

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 de-range 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.

Killed 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.

Trip to Portland.
Now that the heat and dust of summer are past and gone, there is real pleasure in travel, and no trip can give more pleasure or profit than a trip to Portland to attend the Oregon Industrial Exposition, which runs in Portland from September 23 to October 23. All the railroad and steamboat lines are giving specially low excursion rates, and the fair is well worth visiting.

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

GEN. JOE WHEELER PRAISES PERUNA, The Great Catarrh Cure.



Major-General Joseph Wheeler, commanding the cavalry forces in front of Santiago and the author of "The Santiago Campaign," in speaking of the great catarrh remedy, Peruna, says: "I join with Sen. S. D. McEnery, Hon. S. D. McEnery, United States Senator from Louisiana, says the following in regard to Peruna: 'Peruna is an excellent tonic. I have used it sufficiently to say that I believe it to be all that you claim for it.'—S. D. McEnery, New Orleans, Louisiana."

The microbes that cause chills and fever and malaria enter the system through mucous membranes made porous by catarrh. Peruna heals the mucous membranes and prevents the entrance of malarial germs, thus preventing and curing these affections.

American Type Founders Company

EVERYTHING FOR THE PRINTER...
We lead and originate fashions in...
TYPE
Cor. Second and Stark Sts.
PORTLAND, OREGON

A "HOT" GOLD BANQUET.

Some Inside Information by a Waiter From the Borey Who Helped to

One of the waiters at a popular local restaurant is a bird of passage from the Borey and was a member of the "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 picturesque and inside detail. "It was the funniest push I was ever in in my 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 cone 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 the outside. Say, you'd of died laughing seeing them fellows tryin' to carve their fish. 'This is the toughest stuff haddock I ever tackled in my 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 over and they got to scrapping for front places in the line. One man was knocked stiff with a turkey, and when they picked him up I thought he was dead. I did, too, but he was just wakin' blood. It was only cranberry sauce. Another fella 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 the square—see? 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 fella got so mad he threw a glass at the waiter. That's the honest 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 boiling 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! 'Lek, That's honest, I saw it myself. Level. But I don't think I was ever at it.'—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 Bitter has done in the case of indigestion, malaria, fever and ague. The battle is short and decisive, and for fifty years the Bitter has always won.

Mexican Customs.
It is a little startling to newcomers at first to notice the universal custom in Mexico of addressing persons of high and low degree by their first name.

As soon as friends are at all well acquainted they address each other by the given name, and this is done not only by those of the same age and sex, but indiscriminately among young men and young women, and between older persons. In the latter case, or between older persons, a respectful prefix is used, as "Don" Ricardo. Public characters are also commonly referred to by their first names, even the wife of the president is known as "Carmenita" by all classes. In the household the head of the house is called Don Jose or Don Manuel by the servants, and a son in distinction is known as Manolito or Manolo. Among servants the custom regarding the names given superiors are not unlike those of the negroes of the southern United States. The lowest classes, or the servants that have grown up in a family, speak to their masters as "Nina" or "Nina" (masculine and feminine for child), call the wife and mother "senorita," regardless of the fact that she may have attained three-score. The servants distinguish between one of their own class and a friend of their master, or mistress by such distinctions. If a caller is to be announced it is a "senorita," regardless of her age, that is in the parlor. If a woman of the common class awaits the mistress it is a "senorita." A gentleman speaking about a "senorita" would be called a "mucha" (boy)—Mod. Mex.

Cannons.
Cannons for use in warfare appear to have been made of many substances which would appear very unsuitable to our modern ideas. It must, however, be remembered that in the early days of gunpowder the powder was very coarse and slow-burning, and the range was very small. The wear and tear, therefore, on the bore of the gun was as nothing compared to what it is now.

For instance, the Swedes in the time of Gustavus Adolphus used cannons made of leather, and in 1639 similar weapons were made in Scotland under the direction of Sir Alexander Hamilton, who had seen service in Sweden. Cannon have also been made of wood and stone, sometimes with a core of metal and sometimes not. Cannon made of almost pure gold have been found in India. It is said that after Cortez left Mexico the Mexicans tried to imitate his cannon in the year 1740, when six guns were made of gold. It is said that they had an effective range of six yards, and that they all withstood the test of firing without bursting.

