies of Walt Whitman's "Leaves of Grass" on the shelves devoted to books on gardening.

An artificial sandstone is now made in Belgium which has many advantages over the natural stone, being better able to resist climatic influences and susceptible of manufacture at small expense.



An Excellent Combination.

The pleasant method and beneficial effects of the well known remedy, SYRUP OF FIGS, manufactured by the CALIFORNIA FIG SYRUP CO., illustrate the value of obtaining the liquid laxative principles of plants known to be medicinally laxative and presenting them in the form most refreshing to the taste and acceptable to the system. It is the one perfect strengthening laxative, cleansing the system effectually, dispelling colds, headaches and fevers gently yet promptly and enabling one to overcome habitual constipation permanently. Its perfect freedom from every objectionable quality and substance, and its acting on the kidneys, liver and bowels, without weakening or irritating them, make it the ideal laxative.

In the process of manufacturing figs are used, as they are pleasant to the taste, but the medicinal qualities of the remedy are obtained from senna and other aromatic plants, by a method known to the CALIFORNIA FIG SYRUP CO. only. In order to get its beneficial effects and to avoid imitations, please remember the full name of the Company printed on the front of every package. CALIFORNIA FIG SYRUP CO.

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