

Does Your Baking Powder Contain Alum?

Prof. Geo. F. Barker, M. D., University of Penn.: "All the constituents of alum remain (from alum baking powders) in the bread, and the alum itself is reproduced to all intents and purposes when the bread is dissolved by the gastric juice in the process of digestion. I regard the use of alum as highly injurious."

Dr. Alonzo Clark: "A substance (alum) which can derange the stomach should not be tolerated in baking powder."

Prof. W. G. Tucker, New York State Chemist: "I believe it (alum) to be decidedly injurious when used as a constituent of food articles."

Prof. S. W. Johnson, Yale College: "I regard their (alum and soluble alumina salts) introduction into baking powders as most dangerous to health."

In view of such testimony as this, every care must be exercised by the housewife to exclude the over and over condemned cheap, alum baking powders from the food.

Baking powders made from cream of tartar, which is highly refined grape acid, are promotive of health, and more efficient. No other kind should be used in leavening food. Royal Baking Powder is the highest example of a pure cream of tartar powder.

ROYAL BAKING POWDER CO., NEW YORK.

The Advantage of One Eye.

During the late Spanish-American war a certain old colonel who had lost an eye at the battle of Gettysburg was very indignant because he was put aside as physically incapacitated, when he applied for admission to one of the New York volunteer regiments.

Filled with wrath and chagrin the colonel journeyed to Washington, bent on having a personal interview with the president. He succeeded in gaining an audience, and the president, after listening to his plea, said, kindly: "But, my good Col. J—, you have only one eye!"

"Just so, sir," was the prompt rejoinder, "but can't you see the great advantage of my having only one eye? When I aim my gun I shan't have to close the other!"

He fought at Santiago. — Youth's Companion.

For the Children.

The management of the Oregon Industrial Exposition at Portland has provided well for the children, whom we have with us always, and whose lives should be brightened. The feature of the fair that gives them the most enjoyment is the big steam merry-go-round. They never tire of it, and as they dismount from their prancing steeds they are always happy and ready for another ride.

The extreme point of Land's End, the most westerly point of England, has been described as resembling the head of an aligator descending into the sea. A natural tunnel runs right through it, and is about 60 feet high.

Anthracite coal on Bellingham bay has been found to be big discovery.

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

Recently a ship of only 2,500 tons carried from Para, Brazil, to New York a cargo of rubber, which was insured for \$3,000,000.

PORTLAND DIRECTORY.

Fence and Wire Works.

PORTLAND WIRE & IRON WORKS: WIRE and iron fencing; office railing, etc. 334 Alder.

Machinery and Supplies.

CAWSTON & CO.: ENGINES, BOILERS, MACHINERY, supplies. 48-50 First St., Portland, Or.

JOHN POOLE, PORTLAND, OREGON, can give you the best bargains in general machinery, engines, boilers, tanks, pumps, plows, belts and windmills. The new steel I X L windmill, sold by him, is unequalled.

Will Run Automobile Line.

Unable to obtain an electric railway or to induce the Big Four Railroad company to improve the service north of Wabash, Ind., the citizens of North Manchester have taken briskly in hand the matter of buying an automobile to run between Wabash and that place, 14 miles. There is a great deal of travel to Wabash, the county seat, from that portion of the county, but the Big Four does not run its trains to accommodate it. Negotiations are now on for a horseless carriage with which it is proposed to make three or four round trips a day, carrying passengers for 75 cents both ways. If the project succeeds the carriage will be put on this fall and will be the first application of the automobile.

Irony.

"Did ye iver notice a mon from St. Louis?" inquired the janitor philosopher. "Will, if ye didn't it's worth yer while. Up th' boulevard he struts wid hid elevated. Suddnly thors'a big commotion an' he's lifted off his fate by an automobile. He picks himself up, goes home an' talls his friends th' horseliss carriages av Chicago are run by jackasses; but thot th' jackasses are insouide. Oh, he's a bitter lobster." — Chicago Evening News.

Fair at Portland.

The music at the Oregon Industrial Exposition is simply grand. It is by Bennett's full military band, which gives popular classic concerts afternoons and evenings. The amusement features of the fair are never neglected, and there are astonishing acrobatic and aerial feats, grand cake-walks and many other good things to delight, surprise and please all who come.

Why It Succeeds.