The Economy of Rubbers.
Rubbers are prodigious money savers—in two ways; they save shoe leathers and doctors' bills. The best shoes in the world soon wear out, and if you wear them in the rain and snow, a pair of \$3 shoes with rubbers will outwear a pair of \$12 shoes without rubbers. And as for doctors' bills, a 50-cent pair of rubbers will save you a hundred-dollar doctor's bill, to say nothing of the danger of being sick and the danger of pneumonia or consumption or grip.

The Churchman.
A small pace was carefully observed in Florence, Italy. Several of the molasses 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.

War Museum.
It is worth a trip to Portland to see the war museum at the exposition there. Captain E. S. Edwards took his cat 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.

Paris is to have a 350-foot high umbrella.

MILLIONS OF STAMPS.

POSTOFFICE FIGURES THAT WILL ASTONISH YOU.

Enough Two-Cent Stamps Issued in the Year 1898 to Reach More than Once and a Half Around the Earth at the Equator.

Uncle Sam's printing office has an enormous output of postage stamps during a year. A gentleman long connected with the service has collected a mass of statistics regarding the issue which is simply paralyzing. He says that the number of 2-cent stamps issued during 1898 was about 2,500,000,000. Such a number obviously is beyond the grasp of the human mind, but perhaps the matter may be made more clear by putting it otherwise.

An ordinary cent stamp is exactly one inch long. From this fact, by a little calculation, it is easy to discover that the number of stamps of this denomination issued in 1898, placed end to end, would extend a distance considerably exceeding 39,000 miles. In other words, they would make a continuous strip of stamps, each one adorned with the head of the father of his country, stretching in a belt more than once and a half around the equator.

Of course, though the 2-cent stamps are those principally used, there are others. Enough 1-cent postage stamps have been issued during the year 1898 to stretch from New York city by way of Europe and Asia to Bombay, India, the same distance arranged in a strip. All other stamps as to production and sales are of minor importance, comparatively speaking, but it is interesting to know that almost exactly one million of the 3-cent stamps were made for the demand of 1898. Of 5-cent stamps the production was equivalent to a little more than half a furlong, or about one-fifth of a mile.

Now, if all the postage stamps printed by the United States Government in 1898 were placed one on top another as nearly as might be without putting them under pressure, how high do you suppose the pile of them would be? There is no use guessing, you would never get a nearly right answer, unless you went to work to calculate it for yourself. The 3,500,000,000 stamps of all denominations printed the current year—the statement is of course approximate—would tower to an elevation of twenty-one miles. This is more than three times the height of the highest mountain in the world—Mount Everest in the Himalayas. If the same number of stamps was piled up in the form of a cube, the side of 100 each it follows that the stack would be over a fifth of a mile high.

During the year 1898 the number of special delivery stamps sold was about 5,200,000. It is only reasonable to suppose that the average journey of the special delivery mail is about 100 miles. Indeed, that is an absurd under-estimate, but let it go at that. On this assumption the total distance traveled for special delivery in 1898 was about 520,000 miles. This is a very considerable space to traverse, as may be realized when it is considered that a messenger boy in order to accomplish the total distance would have to go about 1,100 times around the world, or 2,200 times around the equator.

It appears from figures furnished by the Postoffice Department that the average person in Massachusetts, including men, women and children, spends \$2.30 on postage per annum. New York is second, with an expenditure of \$2.27 and the District of Columbia third with \$2.16. Colorado is fourth with \$1.93 and Connecticut is fifth with \$1.80. The States ranking lowest in this regard are South Carolina, with 25 cents per capita; with 34 cents; Arkansas, with 37 cents; and North Carolina, with 41 cents.

A FUTURE KING.
Prince Edward of York, Grandson of the Prince of Wales.

"Prince Edward of York, Our King to Be," is the subject of an article in the "Ladies' Realm," and concerning him, the author writes: "The young Prince, the royal nursery, it seems, is not without skirmishes between the two young princes, who are evenly matched in the matter of spirit. Prince Edward is the most of his slight and slender build, and his mother, the Duchess of York, is a question of riding a rocking-horse. One day the Duchess of York was quite shocked on entering the nursery and finding the two young princes 'having it out' in proper style, and was about to have them punished, but the Duke said: 'Oh, let them fight it out; they will be the better men for it.'"

It is customary for the royal children to kiss the Queen's hand, not her cheek. But Prince Edward objected to this arrangement and declined to fall in with it. One day he heard two of the servants speaking about "the majesty." "I know who her majesty is," said Prince Edward; "it's 'granny.'"

"And who was the naughty little Prince who would not kiss his granny's hand?" said Prince Edward, unabashed, and I am not going to kiss my granny's hand." Now, of course, being five years old, and considering himself quite a big boy, Prince Edward was a little bit of a rebel, and his most approved motto, and motto, was "I will be just as I please." He can quite pretty when in her majesty's presence.

LAW AS INTERPRETED.
Notice that an unearned premium will be restored and holding the amount subject to the call of the insured is held, in Tisdell vs. New Hampshire Fire Insurance Company (N. Y.), 40 L. R. A. 735. Insured by the company, the obligation of an insurer to return the premium as a condition of cancelling the policy.

The duty of an operator or an agent of a coal mine to employ a competent person to inspect the mine, and to hold, in Williams vs. The Coal and Coke Company (W. Va.), 40 L. R. A. 812, to be fully performed by the employment of such a mine boss, and for the latter's negligence the operator or agent is held to be liable.

A "stagnant" guaranty to maintain 80 per cent. insurance, stamped on the face of a policy of fire insurance is held in Cutler vs. Royal Insurance Company (Conn.), 41 L. R. A. 150, ineffectual to supersede a provision that the policy shall be void in case of other insurance—at least when the policy is for more than 80 per cent. of the value of the property.

Insurance on merchandise kept for an illegal business, such as a stock of drugs and liquors kept by a dealer who did not have the permit required by law to sell them, is upheld, in Erb vs. German-American Insurance Company (Iowa), 40 L. R. A. 845, against the claim that it was void as against public policy. With this case is a review of the authorities on this somewhat

unique question of the validity of insurance on property illegally used.

An Albino Tree.

Much interest has been caused lately by the appearance of a horse chestnut tree in the Thiergarten. The numerous branches under the lower part of the trunk have a pure white foliage, such as is seen on trees growing in dark places, where no chlorophyll can develop on account of want of light. The same whiteness of the leaves is also noticeable in a few of the neighboring branches through the crown to the top. People are often puzzled as to the cause of the peculiarity, and many strange explanations are sometimes given. The singular appearance of the tree has been noticed regularly for some years. This particular tree, it seems, had been attacked by a swarm of caterpillars and other creatures of the same species, and the foliage had already been destroyed, but still masses of caterpillars continued to crawl up and down the trunk, and finally clung there in clumps. To preserve the beautiful tree, after other means had been tried in vain, a solution of acid was used, and the ground all round was watered with it, as well as the trunk and the branches, which were especially drenched. This treatment proved successful. The tree gradually recovered, and now stands in its full strength and freshness, but has ever since shown the already described whiteness in its leaves, which presents a by no means unpleasant contrast to the otherwise dark green foliage.—London Standard.

SCIENCE AND INVENTION.

A Polish schoolmaster, Szepepanik by name, claims to have invented an electrical device which utilizes a beam of light to explode bombshells. He is also alleged to have perfected an instrument by means of which objects at a considerable distance can be seen, that by their natural colors.

Notwithstanding the many traditions concerning mysterious lights seen hovering over swamps at night, and in spite of the attempted explanations of such phenomena in some popular books on science, Prof. N. S. Shaler says he is inclined to disbelieve in the existence of these luminous appearances. He has studied swamps for many years, but has never seen a will-o'-the-wisp, and he suggests that the reports about moving lights visible above swamps may be due to subjective impressions induced by gazing into darkness.

Following an idea first developed in Germany, pictures have recently been printed in this country which when viewed through spectacles, appear in stereoscopic relief. The object pictured is first photographed from two points like an ordinary stereoscopic view. Then the two pictures are printed in two complementary colors, nearly but not quite overlapping. The glasses of the viewing spectacles are also of complementary colors corresponding to those used in the printing, and when the pictures are seen through these glasses, it stands forth with a startling appearance of solidity.