There is nothing remarkable about the grand success that attends the Oregon Industrial Exposition at Portland, for it is backed up by the enterprising business men of Portland, who spare no expense to make the great fair a splendid success. The men who conduct it are: H. C. Breeden, president; I. N. Fleischner, vice-president; R. J. Holmes, treasurer; W. S. Struble, secretary; E. C. Masten, assistant secretary; H. E. Dosch, auditor; George L. Baker, superintendent; J. P. Marshall, Ben Selling, H. L. Pittock, D. Solis Cohen, C. B. Williams, Dan McAllen, A. B. Steinbach, J. E. Thielsen, D. M. Dunne, R. C. Judson, L. M. Spiegl, Sig. Sichel, H. D. Ramsdell, B. S. Pague, General O. Summers, Col. I. N. Day, George Fuller, Captain E. S. Edwards.

FLINGS AT WOMANKIND.

Some of Which Snack Just a Little Bit of the Truth.

A girl was visiting in town who has a dress trimmed with four miles of lace, and her hostess is thinking of giving a reception for it.

A woman who knows how easily the men can be fooled tells everyone who kisses her that it is the first time she was ever kissed by a man.

It occurs to a man with some wonder that his wife never got up as much enthusiasm over him when she was a bride as she gets up over the new little red baby.

When a woman doesn't know of anything else nice to say about another woman she says she has such "cute little ways."

Every unhappy woman takes pleasure in thinking of the time when he will come back, and it will be too late.

A good many girls have the notion that some day they may be compelled to sell their hair and pay off the mortgage on the family homestead, as the story books relate. An Atchison girl who had very beautiful hair became very poor and agreed to sell it for \$3. After the hair had been cut off the purchaser refused to take it, saying she could get a switch for \$2 in Kansas City that would answer. — Atchison Globe.

Cathedral of Cologne.

The cathedral of Cologne is naturally the chief place of interest in that famous city. It took almost six centuries and a half to build, having been begun in 1248 and finished in 1880. Its style of architecture is Gothic, and it has eight chapels, which contain the remains of eight archbishops, and the skulls of "the three wise men of the East." The Church of St. Ursula is decorated inside with the bones of some of the 11,000 virgins who, with St. Ursula herself, were murdered by the Huns.

War Museum.

It is worth a trip to Portland to see the war museum at the exposition there. Captain E. S. Edwards took his coat right off and went to work, and has gotten together the largest collection of war weapons ever seen in the Northwest. Most of them were captured in the Philippines by the Oregon volunteers. The museum is the carrying out of an idea suggested and followed up by Dan McAllen, one of Portland's most enterprising business men, and it is all for the benefit of the monument fund.

HOW A KING KEEPS COOL

Monarch Sits in a Glass Palace on the Bottom of a Lake.

It remained for a barbarian potentate of the East to devise the most perfect means of keeping cool in the burning heat of summer. Here, those of us who can afford the change, close up our houses in the city and hie to the seashore and to the mountains, where we make a pretext of keeping cool and looking happy. But this Oriental despot never closes his palace, nor spends his time fighting mosquitoes or other pests at the seashore or in the mountains. He just steps into a luxuriously fitted glass palace, gives a signal to his henchman and is lowered into the depths of a pellucid lake,



THE KING OF SIAM.

where he can see the fishes disport themselves and observe other interesting sights of the watery depths.

This interesting potentate of the glass submarine palace is the King of Siam. He has a very long name, fifty-seven letters in all; but for short he is called Chulalongkorn.

The glass palace of the king is 20 feet square and 15 feet in height. With the exception of the floor it is entirely of heavy plate glass closely fitted into steel frames. The floor is of wood and steel, and directly under it is a second or false floor, into which are stored weights of stone. When floating all these weights are removed, but when his majesty desires a cooling, tons of them are rolled in and the room slowly and silently sinks until it rests upon the bottom. It is then at a depth of about twenty feet, and so arranged that an abundant supply of air is obtained from numerous tubes leading to the surface. By means of other tubes he is enabled to hold conversations with those in the royal palace on shore, and also to transact state business. The furnishings of this submarine castle are as lavish as those of the imperial palace.

This fastidious potentate of Siam is a young man, but despite his age he has 600 wives. Notwithstanding this large assortment, however, he is so sacred and mighty that he must marry nobody beneath him in rank, and his only equals being members of his own family, his official wife must, therefore, be his half-sister. She rules the harem.

In looking at this semi-heathen king it is hard to believe that he is the sacred ruler over 8,000,000 people, and still harder to appreciate his absolute power. The whole people are his slaves, and his simple word inflicts instant death on any man, or robs him of his property or family. He has the right to call his subjects into his service without pay at any and all times, and every man in Siam is forced to give him part of his services during a part of each year.

Although Siam has no national debt, he taxes the people as he pleases, and so heavy are these taxes that men are often forced to sell their wives and children. By this means the King's vaults are filled with treasure, and his yearly income is \$10,000,000. This he squanders in enriching his personal surroundings.

The Business Instinct.

Too many people are accustomed to think of politeness in address as appropriate in company, but quite out of place in business. An engaging manner is useful everywhere.

This axiom is amusingly illustrated by a story which Justin McCarthy tells. Soon after the civil war, he says, I happened to be standing on a bridge in New York, amusing myself by studying the crowd, when a shrill, youthful voice accosted me with, "Cap'n, shine yer boots?"

The chance distribution of military titles was ready and liberal at the time, when so many soldiers were returning to civilian life, and I paid no attention to the invitation.

Just then a rival bootblack passed, and imagining where the cause of my indifference lay he advanced, and pushing past the unsuccessful claimant he gave me a military salute and appealed to me with the captivating words:

"Brigadier general, shine yer boots?" I had my boots shined on the spot.

The most wretched looking sight we know anything about is an unsuccessful "agent."

A "HOT" COLD BANQUET.

Some Inside Information by a Waiter From the Bowery Who Helped to Serve It.

One of the waiters at a popular local restaurant is a bird of passage from the Bowery and was a member of the small army that served the famous "Dollar Dinner" in New York last April. A good many stories have been told of that memorable event, but none of them surpass his own in point of picturesqueness and inside detail. "It was the funniest push I was ever in in me life," he says, confidentially. "The kitchen was so small they had to cook everything on the outside, and when it got there it was dead cold. The second course was haddock, and each fish come served in a linen bag, so we could put 'em in tubs of hot water and warm 'em up—see? Well, some of the boys got rattled and served 'em bags and all, with egg sauce over th' outside. Say, you'd of died laughing seeing them fellers tryin' to carve their fish. 'This is the toughest old haddock I iver tackled in me life,' says one Tammany man at the head table; 'it's got a skin like a rhinoceros,' says he. In the kitchen there was a riot all night long. It was so small the waiters couldn't reach the dishes-up and they got to scrapping for front places in the line. One man was knocked stiff with a turkey, and when they poked him up I thought he was dead. I did, on the level. But it wasn't blood. It was only cranberry sauce. Another stunkie fell into the salad and one of the cooks put a can of ice cream in the oven, thinking it was brown gravy for the beef. That's on the square—just as I'm telling you! But the worst of all was when we came to the wine. It was 'Merican champagne in half pints, without ice, and of all the kicking and hollering! One fresh gent told me it was the only thing he had had that night that was good and warm, and he hardly said it when a waiter that was a little jagged accidentally poured about a quart of boilin' coffee down the back of his neck. Say, you ought of heard him cuss. Between you and me, a good many waiters got to hitting the wine, and they found one of 'em with 15 empty bottles in his pants leg. That's honest. I saw it myself. It was the hottest banquet I was ever at."—N. O. Times-Democrat.

The Philippine War

Is proving more stubborn than anticipated. It needs a vigorous contest to straighten matters out. We should tackle the Philippines and overcome them as Hostetter's Stomach Bitters does dyspepsia, indigestion, malaria, fever and ague. The battle is short and decisive, and for fifty years the Bitters have always won.

There is nearly \$13,000,000 in the United States treasury, the proceeds of sales of cotton which fell into the federal hands during the civil war. This money belongs to the owners of the cotton or their heirs, if they can prove their claims.

"The Prudent Man Setteth His House in Order."

Your human tenement should be given even more careful attention than the house you live in. Set it in order by thoroughly renovating your whole system through blood made pure by taking Hood's Sarsaparilla. Then every organ will act promptly and regularly.

Hood's Sarsaparilla Never Disappoints

There are about 500 species of humming birds, all natives of America, and most of them confined to Central and South America.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggists, etc. Hall's Family Pills are the best.

The least troublesome and most profitable animal to raise in this country is the sheep.

Improved Train Equipment.

The O. R. & N. and Oregon Short Line have added a buffet, smoking and library car to their Portland-Chicago through train, and a dining car service has been inaugurated. The train is equipped with the latest chair cars, day coaches and luxurious first-class and ordinary sleepers. Direct connection made at Granger with Union Pacific, and at Ogden with Rio Grande line, from all points in Oregon, Washington and Idaho to all Eastern cities. For information, rates, etc., call on any O. R. & N. agent, or address W. H. Hurlburt, General Passenger Agent, Portland.

A snail's pace was carefully observed in Florence, Italy. Several of the molluscs were placed between two points ten feet apart, and started. It was ascertained that the fastest snail in the race traveled at the rate of a mile in 14 days.