A writer in Forest and Stream describes a victory which he saw gained over a rattlesnake by the inhabitants of a prairie-dog village in the Indian Territory. "The ugly invader crawled into one of the dog-holes, whereupon fifteen or twenty dogs gathered about the place, and began to push dirt into the hole. The snake stuck his head up through the dirt, and with 34 cents; Alabama, with 35 cents; Arkansas, with 37 cents, and North Carolina, with 41 cents.

Port Patrick is the nearest place on the coast of Scotland to that of Ireland, the channel being only 21 miles across—about the same distance as that which separates Dover from Calais. It has the reputation of being the traditional point at which St. Patrick landed from Ireland.

The first Australian newspaper, the Sydney Gazette, was published on March 5, 1803, 15 years after the rise of the colony. The delay was caused through there being no printers among the convicts, who represented every profession, including the legal. (The plant was brought over in the first fleet, but it could not be used until the authorities caught a compositor.

Seven Ages of Woman.
At first the infant's cap, soft, warm, and in sorry plight.

The siddy schoolgirl's hat, a wail and stray;

The budding maiden's hat, pert, smart or trim,

According to "sweet sixteen's" mood or whim.

Bravest of all, the bridal wreath and veil,

Which marks life's great event and turns the scale.

The new-begged matron's "dream," by Worth designed,

Which "Hubby" pays for, sighs and looks resigned.

The well-planned bonnet of the chaperon,

Which hides Time's ravages from her alone.

Last scene of all, the widow's ruche and weeds

Sans feathers, flowers, ribbons, lace or beads.

—New York Sun.

Spiders as Mechanicians.
The spider that seeks out a pebble and anchors her web with it clearly makes use of a tool. The pebble is analogous to the iron anchor used by man. Spiders have been seen to use nails for anchors.—Scientific American.

Women Students Persecuted.
Women students at the University of Berlin are not allowed to wear their hair in braids down their backs. Two girls who persisted in doing this were expelled.

THE YOUTH'S COMPANION

The Fireside Friend in Half a Million Homes.

Special Subscription Offer for 1900.

Those who subscribe at once will receive the nine November and December issues of the Companion FREE, and then all the issues for the 22 weeks of the new year, until January 1, 1901. This offer includes the gift of the New Companion Calendar for 1900—the most beautiful one ever given to the friends of the Companion.

Cut out and send this slip with \$1.75, the price of your subscription to 1901.

Send us your address on a Postal note or we will mail you our Illustrated Announcement Number, containing a full prospectus of the Contributors and Contributions engaged for the new volume.

THE YOUTH'S COMPANION, Boston, Mass.

What He Had.
Guest—What have you got?
Waiter—I've got liver, calf's brains, pig's feet—
"I don't want a description of your physical peculiarities. What have you got to eat is what I want to know."—Boston Traveler.

Amateur Art.
In these days, when so many people have cameras, a great many good pictures are produced, and the amateur photographers of the world are now competing for cash prizes at the Oregon Industrial Exposition at Portland. Many good pictures are on exhibition.

Fits Permanently Cured.
Hall's Catarrh Cure, Nerve Restorer. Send for FREE TRIAL BOTTLE. DR. J. C. HALL, 124 So. Arch street, Philadelphia, Pa.

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

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

Rochester marble cutters now enjoy
the eight-hour day.

Piso's Cure for Consumption
has been a God-send to me.—Wm. B. McClellan, Chester, Florida, Sept. 17, 1899.

Cleveland high school teachers earn
\$800 a year.

There is more Catarrh in this section of
Germany, pictures have recently been printed in this country which when viewed through spectacles, appear in stereoscopic relief. The object pictured is first photographed from two points like an ordinary stereoscopic view. Then the two pictures are printed in two complementary colors, nearly but not quite overlapping. The glasses of the viewing spectacles are also of complementary colors corresponding to those used in the printing, and when the pictures are seen through these glasses, it stands forth with a startling appearance of solidity.

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 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.

To keep onions any length of time
the tops and roots should be left on, but should be thoroughly dried before putting away. They will keep a long time any place in the barn where no rain can get to them, with a free circulation of air and not much light. They should not be piled more than three inches deep.

Port Patrick is the nearest place on
the coast of Scotland to that of Ireland, the channel being only 21 miles across—about the same distance as that which separates Dover from Calais. It has the reputation of being the traditional point at which St. Patrick landed from Ireland.

The first Australian newspaper, the
Sydney Gazette, was published on March 5, 1803, 15 years after the rise of the colony. The delay was caused through there being no printers among the convicts, who represented every profession, including the legal. (The plant was brought over in the first fleet, but it could not be used until the authorities caught a compositor.

Seven Ages of Woman.
At first the infant's cap, soft, warm, and in sorry plight.

The siddy schoolgirl's hat, a wail and stray;

The budding maiden's hat, pert, smart or trim,

According to "sweet sixteen's" mood or whim.

Bravest of all, the bridal wreath and veil,

Which marks life's great event and turns the scale.

The new-begged matron's "dream," by Worth designed,

Which "Hubby" pays for, sighs and looks resigned.

The well-planned bonnet of the chaperon,

Which hides Time's ravages from her alone.

Last scene of all, the widow's ruche and weeds

Sans feathers, flowers, ribbons, lace or beads.

—New York Sun.

Spiders as Mechanicians.
The spider that seeks out a pebble and anchors her web with it clearly makes use of a tool. The pebble is analogous to the iron anchor used by man. Spiders have been seen to use nails for anchors.—Scientific American.

Women Students Persecuted.
Women students at the University of Berlin are not allowed to wear their hair in braids down their backs. Two girls who persisted in doing this were expelled.

"Now, boys," said the Sunday school
teacher, "can any of you name the three great feasts of the Jews?"
"Yes, I can," replied one little fellow. "Very well, Johnny. What are they?"
"Breakfast, dinner and supper," was the unconsciously logical reply.—Buffalo News.

When Pain Racks the Body
Frank Long, who lives near Lennon, Mich., says: "I was taken with a pain in my back, and I was unable to walk to my bed. The physician pronounced my case muscular rheumatism accompanied by lumbago."
"I gradually became worse, until I thought death would be welcome relief. I was finally induced to try Dr. Williams' Pink Pills for Pale People, and after taking five boxes, was entirely cured."
"I am confident that Dr. Williams' Pink Pills saved my life. I will gladly answer inquiries concerning my sickness and weakness, and will send a stamped card to any one who provides stamp to be enclosed for reply."
—FRANK LONG.
Born to be free at Venon, Mich., this 15th day of April, 1866.
G. B. GOLDBERGER, Justice of the Peace, G. B. GOLDBERGER, Venon, Mich.

DR. GUNN'S IMPROVED PILLS
ONE FOR A DOSE. Cure Sore Throat, Hoarseness, Stomach and Bowel Disorders, and all Affections of the Throat, Lungs, and Stomach. Do not give up. Write to Dr. J. C. Gunn, 100 Second St., New York, N. Y., for a free trial bottle, or for a full description of the pills. Do not give up. Write to Dr. J. C. Gunn, 100 Second St., New York, N. Y., for a free trial bottle, or for a full description of the pills.

CARTER'S INK
You deny yourself pleasure and comfort if you don't use it.
RELIEF FOR WOMAN
That tired, languid feeling, the pains in the back and the chronic headache will disappear quickly if you
Moore's Revealed Remedy
It is a simple, safe, and pleasant to take. \$1.00 per bottle at your druggist's.

RUPTURE
Reduced scientific and confidentially.
G. H. WOODARD & CO., 100 Second St., N. Y. City.
SURE CURE FOR PILES
FROST'S Piles produce hemorrhoids and cause itching, burning, and pain. Do not give up. Write to Dr. J. C. Gunn, 100 Second St., New York, N. Y., for a free trial bottle, or for a full description of the pills. Do not give up. Write to Dr. J. C. Gunn, 100 Second St., New York, N. Y., for a free trial bottle, or for a full description of the pills.